

# 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"*

**TWENTIETH SUNDAY IN ORDINARY TIME – YEAR B**

**18TH AUGUST 2024**

## 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.

## FIRST READING Proverbs 9:1-6

### A reading from the book of Proverbs

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.*

## RESPONSORIAL PSALM Ps 33

### Response: Taste and see the goodness of the Lord.

1. 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. **(R.)**
2. 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. **(R.)**
3. 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?  
**(R.)**
4. Then keep your tongue from evil  
and your lips from speaking deceit.  
Turn aside from evil and do good;  
seek and strive after peace. **(R.)**

## SECOND READING Ephesians 5:15 – 20

### A reading from the letter of St Paul to the Ephesians

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but your lives should 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*

## 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

### A reading from the holy Gospel according to John

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*

## COMMUNION ANTIPHON

With the Lord there is mercy;  
in him is plentiful redemption.



# 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 4-4.30pm, 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>ANOIDING OF THE SICK/ EUCARIST AT HOME</b>	Please contact the Parish Office or Fr Ephraim Lam Phone: 9630-1951
<b>PARISH PRIEST/ CHINESE CHAPLAIN:</b>	Fr. Ephraim Lam Phone: 9630 -1951 Email: shingmanlam@gmail.com
<b>ASSISTANT PARISH PRIEST</b>	Fr Pio Jang (temporarily serve at St. Nicholas of Myra Parish, Penrith) Phone: 4721 2509
<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: <a href="mailto:stmonicanp@bigpond.com">stmonicanp@bigpond.com</a>

## St. Monica's School

School Principal: Fiona Bylsma

Phone: 8832 4100

Fax: 8832-4199

Email: [stmonicasparra@parra.catholic.edu.au](mailto:stmonicasparra@parra.catholic.edu.au)

## COMMENTARY

### The Greatest Gift

When I was a boy (is it so long ago?) it was still the rule at Mass that only the priest drank from the chalice. One of the great actions of the Church over the last fifty years has been the recovery of the ancient practice of offering Holy Communion under the appearance of both bread and wine.

The reception of both the consecrated bread and the consecrated wine is in perfect harmony with today's Gospel: 'Anyone who does eat my flesh and drink my blood has eternal life.' Note the present tense: 'has' – right now! This is because, as St John Paul II put it: 'We digest, as it were, the secret of the Resurrection.'

Of course, Our Risen Lord is really present under the appearance of either the bread or the wine. For a Jew, (unlike the Greeks) the body was absolutely core to being the person one is. For a Jew, blood was identified as the life-force of any animal. So, for the Jewish Jesus, to say 'This is my body... this is my blood' was to gift us his core identity, his deepest vitality. Either the consecrated bread or consecrated wine gives us His whole life.

But to receive both the Heavenly Bread and the Spiritual Drink does enable us to more fully respond to Our Lord at the Last Supper: 'Take, eat ... take, drink'. Then the words of today's Gospel can more physically resonate in our own bodies: 'He who eats my flesh and drinks my blood lives in me and I in him.'

We could take a moment to pray in thanksgiving that we are able to join in the tradition starting with the Apostles at the Last Supper and, in doing so, to enter into Holy Communion with the only One who can embody in us the secret of His resurrection.

© Fr Michael Tate; [mtate@bigpond.com](mailto:mtate@bigpond.com)

## St. Monica's Church 130th Year Anniversary

### Mass

24th August 2024 (Sat) 5pm  
celebrated by Bishop Vincent

### Dinner

23rd August 2024 (Fri)  
7:30pm — 9:30pm  
Tingha Palace Restaurant  
(Level 2 Parramatta League Club)

Adults \$55

Youth 6-12 yrs \$30

Under 6yrs free

*All prices are cash only*

### Raffle

*will be drawn on 23rd August 2024 at  
the Dinner*

1 ticket for \$2

3 tickets for \$5

7 for \$10

15 for \$20

50 for \$50

*All tickets are cash only*

Dinner tickets and Raffles are on sale at  
every Saturday and Sunday Mass.

*Thank you for your wonderful support.*

## Clivia for Sale

On 1st September 2024 (Sunday), there are Clivia (in pots) for sale at the side door of the church after the Masses. It is to raise funds for the maintenance of our church buildings. Cash and credit cards are accepted.

## FEAST DAYS & COMMEMORATIONS

August 20, St Bernard, abbot and  
doctor of the Church

August 21, Pius X, pope

August 22, The Queenship of the  
Blessed Virgin Mary

August 24, St Bartholomew, apostle

**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,  
Gesualda Borg, Monica Teresa  
& Fernanda Carigliano,

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

*Please refer to the book near  
the altar of  
the Sacred Heart of Jesus*

## PARISH ACTIVITES



**Silent Adoration of the Blessed Sacrament**  
Every Thursday from 8pm–9pm.  
Every Friday following 9.15am Mass until 10.45am. All are welcome.



**St Monica's Parish Rosary Group**  
Every Wednesday, from 10.00am to 12.00pm in the Parish Centre.  
Enquiries : Lynn McBride : 0423 696 961



**Christian Meditation** Every Thursday, from 6.30pm to 7.30pm. Participation via zoom is available. Enquiries: Patricia Brown, email:pabrown02@bigpond.com



**Catholic Women's League St Monica's Branch**  
Last Monday at 10.30am in the Parish Centre.  
Enquiries : Julie Skulander on 0411 988 361



**St Monica's Piety Stall** (open alternate weeks)  
Stall is open on Saturday 4.40 - 6.15pm  
Sunday 8.40 - 10.15am  
Contact : Julie Skulander on 0411 988 361



**St Monica's Art Group** Every Saturday, 6pm–8pm. The Art Group will gather at the Parish Centre. New workshops are available each week. Please contact Vera (WhatsApp 0402936947) for details.



**Bible Brekkie** Every FIRST Sunday of the month, 10.15am - 11am, at the Parish Office.  
Fr. Ephraim will talk about interesting topics from the Bible. All are welcome.



**CHILDREN'S LITURGY**  
Every Sunday at 9am Mass (during School Terms)  
Young children haven't receive Holy Communion are welcome to join.

**St. Monica's Sacraments**  
[stmonicasacraments@gmail.com](mailto:stmonicasacraments@gmail.com)

### SACRAMENT of 1st RECONCILIATION

#### Registration:

After the 5pm Mass on 24th August 2024 (Saturday), or  
After the 9am Mass on 25th August 2024 (Sunday)

Baptized children who are studying Year 3 or above are eligible. Parents please bring along the children's baptismal certificates, with \$30 (cash preferred) for the fees.

#### *A Prayer to St. Monica*

**Blessed Monica, mother of St. Augustine, we give thanks to our Father in Heaven Who looked with mercy upon your tears over your wayward son. His conversion and heroic sanctification were the fruit of your prayers.**

**Dear St. Monica, we now ask you to pray with us for all those sons and daughters that have wandered away from God, and to add your prayers to those of all parents who are worried over their children.**

**Pray also for us that, following your example, we may, in the company of our children, one day enjoy the eternal vision of our Father in Heaven. Amen.**

### 24th/25th August ROSTERS

	6pm Vigil	9am	6pm
<b>Readers</b>	C. Meleca S. Meleca	J. Pinto S. Younes	M. Novak D. Cruz
<b>Extraordinary Ministers</b>	M. Wilkinson J. Knight	J. Payra J. DeAraujo	
<b>Acolytes</b>	P. Senjak	I. Goldthorpe	J. Hilton
<b>Cleaning</b>	Group 2 - Vera (16th August)		
<b>Children's Liturgy</b>	Tresa/Jesuina		
<b>Morning Tea</b>	Cheung & Payra Family		
<b>Counting</b>	Group 4 - Peter Mooney & Michael Falamich		

## Youth + Corner

### SOAP Reflection 18th August

**Scripture:** John 6:51-58

**Observation:** In today's gospel, Jesus says something that is incredibly provocative to the Jewish audience. He asserts that He is the bread of life that offers eternal life to those who eat His bread and drink His blood. Jesus is indicating that He will institute the sacrament of Holy Communion, which He fulfilled during the Last Supper. For Jesus, the institution of the Holy Communion is an essential element of His mission to save humanity, because it enables a spiritual union between God and believers who receive His body. When we are spiritually unified with God, we draw life from Him. However, the Jewish people don't understand this aspect of Jesus' mission because like most of humanity, they believe food nourishes the physical body, not the soul, and does not prevent mortality. But Jesus recognise that nourishing the soul is more important because the soul is eternal, and because of that, the resurrection of people to eternal life is possible. Jesus is saying that when people consume His body and drink His blood, they are also expressing a hope in that resurrection.

**Application:** It is important to consider what keeps us going. What motivates us and sustains us, give us enthusiasm for life and directs our thoughts and actions? Is it our family and friends? Our career and educational goals? Our interests and hobbies? While many of these interests and pursuits are worthwhile, they do not last forever and they do not necessarily give us a clear, coherent moral framework to live our lives. We should let our desire for unity with God and our salvation guide what we want and do in this life, because that will give us a better moral compass. When we take the Eucharist, it is not just a mindless, routine religious ritual that we participate in. We express our hope in the resurrection and belief in eternal life. This is why we need to verbally express this by saying 'amen' every time we receive the Eucharist. We are allowing God to change our hearts and guide our hearts and draw life from God. When we draw life from God, our hearts and minds turn towards God and away from a life consisting solely of pleasure and hedonism. As St Paul describes in Ephesians 5:15-20, we can show that our hearts and minds are turned to God by praising God and praying to Him, and, equally importantly, being careful and righteous in our decision making.

**Prayer:** Dear God, please help us to always pay attention to and recognise the power of the Eucharist in our spiritual lives. Whenever we take the Eucharist, may we do it with thoughtfulness, reverence and sincerity in our desire for spiritual unity with you and for personal transformation. May you always be our moral guide, who influences our every thought, desire and actions, so that our spiritual unity with you is always strengthened.

### Youth Announcements



#### • St Monica's Youth Group (FYRE)

Youth Group continues for another month in the community room, starting at 10:30AM! Feel free to drop by for some games and friendly chats! 😊

#### • Nursing Home Visit

This month instead of our usual social hangouts, we will be going to Goodnee Aged Care Home to spend time with the elderly. We will be singing a few songs for them, please have a listen to the Spotify Playlist beforehand! If you don't have access to it or have any questions, then please speak to one of the leaders!