

EIGHTEENTH SUNDAY IN ORDINARY TIME

Year B

ENTRANCE HYMN

1. Praise, my soul, the King of heaven;
To his feet your tribute bring;
Ransomed, healed, restored, forgiven,
who like me His praises should sing?
Praise him! Praise him! (x2)
Praise the everlasting King.
2. Angels, help us to adore Him;
Ye behold Him face to face;
Sun and moon, bow down before Him,
dwellers all in time and space.
Praise him! Praise him! (x2)
Praise with us the God of grace!



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 first 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

Alleluia, alleluia! Jn 14:5
I am the Way, the Truth and the Life, says the Lord; no one can come to the Father except through me.
Alleluia!

Or

Alleluia, alleluia! Mt 4:4
Man does not live on bread alone,
but on every word that comes from the mouth of God.
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.

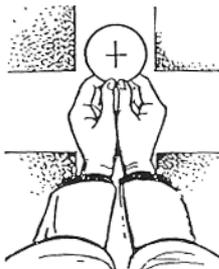
I believe in the Holy Spirit, the Lord, the giver of life,
 who proceeds from the Father and the Son,
 who with the Father and the Son is adored and glorified,
 who has spoken through the prophets.

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

*Take our bread, we ask you,
 take our hearts, we love you,
 take our lives, oh Father,
 we are yours, we are yours.*

1. Yours as we stand at the table you set,
 yours as we eat the bread our hearts can't forget.
 We are the signs of your life with us yet;
 we are yours, we are yours.
2. Your holy people stand washed in your blood,
 Spirit-filled, yet hungry, we await your food.
 Poor though we are, we have brought ourselves to you:
 we are yours, we are yours.



COMMUNION HYMNS

1. O bread of heaven, beneath this veil
 thou dost my very God conceal;
 my Jesus, dearest treasure, hail
 I love thee and adoring kneel;
 Each loving soul by thee is fed
 with thine own self in form of bread.
2. O food of life, thou who dost give
 the pledge of immortality;
 I live; no, 'tis not I that live;
 God gives me life, God lives in me:
 He feeds my soul, he guides my ways,
 and every grief with joy repays.
3. O bond of love that dost unite
 The servant to his living Lord;
 Could I dare live and not requite
 Such love - then death were meet reward:
 I cannot live unless to prove
 Some love for such unmeasured love.
4. O Mighty Fire, Thou that dost burn
 To kindle every mind and heart!
 For Thee my frozen soul doth yearn;
 Come, Lord of love, Thy warmth impart;
 If thus to speak too bold appear,
 'Tis love like Thine has banished fear.
5. O Sweetest dart of love Divine!
 If I have sinned, then vengeance take;
 Come pierce this guilty heart of mine,
 And let it die for His dear sake
 Who once expired on Calvary,
 His heart pierced through for love of me.
6. Beloved Lord in heaven above,
 there, Jesus, thou awaitest me;
 to gaze on thee with changeless love,
 yes, thus I hope, thus shall it be:
 for how can he deny me heaven
 who here on earth himself hath given?



1. Jesus, my Lord, my God, my all!
 How can I love Thee as I ought?
 And how revere this wondrous gift,
 So far surpassing hope or thought?

*Sweet Sacrament, we Thee adore!
 Oh, make us love Thee more and more.
 Oh, make us love Thee more and more.*
2. Had I but Mary's sinless heart
 With which to love Thee, dearest King,
 Oh, with what ever fervent praise,
 Thy goodness, Jesus, would I sing!
3. Thy Body, Soul and Godhead, all!
 O mystery of love divine!
 I cannot compass all I have,
 For all Thou hast and art is mine!
4. Sound, then, His praises higher still,
 And come, ye angels, to our aid;
 For this is God, the very God
 Who hath both men and angels made!

RECESSIONAL HYMN

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