

Gospel

6:24-35

from the holy Gospel according to John

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.'

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'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.'
The Gospel of the Lord.

Gospel thoughts

by Dianne Bergant CSA

In many ways the Exodus story of the bread from heaven is very similar to last Sunday's accounts. However, the focus today is not divine prodigality shown through the overabundance of food, but total dependence on God. The bread comes from heaven, not merely because the food seems to come down from the sky, but because it comes from God. The restriction about collecting it was meant to emphasise this point. Our survival is in God's hands, not ours.

Jesus insists that he is the true bread from heaven; he is the real basis of our survival. The people followed him because they saw him as a source of bread; they did not realise that he is really the source of life. If we fill ourselves with all that the world provides as nourishment we will still hunger. Only faith in Jesus can satisfy our deepest hungers, and we will not be able to survive apart from him.

Acceptance of Jesus as the source of our life and the very nourishment of our spirits effects a total transformation in us. We will no longer be content to live with full bellies but empty minds. We will put aside our old selves steeped in ignorance and self-interest and put on a new self, created in his image. Having fed on the bread from heaven, we will be mysteriously transformed into it. The spirit of our minds will be renewed by his teaching. As a result, we will be able to launch out into a way of living that witnesses to our new understanding, our new life.

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Our Sunday Word

The Year for Priests

St Michael's Parish, Nowra

www.nowraparish.org.au

18th Sunday (Year B) - Season of the Year

2 August 2009

First Reading

16:2-4,12-15

A reading from the book of Exodus

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.'

The word of the Lord.

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.
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.
3. Mere men ate the bread of angels. He sent them abundance of food. He brought them to his holy land, to the mountain which his right hand had won.

Second Reading

4:17,20-24

from the letter of St Paul to the Ephesians

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.

The word of the Lord.

Gospel Acclamation

Mt 4:4

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



St Michael's Parish, Nowra – Tel: 4423 1712 E-mail: office@nowraparish.org.au

18th Sunday in Ordinary Time (Year B)

2 August 2009

Website: nowraparish.org.au

Incorporates the Church Communities of St Michael, Nowra; St Patrick, Berry
Sacred Heart, Bomaderry; Mary, Help of Christians, Culburra; St Joseph, Kangaroo Valley; Holy Spirit, Vincentia.

Sunday Masses:

NOWRA 6pm Vigil; 8am, 9.30am & 6pm
BERRY 8.00am
BOMADERRY 9.30am
CULBURRA 6pm Vigil
VINCENTIA 6pm Vigil, & 9.30am
KANGAROO VALLEY 11.00am

MASSES DURING THE WEEK

Nowra: Mon 7am, Tues/Wed/Thurs 8.15am,
Friday 7.00am and 11.30am; Sat 9.00am

Holy Hour: Fri 10.30am

Berry: Tues 5.30pm **Culburra:** Thurs 5.30pm

Bomaderry: No Mass 7 August due to a special Mass for Bl Mary MacKillop at Berry at 6.30pm

Vincentia: Mon, Thurs, Fri 8.00am, Tues/Wed 5.30pm

S/Heads: Fri 3.30pm Community Centre

Kangaroo Valley: Mon/ Tues/Thurs/Sat 8.00am; Wed 6.15am. Divine Office is chanted 15 mins prior to Mass. No Mass on Fridays.

Sacrament of Confession ~ Reconciliation

Nowra: Sat 11³⁰-12³⁰pm & 5⁰⁰ - 5³⁰pm

Culburra Beach: Sat 5³⁰pm. **Berry:** Tues 6⁰⁰pm

K, Valley: Sat 4³⁰ - 5⁰⁰pm **Vincentia:** Sat: 5⁰⁰ - 5³⁰pm.

WE PRAYERFULLY REMEMBER:

Gabrielle Kuipers (5 yrs): Our prayerful sympathy to the Kuipers family of Falls Creek on the death of their daughter Gabrielle Mary on Sunday last. Also **Una Rice** who died this past week. And those whose anniversaries occur: **Peter Morrissey, John & Laurie McBeath** May they rest in eternal peace.



MASS TIMETABLE FOR THE FEAST OF THE ASSUMPTION – a day of obligation – Saturday 15 August - (Vigil: Friday 14)

Nowra: Vigil 7.00pm & Sat 9.00am

S/haven Heads: Vigil 3.30pm

Berry: Vigil 6.00pm

Culburra: Vigil 5.30pm

Vincentia: Vigil (Fri): 7.00pm & Sat 11.00. am

Kangaroo Valley: Sat 8.00.am

WATOTO African

Children's Choir (children orphaned by war and HIV/AIDS). **These children are an inspiration** – they come together to represent

over 1500 children who live together as a community. Thurs 20 Aug - at St Patricks Berry 7pm; and Friday 21 August - Entertainment Centre, Nowra at 7pm. This is a **free concert** and seats are not reserved, ...“but we will ask for a generous donation from those who come...”



THE ST VINCENT DE PAUL SOCIETY Doorknock –

There will be opportunities at Nowra/Bomaderry Masses for parishioners to record their interest in assisting with our annual doorknock (last 2 weekends in August) over the next 2 weekends. Planned areas to be covered are Nowra, Bomaderry, Worrigeer and Cambewarra. However, if anyone would like to doorknock in a different area, please ring 4421 0053 or 4421 0929 and arrangements will be made to accommodate you. Any other queries to the same phone numbers. **PLEASE HELP – WE NEED YOU.**

On the Sundays of August there will be a count of Mass attendance for Diocesan planning purposes.

THE SVDP Sacred Heart Care Conference: Members visit the aged, sick and lonely in their homes; they also visit three Nursing Homes regularly. (They do not distribute material relief or vouchers.) If a parishioner would like to refer someone for such a visit or chat please contact: Kath 4423592 or Judy 44218565,

PARISH FEASTDAY – Celebratory Mass at St Michael's Nowra and Annual Dinner at Worrigeer House will be celebrated on Sat 26 Sept. Tickets will be \$35pp and \$10 per child (subsidised by the Parish). There will be a set menu but those with special dietary needs will be catered for as last year. Dinner music will be 'easy listening music' by Kate & Christina Mullany. The speaker will be Sr Margaret Fitzgerald who is the Director of Outreach Programs for the Sisters of Charity. Tickets will be available from the weekend 15/16 August – **book a table or just come along and meet new friends!**

FEAST OF BLESSED MARY

MacKillop – Mass will be celebrated on Friday next 7 August at St Patrick's Berry at 6.30pm - followed by a short Video-reflecting on Blessed Mary's life, and supper. Please bring a plate of finger food to share. **ALL WELCOME!!!!**



MARRIAGE ANNIVERSARIES MASS 2009: If you are celebrating 25,40,50 or 60 years of marriage this year and would like an invitation to the Mass celebrated by Bishop Peter at the Cathedral on Sun 13 Sept at 2.00pm, please contact Helen Bennett and an invitation will be sent to you. Ph 4253 0934.....

Helen.bennett@woll.catholic.org.au

A nursing sister is looking for accommodation in Nowra to work with the community in mental health. A lady "in her mid-fifties, quiet, non smoker and Catholic". If you are able to assist please contact Cherrie 0448 575 425

CATECHIST NOTICE: Do you have an hour a week to spare? And would be prepared to pass on your faith to children in the State School System? There is a **DESPERATE NEED** for several adults to assist in **four** Government Primary Schools. If you can help please contact Lyn West 4423 1009 or ring the Parish Office.

THE AUSTRALIAN DECORATIVE FINE ARTS SOCIETY S/HAVEN INC have organised an excursion to the historic St Patrick's Cathedral, Parramatta on Wed 2 Sept – and if time the Parramatta Historic Centre. Cost pp \$50 includes buffet lunch at the Sebel Hotel. Bus will leave S/haven visitors centre 8.40am and pickup in Berry at 9.00am. For inform and booking contact Lorraine Nicholls 4441 5867.

Feast Days of the Week:

Tues 4 Aug – John Vianney, priest

Wed 5 – Dominic, priest

Thurs 6 - Transfiguration of the Lord

Sat 8 - Mary MacKillop