

**Sunday 1 August 2021**

*Liturgical Colour: Green.*

**Mass Today**

**The Introductory Rites**

*All stand. The Priest approaches the altar with the ministers and venerates it while the Entrance Antiphon is sung:*

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**Entrance Antiphon**

**Ps 69: 2, 6**

O God, come to my assistance;  
O Lord, make haste to help me!  
You are my rescuer, my help;  
O Lord, do not delay.

Entrance Procession:

**Laudate: 960 Guide me, O thou great redeemer** — *Lyrics: William Williams, 1717-1791*

**Tune: CYM RHONDDA** — *by John Hughes, 1873-1932*

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**Sign of the Cross**

*All make the Sign of the Cross as the Priest says:*

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

*The people reply:*

**Amen.**

**Greeting**

*Either:* The grace of our Lord Jesus Christ,  
and the love of God,  
and the communion of the Holy Spirit  
be with you all.

*Or:* Grace to you and peace  
from God our Father  
and the Lord Jesus Christ.

*Or:* The Lord be with you.

*The people reply:*

**And with your spirit.**

## **Penitential Act**

Brethren (brothers and sisters),  
let us acknowledge our sins,  
and so prepare ourselves to celebrate the sacred mysteries.

*All recite together the formula of general confession:*

**I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,**

*And, striking their breast, they say:*

**through my fault,  
through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.**

*The absolution by the Priest follows:*

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

**Amen.**

*Either:*

*Or:*

**V.** Lord, have mercy.

**R.** Lord, have mercy.

**V.** Christ, have mercy.

**R.** Christ, have mercy.

**V.** Lord, have mercy.

**R.** Lord, have mercy.

**V.** Kyrie, eléison.

**R.** Kyrie, eléison.

**V.** Christe, eléison.

**R.** Christe, eléison.

**V.** Kyrie, eléison.

**R.** Kyrie, eléison.

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### The 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.**

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## **Collect**

Let us pray.

Draw near to your servants, O Lord,  
and answer their prayers with unceasing kindness,  
that, for those who glory in you as their Creator and guide,  
you may restore what you have created  
and keep safe what you have restored.  
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.  
**Amen.**

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## **The Liturgy of the Word**

*All sit.*

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### **First reading**

**Exodus 16:2-4,12-15**

#### **The Lord sends manna from heaven**

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, ‘Why did we not die at the Lord’s hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart’s content! As it is, you have brought us to this wilderness to starve this whole company to death!’

Then the Lord said to Moses, ‘Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day’s portion; I propose to test them in this way to see whether they will follow my law or not.

‘I have heard the complaints of the sons of Israel. Say this to them, “Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart’s content. Then you will learn that I, the Lord, am your God.”’

And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another,

‘What is that?’ not knowing what it was. ‘That’ said Moses to them ‘is the bread the Lord gives you to eat.’

The word of the Lord.

*All reply:*

**Thanks be to God.**

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### **Responsorial Psalm**

**Psalm 77(78):3-4,23-25,54**

*The Lord gave them bread from heaven.*

The things we have heard and understood,  
the things our fathers have told us,  
these we will not hide from their children  
but will tell them to the next generation:

*The Lord gave them bread from heaven.*

the glories of the Lord and his might  
and the marvellous deeds he has done,  
Yet he commanded the clouds above  
and opened the gates of heaven.  
He rained down manna for their food,  
and gave them bread from heaven.

*The Lord gave them bread from heaven.*

Mere men ate the bread of angels.  
He sent them abundance of food;  
So he brought them to his holy land,  
to the mountain which his right hand had won.

*The Lord gave them bread from heaven.*

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### **Second reading**

**Ephesians 4:17,20-24**

#### **Put aside your old self and put on the new**

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless

you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

The word of the Lord.

**Thanks be to God.**

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*The assembly stands to sing the Gospel Acclamation to welcome the Gospel.  
They remain standing in honour of the Gospel reading, the high point of the Liturgy of the Word.*

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**Gospel Acclamation**

**Jn14:6**

Alleluia, alleluia!  
I am the Way, the Truth and the Life, says the Lord;  
No one can come to the Father except through me.  
Alleluia!

**Or:**

**Mt4:4**

Alleluia, alleluia!  
Man does not live on bread alone,  
but on every word that comes from the mouth of God.  
Alleluia!

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*At the ambo the Deacon, or the Priest, says:*

The Lord be with you.

*The people reply:*

**And with your spirit.**

*The Deacon, or the Priest:*

A reading from the holy Gospel according to **N**.

**Glory to you, O Lord.**

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**Gospel**

**John 6:24-35**

**It is my Father who gives you the bread from heaven; I am  
the bread of life**

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, ‘Rabbi, when did you come here?’

Jesus answered:

‘I tell you most solemnly,  
you are not looking for me because you have seen the signs  
but because you had all the bread you wanted to eat.  
Do not work for food that cannot last,  
but work for food that endures to eternal life,  
the kind of food the Son of Man is offering you,  
for on him the Father, God himself, has set his seal.’

Then they said to him, ‘What must we do if we are to do the works that God wants?’  
Jesus gave them this answer, ‘This is working for God: you must believe in the one  
he has sent.’ So they said, ‘What sign will you give to show us that we should believe  
in you? What work will you do? Our fathers had manna to eat in the desert; as  
scripture says: *He gave them bread from heaven to eat.*’ Jesus answered:

‘I tell you most solemnly,  
it was not Moses who gave you bread from heaven,  
it is my Father who gives you the bread from heaven,  
the true bread;  
for the bread of God  
is that which comes down from heaven  
and gives life to the world.’

‘Sir,’ they said ‘give us that bread always.’ Jesus answered:

‘I am the bread of life.

He who comes to me will never be hungry;

he who believes in me will never thirst.'

The Gospel of the Lord.

*All reply:*

**Praise to you, Lord Jesus Christ.**

*After the proclamation of the Gospel the congregation is seated.*

### **The Homily**

*At the end of the Homily it is appropriate for there to be a brief silence for recollection.*

*The congregation then stands.*

### **The Creed**

*The Nicene ("Niceno-Constantinopolitan") 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 Prayer of the Faithful (Bidding Prayers)**

*The Priest concludes the Prayer of the Faithful with a collect.*

*When the Liturgy of the Word has been completed, the people sit.*

Offertory/Preparation of the Gifts:

**Laudate: 665 Shepherd of souls** — *Lyrics: Omer Westendorf, 1916-1997*

**Tune: NEUMARK** — *by George Neumark, 1621-81; Harmony from J.S.Bach, 1685-1750*

### **The Liturgy of the Eucharist**

#### **The Offertory**

Blessed are you, Lord God of all creation,  
for through your goodness we have received  
the bread we offer you:  
fruit of the earth and work of human hands,  
it will become for us the bread of life.

*If the Priest says the prayers aloud the assembly's acclamation is:*

**Blessed be God for ever.**

Blessed are you, Lord God of all creation,  
for through your goodness we have received  
the wine we offer you:  
fruit of the vine and work of human hands,

it will become our spiritual drink.

*If the Priest says the prayers aloud the assembly's acclamation is:*

**Blessed be God for ever.**

Pray, brethren (brothers and sisters),  
that my sacrifice and yours  
may be acceptable to God,  
the almighty Father.

*The people reply:*

**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.**

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### **Prayer over the Offerings**

Graciously sanctify these gifts, O Lord, we pray,  
and, accepting the oblation of this spiritual sacrifice,  
make of us an eternal offering to you.  
Through Christ our Lord.

**Amen.**

## **THE EUCHARISTIC PRAYER**

*Extending his hands, the Priest says:*

The Lord be with you.

*The people reply:*

**And with your spirit.**

*The Priest, raising his hands, continues:*

Lift up your hearts.

*The people:*

**We lift them up to the Lord.**

*The Priest, with hands extended, adds:*

Let us give thanks to the Lord our God.

*The people:*

**It is right and just.**

*The Priest continues with the Preface.*

**Preface**

**The Paschal Mystery and the People of God**

It is truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
Lord, holy Father, almighty and eternal God,  
through Christ our Lord.

For through his Paschal Mystery,  
he accomplished the marvellous deed,  
by which he has freed us from the yoke of sin and death,  
summoning us to the glory of being now called  
a chosen race, a royal priesthood,  
a holy nation, a people for your own possession,  
to proclaim everywhere your mighty works,  
for you have called us out of darkness  
into your own wonderful light.

And so, with Angels and Archangels,  
with Thrones and Dominions,  
and with all the hosts and Powers of heaven,  
we sing the hymn of your glory,  
as without end we acclaim:

*The Priest concludes the Preface with the people singing or saying aloud:*

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

**Heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

*After this the congregation kneels for the remainder of the Eucharistic Prayer.*

*Eucharistic Prayer III*

*The Priest alone says:*

You are indeed Holy, O Lord,  
and all you have created  
rightly gives you praise,  
for through your Son our Lord Jesus Christ,  
by the power and working of the Holy Spirit,  
you give life to all things and make them holy,  
and you never cease to gather a people to yourself,  
so that from the rising of the sun to its setting  
a pure sacrifice may be offered to your name.

Therefore, O Lord, we humbly implore you:  
by the same Spirit graciously make holy  
these gifts we have brought to you for consecration,  
that they may become the Body and ✠ Blood  
of your Son our Lord Jesus Christ,  
at whose command we celebrate these mysteries.

For on the night he was betrayed  
he himself took bread,  
and, giving you thanks, he said the blessing,  
broke the bread and gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND EAT OF IT,  
FOR THIS IS MY BODY,  
WHICH WILL BE GIVEN UP FOR YOU.

In a similar way, when supper was ended,  
he took the chalice,  
and, giving you thanks, he said the blessing,  
and gave the chalice to his disciples, saying:

TAKE THIS, ALL OF YOU, AND DRINK FROM IT,  
FOR THIS IS THE CHALICE OF MY BLOOD,  
THE BLOOD OF THE NEW AND ETERNAL COVENANT,  
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY  
FOR THE FORGIVENESS OF SINS.  
DO THIS IN MEMORY OF ME.

*After the words of Consecration the priest says:*

The mystery of faith.

*The people continue, acclaiming:*

*Either:*

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

*Or:*

**When we eat this Bread and drink this Cup,  
we proclaim your Death, O Lord,  
until you come again.**

*Or:*

**Save us, Saviour of the world,  
for by your Cross and Resurrection  
you have set us free.**

Therefore, O Lord, as we celebrate the memorial  
of the saving Passion of your Son,  
his wondrous Resurrection  
and Ascension into heaven,  
and as we look forward to his second coming,  
we offer you in thanksgiving  
this holy and living sacrifice.

Look, we pray, upon the oblation of your Church  
and, recognizing the sacrificial Victim by whose death  
you willed to reconcile us to yourself,  
grant that we, who are nourished  
by the Body and Blood of your Son  
and filled with his Holy Spirit,  
may become one body, one spirit in Christ.

May he make of us  
an eternal offering to you,  
so that we may obtain an inheritance with your elect,  
especially with the most Blessed Virgin Mary, Mother of God,  
with blessed Joseph, her Spouse,  
with your blessed Apostles and glorious Martyrs  
(with Saint **N.:** *the Saint of the day or Patron Saint*)  
and with all the Saints,  
on whose constant intercession in your presence  
we rely for unfailing help.

May this Sacrifice of our reconciliation,

we pray, O Lord,  
advance the peace and salvation of all the world.  
Be pleased to confirm in faith and charity  
your pilgrim Church on earth,  
with your servant **N.** our Pope and **N.** our Bishop,  
the Order of Bishops, all the clergy,  
and the entire people you have gained for your own.

Listen graciously to the prayers of this family,  
whom you have summoned before you:  
in your compassion, O merciful Father,  
gather to yourself all your children  
scattered throughout the world.

To our departed brothers and sisters  
and to all who were pleasing to you  
at their passing from this life,  
give kind admittance to your kingdom.  
There we hope to enjoy for ever the fullness of your glory  
through Christ our Lord,  
through whom you bestow on the world all that is good.

*At the conclusion of the Eucharistic Prayer the Priest takes the chalice and the paten with the host and, raising both, he alone says:*

Through him, and with him, and in him,  
O God, almighty Father,  
in the unity of the Holy Spirit,  
all glory and honour is yours,  
for ever and ever.

**Amen.**

## **The Communion Rite**

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

*The congregation stands and the Priest says:*

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

*Together with the people, he continues:*

**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.**

*The Priest alone continues, saying:*

Deliver us, Lord, we pray, from every evil,  
graciously grant peace in our days,  
that, by the help of your mercy,  
we may be always free from sin  
and safe from all distress,  
as we await the blessed hope  
and the coming of our Saviour, Jesus Christ.

*The people conclude the prayer, acclaiming:*

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

*Then the Priest alone says aloud:*

Lord Jesus Christ,  
who said to your Apostles:  
Peace I leave you, my peace I give you,  
look not on our sins,  
but on the faith of your Church,  
and graciously grant her peace and unity  
in accordance with your will.

Who live and reign for ever and ever.

*The people reply:*

**Amen.**

*The Priest adds:*

The peace of the Lord be with you always.

*The people reply:*

**And with your spirit.**

*The Deacon, or the Priest, adds:*

Let us offer each other the sign of peace.

*And all offer one another the customary sign of peace: a handclasp or handshake, which is an expression of peace, communion, and charity.*

### **Breaking of the Bread**

*During the breaking of the host the following is sung or said:*

**Lamb of God, you take away the sins of the world,  
have mercy on us.**

**Lamb of God, you take away the sins of the world,  
have mercy on us.**

**Lamb of God, you take away the sins of the world,  
grant us peace.**

*After the Lamb of God, the people kneel.*

### **Invitation to Communion**

*After his private prayers of preparation the Priest genuflects, takes the host and, holding it slightly raised above the paten or above the chalice says aloud:*

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.

*And together with the people he adds once:*

**Lord, I am not worthy  
that you should enter under my roof,  
but only say the word and my soul shall be healed.**

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*While the Priest is consuming the Sacrament, the Communion song begins. Its purpose is to express the communicants' spiritual unity through the unity of their*

*voices, to show their joy, and to highlight more clearly the communal nature of their procession towards the Sacrament. In cases where nothing is sung, the Communion Antiphon may be recited, by some or all of the faithful, or by a lector, or even by the Priest himself after he has received Communion and before he distributes Communion to the faithful.*

### **Communion Antiphon**

**Wis 16: 20**

You have given us, O Lord, bread from heaven,  
endowed with all delights and sweetness in every taste.

**Or:**

**Jn 6: 35**

I am the bread of life, says the Lord;  
whoever comes to me will not hunger  
and whoever believes in me will not thirst.

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*After the priest has reverently consumed the Body and Blood of Christ the communicants come forward in reverent procession, and make a preparatory act of reverence by bowing their head in honour of Christ's presence in the Sacrament. They receive Holy Communion standing. The Priest says:*

The Body of Christ.

*The communicant replies:*

**Amen.**

### **Act of Spiritual Communion**

*If circumstances make the bodily reception of Communion impossible, one may wish to make use of a prayer of Spiritual Communion at this time.*

My Jesus, I believe that you are present in the Most Blessed Sacrament.  
I love you above all things,  
and I desire to receive you into my soul.  
Since I cannot now receive you sacramentally,  
come at least spiritually into my heart.  
I embrace you as if you were already there,

and I unite myself wholly to you.  
Never permit me to be separated from you.  
Amen.

*St Alphonsus Liguori*

**or**

At your feet, O my Jesus,  
I prostrate myself and I offer you repentance of my contrite heart,  
which is humbled in its nothingness and in your holy presence.  
I adore you in the Sacrament of your love, the ineffable Eucharist.  
I desire to receive you into the poor dwelling that my heart offers you.  
While waiting for the happiness of sacramental communion, I wish to possess you  
in spirit.

Come to me, O my Jesus, since I, for my part, am coming to you!

May your love embrace my whole being in life and in death.

I believe in you,

I hope in you,

I love you.

Amen.

*Raphael, Cardinal Merry del Val*

Holy Communion:

**Laudate: 644 Alleluia, sing to Jesus** — *Lyrics: William Chatterton Dix, 1837-1898*

*Tune: HYFRYDOL — by Rowland Huw Pritchard, 1811-1887; arr. Ralph Vaughan Williams, 1872-1958*

*After the distribution of Communion, if appropriate, a sacred silence may be observed for a while, or a psalm or other canticle of praise or a hymn may be sung.*

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**Prayer after Communion**

Let us pray.

Accompany with constant protection, O Lord,  
those you renew with these heavenly gifts  
and, in your never-failing care for them,  
make them worthy of eternal redemption.

Through Christ our Lord.

**Amen.**

### **The Concluding Rites**

*Any brief announcements to the people follow here. Then the dismissal takes place. Sometimes this takes a more elaborate form than that given below.*

#### **Blessing**

The Lord be with you.

**And with your spirit.**

May almighty God bless you,  
the Father, and the Son, ✠ and the Holy Spirit.

**Amen.**

#### **Dismissal**

*Then the Deacon, or the Priest himself, says:*

*Either:* Go forth, the Mass is ended.

*Or:* Go and announce the Gospel of the Lord.

*Or:* Go in peace, glorifying the Lord by your life.

*Or:* Go in peace.

*The people reply:*

**Thanks be to God.**

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Organ Voluntary.