

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

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



**WELCOME:** Please make Fr Richard Thompson welcome again this weekend as he celebrates Masses at Sacred Heart and Tuross. A gentle reminder there are no 9:15am weekday Masses during August and also 3 and 4 September.

**COUNTER'S ROSTER:** The updated Counter's Roster was emailed on Wednesday. There is also a copy displayed and additional copies are available in the Church foyer.



**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 [turossheadcaringgroup@gmail.com](mailto:turossheadcaringgroup@gmail.com).

## NOTICES FROM THE ARCHDIOCESE

**NATURAL FERTILITY AWARENESS WEEK:** 18 August - Launch of Natural Fertility Awareness Week Natural Family Planning methods are being showcased in the foyer of St Michael's Church, Kaleen, on Sunday evening 18th August 2024 after the 5.30pm Mass. The theme for Natural Fertility Awareness Week is *Trust your body's signals of fertility: forget about drugs and devices*. Any questions can be answered by the available teachers and cake will be shared as this display launches national activities for NFA Week. **19 August | Free Webinar - Natural Fertility Awareness Week | Billings LIFE** is pleased to present a free webinar at 7.30pm. Trust your body's natural signals of fertility: Forget about drugs and devices. Dr Clarissa Lopez, and Caroline But are the guest speakers. Everyone is welcome to attend this free webinar and learn more about the Billings Ovulation Method®. More info - visit the Billings LIFE website.

**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](http://cgevangelisation.org.au/assembly)

## The Queenship of the Blessed Virgin Mary—22 August

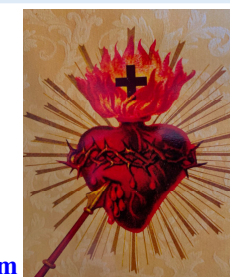
At the Annunciation, Gabriel announced that Mary's Son would receive the throne of David and rule forever. At the Visitation, Elizabeth calls Mary "*mother of my Lord*." As in all the mysteries of Mary's life, she is closely associated with Jesus: Her Queenship is a share in Jesus' Kingship. We can also recall that in the Old Testament the mother of the king has great influence in court. In the fourth century Saint Ephrem called Mary "Lady" and "Queen." Later Church fathers and doctors continued to use the title. Hymns of the 11th to 13th centuries address Mary as queen: "Hail, Holy Queen," "Hail, Queen of Heaven," "Queen of Heaven." The Feast is a follow-up to the Assumption, and is celebrated on the octave day (8th day).



# SACRED HEART PARISH MORUYA



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Phone: 4474 2024 Email: [moruya@cg.org.au](mailto: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

20th Sunday in Ordinary Time - YEAR B - 17 & 18 August 2024



**"I am the living bread from heaven, says the Lord"**

*A very warm welcome to Nicholas A, Beau M, Willa M, Matilda P, Aria T and Ethan T and their parents who are attending the First Holy Communion Commitment Mass*

Today's readings stress the fact that the Holy Eucharist, which perfectly fulfils the symbol of the manna of the Old Testament, is the food that gives us life for ever. In Last Sunday's gospel Jesus declared that the bread he gives is his flesh. This Sunday Jesus asserts that to eat this Bread is to have eternal life. The first and second readings encourage us to turn aside from those things that do not nourish and sustain us, and turn towards the divine source: "*be filled with the Spirit*". In today's first reading from the Book of Proverbs, Lady Wisdom, representing God, offers wisdom and understanding in the form of a rich banquet to all those who are willing to heed her invitation. The early Christians often identified Jesus as the Wisdom of God. They regarded the Eucharist as Wisdom's banquet, where they shared in the divine wisdom personified by Jesus. The responsorial psalm thanks God for His providential care and His close association with His people, and invites all to "*taste and see the goodness of the Lord*".



In the second reading Paul advises the Gentile Christians to show their gratitude to God for calling them, along with the Jews, to Christianity, and for giving them a share in Christ's life. They will be able to receive this life by avoiding their former foolish ways, for example *getting drunk on wine*. Instead, they are to be Spirit-filled and their talk edifying, always trying to discern and do the will of God.

In today's Gospel passage, John emphasises the eternal-life dimensions of eating Jesus' body and drinking Jesus' blood. John asserts that participation in the life of Jesus, the living bread, is the inauguration of our eternal life with God. "Eternal life" is complete and lasting happiness, satisfying our deepest longings and realising all our dreams. We begin to experience this happiness in this world and enter it completely and forever in heaven. John believes that those who have faith in Jesus have already stepped into heaven in this life, sharing in God's own life and therefore in eternal life. In the case of the Eucharist, once we start eating and drinking Jesus' body and blood, we are there. Our participation in the Eucharist also concretises and energises our relationship with Christ and with one another.

**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 Proverbs 9:1-6

A reading from the book of Proverbs

Wisdom has built herself a house,  
she has erected her seven pillars,  
she has slaughtered her beasts, prepared her wine,  
she has laid her table.

She has despatched her maidservants  
and proclaimed from the city's heights:  
'Who is ignorant? Let him step this way.'

To the fool she says,  
'Come and eat my bread,  
drink the wine I have prepared!  
Leave your folly and you will live,  
walk in the ways of perception.'

The Word of the Lord

**All: Thanks be to God**

## Responsorial Psalm Ps 33:2-3. 10-15. 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. Revere the Lord, you his saints.  
They lack nothing, those who revere him.  
Strong lions suffer want and go hungry  
but those who seek the Lord lack no blessing. **(R.)**
3. Come children, and hear me  
that I may teach you the fear of the Lord.  
Who is he who longs for life  
and many days, to enjoy his prosperity? **(R.)**
4. Then keep your tongue from evil  
and your lips from speaking deceit.  
Turn aside from evil and do good;  
seek and strive after peace. **(R.)**

## Second Reading Ephesians 5:15-20

A reading from the letter of St Paul to the Ephesians

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but your lives should redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God who is our Father in the name of our Lord Jesus Christ.

The Word of the Lord

**All: Thanks be to God**

## Gospel Acclamation John 6:56

**Alleluia, alleluia!**

All who eat my flesh and drink my blood  
live in me and I in them, says the Lord.

**Alleluia!**

## Gospel John 6:51-58

P: The Lord be with you

**All: And with your spirit**

P : A reading from the holy Gospel according to  
John

**All: Glory to you O Lord**

Jesus said to the crowd:

'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.'

Then the Jews started arguing with one another: 'How  
can this man give us his flesh to eat?' they said. Jesus  
replied:

'I tell you most solemnly,  
if you do not eat the flesh of the Son of Man  
and drink his blood,  
you will not have life in you.

Anyone who does eat my flesh and drink my blood  
has eternal life,  
and I shall raise him up on the last day.  
For my flesh is real food  
and my blood is real drink.  
He who eats my flesh and drinks my blood  
lives in me  
and I live in him.

As I, who am sent by the living Father,  
myself draw life from the Father,  
so whoever eats me will draw life from me.  
This is the bread come down from heaven;  
not like the bread our ancestors ate:  
they are dead,  
but anyone who eats this bread will live for ever.'

The Gospel of the Lord

**All: Praise to you Lord Jesus Christ**

**Entrance Antiphon:** Turn your eyes, O God, our shield; and look on the face of your anointed one;  
one day within your courts is better than a thousand elsewhere.

**Communion Antiphon:** I am the living bread that came down from heaven, says the Lord.  
Whoever eats of this bread will live for ever.

## THE WORD AND LIFE this week ...

**1) A challenge to break our body and shed our blood for others:** When we receive the consecrated host we accept a great challenge. We accept the triumphs and the tragedies, joys and the pains necessary to build up the Kingdom of God in that part of the world in which we have been called to serve. As we walk away from the altar we may perhaps hear Jesus saying "*This is my body, given over for you*" and "*This is my blood, poured out for you*". What a power we would be for our world around us if each one of us could say that and mean it! That is why, at the end of the Mass, we are sent out to love and serve the Lord, reflecting Jesus' love, mercy, forgiveness and spirit of service all around us.

**2) We need to keep the hunger and thirst for God alive in our hearts:** Every human being is blessed with an insatiable longing for God. We want God as our Father to hold us gently in His arms, keeping us safe throughout the dangers we face. But, often we use substitutes as an escape from that need: fast living, fast food, fast cars, needless luxuries, unrestricted sexual fulfillment. We demand the right to do whatever we want to do whenever we want. But unless we keep the hunger for God strong in our hearts, we will eventually realise the emptiness of our lives without God.

## 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.

**Parish Safeguarding Commitment:** Sacred Heart Parish is committed to safeguarding and upholding the dignity and rights of all our children and vulnerable people. We seek to empower children, their families and carers, and vulnerable people, to have a say, to be listened to, and to be protected. This approach is at the centre of all of our thinking.

**Communicating Concerns:** Parishioners are encouraged to raise any concerns they may have by emailing Fr George Azhakath or the Parish Office. Alternatively, please phone the Parish Office to arrange a time to talk with Fr George. Specific safeguarding issues can also be emailed to the **Parish Safeguarding Officers:** **Pauline Parnell** ronandpauline@yahoo.com; **Louise Strahlendorf** loumm214@gmail.com; or **Peter Hoban** peter.hoban@peters.com.au. Parishioners are also welcome to contact Maria Hicks, Manager for the Archdiocese's Institute for Professional Standards and Safeguarding (IPSS) ipss@cg.org.au/6239 9806.

**LIVING THE GOSPEL**

### You are what you eat

*In a world that is obsessed with health and fitness and yet, ironically, also experiencing an ever-increasing overweight and obese population, what we eat has come under greater scrutiny than ever before. 'You are what you eat' has become a catchcry for healthy eating but Catholics have known the truth of this statement for centuries. When we participate in the Eucharist, we not only receive the body of Christ; we become the body of Christ. The people who make up the Church in the world are indeed the body of Christ. In the words of St Teresa, 'Christ has no body now but yours!'*