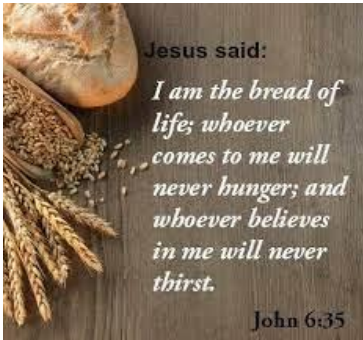




# MANLY FRESHWATER CATHOLIC PARISH

Mary Immaculate and St John the Baptist Churches

## Eighteenth Sunday in Ordinary Time – 4th August 2024



Jesus said:  
*I am the bread of life; whoever comes to me will never hunger; and whoever believes in me will never thirst.*

John 6:35

### Gospel Reflection

Several scholars have suggested that Chapter 6 of John's Gospel may have originally been the text of a homily by an early Christian teacher on the Eucharistic action of Jesus.

Jesus is apparently speaking to two groups here: those who witnessed the miracle of the loaves (last Sunday's Gospel) and those who did not see the miracle but have heard about it and want to see a similar sign for themselves. To the former, Jesus tells them that there is something much deeper in this event than "perishable food" being multiplied; the real "food" is the word of God proclaimed, its power and authority manifested in the miracles of the loaves.

To the latter group who seeks a sign as the Israelites sought a sign from Moses, Jesus reminds them that it was not Moses himself but God working through Moses that provided their "grumbling" Exodus ancestors with bread in the desert (recalled in today's first reading from Exodus). God has given his people new bread for the new covenant – the Risen Christ.

*connectionmediaworks*

### CHANGES TO WEEKDAY MASSES

Fr Chima will be on leave from 3rd – 19th August. Weekday Masses will be held on the following days for the next two weeks...

**Manly:** Tuesday, Thursday and Friday

**Freshwater:** Wednesday

We extend our thanks and appreciation to the Augustinian Fathers for their support with the weekend Masses during this time.



### PARISH MORNING TEAS

**MANLY:** Sunday 4th August after the 8:30am Mass in the Parish Meeting Room.

**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.**

**Livestreaming on Facebook** Sunday 8:30am Mass  
[manlyfreshwaterparishfacebook/videos](https://www.facebook.com/manlyfreshwaterparishfacebook/videos)

*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](https://www.facebook.com/manlyfreshwaterparish)

**Parish website:** [bbcatholic.org.au/manlyfreshwater](https://bbcatholic.org.au/manlyfreshwater)



**EUCCHARISTIC 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



CATHOLIC VOCATIONS  
BROKEN BAY

On the 8th of August, we commemorate Saint Mary of the Cross MacKillop,

Australia's first canonised saint and cherished patron. As we celebrate her legacy, we also mark National Vocations Awareness Week, which runs from 4 -11 August 2024. During this special week, let us pray for more devoted priests, deacons, and consecrated men and women as we recognise and support the critical role of families in fostering vocations. May they find courage in Jesus Christ, draw strength from our united faith, and embrace the precious gift of their vocation with grace and gratitude.

In his Message for the World Day of Prayer for Vocations 2024, Pope Francis reflects on the theme of Hope and Peace and the courage to commit.

*Pope Francis urges all Christians to be pilgrims of hope, working towards a future of peace, justice, and love, with their hope rooted in Christ's resurrection.*

*Pope Francis also calls everyone, especially young people, to rise up and courageously embrace their vocations, becoming messengers of joy and builders of fraternity and peace.*

**Recently Deceased:**

**Anniversary:** Monica Browett; Robyn Fenn; Margaret Santos; Geoffrey and Valerie Formica;

**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 Curl; John Santos; Shirley Ford; Ana Maria Saladana;

**Dates to remember...**

- **Alpha continues** Monday 5th August 7pm
- **Spanish Prayer Group** Friday 9th 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](mailto:manlyfreshwatercatholicyouth@gmail.com)

Instagram: 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.

[1] NOTE: Both bread and wine are used to represent the offerings of ourselves - our prayers, works, joys and sufferings. The author uses poetic license to help draw closer connection between bread and 'work', and wine and 'joys'. Also, Youth Group specifically asked re: gluten-free bread.

**THINGS YOU DIDN'T KNOW ABOUT THE MASS****Can't we taste something different?!**

"Would Mass be valid if the priest used corn bread and rice wine?"



Recently we had a Youth Group here in Manly, and this was a question asked.

For the record, the answer is no. Why? Well, simply, because Jesus used wheat bread and grape wine, and asked us to "do this in memory of me." But that doesn't mean there's no other reason. Indeed, bread in the Old Testament was a sign of God's faithfulness to His people, as He sent down 'bread from heaven' to the Israelites in the desert. So too, wine was a key part of the Jewish Passover meal, especially the cup of blessing, which was a reminder of the Jewish messianic hopes for the rebuilding of Jerusalem.

Still, I can't help but wonder: what about for us now? Is there any significance of bread and wine that relates to us Catholics today? Let's take a look...



**Bread** – Bread, perhaps more than any other food, calls to mind *work* – "the hard work of ploughing and sowing, the moist brow of the reaper, the weariness of the arms which have threshed the wheat, and the grunts of the baker who kneaded the dough close to the scorching oven." Bread represents *our work*; be it at home, in the office, in the factory, or in the fields. So the bread offered by the priest at the altar – can be for us, the offering to God of *our daily work and struggles*.<sup>[1]</sup>

**Wine** – So too, *wine* is the offering our *daily work*, since wine too requires work farming, harvesting, crushing, fermenting, filtering, etc. Moreover, wine is a festive drink, enjoyed on joyous occasions. And so the wine offered by the priest at the altar – can be for us, the offering of *our daily joys and triumphs*.

**Water** – Lastly, the water. Water mixed with wine was an ancient custom, which is why Jesus' chalice contained them both at the Last Supper. Accordingly, water is mixed with wine in the Mass, in part to demonstrate a significant point: our entry to Heaven is brought about – not so much by our own human efforts (water) – but through the Sacrifice of Christ's blood (wine). Notice too, the priest only pours a few drops of water into the chalice, compared to a good pouring of wine. Thus, the water is absorbed into the wine, just as Jesus absorbs us into Himself – it is our union with Christ that opens our Way to Heaven.



So then, what shall we do this Mass? Well, here's three...

1) When the priest first takes the bread at the altar and raises it up for the offering: **gaze at the bread** – for this is *your works and struggles* of this week, offered to God;

2) So too, when the priest takes the chalice at the altar and raises it up for the offering: **gaze at the wine** – for this is *your joys and triumphs* of this week, offered to God; and

3) When you see the priest pour the water and wine into the chalice, **remember**, it is not *your offerings by themselves*, but your offerings *united with Christ's offering* (of Himself to The Father) that opens for you the gates of Heaven.

*God bless you. Seminarian Matthew*





**ST MARY MACKILLOP FEAST DAY  
8 AUGUST**

Mary MacKillop was a trail-blazer in her lifetime, leaving a culture of exemplary living for her followers to emulate. Mary paved the way for education of poor children and a variety of ministries which addressed the needs of 19th century Australia.

Her legacy continues today in countless ways. Education in its many facets is still a strong ministry for the Sisters of Saint Joseph.

New ways of living the charism have emerged through chaplaincy, pastoral work and a myriad of ways of bringing healing and hope through spirituality, counselling, supervision and mentoring.

Mary MacKillop's legacy holds more for the Sisters of Saint Joseph and followers than the way we minister. She encourages us to be women of justice and ecumenism. Mary inspires us to be courageous and hopeful and to have a deep faith in our God who provides.

Mary MacKillop has shown us how to forgive and how to be compassionate; she teaches us about sanctity and is a saint for all of us today.

**Prayer to St Mary MacKillop**

God of all pilgrim people, you raise up women and men to meet the needs of every age. In Mary MacKillop, we celebrate a journey of deep love and sensitivity to your will. Like her, may we learn to grow in appreciation of the fullness of your love and the depth of your mystery.

Help us to transform the ordinariness of our lives as we reach out to others through the daily challenges of our journey towards you. Amen



**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."

**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](mailto:Mission@bbcatholic.org.au) to access the promotional code for either a "Teen" or "Adult" registration.

**ATTENTION: PLANNED GIVING ENVELOPE NUMBER 037 UNKNOWN** If you have a set of envelopes **number 037** could you please contact the parish office 9977 5822.



### TAX RECEIPTS 2023/2024

If you require a Tax Receipt for your donation to Pastoral Works Broken Bay or Project Compassion, please contact the parish office.

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](mailto: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.

## 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.



### Caritas Australia's Women for the World Appeal

Support women to lift their families and communities out of poverty. With your support Memory completed vocational training and became the first female carpenter from her village in Malawi. More women and girls need this support to break the cycle of poverty. You can create real change for women like Memory.

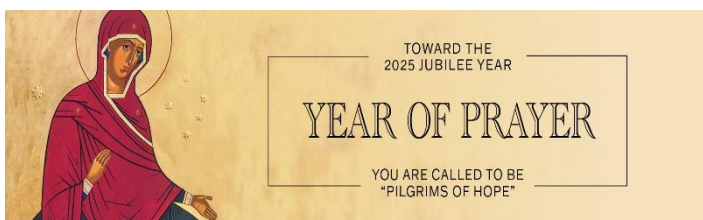
**Donate** online at: [www.caritas.org.au](http://www.caritas.org.au)

### 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





**MANLY'S GOT TALENT**

Register to share your talent

SCAN ME

RSVP to attend

SCAN ME

**17 August**  
**7PM**  
**Parish Hall**

**MANLY'S GOT TALENT**

**What's yours?**

RSVP to attend

Register to share your talent

SCAN ME

Scientists say a "Mozart" is born every 50 years.

But perhaps there's more out there, and we just don't see them. Perhaps there's many people with hidden talents we just don't know about...

Manly Freshwater Parish wants to bring light to the hidden talents of our community and beyond. We don't need a Mozart. But who needs Mozart to enjoy God's gifts in people?

This August, we're calling all talents forward - dancers, musicians, singers, illusionists, comedians, performers... whatever your talent is - we want to see it!

Who do you know that can share their talent? Invite them to come and share it at **Manly's Got Talent**. There'll be no judges - everyone who comes to the stage is already a winner.

Who will you invite to showcase their talent?

The show starts 17th August 2024 at 7pm.

If you would like to share your talents or nominate someone, please collect the registration card.

RSVP via QR Code or the parish office.

*Fr Marek*



## Welcomers workshop in Chatswood



## Young Adults Formation Night



## ALPHA Group



## YOUNG ADULT BBQ lunch at Manly Dam



Want to have a good time with your age mates - join us for BBQ and games on the 10 August from 11.30am to 2pm or longer. Contact Fr Marek Woldan for more details: [marek.woldan@bbcatholic.org.au](mailto:marek.woldan@bbcatholic.org.au)

## 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



# Eighteenth Sunday in Ordinary Time– Year B

## 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. **All: Thanks be to God.**

## Responsorial Psalm *Ps 77:3-4, 23-25, 54*

### **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.

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.

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.

## 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. **All: Thanks be to God.**

## Gospel Acclamation *Matthew 4:4 (JB)*

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

**All: Praise to you, Lord Jesus Christ.**



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E: [stpauls@dbb.catholic.edu.au](mailto:stpauls@dbb.catholic.edu.au)**

**Parish Priest:** Fr Chima Ofor  
[manlyfreshwaterparish@bbcatholic.org.au](mailto:manlyfreshwaterparish@bbcatholic.org.au)

**Assistant Priest:** Fr Marek Woldan  
[marek.woldan@bbcatholic.org.au](mailto:marek.woldan@bbcatholic.org.au)

**Seminarian:** Matthew French

**Parish Secretary:** Jenny Beninati  
[manlyfreshwaterparish@bbcatholic.org.au](mailto: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](mailto:manlyfreshwaterparish@bbcatholic.org.au)

[www.bbcatholic.org.au/manlyfreshwater](http://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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