

PLEASE SANITISER YOUR HANDS ON ENTERING THE CHURCH OR PARISH CENTRE. YOU MUST FILL-IN THE REGISTER WHEN ATTENDING MASS, PRIVATE PRAYER, CONFESSIONS, PARISH GROUP OR FUNCTION

ENTRANCE ANTIOPHON

He fed them with the finest wheat and satisfied them with honey from the rock.

FIRST READING

First Reading

Moses said to the people:

"Remember how for forty years now the LORD, your God, has directed all your journeying in the desert, so as to test you by affliction and find out whether or not it was your intention to keep his commandments. He therefore let you be afflicted with hunger, and then fed you with manna, a food unknown to you and your fathers, in order to show you that not by bread alone does one live, but by every word that comes forth from the mouth of the LORD.

"Do not forget the LORD, your God, who brought you out of the land of Egypt, that place of slavery; who guided you through the vast and terrible desert with its saraph serpents and scorpions, its parched and waterless ground; who brought forth water for you from the flinty rock and fed you in the desert with manna, a food unknown to your fathers."

RESPONSORIAL PSALM

Responsorial Psalm

(R) Praise the Lord, Jerusalem.

Glorify the LORD, O Jerusalem; praise your God, O Zion. For he has strengthened the bars of your gates; he has blessed your children within you. (R)

> He has granted peace in your borders; with the best of wheat he fills you. He sends forth his command to the earth; swiftly runs his word! (R)

He has proclaimed his word to Jacob, his statutes and his ordinances to Israel. He has not done thus for any other nation; his ordinances he has not made known to them. Alleluia. (R)

SECOND READING

Second Reading

Brothers and sisters:

The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf.

SEQUENCE

Laud O Zion, your salvation, Laud with hymns of exultation, Christ, your king and shepherd true:

Bring him all the praise you know, He is more than you bestow. Never can you reach his due.

Special theme for glad thanksgiving Is the quick'ning and the living Bread today before you set:

From his hands of old partaken, As we know, by faith unshaken, Where the Twelve at Supper met.

Full and clear ring out your chanting. Joy nor sweetest grace be wanting, From your heart let praises burst:

For today the feast is holden, When the institution olden Of that supper was rehearsed.

Here the new law's new oblation, By the new king's revelation, Ends the form of ancient rite: Now the new the old effaces, Truth away the shadow chases, Light dispels the gloom of night.

What he did at supper seated, Christ ordained to be repeated, His memorial ne'er to cease:

And his rule for guidance taking, Bread and wine we hallow, making Thus our sacrifice of peace.

This the truth each Christian learns, Bread into his flesh he turns, To his precious blood the wine:

Sight has fail'd, nor thought conceives, But a dauntless faith believes, Resting on a pow'r divine.

Here beneath these signs are hidden Priceless things to sense forbidden; Signs, not things are all we see:

Blood is poured and flesh is broken, Yet in either wondrous token Christ entire we know to be. Whoso of this food partakes, Does not rend the Lord nor breaks; Christ is whole to all that tastes:

Thousands are, as one, receivers, One, as thousands of believers, Eats of him who cannot waste.

Bad and good the feast are sharing, Of what divers dooms preparing, Endless death, or endless life.

Life to these, to those damnation, See how like participation Is with unlike issues rife.

When the sacrament is broken, Doubt not, but believe 'tis spoken, That each sever'd outward token doth the very whole contain.

Nought the precious gift divides, Breaking but the sign betides Jesus still the same abides, Still unbroken does remain.

Corinthians 10:16-17

147:12-13, 14-15, 19-20

Deuteronomy 8:2-3, 14b-16a

GOSPEL ACCLAMATION

Alleluia, alleluia.

I am the living bread that came down from heaven, says the Lord; whoever eats this bread will live forever. Alleluia.

GOSPEL

Gospel

Jesus said to the Jewish crowds:

"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."

The Jews quarrelled among themselves, saying, "How can this man give us his flesh to eat?"

Jesus said to them, "Amen, amen, I say to you, Unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.

Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day.

For my flesh is true food, and my blood is true drink.

Whoever eats my flesh and drinks my blood remains in me and I in him.

Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me.

This is the bread that came down from heaven.

Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

COMMUNION ANTIPHON

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

SPIRITUAL COMMUNION PRAYERS

If you are unable to receive Holy Communion, you may make a Spiritual Communion.

My Jesus, My Lord, My God, I adore you. I place all my trust in You. I Love You with all my heart. I cannot receive You in Holy Communion, But come into my soul in a spiritual way. Purify and sanctify it; make it a fitting tabernacle for Your Real Presence. Amen



My Jesus,

I believe You are in the Blessed Sacrament. I love You above all things and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I know You have already come. I embrace You and unite myself entirely to You; never permit me to be separated rom You.

A Sacrament Most Holy, O Sacrament Divine, All praise and all Thanksgiving, Be every moment Thine.

Divine Mercy Publications

FROM THE PARISH PRIEST



God speaks to us through our stomachs...

I don't know about you but the COVID lockdown has not helped my diet. Prior to the period of confinement I was travelling around my goal weight of 80kgs, I dare not step on the scales now, though just today I went to the gym for the first time in 2months, hopefully I can go a lot more as we proceed out of the lockdown.

I suppose my issue is that I do love food. Food is certainly fundamental to our existence and our functioning and thus this is the reason why Our Blessed Lord gave himself to us body, blood, soul and divinity through the means of the Eucharistic bread.

Yet food is only one aspect that touches our feast, the other is indeed the concept of our gathering together as a worshipping community in the liturgy of the Eucharist.

Indeed then when we speak of the Eucharist we need to see it within the context of a sacred feast with God himself. The Eucharist is both sacrifice and sacrament, ritual and food. The motif of the sacred banquet has been used throughout the Sacred Scriptures whereby we see God feasting with man. As someone once said to me the bible starts with the wedding feast of Adam and Eve in the paradise of Eden and concludes with the Wedding feast of the Lamb.

In fact we know God loves a party. We see this from time to time in the scriptures from the days of Abraham to the Apocalypse. God is always talking to us through, let's face it, our stomachs! In Genesis the Trinity drop in for a meal at the groves Mamre, of albeit simple fare-bread and water, some nice roast calf and creamy milk yum (Genesis chapter 14).

John 6:51-58

Again, we find in Exodus chapter 12 the preparation of the Passover meal-where lamb or goat is consumed-God is at work here too. At Sinai the covenant is made between God and the Israelites at an exclusive penthouse suite on Mt Sinai-the floor was made of sapphire.3 It is understood that the seventy elders were invited to an audience with God at which "they beheld God, and ate and drank" (Gen 24:11). "

Passing on to the Levitical practices of the Jewish cult and we see that God is constantly communicated with by means of sacrifices whereby the clergy (of course) are apportioned the choicest parts of the sacrificed animal, what a tasty way to end worship! (Leviticus 6)

The New Testament does not let us down with regard to the Lord's love for food and parties. Jesus could be found in attendance at banquets, wedding feasts, picnics and other get togethers, there is even some evidence that Jesus was a cook just look at chapter 21 of John-apparently the Lord had a thing for charcoaled fish.

Saints and sinners are all invited to dine with the Lord, as our sequence the *Lauda Sion* says "sumunt boni, sumunt mali". But most important of all Jesus desires our company too. The sacred banquet held before the passion is the banquet par *exellence*. It is at this sacred event he not only acts as host this time, but as the food as well. St Thomas Aquinas rightly says in the Eucharistic hymn he wrote for this feast, the *Pange Lingua*, *'se dat suis manibus*.' He gives himself with his own hand.' At the Holy Mass we too look on with the disciples, we too receive Him from His own hands.

St Thomas Aquinas tells us that this Eucharistic food is given to us for two reasons. The first reason, it would seem is an ecclesiological one (or churchy one), the second an eschatalogical one (meaning an understanding which pertains to the end times).

Let us look at the first idea. Jesus gives us his body and blood to nourish our spiritual life on earth. What does he mean here? Aquinas indicates in his Commentary on St John's gospel that the person who "eats the flesh of Christ and drinks his blood...shares in the unity of the Church, and this is accomplished by the love of charity."

When we receive the Blessed Sacrament we are filled with the virtue of charity, which is nothing other than friendship with God and with one another. But we also identify ourselves more clearly as Christ's body, the Church. By our reception of Holy Communion we state again our fidelity to the unity of the Church. We eat his body and drink his blood as an expression that we are in union with his body the Church.

Now to Aquinas' second understanding of the Eucharist. Commenting on Jesus words: "Whoever eats my flesh and drinks my blood has eternal life" Thomas indicates that first of all this spiritual food is different from material food, since material food does not give us eternal life. In the reception of Holy Communion Thomas teaches, Jesus does not so much become a part of us but we become more deeply a part of him. Through this sacred gift then we become united more intimately with him. Thomas comments further saying that the effects of this union with Jesus in Communion "is...capable of making man divine and inebriating him with divinity." (St Thomas Aquinas, Commentary on St John's Gospel)

This is the fundamental reason Jesus gives us his body and blood. By eating his flesh and drinking his blood we too can participate, insofar as it is possible as human creatures, in the divine life. In his body and blood then he is saying to us:

COME TO ME, I WANT YOU TO REMAIN WITH ME, I WANT YOU TO BE LIKE ME!

This feast celebrates nothing less than our means to deification, to become sharers in the divine life. Through this great sacrament we receive that grace which enables us to enjoy life as co-heirs with Christ. This is then the great sacrament of our divinity. This food will always sate our every desire, our every need, our every want. Why would we want anything more when we have Christ? Oh, that we would think like this, unfortunately most of the time we don't! Often we settle for less, for some other created good.

Nevertheless, Jesus continues to invite us. Further on in St. John's exposition of the Eucharistic doctrine (John ch.6) we see that many would not accept Jesus as the bread from heaven, the crowds walk away exclaiming "This is a hard saying! Who can accept it? It is unfortunate that even today this mindset is still preached, it is as if Jesus was not telling the truth. But we who are initiated into the fullness of truth know that if Truth himself does not speak truly then there is nothing true. Jesus, the God-man, and therefore the eternal Truth, could only but mean that we eat his flesh and drink his blood, we do not eat just something that is like his body or his blood, nor do we believe, like some, that both the substances of the bread and wine and of Christ himself appear in what we receive.

So Jesus had scandalised the masses by all this "eating my flesh and drinking my blood talk", and they walked away from him. Let us not be like that, let us open our hearts and minds to this mystery which the Truth is teaching us. Do not let your sin hardened hearts be a barrier to his offer of divine life and friendship. Be mindful however that it is with a pure heart and mind, washed clean from sin, that we go to receive his offer of divine life, anything less would be a grievous affront to he who is both the divine host and the divine food.

So today, we are mindful of the sacred banquet at which we receive Christ. Let us pray that we too may enjoy the Lord's culinary delights, that his very body and blood, the pledge of future glory, the food that truly nourishes and sustains our life, may draw us closer to him and to one another.

Invitation to Alpha



What is Alpha? Alpha is a series of sessions that explore life and the basics of the Christian faith in a friendly, open and informal environment. Alpha is your opportunity to listen to talks on a number of topics, typically over a 11 week period, and then to gather in small groups for discussion where you can ask questions and share your point of view.

A growing number of parishes are offering Alpha. In fact, over 500,000 people have tried Alpha in Australia.

Alpha in a Catholic Context. 'For many years now and in various parts of the world, Alpha has shown itself powerful in bringing faith alive in all kinds of people. Its focus is on Jesus, its method is simple and its appeal is wideranging. It is also well adapted for use in Catholic communities looking to provide the kind of ignition we need if we are to become a more missionary Church.' (Archbishop Mark Coleridge, Archbishop of Brisbane)

Who is Alpha for? Alpha is for everyone. All ages, including young people who are asking questions like 'Is there more to life than this?'. All walks of life. All backgrounds: atheists, agnostics and lifelong believers—everyone is welcome.

Invitation: And, as the banner outside Holy Rosary Church says, Alpha runs in this parish. A number of parishioners have done the pilot (see the snapshot below) and you are invited to the next Alpha, which starts online on Tuesday, 23 June 2020.

Information night. There's an online Information Night on 16 June 2020, starting at 8pm, using the Zoom videoconferencing facility. Join the meeting by going to: https://uso2web.zoom.us/j/84339986806?pwd=NIBXR09DS2xpdTBWZUNMbHN0T2JpZz09

The meeting ID is 843 3998 6806 and the password is 506057.

If you're unfamiliar with Zoom and would like help, please contact the Parish Office (6248 5925 or watson@cg.org.au).

GOSPEL COMMENTARY

As we saw on Holy Thursday night, the gospel of John does not record the Last Supper as the other gospels do. Instead of describing the meal, John tells how Jesus washed his disciples' feet. This does not mean that John's gospel has nothing to say about what we now call the Eucharist. In fact John devotes quite a lot of space to this topic, indeed a whole chapter. But he does it much earlier in the gospel, in chapter 6, and this is what we hear from today.

The chapter begins with the feeding of the five thousand with two fish and five barley loaves. This evocative sign provokes questioning from the crowd. In response Jesus promises them "living bread" by which he seems to mean his teaching, his wisdom.

As the exchange between Jesus and the crowd grows more intense, Jesus begins to identify this living bread with his flesh, given "for the life of the world". More provocatively still, he insists that eating "the flesh of the Son of Man" and drinking "his blood" is the only way to find life. And the life that this will bring is "eternal life".

It is this section of the chapter that has been selected for today. We do not go on to hear how these challenging words led to a parting of the ways between Jesus and many of his disciples. The effect of this omission means that we focus on the positive promise Jesus makes.

Having connected with what the second reading has to say about the body and blood of Christ, the gospel concludes with a reference back to the gift of the manna in the first reading. The bread Jesus gives is "not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever".

Parish Renewal and Pilot Alpha



Delivering AlphaEats

Last year the parish explored the question of renewal, with impetus provided by the Plenary Council.

After reading and discussing Fr James Mallon's book, *Divine Renovation—From a Maintenance to a Missional Parish*, there was support for taking his advice and running a small pilot Alpha course for Holy Rosary parishioners. The results were very positive - even though after starting in the parish centre we finished online (using Zoom) because of the lockdown.

While there are some differences between face-to-face and online, the essence remains: 'Alpha takes people on a journey often leading to a personal encounter with Jesus Christ. It enables people to ask their questions, share ideas, build friendships and experience the love of God through the power of the Holy Spirit.' (https://www.alpha.org.au/catholic-context)

What did parishioners say about Alpha?



'I was uplifted by the beauty of the videos and the clarity of their messages.'

'Real, relevant and refreshing. It's a safe place to learn more about Jesus and ask all the questions you were too afraid to ask.'

'I really felt quite bereft once the course had finished and missed weekly meetings. Especially talking to each other about our spirituality.'

A number said Alpha strengthened their faith. New friends were made and there was a feeling of being more connected.



Not to mention celebrating and having fun!



EUCHARIST

The importance of the Eucharist to our lives has become even more clear as the coronavirus pandemic prevents us from gathering in person to celebrate the feast day. The ban on public worship has made us realise the unique value of **breaking the bread of word and sacrament** together. Corpus Christi is an opportunity to reflect on the fact that **Christ gave us his body and blood** as spiritual sustenance.

There are positive signs of a return to celebrating the Eucharist. My parish has opened up the weekday masses to parishioners (with provisos and regulations, but a welcome move nonetheless). Let us pray our governments continue to manage the pandemic well.

We also pray for the end to racism in all its forms. The riots in the US have helped shine a spotlight on our own race relations. We pray for the courage to face our own failures and prejudices.

REAL PRESENCE, MYSTICAL BODY

The Eucharist, we now understand, creates the Church; the Church does not create the Eucharist. So the real presence is the sacrament of the unity of the Church and of the presence of the risen and glorified Jesus in our midst, in our world. 'What is happening at Mass is that the body of Christ on the altar gives new life and strengthens the body of Christ -- us -- gathered as the Church. At the altar, Christ is not only on the altar. He is there with the priest acting not only in the person of Christ but in the person of the Church leading the people.

'But there is a further dimension to this feast: the risen and glorified Christ sacramentally present in the Eucharist then points to the future. We are experiencing a future in which the whole of creation is to be transformed. The feast of Corpus Christi is, of course, related to the institution of the Eucharist on Maundy Thursday, but, celebrated as it is after Easter, it is related also to the Paschal mystery as a dying and rising with Christ. Excerpt from a homily by Fr Denis Geraghty OP

REFUGEE WEEK 2020 – YEAR OF WELCOME

The theme of Refugee Week in 2020 is the Year of Welcome. Welcome is about generosity, opening our arms and our houses to friends and strangers, feeding the hungry and avoiding the temptation to shut the door.

This year we have celebrated the generosity of people who have kept welcoming strangers opening their hearts, homes, cattle feed and purses to families made homeless by the Bushfires. And more recently, the generosity of health workers in Australia and else where who have risked their own health to help strangers.

We have seen, too, the goodness of people who from very few bricks have built laughter and friendship in local communities, and particularly befriended elderly people in nursing homes. They have opened doors in a world that has closed so many doors.

As we are moving to a lifting of restrictions it is important to keep our hearts open to people who have been left without family, without country and without support, and have come to seek protection. It is time to make this year a year of welcome, and this land a welcoming land. The need for Catholics to unite in care and outreach to people who seek protection is stronger than it has ever been.

NOTE OF GRATITUDE TO PARISHIONERS

Dear Friends,

On behalf of Fr Rafael, Bernie and myself, I'd just like to give thanks for your generosity to the first collection. I know it has been a difficult time for all of you and I am thoroughly aware of the strain some people in our parish community may have with finances, but the overall response to our request has been overwhelming. Be assured of my prayers for all of you at this time and I pray and hope that our Sunday Eucharist will be back to normal in the not too distant future. With God's blessings and the patronage of Our Lady of the Most Holy Rosary.

Fr Mannes OP (Parish Priest)

PARISH

MASS INTENTION - please email or phone the Parish Office

HOLY MARY MOTHER OF GOD PRAYER GROUP meets 2.00pm Thursdays in the church. Contact the Office for information.

BLACKFRIARS MEDITATION GROUP meets on **Thursday** evenings in the 7.30pm Parish Centre. Enquiries John Jarvis 6296 2001 or Michael Flynn 6257 1038 - www.wccm.org

CRAFT GROUP meets noon - 4.00pm in the Parish Centre on the first, second and fourth Wednesdays of the month .

DOMINICAN LIBRARY will open Saturday mornings, 9.30am - 12.00 noon in the Parish Centre. All welcome.

PARISH BULLETIN - DEADLINE for notices is <u>NOON TUESDAY</u> Ph. 6248 5925 or Email: <u>watson@cg.org.au</u>

JOYFUL EVER AFTER



Archdiocesan Marriage & Family Month - Due to COVID-19 restrictions the Archdiocese is bringing quality, interactive, live-streamed Marriage Enrichment to your home every Sunday from mid-June at 11.45am (straight after the 11am Online Mass at the Cathedral on Sunday 14th, 21st & 28th June). Join us at https://www.catholicvoice.org.au/mass-online/ to listen to and ask questions of our international, interstate and local guest presenter couples. Information here: https://www.catholicvoice.org.au/marriage-family-month-june-2020/

Free Online International Catholic Marriage Summit – in a world first, high profile Catholic speakers and social media personalities will be presenting, together with their spouses, on the highs and lows of every day married life as committed Catholics. Under instructions to 'keep it real', 50 couples will share on topics ranging from finances, conflict and grief to sex and communication. Enquiries ring or text 0429 192 869. Register for free HERE or at www.joyfuleverafter.org (Local couple Tim & Lara Kirk will be presenting and will direct their speakers fees to the Canberra Goulburn Archdiocese for ministry to engaged and married couples).

ST VINCENT DE PAUL

Vinnies

Vinnies is undertaking a **COVID-19 Crisis Appeal** this winter, replacing the traditional Winter Appeal. Parishioners are encouraged to donate online at: www.vinnies.org.au/covid19crisisappeal or by calling 13 18 12. Support Vinnies to support people in need during this time.



PETITION

As you would know, the Archdiocese of Sydney has successfully petitioned the NSW Government to allow 50 people to attend Mass (excluding priest and those involved in liturgical ministries) effective Monday 1 June. However, Masses in the ACT can only be celebrated with no more than 20 people (excluding priest and those involved in liturgical ministries) effective Saturday 30 May. Please share the link with your networks. https://www.catholicvoice.org.au/petition

In Your Prayers please remember those in our community who are ill:

 Alexia Harris, Maria Martiniello, Greg O'Neill, Una Bell, Mary Martin, Barbara Wilson, Mary Bui, Anne Corver, Edith Jensen, Maureen Dawes, Fr Ellis Clifford, Awny El-Ghitany, Fr Joe McGeehan, Joe Schimizzi, Elsie Laughton, June Pollard, Paul Neddrie, Beth Delos Santos, Rosa Maria Santos, Margaret Suillivan, Pamela Sandy, Frank Zobec, Zelma McManus, Elizabeth Webster, Philip Bailey, Mimma Giampietro, Maureen Blood, Ursula Ramsay, Moya McGrath

Our recently Deceased: May they find peace and comfort in the embrace of the Lord.

Patricia Ryan, Sr Mary Agnes, Peter Tarantello, Raymond Mudalige, Jeanette Ford

CARE OF THE SICK

If you know of anyone who is unable to get to Mass and who would like the Eucharist brought to them, please let the office know. If someone is in need of prayer or a visit at home, in hospital or by the Parish Priest - please, let us know.

ANOINTING OF THE SICK

'Over the centuries the Anointing of the sick was conferred more and more exclusively on those near to death. It is however also appropriate to receive the Sacrament of Anointing of the Sick prior to a serious operation, or in any ongoing illness. Those who have a chronic condition, or are becoming frail with old age, may receive Anointing of the Sick regularly as a Sacrament of help and of healing.'

DONATIONS FOR DIGNITY

Dear Parishioners, ACU Engagement are collecting the following items, to be provided to Companion House, St Vincent De Paul and Communities at Work. Any contribution is greatly appreciated. Thank you, Nicola Tait. Senior Community Engagement Officer (Canberra), ACU Engagement, ACU.

Personal Hygiene - Unused personal hygiene products, such as:

• Soap, Hand Sanitiser Moisturiser, Body Wash, Shower Gel, Shampoo, Conditioner, Brushes & Combs, Toothpaste, Lip Balm, Toothbrushes, Razors, Sunscreen, Female Sanitary products, Deodorant and Perfume.

Winter Warm-Up - Well maintained and clean winter clothing and accessories for men and women, such as:

- Coats, Jackets, Jumpers, Cardigans, Hoodies, Skivvy's, Scarves, Beanies, Gloves, Mittens, Long Pants, Long Johns, Socks, Sleeping Bags, Blankets.
- Threads of Change Well maintained and clean professional attire and accessories for men and women, such as:
 Suits, Shirts, Pants, Dresses, Skirts, Handbags, Shoes, Belts, Makeup, Ties, Jackets, Blouses, Jewellery, Watches.

Donations can be left in foyer in the boxes provided, thank you.

WRAPPED WITH LOVE

Wrap with Love provide warm wraps to people suffering from the cold in over 75 countries, including Australia, through people donating knitted, crocheted, machine knitted or woven with wool, acrylic or lined patchwork squares which are sewn together to make blankets. Some people just knit the squares, some knit and sew together and some just sew together. Finished wraps, squares and yarn are sent to Wrap with Love for distribution to those in need.

Do the squares need to be specific size? Yes, 25cm x 25cm (10 inches x 10 inches)

Do I need to use a particular type of wool or colour? 8 ply is preferred, either wool, acrylic or a blend. Any colour is fine.

What shall I do with the squared I make at home? Keep them and when we are back on campus provide to Nicola Tait ACU.

When we are no longer working remotely will there be an opportunity to craft on Campus? Yes! A craft group will be established as soon as possible.

For more information contact: Nicola Tait - Senior Community Engagement Officer - Nicola. Tait@acu.edu.au - 6209 1386