

ENTRANCE ANTIPHON

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

GLORIA

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.

COLLECT

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

Ex 16:2-4.12-15

A reading from the book of Exodus.

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 hands 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.

RESP. PSALM

Ps 77

Response:

The Lord gave them bread from heaven.

1. 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.)
2. 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.)
3. 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

Eph 4:17.20-24

A reading from the letter of St Paul to the
Ephesians.

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.

GOSPEL ACCLAMATION

Alleluia, alleluia!

**I am the Way, the Truth and the Life, says the
Lord;**

**no one can come to the Father except
through me.**

Alleluia!

GOSPEL

Jn 6:24-35

A reading from the holy Gospel according to
John.

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.

PROFESSION OF FAITH

**I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with
the Father;
through him all things were made.**

**For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the
Virgin Mary,
and became man.**

**For our sake he was crucified under
Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.**

**He ascended into heaven
and is seated at the right hand of the Father.**

**He will come again in glory
to judge the living and the dead
and his kingdom will have no end.**

**I believe in the Holy Spirit, the Lord,
the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and
glorified,**

**who has spoken through the prophets.
I believe in one, holy, catholic and
apostolic Church.**

**I confess one Baptism for the forgiveness
of sins**

**and I look forward to the resurrection of the
dead and the life of the world to come. Amen.**

PRAYER OVER THE OFFERINGS

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

COMMUNION ANTIPHON

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

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.

2 AUGUST 2015

Sunday Message

18TH SUNDAY IN ORDINARY TIME

THE WORD

Psalter week 1



REAL PRESENCE

JOHN 6:41-51

SAY

"Lord Jesus, you are the bread of life. Make me hunger for you more each day."

The day after the miracle of the loaves and fishes, the crowd are still looking for Jesus. They go in search of him, sailing across the lake to the most likely place he might be.

Capernaum was Peter's home town, and Jesus had taken up residence there. Knowing they are looking for him because they want another display of miracles, Jesus tells them they have missed the point of what happened the day before. What he had given them was not simply ordinary bread but it was a sign pointing towards the real food of eternal life.

John's Gospel contains only seven miracles or signs. They are often followed however by a lengthy explanation or discourse. The people who have followed him to Capernaum have failed to grasp the meaning. They want their physical hungers satisfied, to find someone who could provide them with an unfailing supply of food that will not require physical work. This is not what Jesus is offering. He is the bread of God, the true food, which will satisfy the deepest hungers of the human heart. Faith is the way to obtain that bread. Believing is a key word in John's Gospel, occurring more than one hundred times.

The great feeding sign occurred at Passover. The account of the first Passover stresses how God freed the Israelites by his mighty acts alone. They were too weak on their own to withstand the might of Egypt. Even as they wandered through the desert, he sustained them with manna, the mysterious bread from heaven. Jesus, the bread of life, will satisfy the deepest hungers of those who come to him. ■

DO

Take time at the beginning of each Mass to remember that each person in the congregation is a member of the Body of Christ.

LEARN

We are the body of Christ and when we gather at the Eucharist he is among us.

At Mass, we are nourished from two tables – the table of the Word (holy scripture) and the table of the Eucharist.

We offer to God our lives and our work in union with the offering of Christ.

PRAY

Pray this week that your faith in the mystery of the Eucharist may grow deeper each time you celebrate it.

REFLECT

An important aspect of Catholic belief in the Eucharist is summed up in the words 'Real Presence.' It would be a mistake to confine Christ's presence to the consecrated bread and wine alone. The great Constitution on the Sacred Liturgy of the Second Vatican Council reminds us that, while he is present especially in this way, he is also present in the person of the minister or priest. If anyone performs a sacrament, even when a lay person baptises a baby in an emergency, it is really Christ himself who is acting. He is present in the words

of holy scripture read at Mass, especially in the Gospel 'since it is he himself who speaks when the holy scriptures are read in the Church.' He is present in the assembled congregation, for 'wherever two or three are gathered together in my name there am I in the midst of them.'

When St Paul criticised some of his converts in Corinth 'who eat and drink without discerning the body' (1Co 11:29), he did not mean that they did not recognize Jesus in the bread and wine. He meant rather that they failed to

recognize the brothers and sisters who celebrated the Eucharist along with them as the Body of Christ, so that the rich ate well, while the poor went hungry. It is a reminder for us too that Christ is present in those who gather with us at Sunday Mass. The young mother struggling with a crying baby, the elderly lady who says all her prayers in a loud whisper, the lad with the Mohican haircut and nose rings – all these are members of the body of Christ and he is as mysteriously present in them as he is in the consecrated bread and wine. ■