

ENTRANCE ANTIPHON

**O God, come to my assistance;
O Lord, make haste to help me!
You are my rescuer, my help;
O Lord, do not delay.**

COLLECT

Draw near to your servant, 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, one God, for
ever and ever.

FIRST READING 16:2-4, 12-15
A reading from the first book of Exodus.

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. Sat 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.

RESPONSORIAL PSALM Ps 77

Response:

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.
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..

3. Mere men ate the bread of angels.

He sent them abundance of food.
He brought them to his holy land,
to the mountain which his right hand
had won.

SECOND READING 4: 17.20-24
*A reading from the letter of St Paul to the
Ephesians*

I want to urge you in the name of the
Lord, not to go on living the aimless kind
of life that pagans live. Now that is
hardly the way you have learnt from
Christ, unless you failed to hear him
properly when you were taught what the
truth is in Jesus. You must give up your
old way of life; you must put aside your
old self, which gets corrupted by
following illusory desires. Your mind
must be renewed by a spiritual revolution
so that you can put on the new self that
has been created in God's way, in the
goodness and holiness of the truth.

The word of the Lord.

GOSPEL ACCLAMATION

Alleluia, alleluia!

**I am the Way, the Truth and the Life,
says the Lord;**

**no one can come to the Father except
through me.**

Alleluia!

GOSPEL 6:24-35
*A reading from the holy Gospel according
to John.*

When the people saw that neither Jesus
nor his disciples were there, they got into
those boats and crossed to Capernaum to
look for Jesus. When they found him on
the other side, they said to him, 'Rabbi,
when did you come here?' Jesus
answered:

'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.

PRAYER OVER THE OFFERINGS

**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.

COMMUNION ANTIPHON

**You have given us, O Lord, bread
from heaven, endowed with all
delights and sweetness in every taste.**

PRAYER AFTER COMMUNION

Accompany with constant protection, O
Lord, those you renew with these
heavenly gifts and, in your never-failing
care for them, make them worthy of
eternal redemption.

Through Christ our Lord.

GOSPEL REFLECTION



What is the difference between the food
that perishes and the food that endures
for eternal life?

GOSPEL ACTION

Look for Jesus in another person, and
consciously be Eucharist for someone
else this week. Treat all those who you
meet this week as if they were Jesus.

Readings – 19th Sunday Year B

First Reading: Kings 19:4-8

Second Reading: Ephesians 4:30-5:2

Gospel: John 6:41-51

Homily

1st August 2021

18th Sunday in Ordinary Time Year B

Dear friends, last weekend we were reflecting on the love and generosity of God as he fed his people who were hungry. For today and the next three Sundays the Gospel readings come from Chapter 6 of St John's Gospel and we will continue to reflect on the Eucharist, Jesus as **the Bread of Life**.

In the First Reading from the Book of Exodus we hear how God feeds his people who have fled from Egypt, with manna in the desert. This I think is another classic example of God's love and care, God's people are wandering in the desert having escaped from Egypt, they are not happy and complaining that they have no food to eat and it is God who satisfies their hunger and provides them with manna from heaven.

In the Gospel Jesus tells the people that the bread that they are seeking is himself, Jesus says '**I am the bread of life.**' Similar to the First Reading, Jesus too fed people who were hungry, but the Gospel makes it very clear that Jesus did not come down from above merely to satisfy physical hunger. He came to provide a heavenly bread that people can eat so that they will never be hungry, the bread of himself, the bread of life. The manna in the desert was a foreshadowing of the spiritual food that was now being offered by Jesus to his followers. The manna nourished people physically, however the new bread will nourish people spiritually and sustain life eternally.

The bread of life, the Eucharist, is offered and given to us freely each and every time we gather for Mass; and as I say to the First Communion children the Eucharist is the greatest gift that we will ever be given. Jesus is the bread of life who feeds and nourishes us always and Jesus promises us that anyone who eats this bread will live forever.

We give thanks this weekend for the gift of Jesus, the bread of life, the spiritual food & nourishment that we receive in the Eucharist and we pray that nourished by the true bread come down from heaven we may never be hungry and may always believe in God from whom all life is given. Nourished by the bread of life we in our turn are called to be bread for others by spreading God's love, care and concern to all our sisters and brothers.

Sending you my love and prayers as always, God bless, **Fr Phil x.**

Bidding Prayers and Spiritual Communion

1st August 2021 – 18th Sunday in Ordinary Time Year B

In faith and trust we place all our prayers before God our loving Father.

For the Church and for Christians everywhere: may they bear witness to the presence of God in their lives by preaching the Gospel of Jesus to all.

Lord, in your mercy, hear our prayer.

For ourselves: nourished by the Body & Blood of Christ may we reach out in love especially to those who are in need.

Lord, in your mercy, hear our prayer.

For the leaders of our world; may all they do be for the common good of all particularly those who are most poor and in need and for the care of the earth and all creation.

Lord, in your mercy, hear our prayer.

For all people that they may be drawn together in unity and peace, we especially pray for peace in the troubled areas of our world.

Lord, in your mercy, hear our prayer.

For all those in our parish who are sick, housebound or finding life difficult that they may experience the power of the healing peace, love and grace of Christ.

Lord, in your mercy, hear our prayer.

For our parish and our local community: that through the grace of God we may hear the urgent cry of the earth and of the poor and be inspired to respond at this crucial time.

Lord, in your mercy, hear our prayer.

For all the faithful departed especially **Peter Butler** and all who have died recently: **“Eternal rest grant unto them...”**

For all those who mourn the loss of loved ones; may Christ’s message of hope in eternal life bring them comfort and consolation.

Lord, in your mercy, hear our prayer.

We ask Our Lady and to join her prayers with ours as we say: **“Hail Mary...”**

Loving Father,

We offer these and all our prayers to you,
through Jesus your Son,
who is Christ Our Lord, Amen.

Bidding Prayers and Spiritual Communion

1st August 2021 – 18th Sunday in Ordinary Time Year B

Spiritual Communion

Prayer of St Alphonsus

My Jesus,
I believe that you are present in this Holy Sacrament of the altar.
I love you above all things and
I passionately desire to receive you into my soul.
Since I cannot now receive you sacramentally,
come spiritually into my soul
so that I may unite myself wholly to you now and forever.
Amen.

CAFOD Prayer for Glasgow

Creator God,
We cry out to you
The earth is damaged and in chaos
People in poverty are suffering the most
Greed and consumerism are a disease
And your Church is too often asleep

Merciful Lord,
Protect your people and restore your earth,
Embolden governments to take action,
Awaken Church leaders
Give the youth influence
And guide businesses to change

In the name of Jesus Christ, our Lord
May we unite and be bold
Take heart and find hope in you,
Worship you with our lifestyles
Walk in your truth
and see justice and renewal in the earth

Amen