



18th Sunday of Ordinary Time
August 1, 2021

All:

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

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.”

RESPONSORIAL PSALM

Psalm 78:3–4, 23–24, 25, 54 (24b)

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. The Lord gave them bread from heaven.

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

R. The Lord gave them bread from heaven.

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. The Lord gave them bread from heaven.

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.

ALLELUIA
Matthew 4:4b

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.”

Father Steve’s Homily

The little guy, who called his Pastor, a sheepdog and not the greatest preacher, came back the following week with his dad. He approached Father with a big smile on his face; he said, “Father, what do they call a Pastor in Germany?” The priest thought a moment, “I’m not sure, what do they call a Pastor in Germany,” “A German Shephard!” This week the good Shephard, Jesus continues to feel the people, with physical nourishment and spiritually. We remember last week that Jesus feeds the people with just five barley loaves and two fish, with twelve wicker baskets left. It must have satisfied their hunger because they wanted more. After Jesus went to a

deserted place, the people started to look for him. In desperation, they got in their boats and went after him.

Last week we heard about the 5000 being fed and the importance of bread. Humanity has found comfort in bread for millennia. Is there anything that smells better than a loaf of homemade bread baking in the oven? Is there anything better than slicing a warm piece of bread, the aroma, the texture, the warmth? Viktor Frankl tells the story of the restless children of the Holocaust unable to sleep peacefully and the wise, older people who would tuck the children into bed with a hearty crust. With bread in their arms, they were free to sleep. With bread in their arms, they grasped firm what they needed for tomorrow.

Today’s Gospel describes such a scene where people who had been sumptuously fed on the previous day by Jesus came searching for him for another free meal. Today we hear Jesus describe himself as ‘the living bread that comes down from heaven, anyone who eats this bread will live forever.’ We have gathered here around this table so that he can share with us his Living Bread. We have gathered for his meal at which his food is his own life: a life that he shared with us to sustain our lives as children of our heavenly Father. As Jesus, the “Bread of life,” gave “life” to the world through his selfless compassion and humble servanthood to others, we, too, can provide “life to the world” when we look beyond our own needs and security to the good of others, giving not from our treasure but our poverty, nourishing one another in the love, compassion, and selflessness of the Gospel Jesus.

To receive the Eucharist worthily, we must allow ourselves not only to consume but to be consumed by the life and love of God. In bread, frightened children find safety; in bread, the hungry find a home; in bread, the lonely find peace. But in the bread of life, we see the love of our savior, who gave of his life for us. We are reminded each time we witness the breaking of bread, the saving power of Jesus. It is only through this action are we fed the bread that lasts forever. And when Jesus has filled us with himself, may he lead and strengthen us to bring to a waiting world the food of reconciliation and joy which he alone can give to them all.

**\Universal Prayers of the Faithful
LITURGY OF THE EUCHARIST
CONCLUDING RITES**