

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

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

REFLECTION: Trust in God

Lord, I've no idea where I'm going  
nor can I see the road ahead.  
I cannot know for certain where it will end.  
Nor do I really know myself.  
And the fact that I think I'm doing your will,  
doesn't mean that I'm actually doing it.  
But I believe that the desire to please you  
does in fact please you, and I hope that I have this desire.  
Though I may seem lost and in the shadow of death,  
I will not fear, for you are with me,  
and you'll never leave me face my perils alone.

*Prayer after Communion:*

Lord, may the Eucharist you give us bring us to salvation and keep us faithful to the light of your truth. Through Christ our Lord. **Amen.**

*Final Blessing:*

The Lord be with you. **And with your spirit.**  
May almighty God bless you, **Amen.**  
the Father, and the Son, and the Holy Spirit.  
Go and announce the Gospel of the Lord. **Thanks be to God.**

**Prayer:** Dear God, too often I have sat down under the broom tree of my life and called a halt to conversion. I have declared that my journey and your call were too much for me. Each time, someone came to my assistance and urged me onward. Each time, I gained the spirit and strength to continue. Each time, I have seen your divine hand drawing me nearer to you. I praise you and give you thanks for being my God, for bringing me closer, for surrounding me with your friends who are my friends. You have given me your flesh, for my life and the life of the world. I promise to take and eat of this gift. I promise to share your life with all whose paths cross mine. In Jesus' name, I pray. Amen.

## Nineteenth Sunday of the Year B



*Entrance Antiphon:* **Look on 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.**

We are God's people, journeying in faith towards the promised land of eternal life. We are bound to encounter doubts and difficulties along the way. The Lord in whose name we gather, is not only the goal of our journey, but also our companion on the way.

Lord you strengthen us when we are weak: Lord have mercy.  
You raise us up when we fall: Christ have mercy.  
You renew our hope when we grow discouraged: Lord have mercy.

**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.**

Let us pray:

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, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

FIRST READING:

A reading from the First Book of Kings. 1 Kings 19:4-8  
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.**

RESPONSORIAL PSALM:

Psalm 33

**Response: 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. **Response**  
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. **Response**  
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. **Response**  
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. **Response**

SECOND READING:

A reading from St Paul's letter to the Ephesians. Ephesians: 4:30-5:2  
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.**

**Alleluia, alleluia! Blessed are you, Father,  
Lord of heaven and earth,  
for revealing the mysteries of the kingdom  
to mere children. Alleluia!**

GOSPEL

The Lord be with you. John 6:41-51  
**And with your spirit.**  
A reading from the holy Gospel according to John. **Glory to you Lord.**  
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.**

*The Apostles' Creed*

**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.**

*Offertory:*

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

**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.**

*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. **Amen.**

*Preface:*

The Lord be with you.

**And with your spirit.**

Lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to the Lord our God.

**It is right and just.**

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord.

For by his birth he brought renewal to humanity's fallen state and by his suffering cancelled out our sins; by his rising from the dead he has opened the way to eternal life, and by ascending to you, O Father, he has unlocked the gates of heaven.

And so, with the company of Angels and Saints, we sing the hymn of your praise, as without end we acclaim: