

Eighteenth Sunday in Ordinary Time
August 5, 2018

First Reading - Exodus 16: 2-4, 12-15

The whole Israelite community grumbled against Moses and Aaron.
The Israelites said to them,
"Would that we had died at the LORD's hand in the land of Egypt,
as we sat by our fleshpots and ate our fill of bread!
But you had to lead us into this desert to make the whole community die of famine!"

Then the LORD said to Moses,
"I will now rain down bread from heaven for you.
Each day the people are to go out and gather their daily portion;
thus will I test them,
to see whether they follow my instructions or not.

"I have heard the grumbling of the Israelites.
Tell them: In the evening twilight you shall eat flesh,
and in the morning you shall have your fill of bread,
so that you may know that I, the LORD, am your God."

In the evening quail came up and covered the camp.
In the morning a dew lay all about the camp,
and when the dew evaporated,
there on the surface of the desert were fine flakes like hoarfrost on the ground.
On seeing it, the Israelites asked one another,
"What is this?"
for they did not know what it was.
But Moses told them,
"This is the bread that the LORD has given you to eat."

Psalm 78

The Lord gave them bread from heaven.

What we have heard and know,
and what our fathers have declared to us,
We will declare to the generation to come
the glorious deeds of the LORD and his strength
and the wonders that he wrought.

He commanded the skies above
and opened the doors of heaven;
he rained manna upon them for food
and gave them heavenly bread.

Man ate the bread of angels,
food he sent them in abundance.
And he brought them to his holy land,
to the mountains his right hand had won.

Second Reading - Ephesians 4:17, 20-24

Brothers and sisters:
I declare and testify in the Lord
that you must no longer live as the Gentiles do,
in the futility of their minds;
that is not how you learned Christ,
assuming that you have heard of him
and were taught in him,
as truth is in Jesus,
that you should put away the old self
of your former way of life,
corrupted through deceitful desires,
and be renewed in the spirit of your minds,
and put on the new self,
created in God's way in righteousness and holiness of truth.

Gospel - John 6: 24-35

When the crowd saw that neither Jesus nor his disciples were there,
they themselves got into boats
and came to Capernaum looking for Jesus.
And when they found him across the sea they said to him,
"Rabbi, when did you get here?"
Jesus answered them and said,
"Amen, amen, I say to you,
you are looking for me not because you saw signs
but because you ate the loaves and were filled.
Do not work for food that perishes
but for the food that endures for eternal life,
which the Son of Man will give you.
For on him the Father, God, has set his seal."
So they said to him,
"What can we do to accomplish the works of God?"
Jesus answered and said to them,
"This is the work of God,
that you believe in the one he sent."
So they said to him,
"What sign can you do, that we may see and believe in you?
What can you do?
Our ancestors ate manna in the desert, as it is written:
He gave them bread from heaven to eat."
So Jesus said to them,
"Amen, amen, I say to you,
it was not Moses who gave the bread from heaven;
my Father gives you the true bread from heaven.
For the bread of God is that
which comes down from heaven
and gives life to the world."
So they said to him,
"Sir, give us this bread always."
Jesus said to them,
"I am the bread of life;
whoever comes to me will never hunger,
and whoever believes in me will never thirst."

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I Am The Bread Of Life

I am the Bread of life.
You who come to me shall not hunger;
and who believe in me shall not thirst.
No one can come to me unless the Father beckons.

*And I will raise you up, and I will raise you up,
and I will raise you up on the last day.*

The bread that I will give
is my flesh for the life of the world,
and if you eat of this bread,
you shall live for ever, you shall live for ever.

Unless you eat of the flesh of the Son of Man
and drink of his blood, drink of his blood,
you shall not have life within you.

Detail: Sr. Suzanne Toolan Text: Based on John 6; © 1966, GIA Publications, Inc.
Tune: Arr. by Richard Proulx; © 1966, arr. © 2008, GIA Publications, Inc.

Psalm 78

The Lord gave them bread from heaven.

Table of Plenty

*Come to the feast of heaven and earth
Come to the table of plenty
God will provide for all that we need,
Here at the table of plenty*

O come and sit at my table
where saints and sinners are friends
I wait to welcome the lost and lonely
to share the cup of my love!

My bread will ever sustain you
through days of sorrow and woe
My wine will flow like a sea of gladness
to flood the depths of your soul!

Tune: John Foley, SJ, b 1939 © 1978, John B. Foley, SJ, and New Dawn Music

“Ground Rules” for Small Group Faith Sharing

- Maintain confidentiality – “Whatever happens in small group stays in small group.”
- Judgment-free zone – You don’t have to agree with everyone, but you have to have respect for everyone.
- No “shut downs” or “put downs” – See Christ in one another, BE Christ to one another.
- Don’t be a “discussion hog” – Be sure that everyone that wants to gets a chance to share.
- Leave room for the Spirit – Silence is OK! Not everyone has to share.
- Practice active listening – Avoid interrupting, fidgeting, criticizing, lecturing, or thinking of what you’re going to say while another person is speaking.
- Questions are a guide - You do not have to answer all of them or go in order.
- Be open – God is doing amazing things!

Petitions

Our response: “Lord, you are the bread of life.”

Closing Prayer

Lord, giver of lasting life, satisfy our hunger through Christ, the bread of life, and quench our thirst with your gift of belief, that we may no longer work for food that perishes, but believe in the One whom you have sent. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen.



Questions for Reflection on the Gospel

1. What word, image, or phrase struck you from the Gospel?
2. In the Gospel we hear, “Our ancestors ate manna in the desert.” What is the food that you need for your life’s journey? Why do you think Jesus comes to us as bread or even as food? Would you have found that idea “hard to endure” if you were one of his disciples?
3. What do you think that Jesus meant when he said, “Do not work for food that perishes”? Have you ever placed your trust in what you thought was “imperishable,” but in the end proved to be very “perishable”? How can you pursue the “food that endures for eternal life”?
4. In the First Reading, we hear about the miracle of the manna in the desert. Consider the times when God has provided for you in abundance. What forms of “manna” have “rained down” in your life?
5. Also in the First Reading, we hear, “Each day the people are to go out and gather their daily portion” What do you think our directive for natural and social resources would be? Read Pope Francis’ words to the below. How is this related?
6. In the Second Reading, Paul urges the Ephesians to “... put on the new self.” Do you think God is ever finished creating you? Is it something you do (or God does) just once, or do you (or does God) do it continually?

Words from our Holy Father

It is Jesus himself who invites us to make room in our hearts for the urgency to “feed the hungry”, and the Church has made it one of the corporal works of mercy. To share what we have with those who lack the means to satisfy such a primary need, educates us in that charity that is an overflowing gift of passion for the life of the poor that the Lord makes us meet.

-Pope Francis, address to the “Food Bank Foundation”, 10/3/15