



GOSFORD PARISH

*The Communities of St Patrick's East Gosford,
St Francis of Assisi Somersby & Holy Trinity Spencer
Neighbourhoods of Grace, entrusted to the
care of the Salvatorians.*



HOPE

The Christian story began amidst great turmoil: The passion, suffering, and crucifixion of Jesus; the continuing doubts, even after the Resurrection; the long and brutal persecution; and the dispersal of believers across the Roman Empire. This was the context of the birth of the Church. Yet there was a paradox that defined the early Church. In the midst of raging uncertainty, unceasing social threats, and absolute lack of freedom, the faith thrived and the people of God grew in numbers. The faith of the early Christians was undefeatable, their hope was enduring, and their love became the defining movement of human history.

It is in these uncertain and difficult times that as a people of faith we pause to reflect, to pray, and to find hope. Like the early Christians, while we are realistic about our challenges, we do not let these challenges define us. No! We will only be defined by our faith. We will only be grounded in hope. And in spite of it all, we will only walk in love.

"There are three things that remain," St. Paul said to the Corinthians, "faith, hope, and love" (1 Cor 13:13). Faith, hope, and love—these virtues defined the early Christians and now they must define us. Not the pandemic, not our divisions, not the inequalities, not our fears, nor the uncertainties. I believe that during this time it is faith, hope, and love that will guide us beyond the pandemic and other raging challenges.

In the Catholic tradition, faith, hope, and love are known as the three theological virtues. We owe this to the great saint and theologian, Thomas Aquinas. Aquinas called faith, hope, and love theological virtues because these virtues come from God and they teach us to live for God. Pardon me, then, if Aquinas is referenced often in this reflection.

If faith, hope, and love are the antidotes to our present malaise, where should we begin? Paul would say, "The greatest of these is love!" (1 Cor 13:13). Aquinas reflects on the theological virtues in the order of precedence he finds them in 1 Corinthians—faith, hope, and love. Thus, he begins with faith.

Faith precedes hope because faith answers our ultimate questions. Hope follows faith.

According to Aquinas, hope means believing that what we believe in with faith, will actually come to pass. Hope is the absolute conviction that what we believe will be accomplished. As Aquinas says, "Hope is the habit of embracing a higher standard of behaviour because we act out what we believe. We also believe that if we do, we will in fact turn into better, happier versions of ourselves," even if we know that this path is not easy and that we will never be perfect.

But hope does not exist in a vacuum. Hope is found in human hearts. In his latest encyclical, *Fratelli tutti*, Pope Francis says: "Hope speaks to us of something deeply rooted in every human heart, independently of our circumstances and historical conditioning. Hope speaks to us of a thirst, an aspiration, a longing for a life of fulfilment, a desire to achieve great things, things that fill our heart and lift our spirit to lofty realities like truth, goodness, and beauty, justice and love" (FT 55).

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

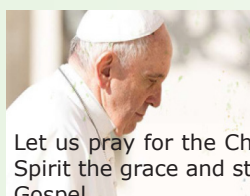


Our hope lies in the enduring value of the life and message of Jesus Christ. Our hope lies in believing that even though much brokenness surrounds us, the human spirit, touched by the love of Christ, will ultimately act for the good of all humanity. Our hope is that the human race will unite one more time to overcome the challenges that confront us. Our hope that this pandemic—even though it has claimed millions of lives across the globe and caused irreparable damage to persons, to human relationships, to people's livelihood, especially the poor—will be overcome and we will emerge stronger from this tragedy. Our hope that there will be a peaceful resolution to the political, social, and racial injustices we see in our culture.

And we have reason for hope. Our hope is grounded in our faith that Christ has overcome every injustice, every suffering, every pain, and every evil. The Christian story tells us that suffering, despair, darkness, and death are never the last word; that love always wins; and that the stone that covered even the darkest tomb was removed. Yes! Our hope is not groundless. It is grounded in the life of Jesus Christ. Just as Jesus by his faith in God, overcame suffering, death, and destruction and brought love, light, and life to humanity, so can we. This we believe! This we hope.

Father Satish Joseph is the pastor of Immaculate Conception Church and St. Helen's Church in the diocese of Dayton, Ohio. His homilies and reflections can be found at <https://www.itemissaest.org/>.

With thanks to Where Peter Is and Fr Satish Joseph, where this article originally appeared.



POPE FRANCIS' AUGUST 2021 INTENTION The Church

Let us pray for the Church, that she may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.

BB35
CELEBRATING
35 YEARS
DIOCESE OF BROKEN BAY



**THE YEAR
OF ST JOSEPH
& THE FAMILY
2021**



ST PATRICK'S PARISH GOSFORD

PASTORAL CARE

Fr Grzegorz [Greg] Skulski SDS

Parish Priest

Email: greg@sds.org.au

Fr Paul Tran SDS

Assistant Priest

email: paulduongsds@gmail.com

SALVATORIANS

Society of the Divine Saviour



<http://www.sds.org.au>

PARISH OFFICE

Secretary:

Colleen Kirk Mon – Thur:

8:30am – 4:30pm

Friday

8:30am – 1:00pm

Bursar:

Darren Fitzgibbon

Sacramental Programme

Coordinator:

Frances Mathey

Email: franceshanna@yahoo.com

Catechists' Coordinator: **Raelene O'Connor**

Email: saintpatsccd@acs.net.au

Wed:

9:00am – 1:00pm

Thur:

9:30am – 1:30pm

Youth Ministry:

Jaimi-Lea Andrews

Ph: 0452 480 112 Email: jaimilea.andrews@gmail.com

Media Coordinator:

Tom Croll

Thursday:

9:00am – 2:00pm

Email: tomcroll@photom.com.au

Phone:

0411- 962 122.

VOLUNTEER ROLES

Office Admin:

Denise Jay

Friday:

9:00am – 3:30pm

AV Presentation:

Peter McLean

Caretakers:

Greg McBride

Ron Begg, Chris Galea

Tim Mara

Maisie Tenev

Ph: 0416 803 334

Baptism Co-ordinator:

All bookings must be made through the parish office.

Gardeners:

Trevor Byrne

Joyce Byrne

Victor Camilleri

Barbara McCarthy

Ph: 4322 0250

Seniors' Ministry:

SAFEGUARDING OFFICER

Hilary Pope

hilary.p1@optusnet.com.au

School Principals

St Patrick's Primary: Mrs Cheryl Walsh 4325 1159

St Joseph's College: Mr Tony McCudden 4324 4022

St Edwards College: Mr Mark Bonnici 4321 6400

St Peter's College: Mr Tim Hilderbrandt 43512344

MASSES LIVE STREAMED

https://www.youtube.com/channel/UC44NSRmeB1mg_EKIJUFJpvg/live

GOSFORD, 76 YORK STREET EAST GOSFORD

Mon:	9:00am	Wed:	11:30am	Fri:	12:00pm
Tue:	9:00am	Thu:	9:00am	Sat:	9:00am

WEEKEND MASSES

GOSFORD, 76 YORK STREET EAST GOSFORD

Sun: 9:30 am



BLESSED FRANCIS JORDAN SDS

"Praise and thank God often whenever you may be, but especially when you see the work of his hands, even if only in brief words or feelings."

SD I/98



YEAR of SAINT JOSEPH

"Show yourself a father, and guide us in the path of life"

DECEMBER 8, 2020 - DECEMBER 8, 2021

ROSARY EVERY NIGHT AT 9:00 PM

https://www.youtube.com/channel/UC44NSRmeB1mg_EKIJUFJpvg/live

BLESSED SACRAMENT CHAPEL, IS CLOSED DUE TO COVID LOCKDOWN

ST PATRICK'S GROUPS MEETINGS

Cancer Prayer Group

Craft Group

Grief & Loss Support

MenAlive

Prayers for Christian Unity

Prayer Group DVDs

Prayer Group & Bible Discussion

Bible Study - Monday night

Youth Group

Salvatorian Collaborators

Women's Faith Circle

Children, Yrs 5 & 6

Family Group

NOTE:

ALL ADVERTISED ACTIVITIES ARE SUBJECT TO ANY GOVERNMENT COVID RULINGS AND THEREFORE WILL BE POSTPONED OR CANCELLED IF "STAY AT HOME" OR "LOCKDOWN" RULES ARE IN PLACE.

POSTPONED UNTIL AFTER COVID LOCKDOWN.

NATIONAL CATHOLIC LEADERSHIP STANDARDS LEADERSHIP, MONITORING & IMPROVEMENT

STANDARD 1 – COMMITTED LEADERSHIP, GOVERNANCE & CULTURE

Key Elements of Standard 1:

- † A Commitment to Safeguarding
- † Promoting a Safeguarding Culture
- † Safeguarding Policies
- † Code of Conduct

SAFEGUARDING OFFICER

HILARY POPE



IF YOU SEE ANY ACTIVITIES INVOLVING CHILDREN OR VULNERABLE ADULTS THAT CONCERNS YOU, PLEASE EMAIL HILARY POPE, OUR SAFEGUARDING OFFICER AT HILARY.P1@OPTUSNET.COM.AU.

[CLICK HERE TO VIEW OR DOWNLOAD](#)

[OUR DIOCESAN COMMITMENT TO SAFEGUARDING](#)



Fr Paul has recorded a video this week and put it up on YouTube. So, both you can see his smiling face, and listen to his message by clicking on the link.

<https://www.youtube.com/watch?v=cwhOiShuhFY>

ANOTHER FOUR WEEKS!

WHAT WE ARE DOING

We all try valiantly to accept the COVID inevitable, but it isn't always easy, and that we can't gather together again in the church for Mass, receive the sacraments, or simply join together as a parish family, for another four weeks, is very difficult.

We can only adhere to all government and health department regulations, pray for its control, and encourage you to join us often for our live-streamed Masses to feed your soul.

https://www.youtube.com/channel/UC44NSRmeB1mg_EKIJUFJpvg/live



Our Youth Coordinator, Jaimi-Lea Andrews, is working very hard to keep the youth and young adult groups alive, connected and spiritually fed. As well, the men in our parish are encouraged to link into the three special menAlive Zoom sessions in August which are advertised in this weekend's Bulletin. We thank those who helped organise, and those who tuned in to our Christmas in July

via Zoom last Saturday evening, and we ask you to stay tuned for another online event we hope to organise in August, all in an effort to keep us connected. We also hope that you are enjoying Fr Greg's weekly broadcasts!

Don't forget that our free counselling sessions are still happening as an essential service, and you only need to contact the Parish Office to make an appointment. Please see in this week's Bulletin a link offered by CatholicCare for free food vouchers for those in need.

We would like to especially thank those who have been contributing to the financial support of the parish and its clergy via direct deposit or calling to donate over the phone, or depositing their envelopes into our mailbox. Please note that hopefully, from this Monday, we will have a special letterbox in a more convenient location near the [locked] gate to the office if you decide you would like to make a drop whilst on your daily walk.

All of these donations have taken the sharp edge off a drastic financial downturn, but obviously, the parish is suffering. Certainly, it should be acknowledged that many people and businesses are suffering, and we are grateful for the support we are getting. However, we do have to ask for everyone to keep us in their prayers and remember to give their financial support.

Please also remember that whilst the office isn't open to all, we are taking calls and can assist you should you need help, book future sacraments or appointments, or collect your donations.

We encourage you to please stay in touch as your health and wellbeing are very much at the forefront of our minds. May you dare to trust in the Lord with your whole heart and not lean on your own understanding.

May you look up and acknowledge him with every step you take,

knowing he'll get you where you need to go.

May you put your hope in him,
and not in the approval of man.

God will never disappoint.

He loves you more than you
can comprehend.

Trust him, and soon your eyes
will see how good he is.

NEW RCIA PROGRAM

Anybody interested in, or know someone who is interested in becoming a Catholic please contact the Parish Office to register your interest in joining the RCIA program.

Office Phone # 4325-1042.

AN INVITATION TO YOU

Our Parish Catechist team, invite parishioners to join our Ministry, in a teaching capacity to replace a team member who has left the Parish area.

For Year 6 @12.10 pm
Wednesday at Point Clare.

I look forward to hearing from Parishioners available for this commitment.

All inquiries please call Raelene 0499 995 292.



HELP FROM CATHOLIC CARE

CatholicCare is offering food vouchers to those who are suffering due to COVID – and have penned the following:

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@catholiccareddb.org.au. They are here to help our parish families.

OUR YOUNG ADULTS

DON'T LET COVID -19 STOP THEM.

Young Adults on Friday here at St Patrick's East Gosford. We caught up on how we're all going in lockdown, shared how we've been connecting with Christ during this time and prayed the Rosary all together to finish off the night. Such a blessing to see these amazing young adults, contact Jaimi Andrews or Grace Bowyer for more information on how to join! Every last Friday of the month!!





Launching Nationally on
Saturday, 31st July 2021
www.catholicmensgathering.com.au



[Click here to see more!](#)

AUSTRALIAN CATHOLIC MEN'S GATHERING 2021

REGISTER TO PARTICIPATE

CLICK HERE TO WATCH THE VIDEOS

"They were cut to the heart and said to Peter and the other Apostles,

Brothers - what then must we do?" Acts 2:37

LAUNCHING NATIONALLY ONLINE FROM SATURDAY 31 JULY 2021

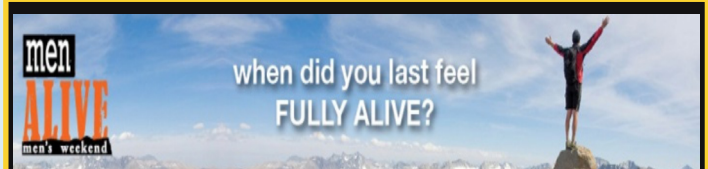
The Australian Catholic Men's Gathering aims to inspire and encourage all men with a vision for personal discipleship, service and mission in the family, parish/diocese and the world. The 2020 event saw approximately 1000 men gather across the nation at 42 hosting sites.

In this Year of St Joseph, the Australian Catholic Men's Gathering is again being offered as a free event for registered participants. All dioceses across Australia are invited to participate in the 2021 program which will focus on St Joseph and will include a pre-recorded introductory session, three pre-recorded sessions, and a final commissioning, all available from Saturday 31 July 2021.

You can participate individually or gather with others from your parish/diocese or men's ministry group. The

sessions are designed so that they can be used on one full day or across a number of days and they can be integrated with local initiatives such as Mass, testimonies and group discussions.

Individual registration will ensure you receive updates about the program and all links to the pre-recorded videos when they are available.



when did you last feel
FULLY ALIVE?

menALIVE

Yes we are going to have three menALIVE zoom meetings in August.

We will be watching/discussing one of the Australian Catholic Men's Gathering videos in each session as there are three keynotes, too many to do in one.

The topics will be:

- **Tue, Aug 03 => Man of God**
- **Tue, Aug 17 => Man of Service**
- **Tue, Aug 31 => Man of Character**

If you would like to attend, contact Peter Axon ptaxon11@gmail.com or Ph: 0448 005 140

ARE YOU HOME SCHOOLING AT THE MOMENT?

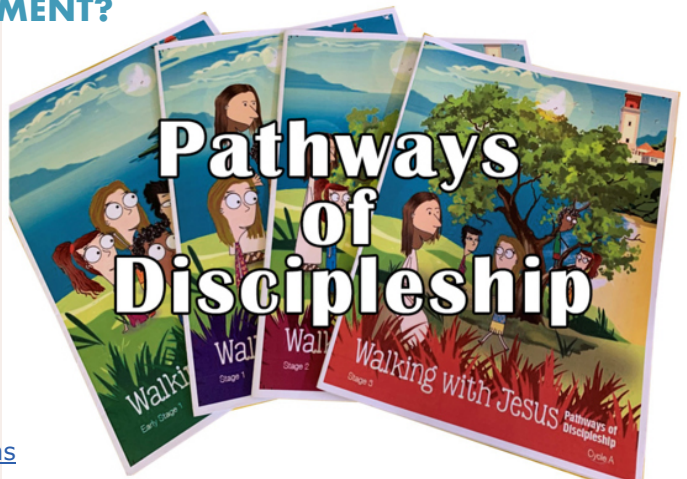
The Catholic Diocese of Broken Bay has available on-line resources for ongoing faith formation of students partaking home learning. These lessons are designed for specific age groups and cover a vast number of Catholic and Christian topics.

Have a look at these resources and engage with your child; continuing to nurture their faith formation.

"We are inspired by the Holy Spirit and connected in Jesus Christ who is the way, the truth and at the centre of our lives and ministry."

Check out:

<https://www.cress.org.au/learning-from-home-sre-lessons>



CATHOLIC CARE FOSTER CARE CAMPAIGN

There are children in our community who have been through experiences few of us could begin to imagine and without our help, will go through a childhood without the love and support of a family.

CatholicCare are looking for families across our parishes who might consider taking a child or young person into their home - to love and support them whether for one or two nights, a few weeks, months, or long term. All carers receive 24/7 support, ongoing training and financial support to cover the care and living costs of the child or young person. If you have space in your home and room in your heart, please reach out now.

Call (02) 4320 7777 or visit www.fostering.org.au.

PLEASE CONSIDER FINANCIAL STEWARDSHIP

If you wish to donate to our Parish, you can donate direct to our Bank Account.

When you do so please indicate in the "Reference" the purpose for the donation.

Bank Account Name

St Patrick's Catholic Parish

BSB: 062 784

Account Number: 4238001





YEAR OF THANKSGIVING FOR
BLESSED FRANCIS JORDAN
21st July 2021 - 21st July 2022
SALVATORIAN AUSTRALIA

Join Salvatorians all over Australia
as they celebrate the apostolic
witness of their founder in this
year of thanksgiving.

"This is eternal life, that they should know you, the only
true God and the One whom you sent, Jesus Christ."
John 17:3



FREE
ZOOM
TALKS

EUTHANASIA, DYING AND THE DIGNITY OF THE HUMAN PERSON

2, 9 & 16 AUGUST 7.30PM

REGISTER NOW parracatholic.org/euthanasiatalks



CATHOLIC
DIOCESE OF
BROKEN BAY

[Read More](#)



DIOCESE of
PARRAMATTA

The Diocese of Broken Bay is joining with the Diocese of Parramatta to host a series of three talks in August ahead of the expected introduction of a draft Voluntary Assisted Dying Bill to NSW Parliament.

The series, entitled "Euthanasia, Dying and the Dignity of the Human Person", will feature speakers in theology, medicine and communications. The free Zoomed talks, focused on providing alternative viewpoints to assisted suicide, were initiated as a result of growing community alarm at the proposed Bill which The Catholic Weekly reported on last week.

SONG OF SONGS EXPLAINED

Get in touch with one of the greatest
love songs of all time –
the Book of the Song of Songs
in the Old Testament.

Written as a poetic dialogue between the
bride, the bridegroom and a chorus,
this series of erotic love poems speak of the
raptures of being in love.

Some translations (eg Good News) indicate which
sections are spoken by each character allowing you
as a couple to speak these sacred words to each
other as did the ancient bride and groom.
[This YouTube video](#) provides a good commentary
and is worth watching first to understand the
context and structure.

<https://youtu.be/4KC7xE4fgOw>

SmartLoving Marriage Kit

Refresh & Renew your Marriage

LEARN MORE



SALVATORIAN FORMATION DONATION CODE.

If you would like to support future Salvatorian priests please go to the link. Just scan with your QR Code Reader on your phone.

https://www.paypal.com/donate/?hosted_button_id=FHE9UKNMLYLQA



ANNOUNCEMENT

Rebrand of CWF to Pastoral Works Broken Bay

Announced by Bishop Anthony Randazzo last month, the CWF is rebranding to Pastoral Works Broken Bay.

[Letter and announcement](#)

We are delighted to announce Pastoral Works Broken Bay will shortly be launched for Parish communities. Thank you for your support in this important and historic initiative for the Diocese of Broken Bay.

Due to COVID-19 and current restrictions, the commencement of Pastoral Works Broken Bay will take place in two stages:

Stage 1.

- **Digital launch** – New materials will be available for inclusion in electronic parish bulletins and websites on 1 and 8 August. These materials be provided in next week's edition of BBNeighbourhoods.

Stage 2.

- **New date for physical collection** – With lockdown possibly to continuing into August, the physical collection date is now rescheduled to 5 September 2021, pending the COVID-19 restrictions at the time. New collection envelopes, speaker notes for Mass and other Parish items will be available for that time.

Zoom briefing

To assist with the rebrand launch practicalities, and answer any questions you may have, Parish staff are invited to an optional Zoom briefing 2.00 – 2.30pm on **Monday, 26 July**. An invitation will be sent shortly.

For more information about the rebrand, please contact David Armstrong, Development & Relationships Manager at david.armstrong@bbcatholic.org.au or 8379 1664.

NATIONAL ONLINE LAUNCH OF SOCIAL JUSTICE STATEMENT 2021-22

You are invited to attend an on-line launch of the Social Justice Statement for 2021-22 Cry of the Earth, Cry of the Poor.

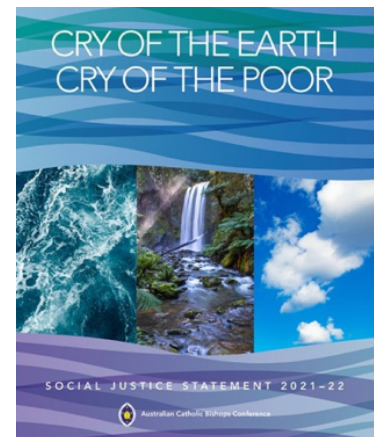
This is the only statement where all the Bishops of the Australian Catholic Bishops Conference (ACBC) release a joint reflection on a particular topic annually. This year it focuses on why it is so important that we as a community respond to the Cry of the Earth and the Cry of the Poor.

All are welcome to the launch of the statement which will take place online at 5:30pm-6:30pm on 5 August, AEST.

[Register here](#)

You will hear from guest speakers including Bishop Vincent Long Van Nguyen OFM Conv, Chair of the ACBC Bishops Commission for Social Justice, Mission and Service. He will respond to our launch speaker and you will have the opportunity to ask your own questions about the statement and the inputs provided at the launch.

The statement Cry of the Earth, Cry of the Poor focuses on building the theological foundations of caring for our common home and our human family. It will also serve as a launch pad for the ACBC's 7-year journey towards the Laudato Si' Goals, creating a wholly sustainable Australian Church.



CONGRATULATIONS TO MARIA AND ADRIAN

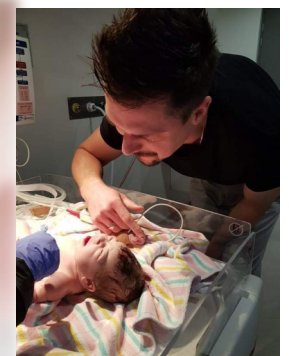


Maria Andzrejewska

ON THE BIRTH OF THEIR BEAUTIFUL DAUGHTER RITA

Maria is a member of St Patrick's Parish Council and Finance committee. Both Maria and Adrian are leaders of our Family Group.

"Warmest congratulations on the birth of your sweet baby girl!"



The Bread of Life

THE WORD

Jesus said to the people, "I tell you truly; you look for me because you ate the bread and had all you wanted, not because you understood my miracles. Don't work for food that goes bad; instead, work for the food that lasts for eternal life." They said, "Sir, give us this bread."
 "I am the bread of life," Jesus replied. "He who comes to me will never be hungry; he who believes in me will never thirst."

Ex 16:2-4, 12-15 | Ps 77 | Eph 4:17, 20-24 | Jn 6:24-35

FAMILY FOCUS

Bread from Heaven. Jesus is the 'Bread of Life.' When we go to Mass, the bread and wine becomes Jesus' body and blood. He feeds us with his own body. We too are called to share Christ's mission - to feed the hungry.

Talk About It: Choose a worthy charity that feeds the hungry (either physically or spiritually). How can you contribute to their mission?

PRAYER SPACE

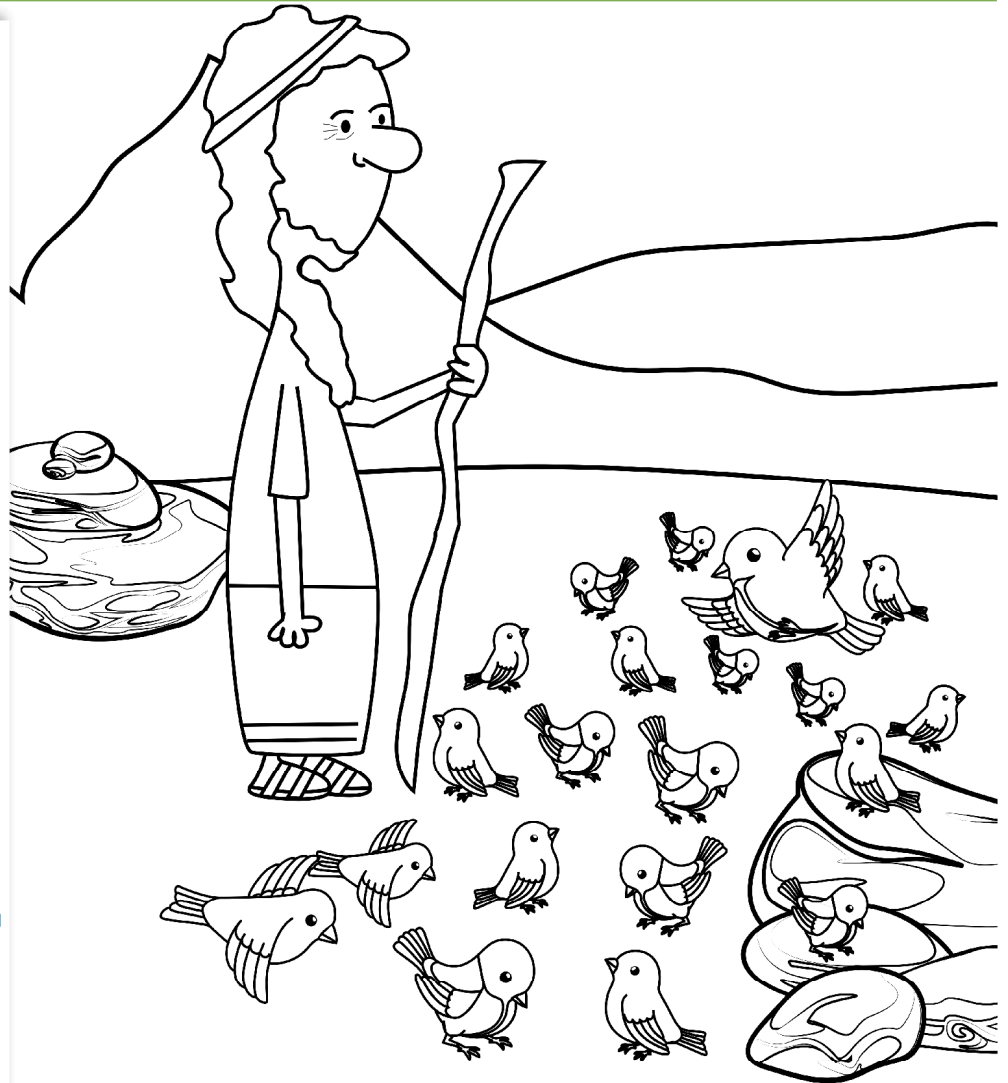
Symbol: Bread



Lord God,
 You give us bread from Heaven - your son Jesus.
 He is the Bread of Life!
 Help us to believe.
 Amen.

DID YOU KNOW?

St Mary of the Cross MacKillop was known for pulling the occasional prank on the other sisters. When times were difficult she always remained cheerful and hopeful. She carried lollies in her pocket to give to the poor children she taught.



The first reading recounts the story of the Israelites in the desert with Moses. The people were starving so the Lord said to Moses that he would send them meat and bread. And so he did. Each evening quails would fly into the camp and each morning, manna appeared which they used to make bread. How many words can you locate in the word find?

U	L	I	F	E	J	S	F	O	O	D	F	C	T	U
Y	R	G	N	U	H	E	E	G	E	H	T	H	P	E
A	Y	P	L	O	R	D	R	X	J	Q	I	L	J	T
I	S	R	A	E	L	I	T	E	S	R	N	X	F	E
S	B	E	L	I	E	V	E	M	S	R	E	M	J	R
A	L	I	A	U	Q	O	R	T	R	O	V	O	E	N
N	L	L	V	O	X	R	Y	G	P	H	A	S	S	A
N	D	A	E	R	B	P	A	Y	M	E	E	E	U	L
A	O	S	T	A	R	V	I	N	G	D	H	S	S	N
M	A	M	H	V	P	E	O	P	L	E	A	U	F	Q

- BELIEVE
- BREAD
- ETERNAL
- FOOD
- HEAVEN
- HUNGRY
- JESUS
- LIFE
- LORD
- MANNA
- MOSES
- PEOPLE
- PROVIDES
- QUAIL
- STARVING
- THIRSTY
- ISRAELITES



ENTRANCE ANTIPHON

PS 69:2,6

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

EX 16:2-4. 12-15

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 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 77:3-4. 23-25. 54. R. V.24

(R.) The Lord gave them bread from heaven.

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.) The Lord gave them bread from heaven.

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.) The Lord gave them bread from heaven.

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.

(R.) The Lord gave them bread from heaven.

SECOND READING

EPH 4:17, 20-24

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

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!

GOSPEL

JN 6:24-35

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 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

WIS 16:20

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

SCRIPTURE COMMENTARY

BY DIANNE BERGANT CSA

The murmuring in the wilderness highlights more than Israelite discouragement in the face of hunger. The very real need for food put their faith to the test. The community grumbled to Moses and Aaron. Although God's leadership is being challenged, it is God's appointed leaders who are being blamed. The people prefer their former situation of oppression in Egypt with food, over their present freedom without food. Not even the phenomenal character of the exodus events prompted them to develop a faith that would be unshakable amid the obstacles that they were now facing. Despite this, God heard their rebellious grumbling and responded with provisions. Once again God demonstrates divine power and a preference for the Israelites.

The essence of Israel's historical recital found in the responsorial psalm is the proclamation of the glorious deeds of the Lord. The verses here concentrate on the incident of the manna and the entrance into the land. The manna tradition shows that, because the God of Israel was able to govern the heavens as well as direct the fortunes of the people themselves, this God must enjoy supreme authority over the cosmos. The recital of these wonders reminds the people of who they have become because of what they have experienced. It also challenges them to live in the present as a people faithful to who they are, so that they can hand down their noble identity to the next generation.

Paul provides the Ephesians a wisdom teaching. There are only two ways of living: the way of the wise or righteous and the way of the foolish or wicked. There is no middle path. Paul contrasts the Ephesians' former life with the one to which they have now committed themselves. This new way

of living demands a radical change. They must put away their old selves and put on new selves. The new age has come with Christ and the Ephesians must be recreated if they are to be part of this new age. In accord with the wisdom admonitions that they have heard, they are called to choose the path that will fashion them in God's own righteousness and holiness.

Jesus' discourse on the bread of life follows a traditional method of rabbinic interpretation. Scripture is quoted, and then an analysis is given. When Jesus states that the work of God is faith in himself, the crowds demand a sign to verify this bold claim. In response, Jesus reinterprets the story of manna in the wilderness, insisting that he is the bread from heaven that gives life to the world. Jesus leads them away from a superficial search for physical satisfaction to a desire for the deeper things of God. The people realise that Jesus is claiming to be the one sent by God in whom they must believe. Here the bread of life is a wisdom theme and refers to faith, not Eucharist.

© Dianne Bergant CSA

Dianne Bergant CSA was a Professor of Biblical Studies at Catholic Theological Union in Chicago, where she taught from 1978 to 2014. She holds a BS in Elementary Education from Marian College, Fond du Lac, WI; an MA and PhD in Biblical Languages and Literature from St Louis University. Amongst other things, she served as President of Catholic Biblical Association of America (2000-2001) and has been awarded honorary doctorates from several other universities. She was an active member of the Chicago Catholic/Jewish Scholars Dialogue (1988-2017) and sat on the editorial boards of The Bible Today (1979-2005), Biblical Theology Bulletin (1990-2014), Catholic Biblical Quarterly (1992-2001), New Theology Review (1997-2003), Teaching Theology and Religion (2003-2005), and Chicago Studies (2003-2009). She has taught and lectured in many places in the United States and abroad and has written numerous books, articles and chapters in books.

THIS WEEK

Tue St Dominic, priest
Wed St John Vianney, priest
Fri The Transfiguration of The Lord



NEXT WEEKS READINGS 17TH SUNDAY OF ORDINARY TIME

1st: 1 Kings 19:4-8
2nd: Col 3:12-17
Gospel: Mt 6:25-34

YOUR PRAYERS PLEASE

PLEASE PRAY FOR THE SERIOUSLY ILL MEMBERS OF OUR COMMUNITY

Susan Milne, Bernadette Humphries, Maura Garvey, Allan Hoole, Arthur Holland, Maree Nolan, Carlos Llenado. Jim Dibben, William Parkhouse, Anne Holohan, Brent Senger, Oliver Senger, Christopher Michael Graham, Nancy Fitzgerald, Angela Gibbs, Peter Allman, Peter Gloss, Pat Lowe, Maria Keisellis, Pam O'Malley-Jones, Megan McGowan, Judith Wennerbom, Marie O'Donovan, Frank McGuinness.

RECENTLY DECEASED:

Allan Sidney Barrett, Lawrence Meehan, Maria Del Sagrario Gomez De Las Heras Alonso, Trish Arnell, Christopher Lucey, Rita Agius, Marie Stokes, Tereso Ave Jr.

ANNIVERSARIES:

Norman Curran, George Frediani, Josephine Comensoli, Boleslaw Then, Rodney Spencer, Andrew Murphy, John & Eva Smith, Sr Marie Paul Chanel, Maria Dabski, Eric Fitzgibbon, Ines Bembo, Marget Richter, Elaine Murphy,

Angelina Comensoli, Thomas Dodd, Irena & Jan Tomporowski, Tim Garnsey.

REMEMBRANCES:

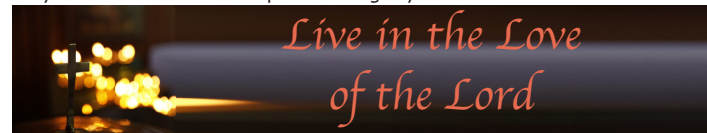
Valerie & Eric Neilson, Keanu Campbell, Joseph Vaz, Ronald Freeman, Fariba Ghazi, Mary Jane Buhagiar, Glenn Mills, Friquet Family, Mr Sammut, Foss family members, For all the Souls of the Vaz family, Kevin Boland, Fariba Ghazi, Mary Anne Dwyer, Gary Bell, John & Doris Bourke.

CONDOLENCES:

Our sincere condolences to all those who have recently lost family members or friends. In particular, our Catchiest Coordinator, Raelene O'Connor and her family, on the death of her father Allan Sidney Barrett.

Also to Margaret Mathieson and family in the loss of her uncle, Lawrence Meehan in NZ

May their souls rest in the peace and glory of our Lord.



Date	Mass	Intention	Date	Mass	Intention
Sat 231/07	9:00am Gosford	+ Remembrance VAL & ERIC NEILSON	Thu 05/08	9:00am Gosford	Recently Deceased LAWRENCE MEEHAN
Sat 31/07	4:30pm Spencer 2nd Sunday of Mth		Fri 06/08	12:00pm Gosford	SACRED HEART OF JESUS
Sat 31/07	5:00pm Gosford		Sat 07/08	9:00am Gosford	
Sat 31/07	5:30pm Somersby			4:30pm Spencer 2nd Sunday of Mth	
Sun 01/08	7:30am Gosford		Sat 07/08	5:00pm Gosford	
Sun 01/08	9:30am Gosford	+ Anniversaries THELMA TATE & ARNOLD VAN ROSS	Sat 07/08	5:30pm Gosford	
Sun 01/08	6:00pm Gosford		Sun 08/08	7:30am Gosford	
Mon 02/08	9:00am Gosford	Birthday Blessings MATTHEW STEPHENS	Sun 08/08	9:30am Gosford	
Tue 03/08	9:00am Gosford	For Peace & Wellbeing KAREN MACDONALD	Sun 08/08	6:00pm Gosford	
Wed 04/08	11:30am Gosford	For The Intentions of MADELEINE THOMAS			

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