

**ENTRANCE ANTIPHON**

*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.*

**COLLECT**

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,  
one God, for ever and ever.

*Amen.*

**FIRST READING** 1 Kings 19:4-8

A reading from the first book of Kings.

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.

*Thanks be to God.*

**PSALM** Psalm 33

**RESPONSE:** *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** Ephesians 4:30 – 5:2

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

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.

*Thanks be to God.*

**GOSPEL ACCLAMATION**

*Alleluia, alleluia!  
If anyone loves me he will keep my word,  
and my Father will love him,  
and we shall come to him.  
Alleluia!*

Or

*Alleluia, alleluia!  
I am the living bread which has come down from heaven,  
says the Lord.  
Anyone who eats this bread will live for ever.  
Alleluia!*

**GOSPEL** John 6:41-51

A reading from the holy Gospel according to John.

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.  
*Praise to you, Lord Jesus Christ.*

**PRAYER OVER THE OFFERINGS**

Be pleased, O Lord, to accept the offerings of your Church,  
for in your mercy you have given them to be offered  
and by your power you transform them  
into the mystery of our salvation.  
Through Christ our Lord.  
*Amen.*

**COMMUNION ANTIPHON**

*O Jerusalem, glorify the Lord,  
who gives you your fill of finest wheat.*

Or

*The bread that I will give, says the Lord,  
is my flesh for the life of the world.*

**PRAYER AFTER COMMUNION**

May the communion in your Sacrament  
that we have consumed, save us, O Lord,  
and confirm us in the light of your truth.  
Through Christ our Lord.  
*Amen.*