

<b>Date:</b>	17th/18th August 2024 Twentieth Sunday in Ordinary Time			
<b>Mass Time:</b>	<b>Acolyte</b>	<b>First Reading &amp; Responsorial Psalm</b>	<b>Second Reading &amp; Prayer of the Faithful</b>	<b>Music</b>
<b>Vigil: 5:00 PM</b>	Ed Junis	Anne Maureen Scarff	Colleen Baker	No One
<b>8:00 AM</b>	Marek Grus	Loida Derbyshire	Georgia Cook	
<b>9:30 AM</b>	John Belfanti	Matt Aldous	Peta Sparkes	Chris Wilson

<b>Date:</b>	24th/25th August 2024 Twenty-first Sunday in Ordinary Time			
<b>Mass Time:</b>	<b>Acolyte</b>	<b>First Reading &amp; Responsorial Psalm</b>	<b>Second Reading &amp; Prayer of the Faithful</b>	<b>Music</b>
<b>Vigil: 5:00 PM</b>	Ian Miles	Margaret Smith	Wilhelmina de Raadt	Chris Wilson
<b>8:00 AM</b>	Randall Noney	Ros Comfort	Tom Horsfall	
<b>9:30 AM</b>	Phillip Saville	Anne Ellis	Domhnall MacCormac	Streeters

KID'S CORNER

**Whoever eats this bread will live forever**



20th Sunday in Ordinary Time, Year B


**Gospel John 6:48-51**

Jesus said to the crowd: '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.'

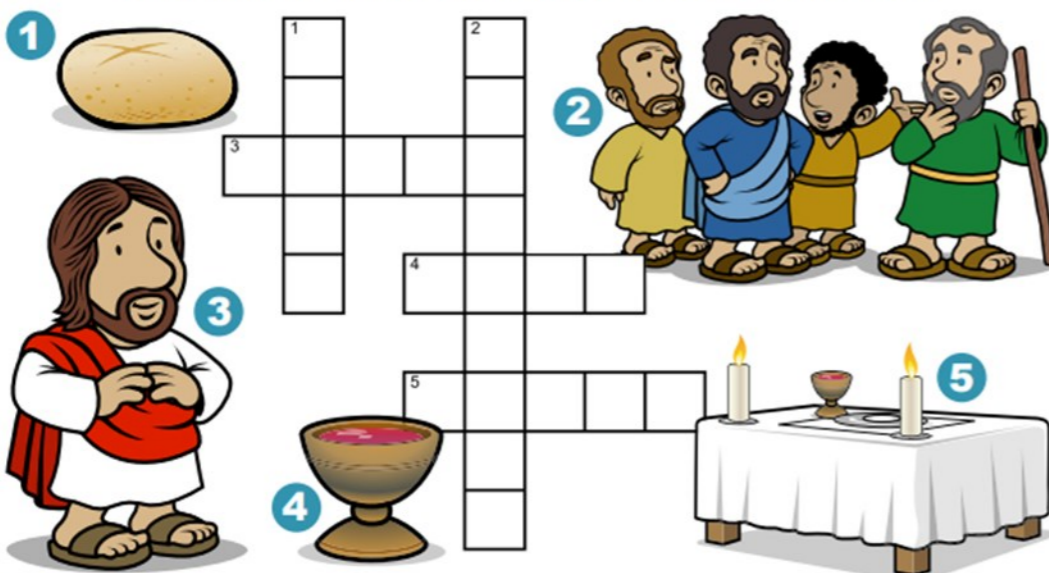
Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

The special food and drink we have at Mass is Jesus' flesh and blood. Draw a picture of the priest blessing the bread and wine at the altar.



Can you complete this crossword puzzle? It uses pictures as clues instead of words!



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St Thomas Aquinas Parish

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**Parish Website:** [www.stachurchspringwood.org.au](http://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](mailto:christopher.del-rosario@parracatholic.org))  
**Parish Pastoral Council:** Email suggestions to [springwoodparishpc@gmail.com](mailto: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 II



The end of the prayers of the faithful concludes the Liturgy of the Word; our preparation and meditation have ceased and now the Mass enters its most intimate moment: the Liturgy of the Eucharist. Here we witness Christ's redemptive act on Calvary through the Eucharistic sacrifice. As the General Instruction of the Roman Missal states: 'At the Last Supper Christ instituted the Paschal Sacrifice and banquet, by which the Sacrifice of the Cross is continuously made present in the Church whenever the priest, representing Christ the Lord, carries out what the Lord himself did and handed over to his disciples to be done in his memory. For Christ took the bread and chalice and gave thanks; he broke the bread and gave it to his disciples, saying: "Take, eat, and drink: this is my Body; this is the cup of my Blood. Do this in memory of me." Accordingly, the Church has arranged the entire celebration of the Liturgy of the Eucharist in parts corresponding to precisely these words and actions of Christ.' As such the Liturgy of the Eucharist consists of the offertory, preparation of the gifts, preface, eucharistic prayer, and communion rite. Today I will briefly examine the offertory, Eucharistic Prayer, and Reception of the Eucharist.

'Pray, brothers and sisters, that my sacrifice, and yours, may be acceptable to God the Almighty Father.' With these words the liturgy indicates the faithful's cooperation in the Holy Sacrifice of the Mass; it is the People of God who offer the Bread and Wine for the Eucharistic Sacrifice. The offertory is not a nice action to simply 'include' the People but a physical sign of our participation in the Mass. We offer these simple elements of bread and wine to be transubstantiated into the Body and Blood of Christ; God uses our offerings to make himself present. God, who is perfect in all ways, asks us through the offerings, to participate in his redemptive act: this reality is both inspiring and humbling.

The Eucharistic Prayer is the climax of Mass; here we witness and take part in the Holy Sacrifice. We are all familiar with the sacramental form of the Eucharist: 'This is my Body, this is my Blood.' What is necessary to mention are the theological underpinnings of these words. The Priest speaks these words in the name of Christ (as mentioned in last week's reflection) and the faithful, by virtue of anamnesis, is present at the Last Supper and Calvary. Anamnesis is understood as 'making present a past reality.' At the consecration we are not re-crucifying Christ, nor are we simply repeating this action... we are actually present at the one Eucharistic Sacrifice of Christ; we are present at the Last Supper and Calvary with Christ, through the Priest, offering his very self. This and much more allow for the simple offerings of bread and wine to be substantially changed into the Body and Blood of Christ.

Finally, we come to the reception of the Holy Eucharist. Here we receive the Bread from Heaven, we receive Christ himself. Two things are necessary for the reception of Communion: proper interior disposition and an act of faith; we must seek to be in the best possible state, in regard to our soul, when receiving Our Lord. He is all goodness with no blemish. Whilst we cannot be perfectly free from sin due to our fallen human nature we can strive to be free from mortal sin. If we have mortal sin best to receive the Sacrament of Confession prior to Holy Communion. When presented with the Host we respond, with faith, 'Amen.' This word is an act of faith, we believe the Eucharist to be truly the Body of Christ. Our Amen therefore isn't a nice Catholic word, but a sincere act of faith where we profess the True Presence of Christ in the Eucharist.

Wishing you a blessed week ahead,

Fr Chris



## Responsorial Psalm (continuation)

4. Then keep your tongue from evil and your lips from speaking deceit. Turn aside from evil and do good; seek and strive after peace. (R.)

## Second Reading [Ephesians 5:15-20](#)

A reading from the letter of St Paul to the Ephesians

*Be watchful that you may know the will of God.*

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but your lives should redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God who is our Father in the name of our Lord Jesus Christ.

## Gospel Acclamation [John 6:56](#)

Alleluia, alleluia!  
All who eat my flesh and drink my blood live in me and I in them, says the Lord.  
Alleluia!

## Gospel [John 6:51-58](#)

A reading from the holy Gospel according to John

*My flesh is real food and my blood is real drink.*

Jesus said to the crowd:

'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.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

## Communion Antiphon [Psalm 129:7](#)

With the Lord there is mercy; in him is plentiful redemption.

## Entrance Antiphon [Psalm 83:10-11](#)

Turn your eyes, O God, our shield; and look on the face of your anointed one; one day within your courts is better than a thousand elsewhere.

## First Reading [Proverbs 9:1-6](#)

A reading from the book of Proverbs

*Come and eat my bread; drink the wine I have prepared.*

Wisdom has built herself a house, she has erected her seven pillars, she has slaughtered her beasts, prepared her wine, she has laid her table. She has despatched her maidservants and proclaimed from the city's heights: 'Who is ignorant? Let him step this way.' To the fool she says, 'Come and eat my bread, drink the wine I have prepared! Leave your folly and you will live, walk in the ways of perception.'

## Responsorial Psalm [Ps 33:2-3, 10-15. R. v.9](#)

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

1. 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.)
2. Revere the Lord, you his saints. They lack nothing, those who revere him. Strong lions suffer want and go hungry but those who seek the Lord lack no blessing. (R.)
3. Come children, and hear me that I may teach you the fear of the Lord. Who is he who longs for life and many days, to enjoy his prosperity? (R.)



### Recently Deceased: Phyllis Wilson

**Sick:** John Fisher, 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.

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.



**On Thursday 22nd August 2024:** There will be no Mass at STA Parish but Communion Service only as Fr Chris will be attending the Education Mass at St Patrick's Cathedral, Parramatta.

**On Friday 23rd August 2024:** St Columba's Day 9:30 am Mass will be celebrated by Rev Bishop Vincent and concelebrated by Fr Chris del Rosario at St Columba's Catholic College. Everybody is welcome!

There will be no adoration on this day.

**On the Weekend of 24th/25th August 2024:** STA Parish Community is so blessed that the church renovation will be completed before the fourth weekend of August. Therefore, our weekend Masses for the 24th/25th August will be held at STA church. We thank you all for your kind understanding and support.

## Sacrament of Reconciliation

The Bible tells us how to live in the best way. There is a part in the Bible that tells us about a man called Moses. God gave Moses Ten Commandments so that the people would know how to live in the best way. Exodus 20:2-11; Deuteronomy 5:1-22. Simple statements of praise and thanksgiving lead to true and genuine prayer. For example: 'Thank you Jesus, for giving me so much love in the Sacrament of Penance. Help me to always try to be a good Child of God'.

Parents, encourage your child to say thank you to God, even for normal everyday things. It is just as important that we encourage them to say thank you for the gift of forgiveness. When we know that we have sinned, we need to say sorry and ask for God's forgiveness.

Please continue to pray for our children in the Sacrament of Reconciliation program.

### 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

**JESUIT REFUGEE SERVICE FOOD DRIVE:** Springwood Parish is having a food drive on the 21st/22nd Sept to support refugees and asylum seekers in Western Sydney through the Jesuit Refugee Service (JRS). If you are able to donate please deliver to STA Parish Office on or before the weekend of 22nd Sept 2024. For enquiries, email: [foodbank@jrs.org.au](mailto:foodbank@jrs.org.au) & [school@jrs.org.au](mailto:school@jrs.org.au)

### FOOD ITEMS:

- Basmati Rice (1kg & 5kg)
- Cooking Oil
- Long Life milk
- Tinned Tuna in Oil (185g & 425g)
- Canned Red Kidney Beans (400g)
- Lentils (400g)
- Canned Coconut Milk & Condensed Milk (400ml)
- Biscuits & Muesli Bars
- Dry Chickpeas, Red & Yellow Split Lentils (1kg & 375g)

### ESSENTIALS:

- Nappies (large sizes)
- Toothpaste & Toothbrushes
- Shampoo & Conditioner
- Sanitary Pads & Napkins
- Razors & Shaving Foam
- Deodorant (Male & Female)
- Soap
- Laundry Detergent
- Dishwashing Detergent

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



Please no soup, baked beans or tinned spaghetti