



*Sacred Heart Parish, North Albury, pays respect to the Wiradjuri people, the traditional custodians of the land on which we gather to celebrate our faith and worship God. We acknowledge with respect elders past, present and emerging.*

## *Twentieth Sunday in Ordinary Time 3/4 August 2024*

*Sacred Heart Parish is a Child Safe Community. We promote the safety, wellbeing and inclusion of all and a zero tolerance to child abuse.*

### **Parish Clergy:**

Fr Martin Cruickshank—Parish Priest

Fr Prasanth Mary Das—Priest in Residence

**Parish Office 9am-2pm**

Fran Kernaghan—Monday, Wednesday & Friday

**Phone: 02 6025 1516**

**Email: [sacredheartna@gmail.com](mailto:sacredheartna@gmail.com)**

**Web: <http://sacredheartnorthalbury.com>**

**Bank A/c Details for Parishioners wishing to Direct Deposit into our Church A/c (2nd Collect)**

**BSB: 066 789; A/c No: 10000 5574;**

**Ref No: Name # Please contact Office for a number**

**Presbytery A/c BSB: 066 789; A/c No: 10000 5575**

**Safeguarding Children & Vulnerable People:**

<https://wagga.catholic.org.au/safeguarding-children-vulnerable-people/>

### **Mass Times**

**SATURDAY VIGIL: 6.00 pm**

**SUNDAY: 9.30 am**

**Live-streaming on Sunday 9.30 am Mass by accessing our website**

**WEEKDAY MASSES: This Week**

**Wednesday & Friday 9.30am**

**Thursday—Xavier High School Mass 9.05am**

**RECONCILIATION: SATURDAY: 5.15 PM-5.45 PM**

**BAPTISMS—By appointment.**

### **CHILDRENS LITURGY:**

Children's liturgy is offered in Sacred Heart parish community each second and fourth Sunday at 9.30am mass during school terms.

### **BIBLE STUDY GROUP**

Our parish bible study group continues every second and fourth Wednesday of the month at 7.00pm in the parish hall.

### **Reflection—Twentieth Sunday of the Year**

The readings for this Sunday tell us of the nourishment that comes from heaven and of our need to draw everlasting life from our relationship with Jesus – as well as pursuing wise and Spirit-filled paths in life. The **First Reading** makes explicit the value of Wisdom, depicted as a woman seeking and inviting everyone to come and be nourished at her table of learning.

The **Psalm** is a continuation of last week's psalm of thanksgiving. The psalmist tells us that those who seek the Lord lack no blessing. St Paul (**Second Reading**) encourages the early Christians to live with awareness and intelligence, and not to be thoughtless. He advises them to discern and recognise the will of the Lord in their own times, and to live lives filled with the Holy Spirit. This message continues to be relevant to us in the present. In the **Gospel**, Jesus invites those around him to believe in him; to be in communion with him; to live in him and draw life from him, just as he himself draws life from the living Father.

*Let us pray for each other throughout this week, that we may seek the nourishment of a life-giving relationship with God, with one another, and with the planet we share.*

### **CHANGE TO MATE STREET CAR PARKING**

At our request the Albury City Council has placed a **NO STANDING** sign on the North side of the Mate Street car park entrance (one space). Please observe the restriction otherwise you may be fined!

# Parish Community



*We pray for those who have gone before us marked with the sign of faith especially:*

**RECENTLY DECEASED:** David Dawson, Max Blomeley, Kathleen Murray, Cath Breen, Graeme McMaster, Mark Hopper, Helen Gesterkamp, Jim Sandral, Ken Shanahan, Keith Hodge, Christine Murphy, John O'Keeffe, Beryl Kelly, Constance Roper, Patsy Marshall.

**ANNIVERSARIES:** Marie, Peter & Paul St George, Tom Nash, Ezekiel Carney, Leslie Gray, Siobahn Harte, Ada McDonnell, Dell Flanagan, Dimpsey Weston, Chris Maclean, Beverley Bungey, Joe Keighran, Pat Sheehan, Frank Grce, Marie Hickey, Dorothy Thompson, Sally Guthrie, Bernard Stout, Cindy Rohick, Emma Mansfield, Christopher Burdak, Bill Thompson, Bon Phefley, John Samuelson, Lena Tregupis, Laura Grabbatz, David Crowe, Jack Ryan, Thomas Ryan, Nellie Gaudry, Ann Cowin.

*Gather our loved ones into your arms. Quiet our doubt and anger and send us your healing grace. Through Christ our Lord.*

## Prayer for the Sick

*We pray for all those who are sick. May they draw strength and healing from God's presence with them and from our prayers and thoughts for them.*

*May they have peace in their hearts and know they are greatly loved by all.*

*We offer our prayers believing that God's presence and power can do more than we can ever know. Amen*

## ROSTERS

Sat / Sun: 17th / 18th August

Ministry	Vigil	9.30am
<b>Commentator</b>	Justin Clancy	Sr Carina Morton
<b>Lector 1</b>	Xavier Clancy	Yvonne Thompson
<b>Lector 2</b>	Shinead Kilroy	Stuart Thompson
<b>Eucharistic Ministers</b>	Pauline Mulquiney Anna Farrell	Eamonn Buckley Mercedes Goss Marisa Hart
<b>Cantor Musicians</b>	Lachlan McIntyre Judy Foley	Bernadette, Helen & Wendy
<b>Counters:</b> Anne Gordes & Lorraine Willis		

Sat / Sun: 24th / 25th August

Ministry	Vigil	9.30am
<b>Commentator</b>	Colleen Day	Cathy Nyhan
<b>Lector 1</b>	Paula Waters	Lorraine Willis
<b>Lector 2</b>	Catherine Cutler	Samuel Serbinek
<b>Eucharistic Ministers</b>	Michael Regan Jeneice Harding	Sr Patricia Weekes Pamela McIntosh Carey Menz-Dowling
<b>Cantor Musicians</b>	Judy Lindsay Catherine Cutler	David Hicks Val Hayes
<b>Counters:</b> Judy Warren & Michael Byrnes		

## Prayer for those Preparing for First Holy Communion

We pray for all those children who are preparing to receive the sacrament of First Communion. Please bless them with wisdom and strength as they prepare to grow in their faith.

We ask that you give them a thirst for knowledge, so that they may learn all that they can about your love and grace.

We pray that you would help them to become more like you: loving, forgiving, and compassionate.

Give them courage to face whatever challenges come their way, and grant them the desire to share your love with those around them.

Be present with their parents as they accompany them on this journey.

Help us all to appreciate the sacrament of the Eucharist in our lives and to be strengthened as we continue our journey to be the presence of Jesus to all whom we meet. We ask this through Christ our Lord. Amen

## Thought for the Week ( Pope Francis):

"Adoring the Body and Blood of Christ, let us ask him with our heart: 'Lord, give me that daily bread to go forward; Lord, satisfy me with your presence!'



# Parish News

## First Holy Communion

First Holy Communion will be celebrated in the parish of Sacred Heart North Albury over the weekend of Saturday 7 September at 6.00pm & Sunday 8 September at 9.30am. Our commitment masses will be held over the weekend of Saturday 10 August at 6.00pm & Sunday 11 August at 9.30am.

*The Eucharist is essential for us: it is Christ who wishes to enter our lives and fill us with his grace. (Pope Francis)* The word Eucharist means thanksgiving. Make a list of all the things you give thanks for in your life, the life of your family, the life of our parish community. Is the Eucharist significant in my life? How do I show this? When am I Eucharist for others?

## First Eucharist Commitment Prayers.

### Candidates Commitment:

Dear Jesus, I really want to receive you in the Sacrament of the Eucharist. I ask you to help me during our special preparation time, to be more like the person You want me to be. When you come to me in Holy Communion, you will be with me more fully in a special way, sharing your life and love with me. Amen

### Parents Commitment:

We will continue to support our child on their journey of faith, which began at Baptism. Lord, help us to give our child an example of Christian living, and help us to pass on to our family the importance of the celebration of the Eucharist. Amen

### Parish Community's Commitment:

As the parish community of Sacred Heart we commit ourselves to supporting these children on their faith journey in prayer and by being visible signs of the life giving presence of Jesus Christ in our world. Amen

## TO PONDER:

Our readings could make us think that we are here to consume. Yet we consume to become what we eat: the Body and Blood of Christ. In John 6, the crowds ask, "How can this man give us his flesh to eat?" This ancient question is also a contemporary one: What is this great Mystery that makes possible the transformation of bread and wine into Christ's body and blood? But the real question is how we *become present* to the Mystery, how we allow ourselves to become the flesh that is given for the life of the world. This is not a pie-in-the-sky idea; this Mystery at the heart of our faith is enfolded in our daily actions, in our care for others.

## Footy Tipping Comp Ladder: (End Round 22)

**124:** Richard Power, Fr Martin; **122:** Coyle Family, Carmel Butts, Carey Family; **121:** Richard Hickey, Val Hayes; **120:** Ray Trebilcock; **119:** Matty Boyd, Brian Butts, Kay Locke; **117:** Judy Lindsay, Judy Warren; **116:** Brian Millgate, Bede Hart, Chrissie Trebilcock; **115:** Wendy Glazebrook, Liz Jones, Liz Phegan; **114:** Joan Moylan; **113:** John Dowling; **111:** Genny Green, Cathy Nyhan; **110:** Joseph Kipper; **109:** Clancy Family; **106:** Les Murray; **104:** Denis Shirley. **Bonus point returns for anyone who chooses all 9.**

## Mercy Health Albury– Grief Awareness Seminar

Mercy Health Albury are proudly hosting a Grief Awareness half-day seminar entitled; 'The Changing Colours of Grief – Tools for Growth'. Come and join us for an informative seminar where we will discover practical tools and strategies to navigate the complexities of grief while embracing the transformative power it holds.

This in-person gathering will be held at the Commercial Club 'Waratah Room' 618 Dean Street, Albury on Thursday 29<sup>th</sup> August, 2024 check in time 8:30am for 9:00am start to 12.30pm. Cost \$20 (including Morning Tea).

See flyers on church billboards. To register simply click on this link [Register here](#) which will take you to the 'Eventbrite' website and follow the prompts. Alternatively you can scan the QR Code attached to the flyer. You do have an option to register via email [Menright@mercy.com.au](mailto:Menright@mercy.com.au) if you are wanting to pay cash on the day or phone Michelle on **6042 1459**. **Please ensure that you register before the cut-off date of 22/8/24.**

### Presenters:

Wendy Goy—Language of Grief, Cultural differences.

Naomi Mason—Debunking Myths, Creative Expression of Grief.

Heather Hillas—Anticipatory Grief, Sudden Grief & Resilience.

## Parish Pastoral Council News

The Parish Pastoral Council is exploring the possibility of holding Lunch on Christmas Day 2024 in our Parish Hall. The lunch would be open to all parishioners, especially those who find themselves alone this day. A member of the pastoral council will address our parish community during masses this weekend on the nature of this initiative.

At this stage we are seeking to attain expressions of interest so that the viability of holding such a function can be determined.

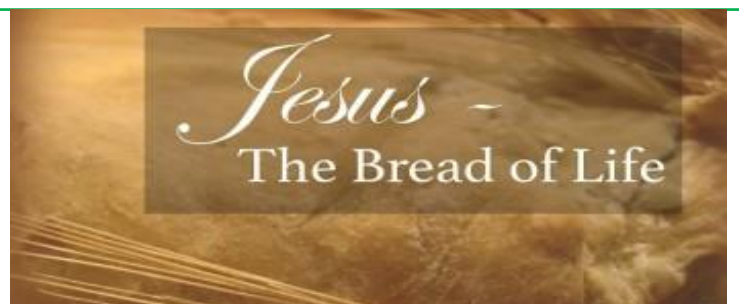
If you are interested in the possibility of gathering in the hall on Christmas Day for lunch please add your name to the list on the table at the church entrance. If you wish to remain anonymous, simply include a tick (✓). If transport required, please write (T).

Alternatively, you can contact us by email or phone during office hours.

## Return of Parish Collections

By popular request we return to the pre-covid method of arranging collections during our celebration of Eucharist on a weekend.

Both collections (1st & 2nd) take place at the end of the Prayers of the Faithful before the Offertory Procession. Therefore, we will need 4 volunteers to take up the collection at each mass.



# Liturgy of the Word

## **First Reading: A reading from the book of Proverbs 9:1-6**

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

## **Responsorial Psalm 33**

**(When the Psalm is sung, the words will vary slightly but the meaning remains the same.)**

**Response: 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**

## **A reading from the letter of St Paul to the Ephesians 5:15-20**

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 yourself 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

## **Gospel Acclamation:**

**Alleluia, alleluia!**

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

**Alleluia!**

## **A reading from the holy Gospel according to John 6:51—58**

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.