

**ENTRANCE ANTIPHON**

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

**GLORIA**

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**

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

A reading from the prophet Isaiah.

Thus says the Lord:

Oh, come to the water all you who are  
thirsty;  
though you have no money, come!  
Buy corn without money, and eat,  
and, at no cost, wine and milk.  
Why spend money on what is not bread,  
your wages on what fails to satisfy?  
Listen, listen to me and you will have good  
things to eat  
and rich food to enjoy.  
Pay attention, come to me;  
listen, and your soul will live.  
With you I will make an everlasting  
covenant  
out of the favours promised to David.

The word of the Lord.

Thanks be to God.

**PSALM**

Psalm 144

Response:

**You open wide your hand, O Lord,  
you grant our desires.**

- The Lord is kind and full of compassion,  
slow to anger, abounding in love.  
How good is the Lord to all,  
compassionate to all his creatures. (R.)

- The eyes of all creatures look to you  
and you give them their food in due time.  
You open wide your hand,  
grant the desires of all who live. (R.)
- The Lord is just in all his ways  
and loving in all his deeds.  
He is close to all who call him,  
call on him from their hearts. (R.)

**SECOND READING**

Romans 8:35.37-39

A reading from the letter of St Paul to the  
Romans.

Nothing can come between us and the love of  
Christ, even if we are troubled or worried, or  
being persecuted, or lacking food or clothes,  
or being threatened or even attacked. These  
are the trials through which we triumph, by  
the power of him who loved us.

For I am certain of this: neither death nor  
life, no angel, no prince, nothing that exists,  
nothing still to come, not any power, or  
height or depth, nor any created thing, can  
ever come between us and the love of God  
made visible in Christ Jesus our Lord.

The word of the Lord.

Thanks be to God.

**GOSPEL ACCLAMATION**

Alleluia. alleluia!

Blessings on the King who comes,  
in the name of the Lord!

Peace in heaven and glory in the highest  
heavens!

Alleluia!

**GOSPEL**

Matthew 14:13-21

A reading from the holy Gospel according to  
Matthew.

When Jesus received the news of John  
the Baptist's death he withdrew by boat  
to a lonely place where they could be by  
themselves. But the people heard of this and,  
leaving the towns, went after him on foot. So  
as he stepped ashore he saw a large crowd;  
and he took pity on them and healed their  
sick.

When evening came, the disciples went  
to him and said, "This is a lonely place, and  
the time has slipped by; so send the people  
away, and they can go to the villages to  
buy themselves some food." Jesus replied,  
"There is no need for them to go: give them  
something to eat yourselves." But they  
answered, "All we have with us is five loaves  
and two fish." "Bring them here to me," he  
said. He gave orders that the people were to  
sit down on the grass; then he took the five  
loaves and the two fish, raised his eyes to  
heaven and said the blessing. And breaking  
the loaves he handed them to his disciples  
who gave them to the crowds. They all ate as  
much as they wanted, and they collected the  
scraps remaining, twelve baskets full. Those  
who ate numbered about five thousand men,  
to say nothing of women and children.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

**PROFESSION OF FAITH**

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,

*(all bow during the next three lines)*

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 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.

**COMMUNION ANTIPHON**

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

**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.

"The friend who can be silent with us in  
a moment of despair or confusion, who  
can stay with us in an hour of grief and  
bereavement, who can tolerate not knowing,  
not healing, not curing: that is a friend who  
cares."

Henri Nouwen

**THE WORD**

## A LAVISH GENEROSITY

(MATTHEW 14:13-21)

In today's Gospel, Jesus sees that the people are hungry and he responds to their need.

He says a prayer of blessing and then gives the disciples food to share among the crowd. To their amazement, not only is there enough food for everyone but the leftovers fill twelve baskets. He doesn't let the people go hungry. He doesn't just give them food; he gives them more than enough to eat. There is a superabundance of food.

It is a foretaste of the eternal banquet in the kingdom of heaven, and a statement of how we too must live. ■

**REFLECT**

Today's Gospel speaks of love and generosity. It echoes the kind of lavish love that St Paul writes about in the second reading. Both challenge us in two ways.

First, as individuals. They remind us that to be a Christian means to be generous. We must share – not just our money, but also our time, our love, our very selves with all who are in need. There is no such thing as the private Christian.

Second, they challenge us as a community, a society. As Christians, it is not enough that we are charitable. We are also obliged to build a more just world. We cannot be indifferent to the poor, those who do not have enough to eat. Catholic social teaching is one of the Church's greatest secrets. Most people know where the Church stands on sexual morality. And many think that sex (and money) are all the Church talks about. But the Church has a whole body of wonderful teaching built up over time that speaks about care for the poor, teaching that speaks of solidarity and places the Church and its members firmly on the side of the voiceless and the oppressed. It was because of his fearless defence of the poor of El Salvador that Archbishop Oscar Romero was martyred while celebrating Mass. It was because of her support for the indigenous people of the Amazon that Sr Dorothy Stang was shot dead in 2005. Their fidelity to the Gospel placed them on the side of the poor, even to the extent of losing their lives. The great Brazilian Archbishop Hélder Câmara summed up the distinction between charity and justice in a famous phrase: "When I give food to the poor, they call me a saint. When I ask why the poor have no food, they call me a communist."

To be a follower of Jesus is to work for justice. In fact, the Church teaches that action for justice is a constitutive part of living the Gospel. It is not enough for us to tell the poor, the abused, the unjustly treated, that we will pray for them or give money to charity to support them. We must also do whatever we can to address inequality and injustice. There is plenty of food to go around if we are prepared to share. ■

**SAY**

**"Lord, help me to be the  
kind of person you want  
me to be. Amen."**

**DO**

In today's second reading St Paul makes a wonderful profession of faith. He says there is nothing that can separate him from God's love made visible in Christ: not persecution, hunger, nakedness, danger or even death. No matter what he does or doesn't do, God loves him. He is absolutely certain of God's love. Can you say the same thing? Make his profession of faith your profession of faith.

**PRAY**

Everything about the Eucharist speaks of solidarity and community. We share the one meal, we call each other sisters and brothers. We offer each other the sign of peace, the sign of unity and togetherness. Pray for a deeper appreciation of the Eucharist.

**LEARN**

Jesus is the bread of life.

The Christian has a passion for justice.

The Christian is always aware of the needs of others.