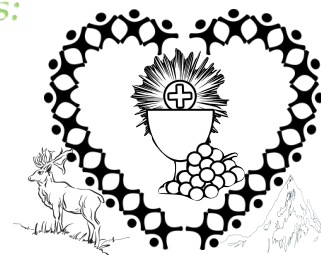


*Our Current Weekend Mass Schedule for the Elk Valley is:*

*Fernie on Saturday evening at 5pm,  
Sparwood at 9am Sunday morning,  
and Elkford at 4pm Sunday afternoon.*



*The Sunday Mass is broadcast via Zoom from Fernie & Sparwood (see below).*

*14th/15th August*

**Dear All,**

Last Sunday I drove down over night to the Lower Mainland to be with Gisela Montague who has been the CWL's Provincial President for the last three years, and together we attended on-line the CWL's National Annual Meeting of Members. As this meeting came out of Winnipeg it ran on their time zone so started at 6:30am each morning!!! I am now writing this in a bit of a hurry on Friday morning having driven back from Chilliwack overnight. Thus I am tired, so please don't expect anything too coherent or meaningful in this e-mail!

### **Catholic Women's League National Meeting**

As it was an on-line gathering it is not called a 'convention' but an 'annual meeting of members' or AMM. I have to say that my expectations were quite low as I feared that it would mainly consist of votes and elections that are required by law for any voluntary agency or charity. I was wrong.

On Monday we heard from the CWL Provincial Presidents from across Canada and I was amazed at how they took and highlighted different parts of the life of the CWL. Now if I had been taking notes I could quote you some of what they said, but I didn't, so I will just mention that all sorts of things were covered including how one province looked at how the Residential Schools revelations had effected so many CWL members and how they responded in that province.

On Tuesday we got reports from the national officers of the CWL, and the obvious highlight of this was their vision for the future of the CWL, which was exciting!

Now again I could go into detail, but really the general point I wanted to make here is that I am always so proud of the breadth and the depth of the CWL across Canada. They are involved in so many things that often don't get heard about.

*Right: the closing shot from the CWL promo video for their convention next year in Kelowna, which we will see at Mass.*





## My 'Uncle Jack'

During the Tuesday CWL afternoon session I got the news that my 'Uncle Jack' had died. He was 89 and died peacefully in his sleep. His wife, Sandy, died nearly five years ago and I know that both of them will be rejoicing to be together again. Obviously I was greatly saddened by this news, but as I was probably closer to Jack than anyone else I suddenly found myself caught up with trying to remember about funeral arrangements, keys, passwords and lawyers! Jack lived in the States and with the border still closed, we agreed that they should proceed with the funeral at his local church without me.

I am sure that hearing about someone that you never met won't be that enthralling, so I will just leave you with the tribute I posted for Jack:

*Dear, dear Uncle Jack,*

*You and Sandy were such a great team: Sandy was quite unique, unforgettable and very, very special, and you embraced her and protected her with a heart that was so solid. While we know that Sandy will be so happy that you are with her again, we still feel the great loss.*

*While your heart was always open wide, it was opening your eyes and mind to different people in different parts of the globe that so often gave you joy; from your friends in Austria, your memories of Argentina, your concern for the indigenous peoples of North America, and so much more.*

*Jack, I will miss you, Mum & Dad will miss you and the whole family will miss you; you were such a good soul. Please remember to keep praying for us; I know that your simple prayers were the best prayers.*

*With love, Fr. David*

I should just add that Sandy was a real character, sometimes outrageous but always kind. Jack and Sandy made such a wonderful couple.



*Top left: Jack  
Above: Sandy*

## Other Funerals

Just after I heard the news about Jack we also heard that a parishioner, Alex Seize, also passed away in Sparwood. So that meant I had to wrap up everything with my family as quickly as I could to get back for a Friday funeral for Alex. I had seen Alex just before I had left and he died peacefully with his family around him.

I will also be assisting Rev. Andrea at Colleen Pachara's funeral on Saturday in Fernie.

We hold Jack, Alex, Colleen and all who have died in our prayers along with their families and friends.

## We Continue Reading from John's Gospel

With everything else that has been happening in my life these passed five days, sermon preparation has got shoved to the side. So at Mass this weekend please don't expect from me anything more than just a few thoughts on the readings. But in an attempt to make up for this, during the week I found an article – *or an extract of a sermon* – by the Archbishop of Vancouver, Bp. Michael Miller, given in 2017; it is attached below. I loved the lines,

*“we all experience another hunger,  
a hunger that cannot be satisfied with ordinary food;  
it's a hunger for life, a hunger for love, even a hunger for eternity.”*

I am so sure that everyone has this hunger, even if they don't recognise it as such. And I am sure that so many of the people who search in all those wrong places are really just searching for this food without realising it. This need for the food of life, love and union with 'the other' is so basic to who we are as humans. I am sure if we fully understood this gift of the living bread that is 'God with us' we would not only glow with God's presence but we would shine like a lighthouse that guides others to what they yearn for deep, deep, deep within themselves.

## And Finally...

My brother asked me to include the joke to the right in the newsletter. Now while the two of us were still giggling over this twenty-four hours after first seeing it, I fear that really this will only appeal to those who have a British sense of humour. But if that is what touches your funny bone then please do ask me if I have any dogs, so I can answer, “Yes, one that is just under two.”



And in a busy week the only photo I took of Thumper this week was one of him waiting for my brother to get home from work so he could throw the ball.

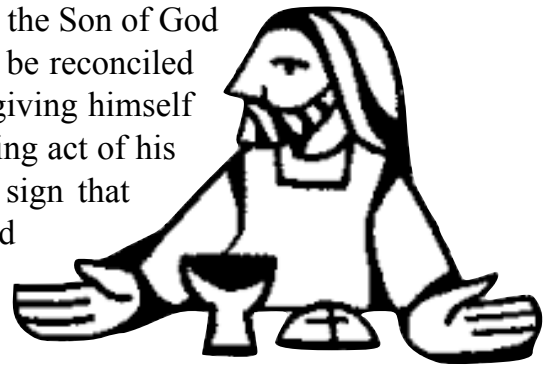
With prayers,

*Fr. David @ Thumper*

# In Eucharist, We Become What We Receive

Extract from a Sermon by Archbishop Michael Miller, CSB

The greatest act of our Creator was the Incarnation, when the Son of God became man, one of his own creatures, so that we might be reconciled to him. And the greatest act of the Incarnate Lord was giving himself to his disciples as the Blessed Sacrament, so the reconciling act of his Death and Resurrection might be accessible to us in a sign that speaks to all human beings in a simple way, that of food which is both nourishment and delight.



Let's look at how the nourishment of food was the way provided by the Lord to pour out his saving grace upon us. Besides physical hunger, like that experienced by the Israelites in the desert on the way to the Promised Land, we all experience another hunger, a hunger that cannot be satisfied with ordinary food; it's a hunger for life, a hunger for love, even a hunger for eternity.

Today we celebrate that Jesus gives us the food that satisfies all these hungers. He himself is the living bread that gives life to the world (John 6:51). In the Eucharist, his body is the true food in the form of bread; and his blood is the true drink in the form of wine. This isn't simple nourishment to satisfy the body, like the manna of old. The body of Christ gives life, eternal life, because this bread is a gift of God's love for us.

The Eucharist communicates a love so great that it nourishes us with God himself; a freely given love, available to all those who hunger and need to regenerate their own strength.

It is at the Lord's table that we are really satisfied. In the sacrament of Eucharist, the Lord himself journeys to meet us. He comes to us; we do not go to him! He does not leave us alone on this journey. Christ's being with us was not just for a chosen few a long time ago. He wanted that to continue through time and space;

and so he instituted the Holy Eucharist. In the Gospel, the Evangelist John records Jesus' own words: "Whoever eats my flesh and drinks my blood abide in me, and I in them."

At this announcement, however, instead of rejoicing, the people started to murmur in protest: "How can this man give us his flesh to eat?" (John 6:52) – a question repeated endlessly in the course of history. This seemed a hard saying, and many of his disciples withdrew when they heard it. Then, as now, the Eucharist remains a sign of contradiction.

My flesh is true food and my blood is true drink.



In the face of the murmur of protest, Jesus might have fallen back on reassuring words that he was speaking only symbolically. Instead he confronted his disciples with the statement: “My flesh is true food and my blood is true drink” (John 6:55).

He stuck to his assertion, to all its realism, even when he saw many of his disciples breaking away (John 6:66). Indeed, he showed his readiness to accept even desertion by his apostles. Later in the same chapter, Jesus said to Peter, “Do you want to leave me too?” Thanks be to God, Peter’s response was one that we too can make our own today: “Lord, to whom shall we go? You have the words of eternal life.”

While the host we receive is assimilated as food by our body, let us remember that the Eucharist is a different kind of food; it is the “living Bread that came down from heaven” (John 6:51). It is Jesus himself. It is not just a sacred symbol on the same level as holy water or a crucifix. It is not just like the visible matter of other sacraments, such as the water poured in baptism, or the chrism in confirmation. This sacrament is not just a gift from God, a sign of the action of Christ, but the gift which contains the giver himself. Hence it is the *Blessed Sacrament*.

That’s why we do not assimilate this bread. Quite the opposite. This living bread, Jesus, assimilates us to himself. We become what we receive. We are transformed into Jesus Christ – one with him and with all who are one in his body, which is the Church.

Our “holy Communion” is, therefore, directed to transforming my life into him who is Love itself. We cannot simply eat the Lord’s body the way one eats a piece of bread. We can only receive him by welcoming him into our whole life, which means welcoming him into our hearts and our actions.

In giving us the bread of life, Jesus does not offer temporary nourishment, he gives us his body and blood, the nourishment that will give eternal life.



Our churches are now open *without* a limit on numbers.  
**But Covid is still in the population – so caution is needed!**



## Zoom Links

### Link to Weekend Masses

To get the link to our two weekend Masses please send an e-mail to one of our parish offices with your name and you will then receive the link each week.

[info@holyfamilyfernie.ca](mailto:info@holyfamilyfernie.ca)

[ElkValleyRC@gmail.com](mailto:ElkValleyRC@gmail.com)

### Audio Only

*So don't forget, if you are off camping and your data plan does not allow you to watch Sunday Mass on Zoom without using up all of your month's data in one go, then you can always call in and listen. Again, e-mail the office for the link for this.*

### Chat:

*Feel free to greet people via the chat when you join our broadcast, and if you are praying for anything particular, do share this with others on the Chat.*

*Hopefully our "1A - Chat (Co-Host)" will pick this up and pass it on to me.*

*If you don't want everyone to see your message you can send your message directly to "1A - Chat" and it will remain private.*

### Waiting Room:

*Please note when you log on you will be put in a "waiting room".*

*Hopefully as soon as we see you waiting we will let you in.*

*If there is a bit of a delay, please just wait;*

*the co-host or myself will be with you as quickly as we can.*

### And for those who are with us in person, be careful:

Please continue to be careful when you are in church. Please sanctify – or do I mean sanitise – your hands, wear a mask when moving about the church as you might come within a 'breath distance' of others, and be conscious that others might have health vulnerabilities that you don't know about. **Everyone still needs to be careful.**

