



"...I am the bread of life..."

Our Lady of Mount Carmel Parish
Small Church Communities

Eighteenth Sunday in Ordinary Time
 Year B
 August 5, 2018

Love. Pray. Serve.
 Proclaim Christ!

First Reading: EX 16:2-4, 12-15	..."I have heard the grumbling of the Israelites. Tell them: In the evening twilight you shall eat flesh, and in the morning you shall have your fill of bread, so that you may know that I, the LORD, am your God."...
Responsorial Psalm: PS 78: 3-4, 23-24, 25, 54	"The Lord gave them bread from heaven."
Second Reading: EPH 4: 17, 20-24	..."you must no longer live as the Gentiles do, in the futility of their minds; that is not how you learned Christ, assuming that you have heard of him and were taught in him, as truth is in Jesus, that you should put away the old self of your former way of life, corrupted through deceitful desires, and be renewed in the spirit of your minds, and put on the new self, created in God's way in righteousness and holiness of truth."
Gospel: JN 6: 24-35	<p>So last week, Jesus performed the miracle of feeding the 5000, yet this week he works with his audience to try to help them move to a higher level of understanding of what that miracle actually portended. He graciously reminds them to refocus from the signs of the feeding the multitude with a few loaves and fishes, to the reality that He is the bread of life, with which all will not hunger nor thirst.</p> <p>Discuss with the group how just in the past week your own experience(s) have exemplified our God's gift to us of our Lord's body and how it has nourished you in your faith journey.</p>

Saints Feast Days for the Upcoming Week & Info links:	
8/8 Saint Dominic, Priest https://mycatholic.life/saints/saints-of-the-liturgical-year/8-august-saint-dominic-priest/	8/11 Saint Claire, Virgin https://mycatholic.life/saints/saints-of-the-liturgical-year/august-11---saint-clare-virgin/