



Sunday 8th August 2021

THE 19th 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 19

Divine Office
Week 3

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

THIS WEEK

Sun 8 August	19th SUNDAY OF THE YEAR
6.15pm (Vigil)	Bernice Compton RIP
8.30am	Baptiste Fernandes Ints.
9.45am	Catherine Kevill RIP
11.15am	Fr Michael Johnston (Thanksgiving for 40 years of priesthood)
	THE PEOPLE OF THE PARISH
5.30pm	
Mon 9 August	S.TERESA BENEDICTA OF THE CROSS
9.30am	Hannah O'Gorman RIP
Tues 10 August	S.LAWRENCE
9.30am	Francis Waddington RIP
Weds 11 August	S. Clare
9.30am	Mrs. Val Edrich RIP
Thurs 12 August	S.Jane Frances de Chantal
9.30am	Linda Borden Ints.
Fri 13 August	Ss. Pontian & Hippolytus
9.30am	Octaviano Pereira RIP
Sat 14 August	S. Maximilian Kolbe
9.30am	Dorothy Coomawrewel Ints.
Sun 15 August	THE ASSUMPTION OF THE BLESSED VIRGIN MARY
6.15pm (Vigil)	Holy Souls RIP
8.30am	Kenneth Ainsworth Ints.
9.45am	Theresa Isaacs RIP
11.15am	Francis Waddington RIP
5.30pm	THE PEOPLE OF THE PARISH

Blessed Sacrament Lamp
In thanksgiving for our stewards
Lamp of Our Lady of Walsingham
4th Birthday Troy Jared Caiado

TODAY'S MASS

**"The bread is my flesh for the life
of the world"**



Christ is the living bread come down from heaven and anyone who eats this bread will last forever. Just as Elijah the prophet was strengthened by the food given him by God so we too are helped by the Eucharist to continue in our pilgrimage back to the Father. Through this Eucharist we are reminded that if we are to follow Christ we must love as he has loved us.

First Reading: First Book of Kings 19:4-8

The prophet Elijah felt that way after being pursued by his enemies who wanted to kill him. He sat down under a tree and prayed for death. But God awakened him twice, providing food and water for his dejected messenger. The refreshments and the knowledge of how much God cared for him gave Elijah the strength to continue his journey to "the mountain of God."

Second Reading: Letter of St Paul to the Ephesians 4:30, 5:2

St Paul encourages those who have been baptized to avoid acting in ways that "sadden the Holy Spirit." Cruelty and harshness of every kind should be avoided.. In that way they imitate Christ who has been kind, compassionate, and forgiving to them. It is not always easy to say no to cruelty and bitterness. But, by the grace of the Holy Spirit, we have the power to follow Jesus' example.

Gospel: John 6:41-51

When Jesus began teaching the Jews that he himself was the "bread that came down from heaven," they muttered and murmured in complaint. They thought they knew who Jesus was. But Jesus responds by promising them that if they eat the living bread, they will live forever. He will give his flesh for the life of the world.

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SUNDAY READINGS & PRAYERS

Entrance Antiphon: *Cf. Ps 73: 20, 19, 22, 23*

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.

First reading: *1 Kings 19:4-8*

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'O 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.

Responsorial Psalm: *Ps. 33:2-9*

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*

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 loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

Gospel Acclamation: *Jn 14:23*

Allelula, allelula!

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

Allelula!

Gospel: *John 6:41-51*

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.'

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.

Communion Antiphon: *Ps 147: 12, 14*

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

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.