


PARISH DIARY 	
Tuesday 13TH AUG	9.30am Mass, Macksville 11am Mass, Riverside Gardens
Wednesday 14TH AUG	9:30am Mass, Bowraville
Thursday 15TH AUG	Assumption of the Blessed Virgin Mary 8am Mass, Nambucca 10am Mass, St Patrick's, Macksville 12pm, Funeral Service. Nambucca
Friday 16TH AUG	9.00am Adoration 9.30am Mass, Nambucca Heads
Saturday 17TH AUG	4:30pm, Reconciliation, Nambucca 5pm, Mass, Nambucca
Sunday 18TH AUG	8am Mass, Macksville 9:30am, Mass, Bowraville

We extend heartfelt gratitude to Julie Ryan, Monique Soutter, and the Grade 3 teachers at St. Patrick's Primary School for their unwavering commitment and dedication in helping students prepare for the sacrament of Holy Confirmation last week.

Thank you for your steadfast devotion to the spiritual development of your students.





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

19th Sunday in Ordinary Time
Yr B
11th August

ADMINISTRATOR: Fr Peter Rebello, OCD

PARISH SECRETARY: Sheree Foley **PARISH OFFICE:** 78 Wallace St (PO Box 38) Macksville 2447 **PHONE:** 0265 681107
OFFICE HOURS: Tuesdays & Thursdays 8.30am to 4.00pm Wednesdays & Fridays 8:30am to 12:30pm
EMAIL: nvparish@lismore.catholic.org.au **WEBSITE:** www.nvparish.org.au
NAMBUCCA PRESBYTERY: 02 6568 6642 **URGENT MATTERS:** 0481 703122

St Patrick's Primary School - Macksville 32 Macksville Heights Drive, Macksville Phone: 02 6568 1397 Website: www.macvplism.catholic.edu.au	St Mary's Primary School - Bowraville 4 Carbin Street, Bowraville Phone: 02 65647369 Website: www.bwvplism.catholic.edu.au
--	--

Opening ourselves up to God

Get yourself a life coach says an online ad and you can 'turn the ordinary into the extraordinary.' At some point in our lives, it may serve a purpose but contrast it with a local parish which decided to have a weekly meal for anyone who wished to come along. On the first occasion they had nine guests and eleven helpers, and they responded to this potential embarrassment by everyone eating together. "It was coming together and a blessing I felt," said one of the organisers.

We can see here how the ordinary stuff of our lives, eating together, can be the context for something quite unexpected to happen. The life coach ad invites us to take control of our lives and make it happen, whereas in the parish setting, something else happened. It relates to what we hear in the first reading. The prophet Elijah is in a dark place, alone and hungry, wanting to die. In the midst of his desolation, he is fed by an angel, and comes to understand God is present in what he's living through. In doing so he discovers a renewed purpose. The food he's given enables him to make the long journey to Mt Horeb (Sinai), the holy mountain, where God speaks to him. Desolation, the gift of food, the long journey – in the ordinariness of our lives, quite unexpectedly, we may come to discover the presence of God.

Again, in Paul's letter to the Ephesians, he speaks of our daily commitment to loving one another as Jesus loves us; learning to befriend each other whatever our differences; avoiding the petty behaviours which bring us undone. Our learning to love in this way is enabled by the Holy Spirit, who reveals the unending love of the Father and Son. We're slowly learning to open ourselves to a God who loves us, come what may. In the gospel, when Jesus says, "I am the bread from heaven," the authorities are shocked. They insist he's not from heaven, he's a local boy, we know his father. In other words, he's too ordinary. Then, amid their complaints, Jesus speaks of his divine origins and reminds us, this is Gods' initiative, to which we're invited to respond.

We're asked to let go of our securities and our prejudices and open ourselves to a bigger God, a loving God. A little like the moment at the parish meal when they decided to eat together. This is the God who draws us into Christ and into unending life, through our eating together with him. Jesus gives us his life and invites us to do the same – to give of our lives.

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

Caritas Australia's Women for the World Appeal

Support women to lift their families and communities out of poverty. With your support Memory completed vocational training and became the first female carpenter from her village in Malawi. More women and girls need this support to break the cycle of poverty. You can create real change for women like Memory.



Donate online at: www.caritas.org.au

Ministry Roster 17th & 18th August 2024

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

Commentator:	NH: S Bolton	M: H Murphy	B: M Dal Santo
Reader:	NH: J Ingold	M: D Payne	B: C Doolan
Ex Minister of Holy Communion:	NH: G Lewis	M: L McLeod	
Procession of Gifts:	NH: M Harris, B Bolton	M: C & M Cresswell	
Sacristan:	NH: M Tait	M: S Nebauer	
Altar Servers:	NH: A Smith, T Nguyen & K Soutter		

Church Caring: B & L King

Our bulletin is sponsored by the Diocesan Investment Fund (DIF) paying 4.15% effective 01 November 2023. Call 1800802516 or www.dif.org.au

Before the parish meal, with everyone's agreement, they prayed, and concluded their prayer with these words: 'Thank you Lord for the blessings you have given us in our lives, especially one another. Amen.' Often, we may yearn for a special experience of God, only to miss the presence of God here, in our lives.

ENTRANCE ANTIPHON (or hymn)

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 KINGS 19:4-8

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord', he said 'I have had enough. Take my life: I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

RESPONSORIAL PSALM

Ps 33

(R.) 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. Glorify the Lord with me. Together let us praise his name. I sought the Lord and he answered me; from all my terrors he set me free (R.)
3. Look towards him and be radiant; let your faces not be abashed. This poor man called; the Lord heard him and rescued him from all his distress (R.)
4. The angel of the Lord is encamped around those who revere him, to rescue them. Taste and see that the Lord is good. He is happy who seeks refuge in him (R.)

SECOND READING

Ephesians 4:30—5:2

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ. Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

GOSPEL ACCLAMATION

JOHN 6:51

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

GOSPEL

JOHN 6:41-51

Jesus The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other. 'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. It is written in the prophets: They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me. Not that anybody has seen the Father, except the one who comes from God: he has seen the Father. I tell you most solemnly, everybody who believes has eternal life. I am the bread of life. Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die. 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.'



COMMUNION ANTIPHON

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

Thank you to the 3C's volunteers for coordinating a delightful morning tea following last week's Holy Confirmation celebration. Your community deeply values the effort you put into bringing them together for a cuppa and a chat each month. God bless.



FOLLOWING THE MISSAL:

Preface: V in Ordinary Time; Eucharistic Prayer: VI

NEXT WEEK (20th Sunday in Ordinary Time, Year B)

WE PRAY FOR THE SICK:

Reg McGuigan, Kerry McBride, Joe Pagura, Vincent Bischoff, Jan Richards

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 RECEINTLY DECEASED:

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