

ENTRANCE ANTIPHON

Turn your eyes, O God, our shield;
and look on the face of your anointed one; one
day within your courts is better than a thousand
elsewhere.

PENITENTIAL ACT

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

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

O God, who have prepared for those who love you
good things which no eye can see, fill our hearts, we
pray, with the warmth of your love, so that, loving you
in all things and above all things, we may attain your
promises, which surpass every human desire.
Through our Lord Jesus Christ....

LITURGY OF THE WORD

FIRST READING Proverbs 9:1-6

A reading from the book of Proverbs

Wisdom has built herself a house,
she has erected her seven pillars,
she has slaughtered her beasts,
prepared her wine,
she has laid her table.
She has despatched her maidservants
and proclaimed from the city's heights:
'Who is ignorant? Let him step this way.'



To the fool she says,
'Come and eat my bread,
drink the wine I have prepared!
Leave your folly and you will live,
walk in the ways of perception.'



The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM P.S. 33:2-3.10-15

R. Taste and see that the Lord is good.

- 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]
- Revere the Lord, you his saints.
They lack nothing, those who revere him.
Strong lions suffer want and go hungry
but those who seek the Lord lack no blessing. [R]
- Come, children, and hear me
that I may teach you the fear of the Lord.
Who is he who longs for life
and many days, to enjoy his prosperity? [R]
- Then keep your tongue from evil
and your lips from speaking deceit.
Turn aside from evil and do good;
seek and strive after peace. [R]

SECOND READING Ephesians 5:15-20

A reading from St. Paul's letter to the Ephesians

Be very careful about the sort of lives you lead, like
intelligent and not like senseless people. This may
be a wicked age, but your lives should redeem it. And
do not be thoughtless but recognise what is the will
of the Lord. Do not drug yourselves with wine, this is
simply dissipation; be filled with the Spirit. Sing the
words and tunes of the psalms and hymns when you
are together, and go on singing and chanting to the
Lord in your hearts, so that always and everywhere
you are giving thanks to God who is our Father in the
name of our Lord Jesus Christ.

The word of the Lord. Thanks be to God.

GOСПEL ACCLAMATION

Alleluia, alleluia!

**The Word was made flesh and lived among us;
to all who did accept him he gave power to
become children of God. Alleluia!**

GOСПEL John 6:51-58

A reading from the holy Gospel according to John
Jesus said to the crowd:

'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.'

Then the Jews started arguing with one another:
'How can this man give us his flesh to eat?' they
said. Jesus replied:
'I tell you most solemnly, if you do not eat the flesh
of the Son of Man and drink his blood, you will not
have life in you. Anyone who does eat my flesh and
drink my blood has eternal life, and I shall raise him
up on the last day. For my flesh is real food and my



TWENTIETH SUNDAY IN ORDINARY TIME 18th August 2024

In offering his body and blood as the food of our lives, Jesus offers
us the gift of his friendship and an intimacy which he compares to
"eating his body and drinking his blood".



blood is real drink. He who eats
my flesh and drinks my blood
lives in me and I live in him. As I,
who am sent by the living Father,
myself draw life from the Father, so
whoever eats me will draw life from
me. This is the bread come down
from heaven; not like the bread our
ancestors ate: they are dead, but
anyone who eats this bread will live
for ever.'

**The Gospel of the Lord.
Praise to you, Lord Jesus Christ.**

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,

All bow for following three lines:

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.

LITURGY OF THE EUCHARIST

AFTER THE CONSECRATION

**The mystery of faith.
When we eat this Bread
and drink this Cup,
we proclaim your Death,
O Lord, until you come again.**



"I tell you most solemnly, if you do not eat the flesh of
the Son of Man, and drink his blood, you will not have
life in you."

Many of Jesus' followers were dismayed and confused
by the instruction inherent in these words so no longer followed
Jesus.

Jesus was informing them and us today that to partake in the
Eucharist, the high point of our faith, would involve a commitment of
body and soul which would be evident from our very lifestyles and
our treatment of each other.

Jesus, our Saviour, who knew that he would soon be called upon to
give up His flesh and His blood upon the cross for all of us and in
turn invites us to align with his sacrifice by committing to Him and
his way of life.

The images in this Gospel are powerful. There is no half-measure in
the commitment – Jesus gives all and we accept all. We accept not
just the gift of eternal life but the challenges our faith will bring – the
requirement for tolerance, compassion, perseverance, strength in
the face of suffering. It is not enough to simply say we are Christian,
we must live in our best imitation of Christ. Now more than ever the
world needs Christians to be fearless in the face of injustice, tireless
in our acts of compassion and boundless in our love.