

# St. Monica's Parish

North Parramatta



*"Our mission is to build up an active parish community with the Eucharist as the centre, foster deeper prayer and spirituality and reach out as a witnessing community"*

18TH SUNDAY IN ORDINARY TIME -

YEAR B

01ST AUGUST 2021

## ENTRANCE ANTIPHON Ps 69

O God, come to my assistance;  
O Lord, make haste to help me!  
You are my rescuer, my help;  
O Lord, do not delay.

## FIRST READING

A reading from the book of Exodus

Ex 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 hearts 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 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 hearts 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.'

*This is the word of the Lord*

## RESPONSORIAL PSALM Ps 77

**Response:** The Lord gave them bread from heaven.

1. The things we have heard and understood,  
the things our fathers have told us,  
we will tell to the next generation:  
the glories of the Lord and his might. **(R.)**
2. He commanded the clouds above  
and opened the gates of heaven.  
He rained down manna for their food,  
and gave them bread from heaven. **(R.)**
3. Mere men ate the bread of angels.  
He sent them abundance of food.  
He brought them to his holy land,  
to the mountain which his right hand had won. **(R.)**

## SECOND READING

A reading from the letter of St Paul to the Ephesians

Eph 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.

*This is the word of the Lord*



## GOSPEL ACCLAMATION

Alleluia, alleluia!

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

Alleluia!

## GOSPEL

A reading from the holy Gospel according to John  
Jn 6: 24 - 35

A reading from the holy Gospel according to John  
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.'

*This is the Gospel of the Lord*

## COMMUNION ANTIPHON Wis 16

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

# St. Monica's Catholic Parish

Cnr Church Street and North Rocks Road, North Parramatta

<b>SUNDAY MASSES:</b>	Saturday Vigil - 5pm; Sunday - 9am, 11.30am (Cantonese/Chinese Mass) and 6pm	
<b>WEEKDAY MASSES:</b>	Tuesday-Friday - 9.15am	
<b>EXPOSITION:</b>	Every Thursday 8pm—9pm Every Friday following 9.15am Mass until 10.45am,	
<b>RECONCILIATION:</b>	Friday 10-10.30am, Saturday 4-4.40pm, 3rd Sunday of the month 10:15-11am, or on request	
<b>MARRIAGES:</b>	Please contact the Parish Priest at least 12 months prior	
<b>BAPTISMS:</b>	Please contact the Parish Office for appointment with the Parish Priest. Phone: 9630-1951	
<b>ANOINTING OF THE SICK/ EUCHARIST AT HOME</b>	Please contact the Parish Office or Fr Ephraim Lam Phone: 9630-1951	
<b>PARISH ADMINISTRATOR/ CHINESE CHAPLAIN:</b>	Fr. Ephraim Lam Phone: 9630 -1951	Email: shingmanlam@gmail.com
<b>POSTAL ADDRESS:</b>	8 Daking Street, North Parramatta, 2151	Website: <a href="http://www.stmonicanp.org.au">http://www.stmonicanp.org.au</a>
<b>OFFICE HOURS:</b>	Tuesday-Friday 8.30am-2.30pm	Phone: 9630-1951 Fax: 9630-8738 Email: stmonicanp@bigpond.com

## St. Monica's School

School Principal: Lisa Crampton

Phone: 8832 4100

Fax: 8832-4199

Email: stmonicasparra@parra.catholic.edu.au

## COMMENTARY

The murmuring in the wilderness highlights more than Israelite discouragement in the face of hunger. The very real need for food put their faith to the test. The community grumbled to Moses and Aaron. Although God's leadership is being challenged, it is God's appointed leaders who are being blamed. The people prefer their former situation of oppression in Egypt with food, over their present freedom without food. Not even the phenomenal character of the exodus events prompted them to develop a faith that would be unshakable amid the obstacles that they were now facing. Despite this, God heard their rebellious grumbling and responded with provisions. Once again God demonstrates divine power and a preference for the Israelites.

The essence of Israel's historical recital found in the responsorial psalm is the proclamation of the glorious deeds of the Lord. The verses here concentrate on the incident of the manna and the entrance into the land. The manna tradition shows that, because the God of Israel was able to govern the heavens as well as direct the fortunes of the people themselves, this God must enjoy supreme authority over the cosmos. The recital of these wonders reminds the people of who they have become because of what they have experienced. It also challenges them to live in the present as a people faithful to who they are, so that they can hand down their noble identity to the next generation.

Paul provides the Ephesians a wisdom teaching. There are only two ways of living: the way of the wise or righteous and the way of the foolish or wicked. There is no middle path. Paul contrasts the Ephesians' former life with the one to which they have now committed themselves. This new way of living demands a radical change. They must put away their old selves and put on new selves. The new age has come with Christ and the Ephesians must be recreated if they are to be part of this new age. In accord with the wisdom admonitions that they have heard, they are called to choose the path that will fashion them in God's own righteousness and holiness.

Jesus' discourse on the bread of life follows a traditional method of rabbinic interpretation. Scripture is quoted, and then an analysis is given. When Jesus states that the work of God is faith in himself, the crowds demand a sign to verify this bold claim. In response, Jesus reinterprets the story of manna in the wilderness, insisting that he is the bread from heaven that gives life to the world. Jesus leads them away from a superficial search for physical satisfaction to a desire for the deeper things of God. The people realise that Jesus is claiming to be the one sent by God in whom they must believe. Here the bread of life is a wisdom theme and refers to faith, not Eucharist.

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### Pope Francis proclaims "Year of St Joseph"

With the Apostolic Letter "Patris Corde" ("With a Father's Heart"), Pope Francis recalls the 150th anniversary of the declaration of Saint Joseph as Patron of the Universal Church. To mark the occasion, the Holy Father has proclaimed a "Year of Saint Joseph" from, 8 December 2020, to 8 December 2021.



### Prayer to St. Joseph

Hail, Guardian of the Redeemer, Spouse of the Blessed Virgin Mary. To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man.

Blessed Joseph, to us too, show yourself a father and guide us in the path of life.

Obtain for us grace, mercy, and courage, and defend us from every evil.

Amen.

### FEAST DAYS & COMMEMORATIONS

August 10, St Lawrence  
August 11, St Clare  
August 14, St Maximilian Mary Kolbe

### PLEASE REMEMBER TO PRAY FOR THOSE OF OUR PARISH FAMILY WHO ARE SICK. ESPECIALLY

Paul Chiu, John Rodrigues, Dave & Fan Lin Wilson, Francis Lee, Jerry A, Michelle Barnes, Levi Bell, Grace Boitano, Gesualda Borg, Monica Teresa & Fernanda Carigliano, Veronica Coorey, Margaret Dorahy, Heidi Ellich, Josie Estera, Philippe Kalife, Tim Kelly, Mary Korunic, Lillian Leigh, Monique Malouf, Maria Itang Tagle, Sheila Watts, Tina de Larrazabal, Rosa Santos, Llave Family, Gloria Cherote,

### MASS INTENTIONS

## PARISH ACTIVITIES

All parish Masses and activities are cancelled due to lockdown. Please go to our parish Facebook : **St Monica's North Parramatta** for the most up-to-date announcements.



### Sunday Mass is live streamed!

Please add Fr Lam (Shing-man Lam) on Facebook as a friend to watch the Live stream. Saturday (English) 5pm & Sunday (Cantonese) 11.30am

### Collections toward Parish Toilets & Kitchenette renovation:



We have received a total of \$8787 in donations to date. To reach our target of \$70,000 your continued support during these troubled times is most appreciated.

Donations can be handed into Church or the Parish Office once the lockdown is lifted. **Thank you.**



### St. Monica's Sacraments

[stmonicasacraments@gmail.com](mailto:stmonicasacraments@gmail.com)

### First Reconciliation 2021

Registrations are open for children who have received the sacrament of Baptism and are in year 3 or above. Please send an email to Shanika Joseph at [stmonicasacraments@gmail.com](mailto:stmonicasacraments@gmail.com) for details and a copy of the registration form.

### Act of Spiritual Communion



My Jesus, I believe 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 now 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.

## Youth Corner

### The Transfiguration of Jesus

In the coming week (August 6<sup>th</sup>), the Church will be celebrating the feast of the Transfiguration. As a quick reminder, the Transfiguration refers to when Jesus took Peter, James, and John, to a mountain and prayed there. At this time, a brilliant light covered Jesus and Moses and Elijah, two very notable prophets, appeared beside him. Moses was a significant figure within the Old Testament who delivered the Ten Commandments to the people through the power and grace of Jesus Christ. It is suggested he represents the Law, whereas Elijah represents the prophets. So at the time when the disciples also heard the voice of God from Heaven- "This is my beloved son, in whom I am well pleased. Hear him!" (Matthew 17:1-3,5-8), this is a declaration that both the law and prophets must now give way to Jesus. He embodies the completion of the Law, paving the way for the fulfilment of the prophecies in the Old Testament. It was a way to represent Jesus's promised kingdom coming to fruition. This transfiguration confirmed that Jesus really was the divine Son of God, confirming his status as the Messiah to his disciples.

The divine light of the transfiguration cleared away any lingering shadows left within the hearts and minds of the disciples, allowing them to fully embrace the mission being given to them by Christ. And though at first, the light and the voice of God terrified them, Jesus tells them to 'get up, do not be afraid.' And when you think about it, what is there to be afraid of when you believe in and love God with all your being?

Even though this happened thousands of years ago, it can still be applied to our lives in this modern and rapidly changing world. Pope Benedict XVI refers to the light of the transfiguration as the 'full manifestation of God's light' – a light that chases away the darkness and uncertainty that plague many of us. We need to step towards this light, to be open about our beliefs and to have the conversations that may seem daunting.

Like the disciples, we must leave our fear behind, and instead place our hope and faith in Christ and his mission. And following this, we must act upon this belief, must live our lives in a way that shows not just our love towards Christ, but towards all those around us. The light of God is within reach, we only need to walk towards it, to be confident in our faith.

= Rashane

### Youth Announcements



#### St Monica's Youth Group (FYRE)

Online youth group continues! Thank you to everyone who came along to July's youth group sessions- it was really wonderful to see so many familiar faces. In August we are looking at the book of Romans, led by Rashane and Sam! Join us every Saturday night at 8PM on Zoom- feel free to come along 😊 The zoom link is attached- <https://uni-sydney.zoom.us/j/5735998128?pwd=bm1XMnJtT0hnNW9GQ09xc1EzQkpHUT09> We will keep you updated on whether online youth group continues on our Instagram page @fyrestmonicas!

Hope everyone is doing well during this time- stay safe and if you ever just want to chat, our Instagram @fyrestmonicas DMs are always open!

#### Online games night 31<sup>st</sup> July

We will be holding an online games night on the last Saturday of the month at 8PM (31<sup>st</sup> July), so if you would like to relax and have a bit of fun you are more than welcome to join 😊 same zoom link as above- see you there!