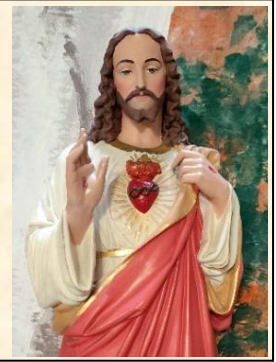




Sacred Heart Parish Preston



322 Bell St, Preston 3072
Phone (03) 9480 3398 or (03) 9484 2124
Email: preston@cam.org.au
Website: www.sacredheartpreston.com.au

18th Sunday in Ordinary Time (Year B) Sunday 4 August 2024 “Looking Beyond”

Office Hours:

Mon, Thurs & Fri: 10am -3pm

Parish Priest: Fr Aloysius Nato, SVD

Italian Community Chaplain:

Fr Albano Da Costa, SVD 0478 963 248

Parish Office: Rachel Costa

School Principal: Mark Tierney

School Phone: 9487 1001

Sacrament Coordinator: TBA

Safeguarding Committee:

Safeguarding Officer: Robert Dullard

Safeguarding Committee Members:

Mary Harb, Teresa Dang, Pauline O'Day

Parish Council Members:

Gerard Grant (chairperson), Mark Tierney,

Ben Fortuna, Natalie Baran, Judeline

Wadhvani and Joanne Verga

Liturgy Committee:

Chair – Judeline Wadhvani

Secretary – (To Be Announced)

Co-ordinators:

Lectors and Audio Visual – Jessy Thambiraj

Music – Carolina Constable

Ministers of Communion – Tony Eley

Hospitality, Altar & Environment – Jessica

Stanley and Teresa Bernardini

Safeguarding – Pauline O'Day

Parish Finance Committee:

Peter Constable (Chair)

St. Vincent de Paul Society:

Stephen Costello (President)

Parish Mass Schedule

Weekend Masses:

Saturday: 6:00pm

Sunday: 9:00am (*Italian*), 10:30 am, 6:00 pm

Weekday Masses:

Monday to Friday: 9:10am

Healing Mass: 1st Friday of February,

May, August & November at 1:30pm

Next Healing Mass: Friday 1 Nov. 2024

Anointing Mass: Sat 17 Aug at 11am

Devotional Practices:

Adoration of the Blessed Sacrament:

Every Thursday at 7:30pm for 1 hour.

(Excluding last Thursday of the month)



Holy Rosary: Thurs after the 9:10am Mass

Reconciliation: Every Saturday at 5:15pm

Baptisms & Weddings: By appointment only

Breakfast with Fr Aloysius

1st Monday of the month, the next one is on

Monday 5 August in the presbytery after

9:10am Mass.

Bulletin printed: 2/8/2024

We begin with a story.

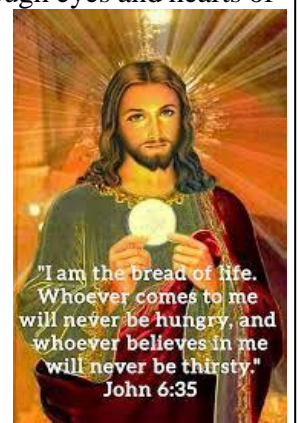
There were three brick layers working very hard on a construction site. When asked “What are you doing?” the first brick layer stated that he was simply laying one brick on another brick; the second brick layer said that he was proudly building a great wall; the third bricklayer stood back from what he was doing and looked around and said with great love that he was building a Cathedral! This story gets us thinking about the different ways people may see their meaning or purpose in life.

The Scripture readings of this Sunday offer us a deeper meaning of the miracle of the multiplication of the loaves and fish recalled last week. This miracle worked by Jesus also recalls the manna raining down from the heavens to provide food for the Israelites during their long journey through the wilderness. According to Moses the manna was given to them by God – not just to satisfy their immediate physical hunger but to be a sign that God would be with his people in all their trials. Today St Paul in his message to the people in Ephesus urges them to reflect on the deeper meaning of their relationship with Jesus urging them to put aside their old ways of living and be transformed by a change of heart into living by God’s ways. Jesus’ message in the gospel today is very similar.

John’s gospel is a deeper reflection of the depth of the Eucharist in our lives. It describes what takes place after the crowds ate the multiplied bread Jesus had fed them to relieve their physical hunger. Jesus reminds them they must look beyond immediate physical discomforts and struggles and put their efforts into deepening their relationship with their God. When Jesus calls Himself the ‘Living Bread’ sent from heaven and parallels it to God raining manna upon His people wandering in the desert, His message to them is that He, through His life, teaching, healing and selfless giving is the presence of the Love of God in their world now: He is the living food that enriches – that channels the Father’s love and peace to empower and reconnect each person with their God within and beyond the trials, losses and struggles that life brings.

Jesus challenged those who sought Him out to go beyond seeing Him as a miracle worker who could satisfy their immediate physical needs. He was challenging them look beyond the bread that they received to satisfy their temporal hunger condition to see their lives, their neighbours and world through eyes and hearts of faith. He challenges us in the same way.

As we gather to share the Eucharist today, may we who gather as one body to give thanks for God’s constant love made present to us through Jesus’ giving of His life, look beyond the bread that we share to become bread for others- bringing hope to those in despair, consolation and friendship to the lonely and justice and peace to those fleeing from unsafe and unfriendly environments. May God be proclaimed through our living!



“I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”
John 6:35

Sacred Heart Parish Prayer

Loving God, we honour the heart of Jesus, your beloved Son. We remember how he opened his heart in love to all people. Open our own heart to receive the gifts that continue to flow so richly from the heart of Christ, who lives with you in the unity of the Holy Spirit, one God for ever and ever. Amen.

| Sat 6pm Mass | Lectors | Ministers of Communion |
|--------------|-------------------------------|------------------------|
| 27-Jul | Marlene Vergou Celia Lemos | Mary Harb |
| 3-Aug | Teresa Dang Terry Murphy | Charlotte Bainy |
| 10-Aug | Mary Harb Rohan Lemos | Terry Murphy |

| Sun 10:30am Mass | Lectors | Ministers of Communion | Slide Projectionist |
|------------------|-------------------------------------|------------------------|---------------------|
| 28-Jul | Jessy Thambiraj Hannah Thambiraj | Tony Eley | Jessy |
| 4-Aug | Jessica Suppiah Marilene Fortuna | Eileen Stevens | Jessy |
| 11-Aug | Jessica Suppiah Ophelia Swai | Giovanna D' Intino | Jessica |

| Sun 6pm Mass | Lectors | Ministers of Communion |
|--------------|----------------------------------|------------------------|
| 28-Jul | Snehita Antony Shanthy Antony | Robert Dullard |
| 4-Aug | Shanthy Antony Tim Rankin | Damian Casamento |
| 11-Aug | John Gafney Snehita Antony | Robert Dullard |

A Heartfelt

Thanks

To our volunteers!

WE PRAY FOR:

The elderly and the sick

Charlene Apollos, Sandra Bishop, John Storrie, Joan Bonwick, Alexander, Felipe and Anne
Our Sacred Heart School student Samantha Corsi
Our parishioners, family members and friends, that they may be blessed with constant care, attention and respect.

Those who have died recently:

We Commemorate:

Benedetta Verga – 3rd Anniv.
Lupo Gugliotti, Lorenzo & Consiglia, Alfonsina Gugliotti & Maria Camillo – all 9am Italian Mass
O Lord may perpetual light shine upon them.
May they rest in peace. Amen.

Last Week's Collection: 28.7.2024

1st Collection for our Church: \$993
(electronic contributions for July: \$1,920)
2nd Collection for support of clergy: \$683
(electronic contributions for July: \$155)
St Vincent de Paul (cash donations) \$1,212
Thank you for your kind generosity!



Sacrificial giving via QR code

To support our parish, you can make a donation by scanning this QR code which is unique to Sacred Heart Church, Preston. It will give you direct access to the CDF pay webpage by following a few easy steps. The QR code is also displayed in the Church foyer.



Many thanks for your continued generosity and support to Sacred Heart parish.

ACKNOWLEDGEMENT OF OUR TRADITIONAL CUSTODIANS

Sacred Heart Community Preston acknowledges the Wurundjeri People of the Kulin Nation, the traditional custodians of this Sacred land on which our Church stands. We acknowledge their unique wisdom and ability to care for Country and their deep spiritual connection to it. We pay our respects to Elders past, present and emerging.



✠ ✠ ✠

✠ Solemnities / Feasts / Memorials of the Week ✠

Monday 5 August *Dedication of the Basilica St Mary Major*
Tuesday 6 August *The Transfiguration of the Lord (feast)*
Wednesday 7 August *St Sixtus II, Pope, and his Companions, Martyrs, St Cajetan, Priest*
Thursday 8 August *St Mary of the Cross (MacKillop), Virgin*
Friday 9 August *St Teresa Benedicta of the Cross (Edith Stein), Virgin, Martyr*
Saturday 10 August *St Laurence, Deacon, Martyr*

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THOUGHTS FROM POPE FRANCIS



Let us Pray Together that political leaders may be at the service of their people, working for integral human development and the common good, taking caring of those who have lost their jobs, and giving priority to the poor.

✠ ✠ ✠

Thursday 8 August - St Mary of the Cross (MacKillop)

Thursday August 8 is the Solemnity of Australia's first Saint, St Mary of the Cross MacKillop.

Sr Mary of the Cross co-founded the Sisters of St Joseph with Fr Julian Tenison Woods in the small town of Penola within our Archdiocese of Adelaide. Life was marked by poverty in those early years, and for a time she was excommunicated by the Bishop of Adelaide.



Gaining approval for her Order from Rome, her works in education, especially among poor children in remote towns, flourished. To that she added care of the aged, visitation of the poor and of prisoners, along with shelter for pregnant teenagers.

Her Scottish heritage blended with the harshness of life in 19th century Australia and gave her a faith which weathered all storms, always with great trust in the Providence of God. The last several years of her life were spent in a wheelchair following a stroke. She died in 1909 and was canonised in 2010 by Pope Benedict. Please pray for Australia on Thursday.

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Breakfast with Fr Aloysius

Please join Father for breakfast on,
Monday 5 August in the presbytery
after the 9:10am Mass. All Welcome



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Piety Shop

Volunteers are needed to assist with Operating the Piety Shop. We are hoping for the shop to be open after all weekend Masses. At present assistance is required following the 10:30am and 6pm Sunday Masses.

If you are able to help, please contact Rachel at the parish office for more information. (ph: 9480 3398) Thank you.

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Our Parish is committed to the safety, wellbeing and dignity of all children and vulnerable adults.



The Importance of True Friendship

Some people appear in your life when you need them most. They love you and lift you up, reminding you of the best, even when you're going through the worst. These people are not just friends, they are Earth angels. ~ Anna Grace Taylor ~

Friendships are so valuable in our lives. Good friends give us support, understanding and joy. They're always there during tough times, offering comfort and advice. They celebrate our successes and share in our happiness. Friends help us grow by giving different perspectives and encouraging us to be our best selves. Also, spending time with friends reduces stress and boosts our mood, which is great for our mental health. Friendships create a sense of belonging and help us feel less lonely. In simple terms, friends make our lives richer, more enjoyable and more meaningful. They are essential for our overall well-being and happiness. The bond of friendship is one to be cherished.

Dear God, thank You for the gift of friendship. Bless my friends with love, joy and good health. Help us support and uplift each other, growing together in understanding and compassion. May our bond strengthen and bring us closer to You. Amen. Sourced from www.majellan.media



Natural Fertility Awareness Week 2024

Natural Fertility Awareness Week 2024 (August 19 – 25) promotes an alternative, healthy option to family planning compared with chemical and other contraceptive devices.

The theme this year is: "Trust your body's natural signs of fertility: Forget about drugs and devices."

You are invited to join the Billings LIFE free webinar on Monday 19th August 2024 at 7:30pm AEST where you can listen to the conversation about the basics of the Billings Ovulation Method® and its application, including during times of breastfeeding.

<https://events.humanitix.com/trust-your-body-s-natural-signals-of-fertility-free-webinar>

Further info @ ph: 1800 335 860 or

website: www.billings.life/en/



St Vincent de Paul Winter Warm-up Appeal

Our sincere thanks for your support of this year's Winter appeal.

We can gratefully say that over the past few weeks through your responses to the appeal—and some generous private donations that so far we have received \$1,212 which will go directly to assisting our neighbours struggling at this time.

Thankyou also for ongoing donations into the Church boxes and material donations to Vinnies shops: clothing, blankets, utensils, furniture etc.

Over these difficult times any assistance will continue to be most appreciated.

Donations can also be made on line at www.vinnies.org.au or by phone at 13 18 12 quote Conference no 940.



THE CATHOLIC LANDSCAPE

Introduction to the Catechism of the Catholic Church

Presented by Anna Krohn ANIMA Education

St Gabriel's Parish Centre

(rear St Gabriel's Church) Reservoir

Thursdays 7pm August 1, 8, 15, 22, 29

Ideal introduction to the Catechism and the Catholic Faith for RCIA inquirers, team leaders and members, parents, teenagers and young adults, adult formation.

Enquiries: Parish Office Reservoir 9460 6036 or

reservoir@cam.org.au

Sacred Heart Church Social Planning Committee – NEWS

Save the Date

- Trivia & Karaoke Night: Friday 9 August 2024
- Mass for Anointing of the Sick & Cuppa: Saturday 17 August 2024
- Mission Sunday Talent Show: Sunday 20 October 2024



Children's activity pages

Please find in the foyer of the Church activity pages and pencils for young children to use quietly during Mass.



Theology @ the Pub: an introduction to Theology of the Body

Theology @ the Pub is an opportunity for those aged 18–35 (of all religious backgrounds) to meet, have great conversations over a meal and a drink, and listen to interesting talks by engaging Catholic speakers. August's guest speakers: Matt MacDonald and Steph De Niese are counsellors and psychotherapists whose professional work is informed by contemporary human science and the Catholic Church's teaching about human dignity, love and sexuality.

Talk: As St John Paul II taught, we cannot live without love, but finding love and maintaining healthy romantic relationships are not easy. Come and hear why they believe our Christian faith—and, in particular, St John Paul II's Theology of the Body—can bring light and life to our pursuit of authentic love.

Doors open for dinner at 6pm. Talk starts at 7.30pm.

EVENT DATE: Monday 5 August 2024, 6.00pm–8.30pm

VENUE: The Crafty Squire, 127 Russell Street, Melbourne

😊 Joke Corner 😊

After being away on a two-week business trip, Tim thought it would be good to buy his wife of fifteen years a present, so he went to a local gift shop. He asked the woman at the counter for some assistance. "How about some perfume?" he asked the woman. She showed him a bottle costing \$60.

"No, that's a bit much," he said.

The woman then said, "We do have this smaller bottle for \$40."

"Nah! That's still a fair bit," said Tim.

The woman showed him a much smaller \$15 bottle, but he shook his head. He said that was also too much.

"What I mean is," he added, "I'd like to see something really cheap."

The woman handed him a mirror.



A young lady received this text from her boyfriend.

"I would swim the mighty ocean for one look into your eyes.

I would walk through a wall of flame for one touch of your hands.

I would leap over the deepest chasm for one kind word from your lips.

I'll be over on Sunday night if it doesn't rain."

PENITENTIAL ACT

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do,

And, striking their breast, they say: through my fault, through my fault, through my most grievous fault; therefore, I ask blessed Mary Ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

GLORIA

Glory to God in the highest, / and on earth peace to people of good will. / We praise you, / we bless you, / we adore you, / we glorify you, / we give you thanks for your great glory, / Lord God, heavenly King, / O God, almighty Father. / Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, / you take away the sins of the world, / have mercy on us; / you take away the sins of the world, / receive our prayer; / you are seated at the right hand of the Father, / have mercy on us. / For you alone are the Holy One, / you alone are the Lord, / you alone are the Most High, / Jesus Christ, / with the Holy Spirit, / in the glory of God the Father. / Amen.

FIRST READING

Exodus 16:2-4,12-15

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not.

'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart's content. Then you will learn that I, the Lord, am your God."'

And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

The Word of the Lord

All: Thanks be to God.

RESPONSORIAL PSALM

Psalm 77(78):3-4,23-25,54

The Response Is:

The Lord gave them bread from heaven.

The things we have heard and understood, the things our fathers have told us, these we will not hide from their children but will tell them to the next generation:

The Lord gave them bread from heaven.

the glories of the Lord and his might and the marvellous deeds he has done,

Yet he commanded the clouds above and opened the gates of heaven.

He rained down manna for their food, and gave them bread from heaven.

The Lord gave them bread from heaven.

Mere men ate the bread of angels.

He sent them abundance of food;

So he brought them to his holy land, to the mountain which his right hand had won.

The Lord gave them bread from heaven.

SECOND READING

Ephesians 4:17,20-24

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

The Word of the Lord

All: Thanks be to God.

Please stand for the Gospel Acclamation.

GOSPEL ACCLAMATION

Alleluia, alleluia!

No one lives on bread alone, but on every word that comes from the mouth of God.

Alleluia!

GOSPEL

John 6:24-35

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?'

Jesus answered:

'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat.

Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign

will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.' Jesus answered:

'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world.'

'Sir,' they said 'give us that bread always.'

Jesus answered:

'I am the bread of life.

He who comes to me will never be hungry; he who believes in me will never thirst.'

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

THE NICENE CREED.

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ,

the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.

For us men and for our salvation he came down from heaven,

(At the words that follow, up to and including 'and became man', all bow.)

and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

COMMUNION ANTIPHON

You have given us, O Lord, bread from heaven, endowed with all delights and sweetness in every taste.

