

ENTRANCE ANTIPHON

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.

PENITENTIAL RITE

You were sent to heal the contrite of heart:
Lord, have mercy. **Lord, have mercy.**
You came to call sinners:
Christ, have mercy. **Christ, have mercy.**
You are seated at the right hand of the
Father to intercede for us:
Lord, have mercy. **Lord, have mercy.**
May almighty God have mercy on us....

THE 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.**



OPENING PRAYER

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.....

LITURGY OF THE WORD

FIRST READING 1 Kings 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 P.S. 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 Ephesians 4: 30-5:2

A reading from St. Paul's letter 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

Alleluia, alleluia!

I am the living bread which has come down from heaven, says the Lord. Anyone who eats this bread will live for ever. Alleluia!

GOSPEL John 6. 41-51

A reading from the holy Gospel according to John

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;



focus on sunday

NINETEENTH SUNDAY IN ORDINARY TIME 11th August 2024

The companionship of Christ is "food for the journey". He is the one who strengthens us to live in his love and according to his gospel.
When I give to another in love, I am giving communion.
I am a minister of the Eucharist.



"I am the bread..."



Bread and wine was the staple diet of ordinary people at the time of Jesus. If the rains did not come, or were delayed, the harvest would be late and the crop yield might be insufficient to feed them during the remainder of the year. Hence the bread they required to prevent them going hungry, or even to stay alive (as in Gaza today), was a very insecure source of food on which they could not always depend. In that context, Jesus declares that He is "the bread of life." Deepening our relationship with Jesus through prayer and Eucharist, leading to following his path of self-sacrificing love for others, is our path to authentic living and to experiencing that peace which Jesus promised to his disciples, a peace which the world cannot give. The Eucharist, where we encounter Jesus present in the bread and wine, is at the heart of the Christian community. At the consecration, "This is my body which will be given up for you; this is my blood which will be poured out for you" we recall the total self-sacrifice of Jesus, giving up everything for our sake, even what was most precious to him, his own life. Uniting ourselves, then, with Jesus, when receiving communion, is to unite ourselves with his self-sacrifice, and so is to bear witness, before the whole community, that we, too, are willing to sacrifice ourselves for our brothers and sisters.

Fr. Peter McVerry

LITURGY OF THE EUCHARIST

AFTER THE CONSECRATION

The mystery of faith.

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