



Sacred Heart of Jesus Cathedral

DIOCESE OF MAITLAND-NEWCASTLE

Inner Newcastle Parish: Sacred Heart Cathedral, Newcastle West; St Joseph's Church, The Junction; St Mary, Star of the Sea Church, Newcastle; Immaculate Heart of Mary Church, Tighes Hill; St Laurence O'Toole Church, Broadmeadow. **Mayfield Parish:** Christ the King, Mayfield West. **Stockton Parish:** St Peter-in-Chains, Stockton.

SUNDAY 1ST AUGUST 2021

18TH SUNDAY IN ORDINARY TIME, YEAR B

Our Clergy

Fr Andrew Doohan
Fr Peter Thoai
Fr Matthew Muller
Fr John Vo
Deacon Lawrence Caelli

Regional Office—St Benedict's Centre

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Our Staff

Margaret Cox (Reception & Administration)
Maryanne Hewitt (Reception & Administration)
Anne Warren (*Business Manager Finance*)
Jade Simonsen (*Business Manager Property*)
Dr Anne Millard (*Music, Liturgy, Sacraments, Bulletin*)

Other Contacts

Lingard Hospital Team: Contact the Parish Office

Mercy Pastoral Team: Sr Patricia Whitten rsm (02) 4979 1116

St Joseph's Pastoral Team: Contact the Parish Office

Parish Bulletin: Prayer requests and items for the Bulletin should be received at the Parish Office by 5pm on Wednesdays.



Sacred Heart Cathedral sits on the traditional country of the Awabakal and Worimi peoples.

We acknowledge their cultural heritage, beliefs and their continuing relationship with the land, pay respect to their Elders past, present and future, and commit ourselves to working together for reconciliation and justice.

THE PARISH DIARY...(for the week ahead)

18th Week of Ordinary Time, Year B

Monday—2nd August

8:15am Mass @ The Cathedral

Tuesday—3rd August

Memorial of St Dominic

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Wednesday—4th August

Memorial of St John Vianney

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

9:15am Tighes Hill

Thursday—5th August

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—6th August

Feast of the Transfiguration of the Lord

9:00am Mass @ Mayfield

10:15am Mass @ The Junction

11am Exposition @ The Cathedral (until 12pm)

11am Reconciliation @ The Cathedral (until 12pm)

12:05pm Mass @ The Cathedral

Saturday—7th August

9.15am Mass @ The Cathedral followed by
Novena to Our Lady of Perpetual Help
(followed by Reconciliation)

5:00pm Vigil Mass @ Mayfield West

5:30pm Mass @ The Cathedral

Sunday—8th August

19th Sunday in Ordinary Time

7:30am Mass @ St Mary's

8am Mass @ Tighes Hill

9am Mass @ The Junction

9:00am Mass @ Stockton

9:30am Mass @ The Cathedral

Live streamed via the Diocesan website:

www.mn.catholic.org.au/places/livestream/

11:00am Italian Mass @ The Junction

11:30am Polish Mass @ The Cathedral

5pm Mass @ The Cathedral

5:30pm Vietnamese Mass @ Mayfield West

NEXT WEEK'S READINGS:

Nineteenth Sunday in Ordinary Time, Year B

1 Kg 19:4-8

Eph 4:30—5:2

Jn 6:42-51

Weekday and Sunday readings
can be found at www.usccb.org

LET YOUR GOD LOVE YOU

Edwina Gateley

Be silent.

Be still.

Alone.

Empty

Before your God.

Say nothing.

Ask nothing.

Be silent.

Be still.

Let your God look upon you.

That is all.

God knows.

God understands.

God loves you

With an enormous love,

And only wants

To look upon you

With that love.

Quiet.

Still.

Be.

Let your God—

Love you.

BOOK CLUB

Sunday, 1st August @ 6pm: Bookclub meets to discuss *Phosphorescence* by Julia Baird. If you would like to participate in book club meetings, please email newcparish@mn.catholic.org.au

VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat continues to meet via Zoom. On two Wednesdays, we employ the practice of *Lectio Divina* to prayerfully reflect on the Gospel of the coming Sunday. One Wednesday we enjoy bible study.

The program for August is as follows:

4th August: Lectio Divina

11th August: Bible Study

18th August: Lectio Divina

25th August: No meeting

To participate, please email the parish office.

CHRISTIAN MEDITATION

Living Waters, 34 Kenrick St., The Junction

Wed 7.30 am || Fri 11.00 am || Mon 6.30 pm

CONTACT: annecuskelly@hotmail.com or

0407 436 808

PARISH CENSUS

The event of COVID lockdown last year has certainly brought to light around the parish that our Parishioner Information is sorely sparse. As a result we are conducting a census of our parishes. Please, please pick up a census form from the back of the church and update your details for the Parish database. To return either scan and email back to us or send it to the Parish office.

AMEN CAMiNO 2022 INFORMATION SESSION

The aMeN caMiNo takes place over five consecutive days. The pilgrimage starts at St John's Chapel, Maitland and concludes at the Sacred Heart Cathedral, Hamilton. Pilgrims will walk an average of 20km per day through the beautiful landscape of bush, beach and beyond which we are blessed to have in our backyard.

For those interested in finding out about the 2022 aMeN caMiNo experiences, we will be holding an online Information Session on Saturday 28 August at 2pm.

<https://www.eventbrite.com.au/e/amen-camino-information-session-tickets-162230268099>

OFFICE OF SAFEGUARDING COURSE: Safeguarding in Parishes

Who is this for: If you are a paid or unpaid worker of a parish who has not yet attended any Safeguarding training, formerly Child Protection training, or need to update your training this is for you.

How do I register: Registrations are made via HR
HR-Training@mn.catholic.org.au

If I have a question: For information about the course or questions in relation to your participation, or to check on your attendance history, please call the Office of Safeguarding directly on 4979 1390 or email at oosgtraining@mn.catholic.org.au.

Current available sessions for 2021:

Tuesday 10 August: Diocesan Offices,
Murray Room, Newcastle West, 10am-2pm

Tuesday 10 August:

St James PS Muswellbrook, 10am-2pm

Saturday 14 August:

St James PS Muswellbrook, 10am-2pm

Refreshments will be provided.

SEASONS OF CREATION – FILM COMPETITION

Do you love making TikTok videos or short films? Amidst the climate crisis and the coronavirus pandemic, our sisters and brothers are clamoring for hope and restoration. NOW is the time to come together and take action! #SeasonOfCreation. You are invited to participate in a film contest which involves creating a 2-minute film that explores the 2021 Seasons of Creation theme – A Home for All.

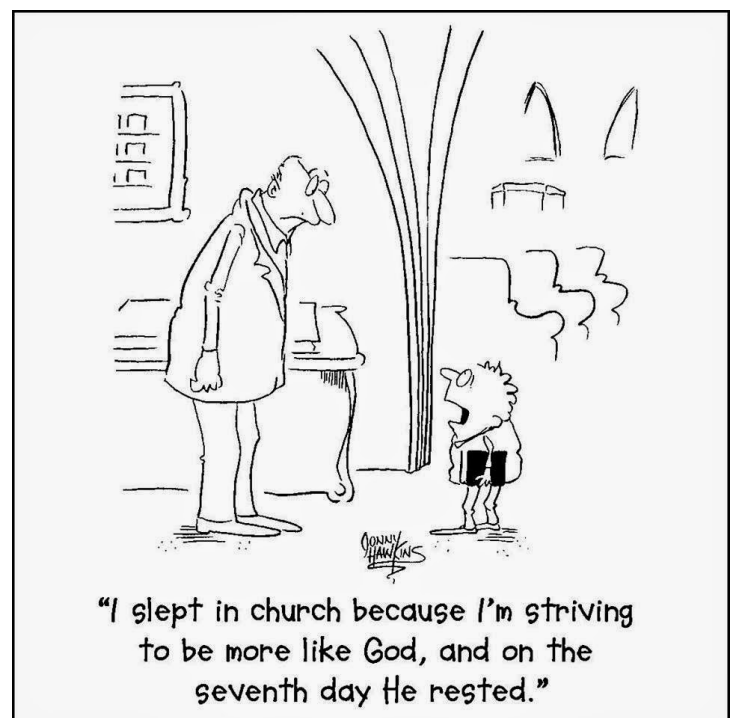
For more information, visit <https://www.mn.catholic.org.au/church-mission/catholic-life/adult-faith-formation/upcoming-events/> or contact rose.mcallister@mn.catholic.org.au

The Chuckle



After the church service, a little boy told the pastor: "When I grow up, I'm going to give you some money." "Well, thank you," the pastor replied, "but why?" "Because my daddy says you're one of the poorest preachers we've ever had."

My wife invited some people to dinner. At the table, she turned to our six-year-old daughter and said, "Would you like to say the blessing?" I wouldn't know what to say," she replied. "Just say what you hear Mommy say," my wife said. Our daughter bowed her head and said: "Dear Lord, why on earth did I invite all these people to dinner?"



"I slept in church because I'm striving to be more like God, and on the seventh day He rested."

WHO CAN SATISFY HUMAN APPETITES?

As you know, the Bedouins wander through the desert regions greatly depending on what they come across for food.

There is a type of tamarisk tree which grows in those regions and from it a honey-like substance exudes and drops to the ground. It perishes quickly but if gathered early it gives a wonderful boost to energy short-term. The Bedouin word for this is: 'mann'.

Notice how close this is to 'manna'. The Jewish people wandering in the desert were desperate with hunger and close to starvation. Next morning, manna!

So, perhaps, the manna was a natural phenomenon, like the quails that had come up into the camp the evening before. Nevertheless, both were an expression of Divine Providence in a perilous situation. It was indeed 'manna from heaven'.

God had satisfied their craving, their appetite for food. Appetites are good things. Sometimes in Catholic history they have been regarded as something to be suppressed, but actually they tell us what we need as human beings.

Our appetite for food and drink is a good thing and must be satisfied or our bodies will collapse through malnutrition.

Our appetite for affection and acceptance is a good thing and must be satisfied or we disintegrate socially. If we are fortunate, we will find companionship which satisfies that appetite.

The universal appetite for knowing where we are in the Big Picture of the universe is a good thing. Human beings have a desire to know the truth about Reality.

We ask, indeed is there a Big Picture? Who is the artist painting the Big Picture? What sort of work of art am I? Does this creative artist regard me as a unique work of art which is cherished enough to survive the apparent dissolution of death?

All these appetites, bodily, social and spiritual, need to be satisfied if we are to be fully human.

Our Lord Jesus Christ proclaims in today's Gospel that he is the satisfaction of our deepest human appetites. Jesus says: 'I am not like the manna which ordinarily perishes overnight. I am not like the manna of the ancient Jewish people given to them alone. I am the Bread from Heaven which gives life to the world.'

'To the *world*,' not to some particular tribe of human beings, but to the whole of humanity, indeed to the whole of creation. And the *life* is nothing less than

participation in Divine Life: eternal life.

'*I am* the one who can nourish the world with Divine Life. *I am* the one who can fulfil the human desire to exist in creation in the way God intended.'

There are hundreds upon hundreds of people and organisations claiming that they can satisfy our hungers and thirsts as human beings.

You and I are challenged to take a stand (and a risk, because that is what faith is) and agree with the Gospel when it says that this itinerant Jewish preacher and healer is indeed 'the Bread of God who comes down from heaven and gives life to the world.'

Jesus Christ is the One, the only One, who can satisfy the real deep down hunger which each one of us has, the hunger for life beyond the seeming extinction of death.

We Catholic Christians make another profound act of faith at our Mass today.

The bread which is brought up at the Offertory: 'fruit of the earth and work of human hands', after invoking the Holy Spirit and speaking the words of consecration, is no longer short term food like the manna in the desert. It becomes for us the bread of life.

But, more than that, this heavenly bread which we receive in holy communion with our Risen Lord is the effective start of the process of transformation of the whole cosmos. St Paul says in Romans that the whole of creation is yearning to share in the resurrection life of Christ in a way beyond our imagining.

So at every Mass we are in the Real Presence of the One who gives life *to the world*.

This heavenly bread which we receive in holy communion with our Risen Lord is the effective start of the process of transformation of the whole cosmos. St Paul says in Romans that the whole of creation is yearning to share in the resurrection life of Christ in a way beyond our imagining.

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COME TO THE QUIET – Saturday 31 July 2021

A winter's day of spiritual and personal reflection in Murrumbidgee. A time to be nourished in spirit. An opportunity to be renewed by beauty and nature.

A chance for walking, being still and listening, reflecting, creating and simply enjoying a different experience. The day will begin at St Paul's Church, Mount St Murrumbidgee. For inquiries contact- Amanda 0401373481 or Lindy 0417013055

YOUNG ADULTS OF THE COMMUNITY ARE INVITED TO:

Young Adult Formation Group:

When: 1st Sunday of the month, 4:00pm-5:00pm

Where: St Patrick's Church, Wallsend

The YA group will meet at 4pm the first Sunday of every month before the 5:30pm Youth Mass for formation opportunities.

All are welcome! We hope to see you there. Please contact Rose on [0408796252](tel:0408796252) for more information.

Volunteers

Reminder to all the wonderful volunteers who have received induction handbooks to return them to the office so you can be cleared by HR to volunteer in our parish.

REGISTERED VOLUNTEERS

Helene O'Neill will deliver Course 2: Safeguarding in Parishes on Tuesday 10 August in the Murray Room at 841 Hunter Street between 10am and 2pm. A light lunch will be provided for participants. Please register via hr-training@mn.catholic.org.au. Please remember that completing this training is a necessary requirement of volunteering in the Maitland-Newcastle Diocese. To maintain your volunteer status please book in.

HEY, GARDENERS!

Call out to all you wonderful Gardeners! St Joseph's at the Junction and St Mary's on the Hill both need some serious garden love!!!! If you are interested in working with our parish Lawn maintenance man and Parish Handy Man in rejuvenating the gardens please email jade.simonsen@mn.catholic.org.au and we will organize a working group.

Prayer Requests

RECENTLY DECEASED: Basilio Rufo, Slavko Kefcecek, Sr Ursula Kauter rsj, Katrina Nowak

ANNIVERSARIES: Noel Gebbie, Marie Therese Brice, Dallas Humphries

SICK: Tomi Kefcecek, Grahame Chegwiddden, Veronica McCann, Wayne Bishop, Fr Petar Mak, John Tobin, Paul O'Callaghan, Rozsa Silinovic, Dianne McGoldrick, Peter Skinner

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

HISTORICAL CONTEXT – BREAD

For thousands of years, bread has been a staple part of the human diet in many cultures. It is no accident that the image of Jesus as bread makes such a significant appearance in the gospel of John. For the Jews, like other Ancient Near Eastern cultures, bread was a vital mainstay of their diet. In the Bible, the word 'bread' often simply means all food – it was that important! For many, regular access to bread did equate to life. Bread also played a crucial role in religious practices, especially the Passover meal.

QR CODES

We encourage everyone who possibly can to use the QR code as you enter the churches. Places of worship are the only sites that will provide sign in sheets, however the sheets will need to be returned to the office so we can upload them onto a spreadsheet, if required, by Dept of Health. People can add dependents to their check-in to hasten the process.

THE GOOD OIL 2021 WRITERS' AWARD

The Good Oil 2021 Writers' Award is an initiative of the Sisters of the Good Samaritan. The award aims to support and encourage the development of emerging and published writers.

The Good Oil's editorial vision is to nourish the spirit, stimulate thinking, promote social justice, and encourage reflection and dialogue about issues of the day from a Christian, Catholic, Good Samaritan perspective.

The theme for the award is Inclusivity, which is embodied in the Parable of the Good Samaritan (Lk 10:25-37).

A panel of judges will award first, second and third place. The prize for the winning entry will be \$600; second prize \$400; third prize \$200.

Entrants may submit more than one piece of writing, to a maximum of three (3) pieces, in the following writing styles:

Reflection – creative writing or first person reflective writing

Opinion – first person personal opinion

Profile – profile of a person based on an interview and research

News feature – issues-based article written in journalistic style

For further information about the award, to download the guidelines and entry form, <https://www.goodsams.org.au/the-good-oil/the-good-oil-2021-writers-award/>

TODAY'S LITURGY

Entrance Antiphon Ps 69:2,6

O God, come to my assistance;
O Lord, make haste to help me!
You are my rescuer, my help;
O Lord, do not delay.

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.

LITURGY OF THE WORD

First Reading Ex 16:2-4. 12-15

I will rain bread from heaven upon you.

Responsorial Psalm Ps 77:3-4. 23-25. 54. R. v.24

(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 Eph 4:17, 20-24

*Put on the new person that has been created
in God's image.*

Gospel Acclamation Mt 4:4

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

Gospel Jn 6:24-35

*Whoever comes to me will never be hungry;
whoever believes in me will never thirst.*

The Nicene Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation he came down
from heaven, and by the Holy Spirit was incarnate of
the Virgin Mary, and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day in accordance with
the Scriptures.

He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and
glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

Apostles' Creed

I believe in God,
the Father Almighty,
Creator of Heaven and earth;
and in Jesus Christ, His only Son Our Lord,
Who was conceived by the Holy Spirit, (*all bow*)
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried.

He descended into Hell;
on the third day He rose again from the dead;
He ascended into Heaven,
and is seated at the right hand of God, the Father
almighty; from there He shall come to judge the living
and the dead.

I believe in the Holy Spirit, the holy Catholic Church,
the communion of saints, the forgiveness of sins, the
resurrection of the body and life everlasting.

LITURGY OF THE EUCHARIST

Memorial Acclamation

When we eat this bread and drink this cup we
proclaim your death O Lord, until you come again.

Communion Antiphon Wis 16:20

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

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The English translation of the Psalm Responses, the Alleluia and Gospel Verses,
and the Lenten Gospel Acclamations, and the Titles, Summaries, and Conclusion
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DYING TO KNOW DAY

Dying to Know Day is about creating space for death;
to prepare for, and deal with, end-of-life matters. An
event will be held in Newcastle on Sunday 8 August
2021. A variety of speakers and exhibitors including
Good Grief and Seasons for Growth loss and grief
representatives will be available from 10 am to 4 pm
at The Belford Function Centre, 35 Belford St
Broadmeadow. Gold coin entry. Coffee, tea, snacks
available. Enquiries 0411 165 914.

PRAYING THE GOSPELS

You are invited to connect and pray with each other
across the Diocese from your own home.
God speaks to us through the words of the Gospel and
then through artist's images of the Gospel message.
Join us each Wednesday 5.00-5.45pm.

Zoom link:

<https://mncatholic.zoom.us/j/96144217758>

Password: pray

For more information contact:

rose.mcallister@mn.catholic.org.au

COVID-19-RELATED INFORMATION

****YOU MUST WEAR A MASK WHILE INSIDE THE CHURCH**

Maximum Number of Persons in Churches

Under the current Public Health Order, the limit on
the number of persons who can be present in a church
is now calculated by allowing 4 square metres per
person within the building.

In our Region, those limits are:

Sacred Heart Cathedral 110
St Mary's, Newcastle 54
St Joseph's, The Junction 100
Mary Immaculate, Tighes Hill 55
St Peter-in-Chains, Stockton 70
Christ the King, Mayfield West 70

The limit applies to all Masses and other liturgical
celebrations, such as weddings and funerals.

Provision of Contact Details

The Public Health Order requires the collection of
contact details for those who attend any liturgical
celebration in a church (e.g. Mass, weddings, funerals,
Baptisms, etc.).

The contact details that are required are defined as a)
name, b) phone number or email address, and c) the
time of arrival. These details must be recorded for
each attendee.

Attendees are able to use the Service NSW QR Code to
provide their details—just like many other places—
using the Service NSW app on your phone, or via a QR
Code reader. A Contact Details Form will be provided
at the door to permit the collection of these details.

General Requirements

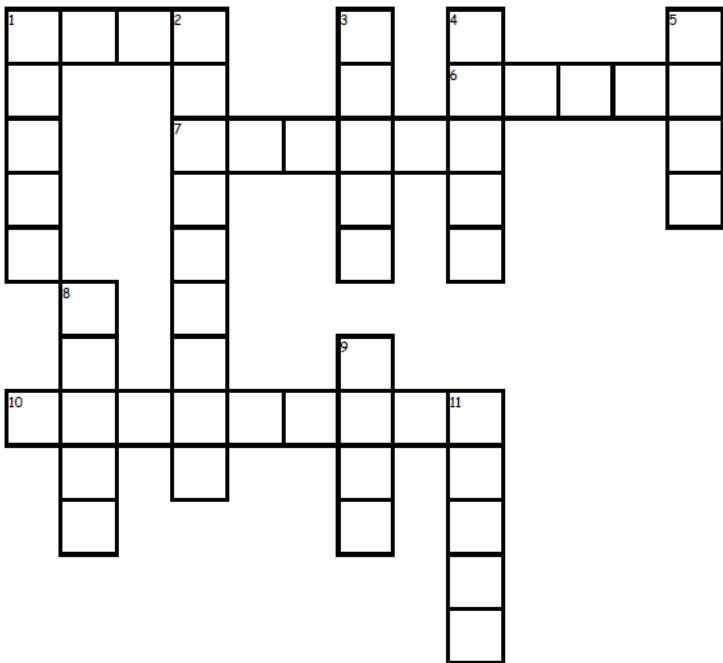
The requirements regarding cleaning, observing
physical distancing, etc. remain in place for the time
being, as does the requirement to refrain from
physical acts of devotion that involve touching or
kissing icons or statues.

Liturgical rituals have been adapted, and will continue
to be adapted, in order to ensure the health and
safety of all parishioners and visitors to our churches.
We ask those who are particularly at risk – the elderly,
those with compromised health, those who are sick –
to refrain from returning to Mass for the sake of their
own health. The dispensation from the obligation to
attend Sunday Mass given by the Bishop remains in
place in these circumstances.

CROSSWORD

The Lord sent them bread from heaven

Ex 16:2-4, 12-15
Ps 78:3 & 4cdef, 23-24, 25 & 54ab, R. v.24b
Jn 6:24-29



- Across
- 1: the thin flakes of _____ that came from the Lord looked like frost all over the ground
 - 6: this Hebrew word means 'teacher' (R_____)
 - 7: the people of Israel were afraid they would _____ to death in the desert
 - 10: the people got in their boats and went to this place to look for Jesus
- Down
- 1: Jesus said, 'God wants you to have _____ in the one he sent'
 - 2: Jesus' closest friends and followers were called his _____
 - 3: these animals have wings and make nests in trees
 - 4: the Lord told Moses he would send this down from heaven
 - 5: Jesus told the people to work only for food that gives eternal _____
 - 8: these are used to travel across water
 - 9: when water falls from the clouds it is called _____
 - 11: this man helped the people of Israel to escape from Egypt

8th Sunday in Ordinary Time, Year B [N18ORSUB_2003_CW3.rtf]

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SENIOR WORDSEARCH

The Lord sent them bread from heaven

Ex 16:2-4, 12-15
Ps 78:3 & 4cdef, 23-24, 25 & 54ab, R. v.24b
Jn 6:24-29

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

Try to find these words:

- birds
- boats
- bread
- Capernaum
- disciples
- faith
- food
- life
- Moses
- Rabbi
- rain
- starve