

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.

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.

COLLECT

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 surpass 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

Proverbs 9:1-6

A reading from the book of Proverbs.

Wisdom has built herself a house,
she had erected her seven pillars,
she has slaughtered her beasts, prepared her
wine,
she has laid her table.
She has dispatched 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.

PSALM

Psalm 33

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. 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. (R.)
3. 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?
(R.)
4. Then keep your tongue from evil
and your lips from speaking deceit.
Turn aside from evil and do good;
seek and strive after peace. (R.)

SECOND READING Ephesians 5:15-20

A reading from the letter of St Paul to the
Ephesians.

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.

GOSPEL ACCLAMATION

Alleluia, alleluia!

The Word was made flesh and lived among
us;
to all who did accept him
he gave power to become children of God.
Alleluia!

GOSPEL

John 6:51-58

A reading from the holy Gospel according to
John.

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.

PROFESSION OF FAITH

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 during the next 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.

PRAYER OVER THE OFFERINGS

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.

COMMUNION ANTIPHON

With the Lord there is mercy;
in him is plentiful redemption.

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.

Sunday Message

19TH AUGUST 2018

20TH SUNDAY IN ORDINARY TIME

THE WORD

Year B • Season Colour: Green • Psalter Week 4



EAT MY FLESH AND DRINK MY BLOOD

(JOHN 6: 51-58)

The Gospel of today is a continuation of last Sunday's sermon by Jesus on the bread of life. The initial sentence takes up the theme from where he left off.

Jesus is the living bread who has come down from heaven and anyone who eats this bread will live forever. The other component is the sacrificial aspect of his teaching, for although he gives us his flesh to eat, he will also sacrifice his flesh for the life of the world. Following on from these important theological points, the Jews begin to argue amongst themselves. We noted last week that their problem rests with the fact that Jesus is known to them as a son of a simple carpenter. But in this scene they are asking the question, "how can this man give us his flesh to eat?"

We know from our reading of Mark's Gospel during the months of June and July that there is an inherent deficiency in the religious practices of the day. It is often said that John the Baptist took to the hills, abandoning the rituals of his own faith, in search of something more life-giving and enriching. Jesus' sermon today states that he draws life and energy from God the Father and anyone "who eats my flesh and drinks my blood ... will draw life from me". This is the definition of the Eucharist and this is what the initial followers of Jesus craved. A life in God through the life-giving body of Jesus. ■

SAY

"To love God is something greater than to know Him."

(St Thomas Aquinas)

LEARN

"With the Eucharist the intimacy becomes total; the embrace between God and humanity reaches its apex."

(John Paul II, General audience, October 11, 2000)

DO

Pray for a strengthening of belief in the Eucharist, the source and summit of our faith. With Mass attendance figures in decline across many countries, we must never cease to preach the Good News of Christ's presence.



REFLECT

How can this man give us flesh to eat?" Not a bad question, some of us might say. But for difficult vocabulary and questions like this, it is always good to consult what the scholars say. Ciaran O' Callaghan CSsR and Bishop Robert Barron both state that the idea of eating someone's flesh and drinking his blood is bound to cause a reaction of shock and horror amongst the Jews. But when we hear this language through the lens of our Christian faith and heritage, we know Jesus is talking about the Eucharist. The gift of life and our intimate

contact with Jesus will come in our participation at Mass. Flesh and blood is another way of communicating the intimacy that exists between God and his chosen people.

We often reserve the word 'intimacy' for the realm of relationships and friendships. The word reflects closeness, a bond that exists between two people, and an intimate union that reflects the love of God. At many weddings, you will often hear the priest say that the face of God is made visible through the celebration

of marriage and two people committing themselves in fidelity to each other. It was St Alphonsus in the 18th century who first put forward the idea of the intimate love of Jesus Christ, made present and visible through the Eucharist. So the next time you receive the flesh and blood of Christ, reflect on the intimate friendship that is offered to us through the Eucharist. This is a friendship that gives life through Christ's body. May we continue to nourish this relationship through our prayer and participation at Mass. ■