

Entrance Antiphon

Cf. Ps 80: 17

He fed them with the finest wheat and satisfied them with honey from the rock.

First reading

Deuteronomy 8:2-3,14-16

Moses said to the people:

‘Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

‘Do not become proud of heart. Do not forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.’

Responsorial Psalm

Psalm 147:12-15,19-20

Praise the Lord, Jerusalem.

O praise the Lord, Jerusalem! Zion, praise your God! He has strengthened the bars of your gates he has blessed the children within you. **R**

He established peace on your borders, he feeds you with finest wheat. He sends out his word to the earth and swiftly runs his command. **R**

He makes his word known to Jacob, to Israel his laws and decrees. He has not dealt thus with other nations; he has not taught them his decrees. **R**

Second reading

1 Corinthians 10:16-17

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

Sequence –

Behold the bread of angels, sent
For pilgrims in their banishment,
The bread for God’s true children
meant, That may not unto dogs be
given: Oft in the olden types
foreshowed;
In Isaac on the altar bowed,
And in the ancient paschal food,
And in the manna sent from
heaven.

Come then, good shepherd, bread
divine, Still show to us thy mercy
sign; Oh, feed us still, still keep us
thine; So may we see thy glories
shine In fields of immortality;
O thou, the wisest, mightiest, best,
Our present food, our future rest,
Come, make us each thy chosen
guest, Co-heirs of thine, and
comrades blest. With saints whose
dwelling is with thee. Amen.
Alleluia.

Gospel Acclamation

John 6:51-52

Alleluia, alleluia!

I am the living bread from heaven,
says the Lord;
whoever eats this bread will live
for ever.

Alleluia!

Gospel

John 6:51-58

Jesus said to the crowd:
‘I am the living bread which has
come down from heaven.

Anyone who eats this bread will
live for ever; and the bread that I
shall give is my flesh,
for the life of the world.’

Then the Jews started arguing
with one another: ‘How can this

man give us his flesh to eat?’ they
said. Jesus replied:

‘I tell you most solemnly,
if you do not eat the flesh of the
Son of Man and drink his blood,
you will not have life in you.
Anyone who does eat my flesh
and drink my blood has eternal
life, and I shall raise him up on the
last day. For my flesh is real food
and my blood is real drink.
He who eats my flesh and drinks
my blood lives in me and I live in
him. As I, who am sent by the
living Father, myself draw life
from the Father, so whoever eats
me will draw life from me.
This is the bread come down from
heaven; not like the bread our
ancestors ate: they are dead,
but anyone who eats this bread
will live for ever.’

Communion Antiphon

Jn 6: 57

Whoever eats my flesh and drinks
my blood remains in me and I in
him, says the Lord.

10th Week in Ordinary Time – Year A

MONDAY 8th June

1 Kings 17:1-6, Psalm 120(121),
Matthew 5:1-12

TUESDAY 9th June

1 Kings 17:7-16, Psalm 4:2-5,7-8,
Matthew 5:13-16

WEDNESDAY 10th June

1 Kings 18:20-39, Psalm 15(16):1-2,4-
5,8,11, Matthew 5:17-19

THURSDAY 11th June

Saint Barnabas

Acts 11:21-26,13:1-3, Psalm 97(98):1-6,
Matthew 5:20-26

FRIDAY 12th June

The Most Sacred Heart of Jesus

Deuteronomy 7:6-11, Psalm 102(103):1-
4,6-8,10, 1 John 4:7-16, Matthew 11:25-
30

SATURDAY 13th June

Saint Antony of Padua

Isaiah 61:1-3, Psalm 88(89):2-5,21-
22,25,27, Luke 10:1-9

SUNDAY 14th June

11th Sunday in Ordinary Time

Exodus 19:2-6, Psalm 99(100):2-3,5,
Romans 5:6-11, Matthew 9:36-10:8