

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

- **Tuesday, 30 July Parent Information Session** was held at Sacred Heart Church.
  - **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**



**ST MARY MACKILLOP:** Parishioners are warmly invited to the Year 4 liturgy on **Monday, 5 August at 1pm** in the School Performing Arts Centre Hall for the Feast Day of St Mary of the Cross MacKillop.

**THE ASSUMPTION:** A whole school Mass will be celebrated at Sacred Heart Church on **Thursday, 15 August at 12 o'clock**.

**INVITATION:** You are invited to attend a **morning session** at St Bernard's Church Meeting Room, 2 David Avenue, Batehaven on Monday, August 19 9-15am for 9-30am start- 12 noon. **TOPIC: 'I hear but do I really listen!'** **GUEST SPEAKER: Patrick Fleming, Clinical Psychologist.** **Cost: Free - BYO Shared Morning Tea.** **This session is suitable for** Pastoral Carers, Volunteers, Carers, Parents and

Grandparents. Bookings are essential; please **RSVP** by Monday, August 12 to Marie Weatherall [m] 0405 028 057 please call or text.

**LIFE WRITING WORKSHOP SESSION TWO:** If you are interested in writing or recording your story please join us for some tips and encouragement. Thursday, 8 August, downstairs at the Club Tuross 10.30 - 12noon. Please call 0497315534 for more details.

**MORUYA CARING GROUP:** The Moruya Caring Group will be holding a CARDS & BOARD GAMES afternoon each Wednesday in September ONLY in the Kennedy Meeting Room 1 - 2.30 pm. Come and have a chat and let me know if there is a topic you would like to have someone come and talk about. The focus of needs is now on socialising and information. If there is no response during September the group will cease its ministry in Moruya. Bring a game or just come and have a chat. No cost. See front of Bulletin for contact number.

## NOTICES FROM THE ARCHDIOCESE

**ARCHBISHOP'S ANNUAL MARY MACKILLOP PILGRIMAGE, EDEN:** The Archbishop will lead the annual Mary Mackillop pilgrimage in Eden this **Saturday, 3 August**. The day includes a pilgrim's walk at 11am, Mass at 12pm and lunch is provided by the Parish of Pambula. All welcome!



**VOCATIONS AWARENESS WEEK:** In Canberra and Goulburn Archdiocese there are several vocation events coming up. **Vocations Awareness Week Holy Hour** – Archbishop Christopher will lead a prayer vigil for vocations on Tuesday, 6 August at St. Christopher's Cathedral at 6pm. **Monthly Dinner for men** – The next monthly discernment dinner for men will be on Thursday, 8 August at The Archbishop's House at 6pm. We are also very grateful to our priests who have signed up to offer a Mass once a month for the intention of vocations. It is wonderful to know that every day a Mass is being offered in the Archdiocese for this

intention. We are already seeing the fruits of our prayers in many ways with four men at various stages of formation for the priesthood and a good number of men and women seriously discerning a religious calling.

**TIM FISCHER ORATION ON ETHICS IN PUBLIC AND POLITICAL LIFE: 7 AUGUST, 6PM:** We are at the crossroads in Australia in particular, and in the Western World in general. Fundamental human values are under great strain, and so an overarching societal narrative is becoming opaque. The Tim Fischer Oration aims to enlighten and encourage us to seek out and promote a free and fair society. Do join us on in our noble endeavour. **Speaker:** Professor Helen Alvarez, Levy Endowed Chair in Law and Liberty at Antonin Scalia Law School, George Mason University  
**Q&A:** Chris Uhlmann, Political Journalist and TV Presenter **For more information & tickets visit [www.tfo.org.au](http://www.tfo.org.au)**

**ARCHDIOCESAN WOMEN'S BREAKFAST:** Join us for the Women's Breakfast with Dr Helen Alvarez on **Thursday, 8 August**. In a relaxed conversation style, we will explore meaningful connections in marriage, family, career, mission, and community-building. 7:00am for 7:30am - 9:00 Canberra Room Hyatt. Tickets: \$30 - Students \$25. Purchase online at [www.tfo.org.au/women-breakfast/](http://www.tfo.org.au/women-breakfast/)

# SACRED HEART PARISH MORUYA



36 Queen Street (PO Box 23) Moruya NSW 2537  
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

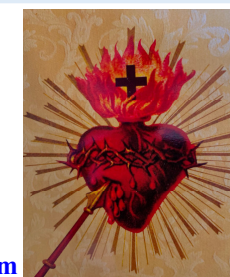
**Reconciliation:** Every Saturday @ Moruya 4:15pm-4:45pm before Vigil Mass

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



18th Sunday in Ordinary Time

- YEAR B -

3 & 4 August 2024

## "I am the bread of life"

### Vocations Awareness Week

Today's readings challenge us to trust in the providence of a loving and caring God and to hunger and thirst for the Bread of eternal life—the Holy Eucharist. As human beings, we hunger for many things besides food and material possessions. We hunger for recognition, true friendship, truth, faith, hope and love. But only God can satisfy our various forms of spiritual hunger. St Augustine said "*O Lord, you have made us for Yourself, and our hearts are restless 'till they rest in You*".

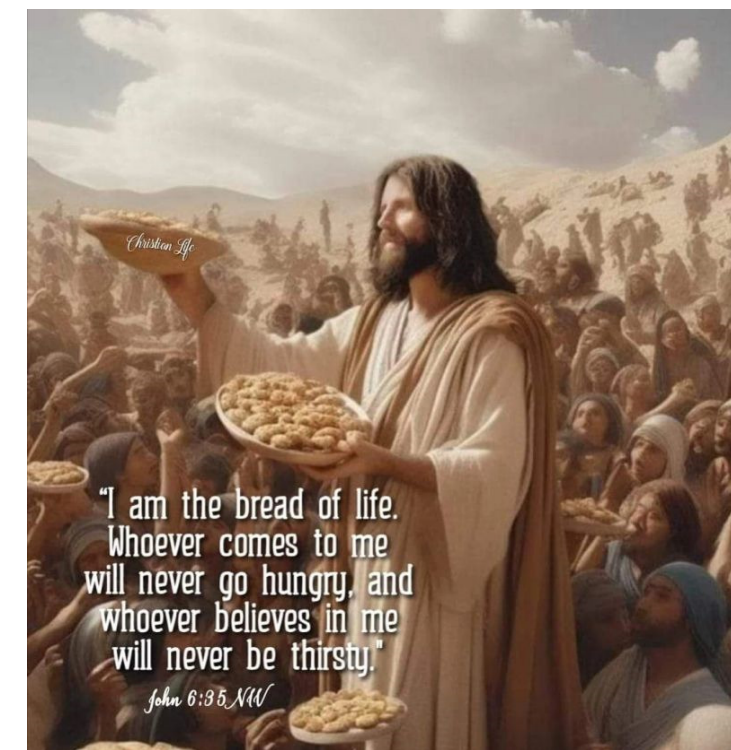
The **first reading** shows us how God satisfied the hunger of His chosen people in the desert by giving them manna and quail. The restrictions imposed by God for collecting the manna remind us to trust that God will always provide what we need. Sometimes we have to be stripped of our usual sources of support in order to be reminded that our ultimate sustenance comes only from God and we have to acknowledge humbly our total dependence on God. Today's **responsorial psalm** refers to manna as "heavenly bread" and the "bread of angels".

In the second reading, St Paul advises the Ephesians to satisfy their spiritual hunger by turning away from their former evil ways and leading lives of love, kindness, compassion and forgiveness. Paul reminds us that our acceptance of Jesus as the real source of our life and the nourishment of our souls effects a total transformation in life.

In today's gospel, Jesus makes the unique and bold claim "*I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst*". Jesus was offering the crowd bread from heaven, bread that nourishes for eternal life, bread available to people who have faith in Jesus Christ. When Jesus invited those who sought after him to be fed, as well, by the bread of his word or teaching, some accepted the nourishment. But others turned away disappointed because Jesus' challenge required a commitment that they were unwilling to make.

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

A reading from the book of Exodus

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our hearts content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them this way to see whether they will follow my law or not.'

'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your hearts content. Then you will learn that I, the Lord, am your God.'" And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

The Word of the Lord

**All: Thanks be to God**

## Responsorial Psalm Ps 77:3-4. 23-25. 54. R. v.24

**(R.) The Lord gave them bread from heaven.**

1. The things we have heard and understood, the things our fathers have told us, we will tell to the next generation: the glories of the Lord and his might. **(R.)**
2. He commanded the clouds above and opened the gates of heaven. He rained down manna for their food, and gave them bread from heaven. **(R.)**
3. Mere men ate the bread of angels. He sent them abundance of food. He brought them to his holy land, to the mountain which his right hand had won. **(R.)**

## Second Reading Ephesians 4:17, 20-24

A reading from the letter of St Paul to the Ephesians

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been

created in God's way, in the goodness and holiness of the truth.

The Word of the Lord

**All: Thanks be to God**

## Gospel Acclamation Matthew 4:4

**Alleluia, alleluia!**

No one lives on bread alone, but on every word that comes from the mouth of God.

**Alleluia!**

## Gospel John 6:24-35

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**

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered:

'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat. Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.'

Jesus answered:

'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world.'

'Sir,' they said 'give us that bread always.' Jesus answered:

'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.'

The Gospel of the Lord

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

**Entrance Antiphon:** O God, come to my assistance; O Lord, make haste to help me! You are my rescuer, my help; O Lord, do not delay.

**Communion Antiphon:** I am the bread of life, says the Lord; whoever comes to me will not hunger and whoever believes in me will not thirst.

## THE WORD AND LIFE this week ...

**1) We need spiritual nourishment from the word of God and from the Holy Eucharist:** In the Holy Mass, the Church offers us two types of bread: **a) the Bread of Life**, contained in God's Word and **b) the Bread of Life** which is contained in the Holy Eucharist. Unfortunately, many of us come to Mass every week to present on the altar only our earthly needs without getting spiritually nourished by properly receiving God's Word and the Holy Eucharist. Let us nourish our souls with this heavenly manna and carry Jesus to our homes and workplaces, radiating his love, mercy and compassion all around us. It is perhaps the plainness and ordinariness of the consecrated bread and wine and their easy availability in our churches that sometimes prevent some of us from appreciating the great gift of God in the Holy Eucharist. But we should not take for granted the generosity that provides these gifts so readily and gratuitously by sharing in the bread of life as a matter of habit without showing due attention and proper respect.

**2) Let us gain spiritual life and strength by properly receiving the Holy Eucharist:** It gives us - **1) Courage** to carry out God's work in the world; **2) Help** to live the life God wants for us; **3) Inspiration** to know the will of God in our lives; **4) A deeper understanding** of the holy mystery of God's presence; **5) Encouragement** to love others and strengthen the faith community; **6) Grace** to overcome temptation and avoid sin; and **7) Joy and peace** of heart, knowing that Christ lives in us and will bring us to God's heavenly Kingdom. Hence, we must receive the Holy Eucharist with our whole minds and hearts. Let us never forget that the "**Bread of Life**" is Jesus Christ himself, not merely human bread. When we pray "*give us this day our daily bread*" let us remember that the Holy Eucharist is not imply a "snack" such as we might eat at a party or at lunch. It is food for our souls, giving us a share in God's life.

## 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 Vicar General, Fr Richard Thompson very welcome as he steps in to celebrate Mass over the weekends of 3/4, 17/18 and 24/25 August. Fr Trenton Van Reesch will be officiating next weekend 10/11 August and 31 August/1st September. Fr George is on annual leave enjoying a well earned break and returns 4 September.

**WEEKDAY MASSES:** During August, in Fr George's absence, there will be **no weekday Masses**.

**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.