

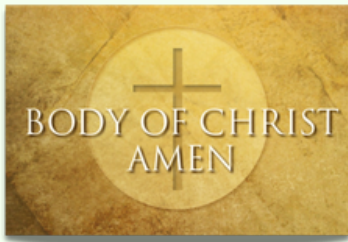


*We are a welcoming Christian community which embraces all people.
We support each other to grow in faith and create a loving and compassionate community.
We aspire to live as Christ's witnesses of God's unconditional love.*

*We are committed to
being a Child-Safe
Community*

SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST: CORPUS CHRISTI (TWELFTH WEEK IN ORDINARY TIME) 7 - 6 - 2026

*This week: Deut 8:2-3,14-16, 1 Cor 10:16-17, Jn 6:51-58
Next week: Ex 19:2-6, Rom 5:6-11, Mt 9:36-10:8*



Today's feast celebrates the great mystery which lies at the heart of our Christian week - the celebration of the Eucharist.

There's no coincidence about the fact that this feast comes just one week after Trinity Sunday and just two weeks after the end of the Easter Season:

because in the Eucharist we *encounter* God who is Trinity,
and it's through the Easter mystery, that we first *experience* God as Trinity:

the Father who reaches out in love to the world,
the Son, the Word, who became flesh, who reveals the face of the Father,
the Spirit, the bond of love between the Father & the Son
who gathers us into unity and draws us, *as a communion of human beings,
into the communion which is God.*

The Eucharist is the very mystery of God breaking into our midst.

The Eucharist is our being drawn into the deepest inner life of God who is communion, who is Trinity.

The Eucharist is our call to live in the image and likeness of the God who created us:
as a communion, as a loving fellowship, as a Church.

Fr Colin

Some dates for your diary

HOLY FAMILY SCHOOL ART SHOW
FRIDAY 18TH - SUNDAY 20TH SEPTEMBER

MASS AND PIZZA NIGHT
FOR HSC/IB STUDENTS & FAMILIES:
TUESDAY 6TH OCTOBER 6:00PM

PARISH PILGRIMAGE
SUNDAY 18TH OCTOBER

BLESSING OF ANIMALS
SUNDAY 25TH OCTOBER 11:30AM

THANK YOU EVENING FOR VOLUNTEERS:
TUESDAY 27TH OCTOBER
7:00PM MASS, FUNCTION FOLLOWING

OUR NEXT PARISH SYNODAL ASSEMBLY
SUN. 8TH NOVEMBER
11:15AM - 1:30PM

ADVENT ECUMENICAL SERVICE
TUESDAY 1ST DECEMBER 7:30PM

COMBINED PARISH & SCHOOL CAROLS
NIGHT AND FOOD FEST
FRIDAY 4TH DECEMBER 6:00PM

'NOW YOU TOGETHER ARE CHRIST'S BODY' (1 COR. 12:27)

You are Christ's body, and his members.

It is your mystery which lies on the altar.

*When you stretch out your hands you hear the words
'The Body of Christ' and you answer 'Amen'.*

*So, be the body of Christ.
that your Amen may be true.*

St Augustine

THE EUCHARIST – OUR DOORWAY INTO THE TRINITY

*Through Him, and with Him, and in Him,
O God almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours
for ever and ever.*

Our faith in God as Trinity is not simply 'a mystery that cannot be explained' and which therefore has no relevance to our lives. A mystery is ultimately something to be *lived* rather than explained - and our baptism calls us to *live* the life of God who is Trinity.

The above doxology, which concludes every Eucharistic Prayer, reminds us that every celebration of the Eucharist draws us into the dynamic inner life of the God we love: the *Father* who speaks his love into our lives in the *Word* made flesh in Jesus; the *Holy Spirit* who draws us into a communion of life with the Father and the Word, and in so doing, draws us into a communion of life with one other.

Our being the Church, our being the Christian community, our being in communion with one another, our opening of our lives to more than just ourselves, our family, our group, is the way that we live that communion of life and love - it's the way we can live in the image of the Trinity here in this life right now.

Our belief in Trinity says that the very being of God is communion. And we're called to live in the image and likeness of the God who created us.

And every celebration of the Eucharist is our doorway into that.

Fr Colin



Lindfield-Killara PARISH PILGRIMAGE

Walk, Pray, Together



After a break of some years, we are pleased to once again offer our Parish Pilgrimage this year.



We'll gather in Hyde Park for a picnic lunch & then gather at **St Mary's Cathedral** for an opening reflection. We will walk together across the city, pausing for prayer & reflection at **St Patrick's Church Hill** before continuing across the Harbour Bridge and then a further prayer stop at **St Francis Xavier's Lavender Bay**.



We will then proceed to the **Chapel of St Mary of the Cross MacKillop** at Mount Street, North Sydney, where we will celebrate Parish Mass at 3pm.



All fitness levels are welcome to take part. Each stop is located near a railway station, so for those who may find the full walk too demanding, it is easy to join the pilgrimage by commuting between prayer stops.



This is also a wonderful family activity, and children are very welcome. Please save the date and mark it in your diary.



PILGRIMAGE DETAILS	
	About 5km walk
	Each stop is located near a railway station
	All fitness levels welcome
	Families and children very welcome



SUNDAY 18 OCTOBER

Children's Liturgy of the Word

Thanks to some generous volunteers Children's Liturgy of the Word has returned and takes place within the 10:15am Mass at Lindfield on the Sundays on which there isn't a Children's Mass - ie on the 1st, 3rd and 5th Sundays of the month.

The children will be called forward just after Mass begins and will then go with their leaders to encounter God's Word at their level.

This is for all young primary school-aged children.



Next one is this Sunday 7th June

OUR PARISH FINANCES

As we enter the remaining weeks of this Financial Year - please help us over these remaining weeks to achieve a great result on both our First and Second Collections - whether that be by

* cash on the plates

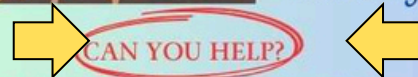
* electronic giving (our bank a/c details are on page 6)

* or via the tap machines near the doors (these allow you to enter the amount you wish).



at
Lindfield Uniting Church

In support of families in crisis in collaboration with CatholicCare Broken Bay



The first Pricing & Sorting Session will be on Friday 19th June from 12-3pm in the Lindfield Uniting Church undercroft.

Continues every Friday until market day.

Drop items for Pricing & Sorting in the month leading into the market to the Lindfield UC carport at 454 Pacific Highway (please don't wait til market week).

Items that sell well include pre-loved and vintage jewellery & watches. Enquiries to lindfielduca@gmail.com - new volunteers always welcome. Plenty of roles before, during or after the market! All market proceeds go to the Lindara Family Programme based at CatholicCare, Waitara.

As we gather in worship on this day we acknowledge the Traditional Owners of the land on which our parish is found. We also pay our respects to Elders past and present.

Food for the spirit

INVITING EACH OTHER TO OUR BETTER SELVES

I grew up in a rural area where most everyone was either a first or second-generation immigrant. Most of us were just above the poverty line, struggling economically and struggling to speak English properly. We were also struggling to access higher education, both because a lot of my peers had to end their schooling after the eighth grade to help support the family and because the idea of university education was not yet part of most families' ethos.

In our community there was one family for which this wasn't true. They were comfortable economically and a number of them had gone on to higher education and were now professionals in different fields. They were a privileged family.

But they wore it well. There was no snobbishness, flaunting, or superiority complex. The opposite. They used their gifts to try to help the community. One of their sons became a teacher and taught in one of the local schools, and for a number of years the family set up a curling rink every winter for the community. They were both admired and respected.

One day one of their sons was sitting with a group of young men who were sharing a beer, sharing stories, and enjoying some healthy banter, when the son of this much respected family made a blatantly racist remark. There was an awkward silence. Then one of men, in a gentle voice, said this to him: "You know, it surprises me that you would say something like that. Your family is so classy. We all look up to you. This doesn't sound like you."

The man's reaction was immediate and contrite: "You're right. I'm sorry. I don't know why I say things like that. That was stupid."

I can imagine a very different reaction had he been challenged with hard words like: "You're a racist! How can you say something like that!"

When we challenge each other in harsh words, the effect often serves to make us more defensive and freeze us in our view. We are being scolded, rebuked, shamed, and that can work just as easily to re-entrench as to persuade. It also serves to harden the space between us rather than invite us to what's best and highest in ourselves.

We need to invite and challenge each other to what's best and higher inside us.

And what is best and higher inside us?

Some of our early Christian writers (the Church

Fathers) suggested that each of us has a double personality and heart. In each of us, they submit, there is a big, generous, noble, altruistic heart. But, inside each of us too, there is a wounded, petty, and selfish heart; and at any given time, we can be operating out of one heart or the other. We can be big-hearted and we can be petty, and this can change from one hour to the next depending on what's meeting us in life.

Here's an example: Imagine you wake up some morning feeling altruistic and noble of heart. At that moment, you have the mind and heart of Jesus. In that holy frame of mind, you go to work and there someone is cold and sarcastic with you. In one minute, everything can switch; you no longer have the mind and heart of Jesus, nor the mind and heart of what's best in you. The wounded petty heart in you trumps the big heart, warmth and understanding leave you, and you now feel cold and bitter.

Now imagine this in reverse: You wake up some morning feeling paranoid, misunderstood, and nursing old wounds. At that moment you don't have the mind and heart of Jesus, nor are you attuned to what's better and higher in your own mind and heart. You go to work in that unholy state and there, unexpectedly, some co-worker greets you warmly and shares how much she appreciates your work and your friendship. In one minute, the noble mind in you trumps the petty mind and all that's best and generous in you rises to the surface and you want to be a better person. You flip from bitterness to graciousness in one minute.

We live in a polarised world today where so many issues bitterly divide us and invite us not to what's noble and best in us, but rather to what's wounded, paranoid, and defensive. We need a new tone in our discourse, one of invitation and respect, one that recognises what's noble and big-hearted in the other and then challenges the other to own what's best in him or her.

Instead of name-calling and assaulting each other with slogans, we need to say to each other: "You know, it surprises me that you would say something like that. You're so classy! We all look up to you. This doesn't sound like you." That kind of invitation can help thaw some of the coldness that for all kinds of reasons perennially besets the human heart.

Fr Ron Rolheiser omi

Healing Mass

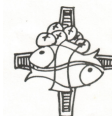
Our next Healing Mass will be celebrated
this Friday 12th June at 10am
at Immaculate Heart of Mary Church
at Killara
followed by morning tea
in St Joseph's Hall



FIRST HOLY COMMUNION

First Holy Communion will be celebrated this year as follows:

- at Killara at the 5:30pm Vigil Mass on Saturday 20th June
- at Lindfield at the 10:15am Mass on Sunday 21st June
- at Lindfield at the 10:15am Mass on Sunday 28th June



In addition to the fact that our celebrations are spread over a number of Masses so that the number of First Communicants at each Mass is not too large, the First Communion Masses will be celebrated in such a way **that they take no longer than a normal Sunday Mass**. Indeed, as some parts of the Mass are simplified they usually take *less* time than a normal Sunday Mass.

ENTRANCE HYMN : TABLE OF PLENTY

Refrain: Come to the feast of heaven and earth!
Come to the table of plenty!
God will provide for all that we need,
here at the table of plenty.

1. O come and sit at my table
where saints and sinners are friends.
I wait to welcome the lost and lonely
to share the cup of my love.

2. My bread will ever sustain you
through days of sorrow and woe.
My wine will flow like a sea of gladness
to flood the depths of your soul.

Dan Schutte ©1992, OCP.*

**HYMN FOR THE DEDICATION OF THE GIFTS :
ONE BREAD, ONE BODY**

Refrain: One bread, one body,
one Lord of all, one cup of blessing which we bless.
And we, though many, throughout the earth,
we are one body in this one Lord.

Gentile or Jew, servant or free,
woman or man, no more. *Refrain*

Many the gifts, many the works,
one in the Lord of all. *Refrain*

Grain for the fields, scattered and grown,
gathered to one, for all. *Refrain*

John Foley ©1978, OCP.*

COMMUNION HYMN: GODHEAD HERE IN HIDING

1 Godhead here in hiding whom I do adore
Masked by these bare shadows,
shape and nothing more.
See, Lord, at thy service low lies here a heart
Lost, all lost in wonder at the God thou art.

2 Seeing, touching, tasting are in thee deceived;
How says trusty hearing? that shall be believed;
What God's Son has told me, take for truth I do;
Truth himself speaks truly or there's nothing true.

Used with permission. All rights reserved.

*OneLicense # A-730534 / **CCLI License #746289

3 On the cross thy Godhead made no sign to men;
Here thy very manhood steals from human ken:
Both are my confession, both are my belief,
And I pray the prayer of the dying thief.

4 I am not like Thomas, wounds I cannot see,
But can plainly call thee Lord and God as he:
This faith each day deeper be my holding of,
Daily make me harder hope and dearer love.

5 O thou, our reminder of Christ Crucified,
Living Bread, the life of us for whom he died,
Lend this life to me, then; feed and feast my mind,
There be thou the sweetness we were meant to find.

6 Jesus whom I look at shrouded here below,
I beseech thee, send me what I long for so,
Some day to gaze on thee face to face in light
And be blest forever with thy glory's sight. Amen.

Public Domain - St. Thomas Aquinas, ca. 1261-64, alt; tr. by Gerard Manley Hopkins (1844-99), alt. Music: Paris Processionale, 1697

RECESSIONAL HYMN : GO TELL EVERYONE

God's spirit is in my heart
God has called me and set me apart
This is what I have to do
What I have to do

Ref: God sent me to give the Good News to the poor,
Tell prisoners that they are prisoners no more,
Tell blind people that they can see,
And set the downtrodden free.

And go tell everyone
the news that Kingdom of God has come,
And go tell everyone
the news that God's Kingdom has come.

Just as the Father sent me,
So I'm sending you out to be
My witness throughout the world,
The whole of the world.

Don't worry what you have to say,
Don't worry because on that day
God's Spirit will speak in your heart,
Will speak in your heart.

A. Dale, H.J. Richards ©1982, Kevin Mayhew**

*Are you or is someone you know
considering becoming a Catholic?*



RCIA
A Journey In Faith

The team from our parish RCIA programme will again be leading the journey to next Easter guiding and preparing those who wish to become members of the Catholic Church.

The process involves a series of meetings in which the various aspects of Catholic faith and life are presented and discussed, and culminates with either baptism or reception into the Catholic Church at Easter 2027.

For those whose principal language is Mandarin, this year we will ask you take part in an Alpha Course (introduction to Christian faith) in Mandarin, prior to the main RCIA programme.

If you are interested or would like further information please contact the Parish Office as soon as possible.

Are you or is someone you know considering becoming a Catholic?

**您或您认识的人是否正在
考虑皈依天主教?**

《天主教成人入门圣事》
(RCIA) 是天主教为希望加入教会的成年人设立的一个信仰培育过程。
我们教区的RCIA团队将再次带领大家踏



RCIA
A Journey In Faith

上通往下一个复活节的信仰之旅，陪伴并帮助每一位渴望成为天主教会成员的人一起学习 and 成长。

RCIA的整个过程包括一系列每周一次的聚会，我们团队将介绍和讨论天主教信仰和生活的各个方面，最终帮助大家在今年复活节接受洗礼并加入天主教会。

对于母语为普通话的朋友，今年我们将特别邀请您在正式的RCIA课程之前，参加一个普通话的Alpha课程（基督教信仰入门），这将是帮助您了解和建立信仰的第一步。如果您感兴趣或想了解更多信息，请尽快联系教区办公室。

The Prayers and Responses of Mass

THE GLORIA

Glory to God in the highest,
and on earth peace to people of good will.
We praise you, we bless you,
we adore you, we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world, have mercy on us;
you take away the sins of the world, receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.

For you alone are the Holy One, you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit, in the glory of God the Father.

THE PSALM

Ps 147:12-15. 19-20

O praise the Lord, Jerusalem!
Zion, praise your God!
God has strengthened the bars of your gates,
the Lord has blessed the children within you.

God has established peace on your borders,
the Lord feeds you with finest wheat.
God sends out his word to the earth
and swiftly runs his command.

The Lord makes his word known to Jacob,
to Israel his laws and decrees.
God has not dealt thus with other nations;
the Lord has not taught them his decrees.

THE APOSTLES' CREED

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,

(we bow at the following words in bold):

**who was conceived by the Holy Spirit,
born of the Virgin Mary,**

suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

GOSPEL ACCLAMATION

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

MEMORIAL ACCLAMATION

Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.

FR RICHARD ROHR OFM'S MEDITATION: AN ANCHOR-HOLD OF LOVE

Father Richard recounts the circumstances of Julian of Norwich's mystical experience:

Ever since I discovered Julian of Norwich so many decades ago, I have considered her one of my favorite mystics. Each time I return to her writings, I always find something new. Julian experienced her sixteen visions, or "showings" as she called them, all on one May night in 1373 when she was very sick and near death. As a priest held a crucifix in front of her, Julian saw Jesus suffering on the cross and heard him speaking to her for several hours. Like all mystics, she realized that what Jesus was saying about himself, he was simultaneously saying about all of reality. That is what unitive consciousness allows us to see.

Afterwards, Julian felt the need to go apart and reflect on her profound experience. She asked the bishop to enclose her in an anchor-hold, built against the side of St Julian's Church in Norwich, England. Julian was later named after that church. We do not know her real name, since she never signed her writing. (Talk about loss of ego!) The anchor-hold had a window into the church that allowed Julian to attend Mass and another window so she could counsel and pray over people who came to visit her. Such anchor-holds were found all over 13th- and 14th-century Europe.

Julian first wrote a short text about the showings, but then she patiently spent twenty years in contemplation and prayer, trusting God to help her

discern the deeper meanings to be found in the visions. Finally, she wrote a longer text, titled *Revelations of Divine Love*. Julian's interpretation of her God-experience is unlike the religious views common for most of history up to her time. It is not based in sin, shame, guilt, fear of God or hell. Instead, it is full of delight, freedom, intimacy, and cosmic hope. How did she retain such freedom? Maybe because she was not a priest, ordained to speak the party line?

As I read her words lately, what strikes me is the similarity between Julian's time and our own. Here is how Episcopal priest and scholar Mary Earle describes Julian's fourteenth-century context:

Julian lived at a time of vast social, [religious,] and political upheaval, incessant wars, and sweeping epidemics. Norwich, with a population of around 25,000 by 1330 ... was struck viciously by the plague known as the Black Death. At its peak in the late 1340s in England, it killed approximately three-fourths of the population of Norwich. A young girl at this time, Julian was certainly affected in untold ways by this devastation. When the plague returned, she was about nineteen.

In her anchor-hold, Julian certainly would have recognized the spiritual benefits of contemplation, such as the awakened ability through solitude to be personally present to divine love. Yet we must remember that she also let God's love flow right through her to those on the street requesting her counsel, and to us through her writings.

Sunday Mass

Killara Church
5:30pm Vigil
9.00am*

Lindfield Church
8.30am 10.15am**
12noon Chinese Mass
6:00pm Youth Mass***

* Morning Tea follows 9am Mass at Killara on the 1st Sunday.
** 10:15am Mass on the 2nd & 4th Sundays is a Children's Mass, with Children's Choir, and is followed by morning tea.
*** Parish Pot Luck dinner follows 6pm Mass on the 3rd Sunday

Weekday Mass this week

TENTH WEEK IN ORDINARY TIME

Mon. 8am Killara
Tues. 8am Killara
Wed. 10am Lindfield
Thur. 10am Lindfield *Memoria of St Barnabas*
Fri. 10am Lindfield *Solemnity of the Sacred Heart*

The Ordinarie of Our Lady of the Southern Cross
(gathering in our church at Killara):

Mass Wednesday 6pm (preceded by Exposition from 5pm)
Thursday 9am Friday 9am Sunday 12 noon
Evensong 4th Sunday of the month 4pm

Sunday Mass Roster

SATURDAY Killara 5:30PM	6 June. Fr Colin	13 June. Fr Colin
SUNDAY Lindfield 8:30AM Killara 9:00AM Lindfield 10:15AM Lindfield 12:00PM Lindfield 6:00PM	7 June. Fr Anselam Fr Colin Fr Stephen Fr Anselam Fr Colin	14 June. Fr Colin Fr Stephen Fr Colin Fr Kelly Fr Colin

How to contact us

Fr Colin Blayney PP VF, Parish Priest
0475 558 500 colin@lindfieldkillara.org.au

Parish Office Hours: Tue-Fri. - 9.30am - 4pm

Postal address: PO Box 22, Lindfield NSW 2070

P: 9416 3702 E: parishoffice@lindfieldkillara.org.au

Parish Website: www.lindfieldkillara.org.au

Fr Stephen Hill, Priest-in-residence
(voice only) 0474 303 261 fr.stephen@me.com

For all of our staff click on 'Our Parish' on the website.

Holy Family School: 4 Highfield Rd, Lindfield
E info@holyfamily.nsw.edu.au Ph.7256 2141

Ways that you can support our parish

1. Direct debit contributions from your bank A/C:

1st Collection:

(providing for the priests of the parish & retired & sick clergy):
BSB 062 784 Ac 10000 1624

2nd Collection:

(providing for all the operating costs of the parish):
BSB 062 784 Ac 10000 1623

2. Credit card: Scan the code & then select each of our two collections

3. Periodic payments from your credit card: Just click on the hotlink box entitled 'Supporting parish finances' on our homepage (www.lindfieldkillara.org.au) or email accounts@lindfieldkillara.org.au for assistance.

4. The Tap Machines are available in our two churches.



JUNE

Parish Diary

Online Meditation Group every Wednesday
8:00-8:30am.

Wed 10th 7:30pm Scripture study (online)
Fri 12th 10am Healing Mass
Sun 14th 10.15am Children's Mass followed by morn.tea
Tues. 16 7:30pm Parish Pastoral Council
Wed 17th 11:00am Scripture study (online)
Fri 19th 11:00am Seniors' Social Group
Sun 21st Potluck dinner following 6pm Mass
Wed 24th 10am Book Club
7:30pm Scripture study (online)
Sun 28th 10.15am Children's Mass followed by morn.tea

THE SACRAMENT OF RECONCILIATION

5:00-5:15pm Saturdays at Killara

Our Chinese Catholic Community

基督聖體聖血節 (節日) 7.6.2026

中文主日彌撒正午12時

讀經一 (他以你祖先不認識的「瑪納」, 養育了你。)

恭讀申命紀 8:2-3,14-16

梅瑟對人民說:「你當紀念: 上主你的天主, 使你這四十年, 在曠野中所走的路; 那是為磨難你, 試探你; 要知道你的心, 是否願意遵守他的誡命。」

「他磨難了你, 使你感到飢餓, 卻以你和你祖先, 所不認識的『瑪納』, 養育了你, 叫你你知道: 人生活不但靠食物, 而且也靠上主親口所說的一切話。」

「你不要忘記, 由埃及地, 由為奴之家, 領你出來的上主、你的天主; 是他領你經過了遼闊、可怖、有火蛇、蝎子的曠野, 經過了乾旱無水之地; 是他使水, 由堅硬的磐石, 為你流出; 是他在曠野裡, 以你祖先不認識的『瑪納』, 養育了你。」

——上主的話

答唱詠 詠147:12-13, 14-15, 19-20

【答】: 耶路撒冷, 請你讚頌上主! (詠 147:12)

領: 耶路撒冷, 請你讚頌上主! 熙雍, 請你讚頌你的天主! 他鞏固了你城門的橫門, 祝福你懷中的子女。【答】

領: 他使你的地界, 安靜不亂; 用最好的麥麵, 使你飽餐。他向大地發出自己的諭旨; 他的旨意便立即迅速奔傳。【答】

領: 他向雅各伯, 曉示了自己的諭旨; 他向以色列, 啟示了自己的誡律。他從未如此恩待過其他任何民族, 也沒有向他們宣示過自己的法律。【答】

讀經二 (餅只是一個, 我們雖多, 只是一個身體。)

恭讀聖保祿宗徒致格林多人前書 10:16-17
弟兄姊妹們:

我們所祝福的那祝福之杯, 豈不是共結合於基督的血嗎? 我們所舉的餅, 豈不是共結合於基督的身體嗎? 因為餅只是一個, 我們雖多, 只是一個身體, 因為我們眾人, 都共享這一個餅。

——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 (我的肉, 是真實的食糧; 我的血, 是真實的飲料。)

恭讀聖若望福音 6:51-58

那時候, 耶穌對群眾說:「我是從天降下的、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。」

猶太人彼此爭論說:「這人怎麼能把他的肉, 賜給我們吃呢?」

耶穌向他們說:「我實實在在告訴你們: 你們若不吃人子的肉, 不喝他的血, 在你們內, 便沒有生命。誰吃我的肉, 並喝我的血, 必得永生; 在末日, 我且要叫他復活。」

「因為我的肉, 是真實的食糧; 我的血, 是真實的飲料。誰吃我的肉, 並喝我的血, 便住在內, 我也住在他內。就如那生活的父, 派遣了我, 我因父而生活; 照樣, 那吃我的人, 也要因我而生活。」

「這是從天降下來的食糧。不像祖先吃了『瑪納』, 仍然死了。誰吃這食糧, 必要生活, 直到永遠。」

——上主的話。

彌撒後, 請各教友參加午餐聚會

Sunday School主日學 12:00 (中英雙語)

**牧職修女司徒金美修女 ☎0419-426899

**北區中心聯絡 Gloria Cheung ☎0416-118089

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

Recently deceased: Molly Barry, Theophanes Manchoon Park (Cecilia Park's father), Dawn Sasseen, Janet Farel, Christine Walsh, Fr Robert Crawford, Rusty Walters, Renaldo Gaiety, Fr David Taylor, Elvira Rodriguez, Peter Lawrence. **Anniversary:** Frank Dearn, David Curtin and deceased members of the Curtin, Rolfe, Hughes and Egan families, Alan Betts, Pam Butler, Peter O'Sullivan, Edith Lehel, Erika Stanek, Bill Gahan, Carline Miller, John Donnellan, Ruth Peel, John Quirk, Carmella Gallace, Graham McKenzie, Bro. Peter Browne, Zacharius Choi, John Kouvelis, Partick Murphy.

Please pray for those who are sick: Fr Clem Hill,

Helen Tisdell, Tony Plottel, Elizabeth Wales, Annette Leong, Diana Rosewell, Genevieve Larkin, Wolfgang Liers, Tanya Walsh, Jutta Mathur, Jessica Keen, Ali Crawford, William Wise, Janette Brennan, Barbara and John McMullen

**OUR PARISH BOOK CLUB:
BOOKS FOR THE SECOND HALF OF THIS YEAR**

22nd July:

Encyclical by Pope Leo:

Magnifica humanitas: On Safeguarding the Human Person in the Time of Artificial Intelligence

This publication is available to read or download free from the Vatican website (vatican.va)

It is also available as an audio book at <https://www.vaticannews.va/en/pope/news/2026-06/audiobook-of-pope-leo-xiv-s-encyclical-now-available.html>

26th August:

The Afternoon of Christianity- The courage to change (by Tomas Halik).

23rd September:

Five Mystics that came to dinner (Margery Kempe, Julian of Norwich, The Cloud of Unknowing, Richard Rolle, Hildegard of Bingen, Francis of Assisi) (by Carmel Bendon).

28th October:

Encountering Teilhard (Ed by Juan V Fernandez de la Gala).

25th November:

The Names (by Florence Knapp)

The Parish Book Club meets on the 4th Wednesday of the month at 10:00am in the Library in the Shirley Wallace Parish Centre above Holy Family church at Lindfield.

Would you like to join in: just contact Catherine Willis (catherinecwillis@gmail.com) or Elizabeth Reedy (elizabethreedy@msn.com).



Feel the Love of God and discern what it means for your life!

**YOU ARE INVITED TO A
A YOUNG ADULT RETREAT
FROM
FRIDAY 6 PM AUGUST 28
TO
SUNDAY 3 PM AUGUST 30
2026
(FOR APPROX
25 - 40 YEAR OLDS)**

**VENUE: JESUIT VILLA
BURKE PDE
GERROA BEACH.**

**RSVP JUNE 15 2026
ONLY 8 ROOMS AVAILABLE**

**.COST: \$420.00 PP INCLUSIVE OF FOOD
FOR SINGLE ROOM OR \$210 FOR
SHARED TWIN ROOM**

FACILITATED BY



www.popesprayer.va



**Curious? Ring Anne Gray on 0400 092 714 or
simply Register via QR Code**



The Alpha Course

Is there more to life than this?

Alpha is a safe space to explore life, purpose and the Christian faith, ask questions, and share your point of view.

Alpha is free (meal provided) and everyone is welcome.

Date: 6 August 2026 at 7pm

Location: Shirley Wallace Parish Centre

To register or submit an inquiry please contact Teresa - alpha@lindfieldkillara.org.au

To learn more about Alpha, visit alpha.org.au



**Winter
BLANKET
DRIVE**



**When the temperature drops, needs rise!
Join us in spreading warmth this winter by donating
a blanket to those who need them most.**

CAN YOU DONATE A BLANKET?

**We are looking for NEW or CLEAN SECONDHAND
blankets in GOOD CONDITION - something you would
be proud to give a family member or friend!**



**Leave donations in
the specially
marked boxes
in both church
foyers
before 15 June**

Sponsored by:





Mike O'Shea
Parishioner

Trusted Senior Sales Consultant for over 20 years. Mazda Artarmon is a family owned business for more than 40 years.

Please mention this ad for the VIP Special.

☎ 0401 220 878

✉ michaelo@artarmonmazda.com.au

RENOVATIONS & BUILDING MAINTENANCE

CHRIS IACONO

Parishioner

All work large and small

Lic 89879c
Fully Insured

50 years experience
0412 256 616

chris.iacono@bigpond.com



Universal Instruments
est. 1986

SURVEY and LASER SPECIALISTS

SURVEY and LASER SPECIALISTS

326 Pacific Highway, LINDFIELD

Ph: (02) 9416 5335 Fax: (02) 9416 1538

Email: sales@universalinstruments.com.au

Website: www.universalinstruments.com.au



Lindfield Chempro Chemist

Visit Rebekah and the friendly team for expert service and care.

316 Pacific Highway, Lindfield.

Camille HAIR Designs
Hair designed for your life and style

New HAIR SALON

@ East Lindfield Shops

23 year Experience

Street Level Access

Text / Call 0401 616 615

LAWYER GROUPS

Parishioner

Vanessa Robichaux

Conveyancing Lawyers

"Experienced and reliable conveyancing services for buying or selling property. Trust our expertise - contact us today."

☎ 0403456529

✉ Vanessa@lawyergroups.com.au



Lindfield Dental Practice Dr Peter Chung

Suite 1.345 Pacific Hwy, Lindfield (Next to Lindfield Medical Practice) P : 9416 5000

YOUTH PAGE



Whoever eats this bread will live forever

The Most Holy Body and Blood of Christ, Year A

Gospel Jn 6:51-58

Jesus said to the Jews:

"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."

Dear Lord,

Amen.

Write a prayer of thanksgiving to God that you can say before every meal.

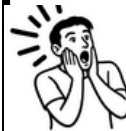


Can you work out which two of these pictures are the same?



The scriptural quotations are taken from the Jerusalem Bible, published and copyright 1961, 1967 and 1988 by Barbet Schuyler and Todd Old and Doubleday & Co Inc, and used by permission of the publishers.

© Creative Ministry Resources



WHAT?!?!?

YOU HAVEN'T BEEN TO A POTLUCK SUPPER?

YOU DON'T KNOW WHAT YOU'VE BEEN MISSING!



PARISH POT LUCK DINNER

following Sunday 6pm Mass

3rd Sunday of each month

NEXT ONE: 21 June



Many hands makes light work

Our Sunday night potluck dinners follow the 6pm Mass on the third Sunday of every month. If you can bring a homemade dish or a pre-made dish from Coles, a main meal or just nibbles or dessert - it's all helpful! If you can't cook then sign up to help in the kitchen.

**It's not about the food
it's about the community!**

Please join us!



Whenever two or more of you are gathered in His name, there is love.

CLICK HERE TO LET US KNOW YOU'RE BRINGING SOMETHING!



Youth Mass Pot Luck

Click on the link above to view the sign up sheet for the Youth Mass Pot Luck group meal on PerfectPotluck.com.

www.perfectpotluck.com

OR SIGN UP VIA THE QR CODE



Follow us on our socials!

Search us up or scan the QR code



Facebook - Lindfield Killara Catholic Parish



Instagram - Lindfield Killara Parish

