

**21 JULY 2024**  
**SIXTEENTH SUNDAY IN  
ORDINARY TIME YEAR B**

**Entrance Antiphon**

See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.

**First Reading** from the prophet [Jeremiah 23:1-6](#)

**Responsorial Psalm**

[Ps 22. R. v.2](#)

(R.) The Lord is my shepherd; there is nothing I shall want.

**Second Reading** from the letter of St Paul to the [Ephesians 2:13-18](#)

**Gospel Acclamation**

Alleluia, alleluia!

My sheep listen to my voice, says the Lord; I know them, and they follow me. Alleluia!

**Holy Gospel** according to [Mark 6:30-34](#)

**Communion Antiphon**

The Lord, the gracious, the merciful, has made a memorial of his wonders; he gives food to those who fear him.

*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.*

## What is Alpha?



Alpha is a series of interactive sessions that create a safe and honest space, where people can explore life, faith and meaning.

Alpha's mission is to equip and serve the Church to help people discover and develop a relationship with Jesus. This mission supports the broader vision of Alpha: the evangelisation of the nations, the revitalisation of the Church, and the transformation of society.

Over the past 8 years, 850,000 Australians have explored faith through Alpha!

We begin our Alpha journey with a Come and See night on 30 July @ 7pm in the Parish meeting room.

This night allows you to see what Alpha is about, enjoy a meal together, connect, relax and build friendships.

Alpha looks to explore the big issues of life and faith and unpack the basics of Christian belief. It addresses questions like 'Who is Jesus?', 'Why and how do I pray?' and 'How does God guide us?'

It's an opportunity to hear from others and contribute your own perspective in an honest, friendly and open environment.

Why not give it a go!

**'Come and see' what Alpha is about on Tuesday 30 July @ 7pm.**

Bring a friend too!



# Worship: Mass and Devotions

Sunday Mass	Weekday Mass	Devotions
Saturday Vigil: 6pm	Mon, Tues, Wed Mass at 9am	Adoration with the Ro- sary: Saturday 9.30am
Sunday: 9.30 am and 5pm	Thursday - Mass at 7.30pm	Divine Mercy Devotion: Third Sunday at 3pm
Filipino Mass: Third Sunday at 11.15am	Fri and Sat Mass at 9am	Alliance of the 2 Hearts Mass & Devotion: First Friday from 7.30pm
Samoa Mass: First Sunday at 12	Healing Mass: first Sat of each month at 9am	Reconciliation: Sat 11am

## Prayer intentions

**For the sick and homebound:** Peter Presdee, Matthew Johnson, Myka Mangos, Kevin Cloran, Karen Browne, Amanda and John Meredith, Reg Gardner, Sr Heather Burke, Marie and Barry Atkins, Carol and Gabriel Gonzales, Amelia Jimenez, Joe Spinnato, Susan Mella, Sean Finnerty, Rose Levoune, Doris Wahhib, John Kajdrys, Pat Stewart. Catherine, Elizabeth & Monika  
*May they experience the saving power of the risen Lord amidst their pain & affliction.*

**For our recently dearly departed:** Agnes Spooner

**Those whose anniversaries occur at this time:** Gladys Bergicourt, Shirley Chitty, Anne La Spina, Jeff Randal, Margaret Farrell,  
*Eternal rest grant unto them, O Lord, may perpetual light shine upon them.*



## Contact us

Office Hours: **Tuesday-Friday**  
 9.30am-12.30pm  
 Phone: 9603 7373 / 0434 705 176  
 Email: [varroville@dow.org.au](mailto:varroville@dow.org.au)  
 Website: [varroville.dow.org.au](http://varroville.dow.org.au)

Parish Priest:  
 Fr. Shane Kelleher OCD  
  
 Parish Associate:  
 Sr "Jill" Girlie Sudario, CM



## Upcoming events & notices

### **Vinnies Winter Appeal and sleepout will be held next weekend.**

You can join the sleepout campfire after 6pm Mass and show some support, even if you don't stay all night. You can sponsor someone who is braving the elements and sleeping rough on a cold night. You can make a donation to Vinnies either by cash next weekend or online at <https://my.fundraise.vinniesnsw.org.au/vinnies-community-sleepouts/our-lady-of-mount-carmel-catholic-parish-varroville-nsw-1>



**Major Cash Raffle is still going.** If you haven't already taken home a book of tickets please take one today. The draw will be held on Sunday 13 October.

**Alpha Team Meeting** will be held on Tuesday 23 July at 7.30pm.

**Property Committee** meeting will be held on Tuesday 24 July at 7.30pm.

**Evangelisation & Discipleship Team** meeting will be held on Thursday 25 July at 7.30pm.

**Information meeting for the parents of children wishing to make Sacraments** this year will be held on Saturday 27 July at 4.30pm. It is very important to attend this meeting if your child is preparing for First Reconciliation, First Holy Communion and Confirmation this year.

**Fiesta:** Thank you to everyone who helped last Sunday and with the preparations. The day was very well attended and the sun shone down on us all. There are so many photos on facebook and whatsapp showcasing the day. There will be a final Fiesta Committee Team meeting and thanksgiving on Thursday 8 August at 7.30pm. Please rsvp for catering.

**Assumption of the Blessed Virgin Mary** You are invited for the solemn Mass on the feast of "Assumption of the Blessed Virgin Mary" and celebration of India's Independence Day; **CELEBRATED BY** Fr Alex MSFS, Homilist- Fr Vincent MSFS, Woy Woy **(The Chaplain to the Indians and other visiting priests (including local parish priest) will join in the concelebrated Mass at 6pm on Thursday 15th August at Holy Family Church, 136 Oxford Rd, Ingleburn. Please bring a plate (finger food only). After the Mass, please join the short Marian procession to the Church basement where we will join in singing the national anthems of India and Australia.**

## Holy Gospel according to Mark 6: 30-34

*They were as sheep without a shepherd.*

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, 'You must come away to some lonely place all by yourselves and rest for a while'; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

The Gospel of the Lord.



## REFLECTION by Nick Brodie

'Compassion', Pope Francis says, 'is born from contemplation.' This, he intimates, is the essence of today's Gospel passage. 'If we learn to truly rest,' he says, 'we become capable of true compassion.'

As the Pope points out, Jesus recognised that his disciples needed rest. None of us can or should be busy all the time. There is a danger for Christians, the Pope warns, 'to be caught up in the frenzy of doing things, to fall into the trap of activism'.

We should always remember that the crowd went to meet Jesus. They sought him out because his message was attractive and attracting.

'How many times this happens in the Church', the Pope suggests, where 'we risk neglecting Jesus and ... make ourselves the centre.'

Sometimes parishes are burdened with so many corporate evangelisation plans, programs, and pastoral activities that people are wearied. The Church, at every level, occasionally needs to pause and listen for the crowd that is searching for Jesus.

As the Pope reflects, 'only a heart that does not allow itself to be taken over by hastiness is capable of being moved'.

