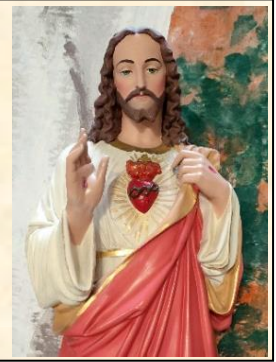




Sacred Heart Parish Preston



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

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 2 September in the presbytery

after 9:10am Mass.

Bulletin printed: 16/8/2024

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

20th Sunday in Ordinary Time (Year B) Sunday 18 August 2024

“Blessed are you, Lord God of all creation.

Through your goodness we have this bread to offer...”

On this Sunday, we continue to read from the sixth chapter of the Gospel of John. Today’s Gospel elaborates further on the teaching that Jesus began in our liturgy last week. In that reading, the crowds wondered about how Jesus could say that He had come down from heaven because they knew Jesus to be the Son of Joseph a carpenter. In this Gospel, some have difficulty with Jesus’ teaching that He is the living bread sent from God.

Jesus had told them that just as God gave their Israelite ancestors manna to sustain them during their long and tedious flight from Egypt through the wilderness, so now God has sent new ‘manna’ in the form of the presence and mission of Jesus that will be the promise and source of “eternal” life to all people. Jesus Himself was the ‘bread’ given by God to all for the life of the world.

Among the further stumbling blocks for those who heard but did not understand, was His teaching that the bread that He would give was His own flesh for the life of the world. In response to the people who quarrelled over His words, Jesus taught with even greater emphasis that salvation and life would come to those who gathered as one to share His Body and Blood in the form of the Eucharist meal and then would go forth to live and share His mission. This was way His life would be shared with the world - through His disciples.

The literal form of His words was difficult to absorb and many could not accept what He said. Many today continue to struggle to discern the deeper meaning of these words that are intended to reveal the intimate connection between Jesus and His disciples then and now. Flesh and blood stand for the living person and the flow of life that draws us into unity and kinship. The life we call Christian depends on living in union with Christ and with each other symbolized by coming together frequently to share the Eucharistic meal of bread and wine united in heart, mind and body with Christ.

Paul’s teaching in the reading from Ephesians gives us a glimpse of the Eucharistic meals shared in first Christian communities. As they gathered to celebrate what God has done for them in Christ, they gave expression to their wonder in ‘the words and tunes of hymns’. And when they returned to their daily life they took this faith and inspiration with them, proclaimed God’s love to others who share their world. Their life of witness and prayer was God’s gift of hope to those who had strayed or lost their sense of purpose in life.

Eucharist’ we know means ‘Thanksgiving’ – the Church’s principal act of worship as a grateful response to the God who ‘loved us first’ and has been made know to us through Christ Jesus. May we who have responded to the invitation of Jesus to share the Bread of Life, go forth to be bread for others and we who drink the wine of compassion pour out in our living God’s love to our human family - especially the poorest, the most vulnerable, isolated and forgotten.



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 Snehta Antony	Robert Dullard
18-Aug	Susan Bakani Jenifer Cahapay	Damian Casamento
25-Aug	John Gafney Susan Bakani	Robert Dullard

A 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:

Yen Nguyen – RIP 5 August



Adele Ferma – Rip 12/8 – Funeral Wed 21/8 at 11am

We Commemorate:

Angela Pulice – 1st Anniv.

O Lord may perpetual light shine upon them.

May they rest in peace. Amen.



Last Week's Collection: 11.8.2024

1st Collection for our Church: \$1,085

2nd Collection for support of clergy: \$693

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 19 August St John Eudes, Priest

Tuesday 20 August St Bernard, Abbot, Doctor

Wednesday 21 August St Pius X, Pope

Thursday 22 August The Queenship of the Blessed Virgin Mary

Friday 23 August St Rose of Lima, Virgin

Saturday 24 August St Bartholomew, Apostle



THOUGHTS FROM POPE FRANCIS



Dear young people, please reflect on the wonder of God's love for us just the way we are, not the way society or we say we should be, but as we are with all our faults and our limitations. Trust in God because He is our Father who loves us.



† Baptism Congratulations †

The community of Sacred Heart Parish congratulates

Brodie Costa,

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 or via the QR codes on the campaign materials.

I invite you to give generously to this important campaign.



SEEKING NEW VOLUNTEERS

to be Eucharistic ministers for all weekend Masses

If you are a regular attendee of our weekend Masses, you are most welcome to apply to become a Eucharistic Minister.

Please speak with Fr Aloysius after Mass or phone Tony Eley on 0432 329 830. Minimum requirement is that you have a WWCC linked to the parish and in due course, safeguarding documents are to be signed. Training will be provided.

Volunteer Lawn Mowers and Gardeners Needed

We require the help of our Parishioners to mow our lawns and do some weeding of the Church and presbytery grounds. Kindly contact Rachel in the office on 9480 3398 if you are able to help.

All equipment will be supplied. Thank you.



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.



RISING ABOVE FEAR

"I learned that courage was not the absence of fear, but the triumph over it.

The brave man is not he who does not feel afraid, but he who conquers that fear."

~ Nelson Mandela ~

Overcoming fear and doubt is a journey of self-belief and courage. These emotions, while natural, can paralyse our growth and hinder our potential. The first step is acknowledging them without judgment, understanding that fear often stems from the unknown and doubt from a lack of confidence. By gradually facing what scares us, we diminish its power. Small victories build resilience, each step forward weakens the grip of fear and strengthens our trust in ourselves. Surrounding ourselves with supportive voices and positive influences can also provide the encouragement we need.

Remember, doubt is not a sign of weakness but a part of the human experience. Viewing it as a chance for growth empowers us to turn fear into motivation, leading us toward a more confident and fulfilling life. The path may be challenging, but with persistence, the light of hope will always shine through.

Dear God, grant me the courage to face my fears with faith. Replace my doubts with trust in Your guidance. Strengthen my heart to embrace each challenge as a step toward growth. May Your light lead me through the darkness, filling me with hope and peace. Amen.

Sourced from 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



Children's activity pages

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



Sacred Heart Church Social Planning Committee – NEWS

Save the Date

- Mission Sunday Talent Show: Sunday 20 October 2024



ALTAR SERVERS

This weekend 2 groups of Sacred Heart Primary School students will act as altar servers at the Saturday 6pm Mass and 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 6pm 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/



SAFE PARKING PRACTICE AT SACRED HEART PARISH

All visitors and parishioners are reminded **not to park** vehicles in the driveways around the church building, including

1. The straight driveway leading to the rear car park.
2. The curved shaped driveway in front of the church entrance.

Parking in these driveways is a safety risk and restricts access for emergency services such as ambulances in the event of a medical emergency which could have serious consequences. Parking in these areas is also a safety risk for people, including children. Thank you for being considerate and looking after each other in true Sacred Heart community spirit.



😊 Joke Corner 😊

The O'Brien's had a proud family legacy. After great-great-grandfather Paddy O'Brien had arrived in Australia in the 1860s, the generations that followed had made a good fist of their lives. The family lineage had included business and political figures and more than a handful of priests, nuns, bishops, and even a cardinal back in the day.

Now in their late eighties, Fred and Emma O'Brien decided to compile a family history, a legacy for their children and grandchildren. They hired an author but realised there was an issue. How to deal with the story of great Uncle George, who had been executed for robbery and murder in the electric chair in the 1940s.

The author assured the family he would handle the story with great care and as tactfully as possible.

When the book was printed it read, "Great Uncle George occupied a chair of applied electronics at an important government institution and was firmly attached to his position by the strongest ties. Fondly remembered as a bright spark, his sudden and untimely death at the age of thirty-two came as a great shock."



ENTRANCE ANTIPHON

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.

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

Proverbs 9:1-6

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.'

The Word of the Lord

All: Thanks be to God.

RESPONSORIAL PSALM

Psalm 33(34):2-3,10-15

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.

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 prosperity?

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 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.

The Word of the Lord

All: Thanks be to God.

Please stand for the Gospel

Acclamation.

GOSPEL ACCLAMATION

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

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 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.

