



# focus on sunday

NINETEENTH SUNDAY IN ORDINARY TIME 8th August 2021

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.



An aunt of mine left for England in the 50s with a large family. Looking back, she once said to me – ‘if we didn’t have the church in London what would we have had?’ Another man said – ‘over my life I have a lot to be thankful to the Sacred Heart for’. Prayer, Eucharist and the Christian community nourished their faith and life.

Jesus gives us the bread of life, Himself! The love of Jesus is a self-sacrificing love. It reaches us in our lives now and promises us life forever.

Life is a precious gift. The most precious we have. So, we protect it by law. We are upset when life is devalued at beginning or end. We honour the body or ashes of our loved ones; consequently, the church is fussy about what we do with the ashes.

Jesus gave his life – so that we may live in the love of God. This is the type of love we admire. The mother’s love and the father’s love which will do anything for the children. Siblings too. Mother and daughter used fight a lot but visited each other every day! Why? Mother says, ‘because we love each other!’

Love nourishes. This is the bread of the first reading. What is his promise? Love and love always. Each time we receive the Eucharist we are gifted with this love and invited into it as the primary environment of our lives.

Thank you, Lord, for the gift of yourself in the Eucharist at Mass and in the ordinary loves of our ordinary lives.

Donal Neary SJ. (editor Sacred Heart Messenger)



## RESPONSORIAL PSALM P.S. 33: 2-9

**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]
- 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]
- 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]
- 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;



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.**

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

## 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 ones 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.**