



# Eighteenth Sunday Of The Year

## The Further Hunger

### Introduction

We cannot have the joys of a new world without abandoning the comforts of the old world. Instead of going forward towards the Promised Land the Jews continued to hanker after the “fleshpots of the Egypt”. After having fed the people with ordinary bread Jesus offered them something far better “the bread of eternal life”, but they didn’t want to know. We ourselves are reluctant to go beyond material things. Yet what God offers us is much better.

### First Reading (Exodus 16: 2-4, 12-15)

God feeds his people in the desert by sending them manna and quails. This became the classic example of his care for his people.

### Second Reading (Ephesians 4: 17, 20-24)

Paul urges the Ephesians to turn aside from the aimless life they lived before they heard the Gospel, and to live lives of goodness, holiness, and truth.

### Gospel (John 6: 24-35)

Jesus declares that he himself is the true bread from heaven of which the manna provided by Moses was but a pale image.

### Prayer Of The Faithful

God alone can give us the bread of eternal life. Let us pray that we may hunger for this bread so that we may enjoy even now a taste of new life Christ promised his followers.

R: Lord, graciously hear us.

For all Christians: that Christ may awaken in them a hunger for the bread of eternal life, and that they may never settle for anything else. Lord, hear us.

R: Lord, graciously hear us.



## Liturgy Cycle B

For the world we live in: that God may guide the human family during its earthly pilgrimage, enabling all his children to travel in faith, hope, and love. Lord, hear us.

R: Lord, graciously hear us.

For those who are going through the desert right now, the desert of hardship, trial, and pain; that God may give them the bread of endurance. Lord, hear us.

R: Lord, graciously hear us.

That we may be able to let go all undue attachments of comfort, ease, the worldly success, which make us the slaves of all things material. Lord, hear us.

R: Lord, graciously hear us.

### Communion Reflection

You cannot satisfy the satisfied,  
or fill those who are already full,  
or meet the needs of those people who have no needs.

Jesus said: "Blessed are the hungry, for they shall get their fill".

It is a happy day then when we can admit  
that we are poor and vulnerable,  
weak and wounded and in need of nourishment.

For it is in our emptiness that we are filled.  
It is in our confusions that we are guided.  
It is in our weakness that we are strengthened.  
It is in our sins that we are forgiven.  
It is in our hunger that we are fed.

Lord, we turn to you for that food  
which endures to eternal life,  
which you alone can give us,  
and which alone can satisfy all our hungers  
and all our longings,  
and which will sustain us  
as we journey through this life,  
which at times can become as bare as a desert,  
until we reach at last the promise land of heaven.