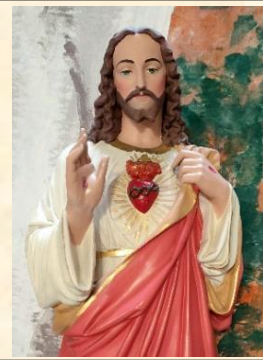




# Sacred Heart Parish Preston



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

## 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**

1<sup>st</sup> Monday of the month, the next one is on

**Monday 2 September** in the presbytery after 9:10am Mass.

Bulletin printed: 9/8/2024

## 19th Sunday in Ordinary Time (Year B) Sunday 11 August 2024

### “...Give us this day Our Daily Bread...”

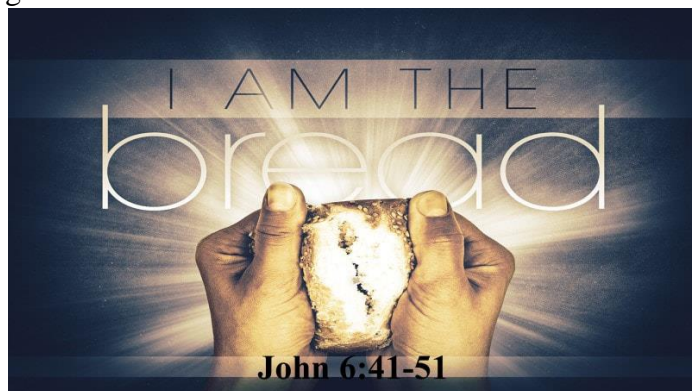
Today we continue to hear the teaching from the Gospel of John which identifies Jesus as ‘The Bread of Life’ sent from God not just to some but to all humanity without exemption. Many of Jesus’ sayings that are found in John’s gospel have Jewish roots. Jesus was a Jew as were the Judeo-Christians for whom this Gospel was written a while after Jesus’ lifetime and after the destruction of Jerusalem- the national centre of their religious faith, rituals and pilgrimage. For Jewish people including followers of Jesus this was a time of ongoing regeneration, restoring and re-interpreting the sacred traditions of their faith in a broad Hellenistic world of diverse beliefs and philosophies.

In Jewish tradition, the Word of God and wisdom are often described in imagery related to food and specifically bread. Recalling the forty years of God’s people wandering in the desert under the leadership of Moses, “manna” (the bread from heaven) was rained down by God to physically sustain a disheartened people during years of wandering in the wilderness. It came to be a term to describe the gift of God’s life- sustaining Word and presence expressed in the Law – the Torah – by which every devout Jew was to live and carry in their hearts. Torah was not just a code of law, Torah was a way of life rooted in timeless principles of justice, compassion and humility that guided one’s living in the presence of God and sharing with each other through times of extreme tragedy, as well as times of well-being and liberation.

The story of the manna from heaven has a parallel in the first reading of Elijah the prophet in a time of utter despair was miraculously fed bread to sustain him to continue his perilous prophetic journey confident that God is with him.

In John’s Gospel, Jesus is the Word of God in the flesh, the one who makes the Father’s message of love present among us and in the world. When he uses the imagery of the manna saying, “I am the bread of life. He is saying, “I am God’s life giving Word. To share in my life is to live in right relationship with God”.

St Paul to the Ephesians spells out what sharing in Jesus’ life means for us. We are to be imitators of God as His very dear children, made in His image: never bearing grudges towards another or belittling each other; forgiving as God forgives us, never judging others until we have walked in their shoes. Rather we should walk in love because Christ has first loved us. He is the life that empowers, the Bread to be shared. And this is for what we pray for each time we utter the prayer taught to us by Jesus.



John 6:41-51

## 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	Altar Servers
10-Aug	Mary Harb Rohan Lemos	Terry Murphy	
17-Aug	Celia Lemos Marlene Vergou	Mary Harb	Onella, Jemimah, Brenton
24-Aug	Terry Murphy Mary Harb	Charlotte Bainy	

Sun 10:30am Mass	Lectors	Ministers of Communion	Slide Projection	Altar Servers
11-Aug	Jessica Suppiah Ophelia Swai	Giovanna D'Intino	Jessica	Azariah Natalie
18-Aug	Jessica Suppiah Marilene Fortuna	Tony Eley	Jessy	Ishe Glendon
25-Aug	Jessica Suppiah Hannah Thambiraj	Eileen Stevens	Jessica	Aleisha Jasmine

Sun 6pm Mass	Lectors	Ministers of Communion
11-Aug	John Gafney Snehita Antony	Robert Dullard
18-Aug	Susan Bakani Jenifer Cahapay	Damian Casamento
25-Aug	John Gafney Susan Bakani	Robert Dullard

♥ Heartfelt Thanks to All Our Volunteers

### WE PRAY FOR:

#### The elderly and the sick

Charlene Apollos, Sandra Bishop, John Storrie, Joan Bonwick, 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:

*Salvatore Ingardia – 1 Month – Sat 6pm Mass*  
*John, Alfonso, Dino & Natalina Bernardini,*  
*Isa, Mario, Orfeo & Rino Bergamin,*  
*Teresina & Valter De Stefani,*  
*Carlo, Duilio, Livio, Pasqua & Beppi Trentin*  
*and all deceased members of the Ottaviano Bertonecello & Carlo Trentin families. – all 9am Italian Mass*  
*Caterina Varalla & Angelo Lotta - 9am Italian Mass*  
*Federico Varalla - 9am Italian Mass*  
*Mary D'Souza – 6 Months – Sun 10:30am Mass*  
*Rowena Rosario Trino – Sun 6pm Mass*  
*O Lord may perpetual light shine upon them.*  
*May they rest in peace. Amen.*



#### Last Week's Collection: 4.8.2024

1st Collection for our Church: \$2,206  
 (includes a special donation of \$1,000 & Church offering boxes: \$201)  
 2nd Collection for support of clergy: \$750  
 Thank you for your kind generosity!



### Congratulations Fr Aloysius

We congratulate Fr Aloysius on his 34<sup>th</sup> Anniversary of Priesthood celebrated on 12 August 2024.  
 May God continue to bless you, guide you, protect and provide for you.



## 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 12 August* St Jane Frances de Chantal, Religious  
*Tuesday 13 August* Sts Pontian, Pope, and Hippolytus, Priest, Martyrs  
*Wednesday 14 August* St Maximilian Mary Kolbe, Priest, Martyr  
*Thursday 15 August* The Assumption of the Blessed Virgin Mary  
*Friday 16 August* St Stephen of Hungary  
*Saturday 17 August* Memorial of the Blessed Virgin Mary



### THOUGHTS FROM POPE FRANCIS



*It is with great concern that I continue to follow the situation in the Middle East. Let us Pray Together that the sincere search for peace may extinguish strife, that love may overcome hatred and vengeance may be disarmed by forgiveness.*



### 🕯 Welcome before Baptism 🕯

*Dear Parents, as you prepare for your child's Baptism, the people of Sacred Heart rejoice that you have chosen to baptize your child and we pray that in the coming years you and your family will continue to know and grow in the love of God, that is everlasting.*

The Parish introduces to the Sacred Heart community

**Brodie Costa,**

in preparation for his Baptism on  
 Sunday 18 August.



**The 2024 Archbishop's Campaign** is now underway, and we ask everyone to consider a pledge to support the vital ministries of our Archdiocese. These ministries are outlined in the Campaign brochure which you will find in your pew and in the foyer today. Gifts of \$2 or more are tax-deductible. **Tax-deductible donations** go to the Archbishop's Charitable Fund which supports the Corpus Christi College Building Fund, the Priests Retirement Foundation, John Pierce Centre, Melbourne Overseas Mission, University of Divinity Building Fund as well as Catholic community agencies and service organisations through annual grants. **Non-tax-deductible donations** go to the Catholic Archdiocese of Melbourne Religious Projects Fund and support seminarian formation and evangelisation ministries. Please review the campaign material and prayerfully consider pledging a recurring monthly gift to help us continue to strengthen the Christian faith and address the needs of God's people. Tear-off pledge cards are attached to the campaign envelopes in the church. You can also make a gift online at [melbournecatholic.org/archbishopscampaign](http://melbournecatholic.org/archbishopscampaign) or via the QR codes on the campaign materials. I invite you to give generously to this important campaign.



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



## 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.

### † † † 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.



## Come for a Cuppa after 10:30am Mass



Please join us after the 10:30am Mass for a cup of tea or coffee at Sacred Heart School.

All are welcome



### The Measure of a Champion

*"Sports ideally teach discipline and commitment. They challenge you and build character for everything you do in life."*

– Howie Long

"The Measure of a Champion" extends beyond mere victories and titles. It encompasses how an individual handles both triumph and defeat. A true champion demonstrates humility in victory, acknowledging the efforts of their competitors and celebrating with grace. In defeat they show resilience and dignity, using setbacks as opportunities for growth and learning. This balanced approach reflects a deep respect for the sport, opponents and the essence of fair competition. A champion's measure is seen in their consistent display of integrity, sportsmanship and unwavering dedication to excellence. It's about setting a positive example, inspiring others and upholding the values that define the spirit of true competition. Ultimately, the measure of a champion lies not just in their achievements in sport but in their character and conduct throughout their life.

"Dear God,

*Grant us the grace to win with humility and lose with dignity. May our journey reflect true character, embodying integrity and respect. Help us inspire others through our actions, both in victory and defeat and leave a lasting impact that extends beyond our achievements, influencing all aspects of our lives. Amen."*

Sourced from [www.majellan.media](http://www.majellan.media)



## 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](mailto:reservoir@cam.org.au)

## Sacred Heart Church Social Planning Committee – NEWS

### Save the Date

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



### ALTAR SERVERS

It's with great excitement we announce that this Sunday, our first group of Sacred Heart Primary School students will act as altar servers at the 10.30am Mass. Ten Sacred Heart students and one former student have been training over the past few months, in preparation for their role in the celebration of the Eucharist. A big thank you to parishioners Teresa and Stanley who have prepared the altar servers and to these children and their families.

Our altar servers will be participating in the Saturday evening and Sunday 10.30am Masses.



### 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/](http://www.billings.life/en/)



Pray for the Homeless

Heavenly Father,

We lift up to you those in our world who have no home. Those who struggle each day just to find shelter from the weather and a safe place to lay their head at night.

Give the homeless hope for a better future. May they find stability, meaningful work, and connections with others who can walk alongside them and support them.

We ask these things in Jesus' precious name, Amen.



### Children's activity pages

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



### 😊 Joke Corner 😊

What happens if Usain Bolt misses his bus?

He waits for it at the next stop.

If at first you don't succeed, skydiving is not for you!

I asked my trainer at the gym if I could start shadow boxing.

He said, "Knock yourself out!"

How many tennis players does it take to change a light bulb?

None, because they all say, "What do you mean it was out, it was in!"



## ENTRANCE ANTIPHON

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.

## 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

*1 Kings 19:4-8*

Elijah went into the wilderness, a day's  
journey, and sitting under a furze bush  
wished he were dead. 'O 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.

The Word of the Lord

**All: Thanks be to God.**

## RESPONSORIAL PSALM

**Psalm 33(34):2-9**

*The Response Is:*

***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.***

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.

***Taste and see the goodness of the Lord.***

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.

***Taste and see the goodness of the Lord.***

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.

***Taste and see the goodness of the Lord.***

## SECOND READING

*Ephesians 4:30-5:2*

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 loving  
as he loved you, giving himself up in our  
place as a fragrant offering and a sacrifice  
to God.

The Word of the Lord

**All: Thanks be to God.**

*Please stand for the Gospel*

*Acclamation.*

## GOSPEL ACCLAMATION

***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*

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.'

The Gospel of the Lord.

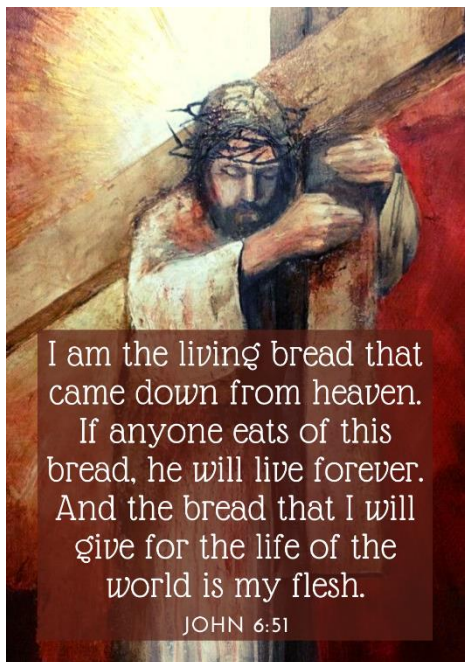
**All: Praise to you, Lord Jesus Christ.**

## APOSTLES' CREED

I believe in God, / the Father almighty, /  
Creator of heaven and earth, / and in  
Jesus Christ, his only Son, our lord, / who  
was conceived by the Holy Spirit, / born  
of the Virgin Mary, / suffered under  
Pontius Pilate, / was crucified, died and  
was buried; / he descended into hell; / on  
the third day he rose again from the dead;  
/ he ascended into heaven, / and is seated  
at the right hand of God the Father  
almighty; / from there he will come to  
judge the living and the dead. / I believe  
in the Holy Spirit, / the holy catholic  
Church, / the communion of saints, / the  
forgiveness of sins, / the resurrection of  
the body, / and life everlasting. Amen.

## COMMUNION ANTIPHON

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



I am the living bread that  
came down from heaven.  
If anyone eats of this  
bread, he will live forever.  
And the bread that I will  
give for the life of the  
world is my flesh.

JOHN 6:51