

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.**

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

**United to Christ in the Blessed Sacrament**

Dear Lord, when shall I be completely one with You and entirely forgetful of myself? You in me and I in You; grant that we may be always so and remain as one forever.

You are truly my Beloved. "Among ten thousand you shall know Him"; in You my soul delights to dwell all the days of my life. In You, the Lord of peace, is my supreme peace and real rest; and without You is only toil, sorrow and endless misery.

Truly You are a hidden God (Isaiah 45:15), and You have nothing to do with evil people, but You speak with the humble and simple of heart. How sweet is Your Spirit, O Lord, Who consents to refresh Your children with that most delicious Bread which comes down from heaven in order to show them Your loving kindness!

For what other great nation is there that has gods so near to it (Deut 4:7) as You, our God, are to all Your faithful ones, to whom You give Yourself as food and drink for their daily refreshment, and to raise their hearts to heaven!

What other people is so fortunate as the Christian people? What creature under heaven is so beloved as a devout soul into whom God comes, in order to feed him with His own glorious Body and Blood? O grace unspeakable, O marvellous condescension, O love without measure, bestowed only on human beings!

*(Imitation of Christ, Thomas à Kempis)*

**A reflection by the Venerable Servant of God, Archbishop Fulton J Sheen**

The people were still bent on making Our Lord King when they found Him the following day at Capharnaum. To their inquiry as to how He came thither, His answer was one which reprimanded those who thought religion had to do primarily with bread lines and soup kitchens.

'Believe Me, if you are looking for Me now, it is not because of the miracles you have seen; It is because you were fed with the loaves, and had your fill.' (John 6:26)

They had not taken the miracle as a sign of His Divinity; they were looking for Him instead of to Him. Job saw Him in His loss as well as His gain; they saw Him only as a means of satisfying their bread-hunger, not soul-hunger. Excitement is not religion; if it was, an "Alleluia" on Sunday could become a "Crucify" on Friday.

Our Lord then told them: You should not work to earn food which perishes in the using. Work to earn food which affords, continually, eternal life, such food as the Son of Man will give you; God, the Father, has authorised Him.' (John 6:27)

He was setting two kinds of bread before them: the bread that could perish, and the bread that could endure unto life everlasting. He cautioned them against following Him as a donkey following the master who holds a carrot. To lift their carnal minds to Eternal Food, He suggested that they seek the Heavenly Bread the Father authorised or sealed. Oriental bread was often sealed with the official mark or name of the baker. In fact, the Talmudic word for "baker" is related to the word "seal." As hosts used in the Mass have a seal upon them (such as a lamb, or a cross), so Our Lord was implying that the Bread they should seek was the Bread affirmed by His Father, therefore Himself.

They wanted some further proof that the Father had authorised Him; He gave bread, yes, but it was not stupendous enough. After all, had not Moses given bread from heaven? Their argument was: what proof had they that He was greater than Moses? Thus, they minimised the miracle of the day before, by comparing Him to Moses, and the bread He gave to the manna of the desert. Our Lord had fed the multitude only once, and Moses had fed them for forty years. In the desert the people always called bread "manna," meaning "What is it?" But on one occasion, when they despised the manna, they had called it "light bread." So they now made light of this gift. Our Lord took up the challenge; He said that the manna that they had received from Moses was not Heavenly Bread, nor had it come from heaven; furthermore, it nourished only one nation for a brief space of time. More important still, it was not Moses who gave the manna; it was His Father; finally, the Bread which He would give would nourish unto life everlasting. When He told them that the true Bread came down from heaven, they asked: Give us this bread.

He answered: 'It is I, Who am the Bread of Life.' (John 6:35) This was the third time that Our Blessed Lord used an instance from the Old Testament to symbolise Himself. The first was when He likened Himself to the ladder that Jacob saw, thus revealing Himself as a Mediator between heaven and earth. In His discourse with Nicodemus, He compared Himself to the brazen serpent, a healer of the sin-stricken and poisoned world. Now He referred to the manna of the desert, and claimed that He was the true Bread of which the manna had been only the prefigurement.

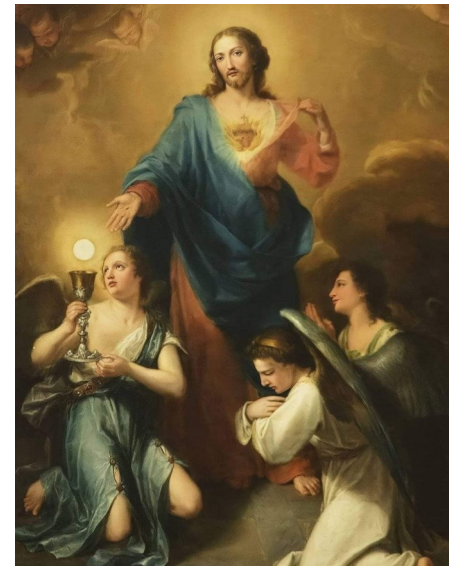
Once again, He makes the shadow of the Cross appear. Bread must be broken; and He Who had come from God must be a sacrificial Victim that men might truly feed on Him. Hence, it would be a Bread that would result from the voluntary offering of His own flesh to rescue the world from the slavery of sin unto the newness of life.

(Life of Christ)



## 18TH SUNDAY IN ORDINARY TIME - YEAR B

### 4 AUGUST 2024



"People say, 'Bread is dear!', but what is that in comparison with the price of heavenly Bread, the Bread of Life?

Let us therefore eat this Bread; It is ours, our Lord bought It for us and paid for It Himself.

He gives It to us; we have but to take It. What an honour! What love!"  
- St Peter Julian Eymard

**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** Exodus 16:2-4, 12-15

**A reading from the book of Exodus**

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow My law or not.

'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart's content. Then you will learn that I, the Lord, Am your God"' And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That,' said Moses to them, 'is the bread the Lord gives you to eat.'

◆ **The word of the Lord.**

**Responsorial Psalm** Ps 77:3-4, 23-25, 54

**R: The Lord gave them bread from heaven.**

1. The things we have heard and understood, the things our fathers have told us, we will tell to the next generation: the glories of the Lord and His might. **R.**

2. He commanded the clouds above and opened the gates of heaven. He rained down manna for their food, and gave them bread from heaven. **R.**

3. Mere men ate the bread of angels. He sent them abundance of food. He brought them to His holy land, to the mountain which His right hand had won. **R.**

**Second Reading** Ephesians 4:17, 20-24

**A reading from the letter of St Paul to the Ephesians**

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear Him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

◆ **The word of the Lord.**

**Gospel Acclamation** Matthew 4:4

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

**Gospel** John 6:24-35

**A reading from the holy Gospel according to John**

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, 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;





# Sacred Heart Parish Church

## Roman Catholic Diocese of Armidale

### 18th Sunday in Ordinary Time - Year B

#### August 4th, 2024

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 (P. O. Box 107)  
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 Website: [www.sacredheartinverell.org.au](http://www.sacredheartinverell.org.au)  
 Facebook: Sacred Heart Catholic Church Inverell  
 Holy Trinity School Ph: 02 6722 4066  
**Parish Office Hours:**  
 Monday 5 August & Friday 9 August - 8am to 1pm  
 Tuesday 6 August - 8am to 12pm  
**Administrator:** Fr Paul Chandler  
**PPC Chair:** Mr David McMahon  
**Holy Trinity Principal:** Mrs Jillian Rainger  
**Parish Secretary:** Peter Turner



#### MASS INTENTIONS FOR THE WEEK

**We pray for:** Cedric, Thelma, and Maurie Aboud;  
 Repose of the souls of all those in Purgatory.

#### the Recently Deceased:

Robert Sanders (great-nephew of June Turner), Bishop John Baptist Bac (Vietnam), Bishop Kevin Manning, Collette Mitchell, Eileen Hagan, John Smallwood.

#### the sick:

Rodney Moffitt, Val Maliss, Brenda McPhee, Danielle Irwin, Sue Barwick, Bob McGuire, Peter Moroney, Christopher Pay, Phillip Matthews, Neville Barwick, Fr Barry Leech, Lara Bentley, Danny Dickins, Elizabeth Albany, Fr David Crabb, Rebecca Lane, Brian Barker, Clare Lockwood, and all the sick members of our parish.

Please contact the priest on 67221103 for home visits to the homebound and the sick

#### PLANNED GIVING PROGRAM FOR THE SUPPORT OF THE CLERGY AND THE PARISH

**1st Collection:** Presbytery (for support of priest)  
 BSB 082105 Account No. 001023550  
 Account Name: Sacred Heart Presbytery Inverell Savings Ac.  
**2nd Collection:** Church upkeep, maintenance, expenses  
 BSB 082105 Account No. 001013072  
 Account Name: Sacred Heart Parish Inverell  
 For those on the Planned Giving Program could you please quote your surname and envelope number for the reference.

**Planned Giving Program:** If you wish to join the planned giving program, please contact the parish office.

#### AUGUST - THE HOLY MONTH OF THE IMMACULATE HEART OF MARY

Baptised this Sunday : Hugo Pages

#### MONDAY 5th

Dedication of the Basilica of St Mary Major  
**No Mass - Church open from 8am to 1pm**

#### TUESDAY 6th

**Feast Day of the Transfiguration of the Lord**  
**Rosary - 8.30am**

**Holy Mass - 9.00am**

**Holy Hour - 4.30pm to 5.30pm**

#### WEDNESDAY 7th

Feast Day of St Sixtus II, pope, martyr, & companions, martyrs, and St Cajetan, priest

**Rosary - 8.30am**

**Holy Mass - 9.00am**

#### THURSDAY 8th

**Solemnity of St Mary of the Cross (MacKillop), virgin**  
**National Patronal Feast for Australia**

**Rosary - 11.30am**

**Holy Mass - 12 Noon**

**Adoration - 12.30pm to 1.30pm**

#### FRIDAY 9th

Feast Day of St Teresa Benedicta of the Cross (Edith Stein), virgin, martyr

**Rosary - 8.45am**

**HTS Mass - 9.30am (Yr 9 and all secondary)**

**Holy Hour - 4.30pm to 5.30pm**

#### SATURDAY 10th

Feast Day of St Lawrence, deacon, martyr

**Holy Mass of Sunday - 3.00pm at Bundarra**

**Rosary - 5.00pm**

**Holy Mass of Sunday - 5.30pm**

#### SUNDAY 11th

**19th Sunday in Ordinary Time**

**Rosary - 8.30am**

**Holy Mass - 9.00am**

#### Sacrament of Confession

Sunday: 8.00am to 8.30am

Tuesday: 5.00pm to 5.30pm

Thursday: 1.00pm to 1.30pm

Friday: 5.00pm to 5.30pm

Saturday: 4.45pm to 5.15pm (and at any time upon request)

OTHER MASSES: (May to August times)

*McLean Village* Each 4th Thursday - 10.00am

2nd Saturday - *Bundarra*, St Mary of the Angels - 3.00pm

3rd Saturday - *Ashford*, St Patrick's Church - 3.00pm

4th Saturday - *Tingha*, St. Francis' Church - 3.00pm

5th Saturday - *Yetman*, St Joseph the Worker - 2.30pm

Baptism - Saturdays & Sundays at 10.30am

Marriages and Funerals by Appointment

#### PARISH NEWS AND NOTICES

#### A friendly reminder

Please maintain a respectful atmosphere of reverence before and after each Mass so those praying may do so without distraction. Any conversation should be conducted quietly. Also, please remember to turn off your mobile devices.

*"By devoutly assisting at Holy Mass you render the greatest homage possible to the Sacred Humanity of Our Lord."*

- St Leonard

#### ALTAR SOCIETY ROSTER FOR AUGUST

Rosie Michael & Val McMahon

#### HOME ROSARY

*"How beautiful is the family that recites the Rosary every evening."* - Pope St John Paul II

Bernie & Colleen Graham

11 Diamond Street, Tingha

**Wednesday 7 August at 4.30pm**

#### UPCOMING PARISH EVENTS

Pastoral Council - Wed 7 August 2024, 5.00pm

Men's Breakfast - Sat 10 Aug 2024, 8.30am, Out the Back Café

Sunday Morning Tea - Sun 11 Aug 2024, after Mass

Liturgy Committee - Sat 17 August 2024, 9.00am

Finance Committee - Wed 4 September 2024, 5.00pm

First Holy Communion Mass - Sun 8 September 2024, 9.00am

**Thank you** to those who have donated to the air-conditioning project. For others who may wish to contribute, you may use the Special Collection envelopes placed at the entrances of the Church or use the BSB and Account Number of the 2nd Collection. Use "air-conditioning" as the reference.

**Morning Tea** will be held after the 9am Mass next Sunday.

Please bring a plate of delicacies to share.



#### In the Footsteps of Mary MacKillop Pilgrimage - 15 to 26 October

The Sisters of St Joseph of the Sacred Heart extend an invitation to all parishioners to join them in this year's pilgrimage, from 15 to 26 October 2024. The pilgrimage will visit sacred sites in VIC, SA, & NSW. To find out more information please phone 02 8912 4818 or email [national.pilgrimage@mmp.org.au](mailto:national.pilgrimage@mmp.org.au) or visit their website [www.marymackillopplace.org.au](http://www.marymackillopplace.org.au).

#### Prayer to the Immaculate Heart of Mary

O Immaculate Heart of Mary, refuge of sinners, I beg of you by the infinite merits of the Sacred Heart of Jesus, and by the graces God has granted to you since your Immaculate Conception, the grace of never going astray again. Mother, keep me, a sinner, constantly bathed in the light of your Immaculate Heart. Amen.



#### Prayer for the Transfiguration of the Lord

Jesus Christ, the glory of the sky. Christ, of earth the hope secure. Only Son of God most high.

Offspring of a maiden pure.

Purest Light, within us dwell, never from our souls depart. Come, the shades of earth expel,

fill and purify the heart. Help us now Thy praise

to sing. Praise for this returning day. Light and life let morning bring, clouds and darkness flee away. Faith in Him, Whose name we bear, in our heart of hearts abound! Hope, thy brightest torch prepare, all with holy love be crowned. Praise the Father, praise the Son, Spirit blest, to Thee be praise! To the Eternal Three in One, Glory be through endless days. Amen.



#### Did you Know? The Catholic Church has 21 different rites.

They are broadly divided into Western (that's us because our rite has come from western Europe) and Eastern. There are 20 Eastern Catholic Churches. Among the largest and well-known are the Maronite Church, the Chaldean Church, the Romanian Byzantine Church and the Syro-Malabar Church. The Eastern Catholic Churches are NOT the same as the Orthodox Churches because all the Eastern Catholic Churches are in communion with the Pope, the Bishop of Rome whereas the Orthodox are not. Language and culture played a role in the development of the Eastern Catholic Churches and so, as we do, they use an ancient language for their liturgy that matches their history, for example, the Maronites use Syro-Aramaic; the Syro-Malabar rite uses Malayalam. The ancient language of the western Catholic Church is Latin and so we are referred to as the Latin Rite of the Catholic Church.

Each church has a different way of celebrating the Mass but it is still the Catholic Mass. There is no uniformity among the rites but a diversity in unity of faith. But then, even our Latin Rite has six ways of celebrating the Mass: *Novus Ordo* Mass begun in 1970; *Vetus Ordo* Mass (sometimes called the Traditional Latin Mass) which goes back to apostolic times and Pope St Gregory the Great of the 7th century; The *Carmelite Rite* that belongs to the Carmelite Order; The *Dominican Rite* that belongs to the Order of St Dominic; The *Ambrosian Rite* that belongs to St Ambrose and the city of Milan. The *Roman Missal: Divine Worship* that belongs to the Anglican Ordinariates. So, the Holy Mass is a diverse and beautiful reality that is much broader than just our own parish.

MASS ROSTER	3Aug-Sat 5.30pm	4Aug-Sun 9am	10Aug-Sat 5.30pm	11Aug-Sun 9am
Projector	S Szumowski	MJ Guest	N Turner	H Rossel
Readers	J Harris & B Baldwin	M Gaukroger & S Hollis	M Casey-Ransom & P Mather	D McMahon J Thivakon
Commentator	J Monie	J Rainger	J Kelly	MJ Guest
Offertory	Volunteers	Volunteers	Volunteer	Guest Family
Extraordinary Ministers of Holy Communion	J Monie	B McGrath	P Moroney	M Robinson
Counters		L MacDonald & P Girdle		B Baldwin & J Frater