

18th Sunday in Ordinary Time

LIVING IN TODAY'S "instant" world, often we find it difficult to strike a balance. We are rushing everywhere and demands are weighing on our shoulders. It can make us weak: we forget the love that Jesus taught us and sometimes our weaknesses prevail. Living by the example of Jesus – being loving, slow to anger, without acting hastily – requires us to dramatically slow down in this fast-paced world, to contemplate and to pray. As a reward, God's abundant blessings will rain on us in the form of spiritual food and nourishment. We need to find the time, make the commitment to prayer and deepen our relationship with God.

Prayer is the food that we need in order to be nourished spiritually and consequently to conquer all that our earthly lives demand from us. No sickness or hardship, no sorrow will distance us from the love of God. With God's help, we can rise above every adversity or hardship. And through him we find the way and strength to do good for others.

The miracle of feeding the 5,000 with five loaves and two fish is a miracle indeed. If Jesus was able to satisfy their physical hunger in such a radical way, we can only imagine the miracles that await us when we ask him to feed our very souls.

*Ildiko O'Dacre
Cambridge, ON*

SUNDAY AUGUST 2

Roman Missal p. 454; Sunday Lectionary p. 491

Entrance Antiphon (*Psalm 69.2, 6*)

**O God, come to my assistance; O Lord, make haste to help me!
You are my rescuer, my help; O Lord, do not delay.**

Introductory Rites (*p. 5*)

Collect

Draw near to your servants, O Lord, and answer their prayers with unceasing kindness, that, for those who glory in you as their Creator and guide, you may restore what you have created and keep safe what you have restored. 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. **Amen.**

First Reading (*Isaiah 55.1-3*)

Thus says the Lord:

“Everyone who thirsts,
come to the waters;
and you that have no money,
come, buy and eat!
Come, buy wine and milk
without money and without price.

“Why do you spend your money for that which is not bread,
and your labour for that which does not satisfy?
Listen carefully to me, and eat what is good,
and delight yourselves in rich food.

“Incline your ear, and come to me;
listen, so that you may live.
I will make with you an everlasting covenant,
my steadfast, sure love for David.”

The word of the Lord. **Thanks be to God.**

Responsorial Psalm (Psalm 145) —————

You o-pen your hand to feed us, Lord, and sat-is-fy our
needs.

R. You open your hand to feed us, Lord, and satisfy our needs.

The Lord is gracious and · **merciful**,
slow to anger and abounding in steadfast · **love**.
The Lord is good to · **all**,
and his compassion is over all that · **he_has** made. *R.*

The eyes of all look to · **you**,
and you give them their food in due · **season**.
You open your · **hand**,
satisfying the desire of every · **living** thing. *R.*

The Lord is just in all his · **ways**,
and kind in all his · **doings**.
The Lord is near to all who · **call_on_him**,
to all who call on him · **in** truth. *R.*

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Second Reading (Romans 8.35, 37-39) —————

Brothers and sisters: Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? No, in all these things we are more than conquerors through him who loved us.

For I am convinced that neither death, nor life, nor Angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

The word of the Lord. **Thanks be to God.**

Gospel Acclamation (Matthew 4.4)

Alleluia. Alleluia. Man does not live by bread alone, but by every word that comes from the mouth of God. **Alleluia.**

Gospel (Matthew 14.13-21) —————

The Lord be with you. **And with your spirit.**

A reading from the holy Gospel according to Matthew. **Glory to you, O Lord.**

When Jesus heard that Herod had beheaded John the Baptist, he withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, Jesus saw a great crowd; and he had compassion for them and cured their sick.

When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me."

Then Jesus ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds.

And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Profession of Faith (p. 8)

Prayer of the Faithful

The following intentions are suggestions only. There are more suggestions at www.livingwithchrist.ca

R. Lord, hear our prayer.

For the Church, joyful witness to the resurrection of our Saviour and Redeemer, we pray to the Lord: R.

For leaders of nations working towards peace, we pray to the Lord: R.

For those now living with the realities of war and destruction, we pray to the Lord: R.

For Christian communities everywhere, embodying the triumph of life over death, we pray to the Lord: R.

Preparation of the Gifts (p. 10)

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Prayer over the Offerings

Graciously sanctify these gifts, O Lord, we pray, and, accepting the oblation of this spiritual sacrifice, make of us an eternal offering to you. Through Christ our Lord. **Amen.**

Preface (*Sundays in Ordinary Time, p. 11*)

Communion Antiphon (*Wisdom 16.20*)

You have given us, O Lord, bread from heaven, endowed with all delights and sweetness in every taste.

or

(John 6.35)

I am the bread of life, says the Lord; whoever comes to me will not hunger and whoever believes in me will not thirst.

Prayer after Communion

Accompany with constant protection, O Lord, those you renew with these heavenly gifts and, in your never-failing care for them, make them worthy of eternal redemption. Through Christ our Lord. **Amen.**

Blessing and Dismissal (*p. 30*)