

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

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...
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

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.

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. *or* Kyrie, eleison.

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

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

After the absolution all respond: Amen.

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.

The 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... **Amen.**

THE LITURGY OF THE WORD

First Reading 1 Kings 19:4-8

A reading from the first book of Kings.

Strengthened by the food he walked until he reached the mountain of God.

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.

Psalms Psalm 33

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. 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.

Follow Christ by loving as he loved you.

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!

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 6:41-51

*I am the living bread which has come down
from heaven.*

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.

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

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...

Amen.

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.