

# Our Lady of Perpetual Succour

Catholic Parish Toukley/Lake Munmorah

St Mary's Church 458 Main Rd Norville  
St Brendan's Mass Centre 29 Carters Rd Lake Munmorah



## Vision

*To be A Vibrant Eucharistic Community*

Eighteenth Sunday in Ordinary Time Year B

1st August 2021



Dear parishioners, we entrust all of you to the care and protection of Our Lady of Perpetual Succour during this difficult time. Please be sure of your priests' support and prayers. Everyone is remembered and offered on the altar in every Mass we celebrate. Be strong in your faith and this is a family time to pray together and enjoy love, friendship and companionship.

Today's first reading explains how Manna became a pre-figuration of the Living Bread that is Jesus. The gospel passage has the context of the multiplication of loaves by Jesus and feeding the five thousand in a desert. People were very excited about Jesus after they had their food. Jesus took this opportunity to teach them about the imperishable and life-giving food that will give them eternal life. In order to receive eternal life, they have to believe in the one sent by God. Often, we too are like the Jews at the time of Jesus looking for immediate benefits rather than lasting solutions - short term happiness without really looking for lasting and permanent solutions to our problems of life.

A recent survey found that 41% of men and 55% of women consider themselves overweight. In one way or another, many of us are obsessed with earthly food. Think what a difference it would make in our lives if we were equally obsessed with Heavenly Food, the Food that Christ gives us!

Today's readings challenge us to trust in the providence of a loving and caring God and to hunger and thirst for the Bread of eternal life – the Holy Eucharist. As human beings, we hunger for many things besides food and material possessions. We hunger to be recognized and honoured, to love and be loved, to be listened to and to be appreciated, to help, to console, to encourage people, and to receive gratitude. But only God can satisfy our various forms of spiritual hunger. St. Augustine said: *“O God, You have made us for Yourself, and our hearts are restless until they rest in You”*

Jesus not only gives the Bread of Life — Jesus is the Bread of Life. The Giver and the Gift are One and the same. Through God's infinite love we are given, in the Blessed Eucharist, the very Author of the Gifts of Faith and Sanctifying Grace. Thus, the Eucharist is not a mere “symbol” of Jesus; rather, it is a Sacramental sign of Jesus' Real Bodily Presence in His glorified, scarred, risen Body. This Bread of Life — Who is Jesus Himself — gives mankind a new relationship with God, a relationship of trust, obedience and love.

Fr Tomy

### Pastoral Team

#### Administrator

Rev Tomy Kuruvelil Ouseph CFIC  
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Email: [tomycfic@yahoo.co.in](mailto:tomycfic@yahoo.co.in)

#### Assistant Priest

Rev Baby Thomas CFIC  
Phone: 0400 568 491  
Email: [baby.thomas@bbcatholic.org.au](mailto:baby.thomas@bbcatholic.org.au)

#### Augustinian Sisters of Our Lady of Consolation—Convent

11 Pandora Pde Norville  
4396 9128

Sr. Josefa Mabini OSA  
Sr. Jennifer Canillas OSA

#### Parish Office Hours

9am to 2pm Mon To Fri  
Ph 4396 4455  
458 Main Rd Norville NSW  
Mail PO Box 1 Toukley NSW 2263

Email [toukleyparish@bbcatholic.org.au](mailto:toukleyparish@bbcatholic.org.au)

Website [www.bbcatholic.org.au/toukley](http://www.bbcatholic.org.au/toukley)  
Facebook: Toukley-Lake Munmorah Parish

Parish Secretary: Mrs Alicia Klein  
Office Assistant: Mrs Lorrie O'Brien

Catechist Coordinator  
Mrs Alicia Klein

Sacramental Coordinator  
Mrs Lorrie O'Brien

Sunday Parish Bus Service  
Mrs Joan Haslam 4392 6892

#### Parish Schools

St Mary's  
Principal Mr Kevin Williams 4396 5100

#### St Brendan's

Principal Mr Craig McNee  
4358 1501

#### St Brigid's College

Principal Mr Adam Murdoch 4358 4278

### **Lectio Divina**

Sr Josie and Sr Jennifer invite you to join them for their weekly Lectio Divina (Break open the Word) every Thursday at 5pm to look at the Gospel for the following Sunday. This is delivered via Zoom so it is a perfect opportunity for you to participate while we are still in lockdown. If you would like to participate, please visit the Parish Facebook page for more information or email the Parish Office for details of how to access the meeting.

### **Parish Online Rosary in Preparation for the Assumption of Mary**

From 1st August, we will be saying the Rosary every day at 5pm in preparation for the Feast of the Assumption of Mary. Please see the Parish Facebook page or email the Parish Office for details of how to access the meeting.

### **Anniversary of Sisters Arrival**

Next Tuesday 3rd August marks the 2nd Anniversary of Sr Josie and Sr Jennifer arriving in our Parish. As a Parish Community, let us give thanks for their generous contributions across so many ministries, through teaching, music, Children's Liturgy, Sacramental Programs, and much more. You are gifts from God!

### **LIVE STREAM: Sunday Mass 9am**

We will be live streaming our 9am Mass this Sun 1st August. You will find the link at our Facebook page: Toukley-Lake Munmorah Parish. We have included our Readings on the last page of this Bulletin so that you can follow along while you watch our Mass (or another online Mass or Mass on TV).

### **CatholicCare Foster Care Campaign**

There are children in our community who have been through experiences few of us could begin to imagine and without our help, will go through a childhood without the love and support of a family. CatholicCare are looking for families across our parishes who might consider taking a child or young person into their home - to love and support them whether for one or two nights, a few weeks, months, or long term. All carers receive 24/7 support, ongoing training and financial support to cover the care and living costs of the child or young person. If you have space in your home and room in your heart, please reach out now. Call (02) 4320 7777 or visit [www.fostering.org.au](http://www.fostering.org.au).



### **Confirmation Sacramental Program**

Confirmation in our Parish is scheduled for 18th September. We are currently taking online bookings and the preparation classes will be held via Zoom this year so that we can proceed regardless of COVID restrictions. For more information and to access the online booking form, please go to our website: <https://www.bbcatholic.org.au/toukley/sacraments/confirmation>

### **Are you interested in becoming a Catechist?**

We are always on the lookout for new Catechists in our Parish to either lead a class or be a helper for one of our current Catechists to teach Catholic SRE in our local Public Schools. Full training and support is provided. The only requirement is that you have a current Working With Children Check (WWCC). If you've ever considered this Ministry, please contact the Parish Office for more information.



### **Are you struggling to pay the bills? CatholicCare can help with Coles or Woolworths vouchers.**

If you, or someone you know is finding it hard to put food on the table please call CatholicCare on (02) 9481 2600 or email them at [info@catholiccaredbb.org.au](mailto:info@catholiccaredbb.org.au). They are here to help our parish families. Please note this support is able to be offered due to Government funding so they will require ID and some documentation to access assistance but they can walk you through the requirements.

### **Olympics—time to celebrate!**

With COVID keeping us at home, we are so fortunate to have the Olympics to entertain us and keep our spirits up. We wish the athletes well and pray they are kept safe during their time in Tokyo and travelling home. Go Aussies!



**THE GARAGE SERVICE CENTRE**  
at **BP Lake Munmorah**  
**4358 1302**  
ALL MECHANICAL & ELECTRICAL REPAIRS incl...  
Pink Slips • Wheel Balance & Alignment • Logbook Service • Brakes etc.  
335 Pacific Hwy Lake Munmorah 2259 ABN 38 1358 79515 MVR/L 56148

**CHARMHAVEN**  
**CARPETS**  
ABN: 43 660 345 590  
**DOUG CASHIN**  
Unit 4, 11-13 Arizona Road, Charmhaven 2263  
Ph: (02) 4393 2443  
Email: [charmhaven@internode.on.net](mailto:charmhaven@internode.on.net)



Today we celebrate the **Eighteenth Sunday in Ordinary Time** (Year B). As our lockdown continues, please keep each other in your prayers, and remember to stay home and stay safe. We look forward to seeing you soon.

**Prayer for People Affected by Covid-19**

*Jesus, during Your ministry on Earth You showed Your power and caring by healing people of all ages and stations of life from physical, mental, and spiritual ailments. Be present now to people who need Your loving touch because of COVID-19. May they feel Your power of healing through the care of doctors and nurses. Take away the fear, anxiety, and feelings of isolation from people receiving treatment or under quarantine. Give them a sense of purpose in pursuing health and protecting others from exposure to the disease. Protect their families and friends and bring peace to all who love them.*

**COVID-19 Restrictions – Places of Worship Diocese of Broken Bay**

Latest Update: 28th July 2021. Due to current COVID restrictions for the Greater Sydney area, including the Central Coast, **our churches and all Parish buildings are currently closed.** This remains in place until and including Fri 27th August.

**Parish Office—currently closed due to COVID restrictions**

Please do not visit the office but you are welcome to call us on 4396 4455 or email us any time at [toukleyparish@bbcatholic.org.au](mailto:toukleyparish@bbcatholic.org.au). If you need to drop something off, please use the small slot next to the Parish office door. Alicia is currently working from home some days so please be patient with responses to phone messages. Email is preferred. In an emergency, please call one of the priests on their mobile (see front page of this Bulletin).

**Planned Giving during Lockdown**

**Option 1: Switch to credit card**—The invitation to switch/begin regular credit card giving remains available. The form is available on the Parish website. Please print & complete the form, then return it to the office by email [toukleyparish@bbcatholic.org.au](mailto:toukleyparish@bbcatholic.org.au).

**Option 2: Donate directly to the Parish Bank Account**—if you are able to, please consider depositing your Planned Giving contribution directly into our bank account. Acc Name: Toukley Catholic Parish, BSB 062 784, Acc # 6238001, Ref # Your surname and envelope number. Thank you in advance for your support.

**CWF Tax Receipts for 2020-21 are available in the office**

Email the Parish office to request your receipt by email.

**One Heart, Many Voices Conference 2021**

**Date:** Wednesday 1 to Friday 3 September  
For further information relating to individual registration visit [www.mohmv.com.au](http://www.mohmv.com.au) P. 1800 257 296  
E. [mohmvconferenceteam@catholicmission.org.au](mailto:mohmvconferenceteam@catholicmission.org.au)

**Online talks about Euthanasia**, Dying and the Dignity of the Human Person. First session 2nd August, see [parracatholic.org/euthanasiatalks](http://parracatholic.org/euthanasiatalks) or contact Emma Baker [emma.baker@bbcatholic.org.au](mailto:emma.baker@bbcatholic.org.au) for more info.

**Week 9 Safeguarding Message:** A child safe and friendly Parish values children and understands safety doesn't just happen. A commitment to protecting children is embedded in the Parish's culture and is understood and accepted by everyone.



*In your charity, please pray for those who have died and those who are sick.*



Recently Deceased

Muriel Metcalfe, Valma Holstein, Paul Huggins, Mate Miletic, Marija Miletic, Arturo Canillas, Reg Fisk, John McCann, Jeanette Leonard

Anniversaries

Stephen Cappa, John Zerafa, Frank Ristuccia, Lydia Cure, Bernie Unterrheiner, Sammie Zerafa, Fr Paul Fitzgerald, Jean Jurd, James William Baker, Yook Chee Ng, William Henry Baker, Carol Brown

Remembrances

Rafael S. Reyes, Stephen Cappa, Moore & Langley families, Greg Irvine, Valmai Joseph Stark Family

Please Pray for the Sick

Malia Veatupu, Jehzekiel Lambaran, Brian Lane, Joe Micallef, Anne Lacrosse, Eleanor Matthews, Dave Rodney, Maila Reyes, Mary Smith, Therese Chetcuti, Graham Moir, Julie Kozak, Sr Tincy Thomas

*Notices in this section appear as follows:*

Recently Deceased—3 weeks, Anniversaries—3 weeks, Remembrances—3 weeks, Sick—6 weeks. Funerals & Baptisms—1 week. Please contact the Parish Office to place/renew your notice.

**Pope Francis' Prayer Intention for August**

**The Church**

Let us pray for the Church, that she may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.



**August Birthdays**

Sr Jennifer Canillas (6th Aug)  
Jake Elias (6th Aug)

Call the office to have your birthday included!



**Bulletin notices—Wednesday deadline**

Please ensure that any requests for Bulletin notices are supplied to the Parish Office by mid-day Wednesday. This is to allow time for the Bulletin to be prepared and printed. Thank you.

*Mackay Family Funerals*

In Association with Mackay Family Crematorium

A.B.N. 79 085 423 589

Head Office: 249 Pacific Highway West, Ourimbah 2258

PO Box 89 Ourimbah NSW 2258.

Phone: (02) 4362 2733 Fax: (02) 4362 2899



**Volunteer Angels**

**Male & Female**

Do you have a caring heart & time to become a friend to a lonely person in an Aged Care Facility

Please call Anne-Marie 4396 1555

The Community Visitors' Scheme

## First Reading

*Exodus 16:2-4, 12-15*

*I will rain bread from heaven upon you.*

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not.'

'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart's content. Then you will learn that I, the Lord, am your God.'" And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

The word of the Lord.

**Thanks be to God.**

## Responsorial Psalm

*Ps 77:3-4, 23-25, 54*

**R. The Lord gave them bread from heaven.**

The things we have heard and understood,  
the things our fathers have told us,  
we will tell to the next generation:  
the glories of the Lord and his might. **R.**

He commanded the clouds above  
and opened the gates of heaven.  
He rained down manna for their food,  
and gave them bread from heaven. **R.**

Mere men ate the bread of angels.  
He sent them abundance of food.  
He brought them to his holy land,  
to the mountain which his right hand had won. **R.**

## Second Reading

*Ephesians 4:17, 20-24*

*Put on the new person that has been created in God's image.*

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old

way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

The word of the Lord.

**Thanks be to God.**

## Gospel Acclamation

*Matthew 4:4*

*Alleluia, alleluia!*

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

## Gospel

*John 6:24-35*

*Whoever comes to me will never be hungry; whoever believes in me will never thirst.*

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered:

'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat.

Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.'

Jesus answered:

'I tell you solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world.'

'Sir,' they said 'give us that bread always.'

Jesus answered: 'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.'

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ**

**Next Sunday** - St Mary of the Cross

First Reading - 1 Kings 17:8-16

Second Reading - Colossians 3:12-17

Gospel - Matthew 6:25-34