

and have arranged the changing of times and seasons;  
you formed man in your own image  
and set humanity over the whole world in all its wonder,  
to rule in your name over all you have made  
and for ever praise you in your mighty works,  
through Christ our Lord.

And so, with all the Angels, we praise you,  
as in joyful celebration we acclaim:

**Holy, holy, holy Lord, God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

The mystery of faith. **We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.**

*Communion Antiphon:* **You have given us, O Lord, bread from heaven,  
endowed with all delights and sweetness in every taste.**

REFLECTION: A day at a time.  
God provided food for the Israelites during their time in the desert. They were told not to stockpile but gather what was needed for one day. Jesus told his disciples not to worry about tomorrow. He said: when you pray to your heavenly Father, you are to say: 'Give us this day our daily bread.' No matter how difficult life may be, for those who trust in God and who live a day at a time, the bread of God falls everyday.

*Prayer after Communion:*

Accompany with constant protection, O Lord, those you renew with these heavenly gifts and, in your never-failing care for them, make them worthy of eternal redemption. Through Christ our Lord. **Amen.**

*Final Blessing*

The Lord be with you.  
May almighty God bless you,  
the Father, and the Son, and the Holy Spirit.  
Go forth, the Mass is ended.

**And with your spirit.**

**Amen.**

**Thanks be to God.**

*A Prayer:* Bread of Life, you are the God who nourishes and sustains me. You fill my hunger and quench my thirst for eternal life. And yet, I am not satisfied. I turn my back on you and seek the food and drink that offers instant gratification without unending peace; short-term success without permanent conversion. Help me to recognize the bread you offer, the food of grace you give me to eat. Help me to partake of the daily nourishment you provide without anxious concern or angry complaint. Help me to see beyond the bread I eat and touch the God who loves me. Amen.

## **Eighteenth Sunday of the Year B**



*Entrance Antiphon:* **O God, come to my assistance; O Lord, make haste to help! You are my rescuer, my help, O Lord, do not delay.**

Today's celebration reminds us that everything we have is a gift of God. A result we are called to receive courteously and to give graciously.

Gathered as the holy people of God, we stand as those who long for the bread of life and the cup of eternal salvation.

Lord, bread from heaven and prince of peace. Lord, have mercy.

Lord, bread of life and saving Lord. Christ, have mercy.

Lord, bread of God and way to the Father. Lord, have mercy.

**Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory. Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.**

Let us pray:

Draw near to your servants, O Lord, and answer their prayers with unceasing kindness, that, for those who glory in you as their Creator and guide, you may restore what you have created and keep safe what you have restored. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

**Amen.**

FIRST READING

A reading from the Book of Exodus Exodus 16:2-4, 12-15  
The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them: 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content? As it is, you have brought us to this wilderness to starve this whole company to death!' Then the Lord said to Moses: 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not. I have heard the complaints of the sons of Israel. Say this to them: "Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart's content. Then you will learn that I, the Lord,

am your God." And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another: 'What is that?' not knowing what it was. 'That,' said Moses to them, 'is the bread the Lord gives you to eat.'

The word of the Lord.

**Thanks be to God.**

RESPONSORIAL PSALM

Psalm 77

**Response: The Lord gave them bread from heaven.**

The things we have heard and understood,  
the things our fathers have told us,  
we will tell to the next generation:  
the glories of the Lord and his might. **R/.**

He commanded the clouds above  
and opened the gates of heaven.  
He rained down manna for their food,  
and gave them bread from heaven. **R/.**

Mere men ate the bread of angels.  
He sent them abundance of food.  
He brought them to his holy land,  
to the mountain which his right hand had won. **R/.**

SECOND READING

A reading from St Paul's Letter to the Ephesians Ephesians 4:17.20-24

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

The word of the Lord.

**Thanks be to God.**

**Alleluia, alleluia!**

**Speak, Lord, your servant is listening:  
you have the message of eternal life. Alleluia!**

GOSPEL

John 6:24-35

The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel according to John.

**Glorify you, Lord.**

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him: 'Rabbi, when did you come here?' Jesus answered: 'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread

you wanted to eat. Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.' Then they said to him: 'What must we do if we are to do the works that God wants?' Jesus gave them this answer: 'This is working for God: you must believe in the one he has sent.' So they said: 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.'

Jesus answered: 'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world.'

'Sir', they said 'give us that bread always.'

Jesus answered: 'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.'

The Gospel of the Lord.

**Praise to you Lord Jesus Christ.**

*Let us make our profession of faith:*

**I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.**

*Offertory:*

Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

**May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good and the good of all his holy Church.**

*Prayer over the Offering:*

Graciously sanctify these gifts, O Lord, we pray, and, accepting the oblation of this spiritual sacrifice, make of us an eternal offering to you. Through Christ our Lord. **Amen.**

*Preface:*

The Lord be with you.

Lift up your hearts.

Let us give thanks to the Lord our God.

It is truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
Lord, holy Father, almighty and eternal God.  
For you laid the foundations of the world

**And with your spirit.**

**We lift them up to the Lord.**

**It is right and just.**