



OUR LADY OF THE
Assumption
PARISH

Love and Serve God • Love and Serve One Another
5057 Cottage Way, Carmichael, CA 95608 ~ www.olaparish.net

Eighteenth Sunday in Ordinary Time
August 4, 2024

**The Lord gave them
bread from heaven.**

Psalm 78

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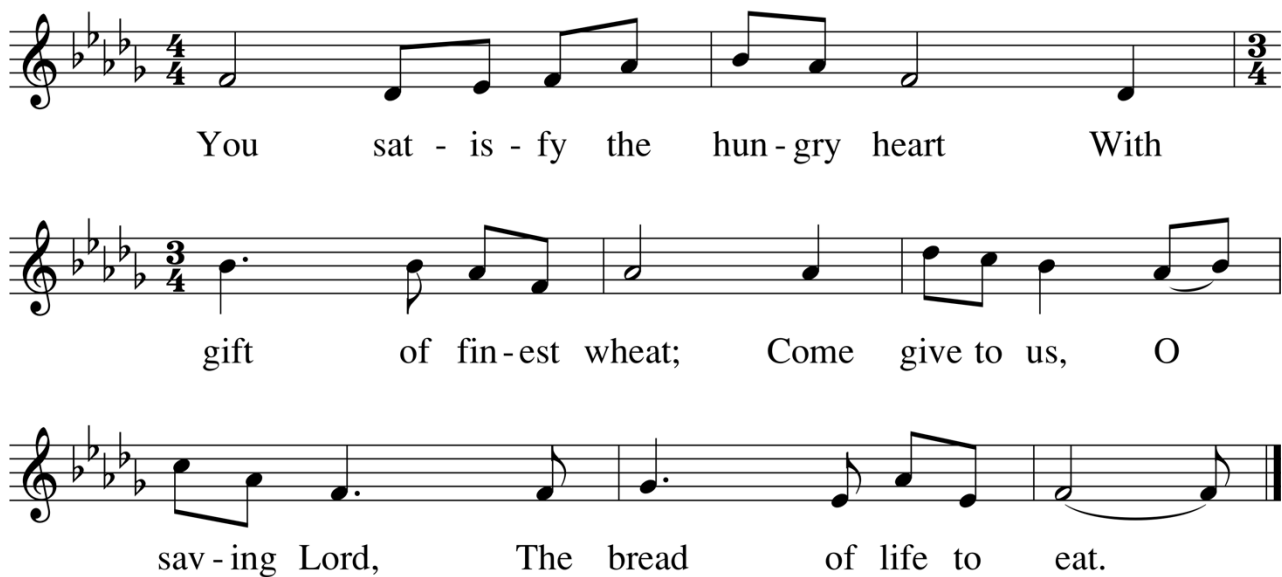
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Prelude Song (verses 2, 3, and 4)

You Satisfy the Hungry Heart

Refrain



You sat - is - fy the hun - gry heart With
gift of fin - est wheat; Come give to us, O
sav - ing Lord, The bread of life to eat.

Verses



1. As when the shep - herd calls his sheep, They
2. With joy - ful lips we sing to you Our
3. Is not the cup we bless and share The
4. The mys - t'ry of your pres - ence, Lord, No
5. You give your - self to us, O Lord; Then



know and heed his voice; So when you call your
praise and grat - i - tude, That you should count us
blood of Christ out - poured? Do not one cup, one
mor - tal tongue can tell: Whom all the world can -
self - less let us be, To serve each oth - er



D.C.

fam - 'ly, Lord, We fol - low and re - joice.
wor - thy, Lord, To share this heav'n - ly food.
loaf, de - clare Our one - ness in the Lord?
not con - tain Comes in our hearts to dwell.
in your name In truth and char - i - ty.

THE INTRODUCTORY RITES (GATHERING)

Entrance Antiphon

Psalm 70 (69):2,6

O God, come to my assistance; O Lord, make haste to help me! You are my rescuer, my help; O Lord, do not delay.

Entrance Hymn (verse 3)

GLORY AND PRAISE TO OUR GOD

Dan Schutte



Glo - ry and praise to our God, who a - lone gives light to our days.



Man - y are the bless - ings he bears to those who trust in his



ways.

1. We, the daugh - ters and sons of him who
2. In his wis - dom he strength - ens us, like
3. Ev - 'ry mo - ment of ev - 'ry day our



- | | |
|-------------------------------------|---------------------------|
| 1. built the val - leys and plains, | praise the won - ders our |
| 2. gold that's test - ed in fire. | Though the pow - er of |
| 3. God is wait - ing to save, | al - ways read - y to |



to Refrain

1. God has done in ev - 'ry heart that sings.
2. sin pre - vails, our God is there to save.
3. seek the lost, to an - swer those who pray.

Text: Based on Psalms 65, 66. Text and music © 1976, OCP. All rights reserved.

Greeting

Priest: *In the name of the Father, and of the Son, and of the Holy Spirit.*

(All make the Sign of the Cross.) **Amen.**

Priest: *The grace of our Lord Jesus Christ...be with you all. And with your spirit.*

Penitential Act

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned
in my thoughts and in my words,
in what I have done,
and in what I have failed to do;
(Strike breast) through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

Priest/Deacon: *May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. Amen.*

Priest/Deacon: *Lord have mercy. Lord have mercy.*

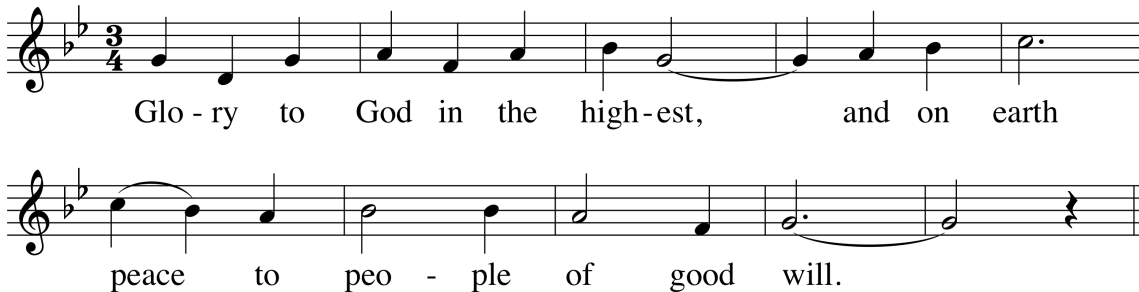
Priest/Deacon: *Christ have mercy. Christ have mercy.*

Priest/Deacon: *Lord have mercy. Lord have mercy.*

Gloria

GLORIA

Refrain



Verses

- | | |
|---|---|
| 1. 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. | 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. |
| 2. 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; | 3. 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. |

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Collect

(After the Priest says the Collect, all respond.) **Amen.** (Please be seated.)

LITURGY OF THE WORD

First Reading

Exodus 16:2-4, 12-15

A reading from the Book of Exodus

The whole Israelite community grumbled against Moses and Aaron.

The Israelites said to them,

"Would that we had died at the LORD's hand in the land of Egypt,
as we sat by our fleshpots and ate our fill of bread!

But you had to lead us into this desert
to make the whole community die of famine!"

Then the LORD said to Moses,

"I will now rain down bread from heaven for you.

Each day the people are to go out and gather their daily portion;
thus will I test them,
to see whether they follow my instructions or not.

"I have heard the grumbling of the Israelites.

Tell them: In the evening twilight you shall eat flesh,
and in the morning you shall have your fill of bread,
so that you may know that I, the LORD, am your God."

In the evening quail came up and covered the camp.

In the morning a dew lay all about the camp,
and when the dew evaporated, there on the surface of the desert
were fine flakes like hoarfrost on the ground.

On seeing it, the Israelites asked one another, "What is this?"
for they did not know what it was.

But Moses told them,

"This is the bread that the LORD has given you to eat."

*The Word of the Lord. **Thanks be to God.***

Responsorial Psalm

Psalm 78:3-4, 23-24, 25, 54, R. v.24b



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What we have heard and know,
and what our fathers have declared to us,
We will declare to the generation to come
the glorious deeds of the LORD and his strength
and the wonders that he wrought.

R. The Lord gave them bread from heaven.

He commanded the skies above
and opened the doors of heaven;
he rained manna upon them for food
and gave them heavenly bread.

R. The Lord gave them bread from heaven.

Man ate the bread of angels,
food he sent them in abundance.
And he brought them to his holy land,
to the mountains his right hand had won.

R. The Lord gave them bread from heaven.

Second Reading

Ephesians 4:17, 20-24

A reading from the Letter of Saint Paul to the Ephesians

Brothers and sisters:

I declare and testify in the Lord
that you must no longer live as the Gentiles do,
in the futility of their minds;
that is not how you learned Christ,
assuming that you have heard of him and were taught in him,
as truth is in Jesus,
that you should put away the old self of your former way of life,
corrupted through deceitful desires,
and be renewed in the spirit of your minds,
and put on the new self,
created in God's way in righteousness and holiness of truth.

The Word of the Lord. Thanks be to God.

Gospel Acclamation and Verse

Matthew 4:4b

(Please stand.)

Chant, Mode VI.



One does not live on bread alone,
but by every word that comes forth from the mouth of God.

R. Alleluia, alleluia, alleluia!

Gospel

John 6:24-35

The Lord be with you. **And with your spirit.**

The reading from the holy Gospel according to John. **Glory to you, O Lord.**

When the crowd saw that neither Jesus nor his disciples were there,
they themselves got into boats
and came to Capernaum looking for Jesus.

And when they found him across the sea they said to him,
"Rabbi, when did you get here?"

Jesus answered them and said,

"Amen, amen, I say to you,
you are looking for me not because you saw signs
but because you ate the loaves and were filled.

Do not work for food that perishes
but for the food that endures for eternal life,
which the Son of Man will give you.

For on him the Father, God, has set his seal."

So they said to him,

"What can we do to accomplish the works of God?"

Jesus answered and said to them,

"This is the work of God, that you believe in the one he sent."

So they said to him,

"What sign can you do, that we may see and believe in you?
What can you do?

Our ancestors ate manna in the desert, as it is written:

He gave them bread from heaven to eat."

So Jesus said to them,

"Amen, amen, I say to you,
it was not Moses who gave the bread from heaven;
my Father gives you the true bread from heaven.

For the bread of God is that which comes down from heaven
and gives life to the world."

So they said to him,

"Sir, give us this bread always."

Jesus said to them,

"I am the bread of life;
whoever comes to me will never hunger,
and whoever believes in me will never thirst."

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

Homily (Please be seated.)

Profession of Faith (Nicene Creed). (Please stand.)

**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,

(At the words that follow, up to and including "and became man," all bow.)

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.**

Universal Prayer (Prayers of the Faithful)

LITURGY OF THE EUCHARIST

(Please be seated.)

Hymn for Presentation of the Gifts and Preparation of the Altar

PANIS ANGELICUS / HOLY AND LIVING BREAD

SACRIS SOLEMNIIS

1. Pa - nis an - gé - li - cus, fit _____ pa - nis hó - mi - num,
2. Te, tri - na Dé - i - tas ú - na - que, pó - sci - mus,
1. *Ho - ly and liv - ing bread, won - drous food from heav - en sent,*
2. *God, ho - ly Three - In - One, through this off - 'ring of your Son*

1. Dat pa - nis cáe - li - cus fi - gú - ris tér - mi - num.
 2. Sic nos tu ví - si - ta, sic ut te có - li - mus;
 1. *God's sac - ri - fice fore - told—now in our hands we hold.*
 2. *All now on earth can see what we are called to be;*

1. O res mi - rá - bi - lis man - dú - cat Dó - mi - num,
 2. Per tu - as sé - mi - tas duc nos quo tén - di - mus,
 1. *Sign and re - al - i - ty, chal - lenge for us to be*
 2. *Hope for a world in need, signs that love can suc - ceed*

1. Pau - per, ser - vus, et hú - mi - lis.
 2. Ad lu - cem quam in - há - bi - tas.
 1. *Hum - ble ser - vants to all the poor.*
 2. *Where true jus - tice and peace en - dure.*

Latin text: Thomas Aquinas, 1227-1274. English text: Owen Alstott, © 2001, OCP Publications.
All rights reserved. Music: Louis Lambillotte, SJ, 1796-1855.

Presentation of the Gifts and Preparation of the Altar

Priest: *...that my sacrifice and yours may be acceptable to God, the almighty Father,"*

(Please stand.) **May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good and the good of all his holy Church.**

Prayer over the Offerings

Amen

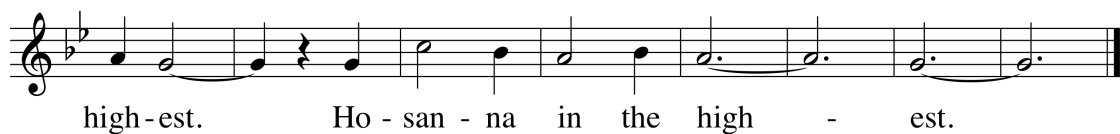
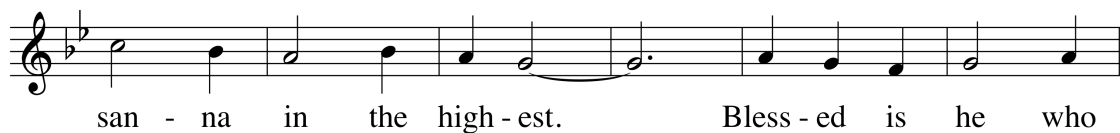
Preface

Priest: *The Lord be with you.* **And with your spirit.**

Priest: *Lift up your hearts.* **We lift them up to the Lord.**

Priest: *Let us give thanks to the Lord our God. It is right and just.*

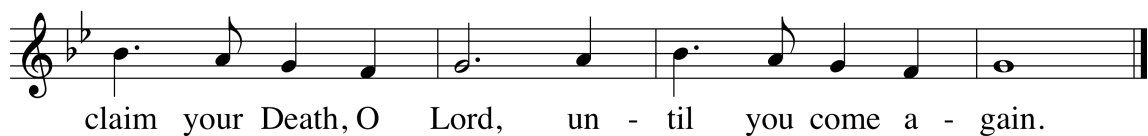
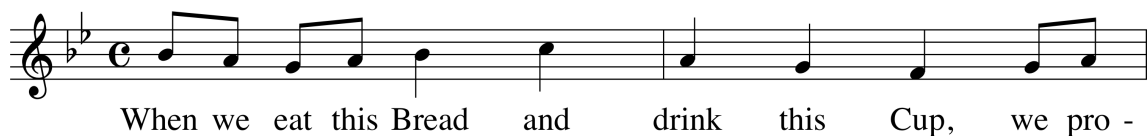
Holy



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(Please kneel.)

Mystery of Faith



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Amen

(Please stand.)



Music: *Mass of Creation*, Marty Haugen, © 1984, 1985, GIA Publications, Inc.

Our Father

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.

Priest: *Deliver us, Lord ... the coming of our Savior Jesus Christ.*

For the kingdom, the power and the glory are yours now and forever.

Priest: *Lord Jesus Christ ... Who live and reign for ever and ever. Amen*

Priest: *The peace of the Lord be with you always. And with your spirit.*

Sign of Peace

Lamb of God

Cantor: Assembly:

Lamb of God, you take a-way the sins of the

To repeat

world, have mer - cy on us.

Last time

world, grant us peace.

Music: *Mass of Creation*, Marty Haugen, © 1984, 1985, 2010, GIA Publications, Inc.

(Please kneel.)

Communion

Priest: *Behold the Lamb of God ... Blessed are those called to the supper of the Lamb.*

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament.
I love You above all things, and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there and unite myself wholly to You.
Never permit me to be separated from You. Amen.

Communion Antiphon

Wisdom 16:20

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

Communion Hymn

I Am the Bread of Life

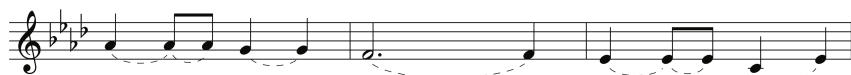
Verses



1. I am the Bread of life. You who
2. The bread that I will give is my
3. Un - less you eat of the
4. I am the Res - ur - rec - tion, that
5. Yes, Lord, I be - lieve that



come to me shall not hun - ger; and who be -
flesh for the life of the world, and if you
flesh of the Son of Man and
I am the life. If you be -
you are the Christ, the



lieve in me shall not thirst. No one can come to
eat of this bread, you shall live for
drink of his blood, and drink of his
lieve in me, e - ven though you
Son of God, Who has



me un - less the Fa - ther beck - ons.
ev - er, you shall live for ev - er.
blood, you shall not have life with - in you.
die, you shall live for ev - er.
come in - to the world.

Refrain



And I will raise you up, and I will



raise you up, and I will raise you



up on the last day.



Prayer after Communion

THE CONCLUDING RITES

Announcements

Greeting and Blessing

(Please stand.)

Priest: *The Lord be with you.* **And with your spirit.**

Priest: *May almighty God bless you, the Father, the Son, and the Holy Spirit.* **Amen**

Dismissal

Deacon/Priest: *Go in peace.* **Thanks be to God.**

Recessional Hymn (verses 1 and 2)

HOLY GOD, WE PRAISE THY NAME

GROSSER GOTT

1. Ho - ly God, we praise thy name; Lord of
2. Hark! the loud ce - les - tial hymn An - gel
3. Ho - ly Fa - ther, Ho - ly Son, Ho - ly

1. all, we bow be - fore thee! All on earth thy
2. choirs a - bove are rais - ing; Cher - u - bim and
3. Spir - it, Three we name thee; While in es - sence

1. scep - ter claim, All in heav'n a - bove a - dore thee;
2. Ser - a - phim, In un - ceas - ing cho - rus prais - ing;
3. on - ly One, Un - di - vid - ed God we claim thee;

1. In - fi - nite, thy vast do - main, Ev - er -
2. Fill the heav'ns with sweet ac - cord: "Ho - ly,
3. And a - dor - ing, bend the knee, While we

1. last - ing is thy reign. In - fi - nite, thy
2. ho - ly, ho - ly Lord!" Fill the heav'ns with
3. own the mys - ter - y. And a - dor - ing,

1. vast do - main, Ev - er - last - ing is thy reign.
2. sweet ac - cord: "Ho - ly, ho - ly, ho - ly Lord!"
3. bend the knee, While we own the mys - ter - y.

Text: 78 78 77 with repeat; *Te Deum laudamus*; attr. to St. Nicetas, ca. 335–414;
Grosser Gott, *wir loben dich*; tr. ascr. to Ignaz Franz, 1719–1790; tr. by Clarence A. Walworth, 1820–1900.
Music: *Allgemeines Katholisches Gesangbuch*, Vienna, ca. 1774.