

ICHTHUS

SUNDAY 8 AUGUST 2021

19TH SUNDAY IN
ORDINARY TIME

Year B



Let Jesus know how you are feeling today - and then listen to him with your heart.



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...

We say these words
or sing a hymn as the
priest approaches
the altar.

We ask for God's help.
Listen now to the
priest as he offers
this prayer.



DO YOU KNOW?

On **Tuesday 10 August**
we celebrate the feast of
**St Lawrence, Deacon and
Martyr**. The word **deacon**
comes from the Greek
word "**diakonia**" which
means **service**. Deacons
often helped people in
their parish who were in
need. A **martyr** is some
who **dies for their faith**.
St Lawrence really did
put God and other
people before himself.



FIRST READING 1 KINGS 19:4-8

Elijah is having a terrible
time. He has done what
God asked, but has
made the queen very
angry by telling her off
for worshipping other
gods and now she is out
to get him. Poor Elijah
is alone, on the run and

very unhappy. He has
had enough. While he is
sleeping God provides
some water and scones
baked on the hot stones
for Elijah to eat. Having
eaten well, Elijah feels
much better and is ready
for the long journey ahead.

LOOK at the reader
and LISTEN.
Elijah's meal from God
gives him new life
and hope.

The cantor or psalmist
sings or says the psalm.
Listen to the verses,
and then respond by
using these words.

RESPONSORIAL PSALM PSALM 33

Taste and see that the Lord is good.



SECOND READING EPHESIANS 4:30 - 5:2

Great things are expected
of us if we decide to follow
Jesus! We are not to hold
a grudge, lose our temper,
shout or call people
names. Although all that
might seem hard, we can
all try. Being a Christian

means we are all friends,
forgiving each other in
the same way that God
has forgiven us. Our aim
is to be as loving as Jesus.
And we needn't worry -
because the Holy Spirit will
be helping us!

LOOK at the reader
and LISTEN.
We follow Jesus by
trying to love as
he did.



We give a shout of
praise to God, using
these words taken
from the Bible.

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!



THINK

The Bible is full of people
complaining. When life
is hard or we don't
understand something
it is easy to complain.
Maybe the next time we
want to complain we can
remember that **Jesus**
says, "Stop complaining."
One thing we can learn
from the Bible is that
everything often **works**
out well, even if it takes a
long time!



GOSPEL JOHN 6:41-51

The Good News about Jesus is told to us by St John.

Everyone is complaining about Jesus. They don't understand what he is saying. They can't imagine how someone they have known all his life can have anything important to tell them. Jesus tells them to stop complaining and tries again to explain. He is the living bread. Jesus is the

way we can find out what God the Father is like. God has shown love in the past and provided good things for people, but nothing compares to Jesus himself. God the Father has sent Jesus so that everyone can have life – a full and meaningful life now, and life forever in heaven.

STAND to LISTEN

to the priest or deacon as he prepares to read the Gospel.

What does the priest or deacon do to the book when he has finished reading the Gospel?

Listen to the reader as he or she encourages us to pray for situations and people in need. This is a prayer you could say privately.

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic Prayer.

We listen to the prayer of praise and thanks to God.

You are invited to sing a Communion song or say this verse, which has been especially chosen for today's celebration.



PRAYER OF THE FAITHFUL

Dear Lord, I would like to pray for anyone who is hungry today and feels hopeless. May we all work to bring hope and practical help to anyone in need, especially people in our local area. Lord, hear my prayer.



OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think about a time this week when you felt like giving up and then think about a time when you were full of energy and hope.

Say a little prayer offering these thoughts up to God.



THE EUCHARISTIC PRAYER

Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?



THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

COMMUNION ANTIPHON

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



MY PRAYER AFTER COMMUNION

Thank you, Jesus, for filling me with your love and goodness. Thank you for giving me a happy life now and the hope of life with you forever. Amen.



We take Jesus with us to carry on the work that he did on earth, until we meet again next Sunday.

Go in peace.



PRAY

"Get up and eat."

Elijah was given everything he needed for the journey ahead. Thank you, Lord, you for giving me everything I need. Thank you for my family, my friends and my home. Amen.



DO

If you feel like complaining this week try to say something positive instead, or distract yourself by doing something else!



ΙΧΘΥΣ

is the Greek word for "fish" and was used in the catacombs as a sign for early Christians. It is made up from the first letter of five Greek titles for the Lord:

- I (Jesus)
- X (Christos)
- Θ (Theou/God's)
- Υ (Uios/Son)
- Σ (Soter/Saviour)

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