

First Reading: Exodus 16:2-4, 12-15 (JB)

A reading from the book of Exodus

I will rain bread from heaven upon you.

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 heart's 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 in 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 heart's 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.
Thanks be to God.

Responsorial Psalm:

R. The Lord gave them bread from heaven.

Second Reading: Ephesians 4:17, 20-24 (JB)

A reading from the letter of St Paul to the Ephesians

Put on the new person that has been created in God's image.

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.
Thanks be to God.

Gospel Acclamation

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 (JB)

A reading from the holy Gospel according to John

Whoever comes to me will never be hungry; whoever believes in me will never thirst.

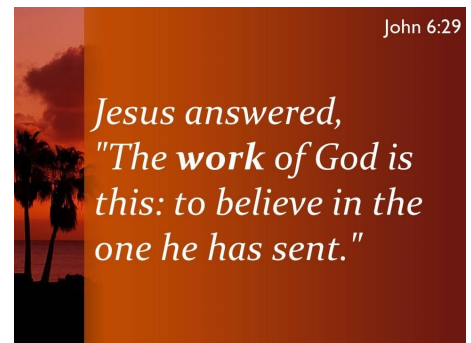
When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered: 'I tell you most solemnly, you are not looking for me because 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 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.'

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.



GOSPEL REFLECTION

Sunday, August 4
Exodus 16:2-4, 12-15
Ephesians 4:17, 20-24
John 6:24-35

'I am the bread of life. . . (John 6:35)

The people still wanted to be fed. They understood the import of Jesus' correction. But, were they ready to hear what he would present to them?

"I AM the Bread of Life!" Jesus' answer must have shocked them (again!) in two ways. First, Jesus used the phrase "I AM," buzz words in John's gospel that equated Jesus with God. He used shorthand for YHWH, the title God revealed to Moses in Exodus 3:14: "I am who am."

Second, Jesus did not say he would give them bread. He stated that, in his divinity, HE was the Bread of Life. To feed from him, people would have to come and trust him. Then, they would be truly satisfied.

For John's audience, of course, only the Christian community held up the Christ as one to be worshiped as God. So, the only way to come and trust was through that community. This was the challenge Christianity lay before its Jewish competitors. The activity of God was present in the community, because the Christ was present. While what God did was important, what God was doing now was more important.

How is God active in your life now? How does the Bible and tradition help that insight?

"Thank you, Lord, for the signs of your presence all around me!"

Source: Word –Sunday.com

LITURGICAL FEASTS AND EVENTS OF THE WEEK

AUGUST

Monday 5

Readings: Jer 28:1-17. Mt 14:13-21.

R: Teach me your laws, O Lord.

Tuesday 6

Readings: Dan 7:9-10. Mk 9:2-10.

R: The Lord is king, the most high over all the earth.

The Transfiguration of the Lord

Wednesday 7

Readings: Jer 31:1-7. Mt 15:21-28.

R: The Lord will guard us, like a shepherd guarding his flock.

St Sixtus II, pope, martyr, and companions, martyrs

St Cajetan, priest

Thursday 8

Readings: 1 Kg 17:8-16. Col 3:12-17. Mt 6:25-34.

R: My soul clings to you; your right hand holds me fast.

St MARY OF THE CROSS, virgin

Friday 9

Readings: Nahum 2:1, 3; 3:1-3, 6-7. Mt 16:24-28.

R: It is I who deal death and give life.

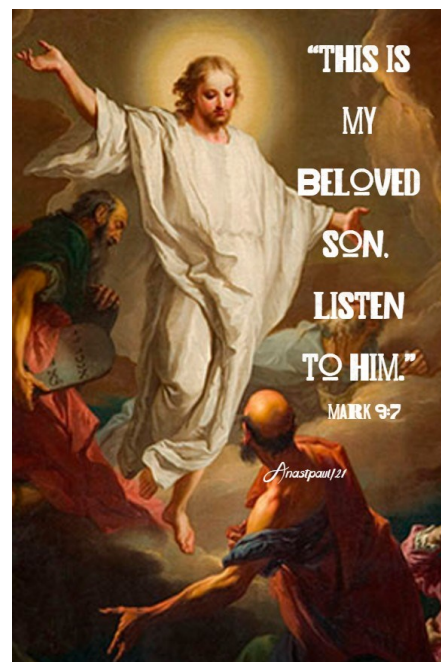
St Teresa Benedicta of the Cross, virgin, martyr

Saturday 10

Readings: 2 Cor 9:6-10. Jn 12:24-26.

R: Happy the merciful who give to those in need.

St Lawrence, deacon, martyr



Source: Ordo 2024



POPE FRANCIS' PRAYER INTENTION FOR AUGUST 2024

For Political Leaders

Let us pray that political leaders be at the service of their own people, working for integral human development and the common good, taking care of those who have lost their jobs and giving priority to the poor.



The
Assumption
OF THE BLESSED
VIRGIN MARY

OUR LADY OF THE ASSUMPTION FEAST DAY

THURSDAY AUGUST 15, 2024

Mass Times:

Monastery 7:00am

Parish 7:00pm

CHORAL WORKSHOP

**Saturday August 24
1:00pm to 6:30pm**

Our Lady of Dolours Catholic Church
94 Archer Street, Chatswood

Calling all choristers and passionate singers! We welcome you to join our Choral Workshop and elevate your skills whilst meeting new people. The workshop is led by renowned vocal coach Josie Ryan. Josie is an expert vocal coach for singers of all ages and experiences. She has conducted choirs including the ACU student and staff choir and the St Mary's North Sydney Parish Choir. She holds a Masters degree in Early Vocal Music and Historical Performance Practice from the Royal Conservatory of The Hague, and is currently undertaking PhD studies at Sydney Conservatorium of Music.

This workshop is \$30 and bookings are essential. Register now at <https://www.trybooking.com/CTUGS>

For any questions or support contact us at chatswoodoffice@bbcatholic.org.au

HSC-ERS – THINKING OF UNIVERSITY?

The University of Notre Dame is holding an Open Day on Saturday 31 August between 10am and 3pm on their Sydney Campus. You can meet uni students, academic staff and graduates, attend workshops and info sessions, explore the campus and engage in activities and live music – and grab some great food! Register <https://www.notredame.edu.au/engage/visit-us/openday>

In Our Parish

We welcome into God's family, all who were recently baptised.

We pray for the sick of our Parish, especially *Charlie Micallef, Sam Musumeci, Brother Mario, Father Alberic & Brother Terry.*

We remember in our prayers all our dearly beloved who have died, especially *Maurine Tiutiunnik. May they rest in Peace.*



ST BENEDICT'S MEN'S MEET & GREET

The next MEN'S MEET AND GREET is on
This **TUESDAY** the 6th August 2024
7.30pm to 8.30pm.



Please join us for an hour for men of different ages for an informal opportunity to get together, communicate and share thoughts of current views in a relaxed environment, free of judgement, supporting connection and meeting other like-minded men from our community.

Mark the date in your calendar and join us!

GCEA

Just a short note to advise we will be having a Coffee Morning at the Galston High School Café on Monday, August 12th at 9.30am.

All are welcome to come for a meet and greet and see 1st hand the school, the classroom and hear from Paul El-Chaar.

Please RSVP via text to Paul on 0408 277 718 by 8th August to enable Paul to advise the café as to how many to expect.

On behalf of the GCEA Executive
Jenn Thorp
GCEA Secretary
0405 270 688



(please let us know if you would like someone added here)

VOLUNTEER OF THE WEEK!

This week volunteer of the week nomination goes to:



MANDAH VELLA

Thank you Mandah for your help in our parish volunteering for morning tea. Also thank you for everything you do especially the fete. We are really grateful! God bless you in all you do for our parish!

Who would you like to nominate for next week's volunteer?

ST BENEDICT'S YOUTH GROUP

Come join our St Benedict's Youth group for **8-12yr olds** held **every Friday during school term only**. 4pm to 5.30pm.

To register your child either just turn up on the afternoon or email the parish:
arcadia.parish@bigpond.com



Volunteers aged 14-16yrs who would like to assist us please email the parish office. Our youth leaders all have Working With Children Checks.

Thank you, Gabe & Jules!

PARISH E-BULLETIN

The Parish is offering the Parish bulletin electronically in addition to the printed version.

If you would like to receive the bulletin by email, please send your email address to the parish office at:

arcadia.parish@bigpond.com

Remember, the bulletin is also available weekly on the Parish website and Facebook page.

CRAFT GROUP

The quilting and craft group will meet every 4th Tuesday of the month at 10.30am in the parish meeting room. Bring your craft and come and join us! Everyone welcome!



CCC PRAYER GROUP

Prayer meeting held every **Wednesday morning**: after 9.30am Mass.
Everyone welcome.

Come and meet new people and have a cuppa!
For more details call Mary Camilleri on 0403 116 987.

CATECHISTS' NEWS

Term 3 resumed this week. I hope you all had an enjoyable break.

Free training continues:

- Available to Catechists with full Authorisation – Level 1 Training “Prayer in the Classroom” this Wednesday 24th July via Zoom in the evening 6.15pm-8.30pm.
- For all Catechists, family or friends - Level 3 Course “A Reflective Study of the Psalms” being held over 12 weeks, starting this Friday 26th July at 10am via Zoom

RSVP registrations@bbcatholic.org.au

Helpers and part time Catechists are welcome to assist when Catechists are away. If you are interested to learn more about the ministry of being a Catechist, please talk to one of our priests or contact me.

God bless,

Miriam Brown srearcadia@gmail.com

Parish Catechist Co-Ordinator

GOT YOUR WEDDING PLANS UNDER CONTROL?

How prepared are you for marriage? Engaged Encounter provides you with deeper insights into each other and into married life. We give you a chance to spend time together to strengthen and enrich your relationship. For further information visit our web site:

www.engagedencounter.org.au

Choose any of the coming Weekends:

Aug 17-18, Nov 09-10, Feb 22-23

ST BENEDICT'S MAKER'S TABLE

Please join us for our upcoming Maker's Table workshop at St Benedict's!

Bullion Rose Embroidered Handtowel Workshop

Wednesday, August 7th 2024

7.30-9.30pm

Cost: \$10

RSVP by 4/8/24

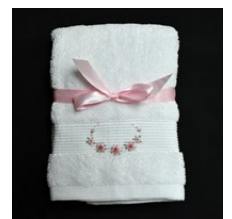
themakerstablesydney@gmail.com

Martine 0458 533 250

Nerida 0425 834 017

www.themakerstable.org

at St Benedict's Parish hall



ITALIAN ROSARY GROUP

Every Monday 2.00pm.

Everyone welcome.

For more details call

Angela Egiziano on 9652 1358.





SAINT OF THE WEEK

SAINT Teresa Benedicta of the Cross (Edith Stein), Virgin and Martyr

***Feast Day: August 9
c. 1891-1942***

Patron Saint of Europe

Canonized by Pope John Paul II in 1998

Edith Stein was born in Breslau, Germany (now Wrocław, Poland). After her father died when Edith was two, Edith's devout Jewish mother raised the family's eight children. Edith, an avowed agnostic, entered the local university at age nineteen, studying philosophy, psychology, history, and German. At age twenty-two, she studied philosophy at the University of Göttingen under Edmund Husserl who founded Phenomenology, which describes the world systematically, clearly, and impartially.

When World War I broke out in 1914, Edith volunteered with the Red Cross, caring for soldiers with infectious diseases. She explored empathy from a phenomenological perspective in her doctoral thesis, but being female kept her from becoming a university professor. After receiving her doctorate in 1916, Edith became Professor Husserl's teaching assistant at the University of Freiburg.

During a summer vacation in 1921, Edith visited her friend Hedwig Conrad-Martius, a phenomenologist, female pioneer in German philosophy, and recent Catholic convert. During her stay, Edith picked up and read Saint Teresa of Ávila's autobiography. After finishing the book, she exclaimed, "This is the truth!" That truth changed Edith's life. She left her assistant teaching position, learned the Catholic faith, and was baptized on January 1, 1922. From 1923–1931, Edith taught history, philosophy, and German to girls at the Dominican convent of Saint Magdalene in Speyer. She intensified her study of Catholicism, translating portions of Saint Thomas Aquinas and other Catholic theologians and philosophers into German. In 1932, Edith had to resign her position as a lecturer at the Catholic Institute for Scientific Pedagogy in Münster due to anti-Semitic legislation. Out of work and oppressed by the government, in October 1933, Edith entered the Discalced Carmelite Monastery of Our Lady of Peace, Lindenthal, Cologne. She took the religious name Sister Teresa Benedicta of the Cross, after Saints Teresa of Ávila and John of the Cross.

As a Carmelite, Sister Teresa Benedicta continued studying and writing. She wrote *Finite and Eternal Being*, synthesizing Saint Thomas Aquinas' philosophy with Husserl's phenomenology. Aware of the growing danger to even Jewish converts to Catholicism, the Carmelite superiors secretly transferred Sister Teresa Benedicta and her sister Rosa (who had become a Carmelite extern), to their monastery in Echt, Netherlands in 1938. There, Sister Teresa wrote *The Science of the Cross*, explaining the mystery of the Cross using the teachings of Saints John of the Cross and Teresa of Ávila.

In 1942, after two years under Nazi occupation, the Dutch bishops' conference had a statement read at all Masses condemning the Nazis and their oppression of the Jews. In response, the Nazis arrested all Catholic converts from Judaism. On August 9, 1942, Sister Teresa Benedicta and Rosa perished in the Auschwitz gas chambers. Saint Teresa Benedicta of the Cross is considered a martyr, dying as a result of the bishops' moral clarity regarding the Nazis and for her fidelity to her religious vocation.

Saint Teresa Benedicta of the Cross, your reflections on human suffering opened your mind and heart to a deeper understanding of the truth. Finding the deepest truths in Saint Teresa of Ávila's life, you unhesitatingly entered the Church and convent. Please pray that I will be open to our faith's deep and mysterious truths, especially the mystery of the Cross, so that I will fully live His Cross in my own life. Saint Teresa Benedicta of the Cross, pray for me. Jesus, I trust in You.

GCEA SPRING DINNER

Saturday 14 September, 2024
6pm—10pm At the Galston Club

It's just 12 weeks to our GCEA Spring Dinner.

We are anticipating it to be a huge event this year so book early.

Here is the link to book your tickets:

<https://events.humanitix.com/gcea-spring-dinner-2024>

Our focus this year is on SRE teachers and the needs for schools in our local area.

The GCEA is our primary focus with Paul El-Chaar, our teacher at Galston High School, but we see the importance of SRE in all schools.

There will be a silent auction on the night. Come and support this ministry.

St Benedict's parish will be hosting a table to show our support for Paul El-Chaar. Please contact Paula to reserve your spot and join us for what promises to be another enjoyable event, just like last year!

DONATING MEN'S CLOTHING FOR SEAFARERS

Stella Maris Seafarers, a Catholic organisation helping seafarers, would appreciate any donations of second hand men's clothing, as well as any personal hygiene items such as soap, shampoo, deodorant, toothbrush, toothpaste etc. Please leave the items in the meeting room near the kitchen and they will be picked up weekly and taken to Sr Mary Leahy and I can tell you she will be most excited. She boards every ship that pulls into Botany Bay and checks on the welfare of the sailors, she is also a trained nurse and if she sees sick, injured or suspects abuse she reports it.)

Cathy Holling 0403062255

UNLOCKING THE MYSTERY OF THE BIBLE - THE BIBLE TIMELINE CHART

Presenter: Charbel Raish
Duration: 8 weeks
Start date: Thursday, 10th October 2024
Time: 7pm to 9pm
Location: Middle Dural
Price: Free

Please message Tania on 0401597278 if you would like to attend or know anyone who will be interested.



A JOURNEY OF FAITH: RCIA SEMINARS

Bishop Bede Heather Centre 1-5 Marion St, Blacktown. 7pm

Wednesday 31st July:
Fundamentals of RCIA

Tuesday 6th August:
Period of Inquiry:
Evangelisation and Precatechumenate

Wednesday 14th August:
The Catechumenate

Wednesday 21st August:
Purification and Enlightenment

Wednesday 28th August:
The Easter Sacraments and Mystagogy

RSVP to lucy.woodbury@parracatholic.org or 0460 037 795 stating which sessions you would like to attend. Feel free to attend all sessions or just sessions that interest you.

Dural & District Historical Society

The 2024 June Roughley Memorial Lecture
Acclaimed historian

DR GRACE KARSKENS

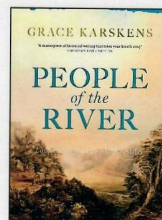
Saturday 10 August 2pm

The Real Secret River: Dyarubbin

Dr Grace Karskens is our guest speaker for this special afternoon.

Professor Karskens' highly acclaimed book *People of the River – Lost worlds of Early Australia* is a history of Aboriginal people and settlers on Dyarubbin, the Hawkesbury/Nepean River, from deep time to the nineteenth century. *People of the River* won the 2021 NSW Premier's

Australian History Prize, the 2021 Prime Minister's Literary Award for Australian History and was shortlisted for the Nonfiction prize at the 2021 Indie Book Awards.



Dr Grace Karskens, Emeritus Professor of History at the University of New South Wales, for many years has researched Australian colonial and cross-cultural history. In 2017 she stumbled on a handwritten list, created in 1829, of 178 Aboriginal place names for Dyarubbin and Ganangdayi, the Hawkesbury and Macdonald Rivers. She had never

dreamed such a document existed and this list became the base of a collaborative project, *The Real Secret River: Dyarubbin*. Grace will tell us how she worked with Darug researchers, educators and artists, as well as linguists, geologists and archaeologists, on this significant project.



To be held at: Galston Uniting Church
11 School Road Galston
Saturday 10 August 2pm

Free entry, afternoon tea gold coin donation.

All welcome



CatholicCare
Diocese of Broken Bay

COMBATING HOMELESSNESS TOGETHER

Please donate
to CatholicCare's
homelessness services
across the Diocese

Thank you


Donor envelopes available during Mass
Saturday and Sunday 10 & 11 August

Parish Roster

PLEASE JOIN US FOR MORNING TEA
AFTER THE 9AM MASS

NEXT WEEKEND'S ROSTER

10/8/2024 to 11/8/2024
19TH SUNDAY IN ORDINARY TIME - YEAR B

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Nigel M	George A
Reader1	Miriam B	Gebran A	Michael E
Reader2	Margaret B	Ann L	Lorna B
Prayers	Sr Carol T	Teresa G	Peter B
TV		Jules O	Mary A
Music		Melanie H	Melanie H
Music		Keith W	John T
Music		Pauline H	Noelle T
Music		Marisa Q	
Morning Tea		Mandah V	
 FLOWERS	Angela S		

SUPPORT ST BENEDICT'S PARISH

ARE YOU CONSIDERING SELLING YOUR PROPERTY

We are delighted to introduce Gavan Kohen, Sales Director at **Ray White Dural**, a proud member of the Parish of St Benedict's.

Gavan is generously offering to support our parish by donating a portion of his commission from any sale referred by our parishioners. Thank you Gavan, we appreciate your kind gesture.

For any real estate enquiries, please contact:

Gavan Kohen on 0414 911 070.



Our Lady of Fatima FEAST DAY

St Benedict's Parish, 12:30pm Sunday 13 October 2024

Invitation to children to take part
in the Fatima Play, which will be part of the
Our Lady of Fatima Feast Day.

Please phone 0438 521 421 for further details.



Thank you to all our volunteers, we
really appreciate it!

If anyone would like to join our parish
roster please contact the parish
office.

ACKNOWLEDGMENT

We acknowledge the Traditional Owners of country throughout Australia and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.

SAFEGUARDING MISSION STATEMENT

We the people of St Benedict's Parish are committed to fostering a community of safety and care for all people, especially for children and others in the community who are vulnerable. Our commitment is underscored by our faith in Jesus Christ.

If you have a concern for the safety and wellbeing of a child, young person or vulnerable adult, tell someone who can help. These people in our parish can help:

Fr Shansana 0437 884 233 - Lorraine Dailey 0416 081 882 - Office for Safeguarding 8379 1605.

PARISH OFFICE HOURS:

Mondays & Fridays: 9.30am to 2.30pm

Parish Office: 02 9653 2312
Email: arcadia.parish@bigpond.com

Parish Priest: Fr Shansana Samarasinghe OSB
Email: sanshanasamarasinghe@yahoo.com
After hours: 0437 884 233

Address: 2 Fagans Road, Arcadia NSW 2159
Postal address: 121 Arcadia Rd, Arcadia NSW 2159

Website: www.bbcatholic.org.au/arcadia

Facebook: [stbenedictsarcadia](https://www.facebook.com/stbenedictsarcadia)

MONASTERY: 9653 1159



BANK DETAILS for ONLINE only donations:
BSB: 062 784 Account: 100002141
Account Name: Catholic Parish of Arcadia Bank:
CBA—Catholic Development Fund

For all parish Occupational Health & Safety
and Safeguarding Children matters Contact:
Lorraine Dailey on 0416 081 882.