

**August 1, 2021: The 18th Sunday in Ordinary Time**

**First Reading**

**Exodus 16:2-4, 12-15**

The whole Israelite community grumbled against Moses and Aaron.

The Israelites said to them,

“Would that we had died at the LORD’s hand in the land of Egypt,

as we sat by our fleshpots and ate our fill of bread!

But you had to lead us into this desert

to make the whole community die of famine!”

Then the LORD said to Moses,

“I will now rain down bread from Heaven for you.

Each day the people are to go out and gather their daily portion;

thus will I test them,

to see whether they follow My instructions or not.

“I have heard the grumbling of the Israelites.

Tell them: In the evening twilight you shall eat flesh, and in the morning you shall have your fill of bread, so that you may know that I, the LORD, am your God.”

In the evening quail came up and covered the camp. In the morning a dew lay all about the camp, and when the dew evaporated, there on the surface of the desert were fine flakes like hoarfrost on the ground.

On seeing it, the Israelites asked one another, “What is this?”

for they did not know what it was.

But Moses told them, “This is the bread that the LORD has given you to eat.”

**Responsorial Psalm**

**Psalm 78:3-4, 23-24, 25, 54**

**R. (24b) The Lord gave them bread from Heaven.**

What we have heard and know,

and what our fathers have declared to us,

We will declare to the generation to come

the glorious deeds of the LORD and His strength and the wonders that He wrought.

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

He commanded the skies above

and opened the doors of Heaven;

He rained manna upon them for food

and gave them heavenly bread.

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

Man ate the bread of angels,

food He sent them in abundance.

And He brought them to His holy land,

to the mountains His right hand had won.

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

**Second Reading**

**Ephesians 4:17, 20-24**

Brothers and sisters:

I declare and testify in the Lord

that you must no longer live as the Gentiles do, in the futility of their minds;

that is not how you learned Christ,

assuming that you have heard of Him and were taught in Him,

as truth is in Jesus,

that you should put away the old self of your former way of life,

corrupted through deceitful desires,

and be renewed in the spirit of your minds,

and put on the new self,

created in God’s way in righteousness and holiness of truth.

Gospel readings source: [www.usccb.org/bible/readings/](http://www.usccb.org/bible/readings/)

**August 1, 2021: The 18th Sunday in Ordinary Time  
(continued)**

**Gospel Reading**

**John 6:24-35**

When the crowd saw that neither Jesus nor His disciples were there,  
they themselves got into boats  
and came to Capernaum looking for Jesus.  
And when they found Him across the sea they said to Him,  
“Rabbi, when did you get here?”  
Jesus answered them and said,  
“Amen, amen, I say to you, you are looking for Me not because you saw signs  
but because you ate the loaves and were filled.  
Do not work for food that perishes  
but for the food that endures for eternal life,  
which the Son of Man will give you.  
For on Him the Father, God, has set His seal.”  
So they said to Him,  
“What can we do to accomplish the works of God?”  
Jesus answered and said to them,  
“This is the work of God, that you believe in the One He sent.”  
So they said to Him,  
“What sign can You do, that we may see and believe in You?  
What can You do?  
Our ancestors ate manna in the desert, as it is written:  
*He gave them bread from Heaven to eat.*”  
So Jesus said to them,  
“Amen, amen, I say to you, it was not Moses who gave the bread from Heaven; My Father gives you the true bread from Heaven.  
For the bread of God is that which comes down from Heaven and gives life to the world.”

So they said to Him, “Sir, give us this bread always.”  
Jesus said to them, “I am the bread of life; whoever comes to Me will never hunger, and whoever believes in Me will never thirst.”

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Gospel readings source: [www.usccb.org/bible/readings/](http://www.usccb.org/bible/readings/)

**August 8, 2021: The 19th Sunday in Ordinary Time****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 34:2-3, 4-5, 6-7, 8-9****R. (9a) Taste and see the goodness of the Lord.**

I will bless the LORD at all times;

His praise shall be ever in my mouth.

Let my soul glory in the LORD;

the lowly will hear me and be glad.

**R. Taste and see the goodness of the Lord.**

Glorify the LORD with me,

Let us together extol His Name.

I sought the LORD, and He answered me

And delivered me from all my fears.

**R. Taste and see the goodness of the Lord.**

Look to Him that you may be radiant with joy.

And your faces may not blush with shame.

When the afflicted man called out, the LORD heard,  
And from all his distress He saved him.

**R. Taste and see the goodness of the Lord.**

The angel of the LORD encamps

around those who fear Him and delivers them.

Taste and see how good the LORD is;

blessed the man who takes refuge in Him.

**R. Taste and see the goodness of the Lord.****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 readings source: [www.usccb.org/bible/readings/](http://www.usccb.org/bible/readings/)

**August 8, 2021: The 19th Sunday in Ordinary Time  
(continued)**

**Gospel Reading**

**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.”

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Gospel readings source: [www.usccb.org/bible/readings/](http://www.usccb.org/bible/readings/)

**August 15, 2021: Solemnity of the Assumption of the Blessed Virgin Mary****First Reading****Revelation 11:19a; 12:1-6a, 10ab**

God's temple in Heaven was opened, and the ark of His covenant could be seen in the temple.

A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars.

She was with child and wailed aloud in pain as she labored to give birth.

Then another sign appeared in the sky; it was a huge red dragon, with seven heads and ten horns, and on its heads were seven diadems.

Its tail swept away a third of the stars in the sky and hurled them down to the earth.

Then the dragon stood before the woman about to give birth, to devour her child when she gave birth.

She gave birth to a son, a male child, destined to rule all the nations with an iron rod. Her child was caught up to God and His throne.

The woman herself fled into the desert where she had a place prepared by God.

Then I heard a loud voice in Heaven say:

“Now have salvation and power come,  
and the Kingdom of our God  
and the authority of His Anointed One.”

**Responsorial Psalm****Psalm 45:10, 11, 12, 16**

**R. (10bc) The queen stands at your right hand, arrayed in gold.**

The queen takes her place at your right hand in gold of Ophir.

**R. The queen stands at your right hand, arrayed in gold.**

Hear, O daughter, and see; turn your ear,  
forget your people and your father's house.

**R. The queen stands at your right hand, arrayed in gold.**

So shall the king desire your beauty;  
for he is your lord.

**R. The queen stands at your right hand, arrayed in gold.**

They are borne in with gladness and joy;  
they enter the palace of the king.

**R. The queen stands at your right hand, arrayed in gold.**

**Second Reading****1 Corinthians 15:20-27**

Brothers and sisters:

Christ has been raised from the dead,  
the firstfruits of those who have fallen asleep.  
For since death came through man,  
the resurrection of the dead came also through man.

For just as in Adam all die,  
so too in Christ shall all be brought to life,  
but each one in proper order:

Christ the firstfruits;

then, at His coming, those who belong to Christ;  
then comes the end, when He hands over the  
Kingdom to His God and Father,  
when He has destroyed every sovereignty  
and every authority and power.

For He must reign until He has put all His enemies  
under His feet.

The last enemy to be destroyed is death,  
for “He subjected everything under His feet.”

Gospel readings source: [www.usccb.org/bible/readings/](http://www.usccb.org/bible/readings/)

**August 15, 2021: Solemnity of the Assumption of the Blessed Virgin Mary**  
**(continued)**

**Gospel Reading**

**Luke 1:39-56**

Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth.

When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said, "Blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled."

And Mary said:

"My soul proclaims the greatness of the Lord;  
my spirit rejoices in God my Savior  
for He has looked with favor on His lowly servant.  
From this day all generations will call me blessed:  
the Almighty has done great things for me  
and holy is His Name.  
He has mercy on those who fear Him  
in every generation.  
He has shown the strength of His arm,  
and has scattered the proud in their conceit.  
He has cast down the mighty from their thrones,  
and has lifted up the lowly.

He has filled the hungry with good things,  
and the rich He has sent away empty.  
He has come to the help of His servant Israel  
for He has remembered His promise of mercy,  
the promise He made to our fathers,  
to Abraham and his children forever."

Mary remained with her about three months  
and then returned to her home.

Gospel readings source: [www.usccb.org/bible/readings/](http://www.usccb.org/bible/readings/)

**August 22, 2021: The 21st Sunday in Ordinary Time****First Reading****Joshua 24:1-2a, 15-17, 18b**

Joshua gathered together all the tribes of Israel at Shechem, summoning their elders, their leaders, their judges, and their officers.

When they stood in ranks before God,

Joshua addressed all the people:

“If it does not please you to serve the LORD, decide today whom you will serve, the gods your fathers served beyond the River or the gods of the Amorites in whose country you are now dwelling.

As for me and my household, we will serve the LORD.”

But the people answered,

“Far be it from us to forsake the LORD for the service of other gods.

For it was the LORD, our God,

Who brought us and our fathers up out of the land of Egypt, out of a state of slavery.

He performed those great miracles before our very eyes and protected us along our entire journey and among the peoples through whom we passed.

Therefore we also will serve the LORD, for He is our God.”

**Responsorial Psalm****Psalm 34:2-3, 16-17, 18-19, 20-21****R. (9a) Taste and see the goodness of the Lord.**

I will bless the LORD at all times;

His praise shall be ever in my mouth.

Let my soul glory in the LORD;

the lowly will hear me and be glad.

**R. Taste and see the goodness of the Lord.**

The LORD has eyes for the just,

and ears for their cry.

The LORD confronts the evildoers,

to destroy remembrance of them from the earth.

**R. Taste and see the goodness of the Lord.**

When the just cry out, the LORD hears them,

and from all their distress He rescues them.

The is close to the brokenhearted;

and those who are crushed in spirit He saves.

**R. Taste and see the goodness of the Lord.**

Many are the troubles of the just one,

but out of them all the LORD delivers him;

He watches over all his bones;

not one of them shall be broken.

**R. Taste and see the goodness of the Lord.****Second Reading****Ephesians 5:21-32**

Brothers and sisters:

Be subordinate to one another out of reverence for Christ. Wives should be subordinate to their husbands as to the Lord. For the husband is head of his wife just as Christ is head of the Church, He Himself the Savior of the body.

As the Church is subordinate to Christ, so wives should be subordinate to their husbands in everything. Husbands, love your wives, even as Christ loved the Church and handed Himself over for Her to sanctify Her, cleansing Her by the bath of water with the word, that He might present to Himself the Church in splendor, without spot or wrinkle or any such thing, that She might be holy and without blemish.

So also husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one hates his own flesh but rather nourishes and cherishes it, even as Christ does the Church, because we are members of His body.

Gospel readings source: [www.usccb.org/bible/readings/](http://www.usccb.org/bible/readings/)

**August 22, 2021: The 21st Sunday in Ordinary Time  
(continued)****Second Reading (continued)**

*For this reason a man shall leave his father and his mother and be joined to his wife, and the two shall become one flesh.*

This is a great mystery, but I speak in reference to Christ and the Church.

**OR:**

**Ephesians 5:2a, 25-32**

Brothers and sisters:

Live in love, as Christ loved us.

Husbands, love your wives, even as Christ loved the Church and handed Himself over for Her to sanctify Her, cleansing Her by the bath of water with the word, that He might present to Himself the Church in splendor, without spot or wrinkle or any such thing, that She might be holy and without blemish.

So also husbands should love their wives as their own bodies.

He who loves his wife loves himself.

For no one hates his own flesh but rather nourishes and cherishes it, even as Christ does the Church, because we are members of His body.

*For this reason a man shall leave his father and his mother*

*and be joined to his wife,  
and the two shall become one flesh.*

This is a great mystery, but I speak in reference to Christ and the Church.

**Gospel Reading****John 6:60-69**

Many of Jesus' disciples who were listening said, "This saying is hard; who can accept it?"

Since Jesus knew that His disciples were murmuring about this, He said to them, "Does this shock you? What if you were to see the Son of Man ascending to where He was before?"

It is the spirit that gives life, while the flesh is of no avail.

The words I have spoken to you are Spirit and life.

But there are some of you who do not believe."

Jesus knew from the beginning the ones who would not believe and the one who would betray him. And he said, "For this reason I have told you that no one can come to Me unless it is granted him by My Father."

As a result of this, many of His disciples returned to their former way of life and no longer accompanied Him.

Jesus then said to the Twelve, "Do you also want to leave?"

Simon Peter answered him, "Master, to whom shall we go? You have the words of eternal life.

We have come to believe and are convinced that You are the Holy One of God."

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Gospel readings source: [www.usccb.org/bible/readings/](http://www.usccb.org/bible/readings/)



**August 29, 2021: The 22nd Sunday in Ordinary Time**

**First Reading**

**Deuteronomy 4:1-2, 6-8**

Moses said to the people:

“Now, Israel, hear the statutes and decrees which I am teaching you to observe, that you may live, and may enter in and take possession of the land which the LORD, the God of your fathers, is giving you.

In your observance of the commandments of the LORD, your God, which I enjoin upon you, you shall not add to what I command you nor subtract from it.

Observe them carefully, for thus will you give evidence of your wisdom and intelligence to the nations, who will hear of all these statutes and say, ‘This great nation is truly a wise and intelligent people.’

For what great nation is there that has gods so close to it as the LORD, our God, is to us whenever we call upon Him?

Or what great nation has statutes and decrees that are as just as this whole law which I am setting before you today?”

**Responsorial Psalm**

**Psalm 15:2-3, 3-4, 4-5**

**R. (1a) One who does justice will live in the presence of the Lord.**

Whoever walks blamelessly and does justice;  
who thinks the truth in his heart  
and slanders not with his tongue.

**R. One who does justice will live in the presence of the Lord.**

Who harms not his fellow man,  
nor takes up a reproach against his neighbor;  
by whom the reprobate is despised,

while he honors those who fear the LORD.

**R. One who does justice will live in the presence of the Lord.**

Who lends not his money at usury  
and accepts no bribe against the innocent.  
Whoever does these things  
shall never be disturbed.

**R. One who does justice will live in the presence of the Lord.**

**Second Reading**

**James 1:17-18, 21b-22, 27**

Dearest brothers and sisters:

All good giving and every perfect gift is from above, coming down from the Father of lights, with Whom there is no alteration or shadow caused by change.

He willed to give us birth by the word of truth that we may be a kind of firstfruits of His creatures.

Humbly welcome the word that has been planted in you and is able to save your souls.

Be doers of the word and not hearers only, deluding yourselves.

Religion that is pure and undefiled before God and the Father is this:

to care for orphans and widows in their affliction and to keep oneself unstained by the world.

Gospel readings source: [www.usccb.org/bible/readings/](http://www.usccb.org/bible/readings/)

**August 29, 2021: The 22nd Sunday in Ordinary Time**

(continued)

**Gospel Reading****Mark 7:1-8, 14-15, 21-23**

When the Pharisees with some scribes who had come from Jerusalem gathered around Jesus, they observed that some of His disciples ate their meals with unclean, that is, unwashed, hands.

—For the Pharisees and, in fact, all Jews, do not eat without carefully washing their hands, keeping the tradition of the elders.

And on coming from the marketplace they do not eat without purifying themselves.

And there are many other things that they have traditionally observed, the purification of cups and jugs and kettles and beds. —

So the Pharisees and scribes questioned Him, “Why do Your disciples not follow the tradition of the elders but instead eat a meal with unclean hands?”

He responded,

“Well did Isaiah prophesy about you hypocrites, as it is written:

*This people honors me with their lips,  
but their hearts are far from me;  
in vain do they worship me,  
teaching as doctrines human precepts.*

You disregard God’s commandment but cling to human tradition.”

He summoned the crowd again and said to them,

“Hear Me, all of you, and understand.

Nothing that enters one from outside can defile that person; but the things that come out from within are what defile.

“From within people, from their hearts, come evil thoughts, unchastity, theft, murder, adultery, greed, malice, deceit, licentiousness, envy, blasphemy, arrogance, folly. All these evils come from within and they defile.”

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