



Readings for  
this Sunday

Exodus 16:2-4, 12-15  
Ephesians 4:17, 20-24  
John 6:24-35



Readings for  
next week:

1 Kings 19:4-8  
Ephesians 4:30-5:2  
John 6:41-51



## Liturgical Jottings

### Liturgy and Mission 1

Liturgy is at the front line of the Church's mission of evangelisation. In Australia, many baptised Catholics do not participate regularly in Sunday Mass. However, the liturgy offers unique moments for evangelisation. Very many of these people will have occasion to be present in the church at Christmas and Easter, for baptisms, weddings and funerals.

This is not just an opportunity for them to hear the liturgical prayers offered and the Scriptures proclaimed and explained. It can be a profound involvement in the action of the Church and an exposure to the saving work of Christ. Since they are baptised, the liturgy can draw them into the sacramental moment when, with the Church as a whole, they are offered an intimate relationship with Christ, filled with the Holy Spirit, and touched by the saving love of the Father.

*From: A sacred action surpassing all others Australian Bishops Commission for Liturgy, 4 December 2013*

### Focus on the Readings

Physical hunger causes pain and exhaustion. For the Israelites in the exodus through the desert hunger also prompted regret in escaping slavery from Egypt and complaints to Moses, their leader. God provided food in the form of manna (bread from heaven) in today's first reading (Exod 16:15) and later water from a rock, (Exod 7:1-7; 3<sup>rd</sup> Lent, A). The Gospel (John chapter six) moves from physical hunger to spiritual hunger; from bread and fish to spiritual bread; earthly food that cannot last to heavenly food that gives life to the world. Jesus responds to the people's enquiries by stating: "I am the Bread of Life".

The crowd that ate the loaves and fishes, seeks Jesus out in Capernaum. They face an ambiguity in understanding physical food and spiritual food. These readings give each of us, individually and collectively, the opportunity to consider for ourselves what do we really hunger after. What do we seek in order to give us life? We discover that path to follow is Jesus and his Word. Jesus, Our Lord, is the bread of life: his word, his teaching and his way provide nourishment for eternal life. In the Gospel passages these next three Sundays he elaborates further on the Bread of Life. His teaching is a stumbling block for some and enrichment for others.

We continue reading St Paul's letter to the Ephesians. Chapter 4 contains a "Charter" for Christian Life, emphasising the need for unity among the baptised who have taken up a new way of life. May this give us a new outlook in our dealings with the world.

### Prayer for Feast of St Mary of the Cross

We give you thanks, Lord, God for by your grace, Saint Mary was bold in going forth to serve the neglected parts of your vineyard. Eager even in the face of rejection, yet humbly patient in doing your will, she stood by the Cross she embraced, a shining witness to the Resurrection of Christ, your Son.

*Preface (Australian) National Liturgical Commission, ACBC 2021.*


### Quote from St Mary of the Cross MacKillop

Whatever troubles may be before you, accept them bravely, remembering Whom you are trying to follow. Do not be afraid. Love one another, bear with one another, and let charity guide you all your life. God will reward you as only He can.

### On the Lighter Side

Three years ago I made barley loaves to distribute after the family Mass in recognition of the miracle of the five barley loaves and the two fish. The loaves came out rock hard, only to be broken up and given to the birds. I referred to two recipe books, both advising three cups of barley flour, one cup of wheat flour. It worked fine and we enjoyed!



	<b>Those who are recently deceased and those who are grieving</b>	Kristy Nation
	<b>For those whose anniversary occurs at this time</b>	Giovanna Sepe, Michele Sepe, Rosina Sepe, Marianna Basile, Gaetano Basile
	<b>Our sick and their carers</b>	Kevin Geary, Ellie Kleindienst

### NEXT TWO WEEK'S ROSTERS

**Sunday 11 August 10:30am**  
 Commentator: Debbie Worm  
 Reader: Dean Filgate  
 Gospel Procession: Doreen Corrigan  
 Gifts: D Phelan & B Miller  
 Special Minister: Steve DeLai

**Saturday 17 August 6:00pm**  
 Commentator: Carol Coulston  
 Reader: Sheila Gregg  
 Gospel Procession: Domelina Phelan  
 Gifts: J Caiafa & D Hamilton  
 Special Minister: Not required

**Sunday 18 August 10:30am**  
 Commentator: Rob Miller  
 Reader: Ross Kelly  
 Gospel Procession: Barbara Miller  
 Gifts: D Corrigan & P Moroney  
 Special Minister: Deb Turvey

### Three Week Mass Timetable Week Commencing 4th August

**Weekday Mass**  
 Wed 7 August 9:15am (*Anointing Mass*)  
 Fri 9 August 9:15am

**Weekend Mass**  
 Sun 11 August 10:30am

**Weekday Mass**  
 Wed 14 August 9:15am  
 Fri 16 August 9:15am

**Weekend Mass**  
 Sat 17 August 6:00pm Mass  
 Sun 18 August 10:30am Mass

**Weekday Mass**  
 Wed 21 August 9:15am  
 Fri 23 August 9:15am

**Weekend Mass**  
 Sun 25 August 10:30am

**Monthly events**

*Anointing Mass* every 1<sup>st</sup> Wednesday Mass at 9:15am  
*Italian Rosary* every 2<sup>nd</sup> Friday at 2pm in the Church  
*Reconciliation* every 1<sup>st</sup> Saturday of the month at 5:30pm



Friendly  
**Cuppa & Chat**


The next one will be this Wednesday. All welcome.

**Ladies Cuppa & Chat**  
 1<sup>st</sup> Wednesday of each month at 2pm in St Mary's Hall.

### Plate Collection and Envelopes

Thank you so much for your generosity and support of parish. May God bless you always.

Last week: \$ 502.30



*Thank You*



**Parish Pastoral Council (PPC) & Parish Finance Committee (PFC)**

There will be a joint meeting will be on: Wednesday 14<sup>th</sup> August at 6:30pm in the Presbytery.

**It would be appreciated if all members could attend, thank you.**

**CATHOLIC EARTHCARE** is hosting a **SEASON OF CREATION CONVOCATION** over 3 days from **Thursday 12<sup>th</sup> to Saturday 14<sup>th</sup> September**. The first 2 days are online and the Saturday is either online or at the Diocesan Hub which, in our case, is the Chancery.

For more information and to register, head to <https://www.caritas.org.au/soconvocation>

Registrations close August 12.

**Note:** Cost for the 3 days is \$100 BUT if you register a group of 4 or more you get 50% discount! You can also register for just 1 or 2 days and the same discount applies for 4 or more.

The Diocesan Hub experience (at Sandhurst Chancery) includes Morning Tea & Lunch. If you don't have a group of 4, text your name & email address to Kerry Stone 0408 579904 or Marie Bonne 0438 889834 and we'll register you in a group if possible. Any questions to Marie or Kerry.

**I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.**

John 6:35

## VOCATIONS WEEK:

The need is great so let us heed the request of Jesus and "Pray that the Lord of the harvest will send labourers into His harvest" Luke 10:2. Vocations week in Bendigo will be sponsored by the Serra Club Bendigo at St Kilian's church commencing on Monday the 5th of August at 11.00 am with Holy Hour of Adoration, prayer, and Benediction, then Mass at 12.10 pm held every day through to and including Friday the 9th of August. The intentions are for an increase in vocations to the priesthood and religious life. You are warmly invited and encouraged to be part of this important event.

### **International Assistance Dog Week – 4-10 August.**

*Assistance Dogs are an effective form of therapy as they support people living with a disability. They also give more freedom and independence while providing companionship. A special bond develops between dog and client as the instructors train them together. The training program costs \$60,000 and takes two years for an Assistance Dog to be fully qualified and ready to make a difference in someone's life. Assistance Dogs come free of charge and can work with their clients for 8-10 years before they retire. Retirement means a loving home, often staying with family members or a friend of the client. Estimated waiting time is about two years, partly because there has been a shortage of qualified trainers and mobility instructors. In Australia, these dogs are no longer called 'service' dogs.*

*Mary Pianta. Disability Contact Coordinator. Diocese of Sandhurst.*

## Psalm 78: Lessons of Faith and Obedience

This psalm is prayed to remember the times we have strayed and how God has always shown mercy. It reminds us that our history is important, teaching us valuable lessons.

As God's people, we are often weak, yet God remains faithful.

This constant faithfulness brings us great hope, showing that despite our failings, God's mercy and love endure.

Psalm 78 encourages us to learn from the past and stay faithful to God. By remembering His works and telling these stories, we strengthen our faith. We are reminded to trust in God and follow His ways. This psalm teaches us the importance of being grateful and obedient to God.

Psalm 78 reminds us of the importance of teaching our children about God. Passing down stories of faith helps future generations. It keeps the faith alive and strong. This is a vital part of our Catholic tradition, ensuring that the love and knowledge of God continue to grow.

The people of Israel often turned away from God and faced consequences. This teaches us the importance of following God's ways. Obedience brings us closer to Him and leads to a better life.



The Bread of Life - 18th Sunday in Ordinary Time Year B

Recall the miracles and blessings God has given. By remembering, we strengthen our faith and trust in God. It helps us to stay focused on His goodness.

Despite the people's disobedience, God remained loyal. He continued to guide and help them. This shows us that God is always with us, even when we fail.

Psalm 78 encourages us to reflect on our own lives. Are we remembering God's goodness? Are we obeying His commands? Are we sharing our faith with others? This psalm helps us to focus on these important questions and live out our faith every day.

## PRAYER

Lord, thank You for Your constant care and love. Help us to renew our minds and hearts, seeking Your righteousness. May we always turn to Jesus, the bread of life, for true nourishment. Amen.

### ACKNOWLEDGEMENT TO COUNTRY

We turn our hearts and minds to the people of the Yorta Yorta nation, who have occupied this country for thousands of years. We pay respect to their elders past, present and emerging, and commit to walking alongside First Nation Australians in truth, justice and reconciliation.

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