

# HYMNS & READINGS

8TH AUGUST, 2021

*19th Sunday in Ordinary Time*

## INTROIT

Dear Lord and Father of mankind,  
Forgive our foolish ways!  
Re-clothe us in our rightful mind,  
In purer lives thy service find,  
In deeper reverence praise.

In simple trust like theirs who heard,  
Beside the Syrian sea,  
The gracious calling of the Lord,  
Let us, like them, without a word  
Rise up and follow thee.

O Sabbath rest by Galilee!  
O calm of hills above,  
Where Jesus knelt to share with thee  
The silence of eternity,  
Interpreted by love!

Drop thy still dews of quietness,  
Till all our strivings cease;  
Take from our souls the strain and  
stress,  
And let our ordered lives confess  
The beauty of thy peace.

Breathe through the heats of our desire  
Thy coolness and thy balm;  
Let sense be dumb, let flesh retire;  
Speak through the earthquake,  
wind, and fire,  
O still small voice of calm!

## COLLECT

Let us pray.  
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, God, for ever and ever. Amen.

## First reading 1 Kings 19:4-8

### The angel gives Elijah food to reach the mountain of God

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

### Psalm 33(34):2-9

*Taste and see that the Lord is good.*

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.

*Taste and see that the Lord is good.*

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.

*Taste and see that the Lord is good.*

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.

*Taste and see that the Lord is good.*

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.

*Taste and see that the Lord is good.*

**Second reading Ephesians 4:30-5:2**  
**Forgive each other as readily as God**  
**forgave you**

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**

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

**Gospel John 6:41-51**  
**Anyone who eats this bread will live**  
**for ever**

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.'

### **OFFERTORY**

Crown him with many crowns,  
The Lamb upon his throne;  
Hark! how the heavenly anthem  
drowns  
All music but its own:  
Awake, my soul, and sing  
Of him who died for thee,  
And hail him as thy matchless King  
Through all eternity.

Crown him the Virgin's Son,  
The God incarnate born,  
Whose arm those crimson trophies won  
Which now his brow adorn:  
Fruit of the mystic Rose,  
As of that Rose the Stem;  
The Root whence mercy ever flows,  
The Babe of Bethlehem.

Crown him the Lord of love!  
Behold his hands and side,  
Rich wounds yet visible above  
In beauty glorified:  
No angel in the sky  
Can fully bear that sight,  
But downward bends his burning eye  
At mysteries so bright.

Crown Him the Lord of peace,  
Whose power a sceptre sways  
From pole to pole, that wars may cease,  
Absorbed in prayer and praise:  
His reign shall know no end,  
And round his pierced feet  
Fair flowers of Paradise extend  
Their fragrance ever sweet.

Crown him the Lord of years,  
The Potentate of time,  
Creator of the rolling spheres,  
Ineffably sublime.  
Glassed in a sea of light,  
Where everlasting waves  
Reflect his throne--the Infinite!  
Who lives--and loves--and saves.

### **COMMUNION**

Holy, Holy, Holy! Lord God Almighty!  
Early in the morning our  
song shall rise to thee;  
Holy, Holy, Holy! Merciful and mighty!  
God in three Persons, blessed Trinity!

Holy, Holy, Holy!  
all the saints adore thee,  
Casting down their golden crowns  
around the glassy sea;  
Cherubim and seraphim  
falling down before thee,  
Who wert, and art,  
and evermore shalt be.

Holy, Holy, Holy! though  
the darkness hide thee,  
Though the eye of sinful  
man thy glory may not see,  
Only thou art holy,  
there is none beside thee  
Perfect in power, in love, and purity.

Holy, Holy, Holy! Lord God Almighty!  
All thy works shall praise thy name, in  
earth, and sky, and sea;  
Holy, Holy, Holy! Merciful and mighty!  
God in three Persons, blessed Trinity!

### **PRAYER AFTER COMMUNION**

Let us pray.  
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.**

### **THE ANGELUS**

∇. The Angel of the LORD brought tidings  
to Mary

℞. And she conceived by 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.

℞. Be it done unto me according to thy word.

Hail Mary, ...

∇. And the Word was made flesh.

℞. And dwelt among us.

Hail Mary...

∇. Pray for us, O Holy Mother of God.

℞. 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 as we have known  
the incarnation of thy son Jesus Christ by the  
message of and Angel. So by his Passion and  
Cross may we be brought to glory of his  
resurrection through the same Christ Our  
LORD.

℞. Amen.

### **RECESSION**

All my hope on God is founded;  
He doth still my trust renew.  
Me through change and chance he  
guideth,  
Only good and only true.

God unknown,  
He alone  
Calls my heart to be his own.

Pride of man and earthly glory,  
Sword and crown betray his trust;  
What with care and toil he buildeth,  
Tower and temple, fall to dust  
But God's power,  
Hour by hour,  
Is my temple and my tower.

God's great goodness aye endureth,  
Deep his wisdom, passing thought:  
Splendour, light and life attend him,  
Beauty springeth out of naught.  
Evermore  
From his store  
New-born worlds rise and adore.

Daily doth th'Almighty giver  
Bounteous gifts on us bestow;  
His desire our soul delighteth,  
Pleasure leads us where we go.  
Love doth stand  
At his hand;  
Joy doth wait on his command.

Still from man to God eternal  
Sacrifice of praise be done,  
High above all praises praising  
For the gift of Christ his Son.  
Christ doth call  
One and all:  
Ye who follow shall not fall.