



# 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 18TH AUGUST 2024 20TH 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  
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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

Why do we come to Mass? Hopefully, as well as to give thanks and praise to God, to be changed. At every Mass we witness the bread and wine being changed into Jesus. And the Word of God invites us to be changed too. So, how open are we to change (including very unexpected change): in ourselves, in the people around us and in our world? Fr John

### 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)

20th Week of Ordinary Time, Year B

Monday 19th August

8:15am Mass @ The Cathedral

Tuesday 20th August

*Memorial of St Bernard*

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Wednesday 21st August

*Memorial of St Pius X*

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday 22nd August

*Memorial of The Queenship of the Blessed Virgin Mary*

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

9:30am Funeral Mass for Lino Bertocchini @ St Joseph's

2:00pm Funeral for John Ryan @ St Joseph's

Friday 23rd August

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

1:00pm Funeral for Fay Larkin @ St Joseph's

Saturday 24th August

*Feast of St Bartholomew*

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 25th August

*21st 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) \*\*

\* 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:** Sister Paula Redgrove RSM, John Bernard Ryan, Fay Larkin, Lino Bertocchini, Sr Frances Caine OP (Sr Antoninus)

**ANNIVERSARIES:** Jacob Poile, Catherine Garvey, Janet Bryant, Shirley Wade, Sr. Pauline Murray rsm, Brian Nunn, Evelyn May Woodland, Helena Caskey,



**SICK:** Brenda Simanec, Bruce Ryan, Patty Lane, Peter Majdandzic, Lisa Woodland, Conchita Ponte, Joyce Saranillo, Ronoel 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).*

## 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	

## PARISH BULLETIN

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

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

## THE GREATEST GIFT

Have you noticed that on Mothers' Day, the gifts which mothers seem to most appreciate are the simplest: a drawing however scribbled or daubed with paint with the words 'I love you Mum'; a posy of flowers from the garden tied with a little ribbon; breakfast in bed (with the crumbs from the burnt toast in the sheets for days afterwards!).

It seems that the gift which means the most is the one into which the son or daughter has put something of themselves.

When we celebrate the Feast of the Assumption, we celebrate the most superlative Mothers' Day. Our Risen Lord Jesus Christ gave to His mother not merely something of Himself, but everything of Himself, His own life, His own resurrection life.

He gave to her a share in His glorified humanity: bodysoul transformed, transfigured into the heavenly dimension of existence.

But Our Lord does not limit His generosity. He wants all of us, he wants the whole of humankind, indeed He wants the whole of the cosmos to share in His transformed, transfigured existence.

We believe that when we come forward at Holy Communion we take into ourselves the transformed, glorified humanity of Our Risen Lord Jesus Christ.

When we take the sacrament under the appearance of bread, under the appearance of wine, we so eat and drink that, in the wonderful words of Pope John Paul II: 'We digest, as it were, the secret of the Resurrection.'

For a short time, we anticipate in our own bodies what Mary now fully and eminently experiences.

As Our Lord assures us in today's gospel: 'Anyone who does eat my flesh and drink my blood *has* eternal life.' Note the present tense: *has* eternal life, i.e. Divine Life as mediated through our participation in Christ.

That it is why it is important in normal circumstances to accept the consecrated wine from the chalice and not to take the sacrament just under the appearance of the consecrated bread.

When I was a boy (is it so long ago?) it was still the rule at Mass that only the priest drank from the chalice. One of the great actions of the Church over the last forty years is the recovery of the ancient practice of offering Holy Communion under both kinds.

Not only is the reception of both consecrated bread

and consecrated wine in harmony with today's gospel, but it also clearly fulfils Our Lord's command: 'Take, eat ... take, drink.'

Of course, Our Risen Lord is really and wholly present under the appearance of either the bread or wine. They are consecrated separately as did Our Lord at the Last Supper.

Let us thank God for this gift, this opportunity, beyond any human expectation or reckoning.

It is the Risen Lord whom we ingest at Holy Communion. When we do so, we do so with the words of today's Gospel resonating in our own bodies: 'He who eats my flesh and drinks my blood lives in me and I live in him.'

What an anticipation for a short time of that which Our Lady now experiences fully and forever. What a communion! What a Holy Communion!

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## LIVING GOSPEL

### You are what you eat

*In a world that is obsessed with health and fitness and yet, ironically, also experiencing an ever-increasing overweight and obese population, what we eat has come under greater scrutiny than ever before. 'You are what you eat' has become a catchcry for healthy eating but Catholics have known the truth of this statement for centuries. When we participate in the Eucharist, we not only receive the body of Christ; we become the body of Christ. The people who make up the Church in the world are indeed the body of Christ. In the words of St Teresa, 'Christ has no body now but yours!'*

### NEXT WEEK'S READINGS:

Twenty-first Sunday in Ordinary Time, Year B

Josh 24:1-2, 15-18

Eph 5:21-32

Jn 6:60-69



## 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 21 for Lectio Divina. To participate, please email the parish office.

## 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 Boulevarde, Toronto

### **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)

## **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.

## 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.

## 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

**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>

## 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.

## THE CHUCKLES

What's better than a good friend?  
A good friend with chocolate.

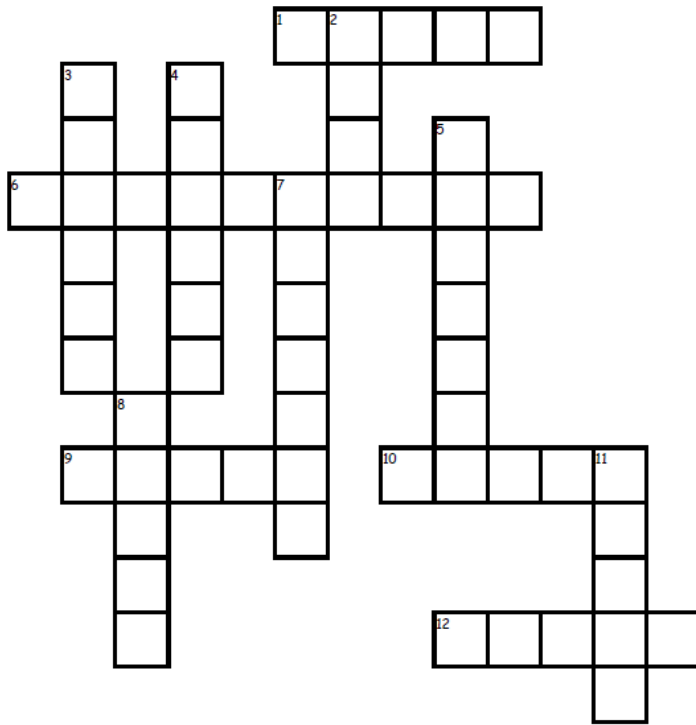


How do you fix a broken tomato?  
*With tomato paste*

CROSSWORD

Praise the Lord with all your heart

Prv 9:1-6  
Ps 34:1-2, 9-10, R. v.9a  
Eph 5:15-20  
Jn 6:51-58



Across

- 1: Jesus said, 'My \_\_\_\_\_ is the true food, and my blood is the true drink.'
- 6: Wisdom sent her servant women to announce this from the hills
- 9: the opposite of men
- 10: Jesus told the crowd, 'I am the \_\_\_\_\_ from heaven!'
- 12: we praise God by singing psalms and \_\_\_\_\_

Down

- 2: Jesus told the crowd they would be raised to life on the \_\_\_\_\_ day
- 3: sixty seconds equal one of these
- 4: God wants us to let the \_\_\_\_\_ fill our lives
- 5: everyone who eats the bread from heaven will live \_\_\_\_\_
- 7: the people were confused by Jesus' words and started \_\_\_\_\_
- 8: a type of building people live in
- 11: you do this when you are thirsty

SENIOR WORDSEARCH

Praise the Lord with all your heart

Prv 9:1-6  
Ps 34:1-2, 9-10, R. v.9a  
Eph 5:15-20  
Jn 6:51-58

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

Try to find these words:

- arguing
- bread
- drink
- flesh
- forever
- house
- hymns
- invitation
- last
- minute
- Spirit
- women

## SCRIPTURE COMMENTARY by Dianne Bergant CSA

The mysterious figure of Wisdom, who prepares a banquet, may be either an ancient deity or a cosmic being. If Wisdom is an ancient deity, the house would be a temple with seven pillars, and the banquet would be a sacrificial feast. If she is a cosmic being, her house would be the universe built on the foundation of seven heavenly bodies, and her banquet would consist of the life-giving forces that sustain all creations. Each perspective offers an interesting interpretation, though no one of them can make any conclusive claims. Wisdom feeds the desire for knowledge and insight; she encourages true worship; and she oversees the mysteries of the universe.

The psalm response is part of an acrostic, a poem whose structure follows the order of the alphabet. In the first part of the poem, the psalmist thanks God for having been delivered from distress and invites others to join in praising God. The attitude of the psalmist gives witness to others and develops into a pedagogical technique, teaching others to act in the same way. The congregation is encouraged to look to the Lord so that they too may rejoice in gratitude. The companions of the psalmist are here encouraged to attach themselves to God and, thereby, to enjoy the blessings that this ensures. The fate of the psalmist is placed before them as an example to follow.

The wisdom instruction continues. Christians are encouraged to live (walk) like the wise. They recognise the decisive point of the moment, and they seize it. Such wisdom is an indispensable trait, especially when the days are evil. The ignorance against which the author warns is the inability to draw prudent conclusions in practical situations. The way of the foolish is said to be under the sway of the spirit of drunkenness. By contrast, the way of the wise is directed by the intoxicating Spirit of God. Prompted by the Spirit, in the name of the Lord Jesus Christ, the Ephesians are told to thank God who is called Father. Living in this manner is the true way of wisdom.

The bread of life ends with a Eucharistic reinterpretation of the manna tradition. In unmistakable language Jesus declares that his flesh is food and his blood is drink. Lest this claim go unnoticed, he states it four times (vv.53-56). 'Flesh and blood' is a common way of characterising a human being. When applied to Jesus, it is a proclamation of the Incarnation. It also calls to mind the victim of sacrifice that is first slaughtered (flesh and blood) and then shared at a cultic meal (food and drink). The living God whom Jesus calls Father is the source of this life; Jesus already enjoys this life because of his intimate union with God; and believers already enjoy it because they feed on Jesus, who is the bread of life.

## OUR CATHOLIC 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)

### St Francis Xavier's College

Greg Ptolemy (*Principal*)

Parkway Avenue, Hamilton NSW 2303

P:(02) 4961 2863

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

## GOSPEL FOCUS

### Real Presence

*The Real Presence of Christ in the Eucharist is a central doctrine of the Catholic faith. It is regarded as a revealed truth proved by both scripture and tradition. This week's gospel, indeed the entire 'Bread of Life' discourse (Jn 6:26-72), is an essential passage of scripture that supports the teaching of Christ present in the Eucharist. Along with scripture, the other proof of the doctrine is tradition. Since the first century, only a brief time after the death of Jesus, Christians linked their celebration of Eucharist with the words of Jesus at the last supper – they celebrated Eucharist as a memorial of Jesus.*