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 11 June 2023 The Most Holy Body and Blood of Christ, Year A

Our Clergy

Fr John Lovell Fr Paul Chackanikunnel Fr Raphael Madukwe Deacon Kevin Gadd

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 W: www.newcastlecatholic.org.au W: www.sacredhearthamilton.org.au

Our Staff

Margaret Cox (Reception & Administration) Monday, Tuesday, Friday

Anne Warren (Business Manager Finance)
Tuesday and Thursday

Dr Anne Millard (Music, Liturgy, Sacraments, Bulletin)

Other Contacts

Lingard Hospital Team: Contact the Parish Office **Mercy Pastoral Team**: Sr Patricia Whitten rsm

0448463679

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.



Jesus said that his own body and blood were 'real' food which was not merely nourishing, but life-giving. It is easy to agree with 'the people' in this reading – the metaphor is raw and abrasive. It was dangerous language, but it engaged their attention.

The central symbols of bread and wine at our Sunday Eucharist are dangerous in what they evoke. It reminds us that the Eucharistic elements we use at Sunday Mass need to be authentic in order to more richly convey the power they evoke. JennyClose

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)

Tenth Week in Ordinary Time, Year A Monday—12th June

8:15am Mass @ The Cathedral

Tuesday—13th June St Anthony of Padua

8:15am Mass @ The Cathedral

8.30am Mass @ Stockton

Wednesday—14th June

8:15am Mass @ The Cathedral 9:00am Mass @ Mayfield West

12 noon Funeral Liturgy for Doug Hickling @ The

Cathedral

Thursday—15th June

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—16th June

The Most Sacred Heart of Jesus

10:15am Mass @ St Joseph's

11:00am Exposition, Adoration & Reconciliation @

The Cathedral (until 12pm)

12:05pm Mass @ The Cathedral

Saturday—17th June

Immaculate Heart of the Blessed Virgin Mary

9:15am Mass @ The Cathedral, followed by the

Novena to Our Lady of Perpetual Help

(followed by Reconciliation)

5:30pm Mass @ The Cathedral

5:30pm Mass @ The Junction

5:30pm Mass @ Mayfield West

Sunday—18th June

11th Sunday in Ordinary Time, Year A

7:30am Mass @ St Mary's

8:00am Mass @ Tighes Hill

9:00am Mass @ Stockton

9:30am Mass @ The Cathedral *

11:00am Mass @ The Junction (Italian)

11:30am Mass @ The Cathedral (Polish)

5:00pm Mass @ The Cathedral

* Livestreamed on the Cathedral's YouTube channel www.youtube.com/c/SacredHeartCathedralHamilton and on the Diocese website

NEXT WEEK'S READINGS: 11TH SUNDAY IN ORDINARY TIME, YEAR A

Ex 19:2-6 Rom 5:6-11 Mt 9:36-10:8



RECENTLY DECEASED: Christine Dowling, Doug Hickling,

Sr Ann Condon OP

ANNIVERSARIES: Daniel Close, John Cavenagh, Perce Jennings, John Geatches, John Hilton, Tom O'Donnell, Elizabeth McHugh, Mary Sinclair, Sheila Lennan, May

Maloney, Jean Parkes, Brian Nolan

SICK: Aaron Parkes, Grayson Peers, Frances Gardiner, Peter Kefecek, Roslyn McGovern, Carlo Rossi

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.

OUR BELOVED DEAD

We remember those in our Sacred Heart Cathedral Columbarium whose anniversaries occur in June:

Joy Doran

Clifford Ellicott

Barry (Appo) Garside

Leo Ireland

Helen Elizabeth McLachlan

Basil O'Brien

Moira O'Brien

Herbert Presland

Michael John (Mick) Rabbitt

Colleen Ray

Clyde Henry Rowley

John Ruggero

John Shearer

Stanley Wenman

Noela Margaret Yazbeck

Reginald Bennett

Coral Dawn (Diri) Cooke

Eternal rest grant unto them and may perpetual light shine upon them. May they rest in peace, Amen.

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/68191395109 Password: 316071

For more information contact:

rose.mcallister@mn.catholic.org.au

FOR OUR ELDERS - NAIDOC WEEK PRAYER SERVICE - SUNDAY 2 JULY 2023

You are invited to join us for our 2023 NAIDOC Week Prayer Service from 1pm at the Sacred Heart Cathedral. The service will include an official Welcome to Country with Aunty Sandra Griffin, Awabakal Country. Join with local Elders, including Canon Aunty Di Langham who will lead us through a special reflection. This service is held in collaboration with local Aboriginal and faith communities. A special water ceremony will take place and guests are asked to bring a small container of water from Country along with them. Refreshments and light meal will be served. RSVP by Sunday 25 June via Eventbrite:

https://NAIDOCprayerservice.eventbrite.com.au or by contacting Kate P: (02) 4979 1329

NAIDOC WEEK - MARCH AND COMMUNITY FESTIVAL - MONDAY 3 JULY - 9AM - 3PM

As part of our continued Reconciliation Action Plan journey, the Catholic Diocese of Maitland-Newcastle and CatholicCare Social Services have chosen to sponsor a tent at a community event hosted by Awabakal Ltd. We encourage all staff, volunteers and parishioners to attend and/or volunteer their time at the NAIDOC Week Community March and Festival.

The event starts at 9am in Civic Park, Newcastle with a flag-raising before marching in a procession to Foreshore Park where the Festival takes place from 10am-3pm. There will be lots of entertainment and community services, so it is a great educational event for young and old. Enquiries can be sent to Kate E: kate.crncevic@mn.catholic.org.au or P: 02 4979 1329

PARISH EMPLOYEE & VOLUNTEER SAFEGUARDING TRAINING

Sat 17 June 2023, 9.30am to 1.30pm (lunch included) | Therry Centre, 172 King Street, East Maitland Employees and volunteers engaged in parishes are required to attend Course 2: Safeguarding in Parishes within 6 months of commencing in their role and every 6 years thereafter. NB: 'Parishioner-Helpers' are not required to attend this training.

This training forms part of the Diocese's mandatory training regime and is specifically designed to support employees and volunteers undertaking a broad range of ministries in church facilities and out in the community. The training targets the safeguarding needs of faith communities. The course will address:

- · the Diocese's Safeguarding Framework policy
- · indicators of risk and vulnerability
- · indicators of abuse and neglect

- · boundaries in ministry
- · responding to disclosures
- · reporting obligations
- · contributing to a 'Safe' culture

Please register your attendance by 13 June by contacting the Office of Safeguarding on 4979 1390 or emailing: oosgtraining@mn.catholic.org.au

EXUBERANT CATHOLIC PRAISE & WORSHIP

Inviting all interested people to the creation of an exuberant Praise and Worship evening on a regular basis. It will feature excellent traditional and contemporary Catholic music, Scripture, catechesis, reflection, and compelling and relevant testimonies and preaching. The venue will be The Josephite Centre, St Mary's Catholic College, 47-49 Pacific Highway, Gateshead. You are invited to an initial planning meeting at the above venue on Wednesday 21 June from 5.30pm to 7.00pm. Dinner provided. Please RSVP to Fr Anthony Potts on 0466 140 066.

NOTICE TO PLANNED GIVERS - THE END OF FINANCIAL YEAR IS COMING!

Planned Giving Tax Receipts: Parishioners who require a tax receipt for planned giving for the 2022/2023 financial year must notify the Parish Office <u>before 30th</u> *June 2023*.

Please submit requests in writing 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.

Planned Giving Envelope: Write on your weekly envelope, "*Tax receipt required*".

Tax receipt data will be processed on 30 June 2023. If you make a request after that date you will not be eligible for a receipt, nor for a tax deduction in relation to your planned giving contributions. This is because there is a designated sum that can be attributed to planned giving receipts and, once this distribution has occurred on 30 June 2023, no further allocations are possible.

The 'designated sum' provision also means that the claimable amount for each giver decreases when more people request a receipt. We therefore request that if you do not intend to claim a tax deduction, please do not request a receipt.

For those who do not claim a tax deduction but would like their contribution acknowledged, we can provide, on request, a letter confirming your contribution total.

CHILDREN'S LITURGY @ TIGHES HILL

Children's liturgy @ Tighes Hill 8am, every 2nd Sunday of each month for children up to 12 years of age

2023 SACRAMENTAL PROGRAM

Bishop Michael confirmed over 60 individuals in the sacramental program Confirmation last week. Thank you for your support and prayers! Please continue to pray for these children and their parents as they receive their First Communion over the next two weeks.

VINNIES WINTER APPEAL

NEWCASTLE CONFERENCE of SVdeP continues the WINTER APPEAL this weekend, envelopes are available at the churches.



CHRISTIAN MEDITATION AT TIGHES HILL

This is non-denominational and everyone is very welcome. Please come.

WHEN: Monday afternoon 3.30 for 3.45 start WHERE: Mercy Offices, 20 Union Street (Next door to Mercy Services)

Off street parking available

The Meditation session begins with short guided relaxation exercises then we have a reading from Fr. John Main which leads into 20 minutes of silent meditation



FOOD BASKETS FOR THE NEEDY

ST JOSEPH'S, THE JUNCTION and MARY IMMACULATE, TIGHES HILL:

Items of dry goods or tin food e.g. (Vegemite, cornflakes or breakfast foods, sugar, packet or tin soup, sardines, tea, coffee, tin fruit etc.), can be placed in the basket at the back of **St Joseph's Church**, The Junction and in the foyer of **Mary Immaculate Church**, Tighes Hill. St Vincent de Paul members will pick up for distribution to the needy who are very grateful to receive the items. When donating please check expiry dates. Thank you. Questions to Sr Carol Woodland rsj (mob) 0423 700 523 or 4967 2998. The St Joseph's community kindly requests that you do not donate peanut butter.

SACRED HEART CATHEDRAL and ST MARY'S, NEWCASTLE:

Since June 2022, CatholicCare Food Programs have made up 138 emergency food hampers and 150 Christmas hampers for people in the Newcastle-Lake Macquarie area, all from donated food items. This year we have seen a dramatic increase in the number of requests we have received for emergency food hampers, especially from families with young children. Our hampers are given as a one off 'hand up' (not a 'hand out') and are made up completely of donated food.

If you would like to donate, any of the following types of non-perishable items would be most gratefully received: UHT milk, cereal, jam, vegemite, peanut butter, tinned veggies, fruit, soup, fish, meat, dried pasta, rice, pasta sauces, teabags, coffee, biscuits, crackers, custard, jelly, toothpaste, toothbrushes, soap, shampoo, conditioner (even the travel sized ones from hotels), deodorant. The food collection bins are at Sacred Heart Cathedral and St Mary's Church, Newcastle

STUDENT ACCOMMODATION

34 Kenrick St, The Junction (the old Presbytery) is a share-house owned by the parish, with four independent living quarters. Unit 3 is currently vacant and available for student accommodation. It has a bedroom, bathroom and living room. Common areas of the building - the kitchen, laundry and dining/lounge rooms - are shared with other female occupants. The unit would suit a university student, or newly employed person, looking for independent accommodation in Newcastle. If you know anyone seeking accommodation, please pass on our contact details. Inquiries to the parish office on 4979 1101 or email newcparish@mn.catholic.org.au

SCPIPTUPAL CONTEXT

Eucharist in Scripture

The gospel of John does not include any account of Jesus taking bread and wine and urging the disciples to 'do this in memory of me'. The three synoptic gospels, however, all feature these actions and words, as does Paul's first letter to the Corinthians, which predates all of the gospels. Rather than using these words of institution, the gospel of John includes an entire chapter much earlier in the gospel in which Jesus theologises about the image of himself as the Bread of Life. It is this discourse, more than the Last Supper accounts, that provides much of the theological understanding of Eucharist.

INTRODUCTORY CLINICAL PASTORAL EDUCATION (CPE) (40 hours)

This course is an introduction to the theory and practice of pastoral/spiritual care. It is a qualification required by NSW Health for those wishing to become hospital visitors. It covers such topics as listening skills, empathy, grief and loss, self-awareness and hospital procedures. It is conducted over six Mondays from 9am to 4pm. A certificate is awarded on completion.

The course starts on 17 July and goes until 21 August. Registration due by 1 July.

MacKillop Parish Charlestown
For more information contact
Fr. Roger Zohrab- Pastoral Care Coordinator
Mob 0408 151 481 | roger.zohrab@health.nsw.gov.au

BEQUESTS

To help our Catholic Pastoral Region of Parishes continue its important mission of proclaiming the Good News of Jesus, you might consider including us in your Will. You would just need to specify which parish or parishes you would like to help with your bequest.

BOOK CLUB

Sunday, 2 July @ 6:15pm: Bookclub meets to discuss *All That's Left Unsaid* by Tracey Lien. If you would like to participate in book club meetings, please email the office



SAFEGUARDING

The Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and wellbeing of children and vulnerable adults. Safeguarding is everyone's responsibility if you have any concerns for a child or vulnerable adult please contact the Office of Safeguarding: P 4979 1390,

E childprotection@mn.catholic.org.au or visit their website for further information

www.officeofsafeguarding.org.au

THE BREAKFAST CONVERSATION

A very light breakfast – Tea, Instant Coffee, Juice, toast, and spreads. All welcome.

What? Ian Wilcox has owned an all-electric Tesla 3 for about 3 years, and has just added to his fleet a BYD Addo3 mid-size all electric SUV.

He will tell us of his experiences in economy motoring, "battery range," recharging, low fire hazard, etc; and his very recent venture in the establishment of **Newy E V Rentals** - the first EV car rental business based in Newcastle.

lan is also the volunteer convenor of **Climate Action Newcastle**.

There will be plenty of time for questions

When? Monday 19th June commencing at: 7.00am – finishing before 9 am.

Where? City Pastoral Region Parish Office, 25 Farquhar St, The Junction (Back door).

Why? Very Light breakfast, Fellowship, Guest Speaker & Q & A

Compliance? Please take Covid precautions that are usual now. Consider masks, and do not attend if you are unwell.

Enquiries to Neil Jones: <u>neil.jones@bigpond.com</u> or 0410 572579

BULLETIN MESSAGES

If there's something you think should be included in the bulletin, please email it to the office or directly to Anne: anne.millard@mn.catholic.org.au. I'm VERY grateful for your input. If you write to me, please sign your name so I can write back.

THE CHUCKLE

Tact is the art of making a point without making an enemy.



SAFEGUARDING

Do you know about safeguarding? We here continue our ten-part series addressing each of the Safeguarding Standards.

Standard four focuses on building an ethos that is culturally safe and inclusive which fosters selfdetermination. This standard recognises diversity and inclusion. As well as the influence of governmental bodies safeguarding has a strong theological base. The moral authority of a society is evidenced in how the most vulnerable are treated. Further His Holiness Pope Francis wrote "the protection of minors and vulnerable persons is an integral part of the gospel message...Christ himself, in fact, has entrusted us with the care of the weakest and defenceless." The dignity of the human person is at the foundation of Christ's social teaching. ... Our responsibilities to each other are fundamental irrespective of race, culture, gender, ideological, social, educational, and economic differences. (Compendium P7-8).

The fourth standard; **EQUITY IS PROMOTED AND DIVERSITY IS RESPECTED,** has 3 criteria.

Competency: Equity is upheld and diverse needs respected in policy and practice

Criteria 4.1: The diverse circumstances and backgrounds of children and adults at risk are acknowledged and accommodated by providing appropriate support.

Comment: This is a critical criterion as it demands that our policies and procedures result in action when a person at risk is identified. It also requires that the implementation of policy and procedure be conducted in a culturally safe manner.

Criteria 4.2: Children and adults have access to information, support and complaints processes in ways that promote inclusion, are culturally safe, and accessible

Criteria 4.3: The diverse needs of Aboriginal and Torres Strait Islander people, those living with disability, those from culturally and linguistically diverse backgrounds, children and adults who are unable to live at home, and those of diverse sexuality, are acknowledged

Our region's safeguarding promotors are Gail Lovell and Anne Millard.

VIEW, CHEW, AND CHAT

Meets June 14 @7pm via Zoom for Lectio Divina. Contact the parish office on 4979 1101 to join in

REFLECTION

By Richard Leonard

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 begin 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

Richard Leonard SJ is the Director of the Australian Catholic Office for Film and Broadcasting, is a member of the Australian Catholic Media Council and a film critic for all the major Australian Catholic newspapers. He completed a PhD in cinema studies at the University of Melbourne. He lectures in cinema and theology at the Jesuit College of Spirituality and has been a visiting lecturer in Australian cinema at the University of Melbourne, a visiting scholar within the School of Theatre, Film and Television at UCLA and is visiting professor at the Pontifical Gregorian University in Rome. He is an Honorary Fellow of the Australian Catholic University, has lectured widely and is the author of numerous books.

WATANDAR - WALLSEND LIBRARY

On Sunday 25 June, you're invited to join the community at a free screening of Watandar at Wallsend Library. It follows the story of photographer and Human Rights Activist Muzafar Ali. In 2015 he resettled in Australia and discovered that Afghans have been in the country for 160 years - so he's compelled to photograph and document the stories of their descendants. To register, visit

www.stickytickets.com.au/sjld5/ watandar my countryman screening at wallsend.aspx

MEDITATION GROUPS AT LIVING WATERS CENTRE

LIVING WATERS CHRISTIAN MEDIATION CENTRE, 34 Kenrick Street, The Junction, offers meditation sessions on Wednesdays at 7.30am and Fridays at 11.00am – and has done so for the last 25 years, in which time many hundreds of people have taken up this prayer form. After meditation on Fridays Lectio Divina, a personal interaction with Sacred Scripture, is offered. Through both practices we open ourselves to the fullness of life; we come to know ourselves by knowing that we are known and loved by God. For more information: Carmel Moore rsj -0412122297 - or just come.

gospel focus

Real Presence

In the gospel passage, Jesus speaks a number of times about his followers eating his flesh and drinking his blood; "For my flesh is real food and my blood is real drink." In the Eucharist, we celebrate the 'real presence' of Jesus, understanding that bread and wine is changed into the body and blood of Christ. This change does not occur in a physical, observable way. The Church teaches that the 'substance' of bread and wine (what makes them bread and wine in essence) is changed but not the physical attributes. This is known as 'transubstantiation' – change of substance.

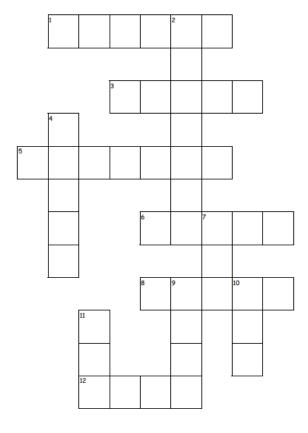
CURSILLO WEEKEND

Maitland Newcastle Diocese Cursillo Movement invites you to come journey with them as they share faith stories — a weekend of meditations, prayers, songs and talks by laypeople, religious and priests — at the Catalina Conference Centre, 171 Dorrington Road, Rathmines, from Thursday 15th June to Sunday 18th June inclusive.

For details, please ring Sr Christine O'Connor on 0412044785 or Stephen Thatcher on 043767337

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

The Body & Blood of Christ, Year A [NCCS1SUA_2005_CWG.rtf]

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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

Ν	Ν	D	I	Т	L	F	٧	J	J	Т	R	U	Ε	Р
G	G	S	M	В	F	G	F	K	L	Z	В	F	Ε	F
Т	U	Ν	У	Ε	Т	Ε	R	Ν	Α	L	L	I	V	Ε
Т	C	W	Ν	В	L	0	0	D	Ι	0	В	C	M	M
٧	D	Z	C	Т	G	R	Α	Z	J	L	5	G	V	A
5	У	X	Е	5	5	Н	Α	R	I	Ν	G	M	C	Ν
Z	F	U	J	Ν	W	5	A	R	Q	Т	F	0	G	Ν
D	L	Ε	В	L	L	X	F	U	Z	В	L	5	F	A
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Α	U	W	L	J	0	K	В	K	D	M	5	5	0	U
Z	U	U	L	Т	Ε	0	У	Z	С	Ε	Н	Q	X	Р
L	J	L	U	Z	В	R	Е	Α	D	У	J	0	W	F
D	Ι	X	J	Е	D	Е	R	Н	I	D	J	Q	Ι	У
Q	G	Z	Н	G	Ν	L	Ν	У	Н	5	0	0	Q	0
У	Α	Ν	С	Ε	5	Т	0	R	5	G	В	0	C	X

Try to find these words:

ancestors

blood

bread

break

cup

eternal

flesh

live

manna

Moses

sharing

true