



The gift of Jesus is different to material wealth; It is more than that. He Promises meaning to life, hope, love that is everlasting He promises himself in friendship to us.



At the finish of the meal, when Jesus fed the crowds, all the leftovers were gathered up, probably for the journey home. Food was not wasted. He knew that nobody should go hungry in a world which has more than enough to feed its population.

The waste of food is often a theme of Pope Francis. Addressing the World Food Programme in November 2019, he said "in many places, our brothers and sisters do not have access to sufficient and healthy food, while in others, food is discarded". He also says that "each human being has a right to healthy and sustainable nutrition".

Our care and respect for food can make a difference. Supermarkets give leftover food each evening to food centres, food which might otherwise have been bought and later thrown out. A care for food means that we become aware of the huge hunger in the world, where 821 million people, or one in nine, still go to bed on an empty stomach each night. The gospel of Jesus calls on us simply not to waste food.

So, we can look in our food recycle bins and decide how we can buy only enough food to use. Food chains can help, for example, selling in quantities that are suitable for single people or a couple. When we thank God for food, we are also saying we are committed to respect for food. Pope Francis again: 'Families, schools, and the communications media have an important task in educating and raising awareness in this regard.'

Give us this day our daily bread; may all have enough for daily food.

Donal Neary SJ, Editor Sacred Heart Messenger

Jesus' Story Fr. Liam Hickey

Jesus was sad when his cousin John was killed. He wanted to go to a quiet place, but the people followed Him, bringing the sick and lonely. In the evening his companions asked Him to send the people home, because they had no meal all day. Jesus said "No, give them something to eat yourselves". There was only a few loaves and two fish. Jesus blessed the food, and as it was handed out it got bigger and bigger. All had plenty to eat. Even when Jesus was sad, He put others first, and their hunger. He puts us first too. When we are lonely and sad He gives us The Food of Holy Communion, and we get the blessing, to help someone else, even when we are lonely and sad.

PRAYER OVER THE OFFERINGS

Graciously sanctify these gifts, O Lord, we pray, and, accepting the oblation of this spiritual sacrifice, make of us an eternal offering to you. Through Christ our Lord.

EUCCHARISTIC PRAYER

The Lord be with you. *And with your spirit.* Lift up your hearts. We lift them up to the Lord. Let us give thanks to the Lord our God. It is right and just.

SANCTUS

Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

AFTER THE CONSECRATION

The mystery of faith. Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.

INVITATION TO HOLY COMMUNION

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

COMMUNION ANTIPHON

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

PRAYER AFTER COMMUNION

Accompany with constant protection, O Lord, those you renew with these heavenly gifts and, in your never-failing care for them, make them worthy of eternal redemption. Through Christ our Lord.

CONCLUDING RITE

The Lord be with you. *And with your spirit.* May almighty God bless you in his kindness and pour out saving wisdom upon you. **Amen.** May he nourish you always with the teachings of the faith and make you persevere in holy deeds. **Amen.** May he turn your steps towards himself and show you the path of charity and peace. **Amen.** May the blessing of almighty God, the Father, and the Son, ✠ and the Holy Spirit, come down on you and remain with you for ever. **Amen.** Go in peace. **Thanks be to God**

them to go: give them something to eat yourselves.' But they answered, 'All we have with us is five loaves and two fish.' 'Bring them here to me,' he said. He gave orders that the people were to sit down on the grass; then he took the five loaves and the two fish, raised his eyes to heaven and said the blessing. And breaking the loaves he handed them to his disciples who gave them to the crowds. They all ate as much as they wanted, and they collected the scraps remaining twelve baskets full. Those who ate numbered about five thousand men, to say nothing of women and children.

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

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.

All bow for following three lines: 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.

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.



LITURGY OF THE EUCHARIST

Pray brothers and sisters, **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.**

RESPONSORIAL PSALM

Ps. 144:8-9, 15-18
R. You open wide your hand, O Lord, you grant our desires.

- The Lord is kind and full of compassion, slow to anger, abounding in love. How good is the Lord to all, compassionate to all his creatures. **[R]**
- The eyes of all creatures look to you and you give them their food in due time. You open wide your hand, grant the desires of all who live. **[R]**
- The Lord is just in all his ways and loving in all his deeds. He is close to all who call him, call on him from their hearts. **[R]**

SECOND READING Romans 8:35. 37 - 39

A reading from the letter of St Paul to the Romans Nothing can come between us and the love of Christ, even if we are troubled or worried, or being persecuted, or lacking food or clothes, or being threatened or even attacked. These are the trials through which we triumph, by the power of him who loved us. For I am certain of this: neither death nor life, no angel, no prince, nothing that exists, nothing still to come, not any power, or height or depth, nor any created thing, can ever come between us and the love of God made visible in Christ Jesus our Lord.

The word of the Lord. Thanks be to God.

GOSPEL ACCLAMATION

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



GOSPEL Matthew 14: 13 - 21

The Lord be with you *And with your spirit* A reading from the holy Gospel according to Matthew **Glory to you, O Lord.**

When Jesus received the news of John the Baptist's death he withdrew by boat to a lonely place where they could be by themselves. But the people heard of this and, leaving the towns, went after him on foot. So as he stepped ashore he saw a large crowd; and he took pity on them and healed their sick.

When evening came, the disciples went to him and said, 'This is a lonely place, and the time has slipped by; so send the people away, and they can go to the villages to buy themselves some food.' Jesus replied, 'There is no need for

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.

GREETING

The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all. **And with your spirit.**

PENITENTIAL RITE

You raise the dead to life in the Spirit: Lord, have mercy. **Lord, have mercy.** You bring pardon and peace to the sinner: Christ, have mercy. **Christ, have mercy.** You bring light to those in darkness: Lord, have mercy. **Lord, have mercy.** May almighty God have mercy..... **Amen.**

THE GLORIA

Glory to God in the highest, and on earth peace to people of good will. 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. 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; 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. 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.

OPENING PRAYER

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. Through our Lord Jesus Christ.....

LITURGY OF THE WORD

FIRST READING Isaiah 55:1-3

A reading from the prophet Isaiah Thus says the Lord: Oh, come to the water all you who are thirsty; though you have no money, come! Buy corn without money, and eat, and, at no cost, wine and milk. Why spend money on what is not bread, your wages on what fails to satisfy? Listen, listen to me and you will have good things to eat and rich food to enjoy. Pay attention, come to me; listen, and your soul will live. With you I will make an everlasting covenant out of the favours promised to David.

The word of the Lord. Thanks be to God.