

Liturgy Instructions
18th Sunday of Ordinary Time Cycle B

Welcome children to their worship space.

Introduction

Explain: We have learned several things about faith in the last few weeks. We have learned not to worry too much, we have learned to trust in God, and we have learned that often God uses us to bring Jesus to others and that it is our job to help that happen.

Introduce symbol

Say: Our symbol today is a **loaf of bread**.

Ask: What does bread symbolize? (nourishment or food)

Explain: For the next few weeks, we will be hearing Scripture that tells us about the kind of nourishment that Jesus provides for us. Last week, we talked about how Jesus, through the faith of his followers, provided nourishment (food) for thousands of people with five loaves of bread and two fish. Today and for the next few weeks, we will be reading what the Gospel writers have written about the other kind of food Jesus has to offer us.

Introduce readings

Say: The first reading today is from the book of Exodus (Exodus 16:2-4, 12-15). It tells the story about Moses leading the Israelites in the desert and what happened when they couldn't find any more food.

Have the reader read the first reading.

FIRST READING

A reading from the book of Exodus 16:2-4, 12-15

See <https://www.pflaum.com/readings/>

The word of the Lord. All: "Thanks be to God"

Ask: Did anyone hear what happened after the people complained about being hungry? <God sent manna from heaven to feed the Israelites. He also sent birds for meat.>

Say: Now it is time for the Responsorial Psalm (Psalm 78:3 & 4cdef, 23-24, 25 & 54ab). Your part is to say: **The Lord gave them bread from heaven.**

See <https://www.pflaum.com/readings/>

Say: The Gospel reading was written by the Apostle John (John 6:24-29). John's Gospel tells how Jesus tried to explain the difference between the bread people received that nourished their bodies and the bread he would provide for them that would nourish their souls. Listen closely to hear what Jesus says that God wants them (and us) to do.

Say: Now we will get ready to hear the Gospel. **Please stand up.**

GOSPEL

John 6:24-29

† A reading from the holy Gospel according to John

(Demonstrate we cross our foreheads, lips, and hearts when we say "a reading from the holy Gospel...")

See <https://www.pflaum.com/readings/>

The Gospel of the Lord.

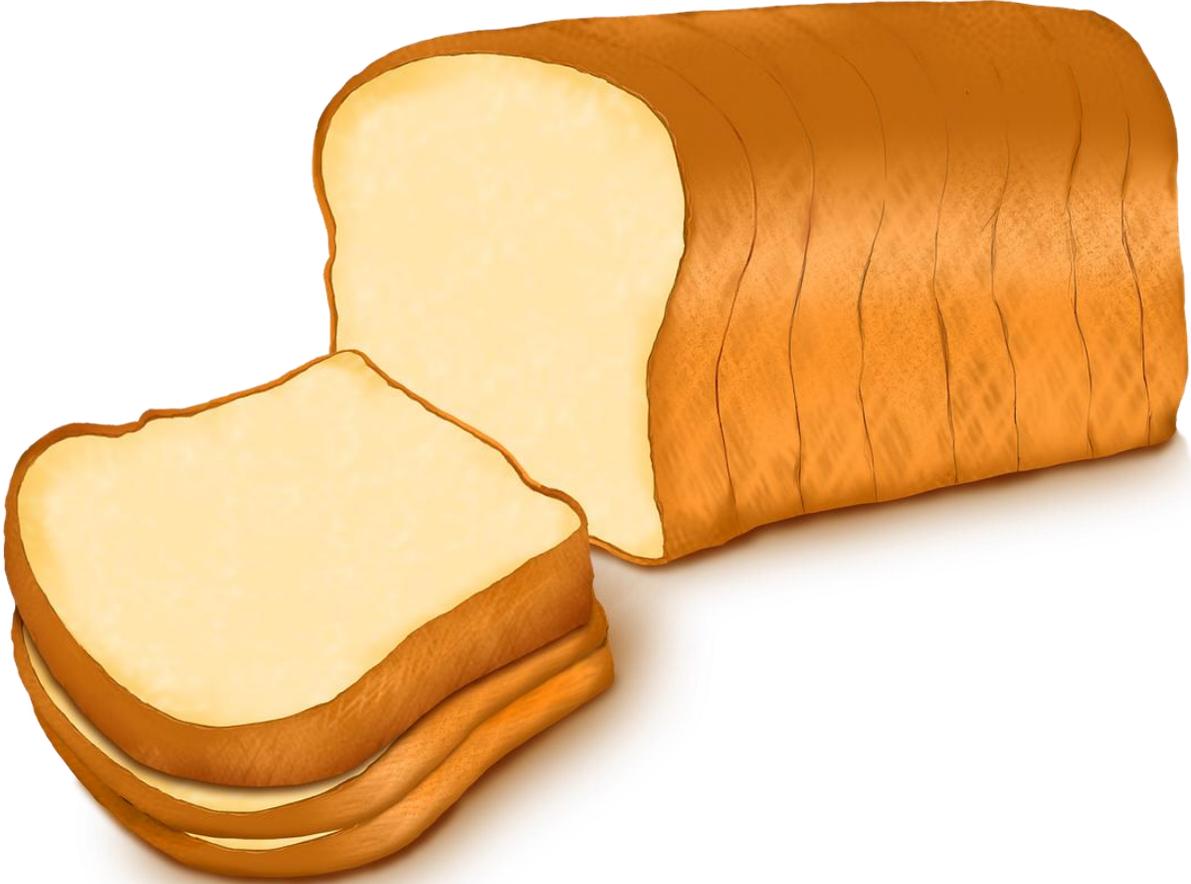
All: "Praise to you Lord Jesus Christ."

Please have the children sit

Ask: Did you hear what Jesus said that God wants us to do? What was it? <God wants us to have faith in the one he sent: Jesus> Jesus said we should work for food that gives eternal life. He said that he would give us that food. What is that food? <the Eucharist> Do you remember the name of the bread that God provided to the Israelites in our first reading? <manna>. Manna feeds the people each day, and then they are hungry again. What is the bread we receive from Jesus? <the Eucharist> The Eucharist isn't food for our stomach; it is food for our soul. It brings us closer to Jesus.

If there is time, ask questions and go over the parts of the lessons you think they may need to hear one more time to help them remember.

Today's symbol is a loaf of bread.



Parent Letter
18th Sunday of Ordinary Time Cycle B

Dear Parents,

Today your children heard a simplified version of the same readings that you heard: Exodus 16:2-4, 12-15 and John 6:24-29.

To reinforce at home:

The Gospel today talks about how the people who were fed with fives loaves and two fish (in last week's Gospel) followed Jesus around looking for more food. Jesus tried to explain to them that he was there to bring them a different kind of food that would give them life forever.

Activities to do at home:

***Tell your child what the Eucharist means to you.** One of the best ways to teach your child about our faith is to share your own feelings.

***Share ideas of items that nourish you** or make you feel more complete, other than food. For instance, a hug from a loved one would nourish your spirit, a laugh can nourish you, anything that makes you feel happier and stronger would nourish you.