



# EUCHALET

19 August 2018

20th Sunday in Ordinary Time

Year B

## THE EUCHARIST: THE LIVING FOOD AND DRINK THAT GIVE ETERNAL LIFE

Jesus satisfies our yearning for life not only with his teaching but also with the total gift of himself through the Eucharist – his Body and Blood under the sacramental signs of Bread and Wine. Foreshadowed in the Old Testament through the manna and the water that gushed from the rock at Moses' command, Jesus gave himself to his disciples at the Last Supper under the forms of bread and wine in anticipation of his sacrificial offering to the Father on Calvary in atonement for the sins of all mankind. He also mandated them to repeat "in memory of him" until the end of time what he had just done in the Upper Room.



Our Sunday Eucharist is a privileged manifestation of Jesus' immense love for us, as he makes himself our spiritual nourishment. He is the source of our wisdom and strength. The Eucharist is also a privileged means for us to express our gratitude to him and to the Father for all the blessings they constantly shower on us.

### INTRODUCTORY RITES



#### Entrance Antiphon

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

**Turn your eyes, O God, our shield; and look on the face of your anointed one; one day within your courts is better than a thousand elsewhere.**

#### Greeting

*P* –Blessed be Jesus, the Food of everlasting life. May his grace and peace be with you all!

*All* –**And with your spirit!**

#### Penitential Act

*P* –As we prepare to celebrate the sacred mysteries, let us call to mind our shortcomings and ask the Lord for pardon and strength. *(Pause)*

*P* –Lord Jesus, you are the living bread that came down from heaven. Forgive our lack of faith in this great truth. Lord, have mercy!

*All* –**Lord, have mercy!**

*P* –Lord Jesus, your flesh is real food and your blood, real drink. Forgive our lack of appreciation for these great gifts. Christ, have mercy!

*All* –**Christ, have mercy!**

*P* –Lord Jesus, you promise eternal life to those who receive you. Forgive the many sacrilegious communions and profanations committed everyday. 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* –O God, who have prepared for those who love you good things which no eye can see, fill our hearts with the warmth of your love, so that, loving you in all things and above all things, we may attain your promises, which surpass every human desire.

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 *Prv 9:1-6*

*Today's passage from the Book of Proverbs expresses God's deep desire to have mankind share in His wisdom and life. This plan will be actualized fully in the Eucharistic banquet.*

**R** –A proclamation from the Book of Proverbs

**Wisdom has built her house, she has set up her seven columns; she has dressed her meat, mixed her wine, yes, she has spread her table.**

**She has sent out her maidens; she calls from the heights out over the city: "Let whoever is simple turn in here!" To the one who lacks understanding, she says, "Come, eat of my food, and drink of the wine I have mixed! Forsake foolishness that you may live. Advance in the way of understanding."**

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 poor one called out, the Lord heard, and from all his distress He saved him.** **R.**

2nd Reading *Eph 5:15-20*

*St. Paul exhorts us to keep careful watch over our conduct and to give thanks to the Father for everything. These are among the basic dispositions we need to have in order to receive Holy Communion fruitfully.*

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

**Brothers and sisters:**

**Watch carefully how you live, not as foolish persons but as wise, making the most of the opportunity, because the days are evil.**

**Therefore, do not continue in ignorance, but try to understand what is the will of the Lord. And do not get drunk on wine, in which lies debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and playing to the Lord in your hearts, giving thanks always and for everything in the name of our Lord Jesus Christ to God the Father.**

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

Gospel Acclamation

**All—Alleluia! Alleluia!**

**"Whoever eats my flesh and drinks my blood remains in me and I in him," says the Lord.**

**Alleluia! Alleluia!**

Gospel *Jn 6:51-58*

*Jesus' audience finds it ever more difficult to accept his invitation to eat his flesh and drink his blood. Undeterred by their negative stand, Jesus emphasizes the wonderful effects which the reception of his body and blood produces in those who accept him with faith.*

**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!**

Jesus said to the crowds: "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 Jews quarreled among themselves, saying, "How can this man give us his flesh to eat?"

Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

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

Homily

Profession of Faith

*(Nicene-Constantinopolitan 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, (bow)\* **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** –Encouraged by the message coming from God’s Word, let us approach the Source of all goodness. To him let us present our humble petitions saying:

**All**–**Jesus, Bread of Life, hear our prayer!**

**C** –For the whole Catholic Church: May she ever more treasure the Eucharist as the Sacrament of the Lord’s Body and Blood, the Food of everlasting Life. Let us pray! **R.**

**C** –For all our religious and civil leaders: May they serve the people of God with total dedication for the common good. Let us pray! **R.**

**C** –For all the youth in our country: May they become more appreciative of the Eucharist by their active participation in the Mass. Let us pray! **R.**

**C** –For those who feel rejected, for the sick and the dying: May they experience in sacramental Communion the source of their hope and the root of everlasting life. Let us pray! **R.**

**C** –For all of us, present at this Eucharistic celebration: May we live the spirit of this Sacrament through acts of charity and generous availability. Let us pray! **R.**

**C** –Let us pray in silence for our personal intentions. (*Pause*)  
Let us pray! **R.**

**P** –Lord Jesus, we thank you for the priceless gift of the Eucharist and pray that we may always live according to the message that comes to us from this great Sacrament. You who live and reign for ever and ever.  
**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** –Receive our oblation, O Lord, by which is brought about a glorious exchange, that, by offering what you have given, we may merit to receive your very self.  
Through Christ our Lord.  
**All**–**Amen!**

### Preface of the Holy Eucharist I

**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 he is the true and eternal Priest, who instituted the pattern of an everlasting sacrifice and was the first to offer himself as the saving Victim, commanding us to make this offering as his memorial.

As we eat his Flesh that was sacrificed for us, we are made strong, and, as we drink his Blood that was poured out for us, we are washed clean.

And so, with Angels and Archangels, with Thrones and Dominions, and with all the hosts and Powers of heaven, we sing the hymn of your glory, as without end we acclaim:

**All**–**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!**

### 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 . . .**

### Communion

**P** –This is Jesus, the Bread of Life, 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.)*

**I am the living bread that came down from heaven, says the Lord. Whoever eats of this bread will live forever.**

### Prayer after Communion

**P** –Made partakers of Christ through these Sacraments, we humbly implore your mercy, Lord, that, conformed to his image on earth, we may merit also to be his coheirs in heaven.

Who lives and reigns for ever and ever.  
**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 the Eucharist you have received bear fruit in your daily life.

**All–Amen!**

**P** –May almighty God keep you from all harm and fill you with every good gift.

**All–Amen!**

**P** –May you walk in His ways, always knowing and doing what is right and good, until you enter your heavenly inheritance.

**All–Amen!**

**P** –May almighty God bless you: the Father, and the Son, and the Holy Spirit.

**All–Amen!**

**P** –Go in peace and make your lives a constant Eucharist!

**All– Thanks be to God!**

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## EUCHARIST, THE FOOD AND DRINK OF ETERNAL LIFE

There is an intrinsic connection between food and life. Food is indispensable to preserve and increase life. Likewise, **there is an intrinsic connection between the Eucharist and man’s spiritual life.** Jesus develops this theme in his discourse on the “Bread of Life,” and emphasizes this truth especially in today’s Gospel passage.

He states it, both in the form of **a promise** (see vv. 51, 57 and 58), and as **a strong warning**: “If you do not eat the flesh of the Son of Man and drink his blood, you have no life in you” (v. 52b).

**The “life” Jesus is talking about is not our psychophysical life and activity,** the temporal sequence of actions and reactions which begins at conception and inevitably ends when our heart and brain cease to function. Rather, **the “life” Jesus has in mind is that spark of divine reality which is rooted in the very core of our personality. It is the spiritual dimension of our “self” which raises us to the level of God’s very life.** It is at that depth and height that man becomes different from the rest of creation, and that he can experience an intimacy with the divine “Thou” which is the source of endless happiness and fulfillment. Such is the “life” Jesus is promising, and for which he offers himself as food and drink.

**This “life” is not measured in days and years, but by the intensity of the faith and love that permeates it. It shares in the very life and eternity of God,** and that is why it is called “eternal life.” But to enjoy it, we do not have to wait until our earthly days are over. Such a “life” can already be ours today (though in a limited degree) through faith in Jesus and by eating his Flesh and drinking his Blood.

Only on this condition can we experience **the life-giving communion with Christ** (see v. 56) which **inserts us in the marvelous stream of life that has its origin in the Father, and has its unique channel in His incarnate Son.** (See v. 57.)

The Jews who were listening to Jesus were very materialistic and rationalistic in their outlook. They could not understand how Jesus could give them his flesh to eat (see v. 52) because they had no idea of eternal life. They were unable to soar beyond the boundaries of matter and time. **They did not know how creative divine love can**

**be. The Eucharistic bread and wine, true body and blood of Christ, thanks to the power of his Word and of his Spirit, are the answer to their question.** But only those who believe that everything is possible for God will respond “Amen!”

*In simple narrative of the Marian apparitions at Fatima, or illustrated in comic strips in Filipino manga style.*



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