

*"I am the bread of life.  
Whoever comes to me  
will never go hungry, and  
whoever believes in me will  
never be thirsty"*



## Holy Name Catholic Parish

DIOCESE OF BROKEN BAY

35 Billyard Avenue Wahroonga 2076

Web | [www.holynamewahroonga.com.au](http://www.holynamewahroonga.com.au)



*1 August— 18th Sunday in Ordinary Time*

*From Fr Paul*

This week the NSW Government announced lockdown, stay-at-home orders are in place until 28 August.

As a parish team we are here to **support you** in any way we can and also to **maintain the life of the parish** within limits – livestream Masses, prepare homilies, provide singers for masses, attend to the sick and dying, conduct funerals, support the housebound and vulnerable, support the schools within the parish and respond to requests that come our way.

As a parish community, we are very conscious of all **our school-age boys and girls** (at Catholic and other schools) as they prepare for a further month of home-based learning online.

We offer our support to Genevieve Smith (Principal) and staff at Prouille School. We also offer our support to our two special schools: with 90 students at St Lucy's, and 40 students at St Edmund's attending school. We are appreciative of the regular updates from Mr Tony Gleeson, Principal of St Leo's Catholic College and how they are coping with the current lockdown. The staff of Loreto also keep in regular contact.

We wish all our students (K-12), and their parents and families, all the best with **online learning**. We appreciate the special demands on our 2021 **Year 12 students**.

As a parish community let us support each other and remember to pray for one another each day. This week, we have included some everyday **prayers** to pray yourself, or with family members. (see Page 5).

Acknowledging this is a time of stress and uncertainty, let us also be mindful of our own **physical, mental and spiritual health**. If you feel you need help, we are available to speak with you. We have also noted the contact details of various organisations to contact if you need assistance (see Page 4 of this bulletin)

Through this coronavirus pandemic, let us face the trials and tribulations in our own individual and family lives, and as a community, with faith and trust; let us not lose hope in God. May we be nourished and strengthened by the Lord who says to us in his Word this Sunday: "Come to me – I am the Bread of Life." *Fr Paul*



*This, then is what I pray:*

*May He give you the power through His spirit for your inner self to grow strong*

*Glory be to Him whose power working in us, can do infinitely more than we can ask or imagine.*

*St Paul's Prayer to the Ephesians*

## Parish Masses This Week

Monday	2 August	No Mass			Weekday, Ordinary Time 18
Tuesday	3 August	Mass	9.15am	<i>Livestreamed</i>	St Dominic, priest
Wednesday	4 August	Mass	9.15am	<i>Livestreamed</i>	St John Vianney, priest
Thursday	5 August	Mass	9.15am	<i>Livestreamed</i>	Weekday, Ordinary Time 18
Friday	6 August	Mass	9.15am	<i>Livestreamed</i>	The Transfiguration of the Lord
Saturday	7 August	Mass	5.00pm	<i>Livestreamed</i>	Weekday, Ordinary Time 18
Sunday	8 August	No Masses			St MARY OF THE CROSS (Mary MacKillop), virgin

## Please Remember in your Prayers

### RECENTLY DECEASED:

Brian Oong (husband of Gwen, father of Matthew, Jason and Damian, father in law of Sally, Christine and Lily & grandfather of Natalie, Katie, Chloe, Zara, Hannah and Ryan died 21 July, aged 89), Julie Raftery (Gemma McDermott's mother, died 16 July), Robert (Bob) Logue, Sr Karen Stafford SMSM (Shirley Stafford, died 15 July, aged 85), Ethel Christenson (mother of Paul and Linda, mother in law of Virginia, and nana of Isabella, Alana, Claudia, Nick and Daniel) died 13 July), Margaret Woodlands (wife of Brian, died 6 July), Br. Michael Stanley Madden cfc (Chris Madden's brother died 2 July, aged 95 years), Veronica Richards (Rebecca Luca's mother, died 28 June), Graham English (Lecturer and former Christian Brother, former teacher at Brigidine College, St Ives), Fr Kevin Liam Condon OP (died 14 June), Joseph Burke (Brother in law to Patrick Kirkwood, died 11 June aged 93), George Doherty (ex parishioner, died 9 June, aged 97), Noel Murphy (brother in law of Frankie Doran, died 4 June, aged 91), Salvatore (Sam) Severino (husband of Elizabeth (Betty) died 31 May aged 92 years).

### ANNIVERSARIES:

Patricia Smyth (sister of Chrissie Goldrick - 10th anniversary on 5 August), Ron Phillips (father of Lynne Attard, 1st anniversary 20 July), Evelyn Attard (Ray's mother, 23rd anniversary on 22 July), Amanda Therese Duggan (daughter of Therese and John, 15th anniversary on 26 July), Jim Johnson (2nd anniversary 30th July) Betty Le Gras (wife of Chris and mother of Peter, 10th anniversary on 15 July), Kathleen Busuttil (1st anniversary 10 July), Susan Lukas (mother of Andy and Donna Lukas, 2nd anniversary 11 July), Gabrielle Quirk (sister of Rosalie Talty, 4th anniversary on 14 July), Gabrielle Small (Jennifer Skelly's mum, 2nd anniversary on 16th July), Andre Henriks (father of Yvonne van den Berg, 2nd anniversary 17th July), Bruce Phillips and Enid Phillips (parents of Megan Khannah, 19th anniversary on 23 July and 13th anniversary on 15th May), Daniel McGarry (son of Brian, 11th anniversary on 2 July), Vincent McGarry (father of Brian, 16th anniversary on 3rd July), Kevin Francis Lynch (cousin of Jennifer Gregory, 5th anniversary on 5 July), Ramon Moraza (brother of Rose Planas, 5th anniversary on 4 July), Norman Li (husband of Jennie, 1st anniversary on 13 July), Joe Tulinsky (brother in law of Cyril Littrich, 2nd anniversary 17 June), Felicity Gallagher (50th anniversary on 20 June), Thomas Allan Wah (father of Noreen Pang, 21 June), Frank Machado (father of Tony, anniversary on 25 June), James (Jim) Miller (Jackie's Dad - 11th anniversary on 30 June), Estelle Smith (mother of Dot Brink, 27th anniversary on 11 June), Kevin Madden (brother of Chris, 2nd anniversary 14 June), Joan Crawford (aunt of Jenny Southam, 3rd anniversary on 15 June), Richard Doran (husband of Frankie, 10th anniversary on 16 June), Elisha Foti (30th birthday on 4 June).

### FOR THE SICK:

Emma Vassallo (Granddaughter of Will Hayward), Augusta Matejovski (sister in law of Amalie Gunzenhauser), Greg Couch (husband of Cristina, son of Paul and Gemma, brother of Jess), Peter Higgins (son of Norma), Dr Gagan Khannah, Dawn Phillips (Lynne Attard's Mum), Ina Evans, Alyssa Kent, David Walker (Bishop Emeritus of Broken Bay), Margaret Fandral (mother in law of Joanne Rolleston), Ted Hook (Antonina's husband), Gerard Vince (brother of Cecilia Kean), Kevin Brown (brother-in-law of Halina and David Brett in England), Tina Northcott, Joe Pulis, Mel Vince (Cecilia Kean's Mum), Patricia McGrath, Helen Dunning (niece of Leila McCreton), John Clark, June Lynch (sister in law of Rosalie Talty), Edda Fragiacom, Maurice Aliprandi (father of Erica Bayldon), Conor McCreton, Margaret Anderson (sister-in-law of Frank and Jo Waldron), Anne Carney, Richard Connolly (friend of Patrick Kirkwood), Walter Sutcliffe, Isla Fisher, Norma Higgins, Davin and Sharon Ho, Leanne (Sharon's sister), David Waldron (son of Jo and Frank), Chris Le Gras, Judith Hodson, Dennis Morgan, Susie Dunning (sister of Leila McCreton), Gloria Boswell, John McGarry, Freya Carney, Peter Brassil (great friend of Helen and Bill Tysoe), Fr Michael Fallon msc (friend of Patrick Kirkwood), Steve Ralph, Hildegard McLaughlin, Doris Buzinskas, Christopher Anderson, Jim Clayton (Fran's father-in-law), Madeleine Ryan, Gabrielle Flood, Grant Jepson, Noeline Mannix, Madeleine Reicher (granddaughter of Patricia Cox), Thomas Nash, Ross Truda, Frances Hall, Anne Sutcliffe (Walter's wife), Lillian Whitty, Mary Gibbs, Chad Walkaden, Noelene Burke, Maureen Ritchard, Martin McCreton (brother and brother in law of Conor and Leila McCreton), Margaret Hayes, baby Kendal, Reginald Broderick, Michael Walsh, Caoimhe Browne, Murray Howe, George Dunne.

CatholicCare can help with Coles or Woolworths vouchers.

Times are tough. You might have lost work due to the lockdown, or you might be finding it hard to pay the bills or to put food on the table. Please call CatholicCare on (02) 9481 2600 or email them at [info@catholiccaredbb.org.au](mailto:info@catholiccaredbb.org.au). They are here to help our parish families.

*Please note this support is able to be offered due to Government funding so they will require ID and some documentation to access assistance but they can walk you through the requirements*

## What does the Word say to us this Sunday?

**First Reading (Exodus 16:2-4, 12-15)** This reading tells how God fed his people in the desert with manna. This is regarded as a memorable example of God's care for his people

**Second Reading (Ephesians 4:17, 20-24)** St Paul urges the Ephesians to live lives that are in keeping with their baptismal calling.

**Gospel (John 6:24-35)** Last Sunday we heard how Jesus miraculously gave food to the people in the wilderness. Today we hear him warn the people "do not work for perishable food, but for food that endures to eternal life."

Just as God sustained the Israelites, so he sustains us through faith in Jesus, the Bread of Life, who continues to nourish us by his Word and by the Sacrament of his body and blood.



### Reflections & Quotes for the Week

**St John Chrysostom** (347-407) reminds us that he who said "This is my Body" is the same one who said "You saw me hungry and you did not give me to eat." This is the significance of the words: "Go in peace to love and serve the Lord".

We receive the Body of Christ that we may become the Body of Christ. We are nourished at the table of the Lord that we may go out to feed others, that we may offer them daily bread, and Jesus himself, who is the 'Bread of Life'.

**St Augustine** writes: "Who is the Bread of heaven, but Christ? But in order that we might eat the Bread of Angels, the Lord of Angels was made Man. For if he had not been made Man, we should not have his Flesh; if we had not his Flesh, we should not eat the Bread of the Altar" (Sermon 130 paragraph 2). The Eucharist is our ongoing, life-giving encounter with God in which the Lord makes himself our food and gives himself to transform us into him. At every Mass the priest prays (at the Offertory):

"By the mystery of this water and wine, may we come to share in the divinity of Christ, who humbled himself to share in our humanity."



# Spirit of St Lucy's

## The Olympic Spirit

The excitement of the Tokyo 2020 Olympics has been embraced here at St Lucy's this past week, with classes tuning in for some of the major events or races, throughout the learning day. The students have loved the spirit and excitement of these moments, and are then finding ways to replicate it during their PE sessions or play sessions at recess and lunch! There might just be a future Paralympian in the making.



## Coping with Covid-19 Lockdowns...

If you need to speak with someone, here are some useful numbers

**24/7 Mental Health Services**

**Is it an emergency?** If you or someone you know is at immediate risk of harm, call triple zero (000)

**Suicide Call Back Service**  
Anyone thinking about suicide

[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)  
 1300 659 467

**Lifeline**  
Anyone having a personal crisis

[lifeline.org.au](http://lifeline.org.au)  
 13 11 14

**Beyond Blue**  
Anyone feeling anxious or depressed

[beyondblue.org.au](http://beyondblue.org.au)  
 1300 22 4636

**Kids Helpline**  
Counselling for young people aged 5 to 25

[kidshelpline.com.au](http://kidshelpline.com.au)  
 1800 55 1800

**MensLine Australia**  
Men with emotional or relationship concerns

[mensline.org.au](http://mensline.org.au)  
 1300 78 99 78

**Open Arms**  
Veterans and families counselling

[openarms.gov.au](http://openarms.gov.au)  
 1800 011 046

## Coping with COVID-19 Lockdowns



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



## Lord, teach us to pray - Prayers during Covid




### SURRENDER PRAYER

*"Close your eyes and let yourself be carried away on the flowing current of my grace; close your eyes and do not think of the present, turning your thoughts away even from the future just as you would from temptation. Repose in me, believing in my goodness, and I promise you, by my love, that if you say "Jesus, you take care of it" I will take care of it all; I will console you, liberate you, and guide you always. "*

*O Jesus, I surrender myself to you, take care of everything!" +AMEN*

### THE MEMORARE

 REMEMBER, O most gracious Virgin Mary, that never was it known that any one who fled to Thy protection, implored Thy help, or sought Thy intercession, was left unaided. Inspired with this confidence, I fly unto Thee, O Virgin of virgins, my Mother. To Thee I come; before Thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions; but in Thy mercy hear and answer me. *Amen.*

*With Ecclesiastical Approbation*

*Mother of Perpetual Help  
Pray for Us*



### The Our Father

*as taught by Our Lord Jesus Christ*

Our Father, who art in Heaven, hallowed be Thy Name; Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from Evil. Amen.

### The Hail Mary

*from the Roman Breviary, approved by Pope St. Pius V in 1568.*

Hail Mary full of grace, the Lord is with Thee; blessed art Thou among women, and blessed is the fruit of Thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

### The Glory Be

Glory be to the Father, to the Son, and to the Holy Ghost, as it was in the beginning, is now, and will be forever: World without end. Amen.

### O My Jesus!

*from the original text given by Sr. Lucia dos Santos*

O my Jesus, forgive us our sins, save us from the fire of Hell; lead all poor souls to Heaven, especially those most in need of Thy mercy. Amen.

### Prayer before Meals

BLESS US, O LORD,  
AND THESE THY GIFTS,  
WHICH WE ARE ABOUT TO RECEIVE,  
FROM THY BOUNTY,  
THROUGH CHRIST, OUR LORD.  
AMEN.



For a printable sheet  
of traditional Catholic  
Prayers you can [follow this link](#)

**As I pray:**

*I Praise God ...*

*I Thank God ....*

*I Express my love*

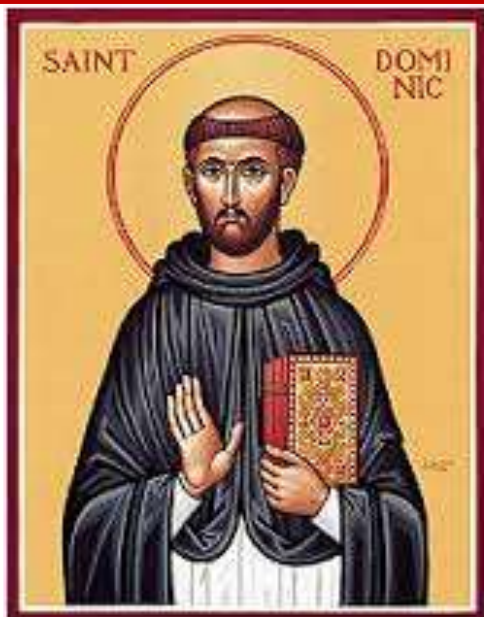
*I Express my sorrow for sins...*

*I ask for others...*

*I ask for myself....*

THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER  
  
PRAYER

## Saints we remember this week



### St Dominic—Feast Day 3 August

Saint Dominic (Spanish: Santo Domingo; 1170 – 6 August 1221) was the founder of a Catholic order, the Friar Preachers, often called the Dominicans or the Order of Preachers (OP). Dominic is the patron saint of astronomers and the Dominican Republic. He was born in Caleruega, half-way between Osma and Aranda in Old Castile, Spain. He is sometimes called Dominic of Osma or Dominic de Guzmán.

#### **Prayer for the Feast of St. Dominic -**

*May God the Father, who made us, bless us.*

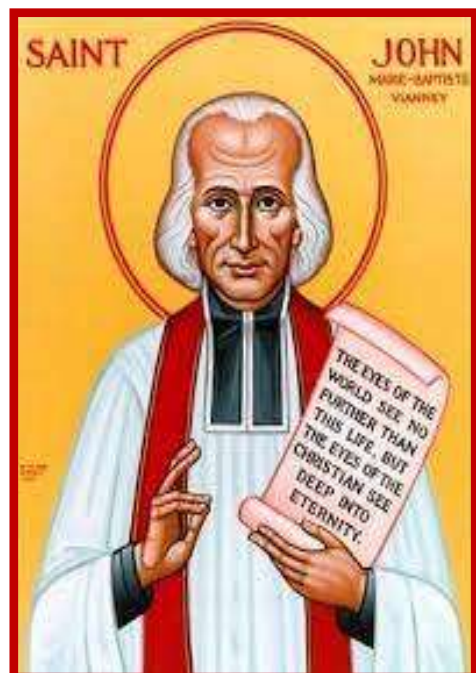
*May God the Son, who redeemed us, send healing into our midst.*

*May God the Holy Spirit, who gives us life, move within us.*

*May God give us eyes to see to God, ears to hear God, and hands to bring God's work into the world.*

*May we walk with God and preach the word of God to all.*

***We acknowledge our Dominican heritage as a parish, and we ask St Dominic to intercede for us.***



### St John Vianney—Feast Day 4 August

**1786** Born in Dardilly, France. Lives as a poor farm boy and shepherd with his family.

**1806** Begins formal seminary school very late because of family's financial state. Does not excel in studies and is expelled because of his considerable difficulties with Latin.

**1810** Is drafted into the French Army, but frail health forces him to miss his recruiting call.

**1815** Sponsored by a local priest, he re-enters the seminary and is ordained at age 30.

**1818** Assigned to small parish of Ars as its pastor.

**1824** Starts La Providence, a home for orphan girls.

**1855** Is hearing 20,000 confessions a year. (This number will increase to nearly 75,000.)

**1856** Receives the French Legion of Honor.

**1859** Dies on August 4 (his current feast day).

**1905** Beatified by Pius X.

**1925** Canonized and named **Patron Saint of Parish Priests.**

***St John Vianney, patron saint of parish priests,  
bless Fr Paul, Fr Anselam and Deacon Sam.***

***Bless priests throughout the world to be faithful shepherds like you.***

***Bless our Diocese with Shepherds after Christ's heart. Amen.***

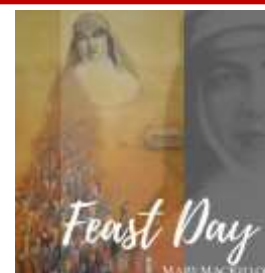
Looking ahead to the next 2 Sundays.....

This Sunday is the 18th Sunday in Ordinary Time.

It so happens that this year two significant Feast Days fall on the next two Sundays, and those Feast Days will take precedence in our Liturgical celebration:

**Sunday 8 August—Feast Day of St Mary of the Cross (Mary MacKillop)**

**Sunday 15 August—the Assumption of the Blessed Virgin Mary**



***On these two Sundays, we celebrate two great and holy women in our universal and local Church.***



***“You were transfigured on the holy mountain, and your disciples, as much as they were capable of it, beheld your glory, O Christ our God, so that when they should see you crucified they would understand that your Passion was voluntary, and proclaim to the world that you truly are the splendour of the Father.”***

*Byzantine Liturgy, Feast of the Transfiguration, quoted in Catechism of the Catholic Church n 555*



***As followers of Jesus we have “nowhere to pitch our tent”.  
The Second Vatican Council reminded us we are “the Pilgrim People of God”.***

***We journey with Jesus through this life to glory.  
There will be oases along the way – moments of consolation which reveal the presence  
of the Mystery of God among us.  
We may not remain in these moments for long,  
but they give us refreshment.  
Remembering them will sustain us on our pilgrim way.***

## Parish Contact Information and Mass Times

Parish Priest :	Fr Paul Durkin	paul.durkin@bbcatholic.org.au
Assistant Priest :	Fr Anselam Lakra	anselam.lakra@bbcatholic.org.au
Transitional Deacon	Deacon Sam French	sam.french@bbcatholic.org.au
Deacon:	Rev Peter McCulloch	peter.mcculloch@bbcatholic.org.au
		Blogsite: www.deaconpeter.org
Parish Secretary :	Mrs Jackie Thornton	jackie.thornton@bbcatholic.org.au
Sacramental Coordinator:	Mrs Sally Oong	sally.oong@bbcatholic.org.au
Office Hours :	Monday, Tuesday, Thursday, Friday	8.30am—5pm
Phone :	(02) 9489 3221	
Postal Address:	P O Box 385 Wahroonga NSW 2076	
Prouille School :	5 Water Street Wahroonga NSW 2076	
School Principal:	Ms Genevieve Smith	
Phone:	(02) 9489 3233/ School Website: www.prouilledbb.catholic.edu.au	
CCD Coordinator :	Mrs Cecilia Kean	
Eucharist Ministry to the Sick Coordinators:	Mrs Pam Koroknay :Mr Chris Madden; (Housebound) Mr Paul Sutherland	
Weekend Ministries Co-ordinator:	Mr Chris Goldrick cgoldrick@optusnet.com.au 0450 963 596	
St Vincent de Paul (Wahroonga Conference):	Mr Anthony Weaver (President) 0423 842 823, Mr Ken Laing	

### Weekend Masses:

Saturday 5.00pm

Sunday 8.00am, 9.30am and 5.30pm

and 7.30pm at Loreto College Normanhurst during school terms

### Mass on Tuesday to Friday: 9.15am

8.00am— 8.30am *Silent Prayer*

8.30am— 8.45am *Morning Prayer of the Church*

8.45am— 9.00am *Rosary*

Rosary after Mass on Tuesday

Special Intercessions/intentions remembered at Friday Mass.

### Friday evening: Holy Hour from 7.00pm (Suspended)

#### Mass is also celebrated :

Our Lady of the Rosary Cathedral, Waitara— Monday 7.00am

St Leo's College, Wahroonga Friday 12.55pm during school terms

(Suspended until further notice)

### Baptism:

Every second and fourth Sunday of the month at 11.00am.

Please make an appointment through the Parish Office

### Marriage:

By appointment, at least six months in advance.

### Sick Calls:

Any time day or night.

Please call 0408 350 885 out of office hours

### Confessions:

Saturday 11.30am or by appointment. The list of times in surrounding parishes is on our parish website. We recommend you call the parish in advance to confirm times.

**Parish Pastoral and Missionary Council for 2020/2021:** Gemma McDermott (Chair), Tess Denham-Fabry (Deputy Chair), Ed Scully (Secretary), Chrissie Goldrick, Tom Waugh, Giovanna Flores-Clarke, Ian Edmunds, Samantha Vieira, Sally Oong and Roger Bohlsen, along with Genevieve Smith (Prouille) and Vanessa Dillon (St Lucy's) and Jason Scanlon (St Edmunds)

**Parish Finance Committee:** Marinela Mendes, Tony Monardo, Robyn Elizondo, Tim Quilty, Paul O'Brien

**Parish Fundraising Committee:** Noel Kean (Chair), Meredith Baume, Anthony Weaver, Lyn Saul, James Toomey

**Thank you for your financial contribution to the support of our Parish Community and its priests—it is very much appreciated.**

- The 1st Collection taken up at Mass goes to the Clergy Remuneration Fund for the financial support of the priests.
- The 2nd Collection taken up at Mass is for the upkeep of the Parish.

We invite you to help our Parish by committing to a Planned Giving scheme. Please see the parish office for the way you can participate in this. Another way to assist our parish is to consider a gift in your will. Your gift of any size will help our parish continue our good works & outreach. Please contact the parish office for a confidential discussion or more information.

(Alternatively see the "giving" pages at [www.dbb.org.au](http://www.dbb.org.au)) **EFTPOS Available in Parish Office**

**Our Parish has Tap n Go Facilities at the entrance to our church. The money donated at these terminals contributes to our Parish Planned Giving—These monies are for the support of our Parish and Clergy.**



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