

YEAR B, PROPER 13, SUNDAY: MASS

The First Lesson. The Reader begins

A Reading from Exodus

And the whole congregation of the people of Israel murmured against Moses and Aaron in the wilderness, and said to them, “Would that we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate bread to the full; for you have brought us out into this wilderness to kill this whole assembly with hunger.” Then the LORD said to Moses, “Behold, I will rain bread from heaven for you; and the people shall go out and gather a day’s portion every day, that I may prove them, whether they will walk in my law or not. And Moses said to Aaron, “Say to the whole congregation of the people of Israel, ‘Come near before the LORD, for he has heard your murmurings.’ ” And as Aaron spoke to the whole congregation of the people of Israel, they looked toward the wilderness, and behold, the glory of the LORD appeared in the cloud. And the LORD said to Moses, “I have heard the murmurings of the people of Israel; say to them, ‘At twilight you shall eat flesh, and

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EXODUS 16:2–4, 9–15; PSALM 78:23–29; EPHESIANS 4:17–25; JOHN 6:22–36*

WE INCLUDE JOHN 6:22–23 TO HEAR THE EVANGELIST’S BEGINNING OF THE BREAD OF LIFE NARRATIVE AND 6:36 TO HEAR JESUS’ KNOWLEDGE OF THEIR UNBELIEF.

in the morning you shall be filled with bread; then you shall know that I am the LORD your God.’ ” In the evening quails came up and covered the camp; and in the morning dew lay round about the camp. And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as hoarfrost on the ground. When the people of Israel saw it, they said to one another, “What is it?” For they did not know what it was. And Moses said to them, “It is the bread which the LORD has given you to eat.”

The Reader concludes

The Word of the Lord.

Psalm 78:14–25

The Reader says

Please join me in reading Psalm 78, verses 23 through 29, found in the red Prayer Book beginning on page 696.

(The Reader repeats the above information as needed.)

23 So he commanded the clouds above *
and opened the doors of heaven.

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- 24 He rained down manna upon them to eat *
and gave them grain from heaven.
- 25 So mortals ate the bread of angels; *
he provided for them food enough.
- 26 He caused the east wind to blow in the heavens *
and led out the south wind by his might.
- 27 He rained down flesh upon them like dust *
and wingèd birds like the sand of the sea.
- 28 He let it fall in the midst of their camp *
and round about their dwellings.
- 29 So they ate and were well filled, *
for he gave them what they craved.

The Second Lesson. The Reader begins

**A Reading from the
Letter of Paul to the Ephesians**

Now this I affirm and testify in the Lord, that you
must no longer live as the Gentiles do, in the futility of

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their minds; they are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart; they have become callous and have given themselves up to licentiousness, greedy to practice every kind of uncleanness. You did not so learn Christ!—assuming that you have heard about him and were taught in him, as the truth is in Jesus. Put off your old nature which belongs to your former manner of life and is corrupt through deceitful lusts, and be renewed in the spirit of your minds, and put on the new nature, created after the likeness of God in true righteousness and holiness. Therefore, putting away falsehood, let every one speak the truth with his neighbor, for we are members one of another.

The Reader concludes

The Word of the Lord.

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The Gospel Acclamation

The Reader leads the appointed acclamation.

Reader Alleluia.

People Alleluia.

Reader Your words, O Lord, are spirit and life; *
you have the words of everlasting life.

People Alleluia.

The Reader returns to his or her seat.

The Holy Gospel

The Minister says The Lord be with you.

People And also with you.

Minister ✠ The Holy Gospel of our Lord
Jesus Christ according to John.

People Glory to you, Lord Christ.

On the next day the people who remained on the other side of the sea saw that there had been only one boat there, and that Jesus had not entered the boat with his disciples, but that his disciples had gone away alone. However, boats from Tiber'i-as came near the place where they ate the bread after the Lord had given thanks. So when the people saw that Jesus was

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not there, nor his disciples, they themselves got into the boats and went to Caper'na-um, seeking Jesus. When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Truly, truly, I say to you, you seek me, not because you saw signs, but because you ate your fill of the loaves. Do not labor for the food which perishes, but for the food which endures to eternal life, which the Son of man will give to you; for on him has God the Father set his seal." Then they said to him, "What must we do, to be doing the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "Then what sign do you do, that we may see, and believe you? What work do you perform? Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.' " Jesus then said to them, "Truly, truly, I say to you, it was not Moses who gave you the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven, and gives life to the world." They said to him, "Lord, give us this bread always." Jesus said to them, "I am the bread of life; he who comes to me shall not

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hunger, and he who believes in me shall never thirst.
But I said to you that you have seen me and yet do not
believe.”

The Minister says The Gospel of the Lord.

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