

18th Sunday in Ordinary Time

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. *Ps 70 (69):2, 6*

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,
God, for ever and ever. **Amen.**

Reading 1

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.”

Responsorial Psalm

Psalms 78-3-4, 23-24, 25, 54

R. 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. **R.**

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

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. **R.**

Reading 2

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.

Alleluia

Matthew 4:4b

Alleluia, alleluia.

One does not live on bread alone,
but on every word that comes forth from the mouth of God.

Alleluia, alleluia.

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."

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,

(At the words that follow, up to and including and became man, all bow.)
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.
Through Christ our Lord. **Amen.**

Communion Antiphon

You have given us, O Lord, bread from heaven,
endowed with all delights and sweetness in every taste. *Wis 16:20*

OR

I am the bread of life, says the Lord;
whoever comes to me will not hunger
and whoever believes in me will not thirst. *Jn 6:35*

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.**

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