

12th Sunday after Pentecost  
*Celebrating Mary Sumner Day*



*Jesus says, "I am the living bread  
which came down from heaven."*

*Jesus says, "I am the bread of life"*

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"I am the living bread that came down from heaven, which anyone may eat and not die, whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world"

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We also need to always be aware of what is going on around us, keep a lookout for signs and symbols of Jesus' presence around us and within us, he is always there, although we sometimes don't notice. Examples .....

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