

# EIGHTEENTH SUNDAY IN ORDINARY TIME

Year B

## ENTRANCE HYMN

*All the earth proclaim the Lord,  
sing your praise to God.*

1. Serve you the Lord,  
heart filled with gladness.  
Come into his presence,  
singing for joy.
2. Know that the Lord is our creator  
Yes, he is our Father,  
we are his sons.



## 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

## FIRST READING

A reading from the book of Exodus 16:2-4, 12-15  
*I will rain down bread for you from the heavens.*

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not.'

'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart's content. Then you will learn that I, the Lord, am your God." 'And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a

coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

The word of the Lord.

**RESPONSORIAL PSALM** Ps 77:3-4,23-25.54 R) v. 24

## R. The Lord gave them bread from heaven.

1. The things we have heard and understood,  
the things our fathers have told us,  
we will tell to the next generation:  
the glories of the Lord and his might. (R.)
2. He commanded the clouds above  
and opened the gates of heaven.  
He rained down manna for their food,  
and gave them bread from heaven. (R.)
3. Mere men ate the bread of angels.  
He sent them abundance of food.  
He brought them to his holy land,  
to the mountain which his right hand had won.  
(R.)

## SECOND READING

A reading from the letter of St Paul to the Ephesians  
4:17, 20-24

*Put on the new self that has been created in God's way.*

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

The word of the Lord.

## GOSPEL ACCLAMATION

Jn 14:5

Alleluia, alleluia!

## GOSPEL

A reading from the holy Gospel according to John  
6:24-35

*He who comes to me will never be hungry; he who believes in me will never thirst.*

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered:

'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat. Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.'

Jesus answered:

'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world.'

Sir,' they said, 'give us that bread always.' Jesus answered:

'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.'

The Gospel of the Lord.

### NICENE CREED

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;

(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.

### OFFERTORY HYMN

*Abba Father, let us be, yours and yours alone  
Set our hearts, our spirits free  
Make us, Lord your own*

1. Through your goodness, Lord we bring  
Bread of our labour and wine to cheer the heart  
Which will soon be filled for us  
With the life of your Son

2....Take this drop of water, too  
Sign of our weakness, yet symbol of our love  
By its mingling may we share, your dignity.

### COMMUNION HYMNS

1. There is a river, that flows from God above;  
there is a fountain that's filled with his great love.

*Come to the waters, there is a great supply;  
there is a river that shall never run dry.*

2. Wash me with the water, and then I shall be clean;  
white as the new snow, if you remove my sin.

3. Plunged in the water, the tomb of our rebirth,  
so may we rise up to share in Christ's new life.

4. All who are thirsty, now hear God as he calls;  
come to the Lord's side, His life pours out for all.

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*I now no longer live, Christ, my Lord, lives in  
me,  
Christ for ever my joy. I will walk in His love.*

1. Christ in my mind, my life, my heart,  
Christ to the world with joy I must bring.

2. Christ on my right, my left, around,  
Christ to the world with joy I must bring.

3. Christ is my Way, my Peace, my Light,  
Christ to the world with joy I must bring.

### RECESSIONAL HYMN

Mother dearest, Mother fairest,  
Help of all who call on thee!  
Virgin purest, brightest, rarest,  
Help us, help, we cry to thee.

Mary, help us, help we pray,  
Mary, help us, help we pray,  
Help us in all care and sorrow,  
Mary, help us, help we pray.

Mary, help in pain and sorrow,  
Soothe those racked on bed of pain,  
May the golden light of morrow  
Bring them health and joy again.

