

OUR LADY STAR OF THE SEA , TERRIGAL



*" May we Love one Another,
so that all experience a Sense of Belonging "*

18th Sunday in Ordinary Time Year B

01 August 2021

First Reading : Exodus 16:2-4,12-15 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.**

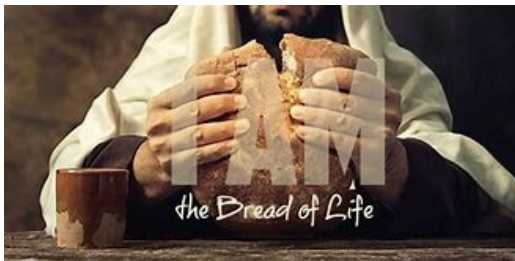
Psalm 77:3-4, 23-25, 54 R. The Lord gave them bread from heaven.

Second Reading : Ephesians 4:1-6

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 : John 6:24-35



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.**

**THE CHURCH WILL REMAIN CLOSED
UNTIL THE END OF AUGUST
Due to Covid Restrictions**

Stay strong

GOD IS WITH US

"Even though I walk through the darkest valley, I will
fear no evil, for you are with me." (Psalm 23:4)

PRAYERS OF INTERCESSION:

(To read together or even create your own to read as a family).

LEADER

Dear friends, in word and sacrament Jesus offers us food for eternal life. In his name let us pray for all who hunger for food or for love.

READER

1. For church communities around the world, that they will feed the hungry with daily bread for body, mind and heart. (Pause) Let us pray to the Lord.
2. For regions experiencing catastrophic floods, droughts or fires, that their tragic losses will summon the world to climate conversion. (Pause) Let us pray to the Lord.
3. For all who are struggling with the physical, emotional and financial toll of the COVID pandemic, that they will receive the support they need to recover. (Pause) Let us pray to the Lord.
4. For all competitors in the Olympic Games, that their striving for excellence will inspire many to new heights of human achievement. (Pause) Let us pray to the Lord.
5. For the whole human family, that this week's anniversary of the bombing of Hiroshima will strengthen its resolve to free the world of nuclear weapons. (Pause) Let us pray to the Lord.
6. For the parents, relatives and friends of missing persons, that their hopes of finding their loved ones will be fulfilled. (Pause) Let us pray to the Lord.
7. For one another, that we will be renewed in Christ and follow God's way of goodness, holiness and truth. (Pause) Let us pray to the Lord.
8. For the recently deceased and for those whose anniversary of death occurs around this time, that their hunger for eternal life will be fully satisfied. (Pause) Let us pray to the Lord.

LEADER

God of wisdom and goodness, you never cease to sustain us with your love. Open our hearts to all who seek our help. We ask this through Christ our Lord. Amen

SACRAMENTAL ENROLMENT

Catch-up Program at Terrigal Parish

**Enrolling Year 4 and over for the
Sacrament of Reconciliation
(or Confession) has begun.**

In a COVID SAFE PROGRAM

**A Catch-up Program has been organised for
primary school (Year 4 and over), high
school students and adults who have
missed out on making any of the
sacraments.**

Reconciliation Program

1st STEP : Enrol NOW

The Enrolment form is included in the
bulletin or just download on parish website.

2nd STEP : Email Form

Scan completed enrolment form to parish
email address—starsea@bigpond.net.au—
or arrange to drop it into the Parish Office.

3rd STEP : Collect Activity Book

The Parish will contact you to arrange collec-
tion of the book and welcome your child
or you into the programme

Any enquiries to Janette 0421416555

Please pass this information on to anyone
who may have missed a sacrament.

**Formation will be through resources given
and personal or group communication via
phone or zoom. We will work together !**

The Sacrament (First Confession) will be
celebrated once the COVID restrictions have
lifted. We pray that will be soon

Have you checked out our new Website ?

We have a new website that aligns with Diocesan
web provider. The link is
<https://www.bbcatholic.org.au/terrigan>

Please have a look to see what it is like. Also, if
many people go to it, the Google algorithm will
make it come up when visitors come looking for
us.

Praying at Home

In the last few weeks I have written about praying at home, using this time with the stay-at-home health directive as a time of growth in our prayer and spiritual life. It is a time to recognize our homes as holy and our families as the smallest unit of the church, the **Domestic Church**.

The **Prayer of the Church** (*Divine Office* or *Breviary*) was suggested last week. The main times of prayer each day (morning, evening and night) each have a gospel passage that is prayed. Rather than praying the whole prayer, you may want to go Universalis.com and simply pray that prayer.

Morning Prayer is the **Benedictus** (Lk 1: 68-79) the prayer of Zachariah when John the Baptist was born.

Evening Prayer is the **Magnificat** (Lk 1:46-55) the prayer of Mary at the Visitation.

Night Prayer is the **Nunc Dimittus** (Lk 2:29-32) the prayer of Simeon at the Presentation in the Temple.

For **more prayers** to pray, or to remember the words of prayers you used to know, simply *google* Catholic Prayers.

Another option in this time of lockdown is to use our time at home to **learn more about the bible**. *Google* gives you an infinite range of choices.

A way to get new insights into familiar stories is to go to the **Light of Torah** website which uses Jewish insights to familiar stories that are part of both the Hebrew and Christian scriptures. Start with Genesis to learn more about creation, Noah, Abraham, Joseph and many other familiar bible stories. Simple click on <https://www.lightoftorah.net/genesis>, choose a story and read through the one-page teaching. Make sure you also read the scripture passage, often only a few verses, that is being discussed. These studies are best done with someone else, so share with someone at home or a friend on the phone.

Fr Vince

For more ideas go to:

<https://cathfamily.org/the-ultimate-guide-to-family-prayer-for-busy-parents/>

or

<https://marriageresourcecentre.org/the-hour-of-the-domestic-church-is-now/>

Diocesan News

Click **Broken Bay News** for the latest edition of the Broken Bay News.



The Catholic Parish of Our Lady Star of the Sea, Terrigal sends it kindest regards and best wishes to the school community during these unsettled times. The Catholic SRE teachers from the parish miss our lessons with the children and would like them to know we are praying for them and their families that God will look after them and accompany them through these times.

I'm writing to let you know that the Catholic *Learning from Home* lessons can be located at the following link:

[Catholic Learning from Home Lessons](#)

With best wishes from the Catholic SRE Teachers.



A Prayer for Families

Lord our God,
in your wisdom and love
you surround us with the mysteries of the
universe.

Send your Spirit upon our family and fill
us with your grace and blessings.
Grant that, in these times of uncertainty,
families know your presence.

In place of anxiety, give us your peace.
Please protect us with your healing love.
We ask this through Christ our Lord.
Amen



This flyer has been sent to each of the State Schools where our Catechists teach at: Terrigal, Erina Heights, Wamberal, Avoca Beach, Woodport & Holgate. Please pray for our young families and the children.

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

Times are tough. You might have lost work due to the lockdown, or you might be finding it hard to put food on the table. Please call CatholicCare on (02) 9481 2600 or email them at 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.

A prayer for hope

Loving God, We are living in troubled times as this virus spreads across the world.

We pray first for those who are sick that you will bring healing, and for the grieving that you will bring comfort. We pray for those risking their lives to help others that you will grant them your protection. We pray for those who are lonely that they will feel your love at this time. We pray for those who are fearful that you will minister to them with your peace. We pray for those living in poverty or in abusive homes that you will make a way where there is no way.

We pray for ourselves that we would not be filled with anxiety but with hope as we trust in you and your word. As communities pull together, give us opportunities to share your love and grace with those around us. May the nations turn to you at this time, our loving God, that they may know your eternal hope as well as your peace on earth. Amen



We pray for :

Recently Deceased

Katherine (Katey) Brincat Ivan Kopecky Frank Sprakel
Adam Meaney Clem Gorman Mario Favetta Grace O'Flynn
James Dodds Ivan Leslick Catherine (Kay) Hawkins
Monica Florence Greer

Anniversaries & Remembrance

Roland Jeltis Anne Patricia O'Shannassy (4th Anniversary)

Sick

Anthony Wallace Baby Poppy Jean Arnold Sue Southwell
Maria Emmi Noleen Sherwood Daphne Beasley
Sean Mc Evoy Jenny Imbruglia Sandra Tagliabue

Mission: One Heart, Many Voices Conference 2021

Catholic Religious Australia and Catholic Mission offer a unique opportunity for parishes and schools to attend the MOHMY virtual conference. This virtual conference gives the opportunity for participants to experience a diverse range of international and local speakers with broad-lived and practical experience in their respective field. The MOHMY conference will encourage participants to explore 'Leadership for Mission Now' through the frame of an open mind, open heart and open will, embracing curiosity, compassion and courage. Participants can register for 1, 2 or all 3 days of the event.

Date: Wednesday 1 to Friday 3 September

Registration

3 day: \$150 (\$185 after 1 August, 2021)
Daily: \$60 (\$70 after 1 August, 2021)

Saturday 4 September, 2021: \$60 (This is a special day with young people exploring issues that are especially relevant to them and for us all. It is open to all).

For further information relating to individual registration visit www.mohmv.com.au
P. 1800 257 296
E. mohmvconferenceteam@catholicmission.org.au

Safeguarding: Why we need to tell stories of Trauma

View this 5 min [TED TALK video](#) to learn more

We may be in Lockdown but we are not locked out of God's love and our love is not locked up. Reach out to others in these times with a loving word over the phone or internet, give to a charity or someone you know finding it tough, order a take away meal to keep a business going, or buy a coffee. In giving (not matter how small the act) we feel God's prescience and love for us.

CATHOLIC WOMENS LEAGUE

Fellowship Day on Line.

On Friday 30th July at 10.00am, the national A.C.W. are providing an on-line Fellowship Day Service. To access it and the Daily Prayers that have been available each day:-

"To view a new prayer each day, go to the ACW homepage <https://www.acw.org.au/> and scroll down to the links or go to the menu bar at the top of the homepage and click on 'Special Days' to access the 2021 Fellowship Day Prayers."

Vox Populi - The Voice of the People

This week's *Vox Populi* comes from Carmel and Tony Smith. They have lived in the same home in Belrose for their 55 years of marriage. They are members of Frenchs Forest Parish, St Martin de Porres community in Davidson. They have four children plus a son who died aged 7 hours and 11 grandchildren. Apart from their many Parish ministries, Tony and Carmel are involved in the St Vincent de Paul Society. They are Poppy and Apple (Granny Smith) to their grandchildren.

The joy of being Grandparents By Carmel and Tony Smith

"I am with you always" is the theme announced by Pope Francis earlier this year for the inaugural World Day of Grandparents and the Elderly. This special day will be held annually on the fourth Sunday of July around the feast of Saints Anne and Joachim, the grandparents of Jesus.

[Read message from Carmel and Tony Smith](#)



Extract from a COVID Prayer



In this time of trial and testing, teach all of us in the Church to love one another and to be patient and kind. Help us to bring the peace of Jesus to

LAUDATO SI' Excerpt Paragraph 99 ON CARE FOR OUR COMMON HOME: per Terrigal Parish Social Justice Group

Pope Francis: 'From the beginning of the world... the mystery of Christ is at work in a hidden manner in the natural world as a whole.'

Suggestions for the Home and Family : Buy soap bars in cardboard or paper wrappers instead of liquid soap in plastic bottles to reduce plastic waste. Observe an Eco day/afternoon or hour at least once a week: ie don't buy anything, don't use a phone, car, machine, electrical or technological appliance/equipment at all. Instead, perhaps spend some time in prayer; go for a walk alone or with a family member ; read a book outdoors in the garden; go for a bike ride; write a letter to someone who lives alone or far away .

Parish Finances

With no Masses, we have no collections. These are our main source of income and we still need your support. You can contribute online to the parish account:

Terrigal Parish

BSB: 062 784

A/C: 1154 8001

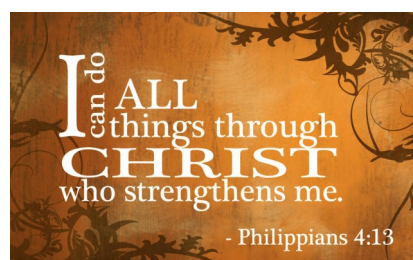
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Add *Donation* and *Your Name* as a reference.

You can also have an amount debited from your card each month. Please contact the parish office (4367 4610) to make the necessary arrangements.

This is also a good opportunity to swap the Planned Giving Envelopes for the credit/debit card monthly system.

*In the spirit of giving,
we thank you for
your generosity!*



Plenary Council 2021

Like the Tokyo Olympics the Plenary Council was originally scheduled for 2020. Again, like the Olympics, the COVID pandemic has forced its postponement, in this case to hold its first session in October 2021.

Recently the parish bulletin carried the comments of the Bishop of Parramatta, Vincent Long, in relation to the Council. Other bishops have also expressed a sense of deep concern for the Church in Australia which they acknowledge the Council must address. In an interview with the BBC, Archbishop Coleridge, president of the Australian Catholic Bishops Conference, admitted: “the credibility of the Church is shot to pieces.” Asked to explain his comment he said: “it is true, but up to a point because our agencies retain rate credibility but it is the bishops overwhelmingly who have lost credibility. Archbishop Comensoli, until recently our own Bishop of Broken Bay, and now the Archbishop of Melbourne, with the largest Catholic population in Australia, recently stated that his diocese is “on the threshold” and either we must do something or “sink into the sunset”.

Externally to the church itself, the Royal Commission on Sexual Abuse, detailed extensive criticism of the Church’s leadership methods, governance and culture. With only one exception the bishops accepted all the criticism and endorsed all the recommendations – the one exception being the sanctity of the seal of confession.

On 20 August 2018 Pope Francis issued his “Letter to all Catholics”. He commented on the worldwide phenomena of child abuse revealed in the church in country after country. The Pope wrote: ‘to say NO to abuse is to say an emphatic NO to all forms of clericalism. Clericalism involves trying to replace or silence or ignore or reduce the people of God to small elites.’

The challenge to the Church is not confined to Australia. It is worldwide, especially in Europe and North America. The Pope has responded in a number of ways most significantly in ensuring that the majority of Cardinal Electors are no longer drawn from the First World, thus ensuring future popes will reflect the Third World where over two thirds of the world's Catholics now live.

The Church in Germany, Belgium and the Netherlands has embarked on radical new ways of governance and laity involvement. Women have been ordained as priests, however illicitly. Women preach in pulpits. In diocese after diocese representatives of the laity govern with the diocesan bishop.

But even more important is the leadership of the Pope. While the Pope continues to condemn the ordination of women to the priesthood the Vatican has taken no action to suppress Church reforms in those countries. Indeed he indicated what amounts to his tacit support when only last month he refused to accept the resignation of the leading German cardinal, Cardinal Marx. Cardinal Marx is regarded as one of the chief proponents of the extensive German reforms. He offered to resign in expiation for child sexual abuse. He is the Archbishop of Munich, the largest Catholic diocese in Germany.

The Pope’s letter – widely published – stated in part: “... The whole Church is in crisis ... the politics of the ostrich leads nowhere and the crisis must be addressed by our paschal faith ... In my opinion, every bishop of the Church must take it upon himself and ask himself: what must I do in the face of this catastrophe We are asked for a reform ... which does not consist in words but in attitudes that have the courage to face the crisis, to assume reality whatever the consequences may be. And every reform begins with oneself ... The reform in the church was made by men and women who were not afraid to enter into crisis and let themselves be reformed by the Lord ... Neither polls nor the power of institutions will save us, we will not be saved by the prestige of our church which tends to hide its sins, we will not be saved by the power of money or the opinion of the media. We will be saved by opening the door to the only ONE who can save us.”

Spiritual Corner: Feasts and saints of the week:

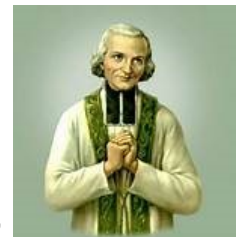


Monday 2 August Our Lady of the Angels & St Peter Julian Eymard.



Tuesday 3 August St Dominic was born in Spain on 8 August 1170 and died 6 August 1221, was a Castilian Catholic priest and founder of the Dominican Order. Dominic is the patron saint of astronomers. The spread of the Rosary is attributed to the preaching of St Dominic. For centuries the Rosary has been at the heart of the Dominican Order. Pope Pius XI stated, "The Rosary of Mary is the principle and foundation on which the very Order of Saint Dominic rests for making perfect the life of its members and obtaining the salvation of others." For centuries, Dominicans have been instrumental in spreading the Rosary and emphasizing the Catholic belief in The Power of the Rosary.

Wednesday 4 St John Vianney born Jean-Baptiste-Marie Vianney; 8 May 1786 – 4 August 1859, venerated as Saint John Vianney, was a French Catholic priest who is venerated in the Catholic Church as a saint and as the patron saint of parish priests. He is often referred to as the "Curé d'Ars" (i.e. the parish priest of Ars), internationally known for his priestly and pastoral work in his parish in Ars, France, because of the spiritual transformation of the community and its surroundings. Catholics attribute this to his saintly life, mortification, persevering ministry in the sacrament of confession, and ardent devotion to the Blessed Virgin Mary.



Thursday 5 Dedication of the Basilica of St Mary Major

Friday 6 Transfiguration of the Lord



Saturday 7 St Cajetan

As with most things, the Catholic Church does have a saint for these times. St. Cajetan, the patron saint for the unemployed, knew something of poverty and pestilence. He was the son of a nobleman, worked for a pope, became a priest, was a conduit of miraculous healings, founded a bank, and was a good friend to the poor.

We learn so much from the saints.

Why not google and find out more about the saints mentioned - something to do for our faith building in our "Isolation" !

To quote what was on the Uniting Church sign last week:

"Sometimes the hands of God are at the end of our arms."

Here is an example of that. Thank you Terrigal Parish and Friends!

Thank you to all who delivered food items to the parish door over the past few weeks. I was able to meet with Sally (from Mary Mac's Place) at George's Food Barn to hand over the much needed items to feed the 65-plus people who have been coming for a meal each day. George's gave us some vegies and fruit , and while purchasing a few more vegetables a generous parishioner who just happened to be there gave us an extra \$50 to purchase more vegetables. We can make a difference one food item at a time. I am so proud of our Parish. Janette Merrotsy



Sally from Mary Mac's

Mary Mac's traditionally supplies a sit down meal served to our companions by our wonderful volunteers. **Currently we are offering a takeaway meal due to COVID restrictions.** But it's more than just a place to get a meal – it provides connection, value and belonging without judgement. Mary Mac's offers a place to shower and to wash clothes. We offer friendly support and companionship to address the experience of isolation and loneliness of some vulnerable people in our community. Flyer [here](#). (Just right click then open hyperlink)

Mary Mac's Place does not receive any formal funding. The work is able to continue through the generosity of the community in providing donations and grants.

We are incredibly thankful for the donations we receive. Without your generosity CatholicCare would need to turn many people away. We extend our heartfelt thanks to all our donors. We are a registered charity with an authority to fundraise. You can Shout a Mate a \$6 Plate [here](#). (just right click and open hyperlink) Donations of \$2 or more are income tax deductible.



**OPEN TO ANYONE WHO
IS HOMELESS,
TRANSIENT OR
NEEDING
A HELPING HAND**

It's really important that we assist our communities when they need us most .

You may leave items at our Parish Office front door; **Poppers, small bottles of water, long life milk, eggs, pasta , tuna, pasta sauces, rice and most importantly during winter—Canned Meals . (Pull tin lids are best) !** Ring Janette at the Parish office with any enquiries.

OUR LADY STAR OF THE SEA SACRAMENTAL PROGRAMME



*** RECONCILIATION ENROLMENT FORM 2021 ***

Candidate's Surname _____

Candidate's Christian Names _____

Address _____
No _____ Street _____

_____ Suburb _____ Postcode _____ Home Telephone _____

Candidate's Date of Birth _____ Age (at August 2021) _____

School attending _____ Class _____

Fathers Full Name _____ Religion _____

Mothers Full (maiden) Name _____ Religion _____

Contact name and phone number during working hours _____

Parents' email address _____

Candidate's date of Baptism _____
(Attach photocopy of baptism certificate if not baptised at Terrigal)

Place of Baptism _____
(If baptised overseas please give full address)

School child attends _____

EMAIL FORM TO THE PARISH OFFICE (NOT THE SCHOOL)

ENROLMENT FEE is \$25.00 FOR RESOURCES

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