

NINETEENTH SUNDAY IN ORDINARY TIME

Year B

ENTRANCE HYMN

1. Praise to the Lord, the Almighty,
the King of creation!
O my soul, praise him,
for he is your health and salvation.
All you who hear,
now to his altar draw near,
join in profound adoration.
2. Praise to the Lord, let us offer
our gifts at his altar;
let not our sins and transgressions
now cause us to falter.
Christ, the High Priest,
bids us all join in his feast;
victims with him on the altar.



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.

FIRST READING

A reading from the first book of Kings 19:4-8
Strengthened by the food he walked until he reached the mountain of God.

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

Ps 33:2-9. R] v. 9

R. 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

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

Follow Christ by loving as he loved you.

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

Jn 14:23

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

A reading from the holy Gospel according to John 6:41-51
I am the living bread, which has come down from heaven.

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.

NICENE CREED

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)

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.

OFFERTORY HYMN

1. Cause me to come to your river, O Lord (x3)
 Cause me to come, cause me to drink,
 cause me to live.
2. Feed me, O Lord, with your body and blood (x3)
 Strengthen my mind, strengthen my will,
 strengthen my heart.

COMMUNION HYMNS

1. I am the Bread of life,
 He who comes to Me shall not hunger,
 He who believes in Me shall not thirst.
 No one can come to Me
 Unless the Father draw him.

*And I will raise him up,
 And I will raise him up,
 And I will raise him up on the last day*

2. The bread that I will give
 Is My flesh for the life of the world,
 And he who eats of this bread,
 He shall live for ever,
 He shall live for ever.

3. Unless you eat
 Of the flesh of the Son of Man
 And drink of His blood,
 And drink of His blood,
 You shall not have life within you.

4. I am the Resurrection,
 I am the Life,
 He who believes in Me
 Even if he die,
 He shall live for ever.

~~~~~

1. Love is his word, love is his way  
 feasting with men, fasting alone.  
 living and dying, rising again,  
 love, only love, is his way.

*Richer than gold is the love of my Lord,  
 better than splendour and wealth.*

2. Love is his way, love is his mark,  
 sharing his last Passover feast,  
 Christ at the table, host to the Twelve,  
 love, only love, is his mark.

3. Love is his mark, love is his sign,  
 bread for our strength, wine for our joy,  
 "This is my body, this is my blood,"  
 love, only love, is his sign.

4. Love is his sign, love is his news,  
 "Do this," he said, "lest you forget  
 all my deep sorrow, all my dear blood"  
 love, only love, is his news.

### RECESSIONAL HYMN

1. Colours of day dawn into the mind,  
 the sun has come up, the night is behind.  
 Go down in the city, into the street,  
 and let's give the message to the people we meet.

*So light up the fire and let the flame burn,  
 open the door, let Jesus return,  
 take seeds of His Spirit, let the fruit grow,  
 tell the people of Jesus, let His love show.*

2. Go through the park, on into the town;  
 the sun still shines on; it never goes down.  
 The light of the world is risen again;  
 the people of darkness are needing our friend.