

**21st Sunday in Ordinary Time
(Year B) 22 August 2021**

First reading Joshua 24:1-2,15-18

Joshua gathered all the tribes of Israel together at Shechem; then he called the elders, leaders, judges and scribes of Israel, and they presented themselves before God. Then Joshua said to all the people, 'If you will not serve the Lord, choose today whom you wish to serve, whether the gods that your ancestors served beyond the River, or the gods of the Amorites in whose land you are now living. As for me and my House, we will serve the Lord.'

The people answered, 'We have no intention of deserting the Lord and serving other gods! Was it not the Lord our God who brought us and our ancestors out of the land of Egypt, the house of slavery, who worked those great wonders before our eyes and preserved us all along the way we travelled and among all the peoples through whom we journeyed? What is more, the Lord drove all those peoples out before us, as well as the Amorites who used to live in this country. We too will serve the Lord, for he is our God.'

The Word of the Lord

All: Thanks be to God.

Responsorial Psalm Psalm 33(34):2-3,16-23

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. *Response*

The Lord turns his face against the wicked
to destroy their remembrance from the earth.
The Lord turns his eyes to the just
and his ears to their appeal. *Response*

They call and the Lord hears
and rescues them in all their distress.
The Lord is close to the broken-hearted;
those whose spirit is crushed he will save. *Response*

Many are the trials of the just man
but from them all the Lord will rescue him.
He will keep guard over all his bones,
not one of his bones shall be broken. *Response*

Evil brings death to the wicked;
those who hate the good are doomed.
The Lord ransoms the souls of his servants.
Those who hide in him shall not be condemned. *Response*

Second reading Ephesians 5:21-32

Give way to one another in obedience to Christ. Wives should regard their husbands as they regard the Lord, since as Christ is head of the Church and saves the whole body, so is a husband the head of his wife;

and as the Church submits to Christ, so should wives to their husbands, in everything. Husbands should love their wives just as Christ loved the Church and sacrificed himself for her to make her holy. He made her clean by washing her in water with a form of words, so that when he took her to himself she would be glorious, with no speck or wrinkle or anything like that, but holy and faultless. In the same way, husbands must love their wives as they love their own bodies; for a man to love his wife is for him to love himself. A man never hates his own body, but he feeds it and looks after it; and that is the way Christ treats the Church, because it is his body – and we are its living parts. *For this reason, a man must leave his father and mother and be joined to his wife, and the two will become one body.* This mystery has many implications; but I am saying it applies to Christ and the Church.

The Word of the Lord
All: Thanks be to God.

Please stand for the Gospel Acclamation.

Gospel Acclamation:

Alleluia, alleluia!
Your words, Lord, are spirit and life:
you have the words of everlasting life.
Alleluia!

Gospel John 6:60-69

After hearing his doctrine many of the followers of Jesus said, 'This is intolerable language. How could anyone accept it?' Jesus was aware that his followers were complaining about it and said, 'Does this upset you? What if you should see the Son of Man ascend to where he was before?'

'It is the spirit that gives life,
the flesh has nothing to offer.
The words I have spoken to you are spirit
and they are life.'

'But there are some of you who do not believe.' For Jesus knew from the outset those who did not believe, and who it was that would betray him. He went on, 'This is why I told you that no one could come to me unless the Father allows him.' After this, many of his disciples left him and stopped going with him.

Then Jesus said to the Twelve, 'What about you, do you want to go away too?' Simon Peter answered, 'Lord, who shall we go to? You have the message of eternal life, and we believe; we know that you are the Holy One of God.'

The Gospel of the Lord.
All: Praise to you, Lord Jesus Christ.



**Sacred Heart Parish
Preston**

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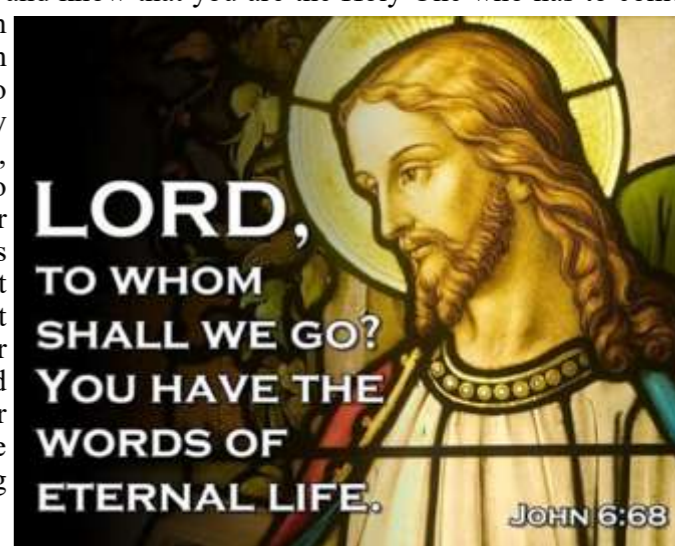
Two frogs in the milk

Probably you have heard the story of two frogs written by Melissa D Zartman. One frog was fat and the other skinny. One day, while searching for food, they accidentally jumped into a vat of milk. They couldn't get out, as the sides were too slippery, so they were just swimming around. The fat frog said to the skinny frog, "Brother frog, there's no use paddling any longer. We're just going to drown, so we might as well give up." The skinny frog replied, "Hold on brother, keep paddling. Somebody will get us out." And they continued paddling for hours. After a while, the fat frog said, "Brother frog, there's no use. I'm becoming very tired now. I'm just going to stop paddling and drown. It's Sunday and nobody's working. We're doomed. There's no possible way out of here." But the skinny frog said, "Keep trying. Keep paddling. Something will happen, keep paddling." Another couple of hours passed. The fat frog said, "I can't go on any longer. There's no sense in doing it because we're going to drown anyway. What's the use?" And the fat frog stopped. He gave up. And he drowned in the milk. But the skinny frog kept on paddling. Ten minutes later, the skinny frog felt something solid beneath his feet. He had churned the milk into butter and he hopped out of the vat.

The story is very inspiring. Like the two frogs paddling and swimming in the vat of milk, we too often find our lives paddling and swimming in the vat of problems. They often push us to the wall and challenge us to quit or hold on. Actually, quitting or holding on depends on how we respond to problems. The two frogs encountered the same problem but had different way of responding to it. The fat frog was rather pessimistic, lacking of perseverance and focusing too much on the problem. He thought he was in a hopeless situation. Meanwhile the skinny frog was more positive, persevering and hopeful. While searching for a solid ground to hop out he continued to paddle and swim. And finally, he made it.

The skinny frog teaches us an important lesson that in the face of hardships we need to have a positive attitude, perseverance and looking for solid ground to hold on. What is the solid ground that may help us hop out of our problems? Jesus' disciples, as this Sunday's Gospel tells us, were divided into two groups after listening to his teaching of giving his flesh for them to eat. The first group quitted as they found the teaching was difficult to understand. The second decided to hold on despite their lack of understanding of the teaching. Challenging the second group, Jesus asked: "Would you also like to leave?" Peter replied, "Lord, to whom would we go? You have the words that give eternal life. And now we believe and know that you are the Holy One who has to come from God." It is clear that faith in

Jesus was the solid ground which helped Peter and his group to hold on to Jesus. Although they failed to understand his teaching, they didn't fix their attention onto the problem. They fixed their attention onto Him. Peter teaches us an important lesson here that in the face of hardships we must fix our eyes on Jesus. He is our solid ground on which we stand to hop out of the problems. Our problems may seem to be unbearable but with Jesus nothing is impossible.



Office Hours:
Mon, Thurs & Fri: 10am -2pm

Parish Priest:
Fr Aloysius Nato, SVD
Ph: 0428 715 282

Italian Community Chaplain:
Fr Albano Da Costa, SVD
Ph: 0478 963 248

Parish Office: Rachel Costa
School Principal: Mark Tierney
School Phone: 9487 1001

Sacrament Co-ordinator:
Ylenia Useli
shpcatechists@gmail.com

Child Safety Officers:
Kay Dufty: 0431 376 212
Robert Dullard: 0433 401 958

Child Safety Committee:
Robert Dullard (Chair), Kay Dufty,
Mary Harb, Teresa Dang and
Pauline O'Day

Parish Council Members:
Gerard Grant (chairperson), Kay
Dufty (secretary), Tony Eley,
Ophelia Swai, Anisasio (Pauline)
Veamatahau, Mark Tierney,
Ben Fortuna and Natalie Baran

Parish Finance Committee:
Peter Constable (Chair)
Ph: 0425 779 831

St. Vincent de Paul Society:
Stephen Costello (President)
Ph: 0432 405 417

**No public Masses
until
further notice**

10:30am Sunday Mass
and 9:10 weekday
Masses are livestreamed.
For the live stream links
please visit:

www.sacredheartpreston.com.au

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

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.

Registration for Sacramental Program for 2021



Children of our parish who attend other than Catholic schools and wish to receive the Sacraments of Reconciliation (Year 3) and First Holy Communion (Year 4) are required to enrol for preparation classes conducted in our parish. Enrolment forms are available in the foyer of our church.

Feast Days of the week:

Monday 23rd August St Rose of Lima, Virgin
 Tuesday 24th August St Bartholomew, Apostle
 Wednesday 25 August St Louis, St Joseph Calasanz,
 Friday 27th August St Monica
 Saturday August St Augustine, Bishop, Doctor

MARRIAGE ENCOUNTER WEEKEND

An opportunity to spend a weekend improving your communication.



This experience gives you the tools to keep your passion alive in a gentle, nurturing environment, away from pressures and distractions of daily living. The weekend we offer is based around Catholic values but couples of all faiths are welcome. Please check our website for more details. We have two options: An on-line/virtual weekend: **10-12 September 2021** or a non-residential weekend: **16-17 October 2021** in west Gippsland. Book early to avoid disappointment) Information/Bookings: Phone **Mercy & James 0409 183 676** or Email: vicbookings@wwme.org.au

Joke Corner

A Bible group study leader says to his pupils, "What would you do if you knew you only had four weeks left before the great Judgment Day?" A gentleman says, "I would go out into my community and minister the Gospel to those that have not yet accepted the Lord into their lives." "Very good!" says the group leader. One lady speaks up and says enthusiastically, "I would dedicate all of my remaining time to serving God, my family, my church, and my fellow man with a greater conviction." "That's wonderful!" the group leader comments. One gentleman at the back finally speaks up and says in a loud voice, "I would go to my mother-in-law's house for the four weeks." The group leader asks, "Why your mother-in-law's home?" "Because that will make it the longest four weeks of my life!"

Natural Fertility Awareness Week August 23-29, 2021

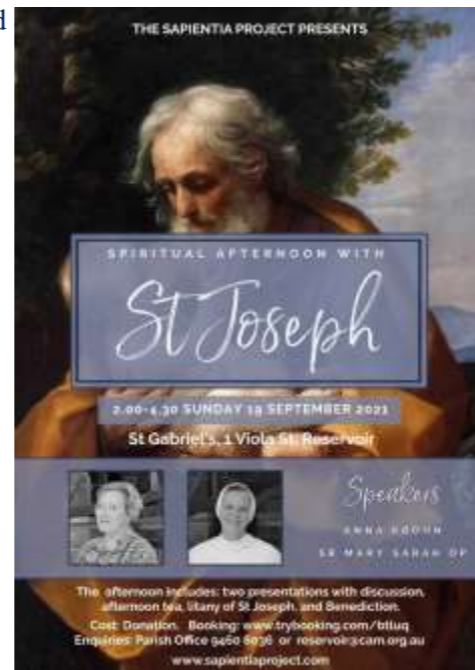
Tracking Fertility: Tracking Health
 Would you like to discover a way of tracking your cycles and understand a method of family planning in which both members of the couple share this awesome responsibility? This knowledge is something every woman should have and every man can learn! The Billings Ovulation Method® is based on sound science and has been proven an effective Method to achieve or postpone a pregnancy and to monitor reproductive health. **More info can be found on our website:** <https://billings.life/en/> OR Contact Billings LIFE via email: enquiries@thebillingsovulationmethod.org for a teacher nearest to you. An information session about the Billings Ovulation Method® will be held on Monday 23rd August @ 7.30pm - 8.30pm AEST.

To register please go to: <https://www.eventbrite.com.au/e/free-webinar-tracking-fertility-tracking-health-tickets-163000285241> Further information about natural fertility awareness can be found at the Billings LIFE website: <https://billings.life/en/>



Dear Father,

St Gabriel's Parish Reservoir is pleased to invite you and your parishioners to a Spiritual Afternoon with St Joseph. This will be held at St Gabriel's Parish Centre and Church on Sunday 19 September, 2pm - 4.30pm. Presentations on St Joseph will be given by speakers Sr Mary Sarah OP and Anna Krohn. (sapientiaproject.com). The afternoon will include Litany of St Joseph and Benediction of the Blessed Sacrament. Participants can register <https://www.trybooking.com/BTLUQ> or parish office 9460 6036, reservoir@cam.org.au Regards Fr Gregory Pritchard Parish Priest St Gabriel's & St Stephen's Parish

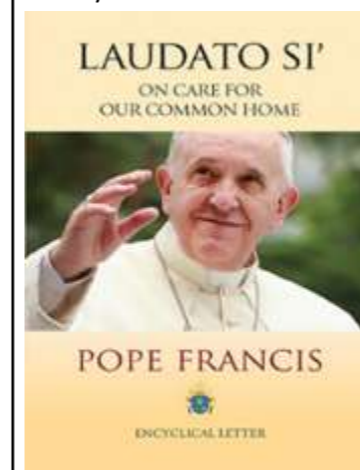


INFORMATION SESSION FOR THE PERMANENT DIACONATE DO YOU FEEL LIKE BEING CALLED TO SERVE?

The Permanent Diaconate is open to single and married men who want to serve God and the Church as ordained ministers. COME & SEE! An Information Session about the Permanent Diaconate will be held on **NEW DATE: 4 September**, Saturday 10:00 -11.45 am at the Catholic Theological College (CTC), East Melbourne. For more information: Watch: Melbourne's Deacons <https://youtu.be/q2RhNDbtTSO> Watch: Pope Francis' 2020 Prayer Intention for Deacons <https://youtu.be/NuG99HD1LaY> Read More: [Brochure] <https://www.cam1.org.au/permanent-diaconate> Contact: Office of the Permanent Diaconate (Phone) 03 9412 335 (Email) diaconate@cam.org.au

LAUDATO SI: ON CARE FOR OUR COMMON HOME

LS 207. The Earth Charter asked us to leave behind a period of self-destruction and make a new start, but we have not as yet developed a universal awareness needed to achieve this. Here, I would echo that courageous challenge: "As never before in history, common destiny beckons us to seek a new beginning... Let ours be a time remembered for the awakening of a new reverence for life, the firm resolve to achieve sustainability, the quickening of the struggle for justice and peace, and the joyful celebration of life". **LS 208.** We are always capable of going out of ourselves towards the other. Unless we do this, other creatures will not be recognized for their true worth; we are unconcerned about caring for things for the sake of others; we fail to set limits on ourselves in order to avoid the suffering of others or the deterioration of our surroundings. Disinterested concern for others, and the rejection of every form of self-centeredness and self-absorption, are essential if we truly wish to care for our brothers and sisters and for the natural environment. These attitudes also attune us to the moral imperative of assessing the impact of our every action and personal decision on the world around us. If we can overcome individualism, we will truly be able to develop a different lifestyle and bring about significant changes in society.



God of life and peace, as never before in history, our common destiny beckons us to seek a new beginning. Let ours be a time of awakening of a new reverence for life, the firm resolve to achieve sustainability, the quickening of the struggle for justice and peace, and the joyful celebration of life. Amen

WE PRAY FOR:

The elderly and the sick
 Anthony, Peter Bourke,
 Pasquale Curcio, Anthony Joseph
 Paige Lapenta, John Plum, and
 Bronislawa Slobodzian
 That they may be blessed with constant care, attention and respect



Those who have died recently

We Commemorate

O Lord, may perpetual light shine upon them.
 May they rest in peace. Amen.



THOUGHTS FROM POPE FRANCIS



God does not come to free us from our ever-present daily problems, but to free us from the real problem, which is the lack of love. This is the main cause of our personal, social, international and environmental ills. Thinking only of ourselves: this is the father of all evils.

An Act of Spiritual Communion

My Jesus,
 I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.
 (say this prayer in lieu of receiving Communion)

Roster for weekend of 28/29 Aug 2021

| | Readers | Ministers |
|--------------------------|--------------------------------------|----------------|
| Sat 6.00pm | Rohan Lemos Marlene Vergou | Terry Murphy |
| Sun 9am (Italian) | Volunteers | Volunteers |
| Sun 10.30am | Jessica Suppiah Ophelia Swai | Tony Eley |
| Sun 6.00pm | Margaret Bannan Marijana Jurjevic | Robert Dullard |

Cleaning Roster: Saturday 28 August 2021

Volunteers
 Thank you for your hard work

