

COLLECT

Almighty God,
who called your Church to bear witness
that you were in Christ reconciling the
world to yourself:
help us to proclaim the good news of
your love,
that all who hear it may be drawn to
you;
through him who was lifted up on the
cross,
and reigns with you in the unity of the
Holy Spirit,
one God, now and for ever.

FIRST READING

Either **Joshua 24:1-2a. 14-18**

A reading from the book of Joshua.

Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. And Joshua said to all the people, "Now therefore revere the LORD, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the LORD. Now if you are unwilling to serve the LORD, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the LORD." Then the people answered, "Far be it from us that we should forsake the LORD to serve other gods; for it is the LORD our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; and the LORD drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the LORD, for he is our God."

Or **1 Kings 8: [1. 6. 10-11] 22-30. 41-43**

PSALM Psalm 34:15-end

R *The Lord is near to the broken hearted.*

The eyes of the Lord are upon the
righteous
and his ears are open to their cry.

The face of the Lord is against those
who do evil,
to root out the remembrance of them
from the earth. **R**

The righteous cry and the Lord hears
them
and delivers them out of all their
troubles.

The Lord is near to the brokenhearted
and will save those who are crushed in
spirit. **R**

Many are the troubles of the righteous;
from them all will the Lord deliver them.
He keeps all their bones,
so that not one of them is broken. **R**

But evil shall slay the wicked
and those who hate the righteous will
be condemned.

The Lord ransoms the life of his servants
and will condemn none who seek refuge
in him. **R**

SECOND READING Ephesians 6:10-20

A reading from the letter of Paul to the Ephesians.

Be strong in the Lord and in the strength
of his power. Put on the whole armour of
God, so that you may be able to stand
against the wiles of the devil. For our
struggle is not against enemies of blood
and flesh, but against the rulers, against
the authorities, against the cosmic powers
of this present darkness, against the
spiritual forces of evil in the heavenly
places. Therefore take up the whole
armour of God, so that you may be
able to withstand on that evil day, and
having done everything, to stand firm.
Stand therefore, and fasten the belt of
truth around your waist, and put on the
breastplate of righteousness. As shoes
for your feet put on whatever will make
you ready to proclaim the gospel of peace.
With all of these, take the shield of faith,
with which you will be able to quench
all the flaming arrows of the evil one.
Take the helmet of salvation, and the
sword of the Spirit, which is the word
of God. Pray in the Spirit at all times in
every prayer and supplication. To that
end keep alert and always persevere in
supplication for all the saints. Pray also
for me, so that when I speak, a message
may be given to me to make known
with boldness the mystery of the gospel,
for which I am an ambassador in chains.

Pray that I may declare it boldly, as I
must speak.

GOSPEL John 6:56-69

*Hear the gospel of our Lord Jesus
Christ according to John.*

Jesus said to the crowd: "Those who
eat my flesh and drink my blood abide
in me, and I in them. Just as the living
Father sent me, and I live because of
the Father, so whoever eats me will live
because of me. This is the bread that
came down from heaven, not like that
which your ancestors ate, and they died.
But the one who eats this bread will live
for ever." He said these things while
he was teaching in the synagogue at
Capernaum. When many of his disciples
heard it, they said, "This teaching is
difficult; who can accept it?" But Jesus,
being aware that his disciples were
complaining about it, said to them,
"Does this offend you? Then what if you
were to see the Son of Man ascending
to where he was before? It is the spirit
that gives life; the flesh is useless. The
words that I have spoken to you are
spirit and life. But among you there are
some who do not believe." For Jesus
knew from the first who were the ones
that did not believe, and who was the
one that would betray him. And he said,
"For this reason I have told you that no
one can come to me unless it is granted
by the Father." Because of this many
of his disciples turned back and no
longer went about with him. So Jesus
asked the twelve, "Do you also wish to
go away?" Simon Peter answered him,
"Lord, to whom can we go? You have
the words of eternal life. We have come
to believe and know that you are the
Holy One of God."

POST COMMUNION

God our creator,
you feed your children with the true
manna,
the living bread from heaven:
let this holy food sustain us through
our earthly pilgrimage
until we come to that place where
hunger and thirst are no more;
through Jesus Christ our Lord.

