

### 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 34:15-22

**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.

