



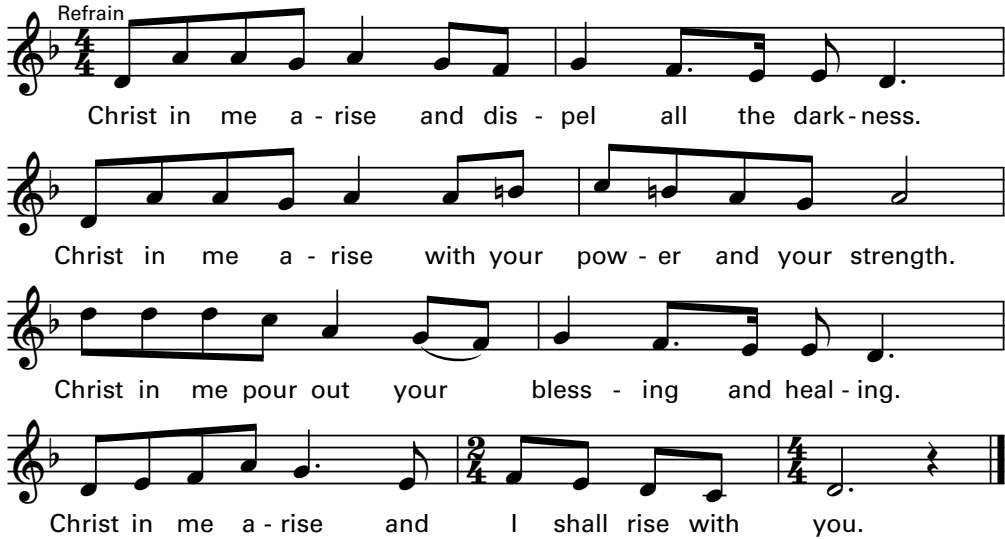
**19TH SUNDAY IN ORDINARY TIME  
WORSHIP AID**

**Entrance Hymn**

**CHRIST IN ME ARISE**

Trevor Thomson

**Refrain**



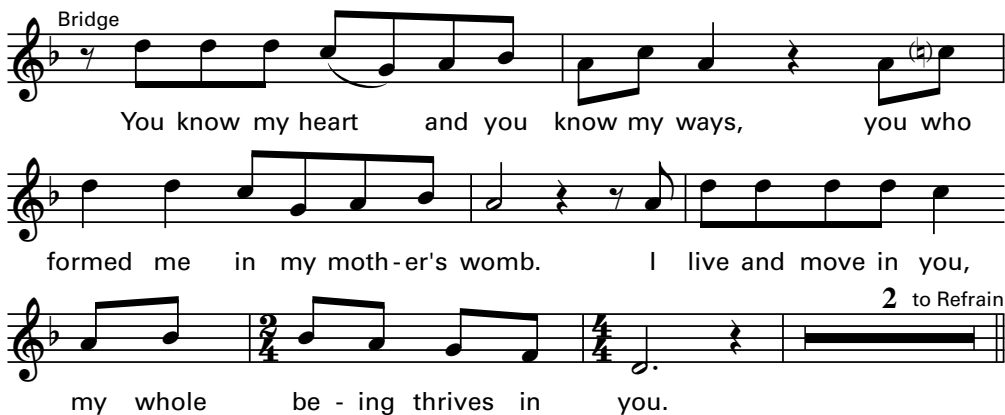
Christ in me a - rise and dis - pel all the dark - ness.  
Christ in me a - rise with your pow - er and your strength.  
Christ in me pour out your bless - ing and heal - ing.  
Christ in me a - rise and I shall rise with you.

**Verses**



1. Be now my vi - sion; o - pen these eyes, show - ing me  
2. Be now my foot - steps, lead - ing the way, tak - ing me  
1. all that I must see. } On - ward to the king - dom,  
2. where I must go. }  
1, 2. you are the way. A - rise in me and I shall rise with you.

**Bridge**



You know my heart and you know my ways, you who  
formed me in my moth - er's womb. I live and move in you,  
my whole be - ing thrives in you.

# GLORY TO GOD

*Mass of Spirit and Grace*  
Ricky Manalo, CSP

Glo-ry to God in the high-est, and on earth peace to  
peo - ple of good will. We praise you, we bless  
you, we a - dore you, we glo - ri - fy you, we give you  
thanks for your great glo - ry, Lord God, heav - en - ly King,  
O God, al - might - y Fa - ther. Lord Je - sus Christ,  
On - ly Be - got - ten Son, Lord God, Lamb of God, Son of the  
Fa - ther, you take a - way the sins of the world,  
have mer - cy on us;  
re - ceive our prayer; you are seat - ed at the right hand

## GLORY TO GOD (CONT. 2)

of the Fa - ther, have mer - cy on us. For  
you a - lone are the Ho - ly One, you a - lone  
are the Lord, you a - lone are the Most High,  
Je - sus Christ, with the Ho - ly Spir-it, in the  
glo-ry of God the Fa-ther. A - men.

The image shows a musical score for a hymn. It consists of five staves of music, each with a treble clef and a key signature of two sharps (F# and C#). The lyrics are written below the notes. The first staff begins with 'of the Fa - ther, have mer - cy on us. For'. The second staff continues with 'you a - lone are the Ho - ly One, you a - lone'. The third staff has 'are the Lord, you a - lone are the Most High,'. The fourth staff reads 'Je - sus Christ, with the Ho - ly Spir-it, in the'. The fifth and final staff concludes with 'glo-ry of God the Fa-ther. A - men.' The music features various note values, including quarter, eighth, and half notes, with some notes beamed together and others held over with slurs.

## First Reading

1 Kings 19:4-8

Elijah went a day's journey into the desert, until he came to a broom tree and sat beneath it. He prayed for death saying: "This is enough, O LORD! Take my life, for I am no better than my fathers." He lay down and fell asleep under the broom tree, but then an angel touched him and ordered him to get up and eat. Elijah looked and there at his head was a hearth cake and a jug of water. After he ate and drank, he lay down again, but the angel of the LORD came back a second time, touched him, and ordered, "Get up and eat, else the journey will be too long for you!" He got up, ate, and drank; then strengthened by that food, he walked forty days and forty nights to the mountain of God, Horeb.

## Responsorial Psalm

### PSALM 34: 19TH SUNDAY IN ORDINARY TIME, YEAR B



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Music: Owen Alstott, © 1977, 1990, OCP. All rights reserved.

## Second Reading

Ephesians 4:30—5:2

Brothers and sisters: Do not grieve the Holy Spirit of God, with which you were sealed for the day of redemption. All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. And be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

So be imitators of God, as beloved children, and live in love, as Christ loved us and handed himself over for us as a sacrificial offering to God for a fragrant aroma.

## Gospel

John 6:41-51

The Jews murmured about Jesus because he said, "I am the bread that came down from heaven," and they said, "Is this not Jesus, the son of Joseph? Do we not know his father and mother? Then how can he say, 'I have come down from heaven'?" Jesus answered and said to them, "Stop murmuring among yourselves. No one can come to me unless the Father who sent me draw him, and I will raise him on the last day. It is written in the prophets:

*They shall all be taught by God.*

Everyone who listens to my Father and learns from him comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Amen, amen, I say to you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. 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."

*Excerpts from the Lectionary for Mass for Use in the Dioceses of the United States of America, second typical edition © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. Used with permission. All rights reserved. No portion of this text may be reproduced by any means without permission in writing from the copyright owner.*

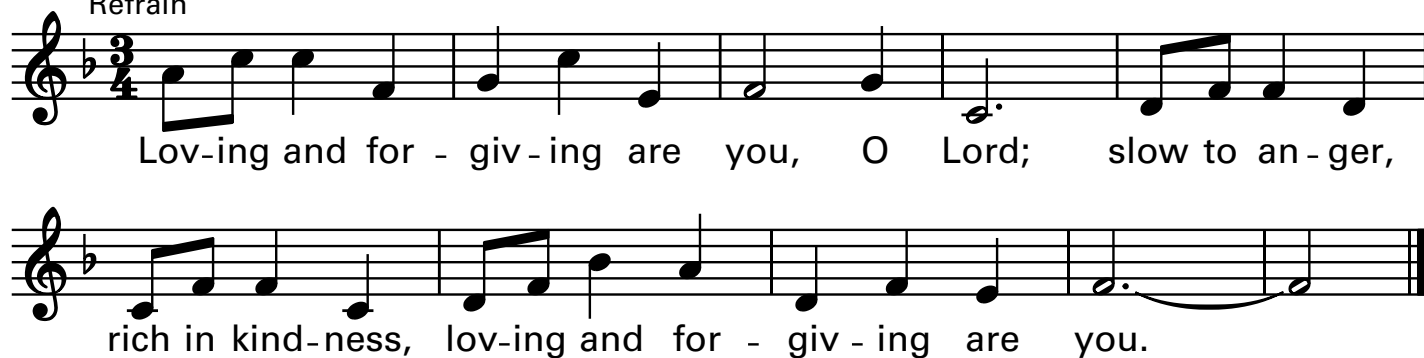
## Presentation and Preparation of the Gifts

Please consider contributing financially to the parish at this time. Visit our website or go to [osvonlinegiving.com/719](http://osvonlinegiving.com/719) to give online. Thank you for your generosity!

## PSALM 103: LOVING AND FORGIVING

Scott Soper

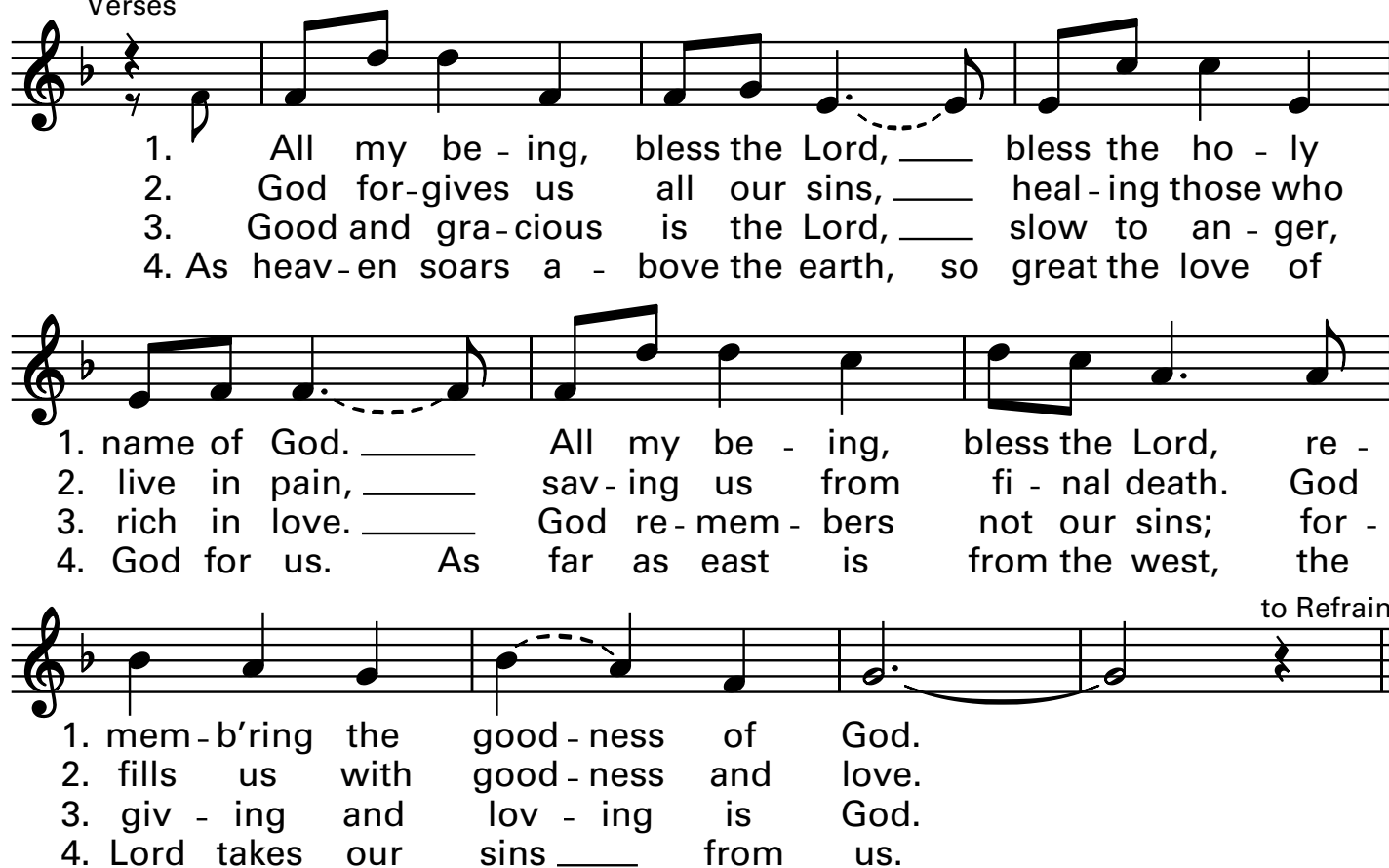
### Refrain



Musical notation for the Refrain, consisting of two staves of music in 3/4 time. The melody is written on a treble clef staff with a key signature of one flat (Bb). The lyrics are: Lov-ing and for - giv - ing are you, O Lord; slow to an - ger, rich in kind - ness, lov - ing and for - giv - ing are you.

Lov-ing and for - giv - ing are you, O Lord; slow to an - ger,  
rich in kind - ness, lov - ing and for - giv - ing are you.

### Verses



Musical notation for the Verses, consisting of two staves of music in 3/4 time. The melody is written on a treble clef staff with a key signature of one flat (Bb). The lyrics are: 1. All my be - ing, bless the Lord, \_\_\_ bless the ho - ly  
2. God for - gives us all our sins, \_\_\_ heal - ing those who  
3. Good and gra - cious is the Lord, \_\_\_ slow to an - ger,  
4. As heav - en soars a - bove the earth, so great the love of  
1. name of God. \_\_\_ All my be - ing, bless the Lord, re -  
2. live in pain, \_\_\_ sav - ing us from fi - nal death. God  
3. rich in love. \_\_\_ God re - mem - bers not our sins; for -  
4. God for us. As far as east is from the west, the  
to Refrain  
1. mem - b'ring the good - ness of God.  
2. fills us with good - ness and love.  
3. giv - ing and lov - ing is God.  
4. Lord takes our sins \_\_\_ from us.

1. All my be - ing, bless the Lord, \_\_\_ bless the ho - ly  
2. God for - gives us all our sins, \_\_\_ heal - ing those who  
3. Good and gra - cious is the Lord, \_\_\_ slow to an - ger,  
4. As heav - en soars a - bove the earth, so great the love of  
1. name of God. \_\_\_ All my be - ing, bless the Lord, re -  
2. live in pain, \_\_\_ sav - ing us from fi - nal death. God  
3. rich in love. \_\_\_ God re - mem - bers not our sins; for -  
4. God for us. As far as east is from the west, the  
to Refrain  
1. mem - b'ring the good - ness of God.  
2. fills us with good - ness and love.  
3. giv - ing and lov - ing is God.  
4. Lord takes our sins \_\_\_ from us.

Text: Based on Psalm 103:8, 1-2, 3-4, 8-10, 11-12. Text and music © 1992, OCP. All rights reserved.

# HOLY

*Mass of Spirit and Grace*  
Ricky Manalo, CSP

Ho - ly, Ho - ly, Ho - ly Lord God of hosts.  
Heav - en and earth are full of your glo - ry. Ho -  
san - na, ho - san - na, ho - san - na in the high - est. *(Fine)*  
Bless - ed is he who comes in the name of the Lord. Ho -

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# WHEN WE EAT THIS BREAD

*Mass of Spirit and Grace*  
Ricky Manalo, CSP

When we eat this Bread and drink this Cup,  
we pro - claim your Death, O Lord, un - til you  
come a - gain, un - til you come a - gain.

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# AMEN

*Mass of Spirit and Grace*  
Ricky Manalo, CSP




A - men! A - men! A - men! A - men!

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# LAMB OF GOD

*Mass of Spirit and Grace*  
Ricky Manalo, CSP



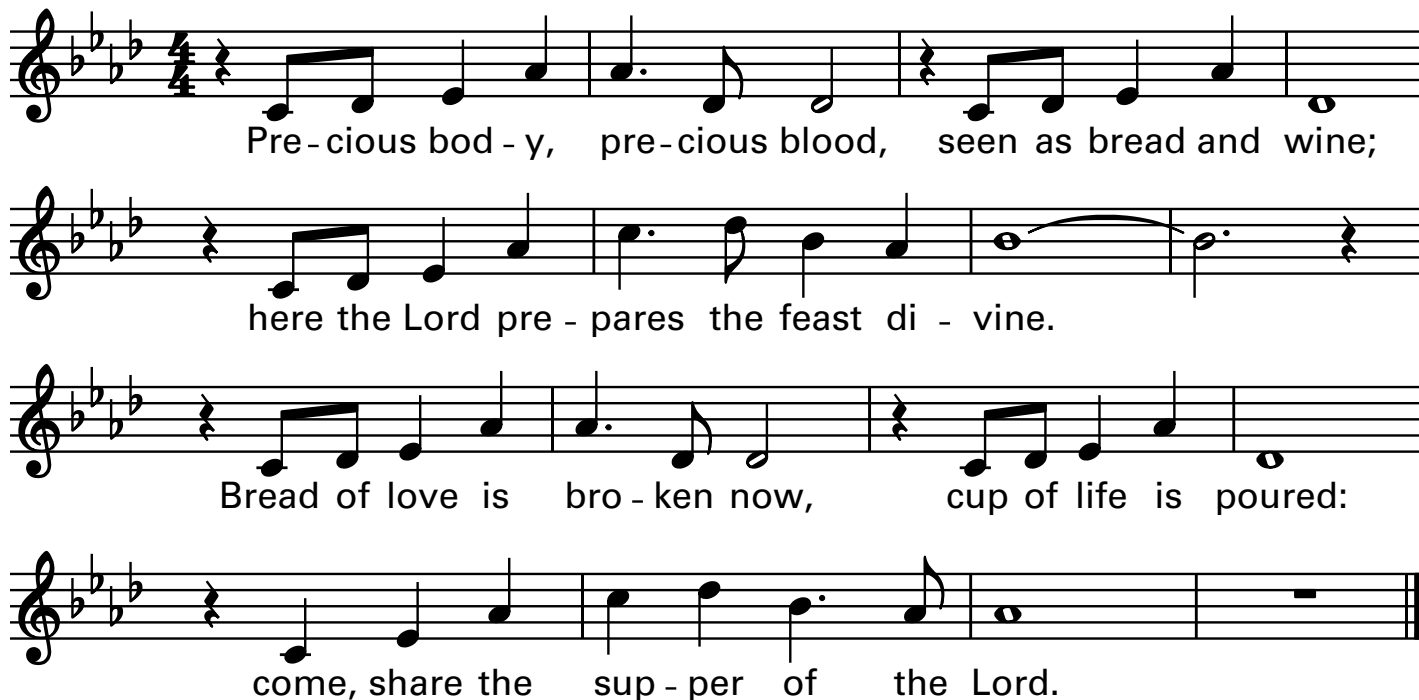
Lamb of God, you take a - way the sins of the  
world, have mer - cy on us.  
world, grant us peace, grant us peace.

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Communion Hymn  
**THE SUPPER OF THE LORD**

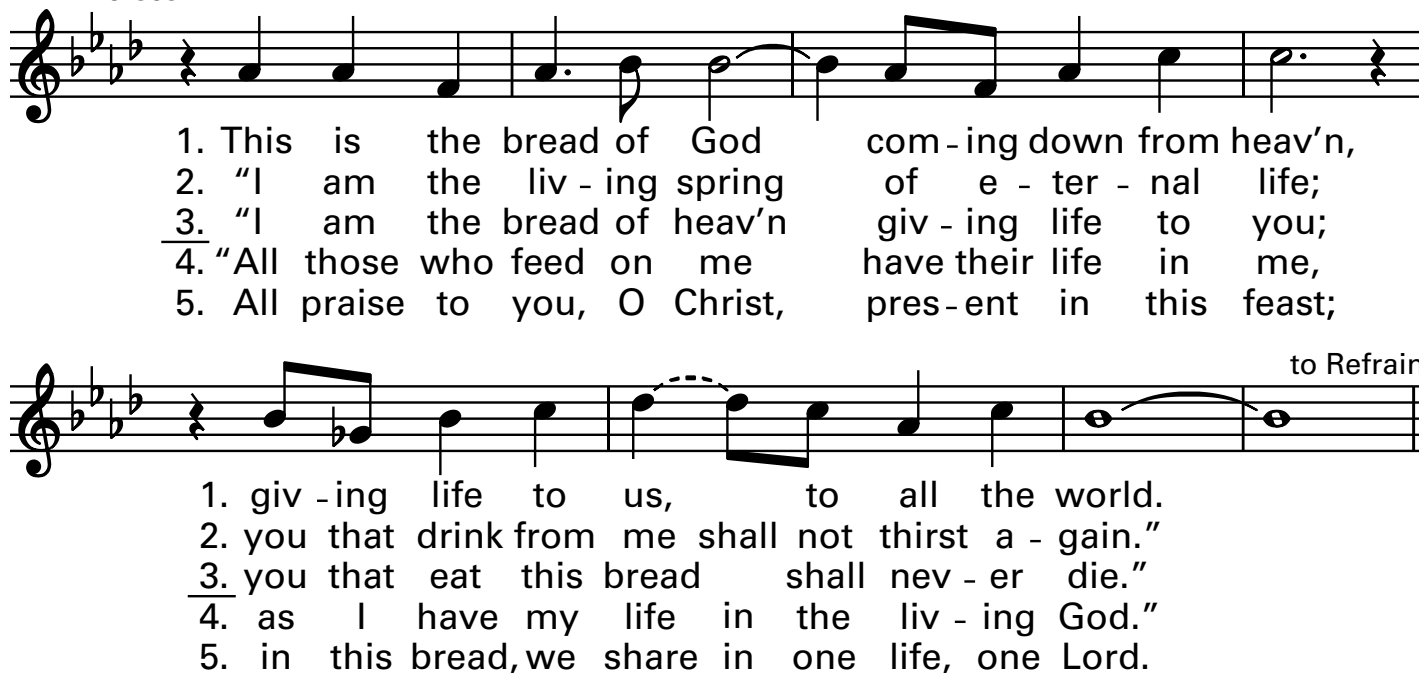
Laurence Rosania

Refrain



Pre-cious bod - y, pre-cious blood, seen as bread and wine;  
here the Lord pre - pares the feast di - vine.  
Bread of love is bro - ken now, cup of life is poured:  
come, share the sup - per of the Lord.

Verses



1. This is the bread of God com - ing down from heav'n,  
2. "I am the liv - ing spring of e - ter - nal life;  
3. "I am the bread of heav'n giv - ing life to you;  
4. "All those who feed on me have their life in me,  
5. All praise to you, O Christ, pres - ent in this feast;  
to Refrain  
1. giv - ing life to us, to all the world.  
2. you that drink from me shall not thirst a - gain."  
3. you that eat this bread shall nev - er die."  
4. as I have my life in the liv - ing God."  
5. in this bread, we share in one life, one Lord.



Final Hymn

# HOW CAN I KEEP FROM SINGING

ENDLESS SONG

Verses



1. My life flows on in end - less song; A -  
2. Through all the tu - mult and the strife, I  
3. What though the tem - pest 'round me roar, I  
4. When ty - rants trem - ble, sick with fear, And  
5. The peace of Christ makes fresh my heart, A



1. bove earth's lam - en - ta - tion. I hear the real though  
2. hear that mu - sic ring - ing; It sounds and ech - oes  
3. hear the truth it liv - eth. What though the dark - ness  
4. hear their death knells ring - ing; When friends re - joice both  
5. foun - tain ev - er spring - ing. All things are mine since



1. far - off hymn That hails a new cre - a - tion.  
2. in my soul; How can I keep from sing - ing?  
3. 'round me close, Songs in the night it giv - eth.  
4. far and near, How can I keep from sing - ing?  
5. I am his; How can I keep from sing - ing?

Refrain



No storm can shake my in - most calm, While to that rock I'm



cling - ing. Since Love is Lord of heav - en and earth,



How can I keep from sing - ing?

Text: 87 87 with refrain; attr. to Robert Lowry, 1826–1899, alt.; verse 3, Doris Plenn.  
Music: Quaker Hymn; attr. to Robert Lowry.