



# Sacred Heart of Jesus Cathedral

DIOCESE OF MAITLAND-NEWCASTLE

**St Benedict's 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 11TH AUGUST 2024

### 19TH SUNDAY IN ORDINARY TIME, YEAR B

#### Our Clergy

Fr John Lovell  
Fr Anthony Coloma  
Fr Anil Kumar Kuchipudi  
Deacon Solomon Okovido  
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](mailto:newcparish@mn.catholic.org.au)  
W: [www.newcastlecatholic.org.au](http://www.newcastlecatholic.org.au)  
W: [www.sacredhearthatilton.org.au](http://www.sacredhearthatilton.org.au)

#### Our Staff

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

Anne Warren (*Business Manager*)  
*Monday through Thursday*

Daloras Howes (*Administration*)  
Thelma Dickson (*Administration*)  
Elul Teclé (*Administration*)  
Peter Davies (*Administration*)

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

#### Promoters of Safeguarding

Fr John Lovell p: (02) 4979 1106  
Gail Lovell P: (02) 4979 1256  
Anne Millard P: (02) 4979 1252

#### THOUGHT FOR THE WEEK



As I watch our many Olympians achieve their best or at least try their best I was struck by the rhythm of their lives. A rhythm of love for their sport, faith in being able to achieve and the sacrifice they had and continue to make in order to achieve their best. Some achieve gold, some silver and some bronze but all achieve our deepest thanks for their witness. Our readings this week take these elements of love, faith and sacrifice as a pattern of our life following God's call. It is also a warning to avoid the murmuring of disaster that brings fear not faith, of hate not love and cowardice not sacrifice. Paul in his epistle names the behaviours that mark the goal of union with the will of God, life in Christ Jesus and empowerment in the Holy Spirit. Let us take courage and strive to witness to our love, faith and sacrifice in our life in Christ.

Deacon Kevin Gadd

#### Other Contacts

**Bereavement Team:** Margaret Cox, Gail Lovell, Christopher Gregory, Margaret Beard, Margaret Newton, Anne Millard P: (02) 4979 1252

**Mercy Pastoral Team:** Sr Patricia Whitten rsm  
0448463679

**St Joseph's Pastoral Team:** Contact the Parish Office

*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)

19th Week of Ordinary Time, Year B

Monday 12th August

8:15am Mass @ The Cathedral

Tuesday 13th August

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Wednesday 14th August

*Memorial of St Maximilian Mary Kolbe*

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

11:00am Bishop's Jubilee Mass @ The Cathedral

Thursday 15th August

*Solemnity of The Assumption of the Blessed Virgin Mary*

8:15am Mass @ The Cathedral

9:15am Mass @ Stockton

12noon Mass @ The Cathedral

5:00pm Mass @ The Cathedral (in Polish)

5:30pm Mass @ Tighes Hill

5:30pm Mass @ Mayfield West (Vietnamese) \*\*

Friday 16th August

10:15am Mass @ St Joseph's

11:00am Exposition, Adoration & Reconciliation @ The Cathedral (until 12pm)

12:05pm Mass @ The Cathedral (with Anointing)

Saturday 17th August

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 August

*20th Sunday in Ordinary Time, Year B*

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

5:30pm Mass @ Mayfield West (Vietnamese) \*\*

*No Mass this week*

\* Livestreamed on the Cathedral's YouTube channel—  
[www.youtube.com/c/SacredHeartCathedralHamilton](http://www.youtube.com/c/SacredHeartCathedralHamilton)  
and on the Diocesan website

\*\* The Vietnamese Mass is now celebrated fortnightly

## PRAYER REQUESTS

**RECENTLY DECEASED:** Sr Frances Caine OP (Sr Antoninus)

**ANNIVERSARIES:** Ananias Luciano, Margaret Hogg, Moira Bailey, Rhonda Sullivan, Kevin Fitzpatrick, Margaret Casey, Margaret Dobrowolski, Colin Crittenden Karen Rabbitt, Joan Dawson, Peter Kozickys, Josie Bird, John Lawler, Irena Ivanovic, Maree Martin



**SICK:** Patty Lane, Peter Majdandzic, Lisa Woodland, Conchita Ponte, Joyce Saranillo, Ronnel Diwa, John Woodward, Loreta Habulan, Peter & Bev Woods Leeton, Tui Innes, Marko Kefecek, Jolina Joyce Saranillo, Maureen Dwyer, Angela Cottier, Joshua Zalanardo, Rosa Silivinec, Harry Melville, Doreen Mason, Elaine Johnson, Mark Caesar, Peter Kefecek, Carlo Rossi, Neil Thomas, Kathryn Gray, Emilie Tseronis

*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](http://www.newcastlecatholic.org.au/downloads).*

## AMEN CAMINO – SEASONS OF CREATION WEEKEND RETREAT

Join us for an aMeN caMiNo weekend experience during this year's Season of Creation at the beautiful Myall Coast. This caMiNo is suitable for both beginners and experienced walkers. It offers a one- or two-day experience on September 7<sup>th</sup> and 8<sup>th</sup>.

**For more information visit our website:**  
[mn.catholic.org.au/church-mission/catholic-life/faith-formation/amen-camino](http://mn.catholic.org.au/church-mission/catholic-life/faith-formation/amen-camino)

## AMEN CAMINO COMMUNITY WALK

We invite you to sample the aMeN caMiNo experience through this Community Walk.

When: Saturday 17<sup>th</sup> August 2024.

Time: 8am-11am

Where: Walk begins at Merewether.

**Register your interest here:**

<https://forms.office.com/r/w3tX1w69t3>

## PARISH LUNCHEON

Parish Luncheon at *Souths Leagues Club, Llewellyn St, Merewether* @ 12.30pm on Monday, 19th August. All welcome. Inquiries to Maureen (Tighes Hill) on 0412 673151.

## NEXT WEEK'S READINGS:

Twenty-first Sunday in Ordinary Time, Year B

Prv 9:1-6

Eph 5:15-20

Jn 6:51-58



## OUR BELOVED DEAD

We remember those in our Columbaria whose anniversaries occur in August:

At Sacred Heart

Betty Caelli	Teresa Losurdo
Lynda Corrigan	Anthony Mangioni
Joan Adele Daly	Maree Ann Martin
William (Jack) Everleigh	Mark Murphy
Aileen Gilbert	Henry Petherbridge
Nesta Haggerty	Ashleigh Powter
Kathleen Hart	Sheelagh Ruggero
Margaret Hogg	Madeleine Savage
Harry Kilner	Veronica (Rhona) Seath
Leon Lakomy	Robert (Bob) Smythe
Thi Kim Loan Le	Marjorie Wakely
Mary Loscocco	

At St Joseph's:

Margaret Bailey	Clare McDonnell
Eileen Baxter	Anne Elizabeth Meighan
Helena Esther Caskey	Marie O'Callaghan
Mary Corlis	Francis Page
Patricia Ethel Davis	Thomas Rae
Laurence Bede Dowling	Betty Smith
Noel Dowzer	Peter Thompson
Kevin Doyle	Norma Walters
Cyril Fernando	

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

## GOSPEL FOCUS

### Living Bread

*There is an obvious connection between this week's reading and the sacramental celebration of Eucharist. Jesus describes himself as living bread and then says whoever eats this living bread will live forever. These words capture the essence of the Church teaching about the real presence of Jesus in the Eucharist. Jesus is present in several ways at the celebration of Eucharist, particularly present in the bread and wine that become his body and blood. Through our celebration of the Eucharist, Jesus offers us his continuing, enduring presence.*

## FROM THE PARISH PRIEST

Dear friends,

At Masses this weekend and next weekend many of our children who were Confirmed in May, will be receiving their First Communion. Please join me in congratulating these children and their families as they complete their Sacraments of Initiation with



this most wonderful of sacraments: Jesus in the Eucharist. This is certainly not the end of their spiritual journey, but a sign that they are fully one with us in the Body of Christ, the Church, His priestly people, called to bear witness to the Gospel in our world today. Our Sunday Mass readings at this time should particularly help them connect with Jesus' teachings on the Eucharist. Please keep them all in your prayers. I'd like to specially thank Anne Millard, our Sacramental Coordinator, along with the RECs from our local Catholic Schools and others who have helped in preparing these children for this over several months.

I'd also like to take this opportunity to pass on messages of thanks from Rick McCosker from Stella Maris (Mission to Seafarers) and Bernard Toutounji (National Director, Aid to the Church in Need) for your generous response to their appeals over recent weeks. I also ask that you continue to keep them in your prayers.

Love

Fr John

### BISHOP MICHAEL KENNEDY'S 25<sup>TH</sup> JUBILEE OF ORDINATION TO THE PRIESTHOOD

Bishop Michael Kennedy invites the People of the Diocese to join him in celebrating his 25<sup>th</sup> Jubilee of Ordination to the Priesthood at a concelebrated Mass commencing at 11am in Sacred Heart Cathedral, Hamilton on 14 August 2024. Other priest and deacon jubilarians will be acknowledged at the Mass. All are welcome.



### PARISH BULLETIN

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



## 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

## MEDITATION GROUPS AT LIVING WATERS CENTRE

LIVING WATERS CHRISTIAN MEDITATION 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.

## MEN'S ROSARY GROUP

The Men's Rosary will be held on the first Saturday of each month @ 1pm at Sacred Heart Cathedral, 841 Hunter St, Newcastle West. For more information contact Jason on 0499 854 928.



## WEDNESDAY ROSARY

Pray the Rosary each Wednesday immediately after 8:15am Mass in Sacred Heart Cathedral, 841 Hunter St, Newcastle West.

## EPIC (EVERYTHING POSSIBLE IN CHRIST) YOUNG ADULT GROUP

Meet Thursdays @ 6pm in the Cathedral precinct. Anyone aged between 20 and 40 is cordially invited to join the group. Email [Elul.tecle@mn.catholic.org.au](mailto:Elul.tecle@mn.catholic.org.au) to find out more.

## VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat meets August 14 for *Lectio Divina*. To participate, please email the parish office.

<http://watch.thechosen.tv/video/184683594341>

## PRAYER GROUP

Junction Prayer/Discussion Group Monthly meetings occur on the last Thursday of each month at 9:30am in Parish meeting room.

## TAIZE SERVICE

Sunday 1st September Immaculate Heart of Mary Catholic Church Tighes Hill 5.00pm – 6pm *followed by a shared supper*.

You can read about it in the Aurora article "A spirit of joy, simplicity and reconciliation" available in the Diocesan website: <http://mnnews.today>



## BOOK CLUB

**Sunday, 1st September @ 6:15pm:** Bookclub meets to discuss *Chai Time at Cinnamon Gardens* by Shankari Chandran. If you would like to participate in book club meetings, please email [newcparish@mn.catholic.org.au](mailto:newcparish@mn.catholic.org.au)

## MASS TO BE CELEBRATED IN THE LATIN TRIDENTINE RITE

For many years, the diocese has provided opportunities for Catholics wishing to attend Mass and pray according to the liturgical books of 1962. Since COVID we have had some difficulty finding a priest qualified and available to celebrate this Mass. Since the diocese no longer has priests who are able to celebrate the 1962 liturgy in conformity with *Traditionis Custodes*, the Diocese of Maitland-Newcastle has entered an agreement with the Fraternity of St Peter, District of Oceania (FSSP), to provide a priest to meet the sacramental needs of this Community.

Fr Richard Wallace, FSSP is being appointed as the Latin Mass Chaplain for the Diocese of Maitland-Newcastle. Mass will be every Sunday, starting 18 August 2024 at 9.30am at St John the Baptist Oratory, Cathedral St Maitland.

For more info on the Priestly Fraternity of St Peter (FSSP), please see [www.fssp.org](http://www.fssp.org)

Yours in Christ

Most Reverend Michael Kennedy

**Bishop of Maitland-Newcastle**

## DIVINE MERCY DEVOTION

First Sunday of the Month @ 3:00pm  
September 1st

Chaplet of Divine Mercy  
Christ the King, Mayfield West

## SEASON OF CREATION WONDER – WEAVING – HEALING

Join Catholic Earthcare and their Season of Creation Convocation for three special events in September.

Thurs 12 and Fri 13 September - online keynote presentations, workshops, discussions and spiritual experiences

Sat 14 September at Diocesan Resource Centre - hear about and discuss regenerative projects within and beyond our diocese and consider how we can contribute. Morning tea and lunch supplied as part of registration.

Information/Registration at: [www.trybooking.com/events/landing/1231165](http://www.trybooking.com/events/landing/1231165)

### SAFEGUARDING

The Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and well-being 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](mailto:childprotection@mn.catholic.org.au) or

[www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)

### COMMUNITY KITCHEN OPENING HOURS

As we enter winter, more people in our community will need help. CatholicCare's Community Kitchens can be accessed by anyone who needs a warm meal or support. Five locations operate across the Hunter and Mid-North Coast. including:

· Hamilton South: Every Wednesday, 12pm to 1pm at 29 Fowler Street, Hamilton South

· Newcastle: Every Saturday, 5.30pm to 6.30pm (6.30pm to 7.30pm during Daylight Savings) at Civic Park, King Street, Newcastle

· Toronto: Every Thursday, 5pm to 6.30pm at 97 The Boulevard, Toronto

### THE CHUCKLES



I used to know a baker who had red hair.  
He was a ginger bread man.

I said to the baker, "How come all your cakes are \$5,  
but that one's \$10?"  
He said, "That's Madeira cake".

Bread is a lot like the sun.  
It rises in the yeast and sets in the waist.

## SEEKING YOUR ASSISTANCE WITH THE 'ABSENT FROM THE TABLE' RESEARCH PROJECT

The Australian Catholic Bishops Conference is undertaking a research project aimed at investigating why some Catholics do not participate in regular weekly Sunday Mass (Sunday Mass includes the Saturday Vigil). The project will provide in-depth information about contemporary religious practices and beliefs of Catholics in Australia. The insights would enable parishes, movements, and school communities to respond to the trends in participation in the Church, update the Church's awareness and understanding of the present-day context, and enable responses and collaboration around the underlying factors for non/dis-engagement.

We have been asked to seek the assistance of people who meet the selection criteria for this survey:

1. That they self-identify as Catholics and are 18 years and over.
2. That they do not regularly\* attend weekly Mass on Sundays.

\*Regular weekly attendance is defined as physical attendance at Sunday Mass three or more times a month, including the Saturday vigil celebrated in many parishes.

If you know of anyone who fits this criteria and might be happy to assist with this research, please show/forward them this message and invite them to use the link/address below to open up and complete the survey, which is currently open and will close on **Tuesday, 20 August 2024**. The survey is anonymous, participants can decline to answer any questions, withdraw from the survey at any time and obtain further information and gain access to the research findings via email: [ncpr@catholic.org.au](mailto:ncpr@catholic.org.au) or [www.ncpr.catholic.org.au](http://www.ncpr.catholic.org.au).

Link: <https://bit.ly/AbsentFromTheTableSurvey>

We thank you for your assistance with this valuable research.

ACBC National Centre for Pastoral Research

### SUPPORT YOUR PARISH VIA THE APP

Are you using the App? Not only can you get the daily readings on your phone, you can also support the parish with an easy way to donate.

You can download the app for free from the Apple App Store and Google Play Store. Just search for 'Diocese of Maitland-Newcastle' and click install on your mobile or tablet!

## ART AND SPIRITUALITY WORKSHOP

Creation of art provides an opportunity for a deepening awareness of oneself and the world, and can act as a catalyst for evoking the Spirit. Art is a means to see-to-re-search and find the living meaning of what it means to open the heart. Everyone has the ability to create art, but in order for it to be theological, the artist needs to explore ways that it makes sense of faith. Opening the heart through art involves making meaning through the creation, then reflecting on the art itself and the unfolding the moment-to-moment direct experience of the process.

This workshop will provide an opportunity to awaken the Spirit through the beauty of God's creation, prayer, and reflection. Participants will engage in art making experiences which will nourish their faith.

Date: Friday 13 September (9am-3pm)

Venue: Kilaben Bay Community Centre

Cost: \$25 per person

Register at: <https://www.eventbrite.com.au/e/art-and-spirituality-workshops-2024-tickets-808605269127>



## SEASON OF CREATION – CREATION SINGS

Saturday 21 September 2024, 2-4pm, Sacred Heart Cathedral. All in the Newcastle, Hunter and Manning community are invited to gather to sing in praise and wonder of creation as a celebration of the Season of Creation. In the spirit of community choirs, we will learn a song, pray, and enjoy afternoon tea. Register at <https://forms.office.com/r/xKCr907ew6> Please bring a cutting of a favourite plant. We will exchange our cuttings during the prayer. Those who love taking photos of nature can join the Season of Creation Photography initiative and send your image/s to [rose.mcallister@mn.catholic.org.au](mailto:rose.mcallister@mn.catholic.org.au) by 16/09/24. The images will be displayed at Creation Sings.

## SYNOD ON SYNODALITY: TOWARD THE SYNOD 2024 OPENING OCTOBER & BEYOND!

Massimo Faggioli and John Warhurst will discuss the upcoming Synod and the future beyond on Thursday 15 August 2024, 4:30pm. To join us in the Diocesan library please register at: <https://forms.office.com/r/Asjr4yKYmP> To watch at home register at: <https://garratt1.wufoo.com/forms/wpxybsp0pk138a/?ct=allcats-ACCCR-15AUGUST-24JULY2024> &mc cid=b3bfd4be50&mc eid=bbc16a1099

## DIOCESAN RESOURCE CENTRE AUGUST AND SEPTEMBER EVENTS

**Amended Opening Hours:** Mondays and Fridays, 10am to 5pm  
Open 1st & 3rd Saturday of each month – beginning August 2024

**17 August 2024 at 11am, the Book Club – Come along with your current read, share your thoughts.** Morning tea provided. Registration: <https://forms.office.com/r/YBENY1zxsJ>

**30 August 2024 at 10.15am, Human Library – Preparing for Seasons of Creation.** Our featured Human Book will be Sr Carmel Moore rsj, discussing Laudato Si & Seasons of Creation. What does this mean for Church & our World? Registration: <https://forms.office.com/r/1GEzWxaDig>

**5 & 12 September at 4 – 5.30pm, BBI Short Course – The Prophets.** One of the largest sections of the Bible is made up of the prophetic books. The books of the prophets are centred on the lives and teachings of prophets and their disciples. You might have heard about the prophets' calls to social justice. However, there's more to their mission than this. What did the prophets say and why did they say it? And why did it end up in the Bible? Registration: <https://forms.office.com/r/4iWbSERmwV>

**6 September at 10.15am, Children's Storytime.** Stories, songs, rhymes & craft for children from birth to 6 years. Registration: <https://forms.office.com/r/NcEXE5midc>

**6 September at 1:00pm, Formation Friday – Seasons of Creation.** Registration: <https://forms.office.com/r/U0q0qUp4JQ>

**7 September at 11:00am, Formation Films – The Tree of Life.**

This 2011 release film chronicles the origins and meaning of life by way of a middle-aged man's childhood memories of his family living in 1950s Texas, interspersed with imagery of the origins of the universe and the inception of life on Earth. Lunch, Tea & Coffee provided. Registration: <https://forms.office.com/r/GbNTPA2DWt>

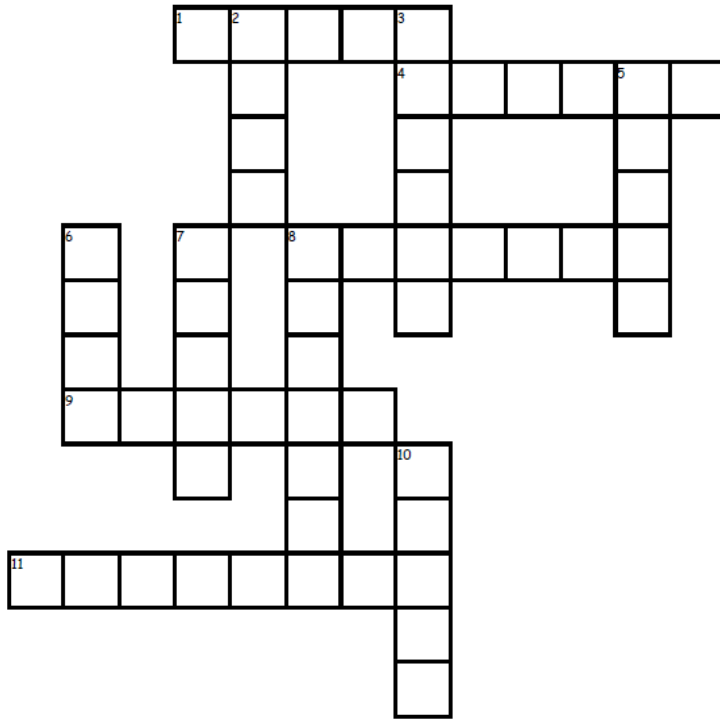
## BEQUESTS

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.

CROSSWORD

God loves and cares for his people

1 Kgs 19:4-8  
Ps 34:1-2, 3-4, 7-8, R. v.9a  
Eph 4:31 - 5:2  
Jn 6:48-51



Across

- 1: a large group of people
- 4: this man travelled to Mount Sinai, the mountain of God
- 8: when someone says sorry we should \_\_\_\_\_ them
- 9: Jesus the living bread came down from this place
- 11: young people

Down

- 2: God asks us not to yell at one another or be \_\_\_\_\_
- 3: a hot and sandy place
- 5: an \_\_\_\_\_ came to Elijah and said, 'Get up and eat!'
- 6: Elijah lay in the shade of this and fell asleep
- 7: Jesus is the living \_\_\_\_\_ come down from heaven
- 8: everyone who eats the bread from heaven will live \_\_\_\_\_
- 10: our ancestors ate this in the desert but later died

SENIOR WORDSEARCH

God loves and cares for his people

1 Kgs 19:4-8  
Ps 34:1-2, 3-4, 7-8, R. v.9a  
Eph 4:31 - 5:2  
Jn 6:48-51

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

Try to find these words:

- angel
- bread
- bush
- children
- crowd
- desert
- Elijah
- forever
- forgive
- heaven
- manna
- rude

## SCRIPTURE COMMENTARY

Elijah goes into the desert hoping that he will die. He has had enough. The office of prophet is too heavy to bear. He has been no more successful in turning the people away from their sinful lives than were his ancestors before him. He prays that God will take his life. His prayer is not heard, because his mission is not yet completed. In the strength of the mysterious food and water he receives from an angel, he walks forty days and forty nights to the mountain of God. Both the number forty and the journey to the mountain recall the Moses tradition. What began in desperation ends with the prophet once again actively involved in the affairs of God.

The psalm response is part of an acrostic, a poem whose structure follows the order of the alphabet. This form (the entire alphabet) always signifies the same thing, namely, completeness. This psalm is less a prayer than an instruction on the theory of retribution: the righteous will be blessed and the wicked will be punished. The psalm begins with praise of God and moves to expressions of gratitude. The congregation is encouraged to look to the Lord so that they too may rejoice in gratitude. The life of the psalmist is placed before them as an example to follow. The prayer ends with an admonition. It is now time for the congregation to experience God's goodness for themselves.

The reading from Ephesians contains two very unusual exhortations: do not grieve the Spirit, and be imitators of God. The Christians are told not to grieve the Holy Spirit of God by unseemly behaviour, since they have been sealed by that Spirit. There is a presumption that the seal sets the Christians apart as belonging to the Spirit and guarantees that they have been transformed into people who live according to that Spirit. The language denotes a personal relationship. The people are further admonished to be imitators of God just as children are imitators of their parents. As Christ offered himself for them out of love, so out of love, they must be willing to live lives of self-sacrifice.

The murmuring of Jesus' Jewish opponents, prompted by his claim to be bread from heaven, is reminiscent of the murmuring of the Israelites in the wilderness, to which God responded with manna from heaven. The exchange between Jesus and his opponents was a kind of social sparring meant to enhance the status of one as it diminished the status of the other. In a clever turn of phrase, Jesus declares that only those drawn by God will be drawn to the one who was sent by God. Jesus makes two self-revelatory proclamations: I am the bread of life; I am the living bread from heaven. Unlike the manna that provided sustenance for a short time, Jesus is the source of life eternal.

© Dianne Bergant CSA

## OUR CATHOLIC PRIMARY SCHOOLS

### St Joseph's Primary School

Karen McGinlay (*Principal*)

Union Street, The Junction NSW 2291

P:(02) 4961 2827

W:[www.merewether.catholic.edu.au](http://www.merewether.catholic.edu.au)

### Holy Family Primary School

Ann Jackson (*Principal*)

Pell Street, Merewether NSW 2291

P:(02) 4963 3009

W:[www.merewetherbeach.catholic.edu.au](http://www.merewetherbeach.catholic.edu.au)

### St Columban's Primary School

Penny Banister (*Principal*)

Church Street, Mayfield NSW 2304

P:(02) 4968 3315

W:[www.mayfieldsc.catholic.edu.au](http://www.mayfieldsc.catholic.edu.au)

### St Peter's Primary School

Michael Punch (*Principal*)

Dunbar St, Stockton NSW 2295

P:(02) 4928 1861

W:[www.stockton.catholic.edu.au](http://www.stockton.catholic.edu.au)

## FOOD BASKETS FOR THE NEEDY

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 **Immaculate Heart of Mary 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 & ST MARY'S, NEWCASTLE:

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.