

The Eucharist

1 August 2021 ✦ 18th SUNDAY IN ORDINARY TIME



We recognise our daily need for bread and we have our concern for a just distribution of food throughout the needy world. We must also remember our need for the bread that comes from heaven. Without a spiritual life we are only half-living. Jesus is the Bread of Life for us, he is the revelation of God for our world at all times.



'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven.'

FIRST READING *(Exodus 16:2-4.12-15)*

The people complain to Moses that they are hungry. Their mind is fixed on the food that they once enjoyed in Egypt. Moses lifts their vision to the bread from heaven. They should look for the bread the Lord gives them to eat.

SECOND READING *(Ephesians 4:17-20-24)*

This reading also calls on us to leave the earthly way of life and look to a greater vision. We have to put off the old self and become new beings in the goodness and holiness of the truth.

GOSPEL *(John 6:24-35)*

Jesus identifies himself when he says, 'I am the bread of life'. This food at the banquet of Eternal Life is not like the manna in the desert or the bread that the people have just eaten. Christ is present to us in the Eucharistic meal and in the proclamation of his word. The crucified Christ gives his flesh and blood to be the food of his faithful people. He who believes will never hunger or thirst.

THE INTRODUCTORY RITES

Entrance Antiphon

(Ps 69:2.6)

**O God, come to my assistance;
O Lord, make haste to help me!
You are my rescuer, my help;
O Lord, do not delay.**

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.

**I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have failed to do,**

And, striking their breast, they say:

**through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.**

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

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

Amen.

**Lord, have mercy.
Christ, have mercy.
Lord, have mercy.**

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

Draw near to your servants, O Lord,
and answer their prayers with unceasing kindness,
that, for those who glory in you as their Creator
and guide,

you may restore what you have created
and keep safe what you have restored.

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

(Ex 16:2-4.12-15)

A reading from the book of Exodus.

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not.'

'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart's content. Then you will learn that I, the Lord, am your God." And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That,' said Moses to them, 'is the bread the Lord gives you to eat.'

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

(Ps 77:3-4.23-25.54)

℟ The Lord gave them bread from heaven.

1. The things we have heard and understood,
the things our fathers have told us,
we will tell to the next generation:
the glories of the Lord and his might. **℟**
2. He commanded the clouds above
and opened the gates of heaven.
He rained down manna for their food,
and gave them bread from heaven. **℟**
3. Mere men ate the bread of angels.

He sent them abundance of food.
He brought them to his holy land,
to the mountain which his right hand had won. **℟**

SECOND READING

(Eph 4:17.20-24)

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

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

(Jn 14:5)

Alleluia, alleluia!

**I am the Way, the Truth and the Life, says the Lord;
no one can come to the Father except through me.
Alleluia!**

GOSPEL

(Jn 6:24-35)



The Lord be with you.

And with your spirit.

A reading from the holy Gospel
according to John.

Glory to you, O Lord.

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered:

'I tell you most solemnly,
you are not looking for me
because you have seen the signs
but because you had all the bread you wanted to eat.
Do not work for food that cannot last,
but work for food that endures to eternal life,
the kind of food the Son of Man is offering you,
for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.'

Jesus answered:

'I tell you most solemnly,
it was not Moses who gave you bread from heaven,
it is my Father who gives you the bread from heaven,
the true bread;
for the bread of God
is that which comes down from heaven
and gives life to the world.'

'Sir,' they said, 'give us that bread always.' Jesus answered:

'I am the bread of life.
He who comes to me will never be hungry;
he who believes in me will never thirst.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Profession of Faith

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

Graciously sanctify these gifts, O Lord, we pray,
and, accepting the oblation of this spiritual sacrifice,
make of us an eternal offering to you.
Through Christ our Lord.
Amen.

Eucharistic Prayer II

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.

(Nicene Creed)

It is truly right and just, our duty and our salvation,
always and everywhere to give you thanks,
Father most holy,
through your beloved Son, Jesus Christ,
your Word through whom you made all things,
whom you sent as our Saviour and Redeemer,
incarnate by the Holy Spirit and born of the Virgin.
Fulfilling your will and gaining for you a holy people,
he stretched out his hands as he endured his Passion,
so as to break the bonds of death and manifest
the resurrection.

And so, with the Angels and all the Saints
we declare your glory,
as with one voice 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,
the fount of all holiness.

Make holy, therefore, these gifts, we pray,
by sending down your Spirit upon them like the dewfall,
so that they may become for us
the Body and  Blood of our Lord Jesus Christ.

At the time he was betrayed
and entered willingly into his Passion,
he took bread and, giving thanks, broke it,
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, once more giving thanks,
he gave it 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, as we celebrate
the memorial of his Death and Resurrection,
we offer you, Lord,
the Bread of life and the Chalice of salvation,
giving thanks that you have held us worthy
to be in your presence and minister to you.

Humbly we pray
that, partaking of the Body and Blood of Christ,
we may be gathered into one by the Holy Spirit.
Remember, Lord, your Church,
spread throughout the world,
and bring her to the fullness of charity,
together with **N.** our Pope and **N.** our Bishop
and all the clergy.

Remember also our brothers and sisters who have fallen asleep in the hope of the resurrection, and all who have died in your mercy; welcome them into the light of your face. Have mercy on us all, we pray, that with the Blessed Virgin Mary, Mother of God, with blessed Joseph, her Spouse, with the blessed Apostles, and all the Saints who have pleased you throughout the ages, we may merit to be coheirs to eternal life, and may praise and glorify you through your Son, Jesus Christ. 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, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

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

(Wis 16:20)

You have given us, O Lord, bread from heaven, endowed with all delights and sweetness in every taste.

Prayer after Communion

Accompany with constant protection, O Lord, those you renew with these heavenly gifts and, in your never-failing care for them, make them worthy of eternal redemption. Through Christ our Lord.
Amen.

THE CONCLUDING RITES

The Lord be with you. **And with your spirit.**
May the Lord bless you and keep you. **Amen.**
May he let his face shine upon you and show you his mercy. **Amen.**
May he turn his countenance towards you and give you his peace. **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

Lord, my heart is occasionally troubled, but it should not be! If I put my trust in you, then why should I worry? My faith is imperfect, my love limited, my hope dimmed. As a result I'm inclined to rely on my human abilities rather than on your gracious love for me.

You have made me a member of your chosen race, your royal priesthood. You have set me apart to praise you. You have called me from the darkness of sin into your glorious light. You are the Way, the Truth, and the Life. You are my guide to the Father who is in you and you in him.

I am a child of God who needs help and guidance. Lead me along the way to truth and life. Let me be aware that you alone are faithful and that your words are to be trusted. You love justice and right, filling the earth with your love. Lord, look down on me as I try to honour you, as I hope in your love, knowing that you will rescue my soul.

Lord, I believe in you. I hope in you. I love you. Help me to behave as you did while you walked among us so that I, too, will return to the Father after my earthly pilgrimage. Amen.