



# THE LORD'S DAY AT HOME

NINETEENTH SUNDAY IN ORDINARY TIME (B)  
Sunday 8<sup>th</sup> August 2021

If you are housebound or self-isolating at this time, please use these prayers to unite yourself with the worship of the Universal Church, and your own Parish this Sunday. If alone, read or say these prayers quietly to yourself. If with another, or in a family, someone should read the "leader" parts, and others respond. It might be suitable to find a special, quiet place at home for your prayers.

## THE INTRODUCTORY RITES

**Entrance Antiphon** Cf. Ps 73: 20, 19, 22, 23

**A: Look to 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.**

### **Sign of the Cross**

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

**A: Amen.**

### **Introduction**

L: You've probably heard the phrase "You are what you eat." Whatever this might mean in our daily diets, it is so true about Holy Communion: when we receive this gift of the Body and Blood of Jesus, we receive HIS life, his eternal life, we become part of him. Saint Augustine records that at the moment of communion he would say: "Receive what you are - the Body of Christ." Even though we are not receiving holy communion today, let us think about these words of Jesus, and long for the true "bread of heaven" which is him, so that we may become one with Jesus. We praise God's glory as we begin our prayers today, saying:

### **Gloria**

**A: 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.**

### **Opening Prayer**

L: 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, God, for ever and ever.

**A: Amen.**

## THE LITURGY OF THE WORD

### **Gospel Reading**

John 6:41-51

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.

**A: Praise to you, Lord Jesus Christ!**

### **Reflection**

"In the consecrated host, together with a place, Jesus prepares for us a *meal*, food for our nourishment. In life, we constantly need to be fed: nourished not only with food, but also with plans and affection, hopes and desires. We hunger to be loved. But the most pleasing compliments, the finest gifts and the most advanced technologies are not enough; they never completely satisfy us. The Eucharist is simple food, like bread, yet it is the only food that satisfies, for *there is no greater love*. There we encounter Jesus really; we share his life and we feel his love. There you can realize that his death and resurrection are for you. And when you worship Jesus in the Eucharist, you receive from him the Holy Spirit and you find peace and joy. Dear brothers and sisters, let us choose this food of life! Let us make Mass our priority! Let us rediscover Eucharistic adoration in our communities! Let us implore the grace to *hunger for God*, with an insatiable desire to receive what he has prepared for us." Pope Francis, *Homily for Corpus Christi*, 3 June 2018

### **For our Younger Friends**

Imagine a food that would allow you to live forever! You would do anything to get hold of that food! But this is exactly what Jesus is promising the people in the Gospel today - this food is not apples or oranges, or chocolate or pizza, but Jesus himself. We believe that he gives us this gift in Holy Communion at Mass - if

you have made your first communion, think about when you will be able to receive this gift again. And if you are waiting for first communion, pray to be ready and for the day to come soon!

### **Profession of Faith**

**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.**

### **Intercessions**

L: Let us pray to pursue the way of love that the church and world will more perfectly image Christ.

When the teachings of the gospel challenge our thinking and invite us to deeper conversion, may God's word be our light. Lord, in your mercy...

**A: Hear our prayer.**

When our spiritual resources seem insufficient for the journey in faith, may we recognize the sustenance God sends our way. Lord, in your mercy...

**A: Hear our prayer.**

When tenderness, kindness, and forgiveness are overpowered by bitterness, anger, and revenge, may the healing Spirit move upon our minds and hearts. Lord, in your mercy...

**A: Hear our prayer.**

When we are at the end of our earthly journey, may Jesus, who gave his life for the world, bid us welcome into the heavenly feast. Lord, in your mercy...

**A: Hear our prayer.**

*Please add your own prayers for the needs of the Church, the world and*

*your local community. You may wish to add particular prayers for family members, friends or neighbours in need at this time.*

## **THE COMMUNION RITE**

### **The Lord's Prayer**

L: At the Saviour's command and formed by divine teaching, we dare to say:

**A: Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.**

L: Be pleased, O Lord, to accept the prayers of your people, for in your mercy you have prompted them by your most holy Spirit. We make them through Christ our Lord.

**A: Amen.**

### **Preparation for Spiritual Communion**

L: Loving Father, Jesus your Son, at the Last Supper with his Apostles, establishing for the ages to come the saving memorial of the Cross, offered himself to you as the unblemished Lamb, the acceptable gift of perfect praise. Nourishing your faithful by this sacred mystery, you make them holy, so that the human race, bounded by one world, may be enlightened by one faith and united by one bond of charity. And so, in our minds and hearts we now approach the table of his wondrous Sacrament, so that, bathed in the sweetness of your grace, we may pass over to the heavenly realities here foreshadowed. Even though we are not in Church, and not able to receive communion today, we welcome him spiritually into our homes and our lives.

*Pause for a moment of silent prayer and reflection.*

### **Spiritual Communion**

**A: My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.**

### **Thanksgiving Psalm**

L: Taste and see that the Lord is good.

**A: Taste and see that the Lord is good.**

L: 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.

**A: Taste and see that the Lord is good.**

L: 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.

**A: Taste and see that the Lord is good.**

L: 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.

**A: Taste and see that the Lord is good.**

L: 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.

**A: Taste and see that the Lord is good.**

## **THE CONCLUDING RITE**

### **Final Prayer and Blessing**

L: Let us pray.  
May our spiritual communion in your Sacrament save us, O Lord, and confirm us in the light of your truth. Through Christ our Lord.

**A: Amen.**

L: May the Lord ✠ bless us, protect us from all evil, and bring us to everlasting life.

**A: Amen.**

L: Let us bless the Lord!

**A: Thanks be to God!**

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