

HYMNS & READINGS

1ST AUGUST, 2021

18th Sunday in Ordinary Time

INTROIT

Be thou my vision,
O Lord of my heart,
Be all else but naught to me,
save that thou art,
Be thou my best thought
in the day and the night,
Both waking and sleeping,
thy presence my light.

Be thou my wisdom,
be thou my true word
Be thou ever with me,
and I with thee, Lord,
Be thou my great Father,
and I thy true son,
Be thou in me dwelling,
and I with thee one.

Be thou my breastplate,
my sword for the fight,
Be thou my whole armor,
be thou my true might,
Be thou my soul's shelter,
be thou my strong tower,
O raise thou me heavenward,
great Power of my power.

Riches I heed not,
nor man's empty praise,
Be thou my inheritance now and always,
Be thou and thou only
the first in my heart,
O Sovereign of heaven,
my treasure thou art.

High King of heaven,
thou heaven's bright Sun,
O grant me its joys after vict'ry is won,
Great Heart of my own heart,
whatever befall,
Still be thou my vision, O Ruler of all.

COLLECT

Let us pray.

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.

First reading Exodus 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.’

Responsorial Psalm

Psalm 77(78):3-4,23-25,54

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 Ephesians 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.

Gospel Acclamation

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!

Gospel

John 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.’

OFFERTORY

Lead us, heavenly Father, lead us
O'er the world's tempestuous sea;
Guard us, guide us, keep us, feed us,
For we have no help but thee;
Yet possessing every blessing
If our God our Father be.

Saviour, breathe forgiveness o'er us,
All our weakness thou dost know;
Thou didst tread this earth before us,
Thou didst feel its keenest woe;
Self denying, death defying,
Thou to Calvary didst go.

Spirit of our God, descending,
Fill our hearts with heavenly joy;
Love with every passion blending,
Pleasure that can never cloy;
Thus provided, pardoned, guided,
Nothing can our peace destroy.

COMMUNION

Just as I am, without one plea
But that thy blood was shed for me,
And that thou bidd'st me come to thee,
O Lamb of God, I come.

Just as I am, though tossed about
With many a conflict, many a doubt,
Fightings within, and fears without,
O Lamb of God, I come.

Just as I am, poor, wretched, blind;
Sight, riches, healing of the mind,
Yea all I need, in thee to find,
O Lamb of God, I come.

Just as I am, thou wilt receive,
Wilt welcome, pardon, cleanse, relieve:
Because thy promise I believe,
O Lamb of God, I come! I come!

Just as I am (thy love unknown
Has broken every barrier down),
Now to be thine, yea thine alone,
O Lamb of God, I come.

Just as I am, of that free love
The breadth, length,
depth and height to prove,
Here for a season then above,
O Lamb of God, I come.

PRAYER AFTER COMMUNION

Let us pray.
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 ANGELUS

∞. The Angel of the LORD declared
unto Mary,
Ⲡ. And she conceived of the Holy Ghost.
Hail Mary, full of grace; the LORD is
with thee: blessed art thou amongst
women, and blessed is the Fruit of thy
womb, Jesus. Holy Mary, Mother of God,
pray for us sinners, now and at the hour
of our death.

∞. Behold the handmaid of the LORD.
Ⲡ. Be it done unto me according to thy
word.

Hail Mary, ...

∞. And the Word was made flesh.
Ⲡ. And dwelt among us.

Hail Mary...

∞. Pray for us, O Holy Mother of God.
Ⲡ. That we may be made worthy of the
promises of Christ.

Let us pray,
Pour forth, we beseech Thee, O LORD,
Thy grace into our hearts; that, we, to
whom the Incarnation of Christ, Thy
Son, was made known by the message of
an angel, may by His Passion and Cross
be brought to the glory of His
Resurrection. Through the same Christ
our Lord.
Ⲡ. Amen.

RECESSION

Tell out, my soul,
the greatness of the Lord!
Unnumbered blessings
give my spirit voice;
tender to me the promise of his Word;
in God my Savior shall my heart rejoice.

Tell out, my soul,
the greatness of his name!
Make known his might,
the deeds his arm has done;
his mercy sure, from age to age the same;
his holy name, the Lord, the Mighty One.

Tell out, my soul,
the greatness of his might!
Powers and dominions lay their glory by.
Proud hearts and stubborn
wills are put to flight,
the hungry fed, the humble lifted high.

Tell out, my soul, the glories of his Word!
Firm is his promise, and his mercy sure.
Tell out, my soul,
the greatness of the Lord
to children's children and forevermore!