

Date: 10th/11th August 2024 Nineteenth Sunday in Ordinary Time				
Mass Time:	Acolyte	First Reading & Responsorial Psalm	Second Reading & Prayer of the Faithful	Music
Vigil: 5:00 PM	Ian Miles	Tanya Baldwin	Tamsyn Baldwin	Chris Wilson
8:00 AM	Randall Noney	Kim Crawford	Tanya Graham	
9:30 AM	Richard Merchant	Margaret Hickey	Katherine Mahns	Streeters
Date: 17th/18th August 2024 Twentieth Sunday in Ordinary Time				
Mass Time:	Acolyte	First Reading & Responsorial Psalm	Second Reading & Prayer of the Faithful	Music
Vigil: 5:00 PM	Ed Junis	Anne Maureen Scarff	Colleen Baker	No One
8:00 AM	Marek Grus	Loida Derbyshire	Georgia Cook	
9:30 AM	John Belfanti	Matt Aldous	Peta Sparkes	Chris Wilson

KID'S CORNER




I am the bread of life

19th Sunday in Ordinary Time, Year B


Jesus gives us many things

Jesus had faith and trust in God, and he asks us to have faith and trust in him. Draw a picture of someone you love, who you have faith in and trust.


He gives us bread to eat. Where do we eat his bread?



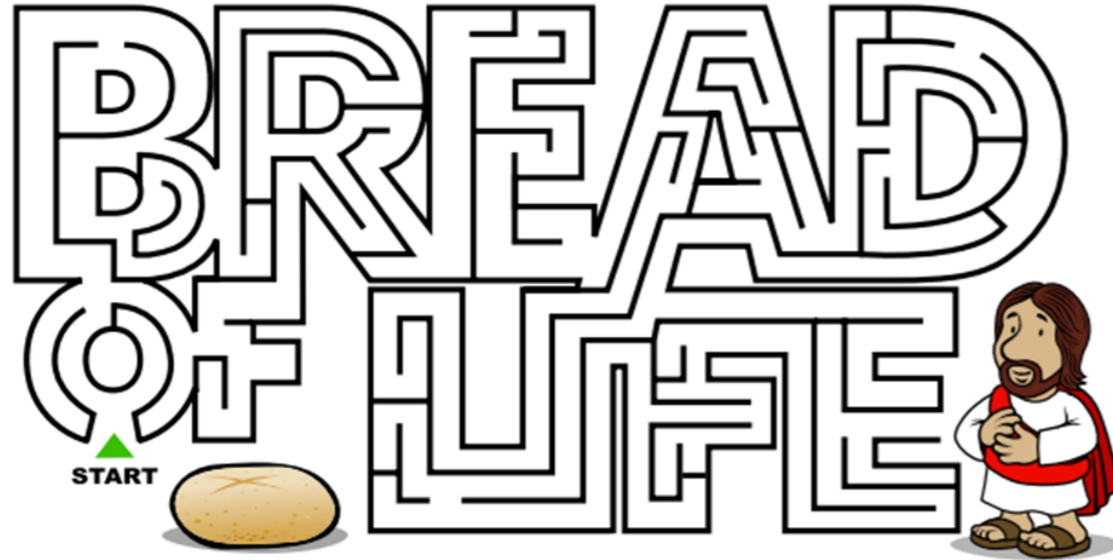
He gave us his life. Where did he give us his life?



He gives us love. How do we feel Jesus' love in our lives?



Can you make your way through the BREAD OF LIFE maze?



START

St Thomas Aquinas Parish

168 Hawkesbury Road, Springwood, NSW, 2777
 PO Box 4410, Winmalee, NSW 2777
 Phone: 02 4754 1052; Emergency ONLY: 0474 631 168



Parish Email: email: springwood@parracatholic.org
Parish Website: www.stachurchspringwood.org.au
Parish Facebook Page: St Thomas Aquinas Catholic Community Springwood
Parish Administrator: Rev Christopher del Rosario (E: christopher.del-rosario@parracatholic.org)
Parish Pastoral Council: Email suggestions to springwoodparishpc@gmail.com
Parish Office Hours: Tuesday to Friday 8.30 am - 3.30 pm

Weekend Masses: Saturday Vigil Mass 5:00 pm, Sunday 8:00 am and 9:30 am
Weekday Mass: Monday - Saturday 9:30 am
Adoration: Monday - Saturday from 8:15 am - 9:15 am
First Friday Adoration: Every first Friday of the month 7:00 pm
Reconciliation: Saturday after 9:30 am Mass and 4:00-5:00 pm before the Vigil Mass
Children's Liturgy: 3rd Sunday of every month, 9:30 am
Baptisms: 2nd and 4th Sundays of every month - 11:00 am and by appointment
Weddings: By appointment
Funerals: Please Contact the Parish Office



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We respect the Darug people and their elders both past and present, as the traditional custodians of this land on which we celebrate the Eucharist.

The Holy Sacrifice of the Mass: The Liturgy of the Eucharist Part I



During the Ordination of a Priest the Bishop, upon receiving the Chalice and Paten, places both vessels in the newly ordained hands and says: 'Receive the oblation of the holy people, to be offered to God. Understand what you do, imitate what you celebrate, and conform your life to the mystery of the Lord's Cross.' With these words the newly ordained priest is charged to offer the Sacrifice of the Mass for and with the people of God; he is called to be Alter Christus (another Christ) in this world and to live in accord with Christ's precepts for ever. In short the Eucharist is the very core of the Priest, meditation on it draws both himself and the faithful towards God Almighty. Over the next two weeks our focus will be on the Most Holy Eucharist. 'The Eucharist, as stated in the Catechism of the Catholic Church, is "the source and summit of the Christian life. The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch." (#1324) Before delving into the essence of the Eucharist it is necessary to briefly explore the Ministerial Priesthood: for through the Priesthood, originating in Christ, the Eucharistic Sacrifice is made both present and possible.

'And he took bread, and when he had given thanks he broke it and gave it to them, saying, "This is my body which is given for you. Do this in remembrance of me." And likewise the cup after supper, saying, "This cup which is poured out for you is the new covenant in my blood.'" (Mk 22:19-20) At the Last Supper Our Lord instituted two sacraments: the Eucharist and the Priesthood; one does not exist without the other. In doing so he entrusted the eucharistic sacrifice to the apostles. The eucharistic sacrifice was not to be a one off event, but a perpetual memorial of Our Lord's salvific act until his Second Coming. With this in mind the apostles ordained successors to continue Christ's work of redemption and salvation; Apostolic Succession. The aforementioned is described as 'the handing on of apostolic preaching and authority from the Apostles to their successors the bishops through the laying on of hands, as a permanent office in the Church.' Through the Priesthood, originating in Christ the High Priest, Our Lord's commission to the apostles to celebrate the Eucharistic Sacrifice continues.

To some this idea of apostolic succession is flawed. How can a priest, a sinner like all people, be able to celebrate the Eucharist? Can't another, also devoted to Christ but without ordination, also bestow the Sacrament? The answer lies, not in the priest, but in Christ. Notice the words used by the Priest when celebrating Mass or presiding over any Sacrament: 'This is my body. This is my blood. I absolve you from your sins. I baptise you...' All actions are in the first person, not in the name of the Priest, but in the name of Christ. Apostolic Succession, the laying on of hands, grants the Bishop and Priest, unworthy and sinful as they are, the ability to effect the Sacrament in Christ's name. If the priest was to speak the sacramental formula in his name the Sacrament wouldn't be effected... for there is nothing extraordinary about the Priest other than his Priestly character which is Christ. As such the Priesthood is necessary to confer the Eucharist; one cannot be separated from the other.

I hope this brief but concise description of the Priesthood of Christ details its necessity on the Eucharist. Next week we will explore the Eucharist in depth, outlining how it is truly the source and summit of the Christian life.

Wishing you a blessed week ahead,

Fr Chris



Second Reading [Ephesians 4:30 – 5:2](#)

A reading from the letter of St Paul to the Ephesians

Walk in love, just as Christ.

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

Gospel Acclamation [John 6:51](#)

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

Gospel [John 6:41-51](#)

A reading from the gospel according to John.

I am the living bread come down from heaven.

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. It is written in the prophets: They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me.

Not that anybody has seen the Father, except the one who comes from God: he has seen the Father. I tell you most solemnly, everybody who believes has eternal life. I am the bread of life. Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die. I am the living bread which has come down from heaven.

Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

Communion Antiphon [Psalm 147:12,14](#)

O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.

Entrance Antiphon [Cf Psalm 73:20,19,22,23](#)

Look to your covenant, O Lord, and forget not the life of your poor ones for ever. Arise, O God, and defend your cause, and forget not the cries of those who seek you.

First Reading [1 Kings 19:4-8](#)

A reading from the first book of Kings

Strengthened by the food, he walked to the mountain of the Lord.

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord', he said 'I have had enough. Take my life: I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

Responsorial Psalm [Ps 33:2-9. R. v.9](#)

(R.) Taste and see the goodness of the Lord.

- I will bless the Lord at all times, his praise always on my lips; in the Lord my soul shall make its boast. The humble shall hear and be glad. (R.)
- Glorify the Lord with me. Together let us praise his name. I sought the Lord and he answered me; from all my terrors he set me free. (R.)
- Look towards him and be radiant; let your faces not be abashed. This poor man called; the Lord heard him and rescued him from all his distress. (R.)
- The angel of the Lord is encamped around those who revere him, to rescue them. Taste and see that the Lord is good. He is happy who seeks refuge in him. (R.)



Recently Deceased: Phyllis Wilson, Liz Miles

Sick: John Hunia, Eva Fitzgerald, Philip Coggan, James Connor, Richard Ford, Odette Harb, Precious Tamayo, Julie Somerville, Fr Bob Bossini, Dane San Pedro, Marama Watson, Margaret Munro, **and all Private Intentions.** *Due to the strict privacy laws, names of the deceased and sick can only be included in the Bulletin with the express permission of the immediate family. Thank you.*

PARISH AND DIOCESAN NEWS

FINANCIALLY SUPPORTING OUR PARISH AND ITS WORKS: Please support our Parish and its projects.



- Direct Debit:** Please contact the Parish Office for more details.
- Direct Deposit:** Details are as follows:
Bank Account Name: Springwood; BSB: 067-950
Bank Account Number: 00000560
Reference: Your name in full.

FIRST COLLECTION: This goes to the Board of Management. The fund supports the living expenses of the priests within our Diocese.

SECOND COLLECTION: This goes to our Parish of St Thomas Aquinas—directly funding operational costs, pastoral activities and various programs that enrich our community.

Mass Offering Envelopes are also available at the back of the church which can be used to express your ongoing generosity and support. Thank you.



In celebration of the Feast of the Assumption of the Blessed Virgin Mary, a Mass will be held on Thursday 15th August 2024 at St Thomas Aquinas Primary School 9:30am. Everybody is welcome.

MARK YOUR CALENDAR: 2024 KNOWN WOMEN'S DAY RETREAT:

This retreat is open to all women 18+ who want to develop a deeper understanding of their faith and are searching for an authentic relationship with the Lord and with other like minded women. This retreat provides an opportunity for guest speakers, reflective prayer, adoration, confession, the rosary, praise and worship, wonderful sisterhood, catholic merchandise, creative outlet, all meals and Saturday night vigil Mass. You will receive a goodie bag with some special extras to make you feel right at home.

Where: St Finbar's Parish, Glenbrook NSW
When: Saturday, 17th August, 2024; Time: 8:45am—5:15pm (Vigil Mass at 5:30pm)

Speakers: Fr Chris del Rosario, Leonie Nahhas and Jessica Doherty. Praise and worship led by Rachel Kama.

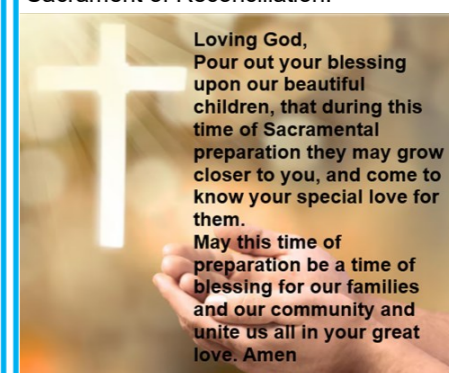
To register, please visit: <https://www.trybooking.com/events/landing/1171377>. All enquiries, call 0403 962 181.

Volunteers are not paid because they are worthless but because they are priceless! We welcome anyone who would like to be helpers of our SRE Teachers. Come join our team. We could always use more people to join this wonderful ministry which inspires young people in the faith while enriching your own faith. Please contact Wilhelmina de Raadt on 4751 3319. Our Catechists would also greatly appreciate your prayers for our work of sharing the good news in public schools.

Sacramental of Reconciliation

Our Lord's boundless mercy shines through this sacrament, offering us the opportunity to experience His forgiveness and grace.

Please join us in praying for the 43 children who are part of our Sacramental of Reconciliation.



2nd Parent Information Session:
Tues 13 Aug at 7pm, STA Church

Children and Parent Information Sessions:
3rd Meeting: Sat 24 Aug at 11am, STA Church
4th Meeting: Sat 31 Aug at 11am, STA Church

Reconciliation will take place on Wed 4th Sep at 7pm, STA Church

CHURCH CLEANING MINISTRY: Would you like to join our Church Cleaning Team? All we need is a bit of your time to help, a few hours a week or once every eight weeks to help prepare the church for the weekend Masses. Please contact the office on 02 4754 1052 or email: springwood@parracatholic.org. We want to acknowledge how much our past and present volunteers have done. We sincerely applaud you!



JESUIT REFUGEE SERVICE FOOD DRIVE: Springwood Parish is having a food drive on August 31st/September 1st to support refugees and asylum seekers in Western Sydney through the Jesuit Refugee Service (JRS). They do amazing work supporting refugees and asylum seekers which includes advocacy, emergency assistance, a food bank, housing support & employment assistance. If you are able to donate some of the following food items, it would be greatly appreciated. Please deliver to STA Parish Office on or before 1st September 2024.

- | FOOD ITEMS: | ESSENTIALS: |
|--|-----------------------------|
| • Basmati Rice (1kg & 5kg) | • Nappies (large sizes) |
| • Cooking Oil | • Toothpaste & Toothbrushes |
| • Long Life milk | • Shampoo & Conditioner |
| • Tinned Tuna in Oil (185g & 425g) | • Sanitary Pads & Napkins |
| • Canned Red Kidney Beans (400g) | • Razors & Shaving Foam |
| • Lentils (400g) | • Deodorant (Male & Female) |
| • Canned Coconut Milk & Condensed Milk (400ml) | • Soap |
| • Biscuits & Muesli Bars | • Laundry Detergent |
| • Dry Chickpeas, Red & Yellow Split Lentils (1kg & 375g) | • Dishwashing Detergent |

Gift Vouchers also enable families to choose the items they need most.



For enquiries, email: foodbank@jrs.org.au & school@jrs.org.au for more information.