



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.

## SOLEMNITY OF ST MARY OF THE CROSS MACKILLOP 8 - 8 - 21

*This week:* 1 Kgs 17:7-16; Col 3:12-17; Jn 6: 41—51  
*Next week:* Rv 11:19; 12:1-6, 10; 1 Cor 15:20-26; Lk 1:39-56



One of the great attributes of Mary MacKillop's spirituality was her ability to *so peacefully rest* in what she perceived as God's will as her life unfolded: so that she was able to recognise that perhaps there was some good – a good that she couldn't immediately recognise – even in the moments that seemed like the Cross, that seemed like darkness.

*I think that way of seeing things reflects the fact that she was very much a mystic: that she was able to see and recognise God where people usually don't see and recognise God's presence.*

We tend to identify experiences of God with those moments when things are going well,  
And in the end what that reflects is that we've become so tied to *our own will* being done:

So perhaps Mary MacKillop's vision that God's hand is at work even in the dark moments, the crosses, life's frustrations and pains, when things aren't going as we supposed, **isn't so easy for us to see.**

*But that is the path of a mystic and we're all called onto that journey to be mystics:* developing that ability to see deeper into life, to see beneath the surface, to see God, hidden, but present and active.

**It's a vision which is all the more important in our present situation—to recognise where God is and what God is calling us to be and to do** in a situation we certainly wouldn't have chosen. *Fr Colin*

### Would your kids like to be involved?

During this lockdown we want to make sure our young people know that they are the important part of our parish community that they are.

During this last week quite a few of our young kids helped to drop off a card of greeting and support from the parish to the letter boxes of our senior members of our community. In a few weeks' time we'd like to do a similar thing for our senior Dads for Fathers' Day.

We also have young people record the Prayers of the Faithful which are inserted into our weekly online Sunday Mass.

If your children would like to be involved in any of these ways please let Jean (youth@lindfieldkillara.org.au) or me know.

*Fr Colin*



### Can you knit?

A GREAT WAY TO SHARE YOUR LOVE OF KNITTING AND SEWING IS BY HELPING MIRACLE BABIES IN THEIR SUPPORT FOR MIRACLE FAMILIES AND THE HOSPITALS THAT CARE FOR THEM.

OUR KNITTING AND SEWING SUPPORTS BEREAVED PARENTS AND PARENTS WITH BABIES WHO ARE IN NEONATAL INTENSIVE CARE UNITS OR SPECIAL CARE NURSERIES.



FOR KNITTING AND SEWING PATTERNS VISIT THE [MIRACLEBABIES.ORG.AU](http://MIRACLEBABIES.ORG.AU) WEBSITE AND SEARCH KNITTING PATTERNS OR GO TO

[WWW.MIRACLEBABIES.ORG.AU/CONTENT/KNITTING-SEWING/GJXLH4](http://WWW.MIRACLEBABIES.ORG.AU/CONTENT/KNITTING-SEWING/GJXLH4)



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

For more information contact Karen: [karenelizabet33@hotmail.com](mailto:karenelizabet33@hotmail.com)

# Parish Life in week 7 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](http://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.



## Children and Youth

♦ During lockdown we are providing two alternative versions of Sunday Mass on YouTube - one of which has a homily directed at the younger 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.



## 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 (ALMOST!)**

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](http://www.lindfieldkillara.org.au)) and scroll down to 2 i.b. for the form. (or simply email Alison ([alison@lindfieldkillara.org.au](mailto:alison@lindfieldkillara.org.au)) for assistance.

## 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.

♦ **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.

♦ **Adult faith enrichment:** our next online series is Robert Barron's 'The Creed' - see page 3.

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).

## WORLD FACES MOST SIGNIFICANT INCREASE IN HUNGER IN DECADES

A report released by the UN this month shows that the COVID-19 pandemic has contributed to the most significant increase in world hunger in decades, with global hunger increasing last year by 18 per cent compared to the year before.

This year's *State of Food Security and Nutrition in the World* report estimates that between 118 million and 690 million more people were undernourished or going hungry in 2020, compared with 2019. A staggering 2 billion people are unable to access enough food or adequate nutritious food year-round.



More than half of the people who were malnourished lived in Asia (418 million), more than one third in Africa (282 million) and eight per cent or 60 million in Latin America, according to the report.

Although the full impact of the pandemic is as yet unclear, it is believed that much of the increase is likely related to fallout from COVID-19.

"The impact of the COVID-19 pandemic has been devastating on communities that were already living close to the edge," says Kirsty Robertson, CEO of Caritas Australia. "We've seen how easy it is for food systems to fail – and the devastating long-term impacts for low and middle-income countries."

"When farmers can't get to market because of lockdowns, they can't sell their crops, which means that not only do they not earn enough income for that season, but they can't invest in seeds and fertilisers for next season. When this happens to enough farmers, entire regions that were previously food secure are put at risk of food shortages and famine because nobody can afford to grow crops."

The UN warns that the world is at a critical point and must act now to achieve the goal of eradicating hunger by 2030.

It says transforming food supply systems is crucial to achieve food security, alleviate hunger and to improve nutrition for all globally. This includes strengthening the resilience of the most vulnerable communities to economic adversity to lessen the impact of pandemic-style shocks or volatility in food markets, as well as scaling up climate resilience across food systems.

### Help vulnerable people facing COVID-19, hunger and poverty.

Act now to help provide life-changing support, supplies and services to the most marginalised communities in the world.

To help go to:

<https://www.caritas.org.au/donate/fight-hunger/>



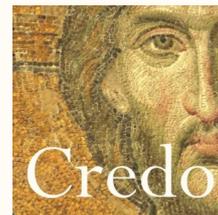
## Another online opportunity for nurturing faith and gathering with others online here in the parish .....

A group of parishioners has just finished another rich offering from Bishop Robert Barron's 'Word on Fire' series entitled 'Untold Blessing'.

The next opportunity we'll have to participate in one of Robert Barron's stimulating video series is

### THE CREED :

an opportunity over 6 sessions to explore the very heart of our Christian faith, what it offers, how it shapes our Christian existence.



Online sessions will take place on the first and third Wednesdays of the month from 7:30—8:30pm, commencing Wednesday 18th August.

If you'd like to take part please contact me by Fri. 13th Aug. ([colin@lindfieldkillara.org.au](mailto:colin@lindfieldkillara.org.au); 9416 7195) for the login details.

*Fr Colin*

## HELLLLLLOOOOOO OUT THERE!

During this lockdown I have been writing a short note (by email) each Friday to everyone in the parish whose email address I have. I include the parish bulletin with the email.

If you haven't been receiving my weekly note and would like to please let me know (but before that just check your 'Junk' folder to make sure it hasn't gone there as that can sometimes happen when a mail is sent to a large distribution list).

*Fr Colin*



**“Never see a need without doing something about it.”**  
St. Mary of the Cross

Feast of St. Mary of the Cross

In 1867, Mary MacKillop became the first sister and Mother Superior of a newly established religious order. In the puzzle below, cross out any letter that appears three or more times. Then unscramble the remaining letters to complete the name of that religious order.

A	G	Q	S	X	C	Y	M	E
K	H	N	B	U	K	J	Z	D
V	Y	U	A	T	D	A	X	B
O	L	K	G	W	H	Q	V	M
N	C	M	P	A	V	Z	U	
B	I	A	U	V	C	O	D	Y
W	D	L	E	K	N	X	L	Q
G	N	L	E	U	A	V	G	M
U	F	M	B	A	D	R	L	Z
A	W	Q	L	N	T	S	K	U

ANSWER

T \_ \_ \_ \_ \_ S \_ \_ \_ \_ S \_ \_ \_ \_ \_  
S \_ \_ \_ \_ S E \_ \_ \_ \_

Mary MacKillop had a great desire to do God's will and help those most in need. Who are the people most in need of help in your community? In what ways can you help them?

I can help...

I can help...

I can help...

I can help...

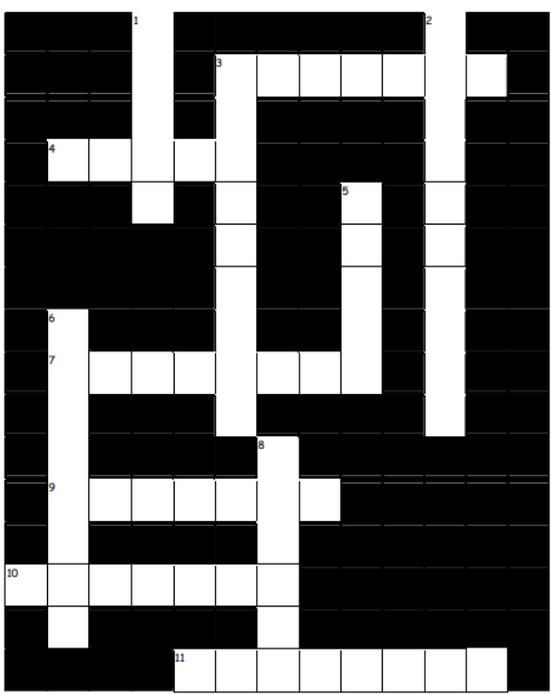


Lord God,  
You called Mary MacKillop to serve you.  
She spent her life caring for and teaching kids  
and inspired others to join with her.  
Through your love  
she lived a life which gave people hope.  
Today we share that hope.  
Bless all who continue her work  
And may they and St. Mary of the Cross continue  
to be a source of hope for us all.  
We ask this through Jesus Christ. Amen.

CROSSWORD

The Lord is compassion and love

Mt 6:25-34  
Jdt 8:11-17, 28-31 or Col 3:12-17  
Ps 102:1-4, 8-9, 13-14, 17-18



- Across
- 3: A wise Jewish King from the Old Testament
  - 4: we need this to live
  - 7: resembling or befitting heaven
  - 9: heaven: the \_\_\_\_\_ of God
  - 10: the quality of being just
  - 11: to have hardship or difficulty and not complain
- Down
- 1: belief in God
  - 2: feeling deep sympathy towards those who suffer
  - 3: to give in to another
  - 5: to be concerned, troubled
  - 6: grateful
  - 8: truthful and sincere

5  
**Food for the soul**

*I am the living bread that came down from heaven; whoever eats this bread will live forever;  
and the bread that I will give is my flesh for the life of the world (Jn 6:51)*

**MEETING GOD WITHOUT FEAR**

What would you feel if God suddenly walked into a room? Fear? Shame? Joy? Apprehension? Panic? A desire to hide? Relief when God finally left?

Indeed, how would we even recognise God, should God walk into a room?

Jane Tyson Clement, a poet and a member of the Bruderhof community, fantasises about what might run through her mind and heart if Jesus suddenly walked up to her. In a poem entitled, Vigil, she writes:

*What would I do, O Master,  
if you came slowly out of the woods.*

*Would I know your step?*

*Would I know by my beating heart?*

*Would I know by your eyes?*

*Would I feel on my shoulder too, the burden you carry?*

*Would I rise and stand still till you drew near  
or cover my eyes in shame?*

*Or would I simply forget everything  
except that you had come and were here?*

Those last lines highlight the most important of all truths, namely, that God is love and only by letting that kind of love into our lives can we save ourselves from disappointment, shame, and sadness.

I don't often remember my dreams, nor do I set much stock by them, but, several years ago, I had a dream that I both remember and set some stock by. It went something like this:

For whatever reason, and dreams don't give you a reason, I was asked to go to an airport and pick up Jesus, who was arriving on a flight. I was understandably nervous and frightened. A bevy of apprehensions beset me: How would I recognise him? What would he look like? How would he react to me? What would I say to him? Would I like what I saw? More frightening yet, would he like what he saw when he looked at me?

With those feelings surging through me, I stood, as one stands in a dream, at the end of a long corridor nervously surveying the passengers who were walking towards me. How would I recognise Jesus and would his first glance at me reflect his disappointment?

But this was a good dream and it taught me as much about God as I'd learned in all my years of studying theology. All of my fears were alleviated in a second. What happened was the opposite of all my expectations: suddenly, walking down the corridor towards me was Jesus, smiling, beaming with delight, coming straight for me, rushing, eager to meet me. Everything about him was stunningly and wonderfully disarming. There was no awkward moment; everything about him erased that. His eyes, his face, and his body embraced me without reserve and without judgement. I

knew he saw straight through me, knew all my faults and weaknesses, my lack of substance, and none of it mattered.

And, for that moment, none of it mattered to me either. Jesus was eager to meet me! In that moment, as Jane Tyson Clement suggests, one forgets everything, except that God is here. There's no place for fear or shame or wondering what God thinks of you.

And that's a lesson we must somehow learn, somehow experience.

We live with too much fear of God.

Partly its bad theology, but mostly we fear because we've never experienced the kind of love that's manifest in God and we take for granted that anyone who sees us as we really are (in our unloveliness, weaknesses, pathology, sin, insubstantiality) will, in the end, be as disappointed with us as we are with ourselves.

At the end of the day we expect that God is disappointed with us and will greet us with a frown. The tragedy and sadness here is that, because we think that God is disappointed in us, especially at those times when we are disappointed with ourselves, we try to avoid meeting the one person, the one love, and the one energy, God, that actually understands us, accepts us, delights in us, and is eager to smile at us. We are relieved that we never have to pick up Jesus at an airport. That's also true of church: we stay away from church exactly at those times when we would most need to be there.

A prairie poet and former Oblate confrere, Harry Hellman, gets the last word on this. He puts it well:

Let's go back to the weather.

Most days you don't notice there is any

until you fall into love, and/or sin,

and then you see the clouds and stare holes into heaven,  
looking for Christ

when he's really at your shoulder looking for you

and in such great shape, you'd never believe what he's  
been through.

Then before you know how it happened, it's July again  
or August

and you have time to do what you should have been  
doing all your life,

sitting or walking on the grass in bare feet

and loving. ...

then you're all petals once more, and tendrils

till the storm breaks

your heart.

And the biggest piece goes to heaven, and to hell with the weather.

*Fr Ron Rolheiser omi (from the Centre for Liturgy,  
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](http://www.lindfieldkillara.org.au)



**NEXT SUNDAY 15TH AUGUST** is the Solemnity of the Assumption of Our Lady.

As part of the Prayers of the Faithful in our online Mass there will be a special video presentation of young families and their children in our parish praying one decade of the Rosary.

### I. THE DEVASTATION OF GRIEF

In the Hebrew Scriptures, we find Job moving through Elisabeth Kübler-Ross's well-known stages of grief & dying: denial, anger, bargaining, resignation, & acceptance. The first week of Job's time on the "dung heap" of pain are spent in silence, the immediate response matching the first stage—denial. Then he reaches the anger stage, shouting curses at God. He says, in effect, "This so-called life I have isn't really life, God, it's death. So why should I be happy?"

Perhaps some of us have been there—so hurt and betrayed, so devastated by our losses that we echo Job's cry about the day he was born, "May that day be darkness. May God on high have no thought for it, may no light shine on it. May murk and deep shadow claim it for their own" (Job 3:4–5). It's beautiful, poetic imagery. He's saying: "Uncreate the day. Make it not a day of light, but darkness. Let clouds hang over it, eclipse swoop down on it." Where God in Genesis speaks "Let there be light," Job insists "Let there be darkness." The day of uncreation, of anti-creation. We probably have to have experienced true depression or betrayal to understand such a feeling.

W. H. Auden expressed his grief in much the same way in his poem "Funeral Blues," which ends:

*The stars are not wanted now: put out every one,  
Pack up the moon and dismantle the sun,  
Pour away the ocean and sweep up the woods;  
For nothing now can ever come to any good.*

There's a part of each of us that feels and speaks that sadness. Not every day, thank goodness. But if we're willing to feel and participate in the pain of the world, part of us will suffer that kind of despair. If we want to walk with Job, with Jesus, and in solidarity with much of the world, we must allow grace to lead us there as the events of life show themselves. I believe this is exactly what we mean by conformity to Christ.

We must go through the stages of feeling, not only the last death but all the earlier little (and not-so-little) deaths. If we bypass these emotional stages by easy answers, all they do is take a deeper form of disguise & come out in another way. Many people learn the hard way—by getting ulcers, by all kinds of internal diseases, depression, addictions, irritability, and misdirected anger—because they refuse to let their emotions run their course or to find some appropriate place to share them.

I'm convinced people who don't *feel* deeply don't *know* deeply either. Only because Job is willing to feel his emotions can he come to grips with the mystery in his head & heart & gut. He understands holistically & therefore his experience becomes both whole & holy.

### II. THE GIFT OF TEARS

The human instinct is to block suffering & pain—especially true in the West where we've been influenced by the "rationalism" of the Enlightenment. As anyone who has experienced grief can attest, it isn't rational. We really don't know how to hurt! We simply don't know what to do with our pain.

The great wisdom traditions are trying to teach us that grief isn't something from which to run. It's a liminal space, time of transformation. In fact, we can't risk getting rid of the pain until we've learned what it has to teach us and it—grief, suffering, loss, pain—always has something to teach us! Unfortunately, most of us, men especially, have been taught that grief & sadness are something to repress, deny, avoid. We'd much rather be angry than sad.

Perhaps the simplest & most inclusive definition of grief is "unfinished hurt." It feels like a demon spinning around inside of us & it hurts too much, so we look for someone else to blame. We have to learn to remain open to our grief, to wait in patient expectation for what it can teach us. When we close in too tightly around our sadness or our grief, when we try to fix it, control it, or understand it, we only deny ourselves its lessons.

Saint Ephrem the Syrian (303–373), a Doctor of the Church, considered tears to be sacramental signs of divine mercy. "Give God weeping, and increase the tears in your eyes; through your tears & God's goodness the soul which has been dead will be restored." What a different kind of human being than most of us! ...

The "weeping mode" really is a different way of being in the world. It's different than the fixing, explaining, or controlling mode. We're finally free to feel the tragedy of things, the sadness of things. Tears cleanse the lens of the eyes so we can begin to see more clearly. Sometimes we have to cry for a very long time because our eyes are so dirty that we're not seeing truthfully or well at all. Tears only come when we realise we can't fix or change it. The situation is absurd, unjust, wrong, impossible. *She shouldn't have died; How could this happen?* Only when we are led to the edges of our own resources are we finally free to move to the weeping mode.

The way we can tell our tears have cleansed us is that afterwards we don't need to blame anybody, even ourselves. It's an utter transformation and cleansing of the soul, and we know it came from God. It is what it is, and somehow God is in it.

### III. GOOD GRIEF

*When someone you love very much dies, the sky falls. And so you walk around under a fallen sky.* —Mirabai Starr, Caravan of No Despair

My friend Mirabai Starr has suffered many losses in her life, including that of her 14-year-old daughter Jenny, which she writes about with profound vulnerability & wisdom.

There is no map for the landscape of loss, no established itinerary, no cosmic checklist, where each item ticked off gets you closer to success. You cannot succeed in mourning your loved ones. You cannot fail. Nor is grief a malady, like the flu. You will not get over it. You will only come to integrate your loss. . . . The death of a beloved is an amputation. You find a new centre of gravity, but the limb does not grow back.

*Richard here: Death cannot be dealt with through quick answers, religious platitudes, or a stiff upper lip. Grief is not a process that can be rushed but must be allowed to happen over time and in its own time. Mirabai recounts that the most important step she took was giving herself permission to mourn in the first place:*

With reticence at first, then with mounting courage, I dared to mourn my child. From the very beginning I suspected that something holy was happening & that if I were to push it away, I would regret it for the rest of my life. There was this sense of urgency, as if turning from death meant turning from my child. I wanted to offer Jenny the gift of my commitment to accompany her on her journey away from me, even if to do so simply meant dedicating my heartbeat & my breath to her & paying attention.

And so I showed up. When a feeling I didn't think I could survive would threaten to engulf me, I practiced turning toward it with the arms of my soul outstretched, & then my heart would unclench a little & make space for the pain. Years of contemplative practice had taught me just enough to know better than to believe everything I *think*—how to shift from regretting the past & fearing the future to abiding with what is. In this case, the ultimate messed up thing. I sat with that. I didn't engage in this practice to prove something. I wasn't interested in flexing my spiritual muscles. I did it for Jenny. My willingness to stay present through this process was an act of devotion. By leaning into the horror & yielding to the sorrow, by standing in the fire of emptiness & saying yes to the mystery, I was honouring my child & expressing my ongoing love for her. It wasn't mere *mindfulness* practice; but *heartfulness* practice.



### OUR MONTHLY HEALING MASS

cannot of course be celebrated publicly this month but will be available on our Youtube channel online **this Friday 13th August**. The Mass will include a blessing for all those who are frail or sick.

*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 (catherinewillis@gmail.com) or Elizabeth Reedy (elizabethreedy@msn.com).



ARE YOU HOME SCHOOLING  
AT THE MOMENT?

# MAKE TIME FOR GOD



Age appropriate resources developed in collaboration by all the dioceses of NSW for students from Kindy to Yr 12.

[WWW.CCRESS.ORG.AU/LEARNING-FROM-HOME-SRE-LESSONS/](http://WWW.CCRESS.ORG.AU/LEARNING-FROM-HOME-SRE-LESSONS/)

## ARE YOU STRUGGLING TO PAY THE BILLS?



*CatholicCare*  
Diocese of Broken Bay

We can help with Coles or Woolworths vouchers

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

## OUR CHINESE CATHOLIC COMMUNITY

常年期第十九主日 8.8.2021

讀經一(靠那食物的力量,他走到天主的山。)

恭讀列王紀上 19:4-8

那時候,先知厄里亞進入曠野,走了一天的路,來到一棵杜松樹下,坐下求死,說:「上主啊!現在已經夠了!收去我的性命吧!因為我並不如我的祖先好。」以後,他就躺在那棵杜松樹下,睡著了。忽然,有位天使拍醒厄里亞,對他說:「起來,吃吧!」他看了看,見在他頭的旁邊,有一塊用炭火烤熟的餅,和一罐水;他吃了喝了,又躺下睡了。上主的使者第二次又來,拍醒厄里亞說:「起來,吃吧!因為你還有一段很遠的路。」他就起來,吃了,喝了。厄里亞靠那食物的力量,走了四十天四十夜,一直到了天主的山曷勒布。——上主的話。

答唱詠 詠34:2-3, 4-5, 6-7, 8-9

【答】:請你們體驗,請你們觀看:上主是何等和藹慈祥!(詠34:9)

領:我要時時讚美上主;我的口舌不斷讚頌上主。願我的心靈,因上主而自豪。願謙卑的人聽到,也都歡喜雀躍。【答】

領:請你們同我一起讚揚上主,讓我們齊聲頌揚他的名字。我尋求了上主,他俯聽了我的祈求:由我所受的一切驚惶中,將我救出。

【答】

領:你們瞻仰他,要喜形於色;你們的面容,絕不會羞愧。卑微人一呼號,上主立即俯允,並且救拔他,脫離一切艱辛。【答】

領:在那敬畏上主的人四周,有上主的天使築營護守。請你們體驗,請你們觀看:上主是何等和藹慈祥!投奔他的人,真是有福。

【答】

讀經二(在愛德中生活,就如基督愛了我們。)

恭讀聖保祿宗徒致厄弗所人書 4:30-5:2

弟兄姊妹們:

你們不要叫天主的聖神憂鬱,因為你們是在聖神內,受了印證,以等待那得救的日子。要從你們當中,除掉一切毒辣、怨恨、憤怒、爭吵、毀謗,以及一切邪惡;彼此要以良善、仁慈相待,

且要互相寬恕,如同天主在基督內,寬恕了你們一樣。所以,你們應該效法天主,如同蒙愛寵的兒女一樣;又應該在愛德中生活,就如基督愛了我們,且為我們把自己交出,獻於天主,作為馨香的供物和祭品。——上主的話。

福音前歡呼

領:亞肋路亞。

眾:亞肋路亞。

領:主說:我是從天上降下的、生活的食糧;誰若吃了這食糧,必要生活,直到永遠。(若6:51)

眾:亞肋路亞。

福音(我是從天上降下的、生活的食糧。)

恭讀聖若望福音 6:41-51

那時候,耶穌說:「我是從天上降下來的食糧。」

猶太人便對耶穌竊竊私議,說:「這人不就是若瑟的兒子耶穌嗎?他的父親和母親,不是我們都認識嗎?怎麼他竟然說:我是從天上降下來的呢?」

耶穌回答說:「你們不要彼此竊竊私議!凡不是派遣我的父所吸引的人,誰也不能到我這裡來;到我這裡來的,我在末日要叫他復活。先知書上記載:『眾人都要蒙受天主的訓誨。』凡接受父的教導而學習的,必到我這裡來。這不是說有人看見過父,只有那從天主來的,才看見過父。我實實在在告訴你們:信從的人,必得永生。「我是生命的食糧。你們的祖先在曠野,吃過『瑪納』,卻死了。這是從天上降下來的食糧,誰吃了,就不死。「我是從天上降下的、生活的食糧;誰若吃了這食糧,必要生活,直到永遠。我所要賜給的食糧,就是我的肉,為使世界獲得生命。」——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,正午12時,

\*\*牧職修女 司徒金美修女 0419-426899

\*\*北區中心聯絡 Gloria Cheung ☎0416-118089

## Catholic Parish of Lindfield -Killara

Fr Colin Blayney, Parish Priest

[colin@lindfieldkillara.org.au](mailto:colin@lindfieldkillara.org.au) 9416 7195

Fr Thomas Alackakunnel VC, Asst Priest

[thomas@lindfieldkillara.org.au](mailto: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

Phone: 9416 3702

Email: [parish@lindfieldkillara.org.au](mailto:parish@lindfieldkillara.org.au)

Parish Website: [www.lindfieldkillara.org.au](http://www.lindfieldkillara.org.au)

### Parish Staff

Parish Secretary

Philita Marundan [philita@lindfieldkillara.org.au](mailto:philita@lindfieldkillara.org.au)

Parish Office Coordinator; Child Protection Coordinator

Alison Williams (M,W,Th only)

[alison@lindfieldkillara.org.au](mailto:alison@lindfieldkillara.org.au)

Sacramental Coordinator

Maia Schulze Tsang;

[sacramental@lindfieldkillara.org.au](mailto:sacramental@lindfieldkillara.org.au)

Parish Facilities' Coordinator (volunteer)

Anthony Cassidy: [anthony@lindfieldkillara.org.au](mailto:anthony@lindfieldkillara.org.au)

Youth Ministry Coordinator (volunteer)

Jean Shatek: [youth@lindfieldkillara.org.au](mailto: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](mailto:info@holyfamily.nsw.edu.au)

School Website: [www.hfldbb.catholic.edu.au](http://www.hfldbb.catholic.edu.au)

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

**Recently deceased:** Nancy Brady (niece of Adrienne Connaghan of our parish), Ruth Peel, David and Carline Miller, Veronica Fitzgerald, James O'Connor, John Donnellan, Doreen Cannon.

**Anniversary:** Gwen Dean, Beryl Cates, Raymond Jones, David Davoren.

**And for:** Thomas and Eileen Wade.

### PLEASE PRAY FOR THOSE WHO ARE SICK:

Shirley Smith, Ingrid Lazuardi, Barbara McMullan,, Sally Cogle, 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. 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)

## For the Kids .... A reminder:

As explained on page 2, during lockdown, we will provide two alternative 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.

Find out more at [UN.org/youth](http://UN.org/youth)

YOUTH - OUR FUTURE! YOUTH - OUR FUTURE!



United Nations' International Youth Day THURSDAY 12 AUGUST



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