

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"

THE MOST HOLY BODY AND BLOOD OF CHRIST – YEAR A

7TH JUNE 2026

ENTRANCE ANTIPHON

He fed them with the finest wheat and satisfied them with honey from the rock.

FIRST READING

Deut 8 : 2-3, 14-16

A reading from the book of Deuteronomy

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.' *The word of the Lord*

RESPONSORIAL PSALM

Ps 147

R: *Praise the Lord, Jerusalem.*

O praise the Lord, Jerusalem! Zion, praise your God! He has strengthened the bars of your gates, he has blessed the children within you. (R.)

He has established peace on your borders, he feeds you with finest wheat. He sends out his word to the earth and swiftly runs his command. (R.)

He makes his word known to Jacob, to Israel his laws and decrees. He has not dealt thus with other nations; he has not taught them his decrees. (R.)

SECOND READING

1 Cor 10 : 16-17

A reading from the first letter of St Paul to the Corinthians

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

The word of the Lord

GOSPEL ACCLAMATION

Alleluia, alleluia!

I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever.

Alleluia!

GOSPEL

Jn 6 : 51-58

A reading from the holy Gospel according to St John

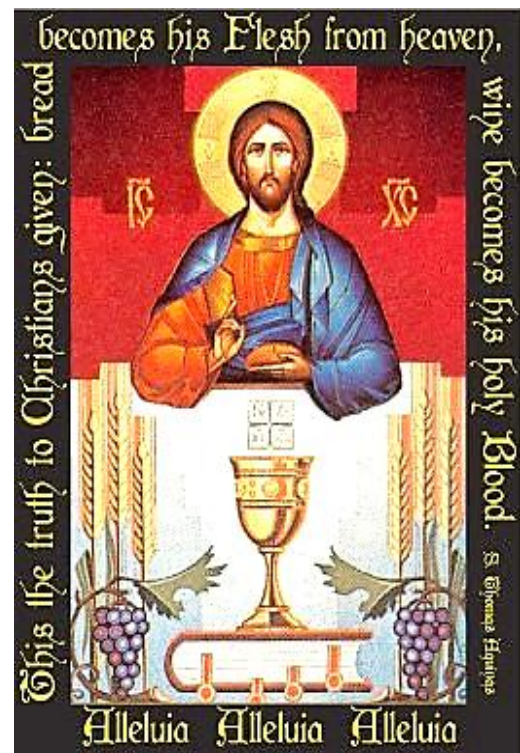
Jesus said to the Jews:

'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

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.



St. Monica's Catholic Parish
Cnr Church Street and North Rocks Road, North Parramatta

Sunday Masses:	English: Saturday Vigil - 5pm; Sunday - 9am, 6pm Cantonese: Sunday 11.30am		
Weekday Masses:	English: Tuesday-Friday - 9.15am		
Exposition & Adoration of the Blessed Sacrament:	Every Friday following 9.15am Mass until 10.45am Every 3rd Sunday of the month 10:15-11am		
Reconciliation:	Friday 10-10.30am, Saturday 4-4.30pm, 3rd Sunday of the month 10:15-11am, or on request		
Marriages:	Please contact the Parish Priest at least 12 months prior		
Baptisms:	Please contact the Parish Office for appointment with the Parish Priest. Phone: 9630-1951		
Anointing of the Sick/Eucharist at home	Please contact the Parish Office or Fr Ephraim Lam Phone: 9630-1951		
Parish priest/Chinese Chaplain:	Fr. Ephraim Lam	Phone: 9630 -1951	Email: shingmanlam@gmail.com
Postal Address:	8 Daking Street, North Parramatta, 2151		Website: https://stmonicanp.org.au
Office hours:	Tuesday-Friday Sunday	8.30am-2.30pm 9am-11am	Phone:9630-1951 Email: stmonicanp@bigpond.com

St. Monica's School

School Principal: Fiona Bylsma Phone: 8832 4100 Email: stmonicasnparra@parra.catholic.edu.au

COMMENTARY

The Maternal Jesus

I once saw a young mother discreetly breastfeeding her baby during Mass, and thought ... 'What a wonderful thing!' There could not be a better illustration, a better acting out of what Jesus says in today's Gospel: 'The one who eats me will live.'

Of course, even mothers who find they cannot breastfeed offer the same gift for nine months as the baby draws its life from the mother's body in the womb.

This is a good analogy for what Our Lord was teaching in today's Gospel.

'Those who eat my flesh and drink my blood abide in me and I in them.' Notice the very maternal language. The risen Lord truly abides in us, we truly abide in the risen Lord. This is as intimate as the baby dwelling in the womb of its mother.

Moreover, it is a Holy communion which is both a present reality and a foretaste and promise about our place in God's future: 'The one who eats this bread will live forever.'

We could pause for a moment to pray with St Thomas Aquinas: 'Oh Sacred Banquet in which Christ is received *and* a pledge of future glory is given to us.'

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Eucharistic Congress 2028 Prayer

Lord Jesus Christ, we thank you for the gift of your real presence in the Sacrament of the Holy Eucharist. Grant us the grace to receive you reverently, worship you truly and serve you with hearts renewed. By the power of the Holy Spirit strengthen us, so that as you gave yourself to the Father and to us, we too may offer our lives to God and to others. Inspire and help us to serve you in those who are in need, especially the defenceless and homeless, the lonely and lost. Unite us with your sacrifice of the Mass, so that we may truly become what we have received, the Body of Christ. Amen

Youth Announcements

Youth Camp – 7th to 10th July

This year our youth camp will be held from 7th July to 10th July. It will be a 4 day camp in Katoomba. This year, our theme will be Pokemon! We will explore all the fruits of the holy spirit and learn how to catch them all! Come along for fun, laughs, growth, friendship, fellowship and memories. Please contact Brian Wong (0491 138 451) or Raphael Cheung (0420 947 121) for a registration form.

World's Greatest Shave – 14th Jun

World's Greatest Shave is an initiative by The Leukaemia Foundation with the aim of raising money to support blood cancer research, help subsidize expensive treatment costs, and improve accessibility to treatment for people with blood cancers. We invite EVERYONE in the congregation to take part and join our effort to give back to those in need. The event will take place on 14th June in the hall where we will shave our heads together. Father Lam will also take part! For people who wants to support by shaving or cutting their hair, please contact Cheryl Wong (0481 507 169). Please donate via the QR code.



PARISH ACTIVITES



St Monica's Parish Rosary Group

Every Wednesday from 10.00am to 12.00pm in the Parish Centre. Enquiries: Lynette Iwachiw 0423 696 961

Christian Meditation



Every Thursday, at the Parish Centre.
6pm-6:25pm Gentle Exercises,
6:30pm-7:30pm Christian Meditation.
Participation via zoom is available. Enquiries: Patricia Brown, email: pabrown02@bigpond.com



Catholic Women's League St Monica's Branch

Every third Monday of the month at 10.30 am 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 - 6.15 pm
Sunday 8.40 - 10.15 am
Contact : Julie Skulander on 0411 988 361



St Monica's Art Group

Every Saturday 6pm-8pm at the Parish Centre. New workshops are available each week. Please contact Vera (WhatsApp 0402936947) for details.



Bible Supper via ZOOM. Resumed on 18th June, then every FIRST & THIRD Thursday of the month, 8pm-9pm, Fr. Ephraim will introduce every book from the Bible. All are welcome. To get the Zoom Link please scan the QR code on the left or send an email to Fr Ephraim.



St. Vincent de Paul Society

Please come to their monthly meeting on the last Wednesday of the month, 6.30pm, at the Parish Centre, or contact Jacob Payra 0431 881 697



Sacramental Program for Baptized Children 2026

Please send an email to our coordinator for details:
stmonicasacraments@gmail.com
Deadline for enrolment of First Eucharist: 3rd July 2026

Scripture: John 6: 51-58

Observation:

John recounts how Jesus declares that He is “the living bread that came down from heaven” and explains that whoever eats this bread will live forever. He speaks directly about giving His flesh for the life of the world and says that unless people eat His flesh and drink His blood, they do not have life within them. For many listeners, this teaching was difficult and confronting, as it challenged their understanding and expectations of their faith. Yet, Jesus doesn't withdraw from what His message and instead, He repeats its importance, emphasising that those who eat His flesh and drink His blood remain in Him, and He remains in them. Jesus presents the Eucharist not as a symbolic act alone, but as an invitation into a deep and ongoing relationship with Him, where believers are spiritually nourished and strengthened.

Application:

In today's Gospel, it reminds us of the central importance of the Eucharist in our faith. Jesus speaks with clarity about the need to receive Him, even when His teaching is difficult to understand. As you may know, us Catholics are often told to trust in God, even when we do not fully understand everything immediately. In our daily lives, school, work, stress, friendships, and personal struggles can distract us and cause us to feel distant from God. Yet Jesus offers Himself to us completely through the Eucharist, remaining with us not only during moments of struggle, but in everyday life. Living in this relationship with Christ reveals that eternal life is not only something to hope for in the future, but something that begins now. Receiving the Eucharist is not simply a routine or obligation, but an opportunity to encounter Jesus personally and allow His presence to shape how we think, act, and respond to others; like how regular food sustains the body, spiritual nourishment requires consistency, reminding us that remaining close to God strengthens our faith over time.

Prayer:

Dear Jesus, Thank You for giving yourself to us through the Eucharist and for remaining with us through every part of life. Help us to recognise Your presence at Mass and to approach You with faith, reverence, and trust. Strengthen us when we feel overwhelmed or distant, and guide us to remain close to You in our daily lives. Help us to grow in faith and live according to Your teachings. We ask this in Your name, Amen.

13 th /14 th June ROSTERS			
	5pm Vigil	9am	6pm
Readers	A. Bentley C. Meleca	M. Falamich C. Cheung	F. Lo D. Cruz
Extraordinary Ministers	M. Samson A. Bentley	J. DeAraujo S. DeAraujo	TBA
Acolytes	P. Senjak	I. Goldthorpe	J. Hilton
Cleaning	Group 2 – Vera's Cleaning Crew (12 th June)		
Children's Liturgy	Jesuina / Julie		
Morning Tea	Michael & Sando		
Counting	Group 2		