

THE INTRODUCTORY RITES

Entrance Antiphon *(Ps 83:10-11)*

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.

In the name of the Father, and of the Son,... Amen.
The grace of our Lord ... **And with your spirit.**

Penitential Act

Brethren (brothers and sisters), ...

A brief pause for silence follows.

You were sent to heal the contrite of heart:

Lord, have mercy. **Or: Kyrie, eleison.**

Lord, have mercy. **Or: Kyrie, eleison.**

You came to call sinners:

Christ, have mercy. **Or: Christe, eleison.**

Christ, have mercy. **Or: Christe, eleison.**

You are seated at the right hand of the Father
to intercede for us:

Lord, have mercy. **Or: Kyrie, eleison.**

Lord, have mercy. **Or: Kyrie, eleison.**

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

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.

THE LITURGY OF THE WORD

FIRST READING *(Pr 9:1-6)*

A reading from the book of Proverbs.

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 *(Ps 33:2-3.10-15)*

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. 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 *(Eph 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 *(Jn 1:14. 12)*

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

(Jn 6:51-58)

The Lord be with you.

And with your spirit.



A reading from the holy Gospel

according to John.

Glorify to you, O 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.

Profession of Faith

(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,

At the words that follow, up to and including and became man, 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.

The priest introduces the Prayer of the Faithful.

THE LITURGY OF THE EUCHARIST

Pray, brethren (brothers and sisters), ...

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.

Eucharistic Prayer

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.

Sanctus

Holy, Holy, Holy Lord God of hosts. ...

After the Consecration

The mystery of faith.

We proclaim your Death, O Lord, and profess your Resurrection until you come again.

THE COMMUNION RITE

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

Our Father, who art in heaven, ...

Deliver us, Lord, we pray, from every evil, ...

For the kingdom, the power and the glory are yours now and for ever.

Lord Jesus Christ, ...

Amen.

The peace of the Lord be with you always.

And with your spirit.

As the priest breaks the consecrated Host the following is sung or said:

Lamb of God, you take away the sins ...

Showing the Eucharist to the people, the priest says:

Behold the Lamb of God,

behold him who takes away the sins of the world.

Blessed are those called to the supper of the Lamb.

Lord, I am not worthy

that you should enter under my roof,

but only say the word

and my soul shall be healed.

Communion Antiphon

(Ps 129:7)

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