

SACRAMENT OF THE EUCHARIST 2024: First Holy Communion preparation dates:

- **Saturday, 17 August** Commitment Mass for children to attend 5pm or **Sunday, 18 August** 10am
 - **Wednesday, 28 August** Year 4 Sacramental Retreat Day, Carroll College
- Sunday, 15 September—Sacrament of First Eucharist, Sacred Heart Church, 10am**



MORUYA CARING GROUP: The Moruya Caring Group is a ministry of the Parish which started in 2018 and provided free neighbourly help to residents in Town with transport/minor maintenance/home help in anything we could. The group is now at a point of change with socialisation and information the two perceived areas of need. The Caring Groups, (Tuross Head also) have a history of inviting speakers to talk on a wide variety of topics concerning all aspects of life. If you would like to know more about an issue you are concerned about or interested in please contact Pat 0401 344 336 to discuss or email turossheadcaring_group@gmail.com.



The Assumption of the Blessed Virgin Mary

"We believe when her earthly life was finished, Mary was taken up body and soul into heavenly glory, where the Lord exalts her as Queen of Heaven".

(Catechism of the Catholic Church, #966)

On Thursday, 15 August the Church celebrates the Feast Day of the Assumption of Our Lady when, according to our faith, the Holy Mother, "having completed the course of her earthly life, was assumed body and soul into heavenly glory". The Assumption signals the end of Mary's earthly life and marks her return to heaven to be reunited with Jesus. While the bodies of both Jesus and Mary are now in

heaven, there is a difference between the Assumption and the Resurrection. Where Jesus arose from the tomb and ascended into heaven by his own power, Mary's body was taken up to heaven by the power of her Son. For this reason we use different words to describe each event. One is the Ascension of Christ and the other, the Assumption of Mary. A whole School Mass will be celebrated at Sacred Heart Church on Thursday, 15 August at 12pm. The Feast of the Assumption of Our Blessed Mary is a Holy Day of obligation

NOTICE FROM THE ARCHDIOCESE

ARCHDIOCESAN ASSEMBLY— 'COME HOLY SPIRIT': All are invited to take part in the Archdiocesan Assembly that will explore the theme 'Come Holy Spirit.' This will focus on celebrating the Year of the Holy Spirit and explore new opportunities for evangelisation and synodality in the life and mission of our local Church going forward.



Where Canberra + Narooma + Cooma + Young + Goulburn
When Friday 18th October - Sunday 20th October 2024
Info Detailed information, registration and formation materials available online at cgevangelisation.org.au/assembly

SACRED HEART PARISH MORUYA



36 Queen Street (PO Box 23) Moruya NSW 2537
Phone: 4474 2024 Email: moruya@cg.org.au

Web: <http://cg.org/au/Moruya>

Priest: Fr George Azhakath

Secretary: Mrs Vickie Moore

Parish Office hours: Wed and Fri 9:00am—2:00pm

Mass Times:

Moruya: Sat: Vigil 5:00pm Sun: 10:00am

Tue: 5:00pm, Wed, Thu & Fri: 9:15am/1st Saturday of the month 9:15am

Tuross: Sun: 8:00am **Bodalla:** 4th Sunday of the month 3:00pm/2nd Thursday of the month 9:00am

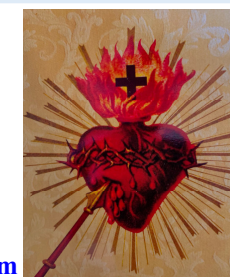
Reconciliation: Every Saturday @ Moruya 4:15pm-4:45pm before Vigil Mass

1st Saturday of the month @ Moruya 8:15am-9:00am

Devotions: Daily Rosary and Saturdays 9:30am **Adoration:** All Fridays after Mass

Schools: St Mary's Moruya: 4474 2817 Carroll College Broulee: 4471 5600

Caring Groups: Tuross Head: 0497 315 534 Moruya: 0431 354 993



19th Sunday in Ordinary Time

- YEAR B -

10 & 11 August 2024

St Mary of the Cross MacKillop

A passionate woman whose youthful spirit touched the 'heart and soul' of the Australian people

On 8th August the Church in Australia celebrated 115 years since the death of its first Australian Saint, St Mary of the Cross MacKillop. Two days after her death the Freeman's Journal recorded: "her demise leaves a blank—a great irretrievable blank—in the national life of Australasia. What she wrought for the people and for the glory of God and life's labour stands as the noblest record of any Australian woman". "Mary MacKillop's perseverance in the face of adversity, her plea for justice on behalf of those unfairly treated and her practical example of holiness have become a source of inspiration for all Australians". *Pope Benedict XVI, 17 July 2008.*



Love was the driving force of her life.

Mary MacKillop's vocation was not primarily to undertake great works that would catch the approving eye of the world—it was to love. God was the origin and source of her love. She knew deeply within her that "God is love and those who abide in love abide in God, and God abides in them" (1Jn 4:16).

Mary MacKillop was a young woman with a dream to make a difference in our world. Her dream encompassed opening simple schools where there was no class distinction, offering refuge to the most neglected, and bringing practical help to families. She responded by establishing a Catholic school system for the children of families who were poor and isolated in the Australian colonies and by setting up other works of compassion. She dedicated her life to bringing the message of God's love to all whom she encountered. She was a passionate woman whose youthful spirit touched the 'heart and soul' of Australian people. Her spirit and values continue to inspire young people today to make a difference in these times. Mary MacKillop's life speaks eloquently because it was firmly anchored in something every human heart longs for: inner peace, the peace that comes from knowing that one is loved by God and from the desire to respond to God's love.

Entrance Antiphon: Look to your covenant, O Lord, and forget not the life of your poor ones for ever. Arise, O God, and defend your cause, and forget not the cries of those who seek you.

Communion Antiphon: The bread that I will give, says the Lord, is my flesh for the life of the world.

Prayer after Communion: Lord, we thank you for coming into our hearts in Communion. We believe you are truly present in the Blessed Sacrament. You are our life and our hope. Draw us more deeply to yourself and transform our hearts through your abiding love. May we come to know Sunday as a special day of faith, the day of our Risen Lord. May our celebration of the Eucharist on Sunday consecrate this day to you.

O Sacrament Most Holy, O Sacrament Divine, All Praise and All Thanksgiving be every moment Thine

Liturgy of the Word

First Reading 1 Kings 19:4-8

A reading from the first book of Kings

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord', he said 'I have had enough. Take my life: I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

The Word of the Lord

All: Thanks be to God

Responsorial Psalm Ps 33:2-9. R. v.9

(R.) Taste and see the goodness of the Lord.

1. I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad. **(R.)**
2. Glorify the Lord with me.
Together let us praise his name.
I sought the Lord and he answered me;
from all my terrors he set me free. **(R.)**
3. Look towards him and be radiant;
let your faces not be abashed.
This poor man called; the Lord heard him
and rescued him from all his distress. **(R.)**
4. The angel of the Lord is encamped
around those who revere him, to rescue them.
Taste and see that the Lord is good.
He is happy who seeks refuge in him. **(R.)**

Second Reading Ephesians 4:30 – 5:2

A reading from the letter of St Paul to the Ephesians

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

The Word of the Lord

All: Thanks be to God

Gospel Acclamation John 6:51

Alleluia, alleluia!

I am the living bread from heaven, says the Lord;
whoever eats this bread will live for ever.

Alleluia!

Gospel John 6:41-51

P: The Lord be with you

All: And with your spirit

P: A reading from the gospel according to John

All: Glory to you O Lord

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me
unless he is drawn by the Father who sent me,
and I will raise him up at the last day.

It is written in the prophets:
They will all be taught by God,
and to hear the teaching of the Father,
and learn from it,
is to come to me.

Not that anybody has seen the Father,
except the one who comes from God:
he has seen the Father.

I tell you most solemnly,
everybody who believes has eternal life.
I am the bread of life.

Your fathers ate the manna in the desert
and they are dead;
but this is the bread that comes down from heaven,
so that a man may eat it and not die.

I am the living bread which has come down from
heaven.

Anyone who eats this bread will live for ever;
and the bread that I shall give
is my flesh, for the life of the world.'

The Gospel of the Lord

All: Praise to you Lord Jesus Christ

THE WORD AND LIFE this week ...

1) We need to eat the living bread from heaven and be one with Jesus: Jesus wants us to eat him because he IS bread. "You are what you eat" Jesus is bread and he wants us to eat his flesh. Thus we bring him into the core of our being. He is ready to come into our lives, regardless of who we have been, or how unqualified we feel. Let us live the life of faith ... making changes so that he becomes the staple food of our spiritual life, not a side dish. Let us be a people who recognise that Jesus, whom we consume and assimilate into our being every day, is actually God. Then, from Sunday to Saturday we will grow into Jesus, as he grows in us, our lives will be transformed by the power of the Holy Spirit, and we will become more like him. Thus, we shall share in the joyous and challenging life of being the body of Christ for the world—bread for a hungry world, and drink for those who thirst for justice, peace, fullness of life, and even eternal life.

2) We need to accept the "Real Presence" of Jesus in the Holy Eucharist as an inspiring challenge: Based on sound tradition and the centuries-long teaching of the Magisterium, the Roman Catholic Church has consistently held fast to the belief in the Real Presence. The Catechism of the Catholic Church states "The mode of Christ's presence under the Eucharistic species is unique. It raises the Eucharist above all the other sacraments as the perfection of the spiritual life and the end to which all sacraments tend". In this most blessed sacrament of the Eucharist "The body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore the whole Christ, is truly, really and substantially contained". (CCC 1374). The Fathers of the Church explain that, while ordinary food is assimilated into man, the very opposite takes place in Holy Communion. Here man is assimilated in the Bread of Life. Hence, let us learn to receive Jesus, really present in the Eucharist, with due reverence, true repentance, proper preparation and grateful hearts. Let us remember that Holy Communion **a)** increases our intimate union with Christ **b)** preserves, increases and renews the sanctifying grace received at Baptism; **c)** cleanses us from past sin and preserves us from future sins; **d)** strengthens the theological virtue of charity, thus enabling us to be separated from our disordered attachments and to be rooted in Christ; and **e)** unites us more deeply to the mystery of the Church.

3) We need to appreciate God's love for us expressed in the Holy Eucharist: Pope John Paul II taught "The Eucharist is the sacrament of the presence of Christ, who gives himself to us because he loves us. He loves each one of us in a unique and personal way in our practical daily lives: in our families, among our friends, at study and work, in rest and relaxation. He loves us when he fills our days with freshness, and also when, in times of suffering, he allows trials to weigh upon us: even in the most severe trials, he lets us hear his voice. To celebrate the Eucharist "to eat his flesh and drink his blood" means to accept the wisdom of the Cross and the path of service. It means that we signal our willingness to sacrifice ourselves for others, as Christ has done.

NOTICES FROM THE PARISH

PRAYERS FOR THE SICK AND HOUSEBOUND: We continue to extend our support to those at Banksia Village, IRT Moruya, the sick members of our Parish and all those in need of our prayers: Kathleen Ebbelaar, Gerry Ebbelaar, Dianne Ebbelaar, Kylie Leplaw, Andy McCosker, Bala Stankovich, Clare Broekhuysse, Jan and Pat Morris, Barry Morris, Christopher Morris, John Kay, Lee Maat, Kirk Dowling, Rosemary Patyus, Kay Morton, Sue and Rod McDonald, Hans Brosch, Father Giles Setter OFM, John Nader, Mark Wales, Therese Masserot, Jenny Hopkins, Tammy Whiteman, Clair Holmes, Patricia Murphy, Barbara Kirk, Miriam Turnbull, Natasha Morton, Janice Setter, Pauline de Grave, David McWilliams, Paul Ryan, Rita Marion, Viola Collaran, Sandy Spellacy, John Munce, Sylvia and Cletus Heffernan.

WELCOME: Please make Fr Trenton Van Reesch very welcome as he celebrates Masses at Sacred Heart and Tuross over the weekends of 10, 11 August and 31 August and 1 September while Fr George is on annual leave. A gentle reminder there will be no 9:15am weekday Masses during August and 3 and 4 September.

BIRTHDAY: Happy Birthday to Reign Croese who will be celebrating her special day on 18 August!

CONDOLENCES: Sincere condolences to Graham Moore of Tuross on the passing of his sister Helen Barton on 29 July, 2 weeks short of her 90th Birthday. Condolences also to the Kay family on the passing of Johnny on 4 August. Please keep the Moore and Kay families in your prayers.

FUNERAL: John Kay's funeral will be held at Sacred Heart Church on Friday, 16 August at 11am.