



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 1, 2021

The Lord gave them bread from heaven.

Psalm 78

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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

IN THIS PLACE

Trevor Thomson

Verses



1. We are all hun-gry peo-ple, we need shel-ter and
 2. All our lives are a Mys-t'ry; we see not where they
 3. Though the world may — tell us to — look at our-
 4. In the bread that is bro-ken is the Christ that re -

1. strength. We are one in our hurt-ing, we are
 2. lead. We are asked now to trust you and we
 3. selves, we reach out to an-oth-er where —
 4. stores. As we take, now re-ceive him, we find

1. one — in our pain. In our suf-f'ring and sad-ness,
 2. know we must be-lieve. As our feet be-come Christ's feet,
 3. suf-fer-ing dwells. As our hands be-come Christ's hands,
 4. love — ev-er-more. As the bread be-comes Bod-y,

1. we are saved by the grace
 2. we go forth with the grace
 3. we are healed by the grace
 4. we are filled with the grace

of the pow-er and the

Refrain

1-4. Spir-it that is here in this place. We are

gath-ered at ta-ble as — one in the Lord. We are
 (*to- geth-er)

gath-ered as peo-ple who are liv-ing the Word. Our —

hearts and our spir-its are nur-tured by grace. It is

Je-sus who fills us. He is here in this place.

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

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

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

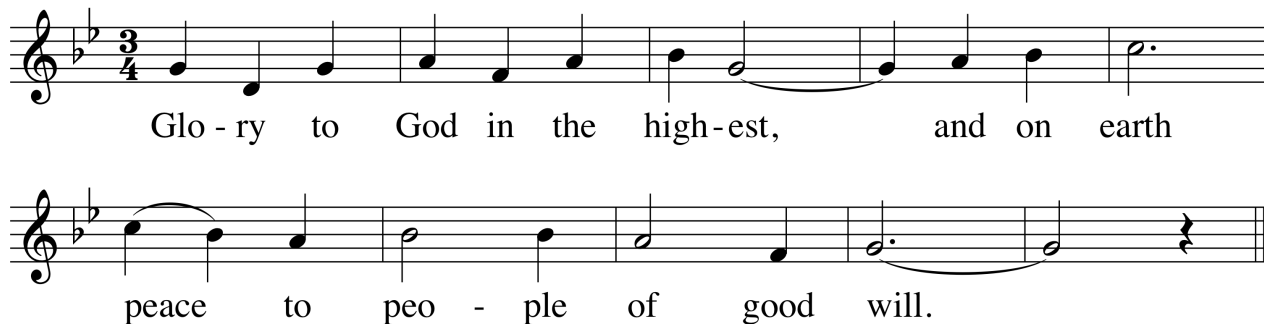
Priest/Deacon: *Lord have mercy.* **Lord have mercy.**

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

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.**

LITURGY OF THE WORD

First Reading

Exodus 16:2-4, 12-15

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. The Lord gave them [bread,] bread from heav - en.

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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.

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.

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.

Second Reading

Ephesians 4:17, 20-24

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

Chant, Mode VI.



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

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

Profession of Faith (Nicene Creed)

**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,
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

Hymn for Preparation of the Altar

BREAD OF LIFE

Bernadette Farrell

Refrain




Bread of life, hope of the world, Je-sus Christ, our broth - er:



feed us now, give us life, lead us to one an - oth - er.

Verses



1. As we pro-claim your death, as we re - call your life, we re-
2. The bread we break and share was scat-tered once as grain: just as
3. We eat this liv - ing bread, we drink this sav-ing cup: sign of
4. Hold us in u - ni - ty, in love for all to see; that the
5. You are the bread of peace, you are the wine of joy, bro-ken

to Refrain



1. mem - ber your prom - ise to re - turn a - gain.
2. now it is gath - ered, make your peo - ple one.
3. hope in our bro-ken world, source of last - ing love.
4. world may be - lieve in you, God of all who live.
5. now for your peo - ple, poured in end - less love.

Presentation of the Gifts and Preparation of the Altar

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

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

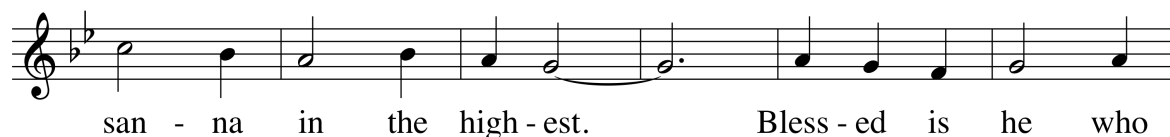
Preface

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

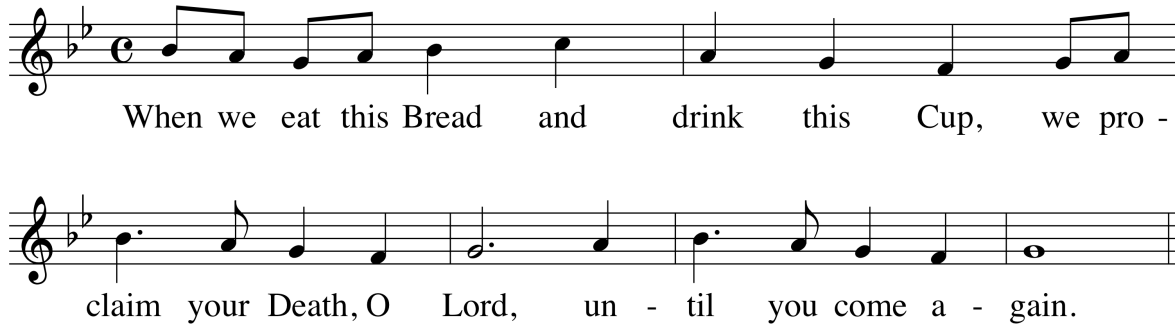


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Prayer

Mystery of Faith

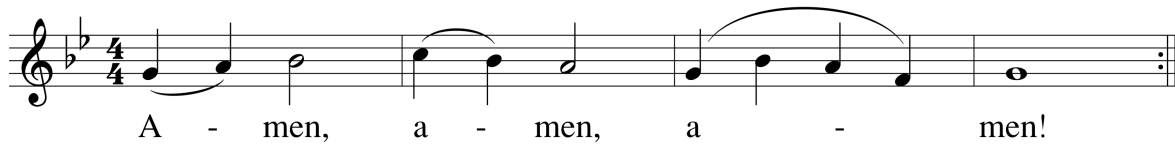


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Prayer

Amen



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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

The musical score is written on a single staff in G major (one sharp) and 4/4 time. It is divided into three parts: Cantor, Assembly, and a final section. The Cantor part begins with a 3/4 time signature and the lyrics 'Lamb of God,'. The Assembly part begins with a 2/4 time signature and the lyrics 'you take a-way the sins of the'. The final section begins with a 4/4 time signature and the lyrics 'world, have mer - cy on us.' and 'world, grant us peace.'.

Cantor:

Lamb of God,

Assembly:

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.

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

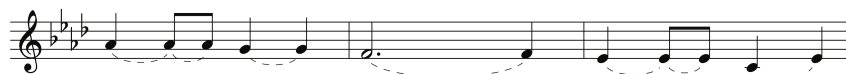
Verses



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

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

How Can I Keep from Singing?



1. My life flows on in end-less song. A -
2. Through all the tu - mult and the strife I
3. What though my joys and com-fort die? The
4. The peace of Christ makes fresh my heart, A



bove earth's lam - en - ta - tion I hear the clear though
hear that mu - sic ring - ing. It finds an ech - o
Lord my sav - ior liv - eth. What though the dark - ness
foun - tain ev - er spring-ing! All things are mine since



far - off hymn That hails a new cre - a - tion.
in my soul. How can I keep from sing-ing?
gath - er round? Songs in the night he giv - eth.
I am his! How can I keep from sing-ing?



No storm can shake my in-most calm While to that Rock I'm



cling-ing. Since Christ is Lord of heav-en and earth,



How can I keep from sing-ing?