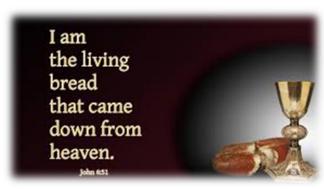


MANLY FRESHWATER CATHOLIC PARISH

Mary Immaculate and St John the Baptist Churches

Nineteenth Sunday in Ordinary Time - 11th August 2024



Gospel Reflection

From time immemorial bread has been the "staff of life," the basic and most important food in everyone's diet. To the "murmuring" Jews ("murmuring" as their ancestors did in the desert), Jesus tries to help them see the deeper meaning of his claim to be "bread come down from heaven." Christ is the "bread of heaven" that transcends this experience of life to the life of God. Christ the bread is the love, justice and compassion of God incarnate; God, our "Father," is revealed in him.

The operative verbs in today's Gospel are "believe" and "trust": God provides for and sustains our faith in his gift of Jesus the Bread of life in the same way that First Testament wisdom nourished all who paid heed.

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FEAST OF THE ASSUMPTION Thursday 15th August

You are reminded that the Feast of the Assumption of the Blessed Virgin Mary is a Holy Day of Obligation.

Manly Masses 9.15am & 6pm

Freshwater Mass 9.15am

Students from our local schools

will be joining us at the 9.15am Masses.

CHANGES TO WEEKDAY MASSES

Fr Chima is on leave until 19th August.

Weekday Masses will be held on the following days

Manly: Tuesday, Thursday and Friday **Freshwater:** Wednesday and Thursday

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

CAKE STALL THIS WEEKEND

This weekend at Manly and Freshwater Churches the Youth and Young Adult Groups will be holding a fundraising Cake Stall to raise funds to attend the IGNITE CONFERENCE in September 2024.

Please come along and support the young people of our parish.



LET US PRAY FOR

11th August 2024

Recently Deceased: Dominic Biviano **Anniversary:** Lim Ai Chu; Rodolfo Lusung; Suzanne Yuchengco; George Sweeting

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 Curll; John Santos; Shirley Ford; Ana Maria Saladana;

Dates to remember...

- Alpha continues Monday 12 August 7pm
- Assumption of the Blessed Virgin Mary Holy Day of Obligation Thurs 15 August Masses -Manly: 9:15am & 6pm and Freshwater: 9:15am
- Manly's Got Talent Saturday 17 August 7pm
- Spanish Prayer Group Friday 9 & 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



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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

The opponent St Benedict couldn't beat

Saint Benedict is a champ.

The saint overcame *many* adversaries in his life. Monks who poisoned his bread, thieves who robbed his monastery, brothers who betrayed his rule, disciples who attacked his reforms, and many many more...



And yet, there was *one* opponent St Benedict could not beat – his sister. The story goes that, one day, Benedict came to visit his sister Scholastica at her convent. They spent the day, joyfully singing psalms and reminiscing, but when evening came, despite his sister's

pleas, Benedict *insisted* that he depart home - he was bound to obedience. Scholastica was distraught. She loved her brother dearly. So she folded her hands in prayer, looked heavenward, and immediately, down poured rain so violently, her brother was forced to stay.

What a story! I love it, both because of St Scholastica's *love* for her brother and the power of a *faithful prayer*. Speaking of such prayers, let's look today at a related part of the Mass – The Prayers of the Faithful.

Specifically, what are they, and why do we offer them?



Firstly, the Prayers of the Faithful go back to the very beginnings of The Catholic Church. The early Christian saint, Justin Martyr, writes in *The First Apology* (150 AD): "After the homily of the bishop, we all stand and raise our prayers... for our own selves, for those who have just been lighted up [baptised], and for all the rest, found elsewhere." The people then responded with *Kyrie eleison* ("Lord, have mercy") or some other invocation. Catholics retain this practice – of praying for the needs of the Church and of the world, to this very day. Its a beautiful way by which we 'love our neighbour'.

Secondly, and this is critical: our prayers of petition *work*. So often Our Lord simply waits for us to ask Him for some good thing before He bestows it (James 4:2). And yet so often, even when God answers our prayers, we forget and easily attribute it to some secondary 'natural' cause, forgetting that "every perfect gift is from above, coming from the Father of lights" (James 1:17). But prayer is *powerful*. Far greater good in the world is contributed by the cloistered religious and humble souls who pray for others at daily Mass – than politicians and influencers who everyday fill our television screens and social media feeds. Simply put, our prayers work.



So then, what shall we do?

Well, this Mass, let us listen *attentively* – to each of the Prayers of the Faithful. How easy it is for us to get lost and fall into the rhythm of saying: "*Lord, hear our prayer*", without even hearing the prayer *ourselves*.

To overcome this, here's a little tip I've found helpful...

For each intention, think of *one* person who relates to the intention, and offer your prayer for *them*. So if the prayer is for the sick, think of a friend or family member who is sick. If the prayer is for church leaders, think of a priest or bishop you wish to pray for. Or if it is for the homeless, think of someone you know in housing difficulty. Then offer that *specific person* to God.

God so often answers our prayers – if but only we ask.

God bless you. Seminarian Matthew



TICKETS FOR MANLY'S GOT TALENT WILL BE SOLD BEFORE AND AFTER EACH MASS THIS WEEKEND -SINGLE \$25 / FAMILY \$75

Manly Freshwater Parish wants to bring light to the hidden talents of our community and beyond. Next Saturady 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



St John the Apostle Church, Narraweena 50th Anniversary celebration Sunday 8 September 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.

EUCHARISTIC ADORATION IN MANLY ON WEDNESDAYS

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

6pm - 7pm concluding with **Benediction**



PASTORAL 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

Livestreaming on Facebook Sunday 8:30am Mass 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 Parish website: bbcatholic.org.au/manlyfreshwater



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

CatholicCare operates Dom's Place in Hornsby and Mary Mac's Place in Woy Woy where they provide meals, a place to shower and wash clothes, and somewhere for people who are homeless or transient to come and connect with supports and community.

Diocesan-wide fundraiser for CatholicCare's homelessness services will be held on the weekend of 10-11 August. Thank you in advance for supporting this important Diocesan initiative.

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-ofprayer 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.

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.

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...

- 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."



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

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





- 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

SERRA VOCATIONS MASS AND 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"



Father Aldrin Valdehueza, our Chaplain and Assistant Priest at Epping Carlingford Parish will be celebrating the Mass.

Following the Mass, dinner, and a short meeting where **Sister Virginia** will speak to us. If you would like to learn more about our very own Saint or be reminded of the wonderful woman she was, we would love you to join us for the evening.

Everyone is welcome.

Please remember to pray every day for vocations to the priesthood, diaconate, the consecrated life, ecclesial women, all seminarians, novices, and for the residence of Joseph House Discernment Centre. Please also pray for the perseverance of existing vocations.

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



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.



lamthe bread of life



19th Sunday in Ordinary Time, Year B



Jesus gives us many things

Jesus had faith and trust in God, and he asks us to have faith and trust in him. Draw a picture of someone you love, who you have faith in and trust.

He gives us bread to eat. Where do we eat his bread?



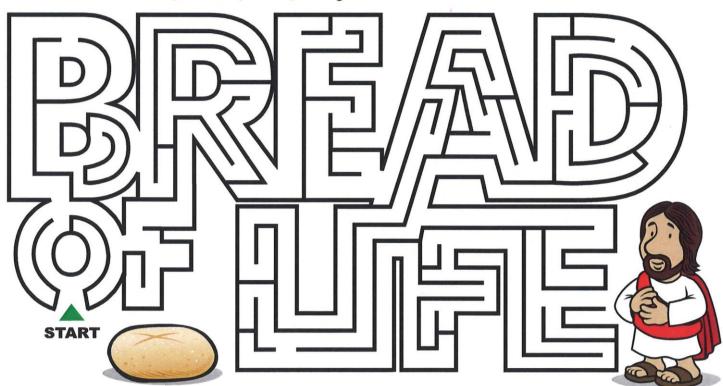
He gave us his life. Where did he give us his life?



He gives us love. How do we feel Jesus' love in our lives?



Can you make your way through the BREAD OF LIFE maze?



Nineteenth Sunday in Ordinary Time- Year B

Note: The readings for the Freshwater Family Mass will be taken from the Children's Lectionary.

First Reading

1 Kings 19:4-8 (JB)

A reading from the first book of the Kings

Strengthened by the food, he walked to the mountain of the Lord.

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord,' he said 'I have had enough. Take my life; I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

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

Responsorial Psalm

Ps 33:2-9 (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.

Glorify the Lord with me. Together let us praise his name. I sought the Lord and he answered me; from all my terrors he set me free. R.

Look towards him and be radiant; let your faces not be abashed. This poor man called; the Lord heard him and rescued him from all his distress. R.

The angel of the Lord is encamped around those who revere him, to rescue them. Taste and see that the Lord is good. He is happy who seeks refuge in him. R.

Second Reading

Ephesians 4:30 - 5:2 (JB)

A reading from the letter of St Paul to the Ephesians Walk in love, just as Christ.

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

The word of the Lord.

All: Thanks be to God.

Gospel Acclamation

John 6:51 (JB)

Alleluia, alleluia!

I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever.

Alleluia!

Gospel

John 6:41-51 (JB)

A reading from the holy Gospel according to John

I am the living bread come down from heaven.

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. It is written in the prophets:

They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me. Not that anybody has seen the Father, except the one who comes from God: he has seen the Father. I tell you most solemnly, everybody who believes has eternal life. I am the bread of life. Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die.

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.'

The Gospel of the Lord

All: Praise to you, Lord Jesus Christ.







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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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