



HOLY EUCHARIST PARISH

1A Oleander Drive, St Albans South 3021
Office Hours: Tues - Fri: 9:00am - 3.30pm
Phone: 9366 1310, Fax: 9366 9359
Email: stalbanssouth@cam.org.au
Website: www.holyeuchariststalban.org



TWENTIETH SUNDAY IN ORDINARY TIME-YEAR B, 17 & 18 AUGUST 2024

REDEMPTORIST COMMUNITY

Parish Priest & Mission Leader

Fr Vincent Long Pham, CSsR

Assistants

Fr Joseph Xuan Hieu Nguyen, CSsR

Fr. Dominic Carrigan, CSsR

Fr. Robin Lomangkok, CSsR

Fr Patrick Corbett, CSsR

Parish Secretary

Mary-Lucy Atonio PH: 9366 1310

Parish School Principal

Michael Bonnici PH: 8312 0900

Filipino Chaplain

Fr Joselito Asis

South Sudanese Chaplain

Fr Stephen Battal

MASS TIMES

- ♦ **Tues-Fri:** 9:00am
- ♦ **Saturday:** 5:00pm
6.30pm Vietnamese
- ♦ **Sunday:** 8:45am, 10:00am,
6:00pm
12:00pm Vietnamese

Other Masses

- 1st & 2nd Sun. Sudanese Mass 3pm
- 3rd Sun Samoan Mass - 2.00pm
- 4th Sun Filipino Mass - 3.00pm

SOCIAL OFFICE/(JP SERVICE)

Contact: Son Nguyen

Phone 9366 1310

Friday 10:00am-3:00pm.

FOODBANK open Fridays
10.30am until 2.00pm. More
details call 03 9366 1310.

RCIA: Please contact Br. Anthony
Gatt on 0419 115 692 or call the
Parish Office for more details.

SACRAMENTAL PREPARATION

Preca Centre, 29 Rosslare Parade,
St Albans – Ph: 9356 0734

between 7pm-8pm

Email: stalban@preca.org.au

THE LIVING WORD

First Reading: Proverbs 9:1-6

*Wisdom builds her house and invites all
to eat her bread there*

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(34):2-3,10-15

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.

Taste and see the goodness of the Lord.

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.

Taste and see the goodness of the Lord.

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 prosper-
ity?

Taste and see the goodness of the Lord.

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

Taste and see the goodness of the Lord.

Second Reading: Ephesians 5:15-20

*Be filled not with wine, but with the
Spirit*

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but you 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

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.'

GOSPEL REFLECTION

In this week's gospel passage, we continue our reflection on John 6. John's gospel was written towards the end of the first century. The Bread of Life discourse probably reflects the interpretation of the gospel writer rather than the actual words of Jesus. This is important for making sense of statements in the discourse that would seem to be out of place from the lips of Jesus during his lifetime. The hearers of these words have lived and worshipped as followers of Jesus for some decades. They have gathered each week for the breaking of the bread and reflected deeply on the mystery of life in Christ, on the Word made flesh.

If the eucharistic overtones were subtly present in last week's gospel passage (John 6:41-51), they become quite overt as the Johannine Jesus responds to yet another objection from his opponents in this week's gospel. Like the Israelites of old in the desert wanderings, they are more than ready to grumble: "How can this man give us his flesh to eat?" (6:52). Jesus does not really respond to the question "How....?" Rather, he goes on to tell his hearers that "life" for them depends on their eating his flesh and drinking his blood. The Johannine Jesus uses the present as well as the future tense. The life they experience in eating his flesh and drinking his blood is a present reality for them as well as a promise of ongoing life. Life for the Israelites was in the blood: blood poured out meant life poured out. Clearly "life" is being used in John 6 for the quality of life the believers have come to experience through their incorporation into the community of the baptised, the sort of life that is not destroyed by death.

Life in the community unites the believers intimately with Jesus as well as with the God of Israel, whom the Johannine Jesus generally calls "Father". The first reading for today reminds us that other metaphors such as Wisdom were available to those of Jewish heritage for portraying the divine. Wisdom is a female way of imaging the divine. In John's discourse, Jesus becomes Wisdom extending an invitation to the banquet of life. We keep accepting that invitation. It is well to remember that one never enjoys a banquet alone. It is always shared with others who accept the same invitation. In the strength of the sustenance we receive in this banquet, we are also invited to bring a quality of life to all beings that struggle to exist. The potential for this is as boundless as the generosity of our God "enfleshed" in Jesus.

By Sr. Veronica Lawson rsm

YOUTH SECTION

The resilient spirit of a young man nurtured by his faith



Brody Malone poses alongside his father, John, after the U.S. men's gymnastics team won the bronze medal at the Olympic Games on July 29, 2024.

Source Image: <https://www.catholicnewsagency.com/news/258613/father-of-olympic-gymnast-brody-malone-speaks-of-son-s-faith-following-bronze-medal-win>

Brody Malone, a 24-year-old gymnast from the US won his bronze medal as part of the US men's gymnastics team in the Paris Olympics recently. But behind his success story, there is more than meets the eye. It was his faith that kept him going against all odds. He succumbed to injuries last year during a competition in Germany and dislocated his knee. MRI scans showed that he had torn multiple ligaments and fractured part of his tibia. Brody also lost his mother to cancer in 2012. But this young man never gave up. His father spoke recently about how he overcame his adversities in life. ***"Brody is so well-grounded and such an incredible man." As a parent, we're called to raise good, productive people. As a Christian, you're taught to raise your child as a loving, caring, and kind person, and [Brody] is absolutely the epitome of that. That is him in a nutshell, and that's what I really want everybody to see."***

Brody started to live out his faith as early as 10 years old. He is also sharing his faith with others through bible study, especially among his friends. A young heart that is truly a source of inspiration for our younger generation of today.



FOOD FOR THOUGHT

What are you grateful for at this stage of your life?



Source Image: <https://iamfearlessoul.com/gratitude-quotes/>
#google_rignette
<https://stock.adobe.com/search/images?k=flower%20in%20crack>

GRIEVING IS PART OF OUR PILGRIM JOURNEY HERE ON EARTH



When you lose someone
you love,
Your life becomes
strange,
The ground beneath you
gets fragile,
Your thoughts make
your eyes unsure;
And some dead echo
drags your voice down

Where words have no confidence.

Your heart has grown heavy with loss;
And though this loss has wounded others too,
No one knows what has been taken from you
When the silence of absence deepens.

Flickers of guilt kindle regret
For all that was left unsaid or undone.

There are days when you wake up happy;
Again inside the fullness of life,
Until the moment breaks
And you are thrown back
Onto the black tide of loss.
Days when you have your heart back,
You are able to function well
Until in the middle of work or encounter,
Suddenly with no warning,
You are ambushed by grief.

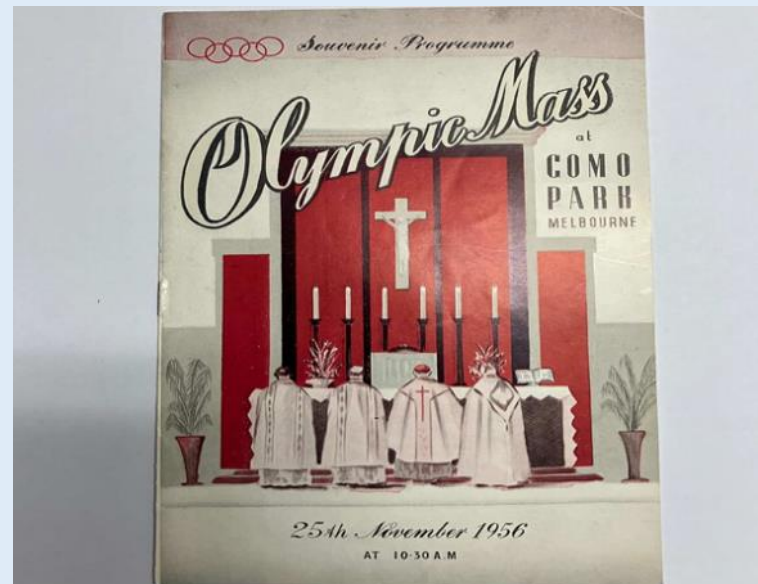
It becomes hard to trust yourself.
All you can depend on now is that
Sorrow will remain faithful to itself.
More than you, it knows its way
And will find the right time
To pull and pull the rope of grief

Until that coiled hill of tears
Has reduced to its last drop.

Gradually, you will learn acquaintance
With the invisible form of your departed;
And, when the work of grief is done,
The wound of loss will heal
And you will have learned
To wean your eyes
From that gap in the air
And be able to enter the hearth
In your soul where your loved one
Has awaited your return
All the time.

*Source: John O'Donohue's book of blessings called
"To Bless the Space Between Us: A Book of Blessings."*

REMEMBERING THE MELBOURNE OLYMPIC MASS IN 1956



*Front cover of the official souvenir programme for the Olympic Mass at
Como Park.*

Source image: <https://melbournecatholic.org/news/olympic-mass>

Now that the Olympics in Paris has ended, it is still not too late to recall how the Australian Catholic Church made a difference in bringing the faith to inspire every athlete who competed in the Melbourne Olympics in 1956. Mass was celebrated on the first Sunday of the Games in Melbourne as part of the contribution to the Olympic festivities. As Archbishop Daniel Mannix wrote in his message in the program: ***'May the smile of Christ be on the Olympic Games. May the world's athletes gathered in the bond of their common humanity find in our city the peace that lies in the shadow of God.'*** Australia will host the Olympics in the year 2032 once again. We pray that many more good things will unfold through this event especially the role of faith amid secularism.

HELP FOR THOSE ACCOMPANYING CATHOLICS FACING END-OF-LIFE DECISIONS

Australia's Catholic bishops have released a new document to guide priests, chaplains and pastoral workers who are asked to provide pastoral support to Catholics who are considering accessing the Voluntary Assisted Dying (VAD) scheme.

The *Companion Guide* has been written as a tool to help Catholics reflect and learn from *To Witness and to Accompany with Christian Hope*, a document endorsed by the bishops in November 2023.

To Witness and to Accompany with Christian Hope was produced in the wake of the Voluntary Assisted Dying legalisation in all Australian states.

'This is a timely resource, which offers guidance for carers, chaplains, family and friends of the sick and the dying,' said Bishop Tim Harris, the bishop delegate for the Euthanasia Taskforce.

'In challenging circumstances, it is important for those caring for the sick and dying to have access to compassionate and relevant pastoral advice and spiritual support, which this resource provides.'

'The Church continues to respect the dignity of the person, especially when they are at their most vulnerable. This guide supports and assists those facing difficult and challenging circumstances at the end of life.'

Source: <https://melbournecatholic.org/news/help-for-those-accompanying-catholics-facing-end-of-life-decisions>

*Put together by
Fr. Robin Lomangkok, CSsR*

CHURCH CLEANING

Week starting 14th August 2024
Group 9 - St Francis Choir - Lisi MacFarland

READERS/COMMENTATOR/ COORDINATOR/EUCHARISTIC MINISTERS

Tues 9:00 AM, 20-08-24

Reader Xuan Duong
Eucharistic Min. Monica Lomen

Wed 9:00 AM, 21-08-24

Reader Salve Nidea
Eucharistic Min. Carmen Camilleri

Thurs 9:00 AM, 22-08-24

Reader: Shirley Krizmanic
Eucharistic Shirley Krizmanic

Fri 9:00 AM, 23-08-24

Reader Helen Maddela
Eucharistic Min. Catherine Bartolo

Sat 5.00 PM, 24-08-24

Lit. Coordinator: Charlie Pase
Commentator: Violeta Montoro
Readers: St Francis Choir
Eucharistic Min. Carmen Camilleri
Miriam Vella & Reno Attard

Sun 8.45 AM, 25-08-24

Lit. Coordinator Monica Lomen
Commentator: Mini Eddy
Readers: Wilma Marmur
Helen Maddela
Eucharistic Min. Shirley Krizmanic
Mini Eddy & Monica Lomen

Sun 10:00AM, 25-08-24

Lit. Coordinator: Rita Martins
Commentator: Ed Cablao
Readers: Jinky Monteros
Joh Cablalo
Eucharistic Min. Br. Noel Debono
Saua Tufuga & Rita Martins

Sun 6.00PM, 25-08-24

Lit. Coordinator Rod Lalunio
Commentator HEY
Readers: HEY
Eucharistic Min. Rod Lalunio
Lani Laririt & Xuan Duong

CHOIR GROUPS

Saturday 24th August 2024

♦5pm – St Francis Choir

Sunday 25th August 2024

♦8.45am - Charlie Schembri

♦10.00am - Fernandez Family

♦6pm - HE Youth

LET US PRAY FOR

The Sick

Marlene Ferdinand, Pam Norris,
Pauline Storace, Toni Antonowicz,
Anna, Maria Kim, Yulette Tanner,
Stella Sandle, Frank, Doris Carabott.

Recently Deceased

Charlie Desira, Alyssa Amanda Kotsopoulos, Carmen Aquilina, Namal de Alwis

Death Anniversaries

Dominic Kinh & Anne Marie Bui,
Vincent Chuc, Dominic Khat,
Dominic Phuc, Maria Tuan Maria Kien, Maria Moc, Maria Hang,
Joseph Formosa, George Cassar, Grazio(Horace) Camilleri, Maria Nguyen Thi Dao, Hoang Family (Fanxico, Maria, Maria & Teresa) & Nguyen Family(Joseph, Anna & Maria), Nazareno & Josephine Spiteri, Antonio Mifsud, Philip Gauci, Joseph, Frank & John Xerri, Cornelio Maddela, Joseph & Franc Xiberras, Reno Cauchi, Maria Khong Kim Duyen, Giuse Nguyen Ba Ky, Mac-co Ngo Van Thinh, Lucia Huynh Thi Kim Hue, Phero Ngo Minh Truong, Maria Huynh Thi Thanh Kieu, Phero Le Nghia, Matta Le Thi Linh, Phero Le Quang Tuan, Theresa Nguyen Ngoc Giang Thu, Dominico Le Ngoc Son, Maria Tran Thi Huong, Mary Camilleri, Richard & Connie Curmi, Iro & Jessie Vella, Angela Chircop, Peter Disco, Wayne Camilleri, Bartolo family, Brincat & Galea family, Maria Vu Thi Yeu Thuong, Duong Family, Do Family, Vincent Duong Kham Su, Michael Alphonsus Schiller, Mollie Rice (Marie), Raymond Abela and All Souls

SAFETY FOR ALL

Holy Eucharist Parish is committed to the safety, wellbeing and dignity of all children, young people and vulnerable adults.

ACKNOWLEDGEMENT

Holy Eucharist parish respectfully acknowledges the Wurundjeri people as the traditional custodians of the land on which we reside and worship.

VOCATION VIEW

John's Gospel reveals God's promise of the Word made flesh. This is revealed through the sacrifice made by Christ: "I am the living bread, come down from heaven ... the bread I give is my flesh for the life of the world ...". Do this in memory of Him.

All information used in accordance with the terms of our privacy policy.