

Nineteenth Sunday in Ordinary Time



“I am the bread of life.”

(Cycle B)

INTRODUCTORY RITES

Opening Hymn

O Bread of Life



1. O Bread of life, O Lord of love, Give us the strength that
2. Di - vine Re - deem - er, Lord of life, Teach us to choose the
3. In this most ho - ly sac - ra - ment Your sa - cred pres - ence
4. Re - ceive these eyes which look on you; Re - ceive our hear - ing



1. is your light, For you are Christ, the liv - ing God, And
2. bet - ter part: To choose your - self, the last - ing bread, Our
3. we re - vere; O God - made - man, we bow to see, O
4. and our voice That these may serve your ho - ly will, That



1. in your grace we find our might.
2. on - ly need of mind and heart.
3. Word - made - flesh, we kneel to hear.
4. in your word we may re - joice. A - men.

Greeting

∇. In the Name of the Father, and of the Son, and of the Holy Spirit.

R. Amen.

∇. The grace and peace of our Lord, Jesus Christ,
the Love of God
and the Fellowship of the Holy Spirit be with you always.

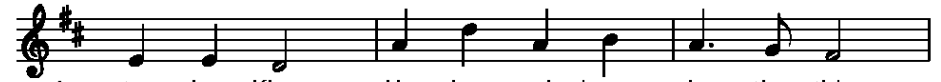
R. And also with you.

Concluding Hymn

At the Lamb's High Feast



1. At the Lamb's high feast we sing Praise to our vic -
2. Where the Pas - chal blood is poured, Death's dark an - gel
3. Eas - ter tri - umph, Eas - ter joy, Sin a - lone can



1. to - rious King, He has washed us in the tide
2. sheathes his sword; Is - rael's hosts tri - um - phant go
3. this de - stroy; From sin's pow'r do thou set free



1. Flow - ing from his o - pen side; Praise we him, whose
2. Through the wave that drowns the foe. Praise we Christ, whose
3. Souls new-born, O Lord, in thee. Hymns of glo - ry,



1. love di - vine Gives his sa - cred Blood for wine, Gives his
2. blood was shed, Pas - chal vic - tim, Pas - chal bread; With sin -
3. songs of praise, Fa - ther, un - to thee we raise: Ris - en



1. Bod - y for the feast, Christ the vic - tim, Christ the priest.
2. cer - i - ty and love Eat we man - na from a - bove.
3. Lord, all praise to thee With the Spir - it ev - er be.

Prayer after Communion

Lord,
may the eucharist you give us
bring us to salvation
and keep us faithful to the light of your truth.

We ask this in the name of Jesus the Lord.

R. Amen.

Prayer over the People (18)

Y. The Lord be with you.

R. And also with you.

Y. Bow your heads and pray for God's blessing.

Lord,
grant that your faithful people
may continually desire to relive the mystery of the eucharist
and so be reborn to lead a new life.
Grant this through Christ our Lord.

R. Amen

Y. And may the blessing of almighty God,
the Father, and the Son, + and the Holy Spirit,
come upon you and remain with you forever.

R. Amen

PENITENTIAL RITE (C6)

Invitation to reflect on our faults and failings.

Y To prepare ourselves to celebrate these sacred mysteries,
let us call to mind our faults and failings
and ask our heavenly Father in his mercy
for his healing and forgiveness.

Pause for silent reflection.

Y Lord Jesus, you raise us to new life:

III. Cantor/Choir All

KÝ - ri - e, e - lé - i - son. KÝ - ri - e, e - lé - i - son.

Y Lord Jesus, you forgive us our sins:

Cantor/Choir All

Chrí - ste, e - lé - i - son. Chrí - ste, e - lé - i - son.

Y Lord Jesus, you feed us with your body and blood:

Cantor/Choir All

KÝ - ri - e, e - lé - i - son. KÝ - ri - e, e - lé - i - son.

Y May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.

R. Amen.

Gloria

Priest/cantor: *All:*

V

G Ló-ri-a in excélsis De-o. Et in terra pax homí-
Choir: *All:*
 ni-bus bonæ vo-luntá-tis. Laudá-mus te. Bene-dí-cimus
 te. Ado-rá-mus te. Glo-ri-fi-cá-mus te. Grá-ti-as á-gimus
 ti-bi propter magnam gló-ri-am tu-am. Dó-mi-ne De-us,
 Rex cæ-lé-stis, De-us Pa-ter omní-pot-ens. Dó-mi-ne Fi-li
 u-ni-gé-ni-te, Je-su Chri-ste. Dó-mi-ne De-us, Agnus
 De-i, Fí-li-us Pa-tris. Qui tollis peccá-ta mun-di, mi-se-
 ré-re no-bis. Qui tollis peccá-ta mundi, sú-sci-pe depre-
 ca-ti-ónem no-stram. Qui sedes ad dé-xte-ram Pa-tris, mi-
 se-ré-re no-bis. Quó-ni-am tu so-lus sanctus. Tu so-lus

Communion Meditation

I Am the Bread of Life

1. I am the Bread of Life. You who
 2. The bread that I will give is my
 3. Un-less you eat of the
 4. I am the Res-ur-rec-tion,
 5. Yes, Lord, we be-lieve that

come to me shall not hun-ger, and who be-
 flesh for the life of the world, and if you
 flesh of the Son of Man and
 I am the Life. If you be-
 you are the Christ, the

lieve in me shall not thirst,
 eat of this bread,
 drink of his blood, and
 lieve in me,
 Son of God,

No one can come to me un-
 you shall live for ev-er,
 drink of his blood, you
 e-ven though you die,
 who has come in-

less the Fa-ther beck-ons.
 you shall live for ev-er.
 shall not have life with-in you.
 you shall live for ev-er.
 to the world.

Refrain

And I will raise you up, and I will
 raise you up, and I will raise you
 up on the last day.

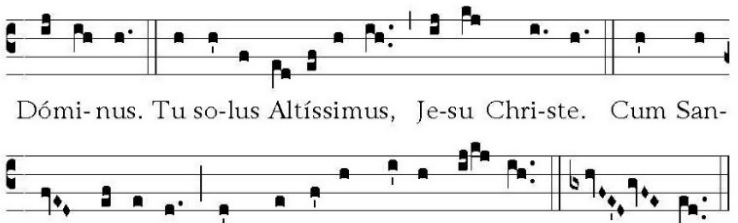
☩. This is the Lamb of God who takes away the sins of the world.
Happy are those who are called to his supper.

**℟. Lord, I am not worthy to receive you,
but only say the word
and I shall be healed.**

To those receiving Communion (by intinction), the celebrant says:

☩. The body and blood of Christ.

℟. Amen.



Dómi-nus. Tu so-lus Altíssimus, Je-su Chri-ste. Cum San-
cto Spí-ri-tu, in gló-ri-a De-i Pa-tris. A-men.

**Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King, almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world: have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.
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.**

Opening Prayer

Father,
we come, reborn in the Spirit,
to celebrate our adoption in the Lord Jesus Christ.
Touch our hearts,
help them grow toward the life you have promised.
Touch our lives,
make them signs of your love for all people.
Grant this through Christ our Lord.

℟. Amen.

LITURGY OF THE WORD

Reading 1 (1 Kgs 19:4-8)

A reading from the first Book of Kings

Elijah went a day's journey into the desert,
until he came to a broom tree and sat beneath it.
He prayed for death saying:
"This is enough, O LORD!
Take my life, for I am no better than my fathers."
He lay down and fell asleep under the broom tree,
but then an angel touched him and ordered him to get up and eat.
Elijah looked and there at his head was a hearth cake
and a jug of water.
After he ate and drank, he lay down again,
but the angel of the LORD came back a second time,
touched him, and ordered,
"Get up and eat, else the journey will be too long for you!"
He got up, ate, and drank;
then strengthened by that food,
he walked forty days and forty nights to the mountain of God, Horeb.

℣. This is the Word of the Lord.

℟. Thanks be to God.

Responsorial Psalm (Ps 34:2-3, 4-5, 6-7, 8-9)



O taste and see the good - ness of the Lord.

I will bless the LORD at all times;
his praise shall be ever in my mouth.
Let my soul glory in the LORD;
the lowly will hear me and be glad.

℟. Taste and see the goodness of the Lord.

Glorify the LORD with me,
Let us together extol his name.
I sought the LORD, and he answered me
and delivered me from all my fears.

Exchange of Peace

℣. Lord Jesus Christ, you said to your apostles: I leave you peace, my peace I give you. Look not on our sins, but on the faith of your Church, and grant us the peace and unity of your kingdom where you live for ever and ever.

℟. Amen.

℣. The Peace of the Lord be with you always.

℟. And also with you.

℣. Let us offer each other a sign of peace.

Breaking of the Bread

As the bread is broken, we sing or say:

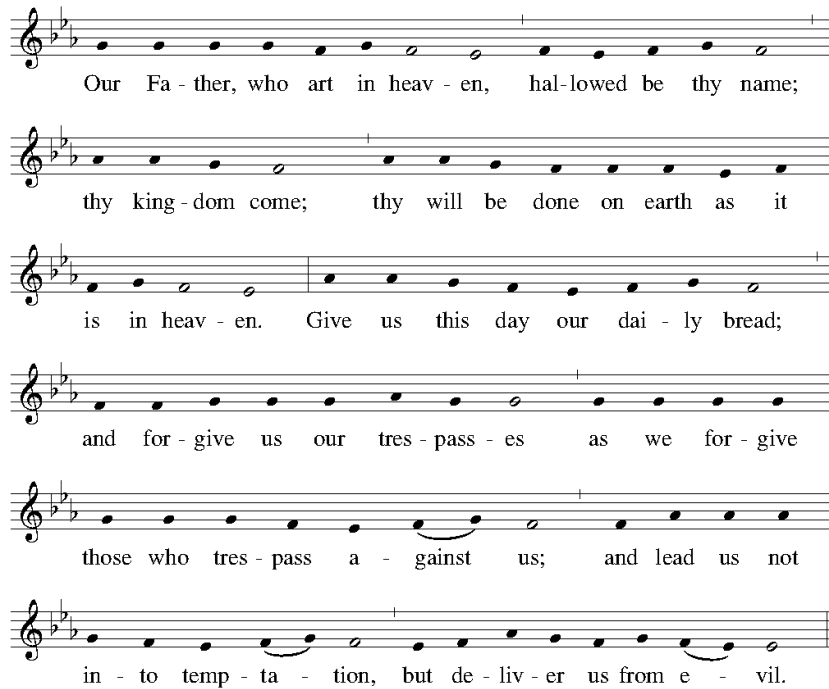
(Agnus Dei XVIII Deus Genitor Alme)

A -gnus De- i, * qui tol-lis peccá-ta mundi : mi-se-
ré-re no- bis. Agnus De- i, * qui tol-lis peccá-ta mundi :
mi-se-ré-re no- bis. Agnus De- i, * qui tol-lis peccá-ta mun-
di : do-na no-bis pa-cem.

COMMUNION LITURGY

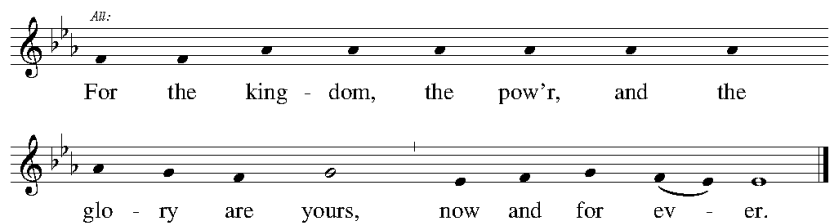
The Lord's Prayer

∇. We pray confidently in the words our Savior taught us:



Our Fa - ther, who art in heav - en, hal - lowed be thy name;
thy king - dom come; thy will be done on earth as it
is in heav - en. Give us this day our dai - ly bread;
and for - give us our tres - pass - es as we for - give
those who tres - pass a - gainst us; and lead us not
in - to temp - ta - tion, but de - liv - er us from e - vil.

∇. Deliver us, Lord, from every evil, and grant us peace in our day. In your mercy keep us free from sin and protect us from all anxiety as we wait in joyful hope for the coming of our Savior, Jesus Christ.



All:
For the king - dom, the pow'r, and the
glo - ry are yours, now and for ev - er.

℞. Taste and see the goodness of the Lord.

Look to him that you may be radiant with joy.
and your faces may not blush with shame.
When the afflicted man called out, the LORD heard,
and from all his distress he saved him.

℞. Taste and see the goodness of the Lord.

The angel of the LORD encamps
around those who fear him and delivers them.
Taste and see how good the LORD is;
blessed the man who takes refuge in him.

℞. Taste and see the goodness of the Lord.

Reading 2 (*Eph 4:30—5:2*)

A reading from the letter of Paul to the Ephesians.

Brothers and sisters:
Do not grieve the Holy Spirit of God,
with which you were sealed for the day of redemption.
All bitterness, fury, anger, shouting, and reviling
must be removed from you, along with all malice.
And be kind to one another, compassionate,
forgiving one another as God has forgiven you in Christ.

So be imitators of God, as beloved children, and live in love,
as Christ loved us and handed himself over for us
as a sacrificial offering to God for a fragrant aroma.

∇. This is the Word of the Lord.

℞. Thanks be to God.

Gospel Acclamation (Jn 10:27)



I am the living bread that came down from heaven, says the Lord; whoever eats this bread will live forever.



Gospel (Jn 6:1-15)

Ÿ. The Lord be with you.

Ř. And also with you.

Ÿ. A reading from the Holy Gospel according to John.

The celebrant and the people mark a cross on their foreheads (mind), their lips (speech) and over their hearts, asking the Lord to open them to his Word.

Ř. Glory to you Lord.

The Jews murmured about Jesus because he said, "I am the bread that came down from heaven," and they said,

"Is this not Jesus, the son of Joseph?

Do we not know his father and mother?

Then how can he say,

'I have come down from heaven'?"

Jesus answered and said to them,

"Stop murmuring among yourselves.

No one can come to me unless the Father who sent me draw him, and I will raise him on the last day.

It is written in the prophets:

They shall all be taught by God.

Everyone who listens to my Father and learns from him comes to me.

Not that anyone has seen the Father

except the one who is from God;

he has seen the Father.

(Sanctus XVIII Deus Genitor Alme)

Eucharistic Prayer (I)

The celebrant prays the Eucharistic Prayer. After the consecration, the celebrant sings:

Ÿ. Let us proclaim the mystery of faith.

The celebrant concludes the Eucharistic Prayer.

Through him, with him and in him
in the unity of the Holy Spirit
all glory and honor are yours, Almighty Father
Forever and ever.

Preface and Sanctus (Sundays in Ordinary Time III)

The salvation of mankind by a man



∇. The Lord be with you. R̄. And al - so with you. ∇. Lift up your hearts.



R̄. We lift them up to the Lord. ∇. Let us give thanks to the Lord our God.



R̄. It is right to give him thanks and praise.

The celebrant recites or sings the Preface:

Father, all-powerful and ever-living God,
we do well always and everywhere to give you thanks.

We see your infinite power
in your loving plan of salvation.
You came to our rescue by your power as God,
but you wanted us to be saved by one like us.
Mankind refused your friendship,
but humanity itself was to restore it
through Jesus Christ our Lord.

Through him the angels of heaven offer their prayer of adoration
as they rejoice in your presence for ever.
May our voices be one with theirs
in their triumphant hymn of praise:

Amen, amen, I say to you,
whoever believes has eternal life.
I am the bread of life.
Your ancestors ate the manna in the desert, but they died;
this is the bread that comes down from heaven
so that one may eat it and not die.
I am the living bread that came down from heaven;
whoever eats this bread will live forever;
and the bread that I will give is my flesh for the life of the world."∇.
This is the Gospel of the Lord.

R̄. Praise to you, Lord, Jesus Christ.



Homily

Nicene Creed

**We believe in one God, the Father, the Almighty,
maker of heaven and earth, of all that is seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,
eternally begotten of the Father,
God from God, Light from Light, true God from true God,
begotten, not made, one in Being with the Father.
Through him all things were made.
For us and for our salvation he came down from heaven:
All bow at these two lines
by the power of the Holy Spirit
he was born of the Virgin Mary, and became man.
For our sake he was crucified under Pontius Pilate;
he suffered, died, and was buried.
On the third day he rose again in fulfillment of 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.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshipped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

General Intercessions

*The celebrant invites the congregation to pray and offers several
prayer intentions. Each concludes, "We pray to the Lord."*

℟. Lord, hear our prayer.

*The celebrant concludes the intercessions with a final short prayer
ending with "... through Christ, our Lord."*

℟. Amen.

LITURGY OF THE EUCHARIST

Offering of the Gifts

℣. Blessed are you, Lord, God of all creation. Through your goodness
we have this bread to offer, which earth has given and human hands
have made. It will become for us the bread of life.

℟. Blessed be God for ever.

℣. Blessed are you, Lord, God of all creation. Through your goodness
we have this wine to offer, fruit of the vine and work of human hands.
It will become our spiritual drink.

℟. Blessed be God for ever.

Prayer over the Gifts

℣. Pray, my brothers and sisters, that our sacrifice
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 Church.**

God of power,
giver of the gifts we bring,
accept the offering of your Church
and make it the sacrament of our salvation.

We ask this through Christ the Lord.