

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. **When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.**

Communion Antiphon: **With the Lord there is mercy; in him is plentiful redemption.**

REFLECTION: The Presence of Christ.

Christ be near at either hand,
Christ behind, before me stand.
Christ with me where ever I go,
Christ around, above, below.
Christ be in my heart and mind,
Christ within my soul enshrined.
Christ control my wayward heart,
Christ abide and never depart.
Christ my life and only way,
Christ my lantern night and day.
Christ be my unchanging friend,
Guide and shepherd to the end.

Prayer after Communion:

Made partakers of Christ through these Sacraments, we humbly implore your mercy, Lord, that, conformed to his image on earth, we may merit also to be his coheirs in heaven. Who lives and reigns for ever and ever. **Amen.**

Final Blessing:

The Lord be with you.
May almighty God bless you,
the Father, and the Son, and the Holy Spirit.
Go in peace.

And with your spirit.

Amen.

Thanks be to God.

Prayer: God of Wisdom, you enfleshed your word into humanity and incarnated us with your divinity. Give me the grace to listen to you in the playfulness of the young as well as the maturity of the elderly. Let me wiggle and jiggle and giggle with delight that you are my God and I am your child. Give me the grace to empower others and call them to go higher and deeper, to grow more profoundly in love with you and be recreated each day. Amen.

Twentieth Sunday of the Year B



Entrance Antiphon: **Turn your eyes, O God, our shield; and look on the face of your anointed one; one day within your courts is better than a thousand elsewhere.** Ps 83:10-11

We hunger for many things. However, only God can satisfy our deepest hungers. We are gathered in God's house to celebrate the Eucharist, the banquet God has provided us, his pilgrim people. Let us prepare ourselves to receive the nourishment God wants to give us in this banquet.

Lord you nourish us with the bread of your word. Lord have mercy.
You nourish us with the bread of the Eucharist. Christ have mercy.
You bind us together as members of your family. 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:

O God, who have prepared for those who love you good things which no eye can see, fill our hearts, we pray, with the warmth of your love, so that, loving you in all things and above all things, we may attain your promises, which surpasses every human desire. 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 Book of Proverbs

Proverbs 9:1-6

Wisdom has built herself a house, she has erected her seven pillars, she has slaughtered her beasts, prepared her wine, she has laid her table. She has despatched her maidservants and proclaimed from the city's heights: 'Who is ignorant? Let him step this way.' To the fool she says: 'Come and eat my bread, drink the wine I have prepared! Leave your folly and you will live, walk in the ways of perception.'

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.

Taste and see that the Lord is good.

Revere the Lord, you his saints.
They lack nothing, those who revere him.
Strong lions suffer want and go hungry
but those who seek the Lord lack no blessing.

Taste and see that the Lord is good.

Come, children, and hear me
that I may teach you the fear of the Lord.
Who is he who longs for life
and many days, to enjoy his prosperity?

Taste and see that the Lord is good.

Then keep your tongue from evil
and your lips from speaking deceit.
Turn aside from evil and do good;
seek and strive after peace.

Taste and see that the Lord is good.

SECOND READING

A reading from the letter of St Paul to the Ephesians Ephesians 5:15-20
Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but your lives should redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God who is our Father in the name of our Lord Jesus Christ.

The word of the Lord.

Thanks be to God.

Alleluia, alleluia!

**Your word is truth, O Lord,
consecrate us in the truth. Alleluia!**

GOSPEL

John 6:51-58

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to John. **Glory to you, Lord.**

Jesus said to the crowd: '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.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied: 'I tell you most solemnly, if you

do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

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 Offering:

Receive our oblation, O Lord, by which is brought about a glorious exchange, that, by offering what you have given, we may merit to receive your very self. 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.

For in you we live and move and have our being,
and while in this body

we not only experience the daily effects of your care,
but even now possess the pledge of life eternal.

For, having received the first fruits of the Spirit,
through whom you raised up Jesus from the dead,

we hope for an everlasting share in the Paschal Mystery.

And so, with all the Angels, we praise you,

as in joyful celebration we acclaim: