

Year of
Consecrated Life



9 August 2015

19th Sunday in Ordinary Time

Year B

BREAD OF LIFE FOR THE WAYFARERS

There are many ways to consider life, and one of them is to compare it to a journey. Indeed, our whole life is in many ways similar to some of the travels that we undertake. Because of the uncertainties or unwanted events that may occur, we ask the Lord to accompany us, just as He accompanied and nourished the Chosen People and the prophet Elijah during their respective journeys in the desert.

In the journey of our life God shows His concern for our safety and nourishment through the presence of Jesus, our fellow traveler and Bread of Life. May his life-giving Word guide us. May he, the Bread come down from heaven, sustain and strengthen us in this Eucharistic celebration and beyond.



INTRODUCTORY RITES



Entrance Antiphon

(To be recited only when no Entrance Hymn is sung.)

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.

Greeting

P –Blessed be Jesus, the Bread from heaven. May his grace and peace be with you all!

All –**And with your spirit!**

Penitential Act

P –As we prepare ourselves to celebrate the Sacred Mysteries in which we will receive Jesus as the “Bread of Life,” let us reflect on what makes us unworthy to do so.
(Pause)

P –Lord Jesus, no one can come to you unless the Father draws him. Lord, have mercy!

All –**Lord, have mercy!**

P –Lord Jesus, you are the Bread and Drink come down from heaven. Christ, have mercy!

All –**Christ, have mercy!**

P –Lord Jesus, you give your flesh for the life of the world. Lord, have mercy!

All –**Lord, have mercy!**

P –May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

All –**Amen!**

Gloria

All –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 (Opening Prayer)

P –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.

All –**Amen!**

LITURGY OF THE WORD



1st Reading

1 Kgs 19:4-8

Elijah was sustained in his journey through the desert

by God-sent bread and water. This miraculous food and drink foreshadows the Eucharist, the “food and drink come down from heaven.”

R –A proclamation from the First Book of Kings

Elijah went a day’s journey into the desert, until he came to a broom tree and sat beneath it. He prayed for death, saying: “This is enough, O Lord! Take my life, for I am no better than my fathers.”

He lay down and fell asleep under the broom tree, but then an angel touched him and ordered him to get up and eat. Elijah looked and there at his head was a hearth cake and a jug of water. After he ate and drank, he lay down again, but the angel of the Lord came back a second time, touched him, and ordered, “Get up and eat, else the journey will be too long for you!” He got up, ate, and drank.

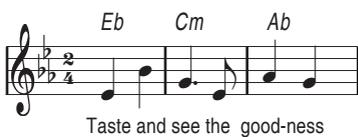
Then, strengthened by that food, he walked forty days and forty nights to the mountain of God, Horeb.

The Word of the Lord!
All—Thanks be to God!

Responsorial Psalm *Ps 34*

R –Taste and see the goodness of the Lord!

R. M. Velez



* I will bless the Lord at all times; his praise shall be ever in my mouth. Let my soul glory in the Lord; the lowly will hear me and be glad. **R.**

* Glorify the Lord with me, let us together extol his name. I sought the Lord, and he answered me and delivered me from all my fears. **R.**

* Look to him that you may be radiant with joy, and your faces may not blush with shame. When the afflicted man called out, the Lord heard, and from all his distress he saved him. **R.**

* The angel of the Lord encamps around those who fear him, and delivers them. Taste and see how good the Lord is. Blessed the man who takes refuge in him. **R.**

2nd Reading *Eph 4:30-5:2*

The reception of the Eucharist requires that our hearts be properly disposed. This exhortation of St. Paul to the Ephesians emphasizes some of the essential dispositions we should have in receiving Holy Communion.

R –A proclamation from the Letter of Paul to the Ephesians

Brothers and sisters:
Do not grieve the Holy Spirit of God, with which you were sealed for the day of redemption.

All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. And be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

So be imitators of God, as beloved children, and live in love, as Christ loved us and handed himself over for us as a sacrificial offering to God for a fragrant aroma.

The Word of the Lord!
All—Thanks be to God!

Gospel Acclamation

All—Alleluia! Alleluia!
“I am the living bread that came down from heaven,” says the Lord. “Whoever eats this bread will live forever.”
Alleluia! Alleluia!

Gospel *Jn 6:41-51*

The Jews refused to accept Jesus as “the Bread that came down from heaven,” but he did not retract or water down his statement. He actually reiter-

ated it, even as he hinted at the sacrificial nature of the gift of himself as the bread that gives life to the world.

P –The Lord be with you!
All—And with your spirit!
P –A proclamation from the holy Gospel according to John
All—Glory to you, O Lord!

The Jews murmured about Jesus because he said, “I am the bread that came down from heaven,” and they said, “Is this not Jesus, the son of Joseph? Do we not know his father and mother? Then how can he say, ‘I have come down from heaven?’ ”

Jesus answered and said to them, “Stop murmuring among yourselves. No one can come to me unless the Father who sent me draw him, and I will raise him on the last day.

It is written in the prophets: ‘They shall all be taught by God.’ Everyone who listens to my Father and learns from him comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Amen, amen, I say to you, whoever believes has eternal life.

I am the bread of life. Your ancestors ate the manna in the desert, but they died. This is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven. Whoever eats this bread will live forever. And the bread that I will give is my flesh for the life of the world.”

The Gospel of the Lord!
All—Praise to you, Lord Jesus Christ!

Homily

Profession of Faith
(Nicene Creed)

All—I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God,

Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen!

Prayer of the Faithful

P—God’s care and concern for us has always been so great. Confident that He is with us in our journey through life, to lead, protect and strengthen us, we pray:

All—**Lord, nourish Your people!**

C—For the Church, God’s pilgrim people on earth: When faced with rejection and persecution, may she never lose heart but fully trust in God’s help. Let us pray! *R.*

C—For the Holy Father, our bishop, and all other religious leaders: May they be for us like the angel sent by the Lord to strengthen and encourage the prophet Elijah. Let us pray! *R.*

C—For the social and political leaders of our country: May they always seek and promote the good of the people, especially those who are weak, exploited, or defenseless. Let us pray! *R.*

C—For those who are rejected and persecuted because of their faithfulness to the Gospel: May they stand fast in their faith, fully trusting in the Lord’s help. Let us pray! *R.*

C—For our community and our families: Heeding the exhortation of St. Paul, may we put aside all bitterness and malice and learn to be kind, forgiving, and compassionate with one another as Jesus has taught us. Let us pray! *R.*

C—Let us pray in silence for our personal intentions. (*Pause*)

Let us pray! *R.*

P—Lord God, thank You for continually being with us despite our failures and infidelities. May we express our sincere recognition of Your love for us by being kind to one another, compassionate and forgiving. We ask this through Christ our Lord.

All—Amen!



Preparation of the Gifts

P—Pray, brethren . . .

All—**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 Offerings

P—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.

All—Amen!

Preface IV

P—The Lord be with you!

All—**And with your spirit!**

P—Lift up your hearts!

All—**We lift them up to the Lord!**

P—Let us give thanks to the Lord our God!

All—**It is right and just!**

P—It is truly right and just, our duty and our salvation, always and everywhere to give you

thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord.

For by his birth he brought renewal to humanity’s fallen state, and by his suffering, canceled out our sins; by his rising from the dead he has opened the way to eternal life, and by ascending to you, O Father, he has unlocked the gates of heaven.

And so, with the company of Angels and Saints, we sing the hymn of your praise, as without end we acclaim:

All—**Holy, holy, holy . . .**

Memorial Acclamation

P—The mystery of faith!

All—**When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again!**



All—Our Father . . .

P—Deliver us, Lord . . .

All—**For the kingdom, the power, and the glory are yours, now and for ever!**

Sign of Peace

Breaking of the Bread

All—**Lamb of God, you take away the sins of the world: have mercy on us. (2x)**

Lamb of God, you take away the sins of the world: grant us peace.

Communion

P—This is our brother Jesus who strengthens us in the journey of life. He is the Lamb of God who takes away the sins of the world. Blessed are those called to his supper.

All—**Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.**

Communion Antiphon

(*To be recited only when no Communion Hymn is sung.*)

The bread that I will give, says the Lord, is my flesh for the life of the world.

Prayer after Communion

P –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.

All–Amen!



P –The Lord be with you.

All–And with your spirit!

P –Bow your heads and pray for God’s blessing. (*Pause*) May God, the Father of glory, be with you to protect you from all dangers in the journey of life.

All–Amen!

P –May God the Son, Jesus Christ, nourish you with his Body and Blood as you cross the desert of life.

All–Amen!

P –May God, the Holy Spirit, lead you to make the right choices and console you in

all your afflictions.

All–Amen!

P –May the blessing of almighty God: the Father, and the Son, and the Holy Spirit come down upon you and remain with you for ever.

All–Amen!

P –Go and be instruments of God’s love in the journey of life.

All–Thanks be to God!

FORTHCOMING EVENT
Aug 16 – Don Bosco’s 200th
Birth Anniversary

DON BOSCO, THE CONQUEROR OF HEARTS – Part 1

* *Fr. Sal Putzu, SDB*

As a child (and even as a teenager), Johnny Bosco, the person who was later known as “Don Bosco,” was anything but quiet and peaceful. He had a rather impulsive and even aggressive character.

The Mysterious Dream

We come to learn that from what he himself wrote in his “Memoirs” in connection with the famous dream that he had when he was about nine years old. In that dream he saw himself in a vast field, where a big number of boys, some of whom were playing games, while others were fighting, swearing and using foul language. Shocked at their impoliteness, Johnny jumped into their midst hitting them hard and shouting at them to stop cursing. At that moment, a majestic Man appeared. He called Johnny by name and said to him, “not with blows, but with gentleness and kindness you will win these boys over. . . . Teach them the beauty of virtue and the ugliness of sin.”

Then, the majestic Man (who was Jesus Christ) introduced to Johnny his Mother (Mary Most Holy) as the “Teacher” who would show him how to carry out such a challenging “strategy.” All of a sudden, a herd of wild animals appeared in place of the boys. And shortly after, the animals also vanished and in their stead there appeared gentle lambs gamboling playfully around the majestic Man and his Mother. Then the Lady explained, “Make yourself humble, steadfast and strong, and what you saw happen to the animals, you will do for my children.” Johnny felt confused and asked what all those visions meant. The gentle Lady reassured him, “In due time, everything will be clear to you.”

The dream ended there. But its content marked the beginning of Johnny’s quest to make it a reality. Soon he came to be convinced that the Lord was calling him to become a priest who would take care of crowds of boys. But in those days, becoming a priest, for a son of a peasant family, such as Johnny’s was, seemed an “impossible dream.”

Encounters with “Wild Animals”

The struggle against all odds continued for years, but Johnny never gave up. Eventually, in June 1841 he did become a priest to the delight of his mother and many other good people who had supported him all along. Johnny was now “Don Bosco” and, at the invitation of his priest friend Don Cafasso, he stayed in Turin to complete his intellectual formation by attending postgraduate courses.

At the same time, however, the newly ordained priest was eager to start his apostolate among the young. By staying in Turin, under the guidance of his friend and mentor Don Cafasso, the enthusiastic young priest began to meet the “wild animals” of his dream in the prisons of Turin, where he found behind bars numerous young people full of hatred for society and full of prejudices and contempt for priests. They greeted him with abusive language and sneers. That first “immersion” in the world of youth was for Don Bosco like a cold shower in winter.

His second experience took place in the streets of Turin where swarms of wayward youngsters roamed day and night, constantly exposed to physical and moral dangers. Many of them were jobless, homeless, uneducated, and exposed to vices and abuses of all sorts. Scores of them were working as apprentice bricklayers and carpenters in the booming construction industry, often exploited and man-handled by insensitive masters. All of those boys were like sheep without a shepherd. Many of them appeared to be heading for prison life . . .

Kindness Is the Key

Don Bosco remembered his dream. The “wild animals” were there by the hundreds, possibly thousands. The challenge now, for him, was to apply with them the instruction given him by the “Majestic Man” and transform them into meek lambs as the gentle Lady had prophetically shown him in the dream. If he wanted to save those youngsters from ending up in jail (and on the gallows), he had to approach them in a friendly manner and win them over with patience and kindness.

To be continued . . .



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