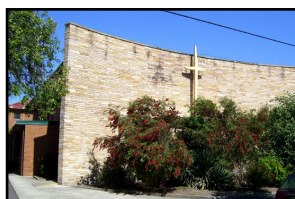


Sacred Heart Cathedral,
Hamilton



St Joseph's,
The Junction



St Mary, Star of the Sea,
Newcastle



Immaculate Heart of Mary,
Tighes Hill



St Laurence O'Toole's,
Broadmeadow



Christ the King,
Mayfield West



St Peter-in-Chains',
Stockton

THE CATHOLIC PARISHES OF THE CITY PASTORAL REGION

SUNDAY, 14TH JUNE 2020
MOST HOLY BODY AND BLOOD OF CHRIST

Incorporating the Parishes of St Benedict's, Inner Newcastle, St Columban's, Mayfield, and St Peter-in-Chains, Stockton, our mission is to proclaim Christ in the inner suburbs of the City of Newcastle.

Our Parishes incorporate suburbs located on the traditional country of the Awabakal and Worimi peoples. We acknowledge their cultural heritage, beliefs and continuing relationship with the land, pay respect to their Elders past and present, and commit ourselves to work together for reconciliation and justice.

Clergy in the Region

Fr Andrew Doohan
Fr James Odoh
Fr Peter Street

Fr Matthew Muller
Fr Peter Thoai
Deacon Lawrence Caelli

Regional Office—St Benedict's Centre

25 Farquhar Street, The Junction
PO Box 6, The Junction 2291
P: (02) 4979 1101 F: (02) 4962 4644
E: newcparish@mn.catholic.org.au
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Regional Office Staff

Margaret Cox (*Reception & Administration*)
Jade Simonsen (*Business Manager*)
Anne Warren (*Administration*)
Dr Anne Millard (*Director of Music, Liturgy & Sacramental Program*)

Other Contacts

Lingard Hospital Team Contact the Regional Office
Mercy Pastoral Team Sr Patricia Whitten rsm (02) 4979 1116
St Joseph's Pastoral Team Contact the Regional Centre

Regional Bulletin

The Bulletin is published weekly.

Prayer requests and items for the Bulletin should be received at the Regional Office by Noon on Wednesdays.

COVID-19 AND THE EASING OF RESTRICTIONS

Step Two in the easing of COVID-19 related restrictions has taken effect from 1 June 2020, with the making of a new public health order, *Public Health (COVID-19 Restrictions on Gathering and Movement) Order (No 3) 2020* ('the Order'). The Order allows ten (10) persons to participate in a gathering in a public place (which includes all our church buildings).

There are some exceptions to the general 10 person limit, including the following:

- Gatherings for the purpose of work. This may provide for a slow return to meetings of our councils and committees, though this must be done with caution and with attention to the principles of good hygiene and physical distancing.
- Wedding services. Up to 20 wedding guests are allowed, in addition to the persons being married, the celebrant, other persons necessary for the conduct of the service and one photographer, one videographer, or both.
- Funerals or memorial services held indoors can have up to 50 persons present. This limit excludes the persons necessary for the conduct of the service, such as the celebrant and the funeral directors.
- Other religious services allow up to 50 persons present, in addition to the persons necessary for the conduct of the service, such as the celebrant. This means it is possible for Baptisms to take place in our churches, though Bishop Bill has left this to the discretion of the minister, in consultation with the family.

Places of worship must not be open to members of the public, except for the purposes of conducting weddings, funeral/memorial services or religious services (as indicated above), or for private prayer.

The limit on the number of people who can be in the church for private prayer will be different for each church building and is dependent on the space available. The number permitted will be **the lesser** of

- 50 persons, or
- The total number of persons calculated by allowing 4 square metres of space for each person in the building.

The details (name, telephone number, and/or email) of any person participating in a wedding, funeral/memorial service or religious service (or a gathering immediately following these events) must be provided to the Parish Priest or delegate, who must record and

keep the details for a period of four weeks. This is a mandatory requirement of the Order and it must be observed. The reason for a person being in a church building will not be recorded. The Order no longer requires the collection of contact details of those attending the church building for the purposes of private prayer.

While the above provisions allow more than 10 persons present in total, a person cannot be in a church building as part of a group of more than 10 persons (for example, a group of family members).

The category of 'General Religious Services' includes the public celebration of Mass. Bishop Bill has determined that the public celebration of Masses within the Diocese may recommence, subject to parishes taking all reasonable precautions in relation to hygiene and physical distancing. Please see the separate notice on page 4 of this bulletin, regarding the resumption of Masses and the need to register your wish to attend.

Because of the limit on the number of people who may be able to attend any particular Mass, all members of the Church of the Diocese of Maitland-Newcastle, except priests, continue to be dispensed from the obligation to attend Sunday Mass.

The live streaming of Masses will continue. You are able to watch by Ctrl + clicking on this link at 9.30am on Sunday: [https:// www.mn.catholic.org.au/places/livestream/](https://www.mn.catholic.org.au/places/livestream/)

Private worship will be available at the Sacred Heart Cathedral on Wednesdays and Thursdays, from 9am to 12 noon, though not this Wednesday, 17th June due to a funeral service. Confessions will be available from 10.30am on Saturdays. The Cathedral will not otherwise be available for private prayer.

Opportunities for private prayer will also generally be available at St Joseph's, The Junction, on each weekday from 10am to 12 noon, but please call the Regional Office beforehand to confirm (ph 4979 1101).

See pages 4 & 6 of this bulletin for important information about the resumption of Masses.

Current contact arrangements for the Regional Office

Please do not attend the office at 25 Farquhar Street, The Junction in person.

All inquiries are to be made via email to newcparish@mn.catholic.org.au or by phone on 4979 1101

First Reading**Dt 8:2-3. 14-16**

A reading from the book of Deuteronomy

He gave you food which you and your ancestors did not know.

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

Responsorial Psalm Ps 147:12-15. 19-20. R. v.12

(R.) Praise the Lord, Jerusalem.

1. O praise the Lord, Jerusalem!
Zion, praise your God!
He has strengthened the bars of your gates,
he has blessed the children within you. (R.)
2. He has established peace on your borders,
he feeds you with finest wheat.
He sends out his word to the earth
and swiftly runs his command. (R.)
3. He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees. (R.)

Second Reading**1 Cor 10:16-17**

A reading from the first letter of St Paul to the Corinthians

Though we are many, we form a single body because we share this one loaf.

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

Gospel Acclamation**Jn 6:51-52**

Alleluia, alleluia!

I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever.
Alleluia!

Gospel**Jn 6:51-58**

A reading from the holy Gospel according to John

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

Jesus said to the Jews:

'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.'

HAPPY 90TH BIRTHDAY TO SISTER FLORENCE TOBIN

*Warmest wishes to
Sister Florence for her 90th
birthday on 18th June!
From the Pastoral Care
Team and from the clergy,
staff and parishioners of
the City Pastoral Region.*



Important Information regarding the Resumption of Masses

With the easing of COVID-19 related restrictions that took effect from 1 June 2020, it is now possible to resume the celebration of public Masses, subject to certain requirements.

For the Sacred Heart Cathedral, the celebration of Mass, both weekdays and weekends, has recommenced with effect from **Tuesday 9 June 2020**, subject to the requirements set out on the Cathedral website, www.sacredhearthatilton.org.au

Under the current regulations, the upper limit of attendance at Mass is **50 people** (excluding the celebrant and the people necessary for the conduct of the service). For weekday Masses this number should be easily accommodated, but Sunday Masses regularly attract more than the prescribed limit of 50 people. So that everyone who may wish to attend has an equal and equitable opportunity to attend, **registration in advance will be required.**

Registration to attend Sunday Mass in the Cathedral will open at 9am on the Monday beforehand, and close promptly at midday on the Friday immediately before the Sunday. Registration is valid only for one week; you must register separately for each subsequent Sunday.

To register your wish to attend one of the Sunday Masses in the Cathedral, you must do so by visiting the website, www.sacredhearthatilton.org.au, and clicking on the registration button on the right hand column. If you do not have the ability to register via the website, please contact the Regional Office on 49791101, or email newcparish@mn.catholic.org.au where staff will be able to do so on your behalf.

If the number wishing to attend is above the limit of 50 persons, a 'lottery' will determine those who will be able to attend Mass on that weekend. Those selected to attend will be contacted on Friday afternoon/evening. Only those whose names have been selected will be permitted entry to the Cathedral for each Mass. There will no exception to this requirement. You will be required to provide your telephone number and/or email address as part of the registration process. This is a requirement of the current Public Health Order, and there can be no exception made. When attending Mass, please have your name 'ticked off' the list that is being monitored by a volunteer.

For Sunday Masses at St Joseph's, The Junction and St Mary's, Newcastle, a similar registration process will apply. To register, please visit the website, www.newcastlecatholic.org.au or contact the Regional Office on 4979 1101 or via email, newcparish@mn.catholic.org.au

If you wish to attend the Saturday evening vigil at **Broadmeadow** or the Sunday morning Mass at **Tighes Hill**, please contact Fr James on 0402 223415 or via email, jamesodoh768@yahoo.com

If you wish to attend the Saturday evening vigil at **Mayfield West** or the Sunday morning Mass at **Stockton**, please contact Deacon Lawrence Caelli on 0412 447830.

We thank you for your understanding during these difficult times and appreciate your continuing patience and support in relation to the registration requirements.

AN UPDATE REGARDING PLANNED GIVING

It has recently come to my attention that the usual procedure of offering a reduction letter for the School Building Levy, known as the DFSBL, is no longer able to be offered by the Parish. This is due to legislative changes related to Section 83C of the Education Act.

We are still able to offer a Tax Receipt to our planned givers.

Parishioners who require a tax receipt for planned giving for the 2019/20 financial year must notify the Parish Office. Please notify by one of the following methods:

Email to newcparish@mn.catholic.org.au

Use the wording, *"Please provide me with a Planned Giving tax receipt"* and include your name and envelope number.

Phone: Call the Parish Office on 4979 1101.

Tax receipt data will be processed on 30 June 2020. No subsequent amendments are possible. Any requests received after 30 June 2020 will result in parishioners not receiving the requested tax deduction. If you do not require a tax receipt for tax purposes, it is preferable to refrain from requesting one, as this will enhance the tax deductibility for those who do use the tax receipt. I am happy to provide people who do not submit a tax return with your contribution total.

Jade Simonsen
Regional Business Manager

The Cathedral's YouTube Channel needs 100 subscribers so we can claim a 'custom URL' (as opposed to the long string of numbers and letters we currently have). Please consider subscribing to our YouTube channel if you haven't already done so. Please ask your friends to do the same. You can find our YouTube channel by going to <https://bit.ly/3dVO3qc>

Praying the Sunday Gospel

Parishioners in the City Pastoral Region are invited to connect and pray with each other from your own home. God speaks to us through the words of the Gospel and then through artist's images of the Gospel message. Each Tuesday 5.00-5.45pm. You and your friends are welcome to join via the internet: <https://zoom.us/j/147952077>

BOOK CLUB

We cannot currently run our regular book club meetings, but we are using 'Zoom' technology. At 6.30pm on Sunday, 5th July, we will share our thoughts on the book, *The Land Before Avocado*, by Richard Glover. If you would like to participate in future book club meetings, please send an email to the parish office, newcparish@mn.catholic.org.au

HYMNS FOR THIS WEEK'S LITURGY

ENTRANCE HYMN

SONG OF THE BODY OF CHRIST **David Haas**

*We come to share our story,
we come to break the bread,
We come to know our rising from the dead.*

1. We come as your people,
we come as your own,
united with each other, love finds a home.
2. We are called to heal the broken,
to be hope for the poor,
we are called to feed the hungry at our door.
3. Bread of life and cup of promise,
in this meal we all are one.
In our dying and our rising, may your kingdom come.
4. You will lead and we shall follow,
you will be the breath of life;
living water, we are thirsting for your light.

Text: David Haas, b.1957 © 1989, GIA Publications, Inc.
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GLORIA:

*Glory to God in the highest,
and on earth peace to people of good will.*

We praise You. We bless You. We adore you.
We glorify You.
We give You thanks for Your great glory.
Lord God, heavenly King, O God almighty Father.

Lord Jesus Christ, Only-begotten Son.
Lord God, Lamb of God, Son of the Father:
you take away the sins of the world,
have mercy on us.
You take away the sins of the world,
receive our prayer.
You are seated at the right hand of the Father,
have mercy on us.

For you alone are the holy one. You alone are the Lord. You alone, are the most high Jesus Christ. With the Holy Spirit, in the glory of God the Father.

RESPONSORIAL PSALM: Ps 147

**Praise the Lord Jerusalem,
Jerusalem, Praise the Lord Jerusalem**

Glorify the LORD, O Jerusalem;
praise your God, O Zion.
For he has strengthened the bars of your gates;
he has blessed your children within you. (R)

He has granted peace in your borders;
with the best of wheat he fills you.
He sends forth his command to the earth;
swiftly runs his word! (R)

He has proclaimed his word to Jacob,
his statutes and judgements to Israel.
He has not done thus for any other nation;
he has not taught them his judgements. (R)

Anne Millard © 2017 Used with permission of the composer

PREPARATION OF GIFTS:

LET ALL MORTAL FLESH KEEP SILENCE

Let all mortal flesh keep silence
And with fear and trembling stand
Ponder nothing earthly minded
For the blessing in his hand
Christ our God to earth descending
Our full homage to demand

King of kings, yet born of Mary
As of old on earth he stood
Lord of lords in human vesture
In the boy and the blood
He will give to all the faithful
His own self for heav'nly food

Rank on rank the host of heaven
Spreads its vanguard on the way
As the Light of light descending
From the realms of endless day
That the pow'rs of hell may vanish
As the darkness clears away

At his feet the six winged seraph
Cherubim with sleepless eye
Veil their faces to the presence
As with ceaseless voice they cry
"Alleluia, alleluia,
Alleluia, Lord, most high!"

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COMMUNION HYMN

PANIS ANGELICUS

C Franck

TRANSLATION

Panis angelicus	Heavenly bread
Fit panis hominum	That becomes the bread for
Dat panis coelicus	all mankind;
Figuris terminum	Bread from the angelic host
O res mirabilis	That is the end of all imagin-
Manducat dominum	ings;
	Oh, miraculous thing!
	This body of God will nourish
Pauper, pauper	Even the poorest,
Servus et humilis	The most humble of servants.
Pauper, pauper	Even the poorest,
Servus et humilis	The most humble of servants.

Arranged by Wanda Sobieska copyright ©
2009

RECESSIONAL HYMN

I AM THE BREAD OF LIFE

S Toolan

I am the bread of life.
You who come to me shall not hunger;
You who believe in me shall not thirst
No one can come to me unless the Father beckons.

***And I will raise you up, and I will raise you up,
and I will raise you up on the last day.***

The bread that I will give
is my flesh for the life of the world,
and if you eat of this bread,
you shall live forever, you shall live for ever.

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ADAPTATIONS TO THE CELEBRATION OF MASS

With the resumption of Masses in our churches from this weekend, we have had to make a number of changes to ensure the health and safety of those who will be attending.

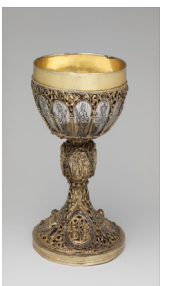
Please be aware of the following adaptations, which we will continue to monitor and revise where necessary:

- Only one Reader will be required. This is being organised on a week by week basis.
- Communion will only be distributed by the Priest Celebrant.
- Communion will only be distributed under one kind, ie. the Chalice will not be offered.
- Communion will only be distributed in the hand, not on the tongue.
- There will be no Procession of the Gifts.
- Collections will not be taken up. Instead, those attending will be invited to place their contributions in two clearly labelled receptacles as they enter the Church. Parishioners who wish to consider electronic contributions should contact the Regional Office for more information.
- The Sign of Peace will be given without physical contact, ie. with a bow, or a wave, etc.
- Printed bulletins will be available at the entrance to the Church – please collect your own and take it with you when you leave.
- Communal singing will not take place, though a small group or a single cantor may be present.

We look forward to the time when we can once again celebrate the fullness of our liturgical life. In the meantime, we much appreciate your understanding and acceptance of these necessary precautions.

An Act of Spiritual Communion

My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You. Amen.



NEW PLANNED GIVING ENVELOPES

Envelopes for the 2020/2021 financial year will be distributed within the next couple of weeks.



With the resumption of Sunday Masses, Project Compassion boxes can now be returned to the Churches. Thank you.

Reflecting on Corpus Christi

Some years ago, Pope John Paul II went to Lima, Peru. There he was met by a massive crowd of two million people. Instead of the usual greetings from the President and the Cardinal, two people from a shantytown stepped forward to the microphone. Their names were Irene and Viktor Charo. As the huge crowd went quiet, they began to speak to the Pope.

'Holy Father, we are hungry, we are sick, we lack work, our children die before their time. Yet we believe, Holy Father, we believe in the God of life. And we hunger for bread.' Before a hushed crowd, the Pope replied in his best Spanish. 'You tell me you hunger for bread.' 'Yes, yes', the millions yelled in reply. 'You tell me you hunger for God', said the Pope and again the crowd swelled with an emphatic 'Yes! Yes!' 'I want this hunger for God to remain; I want your hunger for bread to be satisfied.'

The Pope then turned to the generals and the wealthy politicians gathered there – many of them devout Catholics – and said very starkly, 'I won't simply say share what you have. I will say give it back. Give it back – it belongs to the poor.'

As extraordinary as the Pope's words were that day, Jesus' words about the Eucharist in today's Gospel are even more so. In the sixth chapter of John's Gospel many people were so horrified by the claims Jesus makes for the reality of his presence in the Eucharist, they stopped following him. John clearly links Jesus giving himself for the sake of God's kingdom and our redemption, with the communion we share with Him in every Mass.

When we receive the Risen Christ in communion it's not a symbol of his presence or a sign of his life to which we say 'Amen'. It is Christ who hosts us, who gives us himself so that we might be transformed into His image and likeness. In modern language Christ says to us at every Mass, 'Here I am, broken and poured out in love for you. Take me. I'm here for you.'

The danger with all gifts, and most especially with this gift, is that we can think it's just for us, an intimate moment between each of us and Christ. It is that, but it's also much more. St Augustine in a sermon on the Eucharist on 9th August 413 wrote that the Mass was about three things: goodness, unity and charity. Augustine taught that if we were not better people, working for unity and loving each other away from the Eucharist, it fails to achieve its purpose.

Hence, like the Pope in Peru, many people have linked the reception of the Bread of Life here with the giving of bread which sustains life away from here. On average in our world 26,000 die every day of starvation. John F Kennedy observed in 1961, 'The only thing standing between us and the elimination of hunger is our desire to see it.' We could feed all the world's poor. We choose not to.

In a talk on the Eucharist, the then Jesuit General, Fr Pedro Arrupe said, 'while there is hunger in the world then our Eucharists are incomplete'. By this he didn't mean that when we gather for Mass anything is wrong. Rather he meant that when we gather around this holy table for this sacred meal while people still starve in the world, then something vital is lacking. There's an emptiness.

Yet it's an emptiness that invites us in. The God who comes to us at every Eucharist as real food is the same God that asks, 'When I was hungry, did you feed me?' This question says that just as God feeds us, so we too should and can feed each other.

May this feast of the Body and Blood of Christ give us the strength of our convictions. May the real food and drink we provide away from this sacred table prove to the world the power of the Eucharist to change us into a people that are good, unifying and loving. And may we not just share with the poor from our excesses, but give them back the food that is rightly theirs.

© Richard Leonard SJ

IN YOUR CHARITY, PLEASE REMEMBER IN YOUR PRAYERS:

RECENTLY DECEASED: Gaetano Cavallaro, Geoffrey Walters.

ANNIVERSARY: Hazel McDonald, John Ruggero, James Martin.

SICK: Brian Kelly, Bill Parker, Elizabeth Evans, Terry Davies, John Belcher, Libby Oates, Graeme Burrage, Brian Swift, Monica Bound, Peter McCabe, Joan Haynes, Tom Towers, Kerry Davies, Lawson Rankin, Patricia (Pat) Gillett.

SPECIAL INTENTIONS: Please continue to pray for all those throughout the world who are affected by COVID-19.

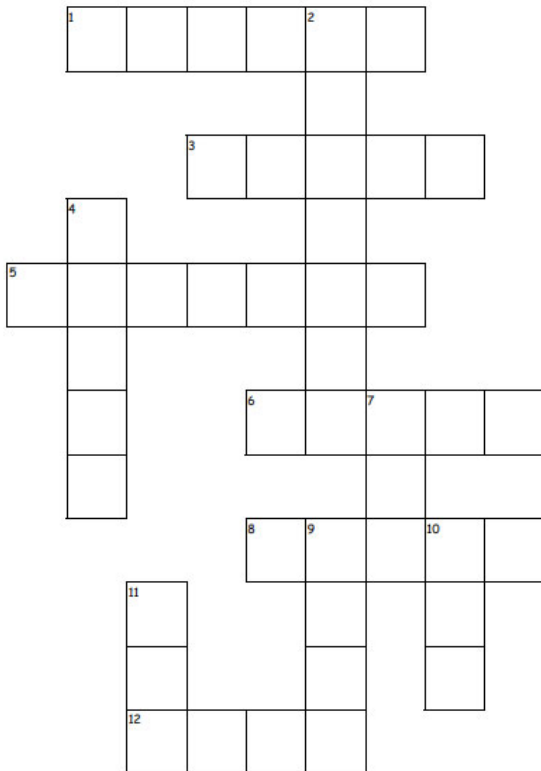
Names may be placed here by contacting the Regional Office. Please refer to the Policy Document on the Regional website—visit www.newcastlecatholic.org.au/downloads.



CROSSWORD

Anyone who eats this bread will live for ever

Jn 6:51-58



Across

- 1: God's kingdom
- 3: food made from wheat grain
- 5: fighting, disagreeing
- 6: wine is turned into the _____ of Christ
- 8: Jesus said " my _____ is the true food"
- 12: not false

Down

- 2: Jesus told the crowd, "You will have _____ life"
- 4: to consume liquid
- 7: it comes before two
- 9: to be alive is to _____
- 10: a parent's male child
- 11: to consume food

JUNIOR WORDSEARCH

The Lord feeds his people

Dt 8:2-3, 14b-16a
Ps 147:12 & 14, 19-20, R, v.12
1 Cor 10:16-17
Jn 6:51-58

N N D I T L F V J J T R U E P
G G S M B F G F K L Z B F E F
T U N Y E T E R N A L L I V E
T C W N B L O O D I O B C M M
V D Z C T G R A Z J L S G V A
S Y X E S S H A R I N G M C N
Z F U J N W S A R Q T F O G N
D L E B L L X F U Z B L S F A
K J L T B R E A K A X E E C C
A U W L J O K B K D M S S O U
Z U U L T E O Y Z C E H Q X P
L J L U Z B R E A D Y J O W F
D I X J E D E R H I D J Q I Y
Q G Z H G N L N Y H S O O Q O
Y A N C E S T O R S G B O C X

Try to find these words:

- ancestors
- blood
- bread
- break
- cup
- eternal
- flesh
- live
- manna
- Moses
- sharing
- true