

## On the Many Benefits Bestowed on Those Who Devoutly Receive Communion

Dear Lord, with simplicity of heart, in good and stable faith, and at Your command, I approach You - full of confidence and adoration - truly believing that You are present in this Sacrament, God and Man. It is Your will that I receive You and bind myself to You in love.

Most merciful Lord, I beg of You that special grace, that my soul may melt and overflow with Your love, never concerning myself again with any other comfort but Your own. This most exalted and worthy Sacrament is the health of both soul and body, the remedy for every spiritual sickness.

By it all vices are cured, passions restrained, temptations overcome or diminished; by it grace is poured forth, confirming faith, strengthening hope, inflaming and enlarging charity.

O my God, the support of my soul, the repairer of human infirmity, and the giver of all spiritual consolation, You have given - and frequently still give - many blessings in this Sacrament to those beloved souls who receive You with devotion.

Many are the comforts You give them to sustain them in all their troubles; from the depths of their own misery You lift them up, giving Your elect the hope of Your protection. You renew them and enlighten them interiorly - and with a kind of new grace - so that those who felt anxiety and abandoned without love before Communion were changed for the better after receiving this heavenly food and drink.

You are pleased to deal with Your chosen ones in this way, that they may more fully realise and admit their own weakness; and how much they gain in goodness and grace from You. Of themselves they are cold, dry and lacking in devotion; but after receiving You, they become fervent, cheerful and devout.

Who can come humbly to the fountain of sweetness without carrying away with them some of its sweetness? Or who can stand by a blazing fire and not feel some of its heat? You, O Lord, are a fountain, ever full and overflowing, a fire always burning and never dying out.

You, Who have prepared Your Body and Blood for my food and drink, save me, receive me, for the praise and glory of Your Name, and bring me to everlasting life. Grant me, O Lord, my Saviour, a daily increase in devotion, through the frequent reception of Your sacred mystery.

*(Imitation of Christ, Thomas à Kempis)*

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

As a Mediator between God and man, He said that, as He lived by the Father, so they would live by Him: *'As I live because of the Father, The living Father Who has sent Me, So he who eats Me will live, In his turn, because of Me.'* (John 6:58)

How carnal was the eating of the manna, and how spiritual was the eating of the flesh of Christ! It was a far more intimate living by Him than a baby's living by the nourishment supplied by the mother. Every mother to every child at her breast can say, 'Eat, this is my body; this is my blood.' But actually the comparison ends there; for in the mother-child relationship, both are on the same level. In the Christ-human relationship, the difference is that of God and man, heaven and earth. Furthermore, no mother ever has to die and take on a more glorious existence in her human nature before she can be the nourishment of her offspring. But Our Lord said that He would have to 'give' His life, before He would be the Bread of Life to believers. The plants which nourish animals do not live on another planet; the animals which nourish man do not live in another world. If Christ then was to be the 'Life of the World,' He must be tabernacled among men as Emmanuel or 'God with us,' supplying a life for the soul as earthly bread is the life of the body.

But the mind of His hearers rose no higher than the physical, as they asked: How can this man give us His flesh to eat?

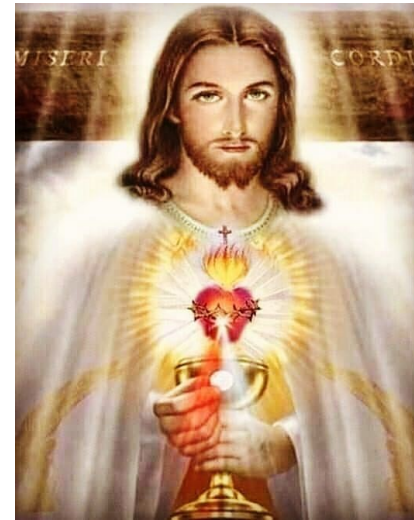
It was madness for any man to offer his flesh to eat. But they were not left long in the dark as Our Lord corrected them, saying that not a mere man, but 'the Son of Man' would give it. As usual, that title referred to the expiatory sacrifice He would offer. Not the dead Christ would believers feed upon, but the Glorified Christ in Heaven Who died, rose from the dead, and ascended into heaven. The mere eating of the flesh and blood of a man would profit nothing; but the glorified Flesh and Blood of the Son of Man would profit unto life everlasting. As man died spiritually by physically eating in the Garden of Eden, so he would live again spiritually through eating the fruit of the Tree of Life.

Christ's words were too literal, and He cleared up too many false interpretations, for any of His hearers to claim that the Eucharist (or Body and Blood He would give) was a mere type or symbol, or that its effects depended upon the subjective dispositions of the receiver. It was Our Lord's method whenever anyone misunderstood what He said to correct the misunderstanding, as He did when Nicodemus thought 'born again' meant re-entering his mother's womb. But, whenever anyone correctly understood what He said, but found fault with it, He repeated what He said. And in this discourse, Our Lord repeated five times what He had said about His Body and Blood. The full meaning of these words did not become evident until the night before He died. In His last will and testament, He left that which on dying no other man has ever been able to leave, namely, His Body, Blood, Soul, and Divinity, for the life of the world.

(Life of Christ)



## 20TH SUNDAY IN ORDINARY TIME - YEAR B 18 AUGUST 2024



**"As by the Word of God, Jesus our Saviour was made Flesh and had both Flesh and Blood for our salvation, so also the food which has been blessed by the word of prayer instituted by Him is both the Flesh and Blood of Jesus Incarnate."**  
- St Justin the Martyr

**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** Proverbs 9:1-6

**A reading from the book of Proverbs**

Wisdom has built herself a house, she has erected her seven pillars, she has slaughtered her beasts, prepared her wine, she has laid her table. She has despatched her maidservants and proclaimed from the city's heights: 'Who is ignorant? Let him step this way.' To the fool she says, 'Come and eat my bread, drink the wine I have prepared! Leave your folly and you will live, walk in the ways of perception.'

◆ **The word of the Lord.**

**Responsorial Psalm** Ps 33:2-3, 10-15

**R: Taste and see the goodness of the Lord.**

1. I will bless the Lord at all times, His praise always on my lips; in the Lord my soul shall make its boast. The humble shall hear and be glad. **R.**

2. Revere the Lord, you His saints. They lack nothing, those who revere Him. Strong lions suffer want and go hungry but those who seek the Lord lack no blessing. **R.**

3. Come, children, and hear me that I may teach you the fear of the Lord. Who is he who longs for life and many days, to enjoy his prosperity? **R.**

4. Then keep your tongue from evil and your lips from speaking deceit. Turn aside from evil and do good; seek and strive after peace. **R.**

**Second Reading** Ephesians 5:15-20

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

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but your

lives should redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God Who is our Father in the name of our Lord Jesus Christ.

◆ **The word of the Lord.**

**Gospel Acclamation** John 6:56

**Alleluia, alleluia!** All who eat My flesh and drink My blood live in Me and I in them, says the Lord. **Alleluia!**

**Gospel** John 6:51-58

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

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.'

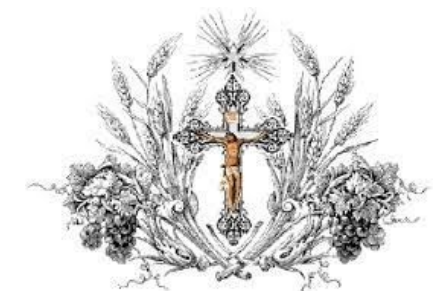
Then the Jews started arguing with one another: 'How can this man give us His flesh to eat?' they said. Jesus replied:

'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.**

**Communion Antiphon:** With the Lord there is mercy; in Him is plentiful redemption.

**Scripture readings from the Jerusalem Bible**







# Sacred Heart Parish Church

## Roman Catholic Diocese of Armidale

### 20th Sunday in Ordinary Time - Year B

#### August 18th, 2024

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[frpchanger@armidale.catholic.org.au](mailto:frpchanger@armidale.catholic.org.au)  
 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 19 August & Friday 23 August - 8am to 1pm  
 Tuesday 20 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:** Repose of the souls of John Damian Gaukroger, Cedric, Thelma, and Maurie Aboud, and all those in Purgatory.

#### the Recently Deceased:

Helen Baldwin, Valerie Coggan, Val Malisse, Robert Sanders (great-nephew of June Turner), Bishop John Baptist Bac (Vietnam), Collette Mitchell.

#### the sick:

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 Recently: Yllian Zapata, Zoe Barnett, and Eric Barnett**

#### MONDAY 19th

Feast Day of St John Eudes, priest

**No Mass - Church open from 8am to 1pm**

#### TUESDAY 20th

Feast Day of St Bernard of Clairvaux, abbot, doctor

**No Mass - Church open from 8am to 12 Noon**

#### WEDNESDAY 21st

Feast Day of St Pius X, pope

**No Mass - Church open from 11am to 12 Noon**

#### THURSDAY 22nd

**Feast Day of the Queenship of the Blessed Virgin Mary**

**No Mass - Church open from 11am to 12 Noon**

#### FRIDAY 23rd

Feast Day of St Rose of Lima

**Rosary - 10.15am**

**Funeral Mass for Helen Baldwin - 11.00am**

#### SATURDAY 24th - Celebrant: Fr John McHugh

Feast Day of St Bartholomew, apostle

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

**Rosary - 5.00pm**

**Holy Mass of Sunday - 5.30pm**

#### SUNDAY 25th - Celebrant: Fr John McHugh

**21st Sunday in Ordinary Time / Social Justice Sunday**

**Rosary - 8.30am**

**Holy Mass - 9.00am**

#### Sacrament of Confession

Sunday: 8.00am to 8.30am

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

During the week of 19 August to 23 August there is a clergy retreat. We pray for all our priests that they may benefit from this time of prayer, and return to their parishes refreshed by God's grace.

**Men's Breakfast Important Announcement:** It is with regret that the Men's breakfast has been terminated after 17 years. Thank you to those who have attended.

#### 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 21 August at 4.30pm**

#### UPCOMING PARISH EVENTS

Liturgy Committee - Sat 17 August 2024, 9.00am

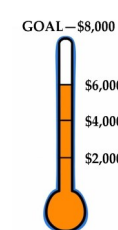
Finance Committee - Wed 4 Sept 2024, 5.00pm

Pastoral Council - Thurs 5 Sept 2024, 5.00pm

Sunday Morning Tea - Sun 8 Sept 2024, after Mass

First Holy Communion Mass - Sun 8 Sept 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.



**Sick Visit / Last Rites:** A reminder that if you have a Catholic relative in hospital or aged care who is in need of a priest, please inform the parish office or Fr Paul so he may visit them.

**Fr John Curran Golden Jubilee:** We offer our congratulations to and prayers for Fr John Curran of St Michael's Parish at Manilla. On August 29th, Fr John will celebrate 50 years since his sacred ordination; a golden jubilee!

A general invitation is extended to the friends of Father John to celebrate a Mass with him at Saint Michael's Catholic Church Manilla on Saturday 24th August at 11am for his Golden Jubilee of Priesthood.

#### 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.



#### Did you Know?

The Mass is not a performance by the priest. You probably know that already and you don't come to Mass to be entertained by the priest.

One way that the Mass is not a performance is demonstrated in that there are times of silence at Mass. This helps us to pray, to direct our heart and attention to God, and to experience the sacredness of the liturgy.

Another way is that not all the words the priest says are to be heard by the people. That may surprise you?

Some prayers he is required to say **silently** so that not even a person standing beside him would hear his voice. You may have noticed that there are times when the priest's lips are moving but you don't hear him. These are called the private prayers of the priest; private as in not to be heard, not private as opposed to public. An example of this are the prayers that the priest prays in preparation before Holy Communion.

Then there are some prayers that priest is required to say in a **quiet voice** such that only a person standing near him could hear. These are usually the prayers addressed solemnly to God and not spoken to the people. Examples of this type of prayer are the Offertory prayers and the Canon (Eucharistic Prayer).

Of course, then the other prayers are spoken **aloud** so that all may hear.

Obviously, what is spoken to the people has to be heard, for example, "The Lord be with you..." and the readings from Holy Scripture. But even here a different quality of voice may be required; not a change in volume but perhaps in tone, pitch or speed.

MASS ROSTER	17Aug-Sat 5.30pm	18Aug-Sun 9am	24Aug-Sat 5.30pm	25Aug-Sun 9am
<b>Projector</b>	J Kelly	M Gaukroger	Sr Coral	P Girle
<b>Readers</b>	S O'Brien & S Szumowski	M Robinson & J Rainger	J Harris & C Roberts	G Johnson & MJ Guest
<b>Commentator</b>	J Harris	J Monie	P Mather	M Gaukroger
<b>Offertory</b>	Volunteer	M Robinson & volunteer	Volunteer	M Wales & volunteer
<b>Extraordinary Ministers of Holy Communion</b>	A Michael	S Hollis	J Monie	R Johnson
<b>Counters</b>		G Chie & G Fleming		N Turner