

# Guardian Angels Catholic Community

August 19, 2018 20<sup>th</sup> Sunday in Ordinary Time – Bread of Life 4

**“If you, therefore, are Christ’s body and members,  
it is your own mystery that is placed on the Lord’s table!**

**It is your own mystery that you are receiving!**

**Be a member of Christ’s body then,**

**so that your ‘Amen’ may ring true!**

**Be what you see; receive what you are!” – St. Augustine**

[www.guardianangelscatholiccommunity.org](http://www.guardianangelscatholiccommunity.org)

**Proverbs 9:1-6; Ephesian 5:15-20; John 6:51-58**

(everyone joins in with the text in **BOLD**)



## ANNOUNCEMENTS

### **Gathering: Our God is Here**

**Here in this time, here in this place,  
here we are standing face to face.**

**Here in our hearts, here in our lives, our God is here.**

**Here for the broken, here for the strong,  
here in this temple we belong.**

**Here in our hearts, here in our lives, our God is here.**

Refrain

Refrain: **And we cry: Holy! Holy! Holy are you!**  
**We cry: Holy! Holy! Holy and true! Amen,**  
**we do believe our God is here.**

**Here in the Word, God is revealed,**  
**here where the wounded can be healed.**  
**Here in our hearts, here in our lives, our God is here.**  
**Here we become what we receive,**  
**here in this Eucharistic feast.**  
**We are his body, living as one; our God is here.** Refrain

GREETING Deacon: + In the name of the Father, and of the Son, and of the Holy Spirit. AMEN

Deacon: The grace and peace of the Living God: Creator; Jesus, and Spirit, is with each of you! And also with you!

#### PENITENTIAL RITE

Deacon: Today's readings remind us of the gift: the Eucharist as our food for the soul; food that sustains us on the journey; food we share with our family – our sisters and brothers in Christ. We rejoice that we are called to this banquet!

Lord Jesus, you are our food for the journey:  
**Lord, have mercy.**

Christ Jesus, you are the food that unites us:  
**Christ, have mercy.**

Lord Jesus, feed us and satisfy our thirst  
so that we may feed others: Lord, have mercy.

#### ABSOLUTION

Know that our Merciful God has already forgiven us and cleansed us of our sins. We need only accept this forgiveness + in the name of the Father, and of the Son, and of the Holy Spirit. **AMEN**

#### GLORY/GLORIA

Refrain: **Glory! Glory to God! Glory to God in the highest!**  
**Gloria! Gloria a Dios! Gloria a Dios en el cielo!**

**Women: And peace to God's people on earth**  
**Men: Paz en la tierra (repeat)**

**Lord God, Heavenly King, Almighty God and Father  
Lord Jesus Christ, Lamb of God only Son of the Father,**

Refrain

**You take away the sins of the world,  
You are seated at the Father's right hand,  
receive our prayer.** Refrain

**You alone are the Holy One.  
You alone are the Most High,  
Jesus Christ, in the glory of God the Father.** Refrain

#### OPENING PRAYER

**Loving God, you sent your Son Jesus in flesh and blood  
like ours, to open up in our flesh the way to your  
divinity. May your Spirit open our minds and hearts to  
this overwhelming mystery of your love. May we realize  
that nothing we do can ever turn away your love from  
us. AMEN**

#### LITURGY OF THE WORD

1st Reading

Hear what the Spirit is saying to the Church.  
**Thanks be to God.**

#### RESPONSORIAL PSALM:

**Taste and see, taste and see, the goodness of the Lord.  
O taste and see, taste and see  
the goodness of the Lord, of the Lord.**

2nd Reading

Hear what the Spirit is saying to the Church.  
**Thanks be to God.**

#### GOSPEL ACCLAMATION (sung)

**Alleluia! Alleluia! Alleluia!  
Give the glory and the honor to the Lord!**

The Lord is with you. **And also with you.**

A reading from the holy + Gospel according to.....

**Glory to you, Lord.**

The Gospel, the Good News of Jesus Christ.

**Praise to you Jesus Christ! Homily**

**PROFESSION OF FAITH** (A creed from the United Church of Canada, 1980)

Deacon: We are not alone, we live in God's world.

**We believe in God:**

**who has created and is creating,  
who has come in Jesus,  
the Word made flesh,  
to reconcile and make new,  
who works in us and others by the Spirit.**

**We trust in God.**

**We are called to be the Church:**

**to celebrate God's presence,  
to love and serve others,  
to seek justice and resist evil,  
to proclaim Jesus,  
crucified and risen,  
our judge and our hope.**

**In life, in death, in life beyond death,**

**God is with us. We are not alone.**

**Thanks be to God.**





## PRAYERS OF THE FAITHFUL

Brothers and sisters, as people filled with the Spirit, we lift our hearts in prayer for all the needs of the world:

\*For all who give of themselves for others: for parents and teachers, caregivers and healers, counselors and first responders, blood and organ donors, we pray: **Lord, hear our prayer.**

\*For those whose sacrifices are small, unseen or unappreciated; for those who are afraid to give of themselves, we pray:  
**Lord, hear our prayer.**

\*For those who have never received gifts, favors, generosity or kindness from others, we pray: **Lord, hear our prayer.**

\*For those whose lives are consumed with caring for others; for those too busy to care for themselves, we pray:  
**Lord, hear our prayer.**

\*For greater patience with ourselves and our loved ones: that we may slow down enough to appreciate all the gifts with which we have been blessed and to nurture those relationships which bring us life, we pray: **Lord, hear our prayer.**

For what else shall we pray?

For all these spoken prayers  
and for all those unspoken in our hearts, we pray:

**Holy One,**

**as you gave the Hebrews manna in the desert,  
give us today the bread of freedom,  
the cup of health and strength.**

**May we invite everyone, the simple and the great,  
to taste and see your goodness at a just table.**

**Hear our prayers today,  
and answer them according to your will.**

**We ask this through Christ our Lord. AMEN**

**Preparation: Make Us a Eucharistic People**

**Make us a eucharistic people, in everything we are.  
Make us an everlasting gift, with grateful hearts we lift,  
A song of our thanksgiving. Amen**

**Make us a Kingdom-seeking people . . . .**

**Make us a Gospel-living people . . . .**

**Make us a resurrection people . . .**

**Make us a peace and justice people...**

**SIGN OF PEACE**

Deacon: Jesus you said to your friends, I leave you peace, my peace I give you. Grant that all of God's children may enjoy the peace and unity of your reign where you live forever and ever.

**AMEN**

Deacon: The peace of Jesus is with each of you!

**And also with you!**

Deacon: Let us offer each other a sign of peace and then join together around the Table of the Lord.

**LITURGY OF THE EUCHARIST**

*"See what you believe... become what you see."*

*St. Augustine*

*(Presider lifts paten with bread into hands and says:)*

Blessed are you, God of all Creation, through your goodness we have this bread to offer, which earth has given and human hands have made, it will become for us the bread of life.

**Blessed be God forever!**

*(Wine and water are poured into the chalice. Presider says:)*

By the mystery of this water and wine may we come to share in the divinity of Christ, who humbled himself to share in our humanity.

*(Presider takes chalice and says:)*

Blessed are you, God of all Creation, through your goodness we have this wine to offer, fruit of the vine and work of human hands, it will become for us our spiritual drink.

**Blessed be God forever!**

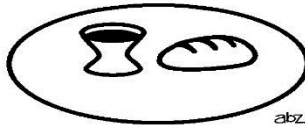
As we prepare to break this bread and share this cup we remember those who journey with us. For those who travel the

way of the Hindus, those who follow the path of Buddha, for our sisters and brothers of Islam, for Native peoples everywhere, for the Jewish people from whom we come, for all Christians and for all others who walk the way of faith.

**Holy God, accept this offering,  
for the praise and glory of Your name,  
for our good and the good of all Your people.**

Christ lived and died for love.  
Let us remember him with this feast.

**All who seek God and are drawn to Christ  
are welcome at God's table.**



PRAYER OVER THE GIFTS

**God of Love, accept our sacrifice as a holy exchange of gifts. By offering what you have given us may we receive the living bread come down from heaven. AMEN**

PREFACE

The Lord is with you.

**And also with you.**

Lift up your hearts.

**We lift them up to the Lord.**

Let us give thanks to our God.

**It is right to give God thanks and praise.**

Eternal God, Creator of all, it is right that we give you praise and glory as we come in thanksgiving, for you are the one God, living and true. Source of life, you have blessed all creation in love and in joy. You never cease to call us to a new and more abundant life.

**You invite us to trust in your mercy for you are always ready to forgive us and to gift us with peace when we forgive, too. You ask us to serve the family of God by opening our hearts to the fullness of your Holy Spirit and to proclaim the power of your love.**

In wonder and gratitude, we join our voices with the choirs of angels and saints who have gone before us, as we sing together:  
**Holy, holy, holy, Lord, God of power, God of might, 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. Hosanna in the highest.**

Loving God, you are holy indeed. All life, all holiness comes from you. We come to thank you for your Son, Jesus for it is through him that we experience your message of total acceptance of all people, a welcome that includes everyone and invites everyone to this Eucharistic table of equals.

**It was Jesus who healed all divisions and recognized You, His Father, present within all of creation. He brought to light your way of compassion and justice, helping us to understand the need to care for each other with dignity and respect.**

Deacon: He taught us by his life and by his death and resurrection to be true to ourselves, even if we, also, might need to give up everything as he did. For it is in our own dying, that we, too, rise to new life.

*(Presider extends hand over bread and wine and says:)*

So now we remember another table filled with love and thanksgiving – that of the Last Supper. Let your Spirit come upon these *our* gifts to make them holy so that they may become for us + the body and blood of our Lord Jesus Christ.

*(Presider takes bread and says:)*

It was at table with his friends that Jesus took bread and broke it, gave it to his disciples and said,

**Take this, all of you, and eat it.  
This is my body which will be given up for you.**

*(Presider takes chalice and says:)*

When the supper was ended, again he gave you thanks and praise, gave the cup to his disciples and said,

**Take this, all of you, and drink from it:  
This is the cup of my blood, the blood of the new and everlasting covenant. It will be shed for you and for all so that sins may be forgiven. Do this in memory of me.**



Deacon: Let us proclaim the mystery of faith: (sung)

**Christ has died. Christ is risen.**

**Christ will come back to his people. Christ has died.**

**Christ is risen, Christ will come again.** *Repeat*

In memory of his death and resurrection, we offer you,  
Compassionate God, this life giving bread, this saving cup.  
May all of us who share in the body and blood of Christ, be  
brought together in unity by the Holy Spirit.

Deacon: One with the love of Christ, and joined with the love of all  
of us gathered here, we send prayers to all in leadership in every  
place of worship, especially for our Bishops Francis and Denise,  
and for all who serve the people of God.

**We pray for all countries and their leaders that they may  
create justice and equality for their peoples; may peace  
come to our own country as well as to all troubled lands  
of our world.**

We pray for all who are sick that health may soon be theirs,  
especially we pray for all who have died. (pause)  
May they be in peace and may they welcome us, one day,  
into the place of eternal peace.

**In that new world where the fullness of your peace will  
be revealed, gather people of every race, language and  
way of life to share in the one eternal banquet  
with Jesus Christ the Lord.**

*(Bread and wine are held up as WE sing...)*

**Through him, with him, in him, in the unity of the Holy  
Spirit all glory and honor is yours, almighty God,  
for ever and ever.**

**Amen, amen. Let our voices blend together.**

**Amen, amen. Let us sing amen.** (Repeat)

Deacon: Let us join hands and pray what Jesus has taught us to pray:  
(chanted) **Our Father who art in heaven, hallowed be thy name;  
Thy kingdom come thy will be done on earth as it is in  
heaven. Give us this day our daily bread; and forgive us our  
trespasses as we forgive those who trespass against us;  
and lead us not into temptation, but deliver us from evil.  
For the kingdom, the power and the glory are yours  
Now and forever.**

## BREAKING OF THE BREAD

We break this bread and drink this cup  
for the earth we have wasted, for those who have no bread  
and for ourselves in our brokenness.

**Lamb of God you take away the sin of the world, have mercy on us; Lamb of God you take away the sin of the world, have mercy on us; Lamb of God you take away the sin of the world, grant us peace.**

*(Presider breaks a small piece of host & drops it into chalice saying:)*

May this mingling of the holy body and blood of Jesus Christ bring eternal life to us who receive it.

**Jesus, with faith in your love and mercy we receive this Eucharist. Let it bring us health in mind, body and spirit.**

This is Jesus the Christ who taught us how to live.  
Happy are we who are called to his supper.

**May we receive this gift in purity of heart.**

**May it bring us healing and strength now and forever.**

Deacon: Holy Communion is a great privilege, a precious feast. And the host invites us all. "In Christ, there is no Jew or Greek, enslaved or free, male or female. All are one in Christ Jesus." (Gal 3:28) We encourage you to take your place at this holy table, for we understand and acknowledge that this is Christ's table and that this sacred meal is Christ's supper. We are all invited guests. No one is excluded. All are welcomed here!

### **Communion Songs:**

#### **Comm 1: Open My Eyes**

**Open my eyes, Lord, help me to see Your face.**

**Open my eyes, Lord, help me to see.**

**Open my ears, Lord, help me to hear Your voice**

**Open my ears, Lord, help me to hear.**

**Open my heart, Lord, help me love like You.**

**Open my heart, Lord, help me to love.**

**I live within You, deep in Your heart, O love.**

**I live within You, rest now in me.**

#### **Comm 2: (I Myself Am) The Bread of Life**

Refrain: **I myself am the bread of life.**

**You and I are the bread of life,**

**taken and blest, broken and shared by Christ,  
that the world might live.**

**This bread is spirit, gift of the Maker's love,  
and we who share it know that we can be one:  
a living sign of God in Christ. Refrain**

**Here is God's kingdom given to us as food.  
This is our body, this is our blood:  
a living sign of God in Christ. Refrain**

**Lives broken open, stories shared aloud,  
become a banquet, a shelter for the world:  
a living sign of God in Christ. Refrain**

**Taste Wisdom's table, spread with the richest fare.  
The poor and simple dine at her calling there:  
a living sign of God in Christ. Refrain**

DEACON: EUCHARISTIC MEDITATION

PRAYER AFTER COMMUNION

**Loving God, in our communion with Jesus we enter the  
mystery of your divine life. May we be transformed by  
this holy meal and strengthened to take the gift of your  
love into our daily lives. AMEN**

FINAL BLESSING The Lord is with you...**And also with you.**

Deacon: Let us bow our heads and pray for God's Blessing...

For what we are given.

For being mindful of what we are given.

For those who grieve and those who celebrate.

For those who remain grateful in the face of everything.

For the assembly of words that links us together.

For individual speech that becomes speech shared.

For the transformations a written page may effect in us.

For those who pay attention.

For the teachers who gave us the chrysalis of language.

For the comrades of the heart who left us signposts.

For the parent who gave us the one ethic of discipline.

For ourselves who may take discipline to heart,  
and not resent it.

For the second chance that is the writing down.

For those who know that half of poetry is silence.

For the language of breath, and the breath that is prayer.

For those who wake to light,

and know the depths of sacrament.

For this common meal, and us who bow our heads

and partake.

For those who remember that "so be it" is also written.

**AMEN**

And may our loving God bless you today and always:

Father, Son + and Holy Spirit. **AMEN**

DISMISSAL: Deacon: Our mass never ends, it must be lived. So let us go forth to love and serve the Lord!

**Thanks be to God! Alleluia!**

***Sending Forth: He's Got the Whole World in His Hands***

**He's got the whole world in His hands,**

**He's got the whole world in His hands,**

**He's got the whole world in His hands,**

**He's got the whole world in His hands.**

**He's got my brothers and my sisters in His hands,**

**He's got my brothers and my sisters in His hands,**

**He's got my brothers and my sisters in His hands,**

**He's got the whole world in His hands.**

**He's got the sun and the rain in His hands,**

**He's got the moon and the stars in His hands,**

**He's got the wind and the clouds in His hands,**

**He's got the whole world in His hands.**

**He's got the rivers and the mountains in His hands,**

**He's got the oceans and the seas in His hands,**

**He's got you and he's got me in His hands,**

**He's got the whole world in His hands.**

**He's got everybody here in His hands,**

**He's got everybody there in His hands,**

**He's got everybody everywhere in His hands,**

**He's got the whole world in His hands.**

**He's got the whole world in His hands...**