



MANLY FRESHWATER CATHOLIC PARISH

Mary Immaculate and St John the Baptist Churches

Twentieth Sunday in Ordinary Time – 18th August 2024

"Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day."

JOHN 6:54



Gospel Reflection

Two dimensions of Jewish worship provide the context of today's Gospel, the fourth part of the "bread of life" discourse in John 6.

When an animal was sacrificed on the temple altar, part of the meat was given to worshipers for a feast with family and friends at which God was

honored as the unseen "Guest." It was even believed by some that God entered the flesh of the sacrificed animal, so that when people rose from the feast they believed they were literally "God-filled."

In Jewish thought, blood was considered the vessel in which life was contained: as blood drained away from a body so did its life. The Jews, therefore, considered blood sacred, as belonging to God alone. In animal sacrifices, blood was ritually drained from the carcass and solemnly "sprinkled" upon the altar and the worshipers by the priest as a sign of being touched directly by the "life" of God.

With this understanding, then, John summarizes his theology of the Eucharist, the new Passover banquet (remember that John's Last Supper account will center around the "mandatum," the theology of servanthood, rather than the blessing and breaking of the bread and the sharing of the cup). To feast on Jesus the "bread" is to "feast" on the very life of God – to consume the Eucharist is to be consumed by God.

Connectionmediaworks



We have some great talents to present, and we hope that in the future we will be able to share them with you at another function.



EUCHARISTIC ADORATION IN MANLY ON WEDNESDAYS

6pm – 7.30pm Quiet Prayer, Adoration and reconciliation will be available

6pm – 7pm concluding with **Benediction**



CAN'T GET TO MASS ON SUNDAY AND WANT TO RECEIVE HOLY COMMUNION?

Many of you have not been able to come back to Mass on Sunday for different reasons. If you would like one of the Priest to visit you at home, please ring the parish office on 9977 5822

OUR PILGRIMS TO:

POLAND



& MEDJUGORJE



WILL BE COMMISSIONED

THIS SUNDAY 18 AUGUST at 10.30am MASS

PLEASE PRAY FOR THEM

Manly Freshwater Parish promotes SAFEGUARDING which involves the implementation of proactive, common sense and practical ideas that ensure the safety of children and vulnerable adults in our MANLY community.

PARISH SOCIAL MEDIA

Parish facebook: facebook.com/manlyfreshwaterparish

Parish website: bbcatholic.org.au/manlyfreshwater

Livestreaming on Facebook Sunday 8:30am Mass
manlyfreshwaterparishfacebook/videos

LET US PRAY FOR

18th August 2024

Recently Deceased: Linda La Cava

Anniversary: George Sweeting; Peter Dent

Prayers for the sick in our parish: "Lord, grant them and their carers strength and courage" Stephen Robertson; Maureen Williams; Gerry Wybrandt; Amy Farrow; Patricia Duffy; Florencia Lira; Ken Waller; Mary Helen Fogarty; Belinda Nicholls; Jacqui Dawson; Gerry Ring; Zacchaeus Ratnam; Pat Smith; John Connors; Don Hews; Joan Jacobs; Paul Donnelly; Julie Wallis; Lyn Hillard; Ian Flynn; Jake Usher; Wayne Smedley; Apolinar Anasarias; Kay Flenady; Annette Frances O'Leary; Anna Kalayzich; Veronica Rinaldo; Chinnamma Puliparambil; Rena Cull; John Santos; Shirley Ford; Ana Maria Saladana;

Dates to remember...

- **NO MASS AT FRESHWATER Fri 23 August**
- **Spanish Prayer Group** Friday 23 August 6pm
- **Cenacle of Our Lady**
Manly: Tues 9:45am; Freshwater: Wed 9:45am



YOUTH GROUP GATHERING

We welcome all youth who are in High School (Yr 7 – Yr 12) to come along and join the Manly Freshwater Parish Youth Group which is held every **1st and 3rd Sunday** following the 6pm Mass (7pm – 9pm). Join us for free food and drinks, table tennis, basketball, party games, talks and new friends! Feel free to check out our instagram or send us an email!

Email: manlyfreshwatercatholicyouth@gmail.com

Instagram: [manlyfreshwater_catholicyouth](https://www.instagram.com/manlyfreshwater_catholicyouth)

PIETY STORE

Come and see our new selection of Piety goods just received.

- Rosary beads
- Rosary bracelets
- Children's Rosary bracelets
- Scapulars
- And much more



Movie of month: *Paul VI: The Pope in the tempest*

Amid the turbulence and violence of the 20th century one man stood for the timelessness of truth. Only \$10 @ the piety store

CD of the month - *Keep Holy the Sabbath - Reclaiming Sunday* - Dr Tim Gray

An exploration on the facts, and importance of properly observing the Sunday Sabbath. Only \$5 at the piety store.

THINGS YOU DIDN'T KNOW ABOUT THE MASS

What do seminarians talk about?

Recently, I was at the seminary breakfast table with some brothers, and we were having a debate. The question was this: "Upon Consecration at Mass, does the bread and wine change in substance only, or is there also a change at the *chemical level*?"

I know I know. I can already hear the taunts – you seminarians are so out of touch! Useless philosophising! Typical medieval scholasticism!



...Okay, I admit, that's somewhat fair.

Still, it was a good discussion, and made me think more deeply about what exactly happens each week up on the altar. But it's also got me thinking – if bread and wine so profoundly *change* at Consecration, then what happens *to us* when we receive the Eucharist? What, if anything, changes in us? Let's find out...



First things first, when we receive Holy Communion, we receive Jesus Christ's true flesh and blood – not mere symbols – His true flesh and blood. In a profound way, because of Christ's self-giving love for us, the flesh we receive is the same flesh of Jesus ripped by the cruel scourges of the Roman soldiers; the flesh violently torn from His Body as He was stripped of His clothes. It is the same blood, too, pouring down from His pierced hands and feet; the blood coursing down His Body, as he hung from the Cross. By receiving this very flesh and blood of Christ, we are cleansed of venial sin, strengthened to do good, and safeguarded against evil. Woah!

Secondly, by eating Christ's flesh and blood, our bodies are profoundly changed; we are made one with Christ's Body. Unlike ordinary food which breaks down and becomes part of *us*, the Holy Eucharist instead changes us into *Christ*. Indeed it is not *Christ's Body* that changes to *our body*; rather, *our body* changes to *His*. Our Lord desires to be so close with us, that He gives His own Body to us, so that we might become *one* with Him. Ah, if we *truly* understood this, we would sooner fall to our hands and knees and crawl up the aisle at Communion, begging with tears to receive Him each week.

Alas, we are but fickle creatures – sensitive to other's judgement, and too lacking in love and humility, to show such devotion. So then, this week, what shall we do?



Firstly, let us **taste His flesh and blood**. This week, upon receiving the Body of Christ, actually stop for a moment, and *taste*. Taste Our Lord. Taste the flesh and blood of Christ – given by Jesus for love of you. Recall that this is the same flesh and blood that Jesus suffered so excruciatingly in His Passion to share with you.

And then, having tasted His flesh and blood, **consider His love**. Upon receiving Our Lord and returning to your place, take a moment to kneel down, and consider Christ's love for you; His own flesh and blood, now inside you, digesting and transforming you from the inside out. Contemplate how it is no longer just your body, but rather your body slowly being transformed into Christ's Body.

...And if our body is transformed into *Christ's Body*, and *Christ's Body* was raised to Heaven after death – then so too *you*, upon your death, shall be raised to Heaven.

God bless you. Seminarian Matthew



Thank you for your generous support. We encourage you to use the tap machines at the Church entrances. If you prefer to use cash

there will be **ONE** collection during Mass at the offertory at Manly and **TWO** at Freshwater.

PILOT PROGRAM –The Diocese has agreed for Manly to pilot a **ONE COLLECTION** at the weekend Masses. The Diocese will continue to monitor this.

The collection is for the First and Second Plates and will be allocated as follows:

- 25% to Supporting our Priests including the sick & retired in our Diocese.
- 75% to Parish operations and maintenance of building.

SUPPORT OUR PARISH & PRIESTS FINANCIALLY by using one of the following...

- 1. Planned Giving:** through a monthly **direct debit** or **credit card**. Please contact the parish office for more information 9977 5822.
- 2. Collection plates during Mass**
- 3. Tap and Go machines** using your credit/debit card or **EFTPOS Terminals**.
- 4. Scan to Donate** using the QR code to access our BPoint Donation page.
- 5. Direct into Parish Bank Accounts**
 - **2nd collection Parish Bank Account**
Funds the running of the Parish
Account Name: Manly Freshwater Parish
Bank Name: Commonwealth Bank
Account # 100002025 BSB: 062 784
 - **1st collection** Supports our Priests
Account: Manly Freshwater Parish Pastoral
Bank Name: Commonwealth Bank
Account# 13958002 BSB: 062 784



HAS YOUR CREDIT CARD EXPIRED?

If you donate to the Parish using your credit card please let us know if you have a new card or the card has expired by contacting the Parish Office 9977 5822 or email manlyfreshwaterparish@bbcatholic.org.au

DIRECT DEBIT FROM BANK ACCOUNT

Please consider changing your giving from a credit card deduction to a direct debit from your bank account. Please contact the parish office to have this set up automatically for you.



Pope Francis Prayer Intention for August For Political Leaders

Pope Francis invites prayers “so that political leaders may serve their people, work for comprehensive human development and the common good, attending to those who have lost their jobs and prioritizing the poorest.”



PARISH MORNING TEAS

MANLY: every 3rd Sunday after the 10:30am Mass hosted by the Tongan Community.

FRESHWATER: every Sunday after the 9am Mass in the parish hall.

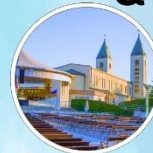
Join us for morning tea and a chat. All welcome and bring a friend.

OUR PILGRIMS TO:

POLAND



& MEDJUGORJE



WILL PRAY FOR YOUR INTENTIONS AT EVERY MASS



We close the intention collection on the 25 August

Write down your intention on the prayer card, you will find at the foyer/entrance

- 08.09 Warsaw airport chapel
- 09.09 Warsaw Church of St. James
- 10.09 Niepokalanów St Maximilian MK
- 11.09 Częstochowa - Jasna Góra
- 12.09 Częstochowa - Jasna Góra
- 13.09 Cracow - Church of St. Florian
- 14.09 Wieliczka
- 15.09 Łagiewniki Divine Mercy Shrine
- 16.09 Cracow airport chapel
- 17-19.09 Medjugorje
- 20.09 Dubrovnik - Church of St. Blaise
- 21-22.09 Neum

PLEASE PRAY FOR OUR PILGRIMS

Pastoral Discernment Northern Beaches Update

Recently, the Northern Beaches community gathered to participate in a Pastoral Discernment Conversation Forum. The gathering provided an opportunity for all members of the community to hear the themes that have emerged through the local listening and dialogue consultation sessions in each of our Diocesan communities across the Northern Beaches, as well as providing the opportunity for further dialogue, together.

We extend our heartfelt thanks and deep appreciation to everyone who has participated in shaping our collective path forward.

A Final Report is currently being prepared for Bishop Anthony.

Year of Prayer

Our Vicar General, Very Rev Dr David Ranson, has prepared a Meditation Series of Christian Prayer. This is in preparation for the 2025 Jubilee.

The Introduction to the series and the first three videos in the series can be found at <https://www.bbcatholic.org.au/mission/year-of-prayer> or on the [Diocese YouTube channel](#)

An excellent series!

The Year of Prayer is meant to help Catholics individually and as a community to prepare to receive God’s grace.

May prayer be the compass that guides, the light that illuminates the path and the strength that sustains us on the pilgrimage that will lead to entering the Holy Door in 2025, the traditional sign of having made a jubilee pilgrimage. Through prayer, may we arrive at the Holy Door with our hearts ready to welcome the gifts of grace and forgiveness that the Jubilee offers as a vivid expression of our relationship with God.

Formation Opportunity; A Synodal Church A formation and information session is being planned for the **23 August, with Mr Andrew Spiteri.**

Andrew is one of the leading facilitators at the current Synod of Bishops. He was also a facilitator at the recent Meeting of Parish Priests for the Synod in Rome. He also served as a consultant/facilitator on participatory methodologies for the Dicastery for the Clergy during a major 5-day conference for priest formation in February this year. A member of the Focolare Community, Andrew operates internationally, assisting diverse groups, associations, church and diocesan entities, and organisations.

During this online formation session, participants will gain a deeper understanding of listening, discernment, and the Conversation in the Spirit methodology. This formation opportunity is open to all members of the Diocese, particularly community leaders of the North Shore.

This online gathering is open to all diocesan members, especially Clergy, leaders and Consultation Facilitators of the North Shore Deanery.

Registrations for the **'A Synodal Church'** formation gathering with Mr Andrew Spiteri can be made here:

[A Synodal Church Formation gathering.](#)



St John the Apostle Church, Narraweena 50th Anniversary celebration Sunday 8 Sept 2024

Please join us for a special Mass at 11am followed by a light lunch (bring a plate of finger food to share) and see our display of memorabilia in the hall. All welcome.

SERRA VOCATIONS MASS & DINNER MEETING

When: Thurs 22nd August

Where: Sacred Heart Church, 2 Richard Porter Way Pymble

Time: Commencing with Mass at 6pm

Special Guest Speaker will be Sister Virginia Bourke SOSJ. Her topic "The Life and Times of Saint Mary MacKillop"

For catering purposes kindly telephone Henry or Anna Leung on **0478 083 116** or email annaytyleung@yahoo.com.au or telephone Terry Scanlan on **0438 887 295** or email terry_scanlan@bigpond.com if you are planning to attend.



Joseph House | House of Discernment for Men - Applications 2025 Now Open!

Joseph House is a place of intentional discernment. Residents engage in daily prayer, fraternity, and spiritual formation, helping them realise the universal call to holiness received at Baptism and discern God's specific plan for their lives. This is achieved while they continue with their regular employment, studies, and social activities.



To apply today go to:

<https://www.bbcatholic.org.au/mission/vocations/joseph-house>

For more information, contact Vocations Broken Bay on

02 8379 1626 | 0418 522 449 or email josephhouse@bbcatholic.org.au

Vocations Office Events - Scan, Connect, Engage! Use our QR Code for all Vocation Office Events! It's your ticket to seamless entry and instant updates. Scan now and join us on the journey of faith! [Website](#)



Email: Vocations.ministry@bbcatholic.org.au

Ph: 02 8379 1626 | 0418 522 449

CATHOLIC COMMUNITY OF NORTH HARBOUR ALPHA YOUTH FOR 18 – 35ish



Ignite 2024 Thu 26 – Sat 28 September

Broken Bay is again delighted to host the Ignite Sydney Conference, a gathering of Catholics for four days of formation, renewal of faith, and powerful worship. It is a conference for all children, high school students, and young adults, and deeper sessions for adults, specifically parishioners, priests, religious, ministry leaders, parents, and grandparents. There is something for everyone at the Ignite Conference.

Mission Broken Bay is pleased to offer a 50% subsidy for parishioners to attend. Please contact Mission@bbcatholic.org.au to access the promotional code for either a "Teen" or "Adult" registration.

JOIN OUR NORTHERN BEACHES

YOUNG ADULTS
COMMUNITY

Every 2nd Saturday at pub/restaurant
Every 4th Saturday at Manly Parish
message: (6 Raglan St)
Fr Marek at 0422532173
or Cam at 0432895304

PARISH WEEKLY EVENTS

- Cenacle of Our Lady: Tues 9:45am Manly Church
- Craft Group: Tues 10:00am Parish Centre
- Eucharistic Adoration: Weds 6:00pm Manly
- Lectio Divina: Tues 7.30pm & Weds 10am Parish Centre
- Piety Store: open on weekends or call the Parish Office
- Prayer Group in Spanish – 2nd & 4th Friday 6pm Parish meeting room
- Reconciliation: Manly: Sat 10am – 11am
- RCIA: Contact the Parish Office 9977 5822
- Rosary: Freshwater Tues – Fri 8.45am in Church
- Youth Group (Yrs 7 – Yr 12): 1st & 3rd Sunday 7pm – 9pm

PARISH MONTHLY EVENTS

- Anointing Mass: Manly & Freshwater 1st Friday 9:15am
- Parish Pastoral Council: contact Parish Office
- St Joseph Men's Group: 1st Thurs of the month 7pm
- t Vincent de Paul Conferences:
Manly 1st Mon each month 5:30pm
Freshwater 2nd Mon each month 5:30pm

BAKE SALE

THANK YOU

FOR YOUR GENEROSITY YOUR LOVE FOR OUR YOUTH AND SWEETS HAS RAISED ASTONISHING \$2002

We hope to send 20 of our young parishioners to the Ignite Conference in September 2024. We need to raise \$3,000 to cover their tickets.

If you would still like to support our young people you are more than welcome to make a donation. Please contact the parish office 9977 5822



Young Adults BBQ at Manly Dam last Saturday

Whoever eats this bread will live forever



20th Sunday in Ordinary Time, Year B

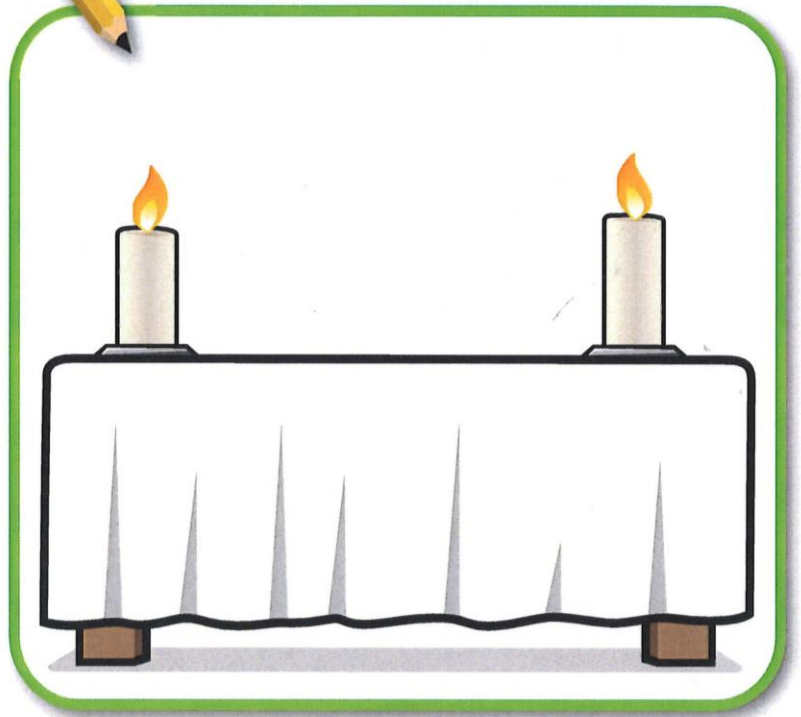
Use the words below to find out what Jesus said to his apostles.

Those who _____ my _____
and drink my _____
will have _____ life,
and I will _____ them
up on the last _____.



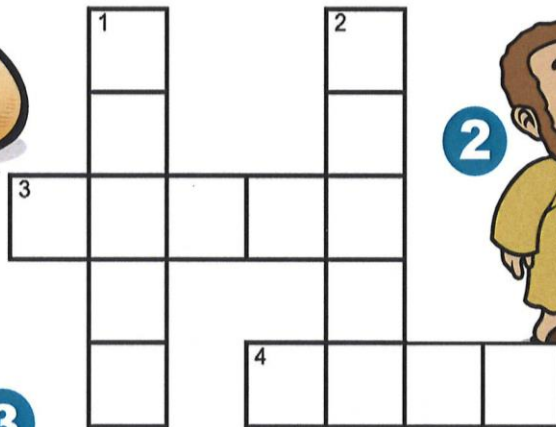
eternal
blood
day
bread
eat
raise

The special food and drink we have at Mass is Jesus' flesh and blood. Draw a picture of the priest blessing the bread and wine at the altar.



Can you complete this crossword puzzle? It uses pictures as clues instead of words!

1



2



3



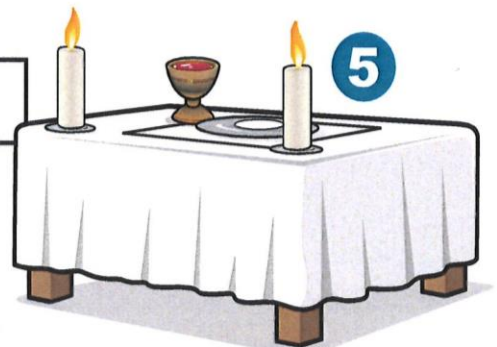
4

4



5

5



Twentieth Sunday in Ordinary Time– Year B

First Reading *Proverbs 9:1-6 (JB)*

A reading from the book of Proverbs

Come and eat my bread; drink the wine I have prepared.

Wisdom has built herself a house, she has erected her seven pillars, she has slaughtered her beasts, prepared her wine, she has laid her table. She has despatched her maidservants and proclaimed from the city's heights: 'Who is ignorant? Let him step this way.' To the fool she says, 'Come and eat my bread, drink the wine I have prepared! Leave your folly and you will live, walk in the ways of perception.'

The word of the Lord. **All: Thanks be to God.**

Responsorial Psalm *Ps 33:2-3, 10-15 (JB)*

R. Taste and see the goodness of the Lord.

I will bless the Lord at all times, his praise always on my lips; in the Lord my soul shall make its boast. The humble shall hear and be glad. R.

Revere the Lord, you his saints. They lack nothing, those who revere him. Strong lions suffer want and go hungry but those who seek the Lord lack no blessing. R.

Come, children, and hear me that I may teach you the fear of the Lord. Who is he who longs for life and many days, to enjoy his prosperity? R.

Then keep your tongue from evil and your lips from speaking deceit. Turn aside from evil and do good; seek and strive after peace. R.

Second Reading *Ephesians 5:15-20 (JB)*

A reading from the letter of St Paul to the Ephesians

Be watchful that you may know the will of God.

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but your lives should redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks

to God who is our Father in the name of our Lord Jesus Christ.

The word of the Lord. **All: Thanks be to God.**

Gospel Acclamation *John 6:56 (JB)*

Alleluia, alleluia!

All who eat my flesh and drink my blood live in me and I in them, says the Lord.

Alleluia!

Gospel *John 6:51-58 (JB)*

A reading from the holy Gospel according to John

My flesh is real food and my blood is real drink.

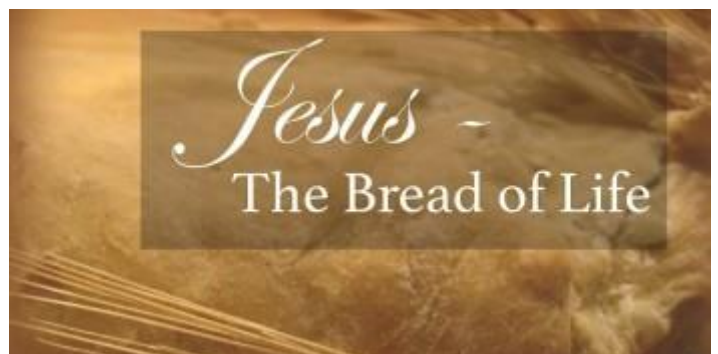
Jesus said to the crowd: 'I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

The Gospel of the Lord

All: Praise to you, Lord Jesus Christ.



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Nestled between the pines at South Steyne – our Medical Centre born from the belief of looking from a fresh perspective towards healthcare. You will find highly trained, experienced GPs and Nursing Staff, with a range of skills to provide you with quality comprehensive care.



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Fax Number: (02) 7209 2921
Website: southsteynemedical.com
Email: SSMAdmin@southsteynemedical.com


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Freshwater
9939 6699


**St Mary's Primary
Catholic School
K – 6**
Denison Street, Manly
7256 2135



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**124 Darley Road, Manly
Ph: 7256 2112
www.stpaulsdbb.catholic.edu.au
E: stpauls@dbb.catholic.edu.au**

Parish Priest: Fr Chima Ofor
manlyfreshwaterparish@bbcatholic.org.au

Assistant Priest: Fr Marek Woldan
marek.woldan@bbcatholic.org.au

Seminarian: Matthew French

Parish Secretary: Jenny Beninati
manlyfreshwaterparish@bbcatholic.org.au

Mary Immaculate Church (Parish Office)
6 Raglan St, Manly 2095
Phone: 9977 5822
After Hours Sick Calls: 0499 910 010
Parish Office: Mon to Thurs 8:30am – 4:30pm
manlyfreshwaterparish@bbcatholic.org.au
www.bbcatholic.org.au/manlyfreshwater

St John the Baptist Church
cnr Johnson & Oliver St, Freshwater 2096

Parish Pastoral Council:
Michael McGrath (Chair); Ivica Covic (Deputy
Chair); John Zemek (Deputy Chair);
Val Buono; Patricia Carroll; Margaret Dent;

PPC continued...
Robert Marshall; Peter Nacard, Ian Press,

Weekend Masses:
Manly: Saturday Vigil 6:00pm
Sunday 8:30am, 10:30am, 6:00pm
Freshwater: Saturday Vigil 5:00pm
Sunday 9am

Weekday Masses: Manly & Freshwater
Tuesday – Friday 9:15am

Baptisms: please contact the parish office

Reconciliation: Manly Sat 10am – 11am

St Mary's Primary School 7256 2135
Principal: Paul McGuire

St John the Baptist Primary School 9939 6699
Principal: Alicia van der Merwe

St Paul's Catholic College 7256 2112
Head of College: Mark Robinson

Stella Maris College 9977 5144
Principal: Elizabeth Carnegie



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