Immaculate Heart of Mary Parish

**18TH SUNDAY IN ORDINARY TIME**

**Year B**

**SUNDAY 1 August 2021**

**INTRODUCTORY RITES**

**ENTRANCE HYMN**

**1. SEEK YE FIRST**

**FROM PARISH SONG BOOKLET**

**GREETING**

**PENITENTIAL ACT**

**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.

**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, God, for ever and ever. **Amen.**

**THE LITURGY OF THE WORD**

**FIRST READING** Ex 16:2-4, 12-15

*The Lord sends manna from heaven*

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.**

**RESPONSORIAL PS** Ps 144:1-18

*The Lord gave them bread from heaven.*

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:

*The Lord gave them bread from heaven.*

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.

*The Lord gave them bread from heaven.*

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.

*The Lord gave them bread from heaven.*

**SECOND READING** Ep 4:17, 20-24

*Put aside your old self and put on the new*

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.**

**GOSPEL ACCLAM. Mt 4:4**

Alleluia, alleluia!

No one lives on bread alone,

but on every word that comes from the mouth of God. Alleluia!

**GOSPEL** Jn 6:24-35

*It is my Father who gives you the bread from heaven; I am the bread of life*

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.**

**HOMILY**

**CREED**

I believe in God,

the Father almighty,

Creator of heaven and earth,

and in Jesus Christ, his only Son, our Lord,

who was conceived by the Holy Spirit,

born of the Virgin Mary,

suffered under Pontius Pilate,

was crucified, died and was buried;

he descended into hell;

on the third day he rose again from the dead;

he ascended into heaven,

and is seated at the right hand of God the Father almighty;

from there he will come to judge the living and the dead.

I believe in the Holy Spirit,

the holy catholic Church,

the communion of saints,

the forgiveness of sins,

the resurrection of the body,

and life everlasting. Amen.

**PRAYER OF THE FAITHFUL**

**THE LITURGY OF THE EUCHARIST**

**OFFERTORYHYMN**

**51. ONE BREAD ONE BODY**

**FROM PARISH SONG BOOKLET**

Blessed are you, Lord God of all creation, for through your goodness we have received the bread we offer you:

fruit of the earth and work of human hands, it will become for us the bread of life.

**Blessed be God for ever.**

Blessed are you, Lord God of all creation, for through your goodness we have received the wine we offer you:

fruit of the vine and work of human hands, it will become our spiritual drink.

**Blessed be God for ever.**

Pray, brethren **(**brothers and sisters**)**, that my sacrifice and yours may be acceptable to God, the almighty Father.

**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 GIFTS**

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.**

**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.

**Holy, Holy, Holy**

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.

**THE MEMORIAL ACCLAM**

**COMMUNION RITE**

At the Saviour’s command

and formed by divine teaching, we dare to say:

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, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Saviour, Jesus Christ.

For the kingdom, the power and the glory are your now and for ever.

**SIGN OF PEACE**

Lord Jesus Christ,

who said to your Apostles:

Peace I leave you, my peace I give you, look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will. Who live and reign for ever and ever. Amen.

The peace of the Lord be with you always.

And with your spirit.

Let us offer each other the sign of peace.

**LAMB OF GOD**

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

**COMMUNION HYMNS:**

**43. ONLY A SHADOW**

**FROM PARISH SONG BOOKLET**

**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.**

**THE CONCLUDING RITES**

**DISMISSAL**

**FINAL SONG:**

**69. HOW GREAT THOUGH ART**

**FROM PARISH SONG BOOKLET**