

FIRST READING

I will rain bread from heaven upon you.

A reading from the book of Exodus

16:2-4, 12-15

After the people of Israel had escaped from Egypt
and were in the desert,
they all started complaining to Moses and Aaron.
They said, "We wish the Lord had killed us in Egypt.
When we lived there, we could at least sit down
and eat all the bread and meat we wanted.
But you have brought us out here in the desert,
where we are going to starve to death."

The Lord said to Moses:

"I will send bread down from heaven like rain for all of you.
Each day the people can go out and gather up
only enough for that day.

By doing this, I'll find out if they will obey me.

I have heard my people complain.

Now tell them that each evening they will have meat,
and each morning they will have more than enough bread.

The people will know that I am the Lord their God."

That evening birds came and landed everywhere in the camp.

The next morning dew covered the ground.

After the dew had gone, there were thin flakes
that looked like frost all over the ground.

The people had never seen anything like this,
and they started asking each other, "What is it?"

Moses told them,

"This is the food that the Lord has given you."

The word of the Lord.

RESPONSORIAL PSALM

78:3 and 4cdef, 23-24, 25 and 54ab

R. (24b) The Lord gave them bread from heaven.

These are things we learned

from our ancestors,
and we won't keep secret
the glorious deeds
and the mighty miracles
of the Lord.

R. The Lord gave them bread from heaven.

God gave a command
to the clouds,
and he opened the doors
in the skies.
From heaven he sent grain
that they called manna.

R. The Lord gave them bread from heaven.

He gave them more than enough,
and each one of them ate
this special food.
God brought his people
to the sacred mountain.

R. The Lord gave them bread from heaven.

ALLELUIA

Matthew 4:4b

R. Alleluia, alleluia.

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

R. Alleluia, alleluia.

GOSPEL

Work for food that gives eternal life.

† A reading from the holy gospel according to John

6:24-29

The people saw that Jesus and his disciples had left.
Then they got into the boats
and went to Capernaum to look for Jesus.

They found him on the west side of the lake and asked,
“Rabbi, when did you get here?”

Jesus answered, "I tell you for certain
that you are not looking for me because you saw the miracles,
but because you ate all the food you wanted.

Don't work for food that spoils.

Work for food that gives eternal life.

The Son of Man will give you this food,
because God the Father has given him the right to do so."

"What exactly does God want us to do?" the people asked.

Jesus answered, "God wants you to have faith in the one he sent."

The gospel of the Lord.

EIGHTEENTH SUNDAY OF ORDINARY TIME — Cycle B
The Transfiguration of the Lord

Echo Prayer (Children echo each line after the leader):

Jesus our brother...
Thank you for loving us...
And calling us to follow you...
Help us to listen to your Word...
Today and everyday...
In your name we pray...
Amen...

Readings:

Daniel 7:9-10, 13-14
Ps. 97: 1-2, 5-6, 9
2 Peter 1: 16-19 (optional)
Mark 9: 2-10

Reflection-Discussion-Activity

After the first reading (and second reading if it is read), invite the children to briefly say what they heard, e.g. a word, a phrase, a thought.

Materials needed for the gospel reflection: flashlight and white bath towel or large piece of white cloth.

Before reading the gospel story, tell the children that today is a special feast day of the Church called the Transfiguration of Our Lord. Share with them that the word *Transfiguration*, means a *change*. Ask them to listen in the gospel story for a change that happened to Jesus.

Invite the children to share a *change* they heard in the Gospel. A visible change was Jesus' dazzling white clothing as he was transfigured. Then, ask a child to hold the white towel in front of him/her as if it is clothing and shine the flashlight on the child to make a "dazzling effect." Discuss the words of God's voice that were heard from a cloud/heaven, "This is my beloved Son. Listen to him." Explain the word "beloved" and how it relates to them as beloved sons and daughters of their parents, and of God, too. Reflect with the children how the words from heaven in the gospel story were recognizing Jesus as a beloved Son, but also are meant for each of us. At our Baptism each of us is called to follow Jesus and be counted among the beloved of God.

Recall with the children how at baptisms, first Communions and weddings, special *white* clothing/gowns are often worn. The color *white* is a symbol of *new life* signifying that a change has occurred, a *transfiguration*. Children/Adults put on the new life of Jesus as they became members of his family at Baptism; took another step in receiving the Body and Blood of Jesus for the first time; took another step in beginning a new life with a husband or wife.

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If there is time, let each child hold the white towel/cloth as the leader shines the flashlight on him/her. Invite the other children take the part of God and say, "This is my beloved Son/Daughter. Listen to him/her."

Conclude with a prayer or sung refrain that reflects being loved by God, or following Jesus in Baptism.