

First Reading: Exodus 16:2-4, 12-15

He heluhelu mai ka Puke ‘alua a Mose, i kapa ‘ia ‘o Pukana

‘Ōhumu a‘ela ka po‘e mamo a pau a ‘Isera‘ela

The whole Israelite community grumbled

iā Mose mā lāua ‘o ‘A‘arona.

against Moses and Aaron.

‘Ī maila nā mamo a ‘Isera‘ela iā lāua,

The Israelites said to them,

“Inā ‘i hā awi ia mai ka make no kākou, i ka lima o lēhova,

"Would that we had died at the LORD's hand

‘ má kà āina o Aigupita,

in the land of Egypt,

i ka wā a kākou i noho ai‘ma nā ipu i a,

as we sat by our fleshpots

‘ a ‘ai aku nō hō‘i kākou‘i ka ai a mā ona!

and ate our fill of bread!

No ka mea‘, ua lawe mai olua iā kākou,

But you had to lead us

ma loko o kēia wao nahele,

into this desert

‘ é pepehi i kēia po e a pau i ka pōloli!”

to make the whole community die of famine!"

‘Ī maila ‘o lēhova iā Mose,

Then the LORD said to Moses,

“Aia ho i, é ho oua aku au i ka ai, mai ka lani aku.

"I will now rain down bread from heaven for you.

E hele aku nā kānaka ma waho,

Each day the people are to go out

‘ e ho o ulu ulu i ko ka lā ma ia lā;

and gather their daily portion;

i ho ā o aku ai au iā lākou,

thus will I test them,

‘ e helé paha lākou ma ko u kānāwai, a ole paha.”

to see whether they follow my instructions or not.

“Ua lohe aú i nā ‘ōhumu ana a nā mamo a Isera ela.

"I have heard the grumbling of the Israelites.

E ōlelo aku oe iā lākou, e Ī aku: A ahiahi,

Tell them: In the evening twilight

e ai ana oukou i ka i a,

you shall eat flesh,

a kakahiaka a e, e mā ona oukou i ka ai,

and in the morning you shall have your fill of bread,

a e ike‘auane i oukou, o wau nō lēhova, ko oukou Akua.”

so that you may know that I, the LORD, am your God."

A i ke ahiahi, hiki maila nā sēlū,

In the evening quail came up

a uhi maila ma kahi a lākou i ho‘omoana ai.

and covered the camp.

A kakahiaka a‘e, ahu ihola ka hau, a puni nā kahua,

In the morning a dew lay all about the camp,

a i ka lele ‘ana o ka hau i ahu ‘ia mai ai, aia ho‘i,

and when the dew evaporated,

ma ka ‘ili honua o ka wao nahele,

there on the surface of the desert

he mea li‘ili‘i me he unahi lā, me he hau pa‘a lā ka li‘ili‘i.

were fine flakes like hoarfrost on the ground.

A ‘ike akula nā mamo a ‘Isera‘ela,

On seeing it, the Israelites

‘ōlelo a‘ela kekahi o nā kānaka i kona hoa, "He aha kēia?"

asked one another, "What is this?"

No ka mea, ‘a‘ole lākou i ‘ike ia mea.

for they did not know what it was.

‘Ōlelo maila ‘o Mose iā lākou,

But Moses told them,

“Eia ka ‘ai a lēhova i hā‘awi mai ai, i mea na ‘oukou e ‘ai ai.”

"This is the bread that the LORD has given you to eat."

Ka Hua‘ōlelo a ka Haku, the Word of the Lord

Second Reading: Ephesians 4:17, 20-24

He heluhelu mai ka ‘Episetole a Paulo ka luna‘ōlelo i kākau ai i ko ‘Epeso

E o‘u hoahānau:

Brothers and sisters:

‘O kēia ho‘i ka‘u e ‘ōlelo aku nei, a hō‘ike aku ho‘i ma ka Haku,

I declare and testify in the Lord

mai haele hou ‘oukou e like me nā lāhui kanaka ‘ē

that you must no longer live as the Gentiles do,

ma ka lapuwale o ko lākou na‘au;

in the futility of their minds;

akā, ‘a‘ole pēlā kā ‘oukou i a‘o aku ai i kā Kristo,

that is not how you learned Christ,

inā paha i lohe ‘oukou i kāna, i a‘o ‘ia ho‘i ‘oukou e ia,

assuming that you have heard of him and were taught in him,

e like me ka ‘oia‘i‘o i loko o Iesū,

as truth is in Jesus,

a no ka noho ‘ana ma mua,

that you should put away

e ha‘alele aku ‘oukou i ke kanaka kahiko

the old self of your former way of life,

i haumia i nā kuko hewa ho‘opunipuni,

corrupted through deceitful desires,

a e hō‘ano hou ‘ia ho‘i ‘oukou ma ka mana‘o ‘ana
and be renewed in the spirit
o ko ‘oukou na‘au,
of your minds,
e hō‘a‘ahu iho ho‘i ‘oukou i ke kanaka hou,
and put on the new self,
i hana ‘ia ma muli o ke Akua ma ka pono
created in God's way in righteousness
a me ka hemolele ‘i‘o.
and holiness of truth.

Ka Hua‘ōlelo a ka Haku, the Word of the Lord

Gospel Reading: John 6:24-35

He heluhelu mai ka ‘Euanelio i kākau ‘ia ai e loane

A ‘ike a‘ela ka ‘aha kanaka, ‘a‘ole ‘o Iesū ma laila,

When the crowd saw that neither Jesus

‘a‘ole ho‘i kāna po‘e haumāna,

nor his disciples were there,

e‘e akula lākou i luna o nā moku,

they themselves got into boats

holo akula i Kapernauma e ‘imi ana iā Iesū.

and came to Capernaum looking for Jesus.

A loa‘a iā lākou ia ma kēlā kapa o ka moana wai,

And when they found him across the sea

‘Ī akula lākou iā ia,

they said to him,

“E Rabi, ināhea i hiki mai oe i ane i?”

"Rabbi, when did you get here?"

‘Ōlelo maila ‘o Iesū iā lākou, ‘Ī maila,

Jesus answered them and said,

“Āmene, ‘āmene, ‘ōlelo aku au, e imi nei oukou ia u,

"Amen, amen, I say to you, you are looking for me

a ole no ka hana mana a oukou i ike ai,

not because you saw signs

akā, no kā oukou ai ana i nā pōpō berena,

but because you ate the loaves

a mā ona a e.

and were filled.

Mai ho oikaika oukou no ka ai e pau wale,

Do not work for food that perishes

akā, no ka ai e mau ana a hiki i ke ola loa,

but for the food that endures for eternal life,

ka mea a ke Keiki a ke Kanaka e hā awi ai na oukou.

which the Son of Man will give you.

No ka mea, o ia kā ka Makua ke Akua i hō oia i o mai ai.”

For on him the Father, God, has set his seal."

No ia mea, nīnau akula lākou iā ia,

So they said to him,

“He aha kā mākou e hana ai,

"What can we do

i hana aku ai mākou i nā hana a ke Akua?”

to accomplish the works of God?"

‘Ōlelo maila ‘o Iesū iā lākou, ‘Ī maila,

Jesus answered and said to them,

“Eia ka hana a ke Akua, e mana o i o mai oukou

"This is the work of God, that you believe

i ka mea āna i ho ouna mai ai”

in the one he sent."

A laila nīnau akula lākou iā ia,

So they said to him,

*“He aha ka hana mana āu e hana mai ai,
"What sign can you do,
i ike ai mākou, a i mana o i o ai iā oe?
that we may see and believe in you?”*

He aha kāu e hana ai?

What can you do?

Ai ihola ko mākou po e kūpuna i ka mane

Our ancestors ate manna

ma ka wao nahele;

in the desert,

e like me ka mea i palapala ia,

as it is written:

Hā awi maila ia i ka berena

He gave them bread

mai ka lani mai e ai lākou.”

from heaven to eat.”

‘Ōlelo maila ‘o Iesū iā lākou,

So Jesus said to them,

“ Oia i o, he oia i o ka u e ōlelo aku nei iā oukou,

"Amen, amen, I say to you,

a ole o Mose i hā awi mai na oukou

it was not Moses who gave

i ka berena mai ka lani mai;

the bread from heaven;

akā, o ko u Makua ke hā awi mai nei

my Father gives

na oukou i ka berena oia i o mai ka lani mai.

you the true bread from heaven.

No ka mea, o kā ke Akua berena,

For the bread of God

o ia ka mea i iho mai mai ka lani mai,

is that which comes down from heaven

a hā awi i ke ola no ko ke ao nei."

and gives life to the world."

‘Ī akula lākou iā ia,

So they said to him,

“E ka Haku, e hā awi mau mai oe

"Sir, give us

i kēia berena na mākou.”

this bread always."

‘Ōlelo maila ‘o Iesū iā lākou,

Jesus said to them,

“ O wau nō ka berena e ola ai;

"I am the bread of life;

o ka mea e hele mai i o u nei, a ole loa ia e pōloli,

whoever comes to me will never hunger,

a o ka mea e mana o i o mai ia u,

and whoever believes in me

a ole loa ia e make wai.”

will never thirst."

Ka ‘Euanelio a ka Haku, the Gospel of the Lord