

St Christopher's Cathedral Parish, Canberra

(including St Peter Chanel's Church, Yarralumla)

19th Sunday in Ord.
Time, Year B
11th August 2024



Archdiocese of Canberra & Goulburn
Archbishop: Most Rev Christopher Prowse DD STD
Administrator: Fr Trenton van Reesch
Assistant Priest: Fr Alexander Osborne



PARISH OFFICE

55 Franklin Street, Forrest ACT 2603 (02) 6239 9846 (ph)
cathedral@cg.org.au www.cg.org.au/cathedral
Online Payments Link: www.bpoint.com.au/payments/sccp
Parish Secretary: Anita Piper — 8:30am-4:30pm Monday to Thursday. Office Closed Friday-Sunday
Accounts Officer: Karina Widjaja—8am-4pm Friday

Sunday Mass

St Christopher's

Cnr Canberra Ave & Furneaux Street, Forrest (Manuka) ACT

Sat. Vigil: 5.00pm

Sunday: 8.00am,
11.00am (livestreamed),
5.00pm

St Peter Chanel's

Cnr Weston & Loch Streets,
Yarralumla ACT

Sunday: 9.30am

Weekday Mass

St Christopher's

Monday to Friday: 7.30am &
12.15pm

Saturday & Public Holidays:
9.00am & 12.15pm

St Peter Chanel's

Tuesday: 5.30pm

Reconciliation

St Christopher's

Wednesday: 11.30am-12.00noon

Thursday: 6.00 - 6.30pm

Saturday: 11.00am - 12noon

St Peter Chanel's

Tuesday: 6.00 - 6.30pm

Adoration

St Christopher's

Tuesday to Friday: 5.00-6.00pm

Rosary at the Cathedral

Mon-Fri 8am, Sat 11:40am, Sun
4:45pm

Baptisms

St Christopher's:

2nd & 4th Sundays: 12.30pm

St Peter Chanel's:

3rd Sunday: 10:30am

Weddings

St Christopher's: Saturday

1.30pm & 3.00pm

St Peter Chanel's: By arrangement

My Substance, Your Sustenance

Sacrifice is often described as *giving something up*, yet its more than that. Sacrifice is when we give up something *for* someone, or something else. There is a purpose and end it is directed to. And it's more than a mere 'principle' that drives us to do so. It's something far, far deeper... intimate and relational.

We sacrifice sleep for time with friends. Or money, for time with family. We give up certain things, in order that we may have other things!

Sometimes we don't even think about it. Have you even been so fixated on a goal, you are willing to give anything; time, energy, even money in order to achieve it?

We are willing to trade things of great value in order to attain that which we prize and love!

We're willing to give that which is already so very close to us, in order to be closer to something we yearn for, adore and cherish. Think about what we're willing to do for our children.

In the Gospel the people murmur and complain. 'Our fathers had manna (bread) given by God to them in the desert! Now you claim (offensively) that *you* are the bread from heaven!?' And of course, God *could* have again sent bread from Heaven, to cheer their hearts once more, but this bread would be needed again. It would be easy for God, to give, to sacrifice from a mere surplus. Yet the truth is... He chooses not to give from His Surplus, but rather, from His very Substance.

'I am the bread of life. Yes, your fathers ate the manna in the desert and they are dead; but here and now, is the True bread that comes down from heaven, so that you may eat it and not die.'

'I am the living bread... Anyone who eats this bread will live for ever.' And here's the clincher.... When many walk away! '...and the bread that *I shall give is my flesh*, for the life of the world.'

I wouldn't consider flesh a surplus. Friends, God doesn't give what is 'left-over', and of no value to Him. He gives from His very substance. I don't think we can ever let that sink in enough! He gives His own Son, Essence and Divinity. He gives the sojourner and so you and I, the Eucharist.

Seeing our need, our desolation, hunger and poverty in the desert of our sin. God *chooses sacrifice*, in order to gain the great prize – humanity's heart and souls for Himself. And He doesn't do it by halves.

How could we possibly be indifferent to that!? And God does so every moment we offer the Mass. God addresses us! "I give you not from my surplus, but my substance! And this substance is your sustenance!"

Fr Trenton



NOTICES

PARISH MINISTRIES

Director of Music

Ms Jaki Kane

RCIA

Miss Becky Langworthy

Contact Office

School of Religion

Miss Chiara Catanzariti

Youth Coordinator

Miss Anita Donaldson

youth.cathedral@cg.org.au

Safeguarding Officer

Mrs Hannah Ozolins

cathedral.safeguarding@cg.org.au

Weekly Liturgical Calendar

Mon Aug 12 19th Week in Ord. Time

Tues Aug 13 19th Week in Ord. Time

Wed July 14 19th Week in Ord. Time

St Maximilian Kolbe

Thu. Aug 15 Assumption of the Blessed

Virgin Mary

Fri. Aug 16 19th Week in Ord. Time

Sat. Aug 17 19th Week in Ord. Time

Sun Aug 18 20th SUNDAY in ORD TIME,
Yr B

PARISH GROUPS

St Vincent de Paul

Good Shepherd Prayer Group

Wednesday at 7pm SPC

Parish Room (Feb-Dec)

Christian Meditation

Saturday at 4:30pm SPC

Other Communities

Spanish Community

First Sunday of the month at

11.30am SPC

African Community

Second Sunday of the month at

11.45am SPC begins Feb.

Filipino Community

First Sunday bi-monthly at

5.00pm SPC

For details of any of the
above, contact the Parish
Office.



SOLEMNITY, THE ASSUMPTION OF THE BLESSED VIRGIN MARY

Thursday 15th August

Mass times: 7:30am, 12:15pm & 5pm

St Christopher's Cathedral

(Holy Day of Obligation)

PARISH MORNING TEA— First Sunday of the month in the Haydon Hall after the 8am Mass. Everyone is welcome! Next date: **Sunday 1st September**.

SACRAMENT OF RECONCILIATION "God never tires of forgiving us; we are the ones who tire of seeking his mercy." — Pope Francis, *Evangelii Gaudium*. Cathedral: Wed: 11:30am-12noon; Thurs: 6:00pm; Sat: 11:00am-12noon. St Peter Chanel's: Tues: 6:00pm. *Come back to me with all your heart - Joel 2:12*

APOLOGETICS WITH FR ALEX— 19th August at 6:30pm in the Haydon Hall. Learn how to talk about our faith in a convincing and persuasive way. This series will be more than lectures, it will feature workshops, simulations and practical content. We will explore the topic of attitude and appearance.

ORDINATION TO THE PRIESTHOOD of Rev. Mark Ha— Save the Date Thursday 17 October 2024 at 5.00pm at St Christopher's Cathedral, Canberra.

GUINNESS & GOD— Is back for 2024! Happening Wednesday 14 August from 6:30pm-8:30pm at King O'Malley's Pub in the City for young Adults, uni students & young professionals. Discussing the topic of Faith Under Fire; How Faith Sustains us in Moment of Crisis & Change. Guest Speaker Gavin Keating. Captain in the Australian Army and ordained as a Permanent Deacon by Archbishop Christopher Prowse in 2022 and serves as a Chaplain at the Royal Military College, Duntroon. Visit www.guinnessandgod.com for full details.

RCIA 2024-25 Interested in learning more about Jesus, exploring faith and life's meaning? Journey with a like-minded community. RCIA (*the Rite of Christian Initiation for Adults*) is an opportunity to learn more about the Catholic faith in a welcoming environment. Open to all and particularly designed for those interested in exploring the idea of becoming Catholic or receiving the Sacraments for the first time. We gather Thursday evenings, 6pm, starting 26 September. To register or for more Information, email cathedral@cg.org.au

READ & FEED: A young adults Catholic Spirituality book club held every Friday at 7pm in Haydon Hall. Join us for some tea, snacks and deep chats as we read 'Searching For and Maintaining Peace' by Fr. Jacques Philippe. Come with or without the book!

ALL SAINTS DAY PARTY— Save the Date for the upcoming annual All Saints Day Party. Sunday 3 November 2024, after the 11am Mass at St Christopher's Cathedral in the Haydon Hall. More information to come.



SCAN TO FIND OUT
WHAT'S HAPPENING
IN THE PARISH!

AUGUST 2024

ST CHRISTOPHER'S CATHEDRAL YOUTH

MONTHLY NEWSLETTER

<https://cgevangalisation.my.canva.site/>

Our parish acknowledges and celebrates the original custodians of this sacred land, the Ngunnawal people.

NOTICES

Giving and Receiving— Direct debit and **QKR** options are available, as well as **TapnGo** machines **Thank you sincerely for your generosity.** If you are able, perhaps consider donating to 1st and 2nd collection via direct debit .
The First collection: contributes to clergy of the Archdiocese. If you make an offering through direct debit, please include that you are a parishioner of the Cathedral Parish.

BSB: 062-786 Account Name: CATHEDRAL
Bank Account: 000029248 Reference: FORREST & SURNAME

The Second collection: contributes to parish mission and maintenance. If you would like to give and are not currently registered for Planned Giving, please deposit into the following bank account:

BSB: 062786 Account Name: St Christopher's Cathedral
Bank Account: 000015080 Reference: Planned Giving # and Surname (only current Planned Givers);
or Donation (parishioners not registered Planned Givers).

For more information or to set up monthly payments via direct debit, please contact the Parish Office. For step by step Qkr! Please see flyers located in the parish foyers. **Thank you for your generosity**

CARETAXI: SAFE CHURCH TRANSPORT— Mass, Medical/GP appointments, shopping trips, recreational trips, and more; qualified and caring drivers. Visit caretaxi.com.au, or 0451 734 334.

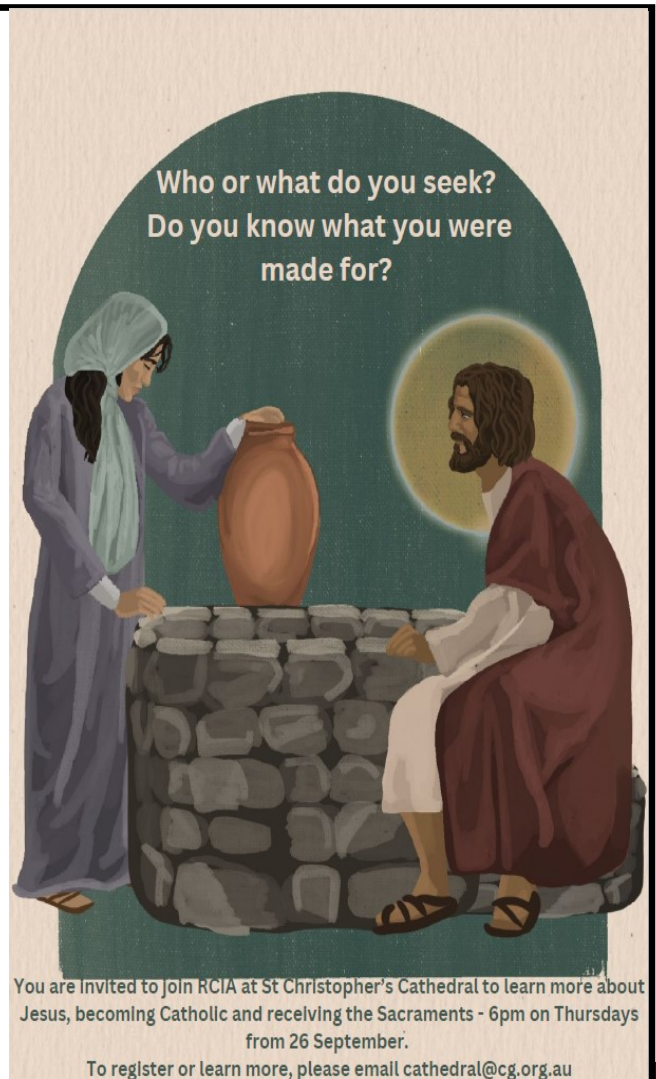
LABOR DEI— Seeking young men to volunteer as workers to assist in various works of maintenance at the Cathedral. More info to come. Contact the parish office cathedral@cg.org.au

THE CATHOLIC WEEKLY NEWSPAPER— The Catholic Weekly is on sale for \$2 each weekend and is available in the Cathedral side foyer. This service is arranged by the St Vincent de Paul Society, which has to cover the cost of the papers. Please make sure you pay when taking a paper. Payment should be made into the donation box located in the side entrance foyer. Thank you.

YOUNG ADULTS DINNER GROUP: Want to get involved in the parish and meet new people? Come along to our young adult dinners, held **every 2nd Sunday after St Christopher's Cathedral 5pm Mass.** Email Anita Donaldson at youth.cathedral@cg.org.au to join our Facebook group chat and stay up-to-date about when and where our dinner meet-ups will be!

50th Anniversary Mass Carmelite Sisters— You are invited to the Solemn Mass celebrated by Archbishop Christopher Prowse for the 50th Anniversary of the Foundation of Carmel in the Archdiocese in Canberra Goulburn and to mark the closure of the Carmelite Monastery in Canberra. **Saturday 24 August, 10am** at St Christopher's Cathedral. Light refreshments to follow in the Haydon Hall. Please RSVP for catering purposes ph:62953805 or email: carmelite@inet.net.au

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 5.30pm Mass.** The theme for Natural Fertility Awareness Week is *Trust your body's signals of fertility: forget about drugs and devices.* www.fertilityaware.org.au



We pray for...

Those to be baptised: Louie Condon

Those who are ill: Pieter van Gent, Mary Lou Davies, Gregory John McClelland, Cyrus & Maximus Mee, Maria Louisa, Rose Hook, Nicoletta Ricciuti, Sonja Vocisano, Archie Ferris, Tony Dickins, Marilena Damiano, Fr Greg Beath, Sophy Jacob, Alla Skorokhodova, Tony Kelly, Susie Menadue, Geraldene Ford, Maja Marija Olip, McKenzie Killian, Fr Bill, Leung Man Kon, Beryl Johnson, Florencio Fariña, Alejandra Martinez, Colliss Parrett, Arianna Vignale, Stella Lazar, Rod Duncan, Paul Mychailuk, Kalum, Nicholas Dyne.

Anniversaries of death: Bruna Stevenson, Maria Memmolo, Clare O'Connor, Rosa Morabito, Pat Boyle, Alejandro & Orlando Cerda, Alex Skleplic, Petty Gonsalvez, Paul Ryan, Francesco & Francesca Barbaro, Joan Kaucz, Anka Gnjec, Tulla & Sam Brown, Gwen & Mick Gallagher, Michael O'Brien, Odette Gaspardis, Michael McKewon, Teddy Kartadinata, Flo Daley, Fr Vincent Dowdy, Amelia Kneipp, William Saw, Anna Kieswimmer, Margaret Mary Kelly, Kath Durie, Annie James, Eileen Biggs, Annie Davis, Sr Gertrude Ryan, Michael Heath, Michael O'Connor, Cardinal EB Clancy, Fr Giuseppe Canova, Fr Adrian Cork, James Rice, Kit Dale, Rita Dodson, Noel Honan, Marjorie Kenny, Patricia Robertson, Charlie Morella, Norman Stevenson, Clive Waldren, Clarita Flores, Laurus Westende, Thomas Bradshaw, Kathleen Ford, Christopher Ford, Adrienne Brown, Rodrigo de Guzman, Marie Therese Pocock, Mary Euphrasia Fernando, Keith Wong, Gabriella Antonelli, Marie Hargraves, Marjorie Kenny, Amelia LoPilato, Kevin and Peg Guthrie, Fernando Antonelli, Mark Doyle

Recently Deceased: Jaroslaw Jakiwczyk, Fr Peter James Gannon, Kath Brandon, Fr Pat Kenna, Rosalie Crispe, Felice Lo Pilato, David Grimmond, Agnes Sorrentino, Sheila van Gent, Kevin Conlan, Emilia Belmonte, Domenico Barbatano, Sam Catanzariti, Maria Gallo, Victims of the Bondi Junction attack



Cathedral QR code

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.

Responsorial: Taste and see the goodness of the Lord

Gospel Acclamation: Alleluia, Alleluia! I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever. Alleluia!

Communion Antiphon: O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.

First Reading

1 Kings 19:4-8

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.

Second Reading

Eph 4:30-5:2

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.

Gospel

John 6:41-51

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.’

READERS ROSTER AUGUST

Mass	Lectors		Eucharistic Ministers	
	10/11 Aug	17/18 Aug	10/11 Aug	17/18 Aug
5.00pm (SCC)	Becky Langworthy Mitch Tanner	Stewart Unwin		
8.00am (SCC)	Joe Zavone Louise Zavone	Zvon Seselja		
9.30am (SPC)	Jaye Corcoran Kristina Faigl	Jaye Corcoran		
11.00am (SCC)	Bronwen Grey Steven Beutel	Cecilia Flores	Bronwen Grey Mark Hyman	Edwina Hyman Bianca Goh
5.00pm (SCC)	Lynette Yap Francilia Gomes	Anthony Brierley Rebekah O’Meagher		

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