

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.