

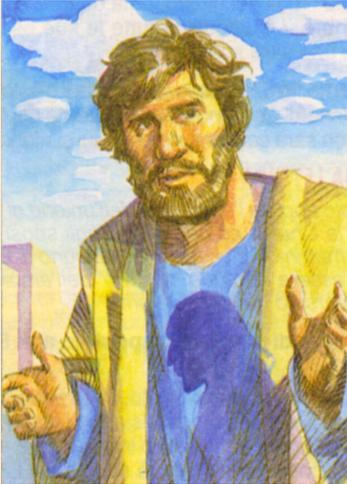
# The Eucharist

22 August 2021 ✦ 21st SUNDAY IN ORDINARY TIME



The first announcement of the Eucharist divided the disciples, just as the announcement of the Passion scandalised them: ‘This is a hard saying; who can listen to it?’ The Eucharist and the Cross are stumbling blocks. It is the same mystery and it never ceases to be an occasion of division. ‘Will you also go away?’ The Lord’s question echoes through the ages, as a loving invitation to discover that only he has ‘the words of eternal life’, and that to receive in faith the gift of his Eucharist is to receive the Lord himself.

— (Catechism of the Catholic Church, # 1336)



*After hearing his doctrine many of the followers of Jesus said: ‘This is intolerable language. How could anyone accept it?’*

## FIRST READING *(Joshua 24:1-2.15-18)*

‘Choose today whom you wish to serve’ are the key words today. They echo Christ’s words to his disciples. Are we ready to make the reply, ‘We too will serve the Lord, for he is our God?’

## SECOND READING *(Ephesians 5:25-32)*

Christ loves his Church in a great mystical union. So the husband must love his wife without any reservations in a true marriage.

## GOSPEL *(John 6:60-69)*

‘Will you also go away?’ Every time we celebrate the Eucharist we renew the covenant. We are again faced with the choice of faith, and the decision to give ourselves is renewed. Can we also say: ‘Lord, who shall we go to? You have the message of eternal life?’

## THE INTRODUCTORY RITES

### Entrance Antiphon

*(Cf. Ps 85:1-3)*

**Turn your ear, O Lord, and answer me;  
save the servant who trusts in you, my God.  
Have mercy on me, O Lord, for I cry to you all the  
day long.**

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**

O God, who cause the minds of the faithful to unite in a single purpose, grant your people to love what you command and to desire what you promise, that, amid the uncertainties of this world, our hearts may be fixed on that place where true gladness is found. 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**

*(Jos 24:1-2.15-18)*

A reading from the book of Joshua.

Joshua gathered all the tribes of Israel together at Shechem; then he called the elders, leaders, judges and scribes of Israel, and they presented themselves before God. Then Joshua said to all the people: 'If you will not serve the Lord, choose today whom you wish to serve, whether the gods that your ancestors served beyond the River, or the gods of the Amorites in whose land you are now living. As for me and my House, we will serve the Lord.'

The people answered, 'We have no intention of deserting the Lord our God and serving other gods. Was it not the Lord our God who brought us and our ancestors out of the land of Egypt, the house of slavery, who worked those great wonders before our eyes and preserved us all along the way we travelled and among all the peoples through whom we journeyed? We too will serve the Lord, for he is our God.'

The word of the Lord.

**Thanks be to God.**

**RESPONSORIAL PSALM**

*(Ps 33:2-3.16-23)*

**℟ 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. **℟**
2. The Lord turns his face against the wicked  
to destroy their remembrance from the earth.  
The Lord turns his eyes to the just  
and his ears to their appeal. **℟**
3. They call and the Lord hears  
and rescues them in all their distress.  
The Lord is close to the broken-hearted;  
those whose spirit is crushed he will save. **℟**
4. Many are the trials of the just man  
but from them all the Lord will rescue him.  
He will keep guard over all his bones,  
not one of his bones shall be broken. **℟**
5. Evil brings death to the wicked;  
those who hate the good are doomed.  
The Lord ransoms the souls of his servants.  
Those who hide in him shall not be condemned. **℟**

**SECOND READING**

*(Eph 5:25-32)*

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

Husbands should love their wives just as Christ loved the Church and sacrificed himself for her to make her holy. He made her clean by washing her in water with a form of words, so that when he took her to himself she would be glorious, with no speck or wrinkle or anything like that, but holy and faultless. In the same way, husbands must love their wives as they love their own bodies; for a man to love his wife is for him to love himself. A man never hates his own body, but he feeds it and looks after it, and that is the way Christ treats the Church, because it is his body – and we are its living parts. For this reason, a man must leave his father and mother and be joined to his wife, and the two will become one body. This mystery has many implications; but I am saying it applies to Christ and the Church.

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 6:60-69)*



The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel  
according to John.

**Glory to you, O Lord.**

After hearing his doctrine many of the followers of Jesus said, 'This is intolerable language. How could anyone accept it?' Jesus was aware that his followers were complaining about it and said, 'Does this upset you? What if you should see the Son of Man ascend to where he was before?'

'It is the spirit that gives life,  
the flesh has nothing to offer.

The words I have spoken to you are spirit  
and they are life.

'But there are some of you who do not believe.' For Jesus knew from the outset those who did not believe, and who it was that would betray him. He went on, 'This is why I told you that no one could come to me unless the Father allows him.' After this, many of his disciples left him and stopped going with him.

Then Jesus said to the Twelve, 'What about you, do you want to go away too?' Simon Peter answered, 'Lord, who shall we go to? You have the message of eternal life, and we believe; we know that you are the Holy One of God.'

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

O Lord, who gained for yourself a people by adoption  
through the one sacrifice offered once for all,  
bestow graciously on us, we pray,  
the gifts of unity and peace in your Church.  
Through Christ our Lord.

**Amen.**

### Eucharistic Prayer II

*(Preface Proper)*

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,

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  $\text{✠}$  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.

**We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.**

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

(Cf. Ps 103:13-15)

**The earth is replete with the fruits of your work, O Lord;**

**you bring forth bread from the earth and wine to cheer the heart.**

## Prayer after Communion

Complete within us, O Lord, we pray, the healing work of your mercy and graciously perfect and sustain us, so that in all things we may please you. 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, my Lord and my God, how can I love you as I ought? How can I revere you for your goodness, for being good in itself, good to us? How can I repay you for being Truth itself, all understanding, source of my wisdom?

You have taught me what little knowledge I have within me. You have filled me with the tiny portion of love that keeps me going. Lord, I know that you are my God, the Leader I chose in baptism. The Being to whom I dedicated my whole life and existence.

Help me to love my family more, to sacrifice myself for them. I know that it is in forgetting myself and thinking of others that I will find happiness. But I often lack the energy to do what I should. Be with me, Lord, to guide me. Then, with you with me, who can stop me! Yes, Lord, you are the life-giving spirit, your words are life. Whom else can I follow? You have the message of eternal life. Amen.