

Weekend Masses: YANCHEP: 6 p.m. Saturday Vigil, St James Anglican Church, 2 Lagoon Drive. GUILDERTON: 8 a.m. Sunday, Guilderton Community Hall, Wedge Street. LANCELIN: 9.45 a.m. Sunday, 33 Gingin Road, Lancelin.

Confessions: before Mass on request

Weekday Masses: Tuesday, Thursday, Friday 9 a.m. at the presbytery, Wednesdays 3 p.m. at Bethanie Beachside Aged Care.

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Please like us on Facebook: <https://www.facebook.com/yanchepcatholicchurch>

We pray for the sick of our community, especially:

Pat Murphy, Ken and Toni Meek, Delores Servais, Michael Ford, Jim Walsh, Paula Cope, Pat Barone, Josephine del Bene, Len Sims and Nina Campbell.

Communion Antiphon ‡ Wisdom 16:20

You have given us, O Lord, bread from heaven, endowed with all delights and sweetness in every taste.

(continued) the Eucharist (offered to us daily). Why is it so important to honour God in the way we eat? Perhaps because we are so dependent on food, and therefore trusting God in the area of food is a very direct, personal sign of faith.

The Israelites do not know what the "manna" is when they first see it. They say in Hebrew, "*Man-hu?*", literally "What is it?" From this query the heavenly bread gets its name: in Hebrew, "*man*," in the English translation tradition, "manna." There is a spiritual sense to their lack of recognition: they don't know or recognize the bread from heaven when they see it. Presented with their sustenance, their salvation, their nourishment, they are non-comprehending: "Huh? What is it?" A similar dynamic will unfold in the Gospel reading.

There are so many parallels between Jesus' interactions with the crowd and God's dealings with the Israelites in the desert. Just as the Israelites in the desert were thinking with their stomachs, so is the crowd in John 6: "You are looking for me because you ate the loaves and were satisfied." Jesus calls the crowd to aspire to something higher than physical satisfaction: "Don't work for food that perishes, but for food that endures to eternal life."

The "work of God" is to "believe in the One he sent." So the crowd asks Jesus to perform a sign so that they can believe. One wants to ask, "Hey guys, didn't you see the sign he performed yesterday? Didn't you eat the miraculous loaves yourselves? Does he have to repeat the miracle every single day in order for you to believe?" Apparently so.

And we are reminded of the Israelites in the desert, who had seen so many signs and miracles: the ten plagues, the Passover, the parting of the Red Sea, and yet they still grumbled and doubted. Do we, too, quickly forget God's miracles, gifts, and work in our lives, falling back into distrust?

Sunday Bulletin

18th Sunday in Ordinary Time

Year B

Manna,
illuminated
French
manuscript, 1244
to 1254, The
Crusader Bible,
MS M.638 (fol.
9v), Pierpont
Morgan Library
of Medieval and
Renaissance
Manuscripts,
New York.

**Entrance
Antiphon**
‡ cf. Ps 70 (69):
2,6

O God, come to
my assistance; O
Lord, make haste
to help me! You
are my rescuer,
my help; O Lord,
do not delay.



First Reading ‡ Exodus 16:2-4, 12-15

I will rain bread from heaven upon you.

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:

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.'

Responsorial Psalm ‡ Psalm 77:3-4, 23-25, 54.

R. The Lord gave them bread from heaven.

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.**

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.**

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

Put on the new person that has been created in God's image.

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 ‡ Matthew 4:4

Alleluia, alleluia!

No one lives on bread alone,
but on every word that comes from the mouth of God.

Alleluia!

Gospel ‡ John 6:24-35

Whoever comes to me will never be hungry; whoever 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 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!

Reflection on the readings by John Bergsma at

<http://www.thesacredpage.com/2015/07/bread-from-heaven-readings-for-18th.html#more>.

Faithfulness to God in matters of food is a theme that shows up all throughout Scripture. In the Lord's Prayer we say, "Give us this day our daily bread." Actually, if we had time to analyse that phrase in Greek, we would discover that the concept of "daily bread" is tied both to the manna in the desert (which came every day) and to