

The Eucharist

25 July 2021 ✦ 17th SUNDAY IN ORDINARY TIME



From today and for the next four Sundays the continuous reading of St Mark's Gospel is interrupted, and the sixth chapter of St John is read. We reflect on Jesus, the true Bread of Life. In the miracle of the loaves and fishes Jesus shows himself to be the true Messiah and the true prophet. The people are filled with the fullness of the messianic times and look for the return of the kingdom. We who pray for daily bread give thanks for the gift of the Eucharist and for being able ourselves to give generously to others.



'There is a small boy here with five barley loaves and two fish; but what is that between so many?' Jesus said: 'Make the people sit down.'

FIRST READING (2 Kings 4:42-44)

The story of Elisha giving bread to the people to eat directs us to the feeding of the multitude by Jesus. The objections of others are set aside as more than sufficient bread is eventually distributed. A recurring image of the Kingdom of God is that of a kingdom of plenty, of food and drink in abundance.

SECOND READING (Ephesians 4:1-6)

The Christian community must live in unity. Sharing in the one bread of the Eucharist we must live out that unity in our relationship with others. We have to persevere in unity of the Spirit by bonds of peace.

GOSPEL (John 6:1-15)

All the accounts of the first Eucharist show Jesus taking bread, blessing it, and sharing it with others. Today's gospel on the multiplication of the loaves and fish uses these same words to describe what Jesus did on that occasion.

THE INTRODUCTORY RITES

Entrance Antiphon

(Cf. Ps 67:6-7.36)

**God is in his holy place,
God who unites those who dwell in his house;
he himself gives might and strength to his people.**

In the name of the Father, and of the Son,
and of the Holy Spirit.

Amen.

The grace of our Lord Jesus Christ,
and the love of God,
and the communion of the Holy Spirit
be with you all.

And with your spirit.

Penitential Act

Brethren (brothers and sisters),
let us acknowledge our sins,
and so prepare ourselves
to celebrate the sacred mysteries.

A brief pause for silence follows.

You were sent to heal the contrite of heart:

Lord, have mercy.

Or: Kyrie, eleison.

Lord, have mercy.

Or: Kyrie, eleison.

You came to call sinners:

Christ, have mercy.

Or: Christe, eleison.

Christ, have mercy.

Or: Christe, eleison.

You are seated at the right hand of the Father to intercede
for us:

Lord, have mercy.

Or: Kyrie, eleison.

Lord, have mercy.

Or: Kyrie, eleison.

May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.

Amen.

Gloria

**Glory to God in the highest,
and on earth peace to people of good will.**

We praise you,

we bless you,

we adore you,

we glorify you,

we give you thanks for your great glory,

Lord God, heavenly King,

O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,

Lord God, Lamb of God, Son of the Father,

you take away the sins of the world,

have mercy on us;

you take away the sins of the world,

receive our prayer;

you are seated at the right hand of the Father,

have mercy on us.

For you alone are the Holy One,

you alone are the Lord,

you alone are the Most High,

**Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.**

Collect

O God, protector of those who hope in you,
bestow in abundance your mercy upon us
and grant that, with you as our ruler and guide,
we may use the good things that pass
in such a way as to hold fast even now
to those that ever endure.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

Amen.

THE LITURGY OF THE WORD

FIRST READING

(2 Kg 4:42-44)

A reading from the second book of the Kings.

A man came from Baal-shalishah, bringing Elisha, the man of God, bread from the first-fruits, twenty barley loaves and fresh grain in the ear. 'Give it to the people to eat,' Elisha said. But his servant replied, 'How can I serve this to a hundred men?' 'Give it to the people to eat,' he insisted, 'for the Lord says this, "They will eat and have some left over."' He served them; they ate and had some over, as the Lord had said.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

(Ps 144:10-11.15-18)

**R You open wide your hand, O Lord,
and grant our desires.**

1. All your creatures shall thank you, O Lord,
and your friends shall repeat their blessing.
They shall speak of the glory of your reign
and declare your might, O God. **R**
2. The eyes of all creatures look to you
and you give them their food in due time.
You open wide your hand,
grant the desires of all who live. **R**
3. The Lord is just in all his ways
and loving in all his deeds.
He is close to all who call him,
who call on him from their hearts. **R**

SECOND READING

(Eph 4:1-6)

A reading from the letter of St Paul to the Ephesians.

I, the prisoner in the Lord, implore you to lead a life worthy of your vocation. Bear with one another charitably, in complete selflessness, gentleness and patience. Do all you can to preserve the unity of the Spirit by the peace that binds you together. There is one Body, one Spirit, just as you were all called into one and the same hope when you were called. There is one Lord, one faith, one baptism, and one God who is Father of all, through all and within all.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

(Cf. Jn 6:63.68)

Alleluia, alleluia!

**Your words are spirit, Lord,
and they are life:**

you have the message of eternal life.

Alleluia!

GOSPEL

(Jn 6:1-15)



The Lord be with you.

And with your spirit.

A reading from the holy Gospel
according to John.

Glory to you, O Lord.

Jesus went off to the other side of the Sea of Galilee – or of Tiberias – and a large crowd followed him, impressed by the signs he gave by curing the sick. Jesus climbed the hillside, and sat down there with his disciples. It was shortly before the Jewish feast of Passover.

Looking up, Jesus saw the crowds approaching and said to Philip, 'Where can we buy some bread for these people to eat?' He only said this to test Philip; he himself knew exactly what he was going to do. Philip answered, 'Two hundred denarii would only buy enough to give them a small piece each.' One of his disciples, Andrew, Simon Peter's brother, said, 'There is a small boy here with five barley loaves and two fish; but what is that between so many?' Jesus said to them, 'Make the people sit down.' There was plenty of grass there, and as many as five thousand men sat down. Then Jesus took the loaves, gave thanks, and gave them out to all who were sitting ready; he then did the same with the fish, giving out as much as was wanted. When they had eaten enough he said to the disciples, 'Pick up the pieces left over, so that nothing gets wasted.' So they picked them up, and filled twelve hampers with scraps left over from the meal of five barley loaves. The people, seeing this sign that he had given, said, 'This really is the prophet who is to come into the world.' Jesus, who could see they were about to come and take him by force and make him king, escaped back to the hills by himself.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Profession of Faith

(Nicene Creed)

**I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,**

*At the words that follow, up to and including
and became man, all bow.*

**and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.**

**For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.**

**I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored
and glorified,**

who has spoken through the prophets.

**I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.**

The priest introduces the Prayer of the Faithful.

THE LITURGY OF THE EUCHARIST

Pray, brethren (brothers and sisters),
that my sacrifice and yours
may be acceptable to God,
the almighty Father.

**May the Lord accept the sacrifice at your hands
for the praise and glory of his name,
for our good
and the good of all his holy Church.**

Prayer over the Offerings

Accept, O Lord, we pray, the offerings
which we bring from the abundance of your gifts,
that through the powerful working of your grace
these most sacred mysteries may sanctify
our present way of life
and lead us to eternal gladness.
Through Christ our Lord.
Amen.

Eucharistic Prayer III

(Preface VII of Sundays in Ordinary Time)

The Lord be with you.

And with your spirit.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right and just.

It is truly right and just, our duty and our salvation,
always and everywhere to give you thanks,
Lord, holy Father, almighty and eternal God.

For you so loved the world
that in your mercy you sent us the Redeemer,
to live like us in all things but sin,
so that you might love in us what you loved in your Son,
by whose obedience we have been restored
to those gifts of yours

that, by sinning, we had lost in disobedience.

And so, Lord, with all the Angels and Saints,
we, too, give you thanks, as in exultation we acclaim:

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

You are indeed Holy, O Lord,
and all you have created
rightly gives you praise,
for through your Son our Lord Jesus Christ,
by the power and working of the Holy Spirit,
you give life to all things and make them holy,

and you never cease to gather a people to yourself,
so that from the rising of the sun to its setting
a pure sacrifice may be offered to your name.

Therefore, O Lord, we humbly implore you:
by the same Spirit graciously make holy
these gifts we have brought to you for consecration,
that they may become the Body and \times Blood
of your Son our Lord Jesus Christ,
at whose command we celebrate these mysteries.

For on the night he was betrayed
he himself took bread,
and, giving you thanks, he said the blessing,
broke the bread and gave it to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.**

In a similar way, when supper was ended,
he took the chalice,
and, giving you thanks, he said the blessing,
and gave the chalice to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT,
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY
FOR THE FORGIVENESS OF SINS.**

DO THIS IN MEMORY OF ME.

The mystery of faith.

**Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.**

Therefore, O Lord, as we celebrate the memorial
of the saving Passion of your Son,
his wondrous Resurrection
and Ascension into heaven,
and as we look forward to his second coming,
we offer you in thanksgiving
this holy and living sacrifice.

Look, we pray, upon the oblation of your Church
and, recognising the sacrificial Victim by whose death
you willed to reconcile us to yourself,
grant that we, who are nourished
by the Body and Blood of your Son
and filled with his Holy Spirit,
may become one body, one spirit in Christ.

May he make of us
an eternal offering to you,
so that we may obtain an inheritance with your elect,
especially with the most Blessed Virgin Mary,

Mother of God,
with blessed Joseph, her Spouse,
with your blessed Apostles and glorious Martyrs
(with Saint N.: *the Saint of the day or Patron Saint*)
and with all the Saints,
on whose constant intercession in your presence
we rely for unfailing help.

May this Sacrifice of our reconciliation,
we pray, O Lord,
advance the peace and salvation of all the world.
Be pleased to confirm in faith and charity
your pilgrim Church on earth,
with your servant N. our Pope and N. our Bishop,

the Order of Bishops, all the clergy,
and the entire people you have gained for your own.

Listen graciously to the prayers of this family,
whom you have summoned before you:
in your compassion, O merciful Father,
gather to yourself all your children
scattered throughout the world.

To our departed brothers and sisters
and to all who were pleasing to you
at their passing from this life,
give kind admittance to your kingdom.
There we hope to enjoy for ever the fullness of your glory
through Christ our Lord,
through whom you bestow on the world all that is good.

Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,
for ever and ever.

Amen.

THE COMMUNION RITE

At the Saviour's command
and formed by divine teaching,
we dare to say:

Our Father, who art in heaven, ...

Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Saviour, Jesus Christ.

**For the kingdom,
the power and the glory are yours
now and for ever.**

Lord Jesus Christ,
who said to your Apostles:
Peace I leave you, my peace I give you,
look not on our sins,
but on the faith of your Church,
and graciously grant her peace and unity
in accordance with your will.

Who live and reign for ever and ever.

Amen.

The peace of the Lord be with you always.

And with your spirit.

*The priest may invite the people to exchange a sign of peace
and Christian fellowship. As the priest breaks the consecrated
Host the following is sung or said:*

**Lamb of God, you take away the sins of the world,
have mercy on us.**

**Lamb of God, you take away the sins of the world,
have mercy on us.**

**Lamb of God, you take away the sins of the world,
grant us peace.**

Showing the Eucharist to the people, the priest says:

Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

**Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.**

Communion Antiphon

(Ps 102:2)

**Bless the Lord, O my soul,
and never forget all his benefits.**

Prayer after Communion

We have consumed, O Lord, this divine Sacrament,
the perpetual memorial of the Passion of your Son;
grant, we pray, that this gift,
which he himself gave us with love beyond all telling,
may profit us for salvation.

Through Christ our Lord.

Amen.

THE CONCLUDING RITES

The Lord be with you.

And with your spirit.

May almighty God always keep every adversity
far from you
and in his kindness pour out upon you the gifts
of his blessing.

Amen.

May God keep your hearts attentive to his words,
that they may be filled with everlasting gladness.

Amen.

And so, may you always understand what is
good and right,
and be found ever hastening along
in the path of God's commands,
made coheirs with the citizens of heaven.

Amen.

And may the blessing of almighty God,
the Father, and the Son, ✠ and the Holy Spirit,
come down on you and remain with you for ever.

Amen.

Go forth, the Mass is ended.

Thanks be to God.

Personal Prayer

Jesus, help me to see clearly how far my emotions
hold me back from you. Help me, Lord, to understand
what holds me back. Let me see why I tend to become
distracted, tired and vaguely uncomfortable in my
religious activities. With this knowledge I may be better
able to reconstruct my mistaken notions, attitudes, and
feelings concerning you. Lord Jesus, sometimes I too
have reason to exclaim: 'I believe; help my unbelief!'
However, I will not hesitate to affirm my faith and trust
in you, regardless of my feelings. Feelings of anxiety
and doubt will be no surprise to me, nor will they make
me ashamed of myself. They are old habits, and will
probably remain with me, in some measure, all through
life. I do believe, Lord! Help me prove it in action. Amen.