

We are a welcoming Christian community which embraces all people. We support each other to grow in faith and create a loving and compassionate community. We aspire to live as Christ's witnesses of God's unconditional love.

EIGHTEENTH SUNDAY IN ORDINARY TIME 1 - 8 - 21

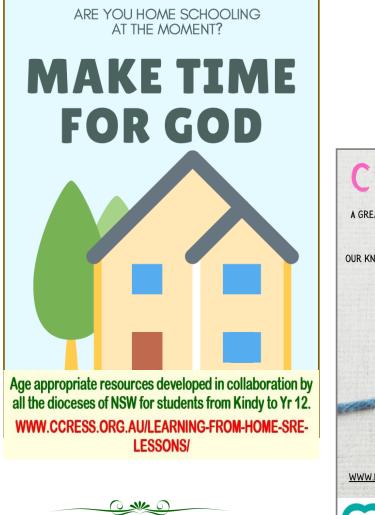
This week: Ex 16:2-4, 12-15; Eph 4:17, 20-24; Jn 6:24-35 Next week: 1 Kgs 17:7-16; Col 3:12-17; Mt 6:25-34



Bread.

It's what we take to celebrate the Eucharist. It's what Jesus describes himself in terms of in today's Gospel: I am the bread of life'. Bread is the basic staple of life; it represents what we need to be alive, in contrast to the many other things we want but which may not bring to life what's deepest in us. In describing himself as bread of life Jesus is saying that he will fulfil those deepest needs in us: which is a paradox because in today's world so many are so out of touch with themselves that they have little contact with what those deepest needs are: the quest for prosperity, the diversion of computer games, the quick fulfilment of drugs and alcohol, the focus on sex at the expense of relationship, all serve to keep human beings away from what is deepest within them.

As Jesus offers himself as our bread of life we have to first ensure that we know what true and deep hunger for the things of the Spirit is about. Otherwise he's food that we won't be interested in receiving. *Fr Colin*







KNITTED AND SEWN ITEMS CAN BE SENT DIRECTLY TO: MIRACLE BABIES FOUNDATION, PO BOX 95, MOOREBANK NSW 1875.

Parish Life in week $\frac{2}{6}$ of lockdown....

Mass

We continue to provide our parish Mass online via Youtube both on weekdays and Sundays.

Just go to our parish website (www.lindfieldkillara.org.au) and click on the box 'Online Mass'.

The page also provides a link to a booklet with the prayers, readings and hymns for the Mass. A text copy of the Sunday homily is also available.



Three ways that you can support our parish

1. What's NOT happening:

- with no public Mass we have no collections, no Tap Machines, and no rent for our parish halls and meeting areas which are normally rented.

2. What CAN happen:

• **DIRECT DEBIT CONTRIBUTIONS from your bank account** to our parish accounts can be made as follows:

1st Collection: (providing for Frs Colin & Thomas & also for retired & sick clergy of the diocese)

BSB 062 784 Acct 1116 8002

(Lindfield-Killara Parish Pastoral Revenue A/c)

Second Collection: (providing for all the operating costs of the parish)

BSB 062 784 Acct 1116 8001 (Lindfield Killara Parish Church Account)

OR

• YOU CAN HAVE A TAP MACHINE AT HOME (ALMOSTI) In lieu of our tap machines which are unavailable at this time, credit card contributions can be made by scanning this code and then selecting each of our two parish collections:



OR

YOU CAN ARRANGE FOR PERIODIC PAYMENTS FROM YOUR CREDIT CARD: just click on the hotlink box entitled 'Supporting parish finances during the public health restrictions' on the homepage of our website (www.lindfieldkillara.org.au) and scroll down to 2 i.b. for the form. (or simply email Alison (alison@lindfieldkillara.org.au) for assistance.

Children and $\mathcal Y$ outh

• During lockdown we are providing two alternative versions of Sunday Mass on YouTube ~ one of which has a homily directed at the young~ er children.

• There is a youth page in each edition of the parish bulletin.

• Online Catechesis for students in State Schools is available—see p.1.



Online opportunities to gather ...

Each week there are a variety of ways to gather using Zoom (if you are unfamiliar with Zoom just give Fr Colin a call on 94167195. It's very simple).

- Scripture study with Fr Colin ~ 2nd & 4th Wednesdays at 7:30pm and 1st & 3rd Wednesdays at 11am.
- 'Untold Blessing' a short three session programme from Bishop Robert Barron on growth in the Christian life.
- **Parish Book Club** ~ on the fourth Wednesday of the month at 10am.
- Morning tea ~ a group gathers for a cuppa after the 8:30am Mass each week and this is now taking place online each Sunday at 9:30am. A fun and relaxing get-together and chat.

If you'd like to take part in any of these just let me know and I'll let you know how to log in.

Fr Colin



Can we help ?

If you would like a phone call and chat from time to time please let us know.

If you would be happy to have a phone chat with someone please also let us know.

Just contact Fr Colin or Fr Thomas (phone numbers on page 7).

Prayers which you might like to add to your treasury during this time....

Keep us, good Lord, under the shadow of your mercy in this time of uncertainty and distress. Sustain and support the anxious and fearful, and lift up all who are brought low; that we may rejoice in your comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen.

Lord Jesus Christ, you taught us to love our neighbour, and to care for those in need as if we were caring for you. In this time of anxiety, give us strength to comfort the fearful, to tend the sick, and to assure the isolated of our love, and your love, for your name's sake. Amen.

God of compassion, be close to those who are ill, afraid or in isolation. In their loneliness, be their consolation; in their anxiety, be their hope; in their darkness, be their light; through him who suffered alone on the cross, but reigns with you in glory, Jesus Christ our Lord. Amen. <u>For those who are ill</u>

Mercíful God, we entrust to your tender care those who are ill or in pain, knowing that whenever danger threatens your everlasting arms are there to hold them safe. Comfort and heal them, and restore them to health and strength; through Jesus Christ our Lord. Amen.

For hospital staff and medical researchers Gracious God, give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure. Strengthen them with your Spirit, that through their work many will be restored to health; through Jesus Christ our Lord. Amen.

From one who is ill or isolated

O God, help me to trust you, help me to know that you are with me, help me to believe that nothing can separate me from your love revealed in Jesus Christ our Lord. Amen.

For the Christian community

We are not people of fear: we are people of courage. We are not people who protect our own safety: we are people who protect our neighbours' safety. We are not people of greed: we are people of generosity. We are your people God, giving and loving, wherever we are, whatever it costs

These prayers are taken from the website of the Church of England

FOR THE KIDS

for the bread of God and gives life to the world.' Sur, they said 'give us that bread always.' Jesus answerd: I am teb mead of life. He who believes in me will never thirst.'
for the broad of Con

JUNIOR WORDSEARCH Work for food that gives eternal life

MJWZL S Ρ 0 Ι L S L Κ Е Α С Ν VNV Т XQN J R F Μ v F V ΖX Ι F Е Κ В С С J L Α Α В F UQJ У КΕ С 0 В J Ρ F R Μ Е w Т Е R N Α L Α В Ι Е Α υ J У У Т Ζ S Т Ι В R S Q D W 0 У Е Ι R S S С Ζ Μ Α С L D Ν v Α Ζ Ζ L U Κ V С Ι V R Т NW D Α F L W J С L 0 0 Κ Е Ρ υ D N Α Q Μ С J F Ρ R В Α Х В Q ΜO Ν Ι Ι Ζ Κ Κ Ρ F S С Ι υ Н Μ Μ Т Т В OMX Ζ R F С Е Ρ Ρ С В Κ Ι S Н R G Q Α Q В 0 Ν R С QQ Q ΖU V D С Е Х W У G Α WΟУ ANOHMD Ι S С IPLESC

Jn 6:24-29

Try to find these words:

boats Capernaum disciples eternal faith lake life look miracles Rabbi Son spoils

Food for the soul

Our ancestors ate manna in the desert, as it is written: He gave them bread from heaven to eat (In 6:32) **BREAD AND WINE**

Eucharist.

On the one hand, bread is perhaps our primary symbol for food, health, nourishment, and community: Give us this day our daily bread! Let us break bread together! Bread is a The Eucharist too gives off the smell of fresh bread. symbol for life and coming together.

Few things speak as wonderfully about life as does the smell all that is being crushed, broken, and baked by violence. of fresh bread. The fragrance of fresh bread is the smell of life itself!

Yet there is another story to bread. Out of what is bread made? Kernels of wheat that had to be crushed in their individuality to become something communal, flour, which then had to endure fire to be baked into the substance that gives off the smell of life. As St Augustine once said in a homily:

For surely this loaf was not made from one grain of wheat? The grains were separate before they came together to became one loaf. They were joined together by water, after first having been ground (contritionem—the Latin verb he uses here). For if the many kernels are not ground and are not moistened by water, they could not come to this form, that we call a loaf. ... And then without fire, there is still not a loaf of bread. (Sermon 227)

Bread must be baked in a fierce heat too. Bread then speaks of both joy and pain.

Wine too speaks in this double way: On the one hand, it is a festive drink, perhaps our foremost symbol for celebration. Wine has nothing to do with basic nourishment or We properly live the tension of the Eucharist, the ambiguity necessity. It is not a protein needed for health, but an extra of bread and wine, whenever we honour both the smell of that speaks of what lies beyond the hard business of making fresh bread and the process by which it came to be. What and sustaining a living. Wine speaks of friendship, that means is that we must fully honour the beauty of community, celebration, joy, recreation, victory. We nature, the grace of an athlete, the energy inside music, the celebrate everything, not least of all love, with wine.

But, like bread, wine has another side.

Of what is wine made? Crushed grapes. Individual grapes are crushed and their very blood becomes the substance out of which ferments this warm, festive drink. No wonder Jesus chose it to represent his blood.

It is helpful to keep this ambiguity in mind whenever we participate in the Eucharist. Bread and wine are held up to be blessed by God and to become the flesh and blood of Christ, and they are held up precisely in their ambiguity.

On the one hand they represent everything in life and in the world that is healthy, young, beautiful, bursting with energy, and full of colour. They represent the goodness of

Bread and wine are ambiguous, both in life and in the this earth, the joy of human achievements, celebration, festivity, and all that is contained in that original blessing when, after the first creation, God looked at the earth and pronounced it good.

But that's half of it. The Eucharist also holds up, in sacrifice, The wine, fittingly, is also blood. At the Eucharist, we hold up both, the world's health and its achievements along with its depressions and failures, and ask God to be with us in both. Pierre Teilhard de Chardin once put it this way:

In a sense the true substance to be consecrated each day is the world's development during that day—the bread symbolising appropriately what creation succeeds in producing, the wine (blood) what creation causes to be lost in exhaustion and suffering in the course of that effort.*

What we see in the Eucharist, the goodness and joy of life and the pains and shortcomings of that same life, is the same tension that we need to hold up each day within our ordinary lives. How do we do that?

By enjoying life and all its legitimate pleasures without guilt and without ever denigrating them in the name of God, truth, and the poor, even as we go and stand where the Cross of Christ is forever being erected, namely, where the excluded, the poor, the sick, the unattractive, the lonely, the hungry, the crushed, and the bleeding find their place.

power and sacramentality inside sex, the humour inside a good comedian, the vibrant feel of health, and the colour and zest that lie everywhere inside of life itself, even as we are conscious of and in solidarity with all that is being excluded from or victimised by these wonderful energies which ultimately take their origin in God.

In John's gospel, water becomes wine and wine becomes blood and blood and water both eventually flow out of the pierced side of Jesus. That happens too in the Eucharist and it happens in our lives. The task is to hold them both in our hands, as happens at Eucharist, and then offer them up to God.

Fr Ron Rolheiser omi (from the Centre for Liturgy, The University of St Louis)

THE PARISH OFFICE is physically closed at this time. For office enquiries please contact Alison via email on Monday, Wednesday or Thursday.

PARISH LIFE AT THIS TIME we have lots of resources available for you at this time on our website: www.lindfieldkillara.org.au



Celebrating the Solemnity of St Mary of the Cross Mac Killop

The feast day of St Mary of the Cross is 8th August and since she is patroness of Australia her feast even takes precedence over a Sunday when it falls on one

Thus next Sunday our online Mass will be the celebration of St Mary of the Cross' feast day.

FR RICHARD ROHR OFM'S MEDITATION: CRISIS CONTEMPLATION

CAC faculty member Barbara Holmes brilliantly teaches about contemplation but not in the way we typically think about it. She understands contemplation as the soul's arising even in the midst of the most challenging crises humanity faces. Her new book Crisis Contemplation describes how this is the case:

In the midst of devastating crises, we are asked to do the counterintuitive. When the times call for anxiety, flight, or fight . . . [we are asked] to allow for the possibility of contemplative refuge, respite, and renewal. To slow down and be still is to allow both the source of our troubles and options for recovery to emerge. . . .

However, in its historically understood context, contemplation requires the privilege and time to retreat from the frontlines of everyday life, if only for a little while. For most people of colour/culture and communities under siege, such comforts are inconceivable. We dare not shift our gaze for even a moment to consider an alternative reality. Survival requires an alert spiritual and embodied stance. To contemplate (in the ordinary sense of the word) during a crisis might increase the possibility that we miss or misread signs of danger in our immediate environment.

Contemplation is not just an effective response to crisis. It can also arise during the most intense aspects of the event. When bodies are being tortured, when minds are pushed to the breaking point, the human spirit falls through the cracks of the crisis into the centre of contemplation. Howard Thurman [1900–1981] referred

to this inner space as an island, a place that cannot be breached without personal consent: "When all hope for release in this world seems unrealistic and groundless, the heart turns to a way of escape beyond the present order." [1]

When the ordinary isn't ordinary anymore and the crisis is upon us, the self can centre in this refuge that I am calling "crisis contemplation," a space that is neither the result of spiritual seeking nor the voluntary entry into meditative spaces. It is a cracking open, the rupture and shattering of self, community, expectations, and presumptions about how the world works.... When we let go, the only constants are God's love and God's promise that we will never be left alone.

Barbara's naming of "crisis contemplation" expands the traditional understanding of contemplation, which has quite frankly been largely formed by educated, privileged (by time and resources if not by the circumstances of their lives), and often celibate male teachers. Crisis contemplation opens the door to an inclusive recognition of how God works in and through all things—even the worst things of life itself.

[1] Howard Thurman, Deep River: Reflections on the Religious Insight of Certain of the Negro Spirituals (Harper & Brothers: 1945, 1955), 25.

Barbara A. Holmes, Crisis Contemplation: Healing the Wounded Village (CAC Publishing: 2021), 42, 44, 47.

We're all in this together....

REPORT

flouting of the Public Health orders.

Ring Crimestoppers:

1800 333 000

our parish Book group

meets (online at present) on the fourth Wednesday of each month at 10:00am. The book for Wednesday 25th August is *Talking with Strangers* by Malcolm Gladwell If you'd like to join in please contact Catherine Willis (catherinecwillis@gmail.com) or Elizabeth Reedy (elizabethreedy@msn.com).





We can help with Coles or Woolworths vouchers

P: (02) 9481 2600 | E: info@catholiccaredbb.org.au

OUR CHINESE CATHOLIC COMMUNITY

常年期第十八主日 1.8.2021

讀經一(我要從天上,給你們降下食物。) 恭讀出谷紀 16:2-4, 12-15

那時候,以色列子民全會眾,在曠 野抱怨梅瑟和亞郎, 說:「巴不得我們在埃 及國,坐在肉鍋旁,吃飽時,死在上主手 中!你們領我們到曠野來,是想叫我們全 會眾都餓死嗎?」上主對梅瑟說:「看,我 要從天上,給你們降下食物;百姓要每天 出去, 拾取當日所需要的, 為試探他們, 是否遵行我的法律。「我聽見了以色列子 民的怨言。你給他們說:黃昏的時候,你們 要有肉吃:早晨要有食物吃飽。這樣,你們 就知道,我是上主,你們的天主。」到了晚 上, 有鵪鶉飛來, 遮蓋了營幕; 到了早晨, 營幕四周落了一層露水。露水蒸發之後, 在曠野的地面上, 留下稀薄的碎屑, 稀薄 得好像地上的霜。以色列子民一見, 就彼 此問說:「這是什麼?」原來他們不知道這 是什麼。梅瑟告訴他們說:「這是上主賜給 你們吃的食物。」——上主的話。 答唱詠 詠78:3-4, 23-24, 25,54

【答】:上主賜給了他們天上的食糧。(詠 78:24)

領:凡我們所見所聞的,及我們祖先傳報 給我們的,我們都不願隱瞞他們的 子孫, 且要將上主的光榮和威能, 以及他所施行的奇蹟傳報給後代 **眾生。**【答】

領:上主命令雲彩降下,並開啟了上天之 主賜給了他們天上的食糧。【答】 領:世人可以享受天使的食糧;上主賜下

食物, 飽飫他們。上主引領他們, 進入他的聖地,到他右手所贏得的 山區。【答】

讀經二(你們應穿上按照天主肖像所造的 新人。) 恭讀聖保祿宗徒致厄弗所人書 4:17, 20-24

弟兄姊妹們:

我在主內苦勸你們,不要像外邦人 ·樣, 順從自己的虛妄思念而生活。 你們從基督所學的,並不是這樣。 如果你們真的聽過耶穌,又按照在他內的

真理, 受過教導, 就該改變你們從前的生 活, 脫去你們的舊人, 即因順從享樂的慾

念, 而敗壞的舊人; 應更新你們的心思念

慮,穿上新人,即按照天主的肖像所造, 具有真實的正義和聖善的新人。——上主 的話。

福音前歡呼

領:亞肋路亞。 眾:亞肋路亞。 領:人生活不只靠餅,也靠天主所說的一 切話。(瑪4:4) 眾:亞肋路亞。

福音(到我這裡來的,永不會飢餓;信從我 的. 總不會渴。)

恭讀聖若望福音 6:24-35

那時候, 群眾發覺耶穌和他的門徒 都不在海邊, 便上了那些小船, 往葛法 翁,去找耶穌。當群眾在海的對岸,找到 耶穌時,就對耶穌說:「辣彼,你什麼時候 到了這裡?」耶穌回答說:「我實實在在告 訴你們:你們尋找我,並不是因為看到了 神蹟, 而是因為吃餅吃飽了。你們不要為 那可損壞的食糧勞碌, 而要為那存留到永 生的食糧勞碌,即人子所要賜給你們的, 因為他是天主聖父所印證的。」群眾問耶 穌說:「我們該做什麼,才算做天主的事業 呢?」耶穌回答說:「天主要你們做的事 業,就是要你們信從他所派遣來的那一 位。」群眾又說:「那麼,你能行什麼神蹟, 給我們看,好叫我們信服你呢?你能做什 麼呢?我們的祖先在曠野裡, 吃過『瑪 納』,正如經上記載的:『他從天上賜給了 他們食物。』」於是, 耶穌向群眾說:「我實 門, 給他們降下瑪納, 飽飫他們; 上 實在在告訴你們: 並不是梅瑟, 賜給了你 們從天上來的食糧, 而是我父現在賜給你 們, 從天上來的真正食糧, 因為天主的食 糧,是由天降下,並賜給世界生命的。」群 眾便說:「主!你就把這樣的食糧,常常賜 給我們吧!」耶穌回答說:「我就是生命的 食糧;到我這裡來的,永不會飢餓;信從我 的,總不會渴。」——上主的話。 **華人天主教會北區中心 Lindfield Holy **Family Church** 每月第二及第四主日舉行彌撒聖祭, Æ 午12時. **牧職修女 司徒金美修女 0419-426899 **北區中心聯絡 Gloria Cheung 🕻 0416-118089

For the Kids A reminder:

As explained on page 2, during lockdown, we will provide two alterative videos of our online parish Mass on our Youtube channel, one with the homily intended for older youth and adults, the other with a special and shorter homily directed towards younger children.. See page 2 for details.

Catholic Parish of Lindfield -Killara

Fr Colin Blayney, Parish Priest colin@lindfieldkillara.org.au 9416 7195 Fr Thomas Alackakunnel VC, Asst Priest thomas@lindfieldkillara.org.au; 0421 406162

Parish Office

Parish Office Hours: Tue-Fri 9.30 am ~4pm Postal address: PO Box 22, Lindfield NSW 2070 9416 3702 Phone: Email: parish@lindfieldkillara.org.au Parish Website: www.lindfieldkillara.org.au

Parish Staff

Parish Secretary Philita Marundan philita@lindfieldkillara.org.au

Parish Office Coordinator; Child Protection Coordinator Alison Williams (M,W,Th only) alison@lindfieldkillara.org.au

Sacramental Coordinator Maia Schulze Tsang: sacramental@lindfieldkillara.org.au

Parish Facilities' Coordinator (volunteer) Anthony Cassidy: anthony@lindfieldkillara.org.au

Youth Ministry Coordinator (volunteer) Jean Shatek: youth@lindfieldkillara.org.au

Parish School

Holy Family School: 4 Highfield Rd, Lindfield 2070 Principal: Mr Lou Dogao Phone: 9416 7200 Email: info@holyfamily.nsw.edu.au School Website: www.hfldbb.catholic.edu.au

Lord, in Jesus your Son, you restored to us the gift of everlasting life. Grant that life to:

Please pray for the gift of eternal life for Ruth Peel of our Lindfield community and for David Miller of our Killara community. The Funeral Masses for Ruth and David were celebrated in our Lindfield and Killara churches respectively last Friday.

Rec. dec'd: Veronica Fitzgerald, James O'Connor, John Donnellan, Doreen Cannon, Carline Miller. Anniversary: Beryl Cates. Raymond Jones, David Davoren, Margaret Davies.

PLEASE PRAY FOR THOSE WHO ARE SICK:

Ingrid Lazuardi, Barbara McMullan, Sally Cougle, Trevor Bailey, Peter Quirk, Nicholas Sutherland, Jesse Langford, Anthony Ellison, Wolfgang Liers, Cyril Ferriere, Alex Noble, William Wise, Lise Therese Ferriere, Ian Coffey, Maureen Hobbs, Russell Adams. And for all those affected by COVID-19.

PARISH DIARY ~ AUGUST

Sun. 1st	9:30am	Morning tea (online)
Wed. 4th	8:00am	Meditation (online)
	11:00am	Scripture study (online)
	7:30pm	'Untold Blessing' (online)
Sun. 8th	9:30am	Morning tea (online)
Tues. 10th	7:30pm	PPC (online)
Wed. 11th	8:00am	Meditation (online)
	7:30pm	Scripture group (online)
Sun. 15th	9:30am	Morning tea (online)
Tues. 17th	6:00pm	Tarrawarra Group (online)
Wed. 18th	8:00am	Meditation (online)
	11:00am	Scripture study (online)
Sun. 22nd	9:30am	Morning tea (online)
Wed. 25th	8:00am	Meditation (online)
	10:00am	Book club (online)
	7:30pm	Scripture group (online)
	· · · · · · · · · ·	compressed of our (online)

YOU-TH NEWS



The answer is YES! We've got great things planned for youth from year 3 to young adult... here's a sample of what you have to look forward to in the next term.

Years 3-6

We're starting a NEW program to teach kids more about their faith through music, drama and dance. Kids will learn to bring the Gospel to life in a creative and fun way. This program will be offered on Sundays (time TBD) and registration will required. More details in late July.

Years 7-9

8

Our Fusion youth group meets on Sundays after the Youth & Family Mass, Young teens are invited to join us for games and friendship, where they'll get the chance to socialise, and learn a bit more about building healthy, respectful relationships in a Catholic framework.

Years 9-12

Today more than ever, our young men and women need opportuniies to interact with each other in a safe place where healthy relationships are role-modelled and encouraged. Parish's are in a unique position to offer this to our teens. That's why we're starting a NEW PROGRAM called "Sunday Socials" - a chance for our older teens to interact with other Catholic young men and women from our parish and in our local area. There'll be pizza, a fun activity (our first meeting is Trivia), and lots of time just to socialise. Keep your eye on this space!





in a time

of pandemic !



Book direct for \$10 off our best nightly rate + free buffet breakfast. Or book on our website using promo code

'bookdirect'

Add: 1 Gatacre Avenue, Lane Cove Ph: 02 9427 0266



Henry & Gloria Cheung, Parishioners 326 Pacific Hwy, Lindfield Ph 9416 5335 Fax 9416 1538 E sales@universalinstruments.com.au





Fh: (02) 9905 8800

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Lindfield Dental Practice Adj Assoc Prof Peter Chung



Open: Mon - Sat P: 9416 5000

Suite 1, 345 Pacific Hwy (Scholastic Bldg)

RENOVATIONS & BUILDING MAINTENANCE

> **CHRIS IACONO** Parishioner

All work large and small Lic 89879c Fully Insured 50 years experience

M: 0412 256 616 E: chris.iacono@bigpond.com