

The 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.

The priest gives praise to God and all acclaim:
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 the Consecration we acclaim the
mystery of faith:*

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.

At the end of the Eucharistic Prayer: Amen.

The Communion Rite

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.

Deliver us...

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

The peace of the Lord be with you always.
And with your spirit.

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.

Behold the Lamb of God...
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

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

or

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

Prayer after Communion

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...
Amen.

THE CONCLUDING RITES

The Lord be with you.
And with your spirit.

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

At the end of Mass the people respond:
Thanks be to God.

THE INTRODUCTORY RITES

Entrance Antiphon

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

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

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

People Amen.

*The priest greets the people in one of
these ways:*

The grace of our Lord Jesus Christ,
and the love of God,
and the communion of the Holy Spirit
be with you all.
And with your spirit.

or

Grace to you and peace from God our Father
and the Lord Jesus Christ.
And with your spirit.

or

The Lord be with you.
And with your spirit.

Penitential Act

*One of the following acts of penance is now
made:*

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,

(all strike their breast and 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.

or

Have mercy on us, O Lord.
For we have sinned against you.

Show us, O Lord, your mercy.
And grant us your salvation.

or

Lord, have mercy. or Kyrie, eleison.
Lord, have mercy. Kyrie, eleison.

Christ, have mercy. or Christe, eleison.
Christ, have mercy. Christe, eleison.

Lord, have mercy. or Kyrie, eleison.
Lord, have mercy. Kyrie, eleison.

After the absolution all respond: Amen.

The Gloria

Glorify 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 Collect

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...
Amen.

THE LITURGY OF THE WORD

First Reading Exodus 16:2-4. 12-15

A reading from the book of Exodus.

I will rain down bread for you from the heavens.

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.

Thanks be to God.

Psalm Psalm 77

R. The Lord gave them bread from heaven.

1. The things we have heard and understood, the things our fathers have told us, we will tell to the next generation: the glories of the Lord and his might. **R.**
2. He commanded the clouds above and opened the gates of heaven. He rained down manna for their food, and gave them bread from heaven. **R.**
3. Mere men ate the bread of angels. He sent them abundance of food. He brought them to his holy land, to the mountain which his right hand had won. **R.**

Second Reading Ephesians 4:17. 20-24

A reading from the letter of St Paul to the Ephesians.

Put on the new self that has been created in God's way.

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.

Gospel Acclamation

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

Alleluia, alleluia!

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

Alleluia!

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to John.

Glory to you, O Lord.

Gospel John 6:24-35

He who comes to me will never be hungry; he who believes in me will never thirst.

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.

Praise to you, Lord Jesus Christ.

The Homily

The Profession of Faith

**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 during the next three lines)

**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 bidding prayers now follow:

Let us pray to the Lord.

Lord, hear our prayer.

THE LITURGY OF THE EUCHARIST

If the prayers of blessing are said aloud the people acclaim each time:

Blessed be God for ever.

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.**

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...
Amen.