

# ICHTHUS

SUNDAY 1 AUGUST 2021

18TH SUNDAY IN  
ORDINARY TIME

Year B



Be quiet and still for a moment and tell Jesus about your week.



## 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.

We say these words or sing a hymn as the priest approaches the altar.

## 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...

We ask for God's help.  
Listen now to the priest as he offers this prayer.



## FIRST READING EXODUS 16:2-4. 12-15

When people are hungry it's hard to think about anything else. After their escape from slavery, the Hebrews have wandered in the desert for a very time and they are hungry. Having freedom doesn't seem important any more. They need food

and wonder if slavery hadn't been so bad after all, as at least they were fed. They grumble and complain to Moses and Aaron. God hears their complaining. Bread rains down from heaven, ready to be collected every morning and God's people are fed.

LOOK at the reader and LISTEN.

When everyone is hungry and fed up God looks after them, sending bread from heaven.

## RESPONSORIAL PSALM PSALM 77

The Lord gave them bread from heaven.

The cantor or psalmist sings or says the psalm. Listen to the verses, and then respond by using these words.



## SECOND READING EPHESIANS 4:17. 20-24

The people Paul was writing to in Ephesus had become Christians when they were grown up. They had chosen to follow Jesus and asked to be baptised. These new Christians are changed by Jesus. They turned

their lives around and are living lives of love. Jesus changes our hearts too and will always give us a new start. Being baptised has given us life with Jesus and he will always be with us, helping us to follow him.

LOOK at the reader and LISTEN.

Life with Jesus makes us new people!

## GOSPEL ACCLAMATION

Alleluia, alleluia!  
Man does not live on bread alone,  
but on every word that comes from the mouth of God.  
Alleluia!

We give a shout of praise to God, using these words taken from the Bible.



## DO YOU KNOW?

On Friday 6 August we celebrate The Transfiguration of the Lord. Even though the priest will wear white vestments as it is a feast day, they won't be as "dazzling white" as Jesus' clothes. Jesus' clothes become "whiter than any earthly bleacher could make them" when Jesus shows his friends that he is God, here to show us pure love.



## THINK

God gave the starving Hebrew people in the desert "bread from heaven". The manna, or bread, was found after quails had "covered the camp" and was probably droppings from these birds. What an amazing miracle! God provides food at just the right time, in just the right place. Where can we see God working in our lives too?



## GOSPEL JOHN 6:24-35

The Good News about Jesus is told to us by St John.

The people track Jesus down and ask him lots of questions. They know that Jesus has the answers which will help them make sense of life. Jesus tells them there are even more important things than food. If they trust and follow Jesus, making love the most important thing

in their lives, they will have found all the answers they need. The crowd asks Jesus for proof, like the manna that God sent their ancestors. Jesus tells them that he is all the proof they need. Jesus is the bread that God has sent from heaven to fill us with good things.

### STAND to LISTEN

to the priest or deacon as he prepares to read the Gospel.

What does the priest or deacon do to the book when he has finished reading the Gospel?



PRAY

**"I am the bread of life."**

Ask Jesus to help you to see him in the people and events in your life. Keep your eyes and heart open today. Thank God for being with you as you find love, caring and goodness.



## PRAYER OF THE FAITHFUL

Dear Lord, I would like to pray for anyone who doesn't know you yet and is still trying to find out who you are. Let them find you and the happiness your love brings. Lord, hear my prayer.

Listen to the reader as he or she encourages us to pray for situations and people in need. Here is a prayer you could say privately.



## OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think about a time this week when you felt sad and then think about a happy time.

Say a little prayer offering these thoughts up to God.

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic Prayer.



## THE EUCHARISTIC PRAYER

Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?

We listen to the prayer of praise and thanks to God.



## THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

## COMMUNION ANTIPHON

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

You are invited to sing a Communion song or say this verse, which has been especially chosen for today's celebration.



## MY PRAYER AFTER COMMUNION

Thank you, Jesus, for always being here for me in the bread and wine of Holy Communion. Thank you for loving me. Amen.



# IXΘΥΣ

is the Greek word for "fish" and was used in the catacombs as a sign for early Christians. It is made up from the first letter of five Greek titles for the Lord:

I (Jesus)  
X (Christos)  
Θ (Theou/God's)  
Υ (Uios/Son)  
Σ (Soter/Saviour)

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We take Jesus with us to carry on the work that he did on earth, until we meet again next Sunday.

Go in peace.





# ICHTHUS

SUNDAY 8 AUGUST 2021

19TH SUNDAY IN  
ORDINARY TIME

Year B



Let Jesus know how you are feeling today - and then listen to him with your heart.



## ENTRANCE ANTIPHON

Look to your covenant, O Lord,  
and forget not the life of your poor ones for ever.  
Arise, O God, and defend your cause,  
and forget not the cries of those who seek you.

## COLLECT

Almighty ever-living God,  
whom, taught by the Holy Spirit,  
we dare to call our Father,  
bring, we pray, to perfection in our hearts  
the spirit of adoption as your sons and daughters,  
that we may merit to enter into the inheritance  
which you have promised...



## FIRST READING 1 KINGS 19:4-8

Elijah is having a terrible time. He has done what God asked, but has made the queen very angry by telling her off for worshipping other gods and now she is out to get him. Poor Elijah is alone, on the run and

very unhappy. He has had enough. While he is sleeping God provides some water and scones baked on the hot stones for Elijah to eat. Having eaten well, Elijah feels much better and is ready for the long journey ahead.

We say these words or sing a hymn as the priest approaches the altar.

We ask for God's help. Listen now to the priest as he offers this prayer.

LOOK at the reader and LISTEN.  
Elijah's meal from God gives him new life and hope.

The cantor or psalmist sings or says the psalm. Listen to the verses, and then respond by using these words.

## RESPONSORIAL PSALM PSALM 33

Taste and see that the Lord is good.



## SECOND READING EPHESIANS 4:30 - 5:2

Great things are expected of us if we decide to follow Jesus! We are not to hold a grudge, lose our temper, shout or call people names. Although all that might seem hard, we can all try. Being a Christian

means we are all friends, forgiving each other in the same way that God has forgiven us. Our aim is to be as loving as Jesus. And we needn't worry - because the Holy Spirit will be helping us!

LOOK at the reader and LISTEN.  
We follow Jesus by trying to love as he did.



We give a shout of praise to God, using these words taken from the Bible.

## GOSPEL ACCLAMATION

Alleluia, alleluia!  
If anyone loves me he will keep my word,  
and my Father will love him,  
and we shall come to him.  
Alleluia!



## DO YOU KNOW?

On Tuesday 10 August we celebrate the feast of **St Lawrence, Deacon and Martyr**. The word **deacon** comes from the Greek word "**diakonia**" which means **service**. Deacons often helped people in their parish who were in need. A **martyr** is some who **dies for their faith**. St Lawrence really did put God and other people before himself.



## THINK

The Bible is full of people complaining. When life is hard or we don't understand something it is easy to complain. Maybe the next time we want to complain we can remember that **Jesus** says, "**Stop complaining.**" One thing we can learn from the Bible is that everything often **works out well**, even if it takes a long time!



## GOSPEL JOHN 6:41-51

### The Good News about Jesus is told to us by St John.

Everyone is complaining about Jesus. They don't understand what he is saying. They can't imagine how someone they have known all his life can have anything important to tell them. Jesus tells them to stop complaining and tries again to explain. He is the living bread. Jesus is the

way we can find out what God the Father is like. God has shown love in the past and provided good things for people, but nothing compares to Jesus himself. God the Father has sent Jesus so that everyone can have life – a full and meaningful life now, and life forever in heaven.

### STAND to LISTEN

to the priest or deacon as he prepares to read the Gospel.

What does the priest or deacon do to the book when he has finished reading the Gospel?

Listen to the reader as he or she encourages us to pray for situations and people in need. This is a prayer you could say privately.

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic Prayer.

We listen to the prayer of praise and thanks to God.

You are invited to sing a Communion song or say this verse, which has been especially chosen for today's celebration.



## PRAYER OF THE FAITHFUL

Dear Lord, I would like to pray for anyone who is hungry today and feels hopeless. May we all work to bring hope and practical help to anyone in need, especially people in our local area. Lord, hear my prayer.



## OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think about a time this week when you felt like giving up and then think about a time when you were full of energy and hope.

Say a little prayer offering these thoughts up to God.



## THE EUCHARISTIC PRAYER

Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?



## THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

## COMMUNION ANTIPHON

O Jerusalem, glorify the Lord,  
who gives you your fill of finest wheat.



## MY PRAYER AFTER COMMUNION

Thank you, Jesus, for filling me with your love and goodness. Thank you for giving me a happy life now and the hope of life with you forever. Amen.



We take Jesus with us to carry on  
the work that he did on earth,  
until we meet again next Sunday.

Go in peace.



## PRAY

"Get up and eat."

Elijah was given everything he needed for the journey ahead. Thank you, Lord, you for giving me everything I need. Thank you for my family, my friends and my home. Amen.



## DO

If you feel like complaining this week try to say something positive instead, or distract yourself by doing something else!



## IXΘΥΣ

is the Greek word for "fish" and was used in the catacombs as a sign for early Christians. It is made up from the first letter of five Greek titles for the Lord:

I (Jesus)  
X (Christos)  
Θ (Theou/God's)  
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# ICHTHUS

SUNDAY 15 AUGUST 2021

THE ASSUMPTION OF THE  
BLESSED VIRGIN MARY

Year B



Can you see any statues or pictures of Mary in church?



## ENTRANCE ANTIPHON

A great sign appeared in heaven:  
a woman clothed with the sun, and the moon beneath her feet,  
and on her head a crown of twelve stars.

## COLLECT

Almighty ever-living God,  
who assumed the Immaculate Virgin Mary, the Mother  
of your Son,  
body and soul into heavenly glory,  
grant, we pray,  
that, always attentive to the things that are above,  
we may merit to be sharers of her glory...

We say these words  
or sing a hymn as the  
priest approaches  
the altar.

We ask for God's help.  
Listen now to the  
priest as he offers  
this prayer.



## DO YOU KNOW?

Mary's song of praise in  
today's Gospel is called  
the **Magnificat**, from  
the Latin in the first  
line. The Magnificat has  
a special place in our  
Church. It is said every  
evening as part of the  
Divine Office, the prayer  
of the Church.



## FIRST READING APOCALYPSE 11:19; 12:1-6. 10

This vision expresses  
Christian beliefs in code.  
The scene is painted  
of a huge battle taking  
place between good  
and evil. A woman in the  
skies is giving birth while  
a dragon is waiting to  
destroy her baby as soon

as it is born. Thankfully  
the baby boy, born to  
rule over all nations, is  
taken straight to God and  
his throne. Even in this  
time of danger God has  
been there from the start,  
creating a safe place for  
the woman and her baby.

LOOK at the reader  
and LISTEN.

A woman is central  
in the fight between  
good and evil in this  
vision.

The cantor or psalmist  
sings or says the psalm.  
Listen to the verses,  
and then respond by  
using these words.

## RESPONSORIAL PSALM PSALM 44

On your right stands the queen,  
in garments of gold.



## SECOND READING 1 CORINTHIANS 15:20-26

Jesus' death and  
resurrection show us that  
good can come out of  
evil. Love will always win  
and Jesus' resurrection  
gives us all life. Human  
beings have brought  
pain and suffering into  
the world by ignoring

what God wants for us.  
Jesus shows us the way  
back to God. Everyone  
who follows Jesus will  
enjoy life forever with  
him. Jesus has power  
even over death and  
is proof that good will  
always win over evil.

LOOK at the reader  
and LISTEN.

Jesus shows us that  
good will always win  
over evil.



We give a shout of  
praise to God, using  
these words taken  
from the Bible.

## GOSPEL ACCLAMATION

Alleluia, alleluia!  
Mary has been taken up into heaven;  
all the choirs of angels are rejoicing.  
Alleluia!



## THINK

The **Magnificat** is very like  
the song that Hannah  
sings when she finds out  
she is expecting Samuel.  
Both women are **thankful**  
to God for their babies.  
What makes you want to  
**sing and shout for joy**? You  
may have a favourite song  
that you listen to or sing  
to yourself when you are  
feeling really happy - or  
perhaps you could make  
one up.



## GOSPEL LUKE 1:39-56

The Good News about Jesus is told to us by St Luke.

As soon as Mary knows she is expecting a baby, she rushes to visit her cousin Elizabeth. Elizabeth is delighted to see Mary and she knows something very special is happening. Mary's baby is blessed and Mary herself is blessed because she has believed the promise

made by God. Mary's faith in God has brought her great happiness and she sings her own song of joy, praising God. God's saving power is coming into the world. Mary's baby will turn the world upside down. In God's kingdom everyone is equal and there will be no more hunger or injustice.

### STAND to LISTEN

to the priest or deacon as he prepares to read the Gospel.

What does the priest or deacon do to the book when he has finished reading the Gospel?



PRAY

**"My soul proclaims the greatness of the Lord."**

Thank God for all the blessings in your life. Sing and shout for joy!



## PRAYER OF THE FAITHFUL

Dear Lord, I would like to pray that we all will help to make God's kingdom real on earth. Help us to treat other people fairly and work to stop hunger in the world. Lord, hear my prayer.

Listen to the reader as he or she encourages us to pray for situations and people in need. Here is a prayer you could say privately.



## OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think about a time this week when you were worried or anxious and then think about a time when you were happy and full of joy.

Say a little prayer offering these thoughts up to God.

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic Prayer.



## THE EUCHARISTIC PRAYER

Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?

We listen to the prayer of praise and thanks to God.



## THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

## COMMUNION ANTIPHON

All generations will call me blessed, for he who is mighty has done great things for me.

You are invited to sing a Communion song or say this verse, which has been especially chosen for today's celebration.



## MY PRAYER AFTER COMMUNION

Thank you, Jesus, for giving me hope that love and goodness will always be more powerful than evil. Help me to trust in your love. Amen.



# ΙΧΘΥΣ

is the Greek word for "fish" and was used in the catacombs as a sign for early Christians. It is made up from the first letter of five Greek titles for the Lord:

I (Jesus)  
X (Christos)  
Θ (Theou/God's)  
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We take Jesus with us to carry on the work that he did on earth, until we meet again next Sunday.

Go in peace.





# ICHTHUS

SUNDAY 22 AUGUST 2021

21ST SUNDAY IN  
ORDINARY TIME

Year B



Come, Holy Spirit, and fill me with your power.



## ENTRANCE ANTIPHON

Turn your ear, O Lord, and answer me;  
save the servant who trusts in you, my God.  
Have mercy on me, O Lord, for I cry to you all the day long.

## COLLECT

O God, who cause the minds of the faithful  
to unite in a single purpose,  
grant your people to love what you command  
and to desire what you promise,  
that, amid the uncertainties of this world,  
our hearts may be fixed on that place  
where true gladness is found...



## JOSHUA 24:1-2. 15-18

Having been wandering  
in the desert for forty  
years, Joshua has  
brought the Israelites to  
the Promised Land. Now  
he has an important  
question for them. Joshua  
gathers all the people  
together and asks if they  
going to serve God or

turn to the gods of the  
neighbouring tribes?  
The Israelites are clear.  
They have no intention of  
deserting the God who  
has saved them, looked  
after them on their  
journeying and brought  
them to safety. They will  
serve the Lord, their God.

We say these words  
or sing a hymn as the  
priest approaches  
the altar.

We ask for God's help.  
Listen now to the  
priest as he offers  
this prayer.

LOOK at the reader  
and LISTEN.  
Will the Israelites  
make a choice for God  
or not?

The cantor or psalmist  
sings or says the psalm.  
Listen to the verses,  
and then respond by  
using these words.

LOOK at the reader  
and LISTEN.  
Jesus loves the  
Church just as a  
husband and a wife  
love each other.



We give a shout of  
praise to God, using  
these words taken  
from the Bible.

## RESPONSORIAL PSALM PSALM 33

Taste and see that the Lord is good.



## SECOND READING EPHESIANS 5:21-32

When Paul was writing this  
letter to the Christians in  
Ephesus, women did not  
enjoy the same rights as  
today. Although we might  
question some of Paul's  
ideas, he is actually  
challenging people at  
that time – as well as  
giving us something to

think about. Men and  
women should treat each  
other with mutual love  
and respect. Real love  
for someone else means  
putting them before  
ourselves. Jesus shows  
us how to put love into  
action and we want to  
follow him.

## GOSPEL ACCLAMATION

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



## DO YOU KNOW?

Tuesday 24 August is the  
feast of **St Bartholomew,**  
**Apostle.** He was one of  
Jesus' twelve special  
friends and is sometimes  
thought to be called  
Nathaniel in John's Gospel.  
We don't know much  
about Bartholomew, but  
believe **he spread the**  
**message of God's love** until  
he was killed because of his  
**faith in Jesus.**



## THINK

Joshua asked the Israelites  
to make a choice: **to serve**  
**God or not.** We might  
make a **big choice for**  
**God,** perhaps when we are  
preparing to be confirmed.  
But every day we make **little**  
**choices for God.** Will we  
make the choice to **be kind,**  
**to stand up for someone** or  
**to help out at home?**



## GOSPEL JOHN 6:60-69

The Good News about Jesus is told to us by St John.

Many of the people listening to Jesus cannot accept his teaching. It is all too much for them and makes no sense. Jesus knows that they are not happy and tells them that everything he says is true. Some of Jesus' disciples are still unhappy. Many of them leave Jesus at this point

and stop following him.

So Jesus turns to his twelve special friends and asks them if they are going to leave as well? Simon Peter answers for them all. They are going nowhere. They believe Jesus. Jesus has the words of eternal life. Jesus is the Holy One of God.



### STAND to LISTEN

to the priest or deacon as he prepares to read the Gospel.

What does the priest or deacon do to the book when he has finished reading the Gospel?

Listen to the reader as he or she encourages us to pray for situations and people in need. This is a prayer you could say privately.

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic Prayer.

We listen to the prayer of praise and thanks to God.

You are invited to sing a Communion song or say this verse, which has been especially chosen for today's celebration.



### PRAYER OF THE FAITHFUL



Dear Lord, I would like to pray for anyone who is facing a difficult choice today. Help them to see clearly what is true and right. Lord, hear my prayer.



### OFFERTORY PROCESSION



As we take our gifts of bread, wine and money to the altar, think about a sad time this week and then think about a time when you were happy and enjoying life.

Say a little prayer offering these thoughts up to God.



### THE EUCHARISTIC PRAYER



Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?



### THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

### COMMUNION ANTIPHON



The earth is replete with the fruits of your work, O Lord; you bring forth bread from the earth and wine to cheer the heart.



### MY PRAYER AFTER COMMUNION

Thank you, Jesus, for showing me the truth of your love. Help me to always stay close to you. Amen.



We take Jesus with us to carry on the work that he did on earth, until we meet again next Sunday.

Go in peace.



PRAY

"The Lord is close to the broken-hearted;

those whose spirit is crushed he will save."

Talk to God about any sadness in your life. Ask God to bless anyone you know who is sad. Trust in God's healing love.



DO

Serve God today by choosing to speak kindly to the people you meet - especially the people you live with.



# IXΘΥΣ

is the Greek word for "fish" and was used in the catacombs as a sign for early Christians. It is made up from the first letter of five Greek titles for the Lord:

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X (Christos)

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# ICHTHUS

SUNDAY 29 AUGUST 2021

22ND SUNDAY IN  
ORDINARY TIME

Year B



Thank God for the beautiful things you have seen and heard on your way to church.



## ENTRANCE ANTIPHON

Have mercy on me, O Lord, for I cry to you all the day long.  
O Lord, you are good and forgiving,  
full of mercy to all who call to you.

We say these words  
or sing a hymn as the  
priest approaches  
the altar.

## COLLECT

God of might, giver of every good gift,  
put into our hearts the love of your name,  
so that, by deepening our sense of reverence,  
you may nurture in us what is good  
and, by your watchful care,  
keep safe what you have nurtured...

We ask for God's help.  
Listen now to the  
priest as he offers  
this prayer.



## FIRST READING DEUTERONOMY 4:1-2. 6-8

Here Moses reminds the  
people of the great gift  
that they have in the Law.  
God has given his rules  
to the people to help  
them to get on well with  
God and with each other.  
God's Law is central  
to the Jewish people

and how they live. The  
Law is their side of their  
covenant agreement with  
God. No other tribes have  
such an amazing gift.  
Keeping God's rules will  
show everyone how wise  
and good and special  
God's people are.

LOOK at the reader  
and LISTEN.  
Moses reminds the  
people what a special  
gift God's Law is.

The cantor or psalmist  
sings or says the psalm.  
Listen to the verses,  
and then respond by  
using these words.

## RESPONSORIAL PSALM PSALM 14

The just will live in the presence of the Lord.



## SECOND READING JAMES 1:17-18. 21-22. 27

God has given us  
everything that is good.  
We have all been chosen  
to be God's children and  
are loved very much.  
But James writes that we  
must listen to God's word  
and act on it. It is easy to  
sit back and think how

lovely God's message  
is. However, God's  
words have to make a  
difference to how we  
live. God will be pleased  
if we put our faith into  
action. True religion is  
about helping people  
who are in need.

LOOK at the reader  
and LISTEN.  
Real religion puts  
words into action.



## GOSPEL ACCLAMATION

Alleluia, alleluia!

By his own choice the Father made us his children  
by the message of the truth,  
so that we should be a sort of first-fruits  
of all that he created.  
Alleluia!

We give a shout of  
praise to God, using  
these words taken  
from the Bible.



## DO YOU KNOW?

Wednesday 1 September  
is **World Day of Prayer  
for the Care of Creation**.  
The day is inspired by  
Pope Francis' encyclical,  
or letter, **Laudato  
Si'**, which he wrote to  
everyone in the world  
asking us all to **care for  
the earth, our common  
home**. How will we make  
this day special?



## THINK

A **hypocrite** is someone  
who **says they think or  
believe one thing**, but  
their **actions say the  
opposite**. Jesus accuses  
some religious leaders in  
today's Gospel of being  
hypocrites. Let's think  
for a moment about  
ourselves. **Do we always do  
what we say we believe is  
important?**



## GOSPEL MARK 7:1-8. 14-15. 21-23

**The Good News about Jesus is told to us by St Mark.**

Respect for God's Law meant that lots of traditions had developed by Jesus' time, to help people keep God's rules. Some religious leaders notice that Jesus' friends are not following all the usual traditions. Instead of washing their hands in a particular way before eating, Jesus' disciples were ignoring some of

these rituals. The leaders question Jesus about his friends' behaviour. Jesus explains that traditions on their own are meaningless. Really loving God, not just making it look as though we're doing what's right, is what matters. Having a clean, loving heart is even more important than having clean hands.

### STAND to LISTEN

to the priest or deacon as he prepares to read the Gospel.

What does the priest or deacon do to the book when he has finished reading the Gospel?



### PRAY

Go for a walk and enjoy all the beautiful trees and flowers. Be really aware of all the sounds and smells around you. Notice the sky and the weather - and be thankful.



## PRAYER OF THE FAITHFUL

Dear Lord, I would like to pray for everyone who is working to stop climate change. Help us all to make a difference to our world by reducing, reusing and recycling. Lord, hear my prayer.

Listen to the reader as he or she encourages us to pray for situations and people in need. Here is a prayer you could say privately.



## OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think about a time this week when you didn't do what you were supposed to and then think about a time when you made a choice to do the right thing.

Say a little prayer offering these thoughts up to God.

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic Prayer.



## THE EUCHARISTIC PRAYER

Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?

We listen to the prayer of praise and thanks to God.



## THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

## COMMUNION ANTIPHON

How great is the goodness, Lord,  
that you keep for those who fear you.

You are invited to sing a Communion song or say this verse, which has been especially chosen for today's celebration.



## MY PRAYER AFTER COMMUNION

Thank you, Jesus, for loving me and for being my friend. Help me to be a good friend to you and to share your love with the people I meet. Amen.



## IXΘΥΣ

is the Greek word for "fish" and was used in the catacombs as a sign for early Christians. It is made up from the first letter of five Greek titles for the Lord:

I (Jesus)  
X (Christos)  
Θ (Theou/God's)  
Υ (Uios/Son)  
Σ (Soter/Saviour)



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We take Jesus with us to carry on the work that he did on earth, until we meet again next Sunday.

Go in peace.

