



Sunday 1st August 2021

THE 18th SUNDAY OF THE YEAR

AUGUST
HOLIDAY
SLIMLINE
EDITION

Welcome to all at mass today and especially anyone who is new. Please take this Newsletter home with you. You may wish to share it with family and friends. This newsletter can also be found via our website. We ask God's blessing on you and your loved ones this week.

Sunday Cycle
Readings Year B

Weekday Readings
Year I Week 18

Divine Office
Week 2

For children,
download a weekly sheet:
[http://www.sdc.me.uk/
sundaylliturg/](http://www.sdc.me.uk/sundaylliturg/)

THIS WEEK

Sun 1 August 6.15pm (Vigil)	18th SUNDAY OF THE YEAR Cheryl & Eddie Rozario Ints (wedding anniversary) Elizabeth Hannon RIP (5th Anniv) Studita de Souza RIP RIP Lourdes Rieafort RIP (1st Anniv) THE PEOPLE OF THE PARISH
8.30am 9.45am 11.15am 5.30pm	
Mon 2 August 9.30am	ferla Therese Isaacs RIP
Tues 3 August 9.30am	ferla Francis Waddington RIP
Weds 4 August 9.30am	S. John Vlanny Susan Walsh RIP
Thurs 5 August 9.30am	Dedication of the Basilica of St Mary Major Lily Barratt RIP
Fri 6 August 9.30am	THE TRANSFIGURATION OF THE LORD Concetta Wager RIP
Sat 7 August 9.30am	Of Our Lady Jose Remedios Andrade RIP
Sun 8 August 6.15pm (Vigil) 8.30am 9.45am 11.15am 5.30pm	19th SUNDAY OF THE YEAR Bernice Compton RIP Baptiste Fernandes Ints. Catherine Kevill RIP Fr Michael Johnston (Thanksgiving for 40 years of priesthood) THE PEOPLE OF THE PARISH

Blessed Sacrament Lamp
Francis Waddington RIP
Lamp of Our Lady of Walsingham
Catherine Kevill RIP

TODAY'S MASS

"Christ the bread of life"



Man does not live on bread alone. It is only Christ who satisfies the hunger we all feel for God. God feeds us with the Eucharist just as in times past he fed the Jews with manna from heaven. It is through this unique act of God's love that we learn that the Lord is indeed our God.

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

Perhaps it is God's "parental qualities" that directs his response to the Israelites. Instead of being angry, he hears their grumbings and promises to feed them. "I will rain bread from heaven for you," God says, and so he does. Later, God will send the Bread of Life, his only Son, to nourish his people.

Second Reading: Letter of St Paul to the Ephesians 4: 17, 20-24

St Paul reminds the early Christians from Ephesus that they have "learned Christ" which brings them to "righteousness and holiness of truth." Paul understands that, even though people know Christ and have chosen to follow him, they need to be reminded of their call. They need to be encouraged.

Gospel: John 6:24-35

In today's Gospel, Jesus does what he often did as he taught people. He moves them to ever deeper levels of understanding. They had eaten the loaves that Jesus had miraculously multiplied. Now Jesus invites them to consider the "food which endures to eternal life." Finally, Jesus tells them, "I am the bread of life."

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SUNDAY READINGS & PRAYERS

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.

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.
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.

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

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.'

Responsorial Psalm: *Ps. 77:3-4,23-25,54*

R/. The Lord gave them bread from heaven.

1. 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: *R/.*

2. 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. *R/.*

3. 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. *R/.*

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

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.

Gospel Acclamation: *Jn14:6*

Allelula, allelula!

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

Gospel: *John 6:24-35*

When the people saw that neither Jesus nor his disciples were there, they got into those 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.'

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.

Communion Antiphon: *Wisdom 16: 20*

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

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.
Through Christ our Lord.