

First Reading: A reading from the second Book of Kings

A man came from Baal-shalishah bringing to Elisha, the man of God,
twenty barley loaves made from the firstfruits,
and fresh grain in the ear.

Elisha said, "Give it to the people to eat."

But his servant objected,

"How can I set this before a hundred people?"

Elisha insisted, "Give it to the people to eat."

"For thus says the LORD,

'They shall eat and there shall be some left over.'"

And when they had eaten, there was some left over,
as the LORD had said.

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

R. The hand of the Lord feeds us; he answers all our needs.

Let all your works give you thanks, O LORD,
and let your faithful ones bless you.

Let them discourse of the glory of your kingdom
and speak of your might.

R. The hand of the Lord feeds us; he answers all our needs.

The eyes of all look hopefully to you,
and you give them their food in due season;
you open your hand
and satisfy the desire of every living thing.

R. The hand of the Lord feeds us; he answers all our needs.

The LORD is just in all his ways
and holy in all his works.

The LORD is near to all who call upon him,
to all who call upon him in truth.

R. The hand of the Lord feeds us; he answers all our needs.

Second Reading: A reading from the letter of St. Paul to the Ephesians.

Brothers and sisters:

I, a prisoner for the Lord,
urge you to live in a manner worthy of the call you have received,
with all humility and gentleness, with patience,
bearing with one another through love,
striving to preserve the unity of the spirit through the bond of peace:
one body and one Spirit,
as you were also called to the one hope of your call;
one Lord, one faith, one baptism;
one God and Father of all,
who is over all and through all and in all.

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

Gospel: A reading from the holy Gospel according to John

Jesus went across the Sea of Galilee.

A large crowd followed him,
because they saw the signs he was performing on the sick.

Jesus went up on the mountain,
and there he sat down with his disciples.

The Jewish feast of Passover was near.

When Jesus raised his eyes
and saw that a large crowd was coming to him,
he said to Philip,

“Where can we buy enough food for them to eat?”

He said this to test him,
because he himself knew what he was going to do.

Philip answered him,

“Two hundred days’ wages worth of food would not be enough
for each of them to have a little.”

One of his disciples,

Andrew, the brother of Simon Peter, said to him,

“There is a boy here who has five barley loaves and two fish;
but what good are these for so many?”

Jesus said, “Have the people recline.”

Now there was a great deal of grass in that place.

So the men reclined, about five thousand in number.

Then Jesus took the loaves, gave thanks,
and distributed them to those who were reclining,
and also as much of the fish as they wanted.

When they had had their fill, he said to his disciples,

“Gather the fragments left over,
so that nothing will be wasted.”

So they collected them,
and filled twelve wicker baskets with fragments
from the five barley loaves
that had been more than they could eat.

When the people saw the sign he had done, they said,

“This is truly the Prophet, the one who is to come into the world.”

Since Jesus knew that they were going to come and carry him off
to make him king,

he withdrew again to the mountain alone.

The Gospel of the Lord. **Praise to you Lord Jesus Christ**

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,
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.

Spiritual Communion Prayer

My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly
to You.

Never permit me to be separated from You.

Amen.