

**ENTRANCE ANTIPHON**

He fed them with the finest wheat  
and satisfied them with honey from the rock.

**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**

O God, who in this wonderful Sacrament  
have left us a memorial of your Passion,  
grant us, we pray,  
so to revere the sacred mysteries of your  
Body and Blood  
that we may always experience in ourselves  
the fruits of your redemption.  
Who live and reign with God the Father  
in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.

**FIRST READING**

Genesis 14:18-20

A reading from the book of Genesis.  
Melchizedek king of Salem brought bread  
and wine; he was a priest of God Most High.  
He pronounced this blessing:

“Blessed be Abraham by God Most High,  
creator of heaven and earth,  
and blessed be God Most High for handing  
over your enemies to you.”

And Abraham gave him a tithe of everything.

The word of the Lord.

Thanks be to God.

**PSALM**

Psalm 109:1-4

Response:

**You are a priest for ever,  
a priest like Melchizedek of old.**

1. The Lord's revelation to my Master:  
“Sit on my right;  
I will put your foes beneath your feet.” (R.)
2. The Lord will send from Zion  
your sceptre of power:  
rule in the midst of all your foes. (R.)
3. A prince from the day of your birth  
on the holy mountains;  
from the womb before the daybreak I  
begot you. (R.)
4. The Lord has sworn an oath he will not  
change.

“You are a priest for ever,  
a priest like Melchizedek of old.” (R.)

**SECOND READING** 1 Corinthians 11:23-26

A reading from the first letter of St Paul to the  
Corinthians.

This is what I received from the Lord, and  
in turn passed on to you: that on the same  
night that he was betrayed, the Lord Jesus  
took some bread, and thanked God for it and  
broke it, and he said, “This is my body, which  
is for you; do this as a memorial of me.” In  
the same way he took the cup after supper,  
and said, “This cup is the new covenant in  
my blood. Whenever you drink it, do this as  
a memorial of me.” Until the Lord comes,  
therefore, every time you eat this bread and  
drink this cup, you are proclaiming his death.

The word of the Lord.

Thanks be to God.

**SEQUENCE (shorter form)**

Behold the bread of angels, sent  
For pilgrims in their banishment,  
The bread for God's true children meant,  
That may not unto dogs be given:  
Of in the olden types foreshowed;  
In Isaac on the altar bowed,  
And in the ancient paschal food,  
And in the manna sent from heaven.

Come then, good shepherd, bread divine,  
Still show to us thy mercy sign;  
Oh, feed us still, still keep us thine;  
So may we see thy glories shine  
In fields of immortality;

O thou, the wisest, mightiest, best,  
Our present food, our future rest,  
Come make us each thy chosen guest,  
Co-heirs of thine, and comrades blest  
With saints whose dwelling is with thee.

**GOSPEL ACCLAMATION**

Alleluia, alleluia!

I am the living bread which has come down  
from heaven,  
says the Lord.

Anyone who eats this bread will live for ever.  
Alleluia!

**GOSPEL**

Luke 9:11-17

A reading from the Holy Gospel according to  
Luke.

Jesus made the crowds welcome and talked  
to them about the kingdom of God; and he  
cured those who were in need of healing.

It was late afternoon when the Twelve came  
to him and said, “Send the people away, and  
they can go to the villages and farms round  
about to find lodging and food; for we are in  
a lonely place here.” He replied, “Give them  
something to eat yourselves.” But they said,  
“We have no more than five loaves and two  
fish, unless we are to go ourselves and buy  
food for all these people.” For there were  
about five thousand men. But he said to his  
disciples, “Get them to sit down in parties of  
about fifty.” They did so and made them all  
sit down. Then he took the five loaves and  
the two fish, raised his eyes to heaven, and  
said the blessing over them; then he broke  
them and handed them to his disciples to  
distribute among the crowd. They all ate as  
much as they wanted, and when the scraps  
remaining were collected they filled twelve

baskets.

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**

Grant your Church, O Lord, we pray,  
the gifts of unity and peace,  
whose signs are to be seen in mystery  
in the offerings we here present.  
Through Christ our Lord.  
Amen.

**COMMUNION ANTIPHON**

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

**PRAYER AFTER COMMUNION**

Grant, O Lord, we pray,  
that we may delight for all eternity  
in that share in your divine life,  
which is foreshadowed in the present age  
by our reception of your precious Body and  
Blood.  
Who live and reign for ever and ever.  
Amen.

## JESUS FEEDS THE FIVE THOUSAND

(LUKE 9:11-17)



St Luke begins today's Gospel with the three pillars of Jesus' ministry: welcoming, preaching and healing.

Once Jesus has completed his work, the disciples express concern at the large number of people who have gathered and the lack of food to give them. Five loaves and two fish would not be enough even to feed the twelve. But despite this, Jesus instructs a banquet to be prepared, almost like a wedding feast, with people placed in intimate groupings of 50. What happens next is extraordinary and St Luke deliberately sets out the future direction of church celebrations. Jesus raises his eyes to heaven, blesses the food, breaks it and shares it with his disciples to be distributed amongst the hungry crowd. Of course it is not just the physical hunger that's satisfied but their hunger for love, intimacy and hospitality is met during this miraculous encounter.

This Gospel story is what commentators refer to as a gift miracle where God gives to his people generously and abundantly. One could say that it's a miracle that defies logic but it's the same gift miracle we see at the wedding feast of Cana, where the guests at the banquet receive the best of wine in the presence of the Son of Man. Abundance, generosity and love is at the heart of our celebrations.

When we turn to our second reading today from Corinthians, St Paul has set out to correct some abuses of the Lord's Supper that have crept into the early church. At some meals, people were left outside hungry and others got very drunk, people came to eat with divisions and disagreements in their hearts. But no, this is not the way of Christ. Jesus stated on Holy Thursday, "This is my body which is for you, do this in remembrance of me." A truly holy moment that St Paul encourages the church to focus on during their gatherings. ■

### REFLECT

Br Kevin Crowley runs the Capuchin Day Centre in Dublin City. The centre has been providing meals for the hungry since 1969 and I'm sure you can think of other examples of similar places in your own districts or cities. Indeed through two very bad recessions in Ireland during the 1980s and after the collapse of the banks in 2008, the centre witnessed a dramatic increase in demand for its services. More recently, Br Kevin spoke of the hundreds of people on the streets queuing for food outside his centre and referred to the new experience of people being ashamed to ask for food and help. While there is always food available and a secure place for children to receive a nutritious meal, there is something else that is vitally important at this centre of care and that is the value of hospitality. Br Kevin and many other providers of similar services know the significance of reaching out the hand of friendship and simply saying, "You are welcome in this place." It mirrors Jesus' attitude of abundance, generosity and love, not to mention his welcome for those who are most in need of help. ■



### LEARN

"This is the miracle: rather than a multiplication it is a sharing, inspired by faith and prayer. Everyone eats and some is left over: it is the sign of Jesus, the Bread of God for humanity."

(Pope Francis, Angelus – St Peter's Square, June 2, 2013)

### DO

Make an attempt in the coming week to articulate what the Eucharist means to you. What happens during your short time at Mass that brings you back again?

### SAY

Lord Jesus Christ, nourish me with your body and blood so that I may become what I receive in showing your loving presence to the world.