

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

In the name of the Father, and of the Son,
and of the Holy Spirit. **Amen.**
The Lord be with you.
And with your spirit.

PENITENTIAL ACT

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 Exodus 16:2-4. 12-15

A reading from the book of Exodus

The whole community of the sons of
Israel began to complain against Moses
and Aaron in the wilderness and said to
them, 'Why did we not die at the Lord's
hand in the land of Egypt, when we were
able to sit down to pans of meat and could
eat bread to our heart's content! As it is,
you have brought us to this wilderness to
starve this whole company to death!'
Then the Lord said to Moses, 'Now I will
rain down bread for you from the heavens.
Each day the people are to go out and
gather the day's portion; I propose to test
them this way to see whether they will
follow my law or not.
'I have heard the complaints of the sons of
Israel. Say this to them, "Between the
two evenings you shall eat meat, and in

the morning you shall have bread to your
heart's content. Then you will learn that I,
the Lord, am your God." ' And so it came
about: quails flew up in the evening, and
they covered the camp; in the morning
there was a coating of dew all round
the camp. When the coating of dew
lifted, there on the surface of the desert
was a thing delicate, powdery, as fine
as hoarfrost on the ground. When they
saw this, the sons of Israel said to one
another, 'What is that?' not knowing what
it was. 'That' said Moses to them 'is the
bread the Lord gives you to eat.'

**The word of the Lord.
Thanks be to God.**

RESPONSORIAL PSALM

P.S. 77:3-4.23-25.54

**R. The Lord gave them bread from
heaven.**

1. The things we have heard and
understood, the things our fathers
have told us,
we will tell to the next generation:
the glories of the Lord and his might. **[R]**
2. He commanded the clouds above
and opened the gates of heaven.
He rained down manna for their food,
and gave them bread from heaven. **[R]**
3. Mere men ate the bread of angels.
He sent them abundance of food.
He brought them to his holy land,
to the mountain which his right hand
had won. **[R]**

SECOND READING

Ephesians 4:17.20-24

A reading from St. Paul's letter to the Ephesians
I want to urge you in the name of the Lord,
not to go on living the aimless kind of life
that pagans live. Now that is hardly the
way you have learnt from Christ, unless
you failed to hear him properly when you
were taught what the truth is in Jesus.
You must give up your old way of life; you
must put aside your old self, which gets
corrupted by following illusory desires.
Your mind must be renewed by a spiritual
revolution so that you can put on the new
self that has been created in God's way,
in the goodness and holiness of the truth.
**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 John 6:24-35

**A reading from the holy Gospel
according to John**

When the people saw that neither Jesus
nor his disciples were there, they got into
boats and crossed to Capernaum to look
for Jesus. When they found him on the
other side, they said to him, 'Rabbi, when
did you come here?' Jesus answered:
'I tell you most solemnly,
you are not looking for me
because you have seen the signs

but because you had all the bread you
wanted to eat.
Do not work for food that cannot last,
but work for food that endures to eternal
life,
the kind of food the Son of Man is
offering you,
for on him the Father, God himself, has
set his seal.'

Then they said to him, 'What must we
do if we are to do the works that God
wants?' Jesus gave them this answer,
'This is working for God: you must believe
in the one he has sent.' So they said,
'What sign will you give to show us that
we should believe in you? What work will
you do? Our fathers had manna to eat
in the desert; as scripture says: He gave
them bread from heaven to eat.' Jesus
answered:

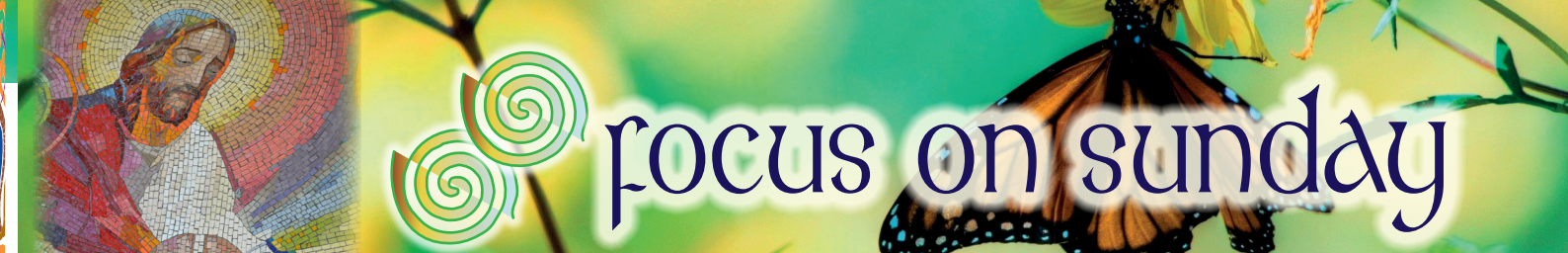
'I tell you most solemnly,
it was not Moses who gave you bread
from heaven
it is my Father who gives you the bread
from heaven,
the true bread;
for the bread of God
is that which comes down from heaven
and gives life to the world.'
'Sir,' they said 'give us that bread always'.
Jesus answered:
'I am the bread of life.
He who comes to me will never be hungry;
he who believes in me will never thirst.'

**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,
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.



EIGHTEENTH SUNDAY IN ORDINARY TIME 1st August 2021

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.**

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, the Father, and the
Son, ✠ and the Holy
Spirit. **Amen.**
Go in peace.
Thanks be to God.



The bread of life - the Body of Christ - is often called "food for the journey".
Each Mass is the occasion of God giving himself to us in Christ as
a companion on our journey of life.



*'I am the bread of life.
He who comes to me will never be hungry;
he who believes in me will never thirst.'*



I can imagine them saying, 'He's talking about bread again'.
Jesus often mentions bread – the staple of life. In the years
before Jesus, bread was understood as a gift of God from
heaven; Jesus is the new Bread of heaven and of life.

The meaning expanded over time and when Jesus talks
about giving the bread of life, he is talking of his Word and the Eucharist. The
Word of God feeds the mind and soul, giving meaning to life, encouragement
in living our lives in the spirit of the Gospel, giving us a way of life, we can
touch into every day.

In the first part of every Mass we prepare ourselves to receive the Eucharistic
bread. Catholics for years stressed holy communion over the word of God.
While both are essential to our Christian life, our daily life is well helped by
reading the Gospel every day. We often talked and still sometimes talk about
'getting communion', ignoring the first part of the Eucharist.

Maybe we can list sometime the words of the Scripture that enlighten our lives,
that help us and keep us in touch with God. The Jewish people wore the words
"The LORD is our God, the LORD alone", called the Shema, around their neck.
Touching them often to touch the Lord. Maybe we can do something similar.

Donal Neary SJ, Editor Sacred Heart Messenger

Jesus' Story

Fr. Liam Hickey

God Our Father chose everyone for life. God is Lover and Giver of all life. God wanted
to give special food to his children, so He sent an angel to find a special food. But the
angel could find no food good enough in all the world. Then God decided to come
Himself to be our food, through His Spirit, in the form of bread and wine. Through His
Spirit, God comes to live in our hearts with Holy Communion at Mass.



Sunday Masses:

SS John & Paul (Webcam): Friday 7pm;
Saturday 6:30 pm; Sunday 10 am and 12:15 pm
Mary Immaculate Church - Saturday 12 noon;
Sunday 9 am and 11 am

Weekday Masses:

10 am Mon-Fri Mary Immaculate
7 pm Thursday SS John & Paul Church (Webcam)

SHANNON PARISH NEWSLETTER

Parish Office: 4, Dún na Ri, Shannon
Tel 061 363243

Tuesdays & Wednesdays: 9.30am - 12.30pm
(lunch 12.30pm-1.30pm) 1.30pm - 5.30pm

Thursdays: 9.00am - 1.00pm

Email: office@shannonparish.ie www.shannonparish.ie

Tune in and Follow us on:

Radio 105.6 FM for Mass from SS John and Paul
Webcam: <https://www.shannonparish.ie/web-cam/>
www.facebook.com/Shannon.Parish.Killaloe/
<https://www.twitter.com/ShannonParish67>
www.youtube.com/c/ShannonParish67

Parish App



1 August 2021 18th Sunday in Ordinary Time

Our Prayers & Sympathy to: The family of Liz Glynn, Cill Chais who was buried on Tuesday. Sympathy to Monica Kiely & Alice Graham on the death of their brother Brendan Graham, England. To Neil Ross, Pinewood, on the death of his father Míceál Ó Ruis (Ross), Dublin.

Anniversaries: Margaret Lernihán, The Boland & Garvey families, Stephen Sheridan, Liam Sheridan, John Coneely, Lila Keane, Mary & Peter Hogan, Ray Conway, John Finn, Dorothy & Eddie O'Hare. We also pray for all those whose anniversaries occur around this time.

First Anniversaries: This Friday 30th July for Eugene O'Donnell, Ballycasey Hill. This Saturday 31st July for Patsy O'Shaughnessy, Finian Park.

Last Sunday's Offerings: €1,638. Thank you for your great generosity.

Mass on Bank Holiday Monday: Mass on Bank Holiday Monday - 12 noon – Mary Immaculate Church.

Mass and Baptismal Bookings:

If you are intending to book a Mass or a baptism we would ask you book through the Parish Office. This enables us to ensure all Masses and Baptisms are scheduled. You can book by emailing office@shannonparish.ie or calling 363243.



Religious Gifts: For all occasions are available from the Parish Office. If there is a particular religious item you are looking for we will source it for you.

Shannon Parish Office is at the service of the community for all pastoral issues, pastoral events, news, mass cards/bouquets, get well, birthday, anniversary cards and any queries you may have.
Always welcome!

Exposition of the Blessed Sacrament:



Every Sunday in Mary Immaculate Church from 12noon-6pm and 2-6pm in SS John and Paul Church. With the current safety protocols in place adoration is for private prayer only. All are welcome to visit our Church's.

Life saving, 24/7 text service has launched in Ireland

A new text-based mental health service funded by the HSE has been launched. '50808' is a first of its kind for Ireland, a free 24/7 text service, providing everything from a calming chat to immediate support for people going through mental health or emotional crisis.

Since the service began its pilot in September last year, it has provided support to 3,801 people through 6,694 conversations. It is expected that '50808' will support over 50,000 people each year once fully operational.

The service uses an artificial intelligence (AI) system to analyse a texter's initial message, scanning keywords, phrases, and even emojis to determine the level of severity. The texter's at most imminent risk are placed at the top of the queue.

The service allows trained Crisis Volunteers to volunteer from home. Crisis Volunteers complete a 30-hour training and have 24/7 supervision by full-time mental health professionals.

If you, or anyone you know is going through difficult times at the moment, remember there is help! No need to feel despair - Dial 50808 and talk it through!

Medjugorje Pilgrimage from Shannon!

On this 40th Anniversary Year of Medjugorje – A Pilgrimage will take place Shannon Airport to Medjugorje from 15th to 22nd September – €765 per person sharing. Bookings now being taken for this 7 night Group Pilgrimage with locals Kathleen & Jimmy Morris. Full religious programme operated by Marian Pilgrimages Medjugorje Team. Included are the following:

- Shannon direct to Mostar-Medjugorje – Only a 30 minute transfer from Airport to the Shrine;
- 7 nights air-conditioned accommodation near to St. James' Church;
- Freshly prepared breakfast and dinner each day;
- Luxury coach transfers accompanied by local guide;
- Full religious programme operated by Marian Pilgrimages;
- Assistance of Marian Pilgrimages rep. with 24hr support throughout your stay;
- Comprehensive Travel Insurance up to 84 years of age;
- All airport and local taxes.

Medjugorje is a town in Bosnia and Herzegovina. It's been an unofficial place of Catholic pilgrimage since the Virgin Mary appeared on Apparition Hill in 1981. There is a "Queen of Peace" statue marking the site of the 1st apparition and one in front of the St. James Church. Liquid has been said to drip from the "Risen Christ" statue near the church. A concrete cross tops Cross Mountain, to the south.

Medjugorje ("between the hills") has become well known in Bosnia-Herzegovina, and the world, because of six trustworthy young people who claim to have seen visions of the Blessed Virgin Mary. Beginning on June 24, 1981, the Blessed Mother appeared to, and later told the visionaries that God sent her to our world to help us convert our hearts and lives back to Him. Our Lady's call is one of Peace, Love, Faith, Conversion, Prayer, and Fasting. We are each challenged to answer Our Lady's call to change our lives, and hearts back to God.

If you have not already had the chance to visit this renowned little village, then now is the perfect opportunity to do so. For more information on joining the pilgrimage group, please contact Kathleen & Jimmy Morris at 061 362657 or 086 3271657. A unique, inspiring, special and blessed place!

Think about others!

During the summertime, we sometimes become over-concerned about ourselves. Many will have the opportunity of holidaying away from Shannon even in these challenging times of covid. But holidays are so enjoyable at home – just to be with the family a little more – an occasional day at the sea or up in the mountains, an outing or a match – can often be more enjoyable than an exotic holiday abroad. But, as we take our breaks, let us not forget those who rarely, if ever, get a break: the very poor, the housebound, the elderly, people in nursing homes or hospitals. Summer is a time for remembering them. We could call on them, perhaps bring them for a drive, keep them company. Often people feel most lonely and sad when they see everyone else enjoying themselves.

Christ, who always showed such concern for the poor and the sick is surely telling us not to forget them during summertime while arranging our own holidays and breaks.

May the summer be a time of renewal, of Christian renewal, for all of us. May it be a time we show warm welcome to our visitors who come to Shannon and to our emigrants who return to be with their families and friends. Let's make this summer enjoyable for everyone – it is the Christian way. And remember to do so in a safe way, keeping in mind the protocols and guidelines about safety and the ongoing dangers of covid-19. Have a happy break everyone!

"Where litter lies ... beauty dies!" Please keep Shannon Tidy, don't throw litter, please scoop the poop after your dog, observe and admire the wonderful work of Shannon Tidy Towns volunteers, and take responsibility for your own area in keeping it clean and tidy! We can all do this together – look around and see what YOU can do!

Be proud of your town! Be proud of your Parish!

Prayer for a Summer Day

*Long warm days ... the pace of life slows,
A time for picnics and rest in the shade...
Lord, help me rest a while
in the cooling shade of your presence.*

*Slow down my restless heart and
fill me with gentle compassion for all your people. Amen*