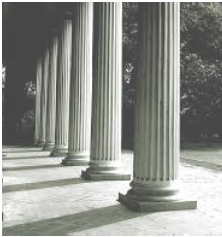


We acknowledge and respect the traditional owners and custodians of the land on which we stand, the elders, past and present and all the Dharawal people. May we too be good stewards of this land.

18 AUGUST 2024
TWENTIETH SUNDAY IN
ORDINARY TIME YEAR B



Entrance Antiphon

Turn your eyes, O God, our shield; and look on the face of your anointed one; one day within your courts is better than a thousand elsewhere.

First Reading from the book of Proverbs 9:1-6

Responsorial Psalm

Ps 33:2-3. 10-15. R. v.9

(R.) Taste and see the goodness of the Lord.

Second Reading from the letter of St Paul to the Ephesians 5:15-20

Gospel Acclamation

Alleluia, alleluia! All who eat my flesh and drink my blood live in me and I in them, says the Lord.
Alleluia!

Holy Gospel according to John 6:51-58

Communion Antiphon

With the Lord there is mercy; in him is plentiful redemption.

NEXT WEEK

25 AUGUST 2024

TWENTY FIRST SUNDAY IN
ORDINARY TIME YEAR B

First: Joshua 24:1-2. 15-18

Resp Ps: 33:2-3. 16-23. R. v.9

Second: Ephesians 5:21-32

Gospel: John 6:60-69



Thank You
MINISTRY
APPRECIATION DAY

This weekend at all Masses, all our parishioners who are active in ministry will receive a special blessing. Some are on rosters, some use their gifts to help bring the parish to people who don't attend Mass, some use their gifts in practical ways and some in prayerful ways.

It is a reminder to us all that we are part of the family of Christ, living and sharing our gifts in a community of faithful disciples and that each person's contribution is important.

This excerpt taken from the Vision of the Diocese of Wollongong "Come & See, Go & Make" is a lovely reflection of our Parish life.

In the parish I see ...

I see life breaking forth...

I see an active parish, marked by the joy of the Gospel...

I see inter-generational families together, worshipping and praying...

I see vibrant eucharistic celebrations where God is worshipped with reverence and awe, and people are inspired...

There, I see pastors speaking the truth in love to all who will listen ...

I see a parish where there is a culture of invitation and welcome ...

I see disciples sent forth to proclaim a crucified and risen Christ ...

I see a parish where the sick, hungry, hurting, and lost are given preference ...

I see a parish so deeply connected to those hurting in the community that their pain is our pain ...

I see a parish that is an epicentre of hope for all who draw near to it, a lighthouse amidst the storms of life ...

I see the community supporting one another in small faith-sharing groups ...

I see a place where there is no in-crowd or out-crowd, but rather, there are the people of God, serving one another, and using the gifts that God has given them for the upbuilding of the community ...

I see a parish where saints are made ...

I see a parish where all people can hear the voice of God calling them, and they actively respond to their baptismal call, their vocation— to the ordained life, consecrated religious, married, or single life ...

Yes, in the parish I see, the clergy are not over-burdened, because they have good men and women around them, supporting them in their leadership, and exercising appropriate leadership themselves ...

The person of Jesus and his invitation to "come and see" and then to "go and make" is at the heart of the parish I see, and in that parish, good things grow and our buildings can scarcely contain us...

That's the parish I see!

Worship: Mass and Devotions

Sunday Mass	Weekday Mass	Devotions
Saturday Vigil: 6pm	Mon, Tues, Wed Mass at 9am	Adoration with the Rosary: 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 and Devotion: First Friday of each month from 7.30pm
Samoan Mass: First Sunday at 12 noon	Healing Mass on the first Saturday of each month at 9am	Reconciliation: Saturday 11 am—12



Contact us

Parish Priest:
Fr. Shane Kelleher OCD

Parish Associate:
Sr “Jill” Girlie Sudario, CM

Office Hours

Tuesday-Friday: 9.30am-12.30pm

Phone: 9603 7373 / 0434 705 176

Email: varroville@dow.org.au

Website: varroville.dow.org.au

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 and affliction.

For our recently dearly departed: Agnes Spooner

Those whose anniversaries occur at this time: William Parsons, Shirley Chitty, Gladys Bergicourt,
Eternal rest grant unto them, O Lord, may perpetual light shine upon them.



Our Community: Rosters

25 August 2024	Saturday 6pm	Sunday 9.30am	Sunday 5pm
Welcomers	Tracey & Richard	Nelia & Anita	Geoff, Margaret & Danni
Altar Servers	Maria, Cassandra, Abigail & Austin	Orly	Vu & Nathan
Readers	Bevina & Amana	Gabriel & Volunteer	Gloria & Fev
Refreshments	Margaret & Nadia	Maria, Severino & Irene	Beatrix & Madonna
Altar Linen		CLOTW: Sarah & Janny	
Flowers	Maree & Asinate	Church Vacuuming	Susan
Counters	Louise & Lina	Foyer Cleaning	Susan

Meetings and Gatherings

Readers Ministry Meeting meets on the last Tuesday of every 2 months at 7.30pm via zoom.

Holy Family Fellowship meets on the 4th Saturday at 7pm.

Book Club meets on the 3rd Wednesday at 10am.

Children’s Mass is on the 5th Sunday of the month:

Wrap with Love Knitting group meets on the 2nd & 4th Tuesday at 11am

Faith Circles meets every Monday via zoom at 2pm & 7.30pm.

Bible Reflection group meets every Monday at 10am.

Children’s Choir will meet on 3rd Friday at 7.30pm.

Children’s Ministry Gathering will meet on the 4th Sunday from 3– 5 pm.

“Ascent” Youth Ministry All 13-17 years old are invited to join every fortnight on the 2nd & 4th Friday at 6:30 pm.

Pastoral Care Team meets on 23 August at 9.30am.

ALPHA meets every Tuesday at 7pm and Friday at 5pm.

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.

Our Parish Notices:

Community Notices

Parish Retreat Day Saturday 24 August from 8.30am:
The topic "Prayer" will be facilitated by Fr Gerard Moran, ocd. The day will include Mass, confession & adoration. Morning tea and lunch will be served; Registration fee by donation. Register at the parish office for catering purposes.

Safeguarding workshop will be held on Wednesday 28 August at 6pm for everyone ministering with children in our parish
Working with Children Checks (WWCC) are required for the following child related roles: Acolytes, Adult Altar Servers, Catechists, Children' Liturgy Leaders, Choir Director (where there are children in the choir), Religious Persons delivering services to children, Sacramental Programme Coordinators, Sacramental Programme Team Members, Youth Group Leaders, and Youth Ministry Coordinator and Team Members.

The University of Notre Dame Australia Open Day Saturday, 31 August 10am-3pm; Join us to discover what Notre Dame has to offer! Explore Sydney Campus, meet students, academic staff and graduates. Contact: sydney@nd.edu.au | 02 8204 4404 Register: notredame.edu.au/openday.

Compass: Catholic Family Camping Weekend 13 – 15 Sept at Wooglemai Catholic Camping Facility, Oakdale: Join with families of all ages and stages to celebrate the incredible gift of family life. Cost: \$30 per adult or \$70 per family (regardless of size). Camping & Bunk Room Options: You may like to pitch a tent, stay in a caravan, camper or swag. There are also male and female dormitory rooms with bunk beds. These will be allocated during registration on a first-come-first-served basis and will require strict supervision of children by parents/guardians. To register: <https://dow.sh/cfwsept24>

Catechist Retreat "Known and Loved": Friday 20 September, 9:30am – 2:30pm: All who support the Catechist ministry, including SRE Teachers, Helpers, Prayer Partners, and Spouses are invited to attend what will be an excellent retreat. Facilitated by Katherine Stone MGL, the retreat will help us to gain a greater understanding of who Jesus is and who we are in the light of Jesus. The retreat will include Mass, reflections, prayer, and friendly discussion. Morning tea will be provided, but please BYO lunch. Our Lady Help of Christians Catholic Church, 80 Demetrius Rd, Rosemeadow; Registration is essential. Please register: dow.sh/knownloved2024.

Walk for Life Sydney, 2–4pm Saturday 21 September Hyde Park, Sydney (Near the Archibald Memorial Fountain) Join the movement of Australians making abortion unthinkable in our country! All are welcome to this family-friendly gathering to be a voice for the unborn and call for the protection of every life from the moment of conception. Further Information and Registration (for free): <https://www.lovesydney.org.au/>

Ignite Conference 2024: Rise Up! (Sydney) 26-29 September
A conference for everyone, from leaders to first-time believers. This is the Church gathered and alive on mission. This is God's people united with one heart. Ignite Conference is

a gathering of Catholics for four days of real-world formation, renewal of faith, great people and powerful worship. Join with young people from our Diocese and over 2000 high schoolers, young adults, leaders, teachers, priests and religious taking part in a life changing encounter with God and His Church. For more info contact the parish office.

Weekend Retreat Jamberoo Abbey invites all people to come and join in a face-to-face retreat at the Abbey titled "Encountering God in Lectio Divina". The retreat will be co-ordinated by local author Sr Antonia Curtis, who has put together an amazing weekend of prayer, learning and reflection. The retreat will make use of the new resource written by Sr Antonia. There is also the option of staying on at the Abbey for private reflection after the retreat ends on Sunday afternoon 28 September 2024. For more information, please visit jamberooabbey.org.au

Marriage Encounter Weekend: We are offering an opportunity for you to learn to become the best version of yourselves together and live your best life in love! Come and join us on 25-27 October, 2024 at a Marriage Encounter Weekend in a Covid safe environment at Mt Carmel Retreat Centre, Varroville. Book online at www.wwme.org.au or contact Christine & Terry Mahony on 0490 774 419 or nswbookings@wwme.org.au. If you would like more information about Worldwide Marriage Encounter, please see the WWME website at www.wwme.org.au.

Growing Good Men Father and Teenage Son Weekend Experience 25–27 October at the Cataract Activity Centre, Appin. One of the most important influences in the lives of men is the relationship they had with their father or significant father figure. The encouragement and affirmation that this relationship could, and should, provide, is a key ingredient for how young men view themselves and embrace their faith and gifts as they take their place in the world. Don't miss this life-changing father and son weekend! Spots are limited to just 25 fathers with their sons aged between 12 and 17 years. This is a unique opportunity for dads and their sons to embark on a quest of discovery with Robert Falzon and the team from menALIVE. Register online: <https://dow.sh/ggm24>

Pilgrims of Hope; 26 – 27 October Retreat weekend: A retreat for men in preparation for the Jubilee Year of Hope at Mt Schoenstatt with Mass and Reconciliation. Facilitated by Fr Pawel OP. Email mensbranch@schoenstatt.org.au or ring 0432 487 927 (Jim) QR code for information and bookings or click on <https://bit.ly/4coasdo>

On The Journey This Week: Fr John Corrigan says that all of today's readings evoke the theme of feasting. Mother Hilda says the 2014 film, the Water Diviner, aptly describes our heavenly Father. Plus, Fr Tony Percy, Pete Gilmore, and Mark Raue. The Journey podcast available at www.jcr.org.au.

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. Stay informed by subscribing at dow.sh/stayingconnected or visit dow.sh/weeklybulletin to see a full list of notices sent to Parishes.

Holy Gospel according to John 6:51-58

My flesh is real food and my blood is real drink.

Jesus said to the crowd:

'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.'

The Gospel of the Lord.



A HOMILY OF POPE FRANCIS 19 November 2017

This Sunday's Gospel passage (cf. Jn 6:51-58) introduces us to the second part of the discourse that Jesus delivers in the Synagogue of Capernaum, after having satisfied the hunger of the great multitude with five loaves and two fish: the multiplication of the loaves. He presents himself as "the bread which came down from heaven", the bread that gives eternal life, and he adds: "the bread which I shall give for the life of the world is my flesh" (v. 51).

This passage is decisive, and in fact it provokes the reaction of those who are listening, who begin to dispute among themselves: "How can this man give us his flesh to eat?" (v. 52). When the sign of the shared bread points to its true significance, namely, self-giving to the point of sacrifice, misunderstanding arises; it leads to the actual rejection of the One whom, shortly before, they had wanted to lift up in triumph. Let us remember that Jesus had to hide because they had wanted to make him king. Jesus continues: "unless you eat the flesh of the Son of man and drink his blood, you have no life in you" (v. 53). Here the blood is present together with the flesh. In biblical language, flesh and blood express concrete humanity. The people and the disciples themselves sense that Jesus invites them to enter into communion with him, to 'eat' him, his humanity, in order to share with him the gift of life for the world. So much for triumphs and mirages of success! It is precisely the sacrifice of Jesus who gives himself for us.

This bread of life, the sacrament of the Body and Blood of Christ, comes to us freely given at the table of the Eucharist. Around the altar we find what spiritually feeds us and quenches our thirst today and for eternity. Each time we participate in the Holy Mass, in a certain sense, we anticipate heaven on earth, because from the Eucharistic sustenance, the Body and Blood of Jesus, we learn what eternal life is. It is living for the Lord: "he who eats me will live because of me" (v. 57), the Lord says. The Eucharist shapes us so that we live not only for ourselves but for the Lord and for our brothers and sisters. Life's happiness and eternity depend on our ability to render fruitful the evangelical love we receive in the Eucharist.

As in that time, today too Jesus repeats to each of us: "unless you eat the flesh of the Son of man and drink his blood, you have no life in you" (v. 53). Brothers and sisters, it is not about material sustenance, but a living and life-giving bread, which conveys the very life of God. When we receive Communion we receive the very life of God. To have this life it is necessary to nourish ourselves of the Gospel and of the love of our brothers and sisters.

Before Jesus' invitation to nourish ourselves of his Body and of his Blood, we might feel the need to dispute and to resist, as did those listeners whom today's Gospel spoke of. This happens when we struggle to model our existence after that of Jesus, to act according to his criteria and not according to worldly criteria. By nourishing ourselves of this food we can enter into full harmony with Christ, with his sentiments, with his behaviour. This is so important: to go to Mass and partake in Communion, because receiving Communion is receiving this living Christ, who transforms us within and prepares us for heaven. May the Virgin Mary support our aim to enter into communion with Jesus Christ, by nourishing ourselves of his Eucharist, so as to become in our turn bread broken for our brothers and sisters.