



To know, love and serve Jesus  
by sharing our gifts through our baptismal mission

*We acknowledge and respect the traditional owners and custodians of the land on which we stand, the elders, past and present and all the Dharawal people. May we too be good stewards of this land.*

1 AUGUST 2021  
EIGHTEENTH SUNDAY  
IN ORDINARY TIME  
YEAR B



**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.

**First Reading**

from the book of Exodus  
16: 2-4, 12-15

**Responsorial Psalm**

Ps 77:3-4, 23-25, 54.  
R. v.24

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

**Second Reading**

from the letter of St Paul to the Ephesians 4:17, 20-24

**Gospel Acclamation**

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

**Holy Gospel** according to John 6: 24-35

**Communion Antiphon**

You have given us, O Lord, bread from heaven, endowed with all delights and sweetness in every taste.

National Vocations Awareness Week Sunday 1st August

Each and every one of us has been called by name through our baptism to follow Jesus and serve God and all people in our own unique way. For many that is marriage; for some priesthood and religious life; for some single life. Whether we are still discerning God's call or seeking to live out His call more faithfully in our lives, make sure this week is a time of deepening of our commitment to follow Jesus in every aspect of our lives. Please pray for those in formation for priesthood in our Diocese: James Arblaster, Sinh Le, Joseph Nguyen, Darren McDowell and Seth Harsh. If anyone would like help discerning God's call in their lives, please contact Fr Duane Fernandez, Vocations Director, at [vocations@dow.org.au](mailto:vocations@dow.org.au)

Each year, Catholic priests commonly get together to commemorate their ordination on or near 4th August, the feast of St John Mary Vianney.

Often, they gather around their bishop at a special celebration, honouring the service of priests celebrating a significant anniversary of ordination.

Lay people may also honour their priests at this time.

This year, Parousia and Divine Renovation would like to announce that *Support Your Priest Sunday* will be held on Sunday 1st August 2021.

*Support Your Priest Sunday* is a day of national significance for Catholics that will take place each year around the feast of St John Vianney, patron of priests. As St John Vianney reminds us, "When the priest remits sins, he does not say, "God pardons you"; he says, "I absolve you."

At the Consecration, he does not say, "This is the Body of Our Lord;" he says, "This is My Body." Now is the time for the laity to support our beloved priests.

This week, let us pray for Our Parish Priest, Fr Shane. On 16 July, The Feastday of our parish, Fr Shane marked the 10 year anniversary of his ordination to the priesthood. He has been our pastor for most of that time, caring for us and guiding us in our faith community.

Also, this week, let us remember and pray for all our Carmelite Friars who reside at Varroville. Each week when we attend mass, one of these holy men, leads us in worship. We, the parishioners of our parish are truly blessed with a bounty of priests that many other parishes would envy.

***O St John Vianney, Patron of Priests, pray for us and for all priests!***



## Contact us

**Parish Priest:**  
**Fr. Shane Kelleher OCD**

**Parish Associate:**  
**Sr Ninfa Timbal, CM**  
193 St Andrews Rd, Varroville

Parish Office Ph:  
9603 7373 & 0434 705 176  
**Office Hours: Please contact by phone or email**  
Tuesday—Friday 9.30am-12.30pm  
Email: varroville@dow.org.au  
Website: varroville.dow.org.au

## Mass times

**Diocese of Wollongong Mass Online**

For all of the online Mass options- please visit the  
DoW website <https://dow.sh/dailymass>



**ALPHA Launch night** set for August 3 will be postponed until the Church has opened again.  
At the moment, we are hoping October will be suitable.

**CONFIRMATION Classes** have been postponed until the church has opened again. The date for Confirmation will be set when the Bishop is available. The families who have registered will be notified by email.

### THE YEAR OF ST JOSEPH

Pope Francis on 8 December 2020 published an Apostolic Letter *Patris corde (With a Father's Heart)*, commemorating the 150th anniversary of the declaration of Saint Joseph as Patron of the Universal Church. You are encouraged to visit the ACBC year of St Joseph page at <https://www.catholic.org.au/yearofstjoseph>

### THE CHOSEN – A TV Series about Jesus – watch during lockdown!

The Chosen is a new 'free to view', television program that creatively presents the life of Christ and his followers. The shows are of the highest quality and is receiving acclaim around the world across denominations. Go to <https://watch.angelstudios.com/thechosen> to watch or get the free app for use on your phone / laptop via *The Chosen app*

### CATHFAMILY

CATHFAMILY brings you a selection of activities, prayer rituals, crafts and recipes from their website to assist parents and grandparents in being the first educators in faith for their kids. Don't miss CathKids <https://cathfamily.org/activities/>

### YEAR AMORIS LAETITIA FAMILY, 19 March 2021 – 26 June 2022

Pope Francis is encouraging the Church to enrich your understanding of the vocation marriage and the core role of family in the mission of the Church at <http://www.laityfamilylife.va/content/laityfamilylife/en/amoris-laetitia.html>

## Prayer intentions

**For the sick & homebound:** Carol Gonzales, Christabelle Adina, Gloria Gonzales Prudente, Allan & Kelvin Marquinez, Amelia Jimenez, John Ingster, Elizabeth Moore, Nelia Balingit, John Morgos, Greg Watson, Joe Spinnato, Susan Mella, Ron Allen, Sean Finnerty, Rose Levoune, Gabriel Gonzales, Francisco Carmona, Doreen Gribbons, Clayton Diack, Emily Rose Pavicin, Pat & Denise Furner, Tracey Bokor, Lily Pereira, Doris Wahhab, John Kajdrys, Erlinda Hermes, Aurelia Vertucio, Ofilia Mawson, Mary & Frances Raithi, Marie Atkins, Jeanna San Diego, Hugo Garzotto, Eileen Butcher, Josephina Duefries, Austin Taylor, Marisa Aguirre, Joan Wilson.

*May they experience the saving power of the risen Lord amidst their pain & affliction.*

**For our recently dearly departed:** Claude Fricot, Uncle Leo McInerney, Angela Peters, Veronica Robins, Leslie Stewart,

**Those whose anniversaries occur at this time:** Jeff Randal, Anne La Spina, Damien Champion, Frazer Toweel, Isabelo Sitjar,  
*Eternal rest grant unto them, O Lord, may perpetual light shine upon them.*



## YEAR of SAINT JOSEPH

*"Show yourself a father, and guide us in the path of life"*

DECEMBER 8, 2020 - DECEMBER 8, 2021



# Bulletin Notices

**Lectio: Prayer: Finding Intimacy with God with Dr Tim Gray.** With the clear teaching and artistry of the Augustine Institute's Lectio series, Dr. Tim Gray masterfully uses the discipline of Lectio Divina to show you how to make prayer an effective effort of love and intimacy. During this time of lockdown why not join with other parishioners and deepen your prayer life, by attending a course on lectio divina (divine reading). This is a six-week video series, where each week we will meet via Zoom, to catch up with each other, watch a film from the Lectio series and reflect and discuss each week's topic. **Beginning Thursday July 22 at 7:30 - 9:00pm, via Zoom.** If you would like to attend, please email Donna to receive the link to the Zoom call. [donna.ransom@dow.org.au](mailto:donna.ransom@dow.org.au)

**Urgent Euthanasia Petition** Take Urgent Action today to help save vulnerable lives – Raise your voice to protect life: Sign the Open Letter to the Premier today To help stop precious parliamentary time and health resources being diverted to those with a pro-death agenda, please consider taking two important steps today:  
1. Please sign a petition to Premier Gladys Berejiklian, asking her to reject euthanasia and assisted suicide, and instead focus parliamentary time and precious health resources on repairing the social and economic cost of this latest outbreak. Sign the petition here [https://www.no euthanasia.org.au/petition\\_2107\\_nsw\\_cas](https://www.no euthanasia.org.au/petition_2107_nsw_cas)  
2. Please email your NSW State Member of Parliament and ask them to oppose the introduction of this dangerous law

**The Journey, Weekly Podcast** On the Journey this week Fr John Paul Escarlan breaks open the Gospel for this Sunday, Fr Dave Callaghan asks us to rethink the Bible and Peter Gilmore notes how Jesus affirms how we should do great things. The Journey podcast available at [www.jcr.org.au](http://www.jcr.org.au).

**Plenary Council 2021** With just 67 days to Assembly One of the Plenary Council, you can keep up to date by accessing the Plenary Post on the Plenary Council website <https://plenarycouncil.catholic.org.au>  
Due to the Covid-19 pandemic, the first Assembly will be a mix of in-person and online delivery. See the up-to-date **[PLENARY COUNCIL JOURNEY 2020-2022](https://plenarycouncil.catholic.org.au/plenary-council-journey-2020-2022)**.



**Get Connected with what is on around the Diocese**  
Every week, there are many great opportunities to be part of special events, courses, free resources and to nurture and encourage you and your family in your faith. A simple way of staying informed and connected is to subscribe at <https://dow.sh/stayingconnected> to receive regular stay connected updates or visit <https://dow.sh/weeklybulletin> to see a full list of notices sent to Parishes weekly

**Online Holy Hour for Young Adults**  
CYMW & NET are hosting online Adoration every Thursday from 4-5pm. Join our Holy Hour through Facebook at <https://www.facebook.com/cymdow/> or watch via Instagram @net.wollongong – everyone is welcome!

**Online Young Adult Bible Study!**  
Are you missing your community? CYMW are hosting an online Bible Study for all young adults aged 17-35 throughout the Wollongong Diocese. Bring your bible and your favourite snack as we journey through scripture together... over zoom! **Every Tuesday night. 7PM-8PM.** Check out @cymdow on Instagram or Facebook for more information or email [youth@dow.org.au](mailto:youth@dow.org.au).

**Online Alpha**  
Catholic Youth Ministry Wollongong is holding an online youth alpha series for all young people aged 13 to 18 years Youth Alpha is a video series that tackles questions on faith, life, and God. The weekly online youth group will run from 7PM to 8PM each Friday starting soon. For more information and to register your interest, please visit <https://forms.gle/oXmRjx6QkNeydihs8>

**St Mary's Towers Retreat Centre - Online LIVE Retreats - August 2021**  
The current COVID situation means that St Mary's Towers Retreat Centre is not able to run our usual August residential retreats. We are making the most of this time by introducing Online LIVE retreats using Microsoft Teams, as a special offering during the month of August. Please find attached our special program for August providing a range of retreats including day reflections and longer retreats. Spiritual accompaniment is available for all retreats and also for individual accompaniment at any time. Fees are negotiable. For more info and for bookings, email: [contact@towersretreat.org.au](mailto:contact@towersretreat.org.au)

**2020-21 Significant Marriage Anniversaries Mass NEW DATE: Sunday 19 September 2021**  
**two Masses (12:30pm and 2:30pm)** Due to covid restrictions, this event has been postponed from 8 August to Sunday **19 September 2021**.  
To enable as many couples as possible the opportunity to attend, we will hold two (2) Masses (12:30pm and 2:30pm) on the same day for those who in 2020 or 2021 celebrated 25, 40, 50, 60, or 60+ years of marriage.  
We have also extended the closing date for registration to receive an invitation to Monday 2 August to permit additional couples the opportunity to also register their interest.

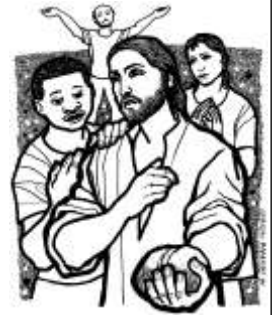
If you would like an invitation to the Mass to be celebrated by Bishop Brian Mascord at St John Vianney Co-Cathedral, Fairy Meadow on Sunday, 19 September 2021, please register online at [www.dow.org.au/events/](http://www.dow.org.au/events/), or contact Helen Bennett at the Office of the Bishop at 4222 2403, or via email [helen.bennett@dow.org.au](mailto:helen.bennett@dow.org.au). To those who have already registered, an invitation will be emailed to you.

## Holy Gospel according to John 6: 24-35

*Whoever comes to me will never be hungry; whoever believes in me will never thirst.*

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.

## Scripture Commentary by Fr Michael Tate

As you know, the Bedouins wander through the desert regions greatly depending on what they come across for food. There is a type of tamarisk tree which grows in those regions and from it a honey-like substance exudes and drops to the ground. It perishes quickly but if gathered early it gives a wonderful boost to energy short-term. The Bedouin word for this is: 'mann'. Notice how close this is to 'manna'. The Jewish people wandering in the desert were desperate with hunger and close to starvation. Next morning, manna! So, perhaps, the manna was a natural phenomenon, like the quails that had come up into the camp the evening before. Nevertheless, both were an expression of Divine Providence in a perilous situation. It was indeed 'manna from heaven'. God had satisfied their craving, their appetite for food.

Appetites are good things. Sometimes in Catholic history they have been regarded as something to be suppressed, but actually they tell us what we need as human beings. Our appetite for food and drink is a good thing and must be satisfied or our bodies will collapse through malnutrition.

Our appetite for affection and acceptance is a good thing and must be satisfied or we disintegrate socially. If we are fortunate, we will find companionship which satisfies that appetite. The universal appetite for knowing where we are in the Big Picture of the universe is a good thing. Human beings have a desire to know the truth about Reality. We ask, indeed is there a Big Picture? Who is the artist painting the Big Picture? What sort of work of art am I? Does this creative artist regard me as a unique work of art which is cherished enough to survive the apparent dissolution of death? All these appetites, bodily, social and spiritual, need to be satisfied if we are to be fully human. Our Lord Jesus Christ proclaims in today's Gospel that he is the satisfaction of our deepest human appetites.

Jesus says: 'I am not like the manna which ordinarily perishes overnight. I am not like the manna of the ancient Jewish people given to them alone. I am the Bread from Heaven which gives life to the world.' 'To the *world*,' not to some particular tribe of human beings, but to the whole of humanity, indeed to the whole of creation. And the *life* is nothing less than participation in Divine Life: eternal life. 'I am the one who can nourish the world with Divine Life. I am the one who can fulfil the human desire to exist in creation in the way God intended.' There are hundreds upon hundreds of people and organisations claiming that they can satisfy our hungers and thirsts as human beings.

You and I are challenged to take a stand (and a risk, because that is what faith is) and agree with the Gospel when it says that this itinerant Jewish preacher and healer is indeed 'the Bread of God who comes down from heaven and gives life to the world.' Jesus Christ is the One, the only One, who can satisfy the real deep down hunger which each one of us has, the hunger for life beyond the seeming extinction of death. We Catholic Christians make another profound act of faith at our Mass today. The bread which is brought up at the Offertory: 'fruit of the earth and work of human hands', after invoking the Holy Spirit and speaking the words of consecration, is no longer short term food like the manna in the desert. It becomes for *us* the Bread of Life. But, more than that, St Paul says in Romans that the whole of creation is yearning to share in the resurrection life of Christ in a way beyond our imagining. This Heavenly Bread which we receive in holy communion with our Risen Lord is the effective start of the process of transformation of the whole cosmos.

So at every Mass, let us celebrate that we are in the Real Presence of the One who gives life *to the world*.