

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"

NINETEENTH SUNDAY IN ORDINARY TIME – YEAR A

9TH AUGUST 2026

ENTRANCE ANTIPHON

Look to your covenant, O Lord, and forget not the life of your poor ones for ever. Arise, O God, and defend your cause, and forget not the cries of those who seek you.

FIRST READING

1 Kgs 19 : 9, 11-13

A reading from the first book of the Kings

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave. *The word of the Lord.*

RESPONSORIAL PSALM

Ps 84

R: Lord, show us your mercy and love, and grant us your salvation.

I will hear what the Lord God has to say, a voice that speaks of peace. His help is near for those who fear him and his glory will dwell in our land. (R.)

Mercy and faithfulness have met; justice and peace have embraced. Faithfulness shall spring from the earth and justice look down from heaven. (R.)

The Lord will make us prosper and our earth shall yield its fruit. Justice shall march before him and peace shall follow his steps. (R.)

SECOND READING

Rom 9 : 1-5

A reading from the letter of St Paul to the Romans

What I want to say is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen. *The word of the Lord*

GOSPEL ACCLAMATION

Alleluia, alleluia!

I hope in the Lord, I trust in his word.

Alleluia!

GOSPEL

Mt 14 : 22-33

A reading from the holy Gospel according to St Matthew

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was

there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

The Gospel of the Lord

COMMUNION ANTIPHON

O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.



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 8.30am-2.30pm Phone: 9630-1951 Sunday 9am-11am Email: stmonicanp@bigpond.com

St. Monica's School

School Principal: Fiona Bylsma

Phone: 8832 4100

Email: stmonicasnparra@parra.catholic.edu.au

COMMENTARY

Keep Rowing!

The disciples had started off from the Jewish side of the Sea of Galilee, familiar territory. Jesus guided them through the stormy situation to 'the other side', the pagan side, unfamiliar territory where they would not have felt at home.

Buffeted by storms, the Church is in the midst of a journey from familiar to unfamiliar territory.

Some of the storms include a new attitude to authority, to gender roles. There is anger and suspicion at sexual abuse and its cover up. Many of our contemporaries are openly hostile or contentedly indifferent.

In all these situations and many more, Our Lord will not allow us the indulgence of nostalgic yearning for the safety of the past country inhabited by the Church. We are not to throw Tradition with a capital 'T' overboard. To jettison the spirit-led experience of the Church over two millennia will not help us. Discerning tradition from nostalgia, we must make our way to the other shore.

We could pause for a moment, resolving to row with courage because we know we are in the same boat as Peter whom our Risen Lord assures:

'Do not be afraid.'

© Fr Michael Tate

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

SPECIAL MASS

Solemnity of The Assumption of Mary Mother of God
(Holy Day of Obligation)

14th August 2026 (Fri) 7:30pm

15th August 2026 (Sat) 9am

PARISH ACTIVITIES



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. every FIRST 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



Voices of St Monica's Choir Needs You Children & Youth welcome!

Rehearsal: Every Sunday during school term, 10 - 11:25am

Enquiries and Registration: Winnie Cheung, 0405 608 691

or email: winnieklau@yahoo.com.au

YOUTH ANNOUNCEMENT

On 16th August 2026, Simon Carrington will come to the Youth Group Session at 10:30am and share his new book on chastity. All members and leaders are welcome!

15th / 16th August ROSTERS

	5pm Vigil	9am	6pm
Readers	C. Kandalaft S. Meleca	B. Hooker J. Nguyen	M. Ellis T. Jones
Extraordinary Ministers	M. Samson M. Woolridge	P. Hourigan M. Law	TBA
Acolytes	P. Handcock	I. Goldthorpe	A. Cheung
Cleaning	Group 2 – Vera's Cleaning Crew (14 th August)		
Children's Liturgy	Michelle / Sheryl		
Morning Tea	Jason & Beth		
Counting	Group 1		

Scripture Matthew 14:22–33

Observation

After feeding the crowd, Jesus sends his disciples ahead while he withdraws to pray. As they struggle against the wind on the lake, Jesus comes towards them, walking on the water. They are afraid, but Jesus reassures them: "Courage! It's me! Don't be afraid." Peter asks Jesus to command him to come across the water. For a moment, he does the impossible. But when he notices the wind, fear takes over and he begins to sink. He cries, "Lord! Save me!" and immediately Jesus reaches out and catches him. We can take note here that Peter's failure does not cause Jesus to abandon him. Jesus is there when Peter is brave enough to step out of the boat and when his courage collapses. Faith does not mean the absence of fear; it means continuing to reach towards Jesus even when we are afraid.

Application

Sometimes life can feel like Peter's boat: familiar enough to feel safe, yet surrounded by uncertainty. Stepping out might mean taking a risk, trusting God with something we cannot control, or moving forward without knowing what comes next. Like Peter, we can begin with confidence and then become overwhelmed when we focus on the "wind" around us. Academic pressure, expectations of your family and friends, relationships, or uncertainty about the future can easily become louder than our faith. Yet Peter's sinking is not the end of his story. His simple cry, "Lord! Save me!" is enough to bring Jesus' immediate response.

This week, consider what it is that you may be afraid to step into. It might be an honest conversation, a difficult decision, or surrendering something you have been trying to control. We do not need perfect faith. When fear takes over, we simply need to reach out to Jesus and trust that he is there.

Prayer

Dear Lord,

When I become overwhelmed by everything happening around me, help me to remember that you are near. When my faith feels small and I begin to sink into fear, help me to reach for you rather than trying to handle everything alone. Give me the courage to step forward when you call me, and the humility to trust you when I am afraid. Amen.