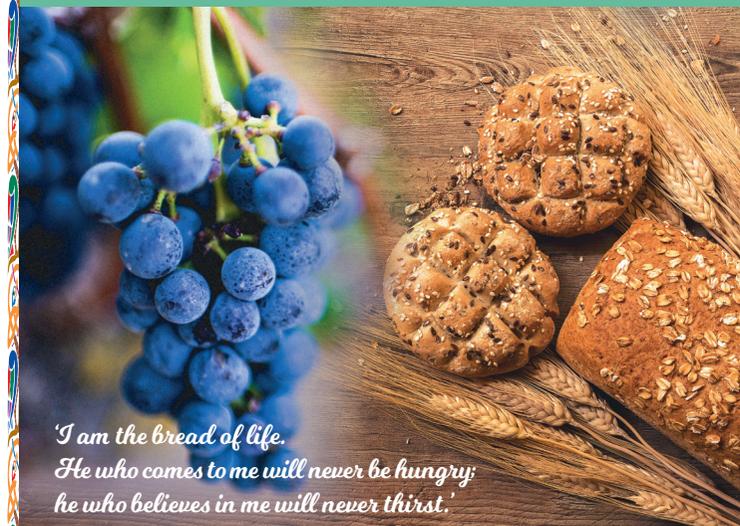


focus on sunday

The bread of life - the Body of Christ - is often called "food for the journey". Each Mass is the occasion of God giving himself to us in Christ as a companion on our journey of life.



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



I can imagine them saying, 'He's talking about bread again'. Jesus often mentions bread – the staple of life. In the years before Jesus, bread was understood as a gift of God from heaven; Jesus is the new Bread of heaven and of life.

The meaning expanded over time and when Jesus talks about giving the bread of life, he is talking of his Word and the Eucharist. The Word of God feeds the mind and soul, giving meaning to life, encouragement in living our lives in the spirit of the Gospel, giving us a way of life, we can touch into every day.

In the first part of every Mass we prepare ourselves to receive the Eucharistic bread. Catholics for years stressed holy communion over the word of God. While both are essential to our Christian life, our daily life is well helped by reading the Gospel every day. We often talked and still sometimes talk about 'getting communion', ignoring the first part of the Eucharist.

Maybe we can list sometime the words of the Scripture that enlighten our lives, that help us and keep us in touch with God. The Jewish people wore the words "The LORD is our God, the LORD alone", called the Shema, around their neck. Touching them often to touch the Lord. Maybe we can do something similar.

Donal Neary SJ, Editor Sacred Heart Messenger



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. Thanks be to God.

RESPONSORIAL PSALM P.S.77:3-4.23-25.54

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 Ephesians 4:17.20-24

A reading from St. Paul's letter to the Ephesians
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. Thanks be to God.

GOSPEL ACCLAMATION

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

GOSPEL John 6:24-35

A reading from the holy Gospel according to John
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.

Praise to you, Lord Jesus Christ.

APOSTLES' CREED

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord,

All bow for following two lines:

who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God, the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

LITURGY OF THE EUCHARIST

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.

AFTER THE CONSECRATION

The mystery of faith. Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.

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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.

PENITENTIAL ACT

You raise the dead to life in the Spirit: Lord, have mercy. **Lord, have mercy.**
You bring pardon and peace to the sinner: Christ, have mercy. **Christ, have mercy.**
You bring light to those in darkness: Lord, have mercy. **Lord, have mercy.**
May almighty God have mercy..... **Amen.**

THE GLORIA

Glorify 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.



OPENING PRAYER

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.....

LITURGY OF THE WORD

FIRST READING Exodus 16:2-4. 12-15

A reading from the book of Exodus
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 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