



St Patrick's Parish Cooma

St Columbkille's Parish Jindabyne



6-7 June 2026

The Most Holy Body and Blood of Christ Year A

PARISH CALENDAR



Week 8 June 2026

Monday
No Mass

Tuesday
10:00am Mass

Wednesday
Bombala Parish Mass

Thursday
10:00am Mass

Friday
10:00am Mass

2nd Sunday of the month
Saturday

3.30pm Berridale Vigil
5pm Nimmitabel Liturgy
5pm Jindabyne Vigil
5pm Bombala Vigil

Sunday
10:00am Cooma Mass
Archbishop Confirmation

Morning People

"Somebody has well said that there are only two kinds of people in the world - there are those who wake up in the morning and say, "Good morning, Lord," and there are those who wake up in the morning and say, "Good Lord, it's morning!"



Source: <https://www.makeitclearnow.org/relhumor.html>

More Than a Sunday Habit

The people listening to Jesus were confused. His words sounded confronting, even impossible. Yet Jesus did not back away from them. Instead, he invited people into a deeper understanding of who he was and the life he came to give. Thousands of years later, his invitation remains the same.

In a world that constantly tells us to move faster, consume more and keep ourselves busy, Jesus offers something different. He offers himself.

The Eucharist is not simply a ritual we attend or a tradition we maintain. It is an encounter with the living Christ. It is where we are fed, renewed and reminded that we do not walk through life alone.

Many things compete for our attention. Work, sport, family commitments, screens, schedules and endless notifications can fill every available space. Yet beneath all the noise is a deeper hunger. A hunger for meaning, purpose, belonging and hope.

Jesus speaks directly to that hunger. His words challenge us to ask an important question. What is feeding my life?

If our hearts are constantly being filled with worry, distraction or pressure, it becomes difficult to recognise God's presence. But when we make room for Christ, especially through prayer, Scripture and the Eucharist, we discover a life that is richer, stronger and more grounded.

Faith is not about adding one more thing to a busy schedule. It is about staying connected to the One who gives life to everything else. Jesus was not offering the crowd a religious obligation. He was offering them himself. And he still is.

Action Response

Choose one moment each day this week to disconnect from the noise around you. Put down your phone, turn off the distractions and spend five minutes with God in silence, prayer or Scripture. Allow Christ to feed the deeper hunger within you and notice what changes.

Kids' Corner

Today at Mass, take a good look around you. How many people would you say are there? A hundred? Four hundred? Now think of that number multiplied by all the people taking part in the Mass all over the world right now, from Anchorage and Tokyo to Melbourne and Zimbabwe. Then multiply it by all the people who have ever received the Eucharist in the whole history of the world. What a huge number that would be! But all of those billions of people in heaven and earth are all one. We are one body in Christ. How amazing is that? And you're part of it - think of that!

Jesus, help me care for all of your people!

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Readings for the Most Holy Body and Blood of Christ Year A

Entrance Antiphon | Cf Psalm 80:17

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

First Reading | Deuteronomy 8:2-3. 14-16

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

Responsorial Psalm | Ps 147:12-15. 19-20. R. v.12

(R.) Praise the Lord, Jerusalem.

1. O praise the Lord, Jerusalem!
Zion, praise your God!
He has strengthened the bars of your gates,
he has blessed the children within you. **(R.)**
2. He has established peace on your borders,
he feeds you with finest wheat.
He sends out his word to the earth
and swiftly runs his command. **(R.)**
3. He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees. **(R.)**

Second Reading | 1 Corinthians 10:16-17

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

Gospel Acclamation | John 6:51-52

Alleluia, alleluia!

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

Gospel | John 6:51-58

Jesus said to the Jews:

'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.'

Communion Antiphon | John 6:57

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

Source: Liturgy Help © 2026



Can you work out which two of these pictures are the same?



What is the best British joke or story?

Donald Trump met with the Queen of England, and asked her: "Your Majesty, how do you run such an efficient government? Is there any advice you can give me?"

"Well", the Queen replied, "the most important thing is to surround yourself with intelligent people".

Trump frowned and then asked, "But how do I know if the people around him are really smart?"

The Queen took a sip of tea. "Oh, that's easy; just ask them to answer a riddle".

The Queen pressed a button on her intercom. "Please send Boris Johnson here, will you?"

The Prime Minister entered the room and said: "Yes, your majesty?"

The Queen smiled and said, "Answer me to this, if you don't mind, Boris. Your mother and father have a child. He is not your brother nor sister. Who is?"

Without even waiting a moment, he replied: "That would be me".

"Yes! Very good", said the Queen.

Trump returned home to ask Mike Pence the same question. "Mike, answer this for me. Your mother and father have a child. He is not your brother and nor your sister. Who is?"

"I'm not sure", Pence said. "Let me think about it and I'll tell you". He went to his advisors and asked them all, but none of them could give him an answer.

Finally, Pence met his friend Jack Murphy at a restaurant the next night. Pence asked him, "Jack, can you answer this for me? Your mother and father have a child and he is not your brother or sister. Who is?"

Jack Murphy immediately responded, "That's easy, it's me!"

Pence smiled and said, "Thank you!"

Pence then spoke to Trump again. "Let's say I did some research and I have the answer to that riddle: it's my friend Jack Murphy!"

Trump stood up, ran over Pence, and shouted angrily, "No, idiot! It's Boris Johnson!"



Mass at Adaminaby
Sunday 7 June at 8:00am
Recommencing 1st Sunday of every month



Pastoral Visits to the Sick and Housebound

Fr Mark and Fr Daniel are keen to know of people in the region who are sick or housebound and who may like to receive a home visit and Holy Communion from one them. Maybe you know someone who has been away from the church for a while who may appreciate a connection again. Please let us know if we can help you, or pass this information onto family, friends or neighbours and encourage them to contact the Parish Office on 02 6452 2062 or cooma@cg.org.au.

Readings for next week: Eleventh Sunday in Ordinary Time

First Reading: Exodus 19:2-6
Second Reading: Romans 5:6-11
Gospel: Matthew 9:36-10:8

Remembering their faith and love

We pray for those who have recently departed this life.
"We have loved them in Life: Let us not forget them in death."

Ludmila "Lida" Illek
Margaret Barron

Anniversaries & Intentions
for those whom we pray and remember, may they be welcomed into the glory of the Risen Lord and rest in eternal peace.

Graham French
Mary Hanna
Keith Tozer
Graeme 'Ross' Russell

For the sick and all who have asked for our prayers, may they be granted strength, comfort and healing.

Patrick Umback



Brunch with Archbishop Christopher Prowse

Sunday 14 June after Mass

All are invited to join a casual brunch with our Archbishop after Mass. **Please bring a casserole or some luncheon delights to share.**

Could you please indicate what you are bringing in the Food list at the church foyer so that we can ensure there is a good supply of food in preparation of the visit.



A Sunday Story

The Charger

A teenager was becoming increasingly frustrated. "No way," he said, staring at his phone. "One percent." He searched through his bag. Nothing. He checked his pockets. Nothing. Finally, he found a charger and plugged the phone into the wall.

A few moments later, the battery symbol appeared on the screen. "That's better," he said. His grandfather, sitting nearby, smiled. "You know, we're not much different." "What do you mean?" "We notice straight away when our phones are running out of power. We panic. We look for a charger. We know they can't keep going forever on an empty battery." The teenager laughed. "But we don't always notice when we're running empty ourselves." The words hung in the air. We all know what it feels like. Life gets busy. Work piles up. Family demands increase. School and work become hectic. The news is relentless. The world feels noisy. We keep going, often without stopping to ask what is actually sustaining us. This week, Jesus speaks directly to that reality. He tells people that life is found in him. Not occasionally. Not as a backup plan. Not as an emergency charger when everything else fails. He offers himself as the source of life itself. The challenge of this Gospel is simple and confronting. Many things can occupy our lives, but not everything can sustain our lives. Just as a phone eventually runs flat when disconnected from its power source, our hearts can become weary when disconnected from the One who gives us life. The invitation of Jesus is not simply to believe in him. It is to remain connected to him. Because the life he offers is not something we generate ourselves. It is something we receive.

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Pray for our Confirmation Candidates

Loving God,

Be with our Confirmation candidates as they prepare for the Sacrament of Confirmation. Guide their thoughts, their prayers, and their learning in these coming weeks. Open their hearts to your Holy Spirit, that they may grow in faith, courage, and understanding. Help them to know your love more deeply and to follow Jesus in the way they live each day. May they learn to use their gifts to serve others with kindness and joy. We ask this through Christ our Lord. Amen

The candidates will be receiving the Sacrament of Confirmation on Sunday 14 June.



PARISH CONTACTS

Parish Priest

Father Mark Croker
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Assistant Priest

Father Daniel Ukpong

Sacramental Program

Father Mark Croker
Mrs Belinda Wilkins

Parish Website

www.cg.org.au/cooma

Parish Secretary

Mrs Sharon Nesbitt
02 6452 2062
Mon, Wed & Thu
9am - 1pm & 2pm - 4.30pm
Email: cooma@cg.org.au

St Patrick's School

02 6452 1721

School Principal

Dr Mangan
School Website:
www.stpatscooma.nsw.edu.au

Parish Pastoral Council

Darren 0429 904 291

MASS TIMES

Weekend Mass and

LW&HC Times

Adaminaby

8am Mass 1st Sunday of month
Berridale

2nd & 4th Sunday

Vigil Mass Saturday 3.30pm

All other Sundays

LW&HC 10am Sunday

Cooma

Mass Sunday's 10am

Mass Tue, Thu & Fri 10am

Except 3rd Friday of month

Mass Yallambee Lodge 9.30am
Mass Hudson House Respect 11am

Jindabyne

Vigil Mass Saturday 5pm

Except 5th Sunday

LW&HC 5pm Saturday

Nimmitabel

1st Sunday of month

Vigil Mass Saturday 3pm

All other Sundays

LW&HC at 5pm Saturday

Numeralla

2nd Sunday LW&HC 5pm

4th Sunday Mass 5pm

WE NEED YOUR SUPPORT



Parish Collections

There are **two collections** during every Mass.

First Collection is banked to the Archdiocese of Canberra-Goulburn and contributes to priests' stipends.

Second Collection is our parish church collection for our church upkeep and running costs such as electricity, rates, water, maintenance superannuation etc.

We value your contribution and appreciate any support you can give the parish.

We have **Direct Giving Forms** available. Please talk to Fr Mark Sharon at Parish Office, Thank you