

18th Sunday of Ordinary Time-YEAR B- August 1st, 2021
UKA NKE IRI NA ASATO

IHE OGUGU NKE MBU: Ihe ogugu e wetara n'Akwukwo Opupu (16:2-4, 12-15)

Umu Izrel nile bidoro ntamu na-ekwuto Mosis na Eron na ozara na-asi: “N’ezie o gaara akara anyi mma ma a si n’anyi nwunyere n’aka Onyenweanyi mgbe ahu anyi noduru ala n’akuku ite anu n’ala Ijipt, biakwa na-eriju nri afo. Ma unu biara duputa anyi n’ozara ebe a ka igwe mmadu nile a nwuchaa n’aguu”. Onyenweanyi ewee gwa Mosis: “Ugbu a, aga M eme ka nri si n’igwe zoro unu ka mmiri. Kwa ubochi kwa ubochi, ndi mmadu ga-apu tutukota nri ga-ezuru ha n’ubochi ahu. Aga M esi n’uzo di otu a lee ha ule iji choputa ma ha ga edebekwa iwu M, ma o bu na ha agaghi edebe ya. Anula M ntamu nile a umu Izrel na-atamu. Gwa ha si: Na mgbede anyasi o bula, unu ga-eri anu. Ma n’ututu o bula, unu ga-erigide nri rijuo afo. Nke a ka unu ga-eji mara na Mu onwe M bu Dinwenu, bu Chineke unu.” N’uhuruchi, umu nnunu ga-efeputa, kpuchichaa elu ulo ndo ha dum. N’ututu, igirigi na-erijuputa na mbara ozara nile gbara ulo ndo ha gburugburu. Mgbe igirigi ahu koro n’ala ozara, ihe di ka akpu e bere ebe juputara n’ala ahu ile. Mgbe umu Izrel huru ya, ha juritara onwe ha juju si: “Ihe a o bu gini?” N’ihi na ha amaghi ihe o bu. Ma Mosis gwara ha si: “Ihe a bu nri ahu Onyenweanyi nyere unu.” **Okwu nke Oseburuwa Ekene diri Chukwu.**

ABUOMA NA AZIZA : (Az 77/78): Az: Onyenweanyi nyere ha achicha si n’igwe.

1. Ihe anyi nuru, na ihe anyi ma, na ihe nna nna anyi ha gwara anyi, ka anyi ga- ekwuputara umu umu anyi na-abianu. Anyi ga-akoro ha na aka oru Onyenweanyi di egwu, kokwaara ha maka ike Ya na oru ebube O ruru. **Aziza.**
2. O tiiri mbara igwe iwu, onu uzo eluigwe nile ewee meghee. Achicha ha ga-eri wee zoro ha ka mmiri. O nyere ha nri nke eluigwe. **Aziza.**
3. Mmadu nkiti riri nri nke ndi mmuozi. O ziteere ha nri ha jiri riju afo nke oma, biakwa kpobata ha n’ala Ya di nso; biakwa kpobata ha n’elu ugwu nke aka nri ya lutara n’agha. **Aziza.**

IHE OGUGU NKE ABUO: Ihe ogugu e wetara n'Akwukwo Ozi nke Pol di aso degaara ndi Efesos (4:17, 20-24)

Eji m aha Onyenweanyi na-ario unu, na-adokwa unu aka na nti, ka unu ghara idi na-ebi udi ndu aghara ahu e ji mara ndi ogommuo, ndi uche ha togboro n’efu. Ama m na o bughi ihe ahu ka unu mutara na Kristi, e wepu ma o bu na unu aghotaghi Ya nke oma, mgbe a kuziiri unu nke bu eziokwu di n’ime Jesu. O putara na unu ga-ahapu udi ndu ochie ahu unu na-ebi. Tufuonu onwe unu nke ochie; onwe unu nke ahu na-adaba n’ureghure na mmeru site n’igbaso aguu mmehie nile di n’anu ahu. Unu ga-eji mkpalite ohuru nke mmuo nwoghaa obi unu; ka unu wee yikwasi onwe unu nke ohuru ahu e kere n’oyiyi Chineke; onwe unu nke ahu di n’oyiyi nke idimma na idi nso nke eziokwu ahu. **Okwu nke Oseburuwa. Ekene diri Chukwu**

ALELUYA: (Matthew 4:4b) - Aleluya, aleluya! Aleluya, aleluya!: Oburo soso na nri ka mmadu ji adi ndu kama obukwa site n’okwu nke Chineke ***Aleluya!***

OZIOMA: Ihe ogugu nke a si n'Ozioma di aso nke Jon dere (6:24-55)

Ma mgbe igwe mmadu ahu huru na Jesu na Umuazu Ya anoghikwa n'ebe ahu a mubaara ha achicha, ha banyere n'ugbo mmiri ndi ahu, gawa Kapanom, na-acho Jesu. Mgbe ha kufere hu Jesu n'ofe osimiri, ha siri Ya: "Onye nkuzi, olee mgbe I biara ebe a"? Jesu zara ha si: "N'igwa unu eziokwu, ihe unu ji acho M abughi na unu huru ihe iriba-ama, kama o bu n'ih na unu ejila achicha rijuo afo. Kwusinu iru oru maka nri nke na-emebi emebi; kama ruwanu oru inweta nri ahu na-adigide ruo ndu ebighi ebi, nke bu nri ahu Nwa nke Mmadu ga-enye unu. N'ih na Chineke Nna kara Nwa nke Mmadu akara iriba- ama Ya." Mgbe ahu, ha juru Ya si: "Gini ka anyi kwesiri ime iji ruo oru Chineke?" Jesu wee zaa ha si: "Lee ihe bu iru oru Chineke: ikwere n'Onye ahu O zitere." Ha juwa Ya si: "Olee oru iriba-ama I ga-aruru anyi, ka anyi wee hu kwere na Gi? Gini ka I ga-emere anyi? Nna nna anyi ha riri achicha ocha n'ozara, dika e dere n'Akwukwo Nso si: 'O nyere ha nri nke sitere n'eluigwe ka ha rie.'" Jesu wee si ha." Ana M agwa unu eziokwu: O bughi Mosis nyere unu nri ahu sitere n'eluigwe, kama o bu Nna M na-enye unu ezi nri ahu sitere n'eluigwe. N'ih na nri Chineke bu nke ahu si n'eluigwe aridata, wee na-enye uwa ndu." Ha arioba Ya: "Onyenweanyi, nye anyi udi nri a mgbe nile." Jesu wee si ha: "Mu onwe M bu nri nke ndu. Onye o bula biakwutere M, aguu agaghi agukwa ya ozo. Onye o bula kwere na M, akpiri agaghi akpokwa ya nku ozo. **Ozioma nke Oseburuwa Otito diri Gi, Kristi.**

English

First reading: A reading from the Book of Exodus (16:2-4, 12-15)

The whole Israelite community grumbled against Moses and Aaron. The Israelites said to them, "Would that we had died at the LORD's hand in the land of Egypt, as we sat by our fleshpots and ate our fill of bread! But you had to lead us into this desert to make the whole community die of famine!" Then the LORD said to Moses, "I will now rain down bread from heaven for you. Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not. "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." In the evening quail came up and covered the camp. In the morning a dew lay all about the camp, and when the dew evaporated, there on the surface of the desert were fine flakes like hoarfrost on the ground. On seeing it, the Israelites asked one another, "What is this?" for they did not know what it was. But Moses told them, "This is the bread that the Lord has given you to eat." *The Word of the Lord- Thanks be to God.*

Responsorial Psalm (Ps. 77/78)

Response- The Lord gave them bread from heaven.

1. What we have heard and know, and what our fathers have declared to us, we will declare to the generation to come the glorious deeds of the LORD and his strength and the wonders that he wrought. **R. The Lord gave them bread from heaven.**
2. He commanded the skies above and opened the doors of heaven; he rained manna upon them for food and gave them heavenly bread. **R. The Lord gave them bread from heaven.**

3. Man ate the bread of angels, food he sent them in abundance. And he brought them to his holy land, to the mountains his right hand had won. **R. The Lord gave them bread from heaven**

Second reading: A Reading from the Second Letter of St. Paul to Ephesians (4:17, 20-24)

Brothers and sisters: I declare and testify in the Lord that 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.

The Word of the Lord: Thanks be God

4b

ALELUYA (Matthew 4: 4b) : Alleluia, alleluia

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

Gospel: A reading from the Holy Gospel according to John (6:24-35)

When the crowd saw that neither Jesus nor his disciples were there, they themselves got into boats and came to Capernaum looking for Jesus. And when they found him across the sea they said to him, "Rabbi, when did you get here?" Jesus answered them and said, "Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled. Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you. For on him the Father, God, has set his seal." So they said to him, "What can we do to accomplish the works of God?" Jesus answered and said to them, "This is the work of God, that you believe in the one he sent." So they said to him, "What sign can you do, that we may see and believe in you? What can you do? Our ancestors ate manna in the desert, as it is written: He gave them bread from heaven to eat." So Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave 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." So they said to him, "Sir, give us this bread always." Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst." ***The Gospel of the Lord- Praise be to you Lord Jesus Christ.***