

**ENTRANCE ANTIPHON**

God is in his holy place,  
God who unites those who dwell in his  
house;  
he himself gives might and strength to his  
people.

**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, protector of those who hope in you,  
without whom nothing has firm foundation,  
nothing is holy,  
bestow in abundance your mercy upon us  
and grant that, with you as our ruler and  
guide,  
we may use the good things that pass  
in such a way as to hold fast even now  
to those that ever endure.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit,  
God, for ever and ever.  
Amen.

**FIRST READING** 2 Kings 4:42-44

A reading from the second book of Kings.  
A man came from Baal-shalishah, bringing  
Elisha, the man of God, bread from the first-  
fruits, twenty barley loaves and fresh grain in  
the ear. "Give it to the people to eat," Elisha  
said. But his servant replied, "How can I  
serve this to a hundred men?" "Give it to the  
people to eat" he insisted "for the Lord says  
this, 'They will eat and have some left over.'" He  
served them; they ate and had some over,  
as the Lord had said.

The word of the Lord.  
Thanks be to God.

**PSALM** Psalm 144

Response:

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

- All your creatures shall thank you,  
O Lord,  
and your friends shall repeat their  
blessing.  
They shall speak of the glory of your  
reign  
and declare your might, O God. (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,  
who call on him from their hearts. (R.)

**SECOND READING** Ephesians 4:1-6

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

I, the prisoner in the Lord, implore you to  
lead a life worthy of your vocation. Bear  
with one another charitably, in complete  
selflessness, gentleness and patience. Do all  
you can to preserve the unity of the Spirit  
by the peace that binds you together. There  
is one Body, one Spirit, just as you were all  
called into one and the same hope when you  
were called. There is one Lord, one faith, one  
baptism, and one God who is Father of all,  
through all and within all.

The word of the Lord.  
Thanks be to God.

**GOSPEL ACCLAMATION**

Alleluia, alleluia!  
Your words are spirit, Lord,  
and they are life:  
you have the message of eternal life.  
Alleluia!

**GOSPEL** John 6:1-15

A reading from the holy Gospel according to  
John.

Jesus went off to the other side of the Sea  
of Galilee – or of Tiberias – and a large  
crowd followed him, impressed by the signs  
he gave by curing the sick. Jesus climbed  
the hillside, and sat down there with his  
disciples. It was shortly before the Jewish  
feast of Passover.

Looking up, Jesus saw the crowds  
approaching and said to Philip, "Where can  
we buy some bread for these people to eat?"  
He only said this to test Philip; he himself  
knew exactly what he was going to do. Philip  
answered, "Two hundred denarii would only  
buy enough to give them a small piece each."  
One of his disciples, Andrew, Simon Peter's  
brother, said, "There is a small boy here with  
five barley loaves and two fish; but what is  
that between so many?" Jesus said to them,  
"Make the people sit down." There was  
plenty of grass there, and as many as five  
thousand men sat down. Then Jesus took the  
loaves, gave thanks, and gave them out to all  
who were sitting ready; he then did the same  
with the fish, giving out as much as was  
wanted. When they had eaten enough he said  
to the disciples, "Pick up the pieces left over,  
so that nothing gets wasted." So they picked  
them up, and filled twelve hampers with  
scraps left over from the meal of five barley  
loaves. The people, seeing this sign that he  
had given, said, "This really is the prophet  
who is to come into the world." Jesus, who  
could see they were about to come and take  
him by force and make him king, escaped  
back to the hills by himself.

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**

Accept, O Lord, we pray, the offerings  
which we bring from the abundance of your  
gifts,  
that through the powerful working of your  
grace  
these most sacred mysteries may sanctify our  
present way of life  
and lead us to eternal gladness.  
Amen.

**COMMUNION ANTIPHON**

Bless the Lord, O my soul,  
and never forget all his benefits.

**PRAYER AFTER COMMUNION**

We have consumed, O Lord, this divine  
Sacrament,  
the perpetual memorial of the Passion of  
your Son;  
grant, we pray, that this gift,  
which he himself gave us with love beyond  
all telling,  
may profit us for salvation.  
Through Christ our Lord.  
Amen.

**THE WORD****SHARING IS CARING**

JOHN 6:1-15

Today, and for the next four Sundays, we read from the famous bread of life chapter in the Gospel of John (6:1-69). Today's text is John's account of the feeding of at least five thousand people.

Jesus is on the shore of the Sea of Galilee. The people have gathered because they have seen him work a healing miracle or "sign", as John likes to call such miracles. Jesus retreats with his disciples to a mountain.

When Jesus sees the crowd approaching, he senses that they are hungry and asks Philip where they could buy food. He is testing Philip. Jesus knows exactly what he is going to do, but he wants to see if Philip knows. Philip does not know, nor does the other disciple, Andrew. They fail to understand that Jesus is the one who will satisfy the people's hunger.

Philip and Andrew try to come up with practical but conventional solutions. There are five thousand men present, not counting women and children. According to Philip, there isn't enough money to feed such a crowd. All Andrew can come up with are the five loaves and two small fish that are offered by a little boy. Conventional solutions will not feed the people; only Jesus can feed them. Jesus then works the miracle.

Notice something very important in John's account. It is Jesus himself who shares the food with the people, not the disciples. He is the source of the gift for these hungry people. The miracle produces so much food that twelve baskets of leftovers are gathered.

As always, the people are ecstatic about the miracle. They identify Jesus as a prophet and want to make him king. But Jesus is cautious about such enthusiasm based on his miracles or signs. He is truly a king, though not in the way the people think. His response is to withdraw by himself to the mountain. He will not be their earthly kind of king. ■

**DO**

Listen carefully to the words of consecration  
at Mass, during which the bread and wine  
are changed into the body and blood of our  
saviour.

**SAY**

"Lord, help me to realise  
that we are not solitary  
beings but are called into  
relationship with you and  
with one another. Amen."

**LEARN**

In Jesus, God's power is at work.

Individualism is not a Christian value.

Jesus is the bread of life, who satisfies our  
deepest needs.

For the Christian, power and authority are  
about service.

**PRAY**

Pray for a deeper understanding of the gift of  
the Eucharist. Ask the Lord to increase your  
faith.

**REFLECT**

Our culture today places huge  
emphasis on the individual.  
There's a "rugged individualism"  
type of mentality around. We're inclined  
to focus solely or mainly on our own  
needs, our individual rights, our  
individual entitlements. Think of how  
some people have refused to respect  
the advice of health officials during the  
COVID-19 lockdown, how they put their  
own selfish needs above the welfare of  
the community.

The same can apply to our religion. We  
can reduce our religious practice to a  
private affair, as if it has nothing to do  
with our obligations to our sisters and  
brothers.

This blindness in our culture is the  
opposite of Jesus' vision of things.  
Jesus was totally other-centred.  
Food, friendship and togetherness  
were at the heart of his ministry. He  
had compassion for those who were  
hungry, as today's Gospel shows.  
The meal practice of Jesus and our  
celebration of the Eucharist tell us  
that we are a community first, that we  
belong together.

The feeding of the five thousand may  
have been due to some miraculous  
multiplying of food. But the real  
miracle may have been far simpler. It  
may have been that, even though the  
amount of food appeared small, there  
was sufficient for everybody when  
everybody shared. By his willingness  
to share what he had, the little boy in  
the Gospel story encouraged others in  
the crowd to share what they had. His  
display of generosity inspired those  
around him to be generous also. And  
when everybody shared what they  
had, there was more than enough to  
go around.

Our world produces enough food to  
feel everybody adequately. Our planet  
generates enough wealth to ensure  
that everyone has a decent standard  
of living. If only we were better at  
sharing.

The Eucharist is a foretaste of the  
heavenly feast in which we hope to  
share. It's a reminder that everything  
we have is given to us as a gift. As the  
little boy demonstrated, if we rely on  
each other, if we are willing to share, if  
we have Jesus' vision, then we will not  
only survive but thrive. ■