

PARISH DIARY 	
Tuesday <b>6TH AUG</b>	9.30am Mass, Macksville
Wednesday <b>7TH AUG</b>	9:30am Mass, Bowraville
Thursday <b>8TH AUG</b>	9.30am Mass, Macksville 1:10pm Prayer Service St Patrick's School
Friday <b>9TH AUG</b>	9.00am Adoration 9.30am Mass, Nambucca Heads 11am, Funeral Service
Saturday <b>10TH AUG</b>	4:30pm, Reconciliation, Nambucca 5pm, Mass, Nambucca
Sunday <b>11TH AUG</b>	8am Mass, Macksville 9:30am, Mass, Bowraville

We extend our heartfelt gratitude to Bishop Greg for being here today to confer the Sacrament of Confirmation upon our cherished children.

To all of the Confirmation candidates, congratulations!

May the Holy Spirit continue to guide and support you on your spiritual journey. God Bless.



## Catholic Parish of the Nambucca Valley

Corpus Christi, Bowraville

St Patrick's, Macksville

Our Lady Star of the Sea, Nambucca Heads

Christ the King, Taylors Arm

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**18th Sunday in Ordinary Time**  
*Yr B*  
**4th August 2024**  
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**ADMINISTRATOR: Fr Peter Rebello, OCD**

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Phone: 02 6568 1397

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Phone: 02 65647369

**Website:** [www.bwvplism.catholic.edu.au](http://www.bwvplism.catholic.edu.au)

### Being truly thankful

Complaining about life's woes is a fairly common human experience. We find it in today's Exodus account of the Israelites wandering in the desert. Although they had been freed from slavery, they now find themselves in search of food and bitterly complaining of their situation to Moses and Aaron. Yet, we also know how the story ends: the Lord sends them heavenly bread, but only after they have been tested to learn the lesson that God does not abandon the chosen people.

"What have you that you have not received?" asks Paul in a letter to the complaining Corinthians. We know we live in a world where so many have legitimate grounds for complaint: people without jobs, housing, education, medical necessities, drinkable water or adequate food. There are some Australians who live in urban and outback places who go without basic human needs.

Yet, most of us enjoy more than adequate 'things' to live by. Probably, though, we simply accept these 'gifts of life' without too much thought about the blessings we have received. Often it is those of us who have most who are the least aware of our need to be thankful. Everything we have, including life itself, says Paul, is a precious gift of our Creator. In today's letter to the Ephesians, Paul asks us up front: are we still corrupted by illusions? Are our lives taken up with false desires – power, success, money, prestige – to the point that we Christians live an aimless kind of existence and have learnt nothing from Christ? No, says Paul, this is not good enough. Rather, we must undergo a "spiritual revolution" and "put on the mind of Christ" to learn that God's abundant blessings are everywhere about us. After feeding of the 5,000, Jesus leads his disciples to spiritual awakening. He tells them they need to think beyond material things and "work for food that lasts forever". Most of the disciples remain dumbfounded and ask Jesus for (another) sign. After all, they say, did not Moses give a sign by providing "manna in the desert"?

Jesus rebukes this kind of thinking, reminding them it was not Moses but God who gives "bread from heaven". Jesus then confronts them with his astounding claim: he is the true "bread of life"; and those who come to him will never be hungry. As disciples, we are called to reassess our lives in light of Jesus' invitation to enter into living relationship with him. He is the "bread of life" we share in the Eucharist and other sacraments, the one we seek in prayer, the one we find in those most neglected, forgotten and in need.

**ADDITIONAL MASS TIMES :** Thurs 15th August there will be 8am Mass at Nambucca Heads for the Assumption of the Blessed Virgin Mary and 10am Mass at St Patrick's Primary School

### Adult Online Faith Formation

Cycle 6 Courses are now open with The Virtual Learning Community for Faith Formation (VLCFF) at the University of Dayton, Ohio. The VLCFF offers over 100 online courses in adult faith formation. These courses are usually five weeks, with a commitment to spend around 5 hours per week reading and submitting responses/reflections. (There are no exams!) The cost is very reasonable, and further subsidies are provided because of the partnership with the Lismore Diocese. The price per five-week course is \$US50.

Registrations for Cycle 6 Courses are now open. Close on August 28. (Courses begin September 2.) If anyone is interested in pursuing any of the listed courses, don't hesitate to contact Tony Worner at VLCFF.LismoreDiocese@stagnesparish.org.au or 0436941280.

### Ministry Roster 10th & 11th August 2024

*(NH: Nambucca Heads; M: Macksville; B: Bowraville)*

**Commentator:** NH: D Johns M: J Hasson B: S McNally  
**Reader:** NH: B Goswell M: N Allan B: M Dal Santo  
**Ex Minister of Holy Communion:** NH: J Ryan M: I Allan  
**Procession of Gifts:** NH: S & W Bolton M: D Payne & G McCullough  
**Sacristan:** NH: J Ingold M: S Nebauer  
**Altar Servers:** NH: T Nguyen & T Nguyen

**Church Caring: B & L King**

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If we stay centred on ourselves and our own little worlds, we will find many things that cause pain and sorrow. If we focus on the ills of the wider world, we will have even more reason for despondency, even despair. Rather, let us become spiritually alive to God's abundant generosity that is freely given. Let us become Christ for others.

## ENTRANCE ANTIPHON (or hymn)

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

Exodus 12:2-4. 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.'

## RESPONSORIAL PSALM

Ps 77

(R.) 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 this holy land, to the mountain which his right hand had won (R.)

## SECOND READING

Ephesians 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.

## GOSPEL ACCLAMATION

MATTHEW 4:4

Alleluia, alleluia!

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

## GOSPEL

JOHN 6:24-35

Jesus 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.'

## COMMUNION ANTIPHON

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

### FOLLOWING THE MISSAL:

Preface: IV in Ordinary Time; Eucharistic Prayer: V

NEXT WEEK (19th Sunday in Ordinary Time, Year B)

### WE PRAY FOR THE SICK:

Maddie Mackay, Reg McGuigan, Kerry McBride, Joe Pagura, Vincent Bischoff

### WE PRAY FOR THOSE WHOSE ANNIVERSARIES OCCUR AT THIS TIME:

Patrick & Kathleen Doolan, Fr Adrian, Fr Thomas, Fr Vincent, Fr Patrick, Fr Felix, Fred Craggs, James Singh

### WE PRAY FOR THE RECENTLY DECEASED:

Doris Jensen, Peter Driver, Maree Rowe, Warren Markham, Fr John Kelly

\*Mass intention envelopes are located at the back of the church\*



The Catholic Diocese of Lismore Safeguarding Office can be contacted if you have any Safeguarding concerns. We will listen to you respectfully, offer support and discuss options you have available to you. Contact the Safeguarding Office: Phone 02 6621 9444 or email [safeguarding@lismore.catholic.org.au](mailto:safeguarding@lismore.catholic.org.au)