

TWENTIETH SUNDAY IN ORDINARY TIME (B)

Collect

O God, you have prepared for those who love you good things which no eye can see, fill our hearts, we pray with the warmth of your love, so that, loving you in all things and above all things, we may attain your promises, which surpass every human desire. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

1st. READING (Prv 9:1-6)

Wisdom has built her house, she has set up her seven columns; she has dressed her meat, mixed her wine, yes, she has spread her table. She has sent out her maidens; she calls from the heights out over the city: Let whoever is simple turn in here; to the one who lacks understanding, she says, "Come, eat of my food, and drink of the wine I have mixed! Forsake foolishness that you may live; advance in the way of understanding."

RESPONSORIAL PSALM (Ps 34:2-3, 4-5, 6-7)

R. Taste and see the goodness of the Lord./ I will bless the LORD at all times; his praise shall be ever in my mouth. Let my soul glory in the LORD; the lowly will hear me and be glad./ Glorify the LORD with me, let us together extol his name. I sought the LORD, and he answered me and delivered me from all my fears./ Look to him that you may be radiant with joy, and your faces may not blush with shame. When the poor one called out, the LORD heard, and from all his distress he saved him.

2nd. READING (Eph 5:15-20)

Brothers and sisters: Watch carefully how you live, not as foolish persons but as wise, making the most of the opportunity, because the days are evil. Therefore, do not continue in ignorance, but try to understand what is the will of the Lord. And do not get drunk on wine, in which lies

debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and playing to the Lord in your hearts, giving thanks always and for everything in the name of our Lord Jesus Christ to God the Father.

GOSPEL (Jn 6:51-58)

Jesus said to the crowds: "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." The Jews quarreled among themselves, saying, "How can this man give us his flesh to eat?"

Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.

Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

Prayer over the Offerings

Receive our oblation, O Lord, by which is brought about a glorious exchange, that, by offering what you have given, we may merit to receive your very self. Through Christ our Lord.

Prayer after Communion

Made partakers of Christ through these Sacraments, we humbly implore your mercy, Lord, that, conformed to his image on earth, we may merit also to be his coheirs in heaven. Who lives and reigns for ever and ever.