

**18th Sunday Ordinary Time**  
**August 1st, 2021**

**The 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.

*Liturgy of the Word*

**Reading I**

**Exodus 16: 2-15**

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.**"

The Word of the Lord. **Thanks be to God.**

**Responsorial Psalm Psalm 78**

**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 II Ephesian 4: 17-24**

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.

**The Word of the Lord. . . . Thanks be to God!**

**R. Alleluia, alleluia.**

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

**R. 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.

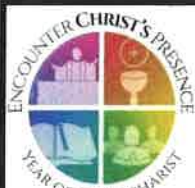
**"For the bread of God is that which comes down from heaven and gives life to the world."** So they said

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."

**The Gospel of the Lord. . . . Praise to you Lord Jesus Christ.**





## Year of the Eucharist

Archbishop Lori has designated Sunday, June 6th, 2021 until June 19th, 2022 as the **Year of the Eucharist.**

Check out the archdiocesan website for more info: [www.archbalt.org/year-of-the-eucharist](http://www.archbalt.org/year-of-the-eucharist)

### Holy Hour for Peace

The next Holy Hour will be Sunday, August 22nd, 2021 from 8:45 to 9:45am in the church. The hour will end with Rosary

## Feast of St. Dominic Pulpit Exchange

In the summer of 1215, St. Francis and a small group of friars were in Rome seeking approbation for his Rule.



One night while Francis was praying, he saw Our Lord prepared to unleash the most terrible chastisements upon the world. The Virgin Mary made an effort to placate Him, asking His mercy and

forgiveness by presenting two men who would labor for the conversion of the world and return a countless number of lost sheep to the fold. Francis recognized himself as one of these apostles. He did not recognize the other one, however.

The following day, while St. Francis was in church, an unknown man suddenly came up to him and embraced him. Francis recognized him as the other man in the vision. St. Dominic, who had also received a similar vision, upon seeing St. Francis immediately greeted him with the words, ***“You are my companion. We will work together, supporting one another toward the same end, and no one will prevail against us.”***

To celebrate this meeting, **On Sunday, August 8th, (the Feast of St. Dominic) Fr. Paul, a Capuchin Franciscan, will travel to the Parish of Sts. Philip & James to preach their 10:30am mass and Fr. Ambrose Arralde, OP from their will preach our 10am mass.** The same will be done on Sunday, Oct. 3rd, in honor of the Feast of St. Francis on October 4th.



Mary Adderly, Karen Brown-Berkley, Wanda Brewton, Renee Bruce, Kathy Burundi, Fred Buchanan, Al Butler, Anita Cole, Patricia Cullings-Dix, Dale Dyson, William Ford III, Phyllis Ford, Sarah Gamble, JoAnn Glenn, Fr. Bill Graham, OFM Cap., Cornell (Nelson) Johnson, Joseph Jones, Sheila Leary-Smith, Alice Manns, Charles Manns, III, Kimberly Merrill, Allan Noble, Deacon Seigfried Presberry, Rhonda Rumbra, Sr. John Francis Schilling, OSP, Carl & Bernice Shrieves, Daniel Smith Sr., Augustine and Archie Stith, Rosalita Stone, Alease Stokes, Gloria Tate, Ernest Thames, Jean Thomas and Alice Zaborowski.

## Weekly Mass Intentions

August 1. Mrs. Sylvia Knox, mother of Nancy Chase on the 10th anniversary of her passing & Mrs. Barbara Geddes, mother to Mr. Darren Smith, on the 14th anniversary of her passing.  
August 8, Mr. Henry Zaborowski, deceased father to our Fr. Paul, on the 19th anniversary of his passing.

Eternal Rest grant unto them O Lord and let your perpetual light shine upon them, may their souls and all the souls of the faithful departed rest in peace, Amen

## You are Invited

We rejoice with Oblate **Sr. Stella Ogonnia Kanu, OSP** on the profession on Friday, August 13, 2021. We will celebrate with Sr. Stella and her family members and friends, here at St. Ambrose on **Sunday, August, 15th, 10am.** The Feast of the Assumption. We thank God for Sister responding to the Lord's call and saying, YES!!



## Capuchin Final Profession

Some of you may remember **Br. Edgar Periera, OFM, Cap.**, who assisted in our religious Education program a few years ago. Well, he is professing his Solemn Profession of vows as a Capuchin Friar, on Sat. August 21, 2021 at the Capuchin motherhouse, St. Augustine Church, in Pittsburgh, PA. We thank God for Brother's YES to the Lord and ask for continued blessing upon him.

## Faith Formation Concerns

As of this weekend, we have one child registered for Religious Education. Fr. Paul is very concerned and makes an appeal to all parents to register the children ASAP. Simply contact Sister Stella at [rstella@saintambrose.com](mailto:rstella@saintambrose.com) or 443-934-9244 to register your child/children. **Deadline for registration is August 15th. If there are no children, Sr. Stella can be used in another ministry by her community.**

## Archdiocesan Mental Wellness Initiative.

In response to the growing need to provide support to parishioners, parish & school staff who are suffering from the emotional impact of the pandemic, the Archdiocese has launched a mental wellness initiative to encourage those in our community to reach out for help if they or a loved one are struggling. Among the efforts is an initiative, a workgroup of mental health professionals and archdiocesan staff have compiled general resources and a variety of provider listings to assist individuals, couples and families in finding the help they may need at [www.archbalt.org/help-is-here](http://www.archbalt.org/help-is-here). As Archbishop Lori stated in a recent communication, "It is so important to make the space in our lives to fully comprehend the issues we may be suffering from, such as depression, unresolved grief, isolation, marital pressures, substance misuse, or simply the unaccustomed stress of living in such close quarters and coping with balancing working and schooling children at home. It is critical to get the help we need before we are in crisis."