

OUR SUNDAY CELEBRATION

EIGHTEENTH SUNDAY IN ORDINARY TIME / B

01 AUGUST 2021



THE BREAD OF LIFE. The manna the Israelites discovered in the wilderness satisfied their hunger. More importantly, it was a sign that God was with them in their time of trial. Likewise, the multiplication of the loaves and fishes was not intended simply to satisfy the hunger of the crowds but to be a sign to them of the presence of God in Jesus. In the symbolic actions of the Eucharistic celebration we also recognise the presence of Christ, the Bread of Life, among us.

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.**

GREETING

P. In the name of the Father, and of the Son, and of the Holy Spirit.

R. Amen.

P. The Lord be with you.

R. And with your spirit.

PENITENTIAL ACT

P. Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.

P. Lord Jesus, you are the image of the unseen God: Lord, have mercy.

R. Lord, have mercy.

P. You are the first born of all creation: Christ, have mercy.

R. Christ, have mercy.

P. You are the head of the body, the Church: Lord, have mercy.

R. Lord, have mercy.

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

R. Amen.

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

P. 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, God, for ever and ever.

R. Amen.

LITURGY OF THE WORD

FIRST READING Ex 16: 2-4, 12-15

A reading from the book of Exodus.

I will rain bread from heaven upon you.

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.

R. Thanks be to God.

RESP PSALM Ps 77: 3-4, 23-25, 54. R. v. 24

R. 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. **R.**

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. **R.**

make them worthy of eternal redemption.

Through Christ our Lord.

R. Amen.

THE CONCLUDING RITES

P. The Lord be with you.

R. And with your spirit.

P. May almighty God bless you, the Father, and the Son, ✠ and the Holy Spirit.

R. Amen.

P. Go forth, the Mass is ended.

R. Thanks be to God.

BREAKING OPEN THE WORD

SHORT MEMORIES AND DEEPEST HUNGERS

God must surely wonder at our capacity to quickly forget how we have been blessed. The people of Israel wasted no time in complaining to Moses about having been brought out of slavery in Egypt! It was not enough that they had seen the army of Pharaoh drowned, or the plagues sent as signs that God was working through Moses. In a similar fashion the people who had seen Jesus heal so many who suffered from sickness, and then feed the multitude, will demand a further sign from Jesus in order that they would believe in him and trust in him as the bread of life!

There is a tremendous tension in these readings between the patience and generosity of God on one hand, and on the other, the ways in which we can fail to appreciate and accept what God is offering us. In time the people in the desert tired even of the quail and manna, just as many of Jesus' contemporaries were unable to accept that he was the bread of life, and the answer to their deepest hunger and needs.

As Paul knew all too well the process of conversion is an ongoing one, a challenge to leave behind our old selves, that is, that which does not answer our most heartfelt needs or engender life. Even though we may recognise that Jesus is the source of our life it can still be a struggle to nurture the new life of Jesus within us because of old patterns of acting or perceiving.

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PRAYER OVER THE OFFERINGS

P. 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.

R. Amen.

THE EUCHARISTIC PRAYER

P. The Lord be with you.

R. And with your spirit.

P. Lift up your hearts.

R. We lift them up to the Lord.

P. Let us give thanks to the Lord our God.

R. It is right and just.

PREFACE I-VIII OF THE SUNDAYS IN ORDINARY TIME

After the Preface, we sing or say:

All: 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.

THE MEMORIAL ACCLAMATION

P. The mystery of faith.

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

COMMUNION RITE

P. At the Saviour's command and formed by divine teaching, we dare to say:

All: Our Father, who art in heaven . . .

P. Deliver us, Lord, we pray. . .

All: For the kingdom, the power and the glory are yours now and for ever.

P. Lord Jesus Christ, who said. . .

R. Amen.

P. The peace of the Lord be with you always.

R. And with your spirit.

P. Let us offer each other the sign of peace.

All exchange a sign of peace.

LAMB OF GOD

All: 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.

INVITATION TO COMMUNION

P. 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.

R. 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

P. Accompany with constant protection, O Lord, those you renew with these heavenly gifts and, in your never-failing care for them,

'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.

R. Praise to you, Lord Jesus Christ.

HOMILY

PROFESSION OF FAITH APOSTLES' CREED

Or the Nicene Creed may be said.

I believe in God, / the Father almighty, / Creator of heaven and earth, / and in Jesus Christ, his only Son, our Lord, / who was conceived by the Holy Spirit, / born of the Virgin Mary, / suffered under Pontius Pilate, / was crucified, died and was buried; / he descended into hell; / on the third day he rose again from the dead; / he ascended into heaven, / and is seated at the right hand of God the Father almighty; / from there he will come to judge the living and the dead. / I believe in the Holy Spirit, / the holy catholic Church, / the communion of saints, / the forgiveness of sins, / the resurrection of the body, / and life everlasting. Amen.

PRAYER OF THE FAITHFUL

LITURGY OF THE EUCHARIST

After the priest raises the paten with the bread and prays, and then the chalice, we respond to each prayer:

R. Blessed be God for ever.

P. Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

R. 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.