

# 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?



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.



## 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.

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.



## 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.

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



## 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?

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



## 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.

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



## 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.



# ΙΧΘΥΣ

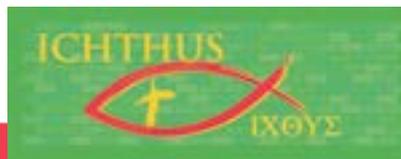
is the Greek word for "fish" and was used in the catacombs as a sign for early Christians. It is made up from the first letter of five Greek titles for the Lord:

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



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

Go in peace.



## redemptorist

publications

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