



Be quiet and still for a moment and tell Jesus about your week.



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.

We say these words or sing a hymn as the priest approaches the altar.

COLLECT

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...

We ask for God's help. Listen now to the priest as he offers this prayer.



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

When people are hungry it's hard to think about anything else. After their escape from slavery, the Hebrews have wandered in the desert for a very time and they are hungry. Having freedom doesn't seem important any more. They need food

and wonder if slavery hadn't been so bad after all, as at least they were fed. They grumble and complain to Moses and Aaron. God hears their complaining. Bread rains down from heaven, ready to be collected every morning and God's people are fed.

LOOK at the reader and LISTEN.

When everyone is hungry and fed up God looks after them, sending bread from heaven.

RESPONSORIAL PSALM PSALM 77

The Lord gave them bread from heaven.

The cantor or psalmist sings or says the psalm. Listen to the verses, and then respond by using these words.



SECOND READING EPHESIANS 4:17. 20-24

The people Paul was writing to in Ephesus had become Christians when they were grown up. They had chosen to follow Jesus and asked to be baptised. These new Christians are changed by Jesus. They turned

their lives around and are living lives of love. Jesus changes our hearts too and will always give us a new start. Being baptised has given us life with Jesus and he will always be with us, helping us to follow him.

LOOK at the reader and LISTEN.

Life with Jesus makes us new people!

GOSPEL ACCLAMATION

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

We give a shout of praise to God, using these words taken from the Bible.



DO YOU KNOW?

On Friday 6 August we celebrate **The Transfiguration of the Lord**. Even though the priest will wear white vestments as it is a feast day, they won't be as "dazzling white" as Jesus' clothes. Jesus' clothes become "whiter than any earthly bleacher could make them" when Jesus shows his friends that he is **God**, here to show us pure **love**.



THINK

God gave the starving Hebrew people in the desert "bread from heaven". The manna, or bread, was found after quails had "covered the camp" and was probably droppings from these birds. **What an amazing miracle!** God provides food at just the right time, in just the right place. **Where can we see God working in our lives too?**





GOSPEL JOHN 6:24-35

The Good News about Jesus is told to us by St John.

The people track Jesus down and ask him lots of questions. They know that Jesus has the answers which will help them make sense of life. Jesus tells them there are even more important things than food. If they trust and follow Jesus, making love the most important thing

in their lives, they will have found all the answers they need. The crowd asks Jesus for proof, like the manna that God sent their ancestors. Jesus tells them that he is all the proof they need. Jesus is the bread that God has sent from heaven to fill us with good things.

STAND to LISTEN

to the priest or deacon as he prepares to read the Gospel.

What does the priest or deacon do to the book when he has finished reading the Gospel?



PRAY

"I am the bread of life."

Ask Jesus to help you to see him in the people and events in your life. Keep your eyes and heart open today. Thank God for being with you as you find love, caring and goodness.



PRAYER OF THE FAITHFUL

Dear Lord, I would like to pray for anyone who doesn't know you yet and is still trying to find out who you are. Let them find you and the happiness your love brings. Lord, hear my prayer.

Listen to the reader as he or she encourages us to pray for situations and people in need. Here is a prayer you could say privately.



OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think about a time this week when you felt sad and then think about a happy time.

Say a little prayer offering these thoughts up to God.

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic Prayer.



THE EUCHARISTIC PRAYER

Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?

We listen to the prayer of praise and thanks to God.



THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

COMMUNION ANTIPHON

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

You are invited to sing a Communion song or say this verse, which has been especially chosen for today's celebration.



MY PRAYER AFTER COMMUNION

Thank you, Jesus, for always being here for me in the bread and wine of Holy Communion. Thank you for loving me. Amen.



DO

Try baking some bread: soda bread is quicker to make than bread which needs yeast - and all bread is delicious!



IXΘΥΣ

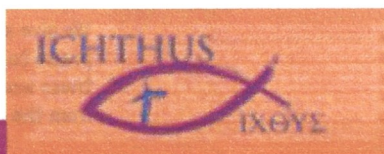
is the Greek word for "fish" and was used in the catacombs as a sign for early Christians. It is made up from the first letter of five Greek titles for the Lord:

- I (Jesus)
- X (Christos)
- Θ (Theou/God's)
- Υ (Uios/Son)
- Σ (Soter/Saviour)



We take Jesus with us to carry on the work that he did on earth, until we meet again next Sunday.

Go in peace.



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publications

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