

# THE ELEVENTH SUNDAY AFTER PENTECOST

16th August, 2009

## First Reading

**A reading from the book of Proverbs**

*Come and eat my bread, drink the wine I have prepared.*

Wisdom has built her house,  
she has hewn her seven pillars.  
She has slaughtered her animals, she has mixed her wine,  
she has also set her table.  
She has sent out her servant-girls,  
she calls from the highest places in the town,  
“You that are simple, turn in here!”  
To those without sense she says,  
“Come, eat of my bread  
and drink of the wine I have mixed.  
Lay aside immaturity, and live,  
and walk in the way of insight.”

Hear the word of the Lord.

**Prov. 9:1-6**

**Thanks be to God.**

## Responsorial Psalm

**Response: Taste and see the goodness of the Lord.**

I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad.

**R.**

Revere the Lord, you his saints.  
They lack nothing, those who revere him.  
Strong lions suffer want and go hungry  
but those who seek the Lord lack no blessing.

**R.**

Come, children, and hear me  
that I may teach you the fear of the Lord.  
Who are those who long for life  
and many days, to enjoy their prosperity.

**R.**

Then keep your tongue from evil  
and your lips from speaking deceit.  
Turn aside from evil and do good;  
seek and strive after peace.

**R.**

## Second Reading

**Eph. 5:15-20**

**A reading from the letter of Paul to the Ephesians**

*Be watchful that you may know the will of God.*

Be careful how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

Hear the word of the Lord.

**Thanks be to God.**

## Gospel Acclamation

**Alleluia! Alleluia!**

All who eat my flesh and drink my blood

Live in me and I in them, says the Lord.

**Alleluia!**

## GOSPEL

**Jn. 6:51-58**

✠ A reading from the holy gospel according to John

℟: **Glory to you Lord Christ.**

*My flesh is real food and my blood is real drink.*

Jesus said to the crowds, “I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.”

The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?”

So Jesus said to them, “Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. 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 forever.”

For the Gospel of the Lord

**Praise to you Lord Christ.**

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