

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.**

COLLECT

Almighty ever living God,
whom, taught by the Holy Spirit,
we dare to call our Father, bring, we pray,
to perfection 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, your Son,
who lives and reigns with you in the
unity of the Holy Spirit, one God, for
ever and ever.

FIRST READING 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.

RESPONSORIAL PSALM Ps33

Response:

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 4:30-5:2

**A reading from the letter of St Paul 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.

GOSPEL ACCLAMATION

Alleluia, alleluia!

**If anyone loves me he will keep my
word,**

and my Father will love him,

and we shall come to him.

Alleluia!

GOSPEL 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.

PRAYER OVER THE OFFERINGS

Be pleased, O Lord, to accept the
offerings of your Church, for in your
mercy you have given them to be offered
and by your power you transform them
into the mystery of our salvation.
Through Christ our Lord.

COMMUNION ANTIPHON

**O Jerusalem, glorify the Lord, who
gives you your fill of finest wheat.**

PRAYER AFTER COMMUNION

May the communion in your Sacrament
that we have consumed, save us, O Lord,
and confirm us in the light of your truth.
Through Christ our Lord.

GOSPEL REFLECTION



What does it mean to trust in the Lord?
Did Jesus leave us a sign of the trust that
has been established between God and
us?

GOSPEL ACTION

*Look for an increase in trust and hope
this week from the life experiences of
those around you. In what way will your
trust be helped? In what way will your
trust be hurt? How will you deal with
this?*

The Assumption of the Blessed Virgin Mary

First Reading: Apocalypse 11:19.12:1-6.10

Second Reading: 1. Corinthians 15:20-26

Gospel: Luke 1:39-56

Homily

8th August 2021

19th Sunday in Ordinary Time Year B

Dear friends, today we continue our reflections on God's generosity and love, we are given another section of Chapter 6 of St John's Gospel on the Eucharist, and we reflect once again on the gift of Jesus as **the Bread of Life** and the new life won for us by Jesus.

In the First Reading we hear how the prophet Elijah goes into the wilderness, he has had enough and is full of despair, I suppose today we would say he was suffering from mental health issues. However, it is the Lord who helps him and provides food and drink for him as he strengthens him for the journey ahead; for forty days and nights Elijah walks until he gets to Horeb, the holy mountain of God.

In the Gospel Jesus calls himself the living bread that has come down from heaven and says that anyone who believes has eternal life. He repeats what he said last week **'I am the bread of life'** and he goes on to say that **'anyone who eats this bread will live for ever.'** These are the words of Jesus himself, we cannot underestimate the importance of the Eucharist which is at the heart and the very centre of our lives, the 'source and summit' of our Christian life. Jesus is the bread of life who feeds and nourishes us always and he promises us that anyone who eats this bread will live forever.

Elijah was drawn to the mountain of God having been fed and nourished by the Lord. In the same way the Father is drawing us to himself by offering us the gift of the bread of life as spiritual food and nourishment in the Eucharist. We are promised that anyone who eats this bread will live forever; this new life is the eternal and everlasting life of heaven which is the goal of our earthly Christian life and the new life won for us by the death and resurrection of Jesus himself.

We give thanks once again 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 who promises the gift of eternal and everlasting life of heaven with him.

I hope you are all keeping well, sending you my love and prayers,
God bless, **Fr Phil x.**

Bidding Prayers and Spiritual Communion

8th August 2021 – 19th Sunday in Ordinary Time Year B

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, Rose Collins, Jacqueline Bordley, Peggy Lynch** 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 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

8th August 2021 – 19th 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