ICHTHUS

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.

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...



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

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.

and wonder if slavery

RESPONSORIAL PSALM PSALM 77

The Lord gave them bread from heaven.



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.

GOSPEL ACCLAMATION

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

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.

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

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. Life with Jesus makes us new people!



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.



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

Gospel?

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



"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.



Try baking some bread:

soda bread is quicker

to make than bread

which needs yeast

- and all bread is

delicious!

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic 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 sad and then think about a happy time.

Say a little prayer offering these thoughts up to God.

We listen to the prayer of praise and thanks 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

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 todau'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.



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

Go in peace.





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)
- ⊕ (Theou/God's)
- Y (Uios/Son)
- Σ (Soter/Saviour)



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in the dioceses of Scotland.

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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...



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.

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!

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!

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.

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.



ΙΧΘΥΣ

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.



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?

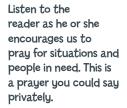
"Get up and eat."

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.



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.



Watch as the gifts are

priest washes his hands

made ready and the

and prepares for the

Eucharistic Prayer.



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



OFFERTORY PROCESSION 4

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?

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



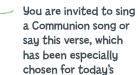
THE LORD'S PRAYER

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



COMMUNION ANTIPHON

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



celebration.



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.





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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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,

COLLECT

Almighty ever-living God,

who assumed the Immaculate Virgin Mary, the Mother

body and soul into heavenly glory, grant, we pray,

and on her head a crown of twelve stars.

that, always attentive to the things that are above, we may merit to be sharers of her alory...



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

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.

as it is born. Thankfully

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.

GOSPEL ACCLAMATION

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

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.

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 bu using these words.

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.



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.



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?



"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.

Watch as the gifts are

made ready and the priest washes his hands

and prepares for the

Eucharistic Prayer.

Find out if there is food bank near to you, and if there is anything you can to help out.

is the Greek word for

Christians. It is made up from the first

letter of five Greek

titles for the Lord:

I (Jesus)

"fish" and was used

in the catacombs as a sign for early



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.

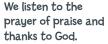
Say a little prayer offering these thoughts up to God.



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

All generations will call me blessed, for he who is mighty has done great things for me. You are invited to sing



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.

a Communion song or X (Christos) say this verse, which ⊕ (Theou/God's) has been especially Y (Uios/Son) chosen for today's celebration. Σ (Soter/Saviour)



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

Go in peace.





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21ST SUNDAY IN **ORDINARY TIME**

DO YOU KNOW?

Tuesday 24 August is the

feast of St Bartholomew,

Apostle. He was one of

friends and is sometimes

Nathaniel in John's Gospel.

about Bartholomew, but

message of God's love until

he was killed because of his

Joshua asked the Israelites

to make a choice: to serve

God, perhaps when we are

preparing to be confirmed.

But every day we make little

God or not. We might

make a big choice for

Jesus' twelve special

thought to be called

We don't know much

believe he spread the

faith in Jesus.

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 Listen to the verses,

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.

sings or says the psalm. and then respond by using these words.



choices for God. Will we make the choice to be kind. to stand up for someone or to help out at home?

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!



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?



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.

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.



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.

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

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

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 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.





'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.





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



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)
- ⊕ (Theou/God's)
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ICHTHU

22ND SUNDAY IN ORDINARY TIME

Year B

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

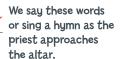


ENTRANCE ANTIPHON

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.

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 helpina people who are in need.

LOOK at the reader and LISTEN.

Real religion puts words into action.



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?



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 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!



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?



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.

Watch as the gifts are

priest washes his hands

made ready and the

and prepares for the

Eucharistic Prayer.



Help to sort out the recycling and talk to your family about other ways you could care for the earth.



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.



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.



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

Go in peace.





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I (Jesus)

X (Christos)

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Y (Uios/Son)

 Σ (Soter/Saviour)



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