

The Eucharist

8 August 2021 ✦ 19th SUNDAY IN ORDINARY TIME



We don't think of going on a long journey without also thinking of how we can have food on the way. The transport company may provide it for us, or else we will have to bring along our own provisions. The old pilgrim roads to Rome, Jerusalem and Compostela were dotted with inns to support the weary and hungry pilgrims. The pilgrimage of life to our heavenly home is supported by the food of the Eucharist. Christ gives his own flesh for the life of the world.



'Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

FIRST READING

(1 Kings 19:4-8)

Elijah is in the depths of depression, nothing is going right for him. His journey in God's service is beginning to look to be too much for him. But then he is given food by a heavenly messenger and told not to give in. With the strength given him by that food he eventually reaches the mountain of God.

SECOND READING

(Ephesians 4:30-5:2)

How are we to behave on our pilgrim journey? By following Christ in loving as he loved us. The directions given today are simple and direct. But above all we have to show ourselves kind and forgiving because Christ has forgiven us.

GOSPEL

(John 6:41-51)

The living bread come down from heaven is the flesh of Christ given up for the life of the world. The sacrifice of Christ on the cross gives life. This will always be a challenge to our faith. There will be those who question. The gift of faith will draw us to the knowledge of Christ and his heavenly origins.

THE INTRODUCTORY RITES

Entrance Antiphon

(Cf. Ps 73:20.19.22.23)

**Look to your covenant, O Lord,
and forget not the life of your poor ones for ever.
Arise, O God, and defend your cause,
and forget not the cries of those who seek you.**

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.

Amen.

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

**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

Almighty ever-living God,
whom, taught by the Holy Spirit,
we dare to call our Father,
bring, we pray, to perfection in our hearts
the spirit of adoption as your sons and daughters,
that we may merit to enter into the inheritance
which you have promised.
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

(1 Kg 19:4-8)

A reading from the first book of Kings.
Elijah went into the wilderness, a day's journey, and sitting
under a furze bush wished he were dead. 'Lord,' he said,
'I have had enough. Take my life; I am no better than my
ancestors.' Then he lay down and went to sleep. But an
angel touched him and said, 'Get up and eat.' He looked
round, and there at his head was a scone baked on hot
stones, and a jar of water. He ate and drank and then lay
down again. But the angel of the Lord came back a second
time and touched him and said, 'Get up and eat, or the
journey will be too long for you.' So he got up and ate and
drank, and strengthened by that food he walked for forty
days and forty nights until he reached Horeb, the mountain
of God.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

(Ps 33:2-9)

R Taste and see that the Lord is good.

1. I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad. **R**
2. Glorify the Lord with me.
Together let us praise his name.
I sought the Lord and he answered me;
from all my terrors he set me free. **R**
3. Look towards him and be radiant;
let your faces not be abashed.
This poor man called; the Lord heard him
and rescued him from all his distress. **R**
4. The angel of the Lord is encamped
around those who revere him, to rescue them.
Taste and see that the Lord is good.
He is happy who seeks refuge in him. **R**

SECOND READING

(Eph 4:30-5:2)

A reading from the letter of St Paul to the Ephesians.
Do not grieve the Holy Spirit of God who has marked you
with his seal for you to be set free when the day comes.
Never have grudges against others, or lose your temper, or

raise your voice to anybody, or call each other names, or
allow any sort of spitefulness. Be friends with one another,
and kind, forgiving each other as readily as God forgave
you in Christ.

Try, then, to imitate God, as children of his that he loves,
and follow Christ by loving as he loved you, giving himself
up in our place as a fragrant offering and a sacrifice to God.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

(Jn 14:23)

Alleluia, alleluia!

**If anyone loves me he will keep my word,
and my Father will love him,
and we shall come to him.
Alleluia!**

GOSPEL

(Jn 6:41-51)



The Lord be with you.

And with your spirit.

A reading from the holy Gospel
according to John.

Glorify to you, O Lord.

The Jews were complaining to each other about Jesus,
because he had said, 'I am the bread that came down from
heaven.' 'Surely this is Jesus son of Joseph,' they said.
'We know his father and mother. How can he now say, "I
have come down from heaven"?' Jesus said in reply, 'Stop
complaining to each other.

'No one can come to me
unless he is drawn by the Father who sent me,
and I will raise him up at the last day.

It is written in the prophets:
They will all be taught by God,
and to hear the teaching of the Father,
and learn from it,
is to come to me.

Not that anybody has seen the Father,
except the one who comes from God:
he has seen the Father.

I tell you most solemnly,
everybody who believes has eternal life.
I am the bread of life.

Your fathers ate the manna in the desert
and they are dead;

but this is the bread that comes down from heaven,
so that a man may eat it and not die.

I am the living bread which has come down
from heaven.

Anyone who eats this bread will live for ever;
and the bread that I shall give
is my flesh, for the life of the world.'

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

Be pleased, O Lord, to accept the offerings of your Church,
for in your mercy you have given them to be offered
and by your power you transform them
into the mystery of our salvation.
Through Christ our Lord.
Amen.

Eucharistic Prayer III

(Preface III 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 we know it belongs to your boundless glory,
that you came to the aid of mortal beings
with your divinity
and even fashioned for us a remedy out of mortality itself,
that the cause of our downfall

might become the means of our salvation,
through Christ our Lord.

Through him the host of Angels adores your majesty
and rejoices in your presence for ever.
May our voices, we pray, join with theirs
in one chorus of exultant praise, as 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 147:12.14)

**O Jerusalem, glorify the Lord,
who gives you your fill of finest wheat.**

Prayer after Communion

May the communion in your Sacrament
that we have consumed, save us, O Lord,
and confirm us in the light of your truth.
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 and announce the Gospel of the Lord.

Thanks be to God.

Personal Prayer

Father of all, we give you thanks and praise because
you have met us in your Son and brought us home
to yourself.

Dying and living he declared your love, gave us grace,
and opened up the future for us.

May we who share his body, live his risen life. We who
drink his cup, bring life to others. We whom the Spirit
lights, give light to the world.

Anchor us in the hope that we have found so that we
and all your children may be set free, and your name be
praised here and everywhere. Amen.