

**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.*

**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.

*Amen.*

**FIRST READING** Exodus 16:2-4. 12-15

A reading from the book of Exodus.

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

**RESPONSE:** *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.

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.*

*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!*

**GOSPEL** John 6:24-35

A reading from the holy Gospel according to John.

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.*

**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.

*Amen.*

**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.

Through Christ our Lord.

*Amen.*

**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.*

**ENTRANCE ANTIPHON**

*A great sign appeared in heaven:  
a woman clothed with the sun, and the moon beneath her  
feet,  
and on her head a crown of twelve stars.*

Or

*Let us all rejoice in the Lord,  
as we celebrate the feast day in honour of the Virgin Mary,  
at whose Assumption the Angels rejoice  
and praise the Son of God.*

**COLLECT**

Almighty ever-living God,  
who assumed the Immaculate Virgin Mary, the Mother of your Son,  
body and soul into heavenly glory,  
grant, we pray,  
that, always attentive to the things that are above,  
we may merit to be sharers of her glory.  
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** Apocalypse 11:19; 12:1-6. 10

A reading from the book of the Apocalypse.

The sanctuary of God in heaven opened, and the ark of the covenant could be seen inside it.

Now a great sign appeared in heaven: a woman, adorned with the sun, standing on the moon, and with the twelve stars on her head for a crown. She was pregnant, and in labour, crying aloud in the pangs of childbirth. Then a second sign appeared in the sky, a huge red dragon which had seven heads and ten horns, and each of the seven heads crowned with a coronet. Its tail dragged a third of the stars from the sky and dropped them to the earth, and the dragon stopped in front of the woman as she was having the child, so that he could eat it as soon as it was born from its mother. The woman brought a male child into the world, the son who was to rule all the nations with an iron sceptre, and the child was taken straight up to God and to his throne, while the woman escaped into the desert, where God had made a place of safety ready. Then I heard a voice shout from heaven, "Victory and power and empire for ever have been won by our God, and all authority for his Christ."

The word of the Lord.

*Thanks be to God.*

**PSALM** Psalm 44

**RESPONSE:** *On your right stands the queen,  
in garments of gold.*

1. The daughters of kings are among your loved ones.  
On your right stands the queen in gold of Ophir.  
Listen, O daughter, give ear to my words:  
forget your own people and your father's house. **R.**
2. So will the king desire your beauty:  
he is your lord, pay homage to him.  
They are escorted amid gladness and joy;  
they pass within the palace of the king. **R.**

**SECOND READING** 1 Corinthians 15:20-26

A reading from the first letter of St Paul to the Corinthians.

Christ has been raised from the dead, the first-fruits of all who have fallen asleep. Death came through one man and in the same way the resurrection of the dead has come through one man. Just as all men die in Adam, so all men will be brought to life in Christ; but all of them in their proper order: Christ as the first-fruits and then, after the coming of Christ, those who belong to him. After that will come the end, when he hands over the kingdom to God the Father, having done away with every sovereignty, authority and power. For he must

be king until he has put all his enemies under his feet and the last of the enemies to be destroyed is death, for everything is to be put under his feet.

The word of the Lord.

*Thanks be to God.*

**GOSPEL ACCLAMATION**

*Alleluia, alleluia!  
Mary has been taken up into heaven;  
all the choirs of angels are rejoicing.  
Alleluia!*

**GOSPEL** Luke 1:39-56

A reading from the holy Gospel according to Luke.

Mary set out and went as quickly as she could to a town in the hill country of Judah. She went into Zechariah's house and greeted Elizabeth. Now as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, "Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? For the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled."

And Mary said:

"My soul proclaims the greatness of the Lord  
and my spirit exults in God my saviour;  
because he has looked upon his lowly handmaid.  
Yes, from this day forward all generations will call me blessed,  
for the Almighty has done great things for me.  
Holy is his name,  
and his mercy reaches from age to age for those who fear him.  
He has shown the power of his arm,  
he has routed the proud of heart.  
He has pulled down princes from their thrones and exalted the  
lowly.  
The hungry he has filled with good things, the rich sent empty  
away.  
He has come to the help of Israel his servant, mindful of his mercy  
– according to the promise he made to our ancestors –  
of his mercy to Abraham and to his descendants for ever."  
Mary stayed with Elizabeth about three months and then went back  
home.

The Gospel of the Lord.

*Praise to you, Lord Jesus Christ.*

**PRAYER OVER THE OFFERINGS**

May this oblation, our tribute of homage,  
rise up to you, O Lord,  
and, through the intercession of the most Blessed Virgin Mary,  
whom you assumed into heaven,  
may our hearts, aflame with the fire of love,  
constantly long for you.  
Through Christ our Lord.  
*Amen.*

**COMMUNION ANTIPHON**

*All generations will call me blessed,  
for he who is mighty has done great things for me.*

**PRAYER AFTER COMMUNION**

Having received the Sacrament of salvation,  
we ask you to grant, O Lord,  
that, through the intercession of the Blessed Virgin Mary,  
whom you assumed into heaven,  
we may be brought to the glory of the resurrection.  
Through Christ our Lord.  
*Amen.*

**ENTRANCE ANTIPHON**

*Turn your ear, O Lord, and answer me;  
save the servant who trusts in you, my God.  
Have mercy on me, O Lord, for I cry to you all the day long.*

**COLLECT**

O God, who cause the minds of the faithful to unite in a single purpose, grant your people to love what you command and to desire what you promise, that, amid the uncertainties of this world, our hearts may be fixed on that place where true gladness is found. 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** Joshua 24:1-2. 15-18

A reading from the book of Joshua.

Joshua gathered all the tribes of Israel together at Shechem; then he called the elders, leaders, judges and scribes of Israel, and they presented themselves before God. Then Joshua said to all the people: "If you will not serve the Lord, choose today whom you wish to serve, whether the gods that your ancestors served beyond the River, or the gods of the Amorites in whose land you are now living. As for me and my House, we will serve the Lord."

The people answered, "We have no intention of deserting the Lord our God and serving other gods! Was it not the Lord our God who brought us and our ancestors out of the land of Egypt, the house of slavery, who worked those great wonders before our eyes and preserved us all along the way we travelled and among all the peoples through whom we journeyed? We too will serve the Lord, for he is our 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. The Lord turns his face against the wicked  
to destroy their remembrance from the earth.  
The Lord turns his eyes to the just  
and his ears to their appeal. **R.**
3. They call and the Lord hears  
and rescues them in all their distress.  
The Lord is close to the broken-hearted;  
those whose spirit is crushed he will save. **R.**
4. Many are the trials of the just man  
but from them all the Lord will rescue him.  
He will keep guard over all his bones,  
not one of his bones shall be broken. **R.**
5. Evil brings death to the wicked;  
those who hate the good are doomed.  
The Lord ransoms the souls of his servants.  
Those who hide in him shall not be condemned. **R.**

**SECOND READING** Ephesians 5:21-32

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

Give way to one another in obedience to Christ. Wives should regard their husbands as they regard the Lord, since as Christ is head of the Church and saves the whole body, so is a husband the head of his wife; and as the Church submits to Christ, so should wives to their husbands, in everything. Husbands should love their wives just as Christ loved the Church and sacrificed himself for her to make her holy. He made her clean by washing her in water with a form of

words, so that when he took her to himself she would be glorious, with no speck or wrinkle or anything like that, but holy and faultless. In the same way, husbands must love their wives as they love their own bodies; for a man to love his wife is for him to love himself. A man never hates his own body, but he feeds it and looks after it; and that is the way Christ treats the Church, because it is his body – and we are its living parts. For this reason, a man must leave his father and mother and be joined to his wife, and the two will become one body. This mystery has many implications; but I am saying it applies to Christ and the Church.

The word of the Lord.

**Thanks be to God.**

**GOSPEL ACCLAMATION**

**Alleluia, alleluia!**  
**Your words are spirit, Lord,  
and they are life:  
you have the message of eternal life.**  
**Alleluia!**

**GOSPEL** John 6:60-69

A reading from the holy Gospel according to John.

After hearing his doctrine many of the followers of Jesus said, "This is intolerable language. How could anyone accept it?" Jesus was aware that his followers were complaining about it and said, "Does this upset you? What if you should see the Son of Man ascend to where he was before?"

"It is the spirit that gives life,  
the flesh has nothing to offer.

The words I have spoken to you are spirit  
and they are life.

"But there are some of you who do not believe." For Jesus knew from the outset those who did not believe, and who it was that would betray him. He went on, "This is why I told you that no one could come to me unless the Father allows him." After this, many of his disciples left him and stopped going with him.

Then Jesus said to the Twelve, "What about you, do you want to go away too?" Simon Peter answered, "Lord, who shall we go to? You have the message of eternal life, and we believe; we know that you are the Holy One of God."

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

**PRAYER OVER THE OFFERINGS**

O Lord, who gained for yourself a people by adoption through the one sacrifice offered once for all, bestow graciously on us, we pray, the gifts of unity and peace in your Church. Through Christ our Lord.

**Amen.**

**COMMUNION ANTIPHON**

**The earth is replete with the fruits of your work, O Lord;  
you bring forth bread from the earth  
and wine to cheer the heart.**

Or

**Whoever eats my flesh and drinks my blood  
has eternal life, says the Lord,  
and I will raise him up on the last day.**

**PRAYER AFTER COMMUNION**

Complete within us, O Lord, we pray, the healing work of your mercy and graciously perfect and sustain us, so that in all things we may please you. Through Christ our Lord.

**Amen.**

**ENTRANCE ANTIPHON**

*Have mercy on me, O Lord, for I cry to you all the day long.  
O Lord, you are good and forgiving,  
full of mercy to all who call to you.*

**COLLECT**

God of might, giver of every good gift,  
put into our hearts the love of your name,  
so that, by deepening our sense of reverence,  
you may nurture in us what is good  
and, by your watchful care,  
keep safe what you have nurtured.  
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** Deuteronomy 4:1-2. 6-8

A reading from the book of Deuteronomy.

Moses said to the people: "Now, Israel, take notice of the laws and customs that I teach you today, and observe them, that you may have life and may enter and take possession of the land that the Lord the God of your fathers is giving you. You must add nothing to what I command you, and take nothing from it, but keep the commandments of the Lord your God just as I lay them down for you. Keep them, observe them, and they will demonstrate to the peoples your wisdom and understanding. When they come to know of all these laws they will exclaim, 'No other people is as wise and prudent as this great nation.' And indeed, what great nation is there that has its gods so near as the Lord our God is to us whenever we call to him? And what great nation is there that has laws and customs to match this whole Law that I put before you today?"

The word of the Lord.

*Thanks be to God.*

**PSALM** Psalm 14

**RESPONSE: *The just will live in the presence of the Lord.***

1. Lord, who shall dwell on your holy mountain?  
He who walks without fault;  
he who acts with justice  
and speaks the truth from his heart. **R.**
2. He who does no wrong to his brother,  
who casts no slur on his neighbour,  
who holds the godless in disdain,  
but honours those who fear the Lord. **R.**
3. He who keeps his pledge, come what may;  
who takes no interest on a loan  
and accepts no bribes against the innocent.  
Such a man will stand firm for ever. **R.**

**SECOND READING** James 1:17-18. 21-22. 27

A reading from the letter of St James.

It is all that is good, everything that is perfect, which is given us from above; it comes down from the Father of all light; with him there is no such thing as alteration, no shadow of a change. By his own choice he made us his children by the message of the truth so that we should be a sort of first-fruits of all that he had created.

Accept and submit to the word which has been planted in you and can save your souls. But you must do what the word tells you, and not just listen to it and deceive yourselves.

Pure unspoilt religion, in the eyes of God our Father is this: coming to the help of orphans and widows when they need it, and keeping oneself uncontaminated by the world.

The word of the Lord.

*Thanks be to God.*

**GOSPEL ACCLAMATION**

*Alleluia, alleluia!  
Your words are spirit, Lord,  
and they are life:  
you have the message of eternal life.  
Alleluia!*

Or

*Alleluia, alleluia!  
By his own choice the Father made us his children  
by the message of the truth,  
so that we should be a sort of first-fruits  
of all that he created.  
Alleluia!*

**GOSPEL** Mark 7:1-8. 14-15. 21-23

A reading from the holy Gospel according to Mark.

The Pharisees and some of the scribes who had come from Jerusalem gathered round Jesus, and they noticed that some of his disciples were eating with unclean hands, that is, without washing them. For the Pharisees, and the Jews in general, follow the tradition of the elders and never eat without washing their arms as far as the elbow; and on returning from the market place they never eat without first sprinkling themselves. There are also many other observances which have been handed down to them concerning the washing of cups and pots and bronze dishes. So these Pharisees and scribes asked him, "Why do your disciples not respect the tradition of the elders but eat their food with unclean hands?" He answered, "It was of you hypocrites that Isaiah so rightly prophesied in this passage of scripture:

This people honours me only with lip-service,  
while their hearts are far from me.

The worship they offer me is worthless,  
the doctrines they teach are only human regulations.

You put aside the commandment of God to cling to human traditions."

He called the people to him again and said, "Listen to me, all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. For it is from within, from men's hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these evil things come from within and make a man unclean."

The Gospel of the Lord.

*Praise to you, Lord Jesus Christ.*

**PRAYER OVER THE OFFERINGS**

May this sacred offering, O Lord,  
confer on us always the blessing of salvation,  
that what it celebrates in mystery  
it may accomplish in power.

Through Christ our Lord.

*Amen.*

**COMMUNION ANTIPHON**

*How great is the goodness, Lord,  
that you keep for those who fear you.*

Or

*Blessed are the peacemakers,  
for they shall be called children of God.  
Blessed are they who are persecuted for the sake of  
righteousness,  
for theirs is the Kingdom of Heaven.*

**PRAYER AFTER COMMUNION**

Renewed by this bread from the heavenly table,  
we beseech you, Lord,  
that, being the food of charity,  
it may confirm our hearts  
and stir us to serve you in our neighbour.

Through Christ our Lord.

*Amen.*