

<b>Today</b>	Ex 16:2-4, 12-15; Eph 4:17, 20-24; Jn 6:24-35
<b>Next week</b>	Ex 16:2-4, 12-15; Eph 4:17, 20-24; Jn 6:24-35

**Psalm Response:**  
The Lord gave them bread from heaven.

**Gospel Acclamation:**  
**Alleluia, alleluia!**  
**No one lives on bread alone,  
but on every word that comes from the  
mouth of God. Alleluia!**

**Servers**

25 July	Server	N/A
1 August	Server	N/A

**Readers**

25 July	1st Reader	N/A
	2nd Reader	N/A
Welcome/Intercessions: N/A		
1 August	1st Reader	N/A
	2nd Reader	N/A
Welcome/Intercessions: N/A		

**Counters**

25 July	N/A
1 August	N/A

**Church Care**  
Phil and Pat Wicks

**Flowers**  
August David Buckley

**St Paul's Mt Victoria**

**Readers:**

1st Reader	N/A
2nd Reader	N/A

**Entrance Ant:**  
**O God, come to my assistance;**  
**O Lord, make haste to help me!**  
**You are my rescuer, my help;**  
**O Lord, do not delay.**

**Communion Ant:**  
You have given us, O Lord, bread from heaven,  
endowed with all delights and sweetness in  
every taste



**Eighteenth Sunday in Ordinary  
Time Year B  
1 August 2021**

This week's gospel reading continues the exploration of John Ch 6 that began last week and will continue for another few weeks. Today's passage begins the extended discourse on the 'Bread of Life' image that runs throughout this chapter. Last week's reading finished with Jesus virtually fleeing the scene when the crowd wanted to make him king. At the start of today's reading, the crowd has caught up with him again and appears to be looking for a repeat performance of the miraculous feeding. Jesus accuses them of simply wanting more food and not being alert to the truth of the sign they had witnessed. The crowd asks what they must do to accomplish the works of God and Jesus answers fairly bluntly, Believe in me!

In response, the people demand a sign from Jesus: produce manna from heaven as Moses did during the Exodus. In fact, manna from heaven is one of the signs of the coming of the Messiah that is foretold by the prophets. So, in their own way, the people are asking Jesus to demonstrate to them that he is the Messiah. Jesus, however, explains that it was not Moses who produced the manna, but God. In Jesus, God has already produced the sign – the Bread sent down from heaven. There is no need for Jesus to produce such a sign; the sign has already been produced by God. It is up to the people – and us – to recognise God's gift of life-sustaining nourishment that is Jesus.

In the Eucharist, we continue to celebrate Jesus as the Bread of Life – the sustaining gift of God that 'gives life to the world'.

© Greg Sunter

# Sacred Heart Parish

**Sacred Heart Church ~ Blackheath  
Saint Paul's Church ~ Mount Victoria  
Saint Joseph's Church ~ Megalong Valley**

As a community bonded together through faith,  
we are called to share our experience of God with those we meet each day,  
in particular, those in our local community.

*We acknowledge the Darug and Gundungurra people, the traditional custodians of this land  
and pay our respects to the elders past and present.*

From this week Sunday 25 July 2021  
Mass will be livestreamed on YouTube  
not Facebook. The reason being that  
you need to have a Facebook account  
to watch the masses through Facebook,  
whereas YouTube is available to any-  
one with internet and either a phone or  
computer.

[https://www.youtube.com/channel/  
UCHtj55risvGDQqCDN7mldNQ](https://www.youtube.com/channel/UCHtj55risvGDQqCDN7mldNQ)

**During this difficult time:**

Please look out for each other and place a  
phone call to check in with someone who  
might need to hear a friendly  
voice. If you are feeling uncertain or  
worried, please reach out to someone.

You are not alone in feeling this way and  
there are people willing to listen and help  
where they can. Let us continue to pray  
for one another, the covid situation of our  
country and our world

**AH Emergency Number: 0490814284**  
Calls only; no texts please.  
For all **Office** matters, please call 02 4787 8540

**E-mail:** blackheath@parracatholic.org  
john.mcsweeney@parracatholic.org  
abraham.kunnatholy@parracatholic.org

Parish Priest: Fr John McSweeney  
Assistant Priest: Fr Abraham Kunnatholy

**Office hours: Thu 10.am - 3.00pm**

**Parish Pastoral Council:** If you would like an issue discussed, please submit it in  
writing to either Paul Harris (Chair) (pauls\_harris@hotmail.com) or Julie O'Keeffe  
(julesongodson@bigpond.com)

**Sacred Heart Care Group** (helping parishioners in times of need) Monica Bright 0420 937 690

**BULLETIN ITEMS:** Please contact the Parish Office on Wednesday or Thursday  
during office hours on 4787 8540 or email **blackheath@parracatholic.org**

**Website:** <https://sacredheartblackheath.org.au/>

[www.facebook.com/Sacred-Heart-Parish-Community-Blackheath-NSW-Australia-  
153850768029631/](https://www.facebook.com/Sacred-Heart-Parish-Community-Blackheath-NSW-Australia-153850768029631/)

## Reflection

Dear Brothers and Sisters!

The Readings from Scripture for this Sunday encourage us to put away the old yeast of sinful lives and embrace the New Bread of Life, Christ our Lord.

He is the Bread come down from heaven who gives us New Life in all its fullness; and this fact gives us HOPE.

In the midst of crisis (including this latest Lockdown), Christians remain hope-filled people who know our Lord is working to bring about the fullness of life for us NOW, as well as in the future.

Yet, this fullness of life is not ours by magic! Like Paul reminds his Ephesian converts, we must take on the responsibilities that come with the New Life offered to us.

And the first responsibility is to take care of OURSELVES: and we do this by dying to sin, so as to be alive to Christ Jesus.

And another responsibility that is ours is to make certain we share the Good News with others, leading them to this New Life in Christ; indeed, Moses had to point out the manna to the Israelites who couldn't recognise what was offered to them by God; and so, we, too, need to point out the New Bread from Heaven to a world grown insensitive and blind.

In the week ahead let's examine those areas of our lives that may be barriers to the New Life that Christ offers us; and let's tear down those barriers!

Let's throw out the old yeast of sin and embrace the true Bread of Life. And this will aid us in helping others in need.

As the Lord reminds us:

"I am the bread of life. The one who comes to me will never be hungry; the one who believes in me will never thirst".

As we enter another month of lockdown let's never stop praying for one another...

In this simple way we can take care of ourselves and support others.

Let's try and call our family and friends more often, making contact that aids our basic human needs.

And let's call our fellow parishioners as well, supporting our spiritual family with our care and concern.

Fr Abraham and I are continuing our prayers for you all in these days of trial.

Let us never waver but remain hope-filled Christians at all times and in every way possible!

God bless you all  
Fr John

## Virtual Cuppa:

This Sunday at 11am, you are invited to a parish Zoom session to reflect upon the Sunday Gospel and to share fellowship with a cuppa! We had a good gathering last week – a nice way to keep in touch and build community during this lock-down time. Hope to see you there.

<https://zoom.us/j/94355345821?pwd=VW1ZTy94ZmgvcEhXTGNjT1RHT3hKdz09>

Meeting ID: 943 5534 5821 Passcode: Jy4enr

## OPTIONS FOR ONGOING PARISHIONER CONTRIBUTIONS

The Parish needs your support during this difficult time. Despite the lockdown and its effect on our income, we still have bills to pay.

You may wish to consider the different options that have been included in this weeks bulletin insert in regards to the on-going contributions to the Parish.

For Blackheath Vinnies support phone  
0490 709 547

Anniversaries  
4th Julie and Lance Hodgkinson (1979)

## Happy Birthday!

6th Maree Crawford



**Sacred Heart 100 Club Raffle:** Three wonderful prizes, all made by parishioners. 100 tickets only! \$20 per ticket. See attached flyer or contact Marilyn. [marilynrowe@optusnet.com.au](mailto:marilynrowe@optusnet.com.au)

### 1ST PRIZE:

HANDMADE QUILT 114CM X 175CM Made by Diane Stewart

### 2nd PRIZE:

HANDMADE SHAWL Made by Pat Wicks

### 3rd PRIZE:

HOMEBAKED DELICIOUS BRANDY FRUIT CAKE WITH MARZIPAN ROYAL ICING Made by Pam Nash

PLEASE HELP BY BUYING A TICKET OR TWO!!

**Talks on Euthanasia:** The Diocese of Broken Bay and the Diocese of Parramatta are hosting a series of free talks EUTHANASIA, DYING AND THE DIGNITY OF THE HUMAN PERSON The talks will be held via Zoom on three consecutive Mondays in August 2021. Details on the Diocesan website. [www.parracatholic.org/euthanasiatalks/](http://www.parracatholic.org/euthanasiatalks/)

**Social Justice Statement 2021/22:** You are invited to join the online launch of the Australian Bishop's Social Justice Statement "Cry of the Earth, Cry of the Poor", Thursday August 5 530-630pm. Free registration at <https://socialjustice.catholic.org.au/event/sjs-launch-21-22/>

## Rest in Peace!

2nd Chris Commens  
6th Madge Carey (d 2009 - Monica Bright's mother)  
7th Flo Gillette  
7th Dellas Holmwood (d 2013)



**PLEASE PRAY** for the sick and their carers: Patricia Dee, John Hanna, Barbara Grieves, Pat McCauley, Ray Wood, John & Marion Crowley, Maria Slater, Marie Johnson, Tatiana Schultz, Trennah Portelli, Alfred Milani

