



16th SUNDAY IN ORDINARY TIME, YEAR B

	<p align="center">Pope Francis' Prayer Intention for July</p> <p align="center">Social Friendship</p> <p>We pray that, in social, economic and political situations of conflict, we may be courageous and passionate architects of dialogue and friendship.</p>	<p align="center">Vox Populi - The Voice of the People</p> <p>This week's Vox Populi comes from Iggy Pintado, who was recently appointed as Communications Director, Catholic Diocese of Broken Bay. He is an accomplished and experienced leader with significant communications, social media, and online expertise. He lived in the Broken Bay area from 1972 to 1984, attending St Leo's College with his four brothers. He is a regular parishioner at St Bernadette's Parish, Castle Hill.</p> <p align="center">Digital Connection to Faith—By Iggy Pintado <i>(To read the full message go to our website or facebook page)</i></p>	
--	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--

First Reading Jer 23:1-6	Responsorial Psalm Ps 22 R.v.2	Second Reading Eph 2:13-18	Gospel Acclamation Jn 10:27	Gospel Mk 6:30-34
------------------------------------	------------------------------------------	--------------------------------------	---------------------------------------	-----------------------------

Reflection by Deacon Roger	Message from Fr Peter
-----------------------------------	------------------------------

<p>Get some rest! Mark 6:30-34</p> <p>We all know the importance of rest. It rejuvenates our body, mind, and spirit. It regulates our mood and boosts our learning and memory function. On the other hand, not getting enough rest, can negatively affect our mood, immune system, memory, and stress level. If we do not have enough rest especially sleep, not only our physical, emotional, and mental health will give up, our spiritual health too, eventually suffers.</p> <p>Jesus sees this happening on his disciples in our Gospel today. He knows that his disciples worked hard and faithfully in preaching and healing, day and night. Throngs and crowds of people followed them. They were on fire, such that when they returned to Jesus after their apostolate, they were so excited to tell all the stories and all they had done and taught. However, almost anticlimactically, Jesus directed them to <i>come with him by themselves to a quiet place and get some rest.</i></p> <p>One of our temptations in life as Christ's disciples is to want to do too many things, and thus leaving the Lord a little to the side. Hence, Jesus today reminds us to rest for a while and take time out not only by ourselves, but with him. After taking enough sleep and physical rest, he invites us, to make ourselves conscious of the fact that we are truly with Him, to set aside a day or time for prayer and worship. Perhaps after receiving Communion physically or spiritually, we can stay in silence for a while to regain our strength, and let Jesus talk to us in the silence of our hearts. Rather than telling Him about our plans and projects, it is better that we let Jesus instruct and encourage us.</p> <p>When was the last time we truly rested? Let us get some rest, for prayer, for sleep, for God. Amen.</p>	<p>My dear Parishioners</p> <p>We trust that you are settling in through this time of Covid restrictions and absence of physical gathering in our places of worship. We thank you for your concern for each of us Priests, Deacon and Seminarian in our Parish as well as our staff in the office. Your ongoing support through telephone calls, emails and other notes of concern are very much appreciated.</p> <p>In spite of your own financial struggles we thank you for supporting the parish and its mission during this challenging time.</p> <p>You and your families are in our special prayers.</p> <p>We are sure that with the help of our Lord, his Mother Mary and Foster Father Joseph that we will all pull through this together.</p> <p>God bless <i>Fr Peter deSouza</i></p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>Learning Hub—Safeguarding</p> <p>Learn more about the Rights of the Child Framework published by the Diocese of Broken Bay.</p> <p>Consider how your personal practices reflect the human and spiritual rights of the child in everyday encounters with children and young people.</p> <p>Visit link below: https://www.bbcatholic.org.au/our-faith/safeguarding/diocesan-safeguarding</p>	
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--

SAFEGUARDING MESSAGE: Many communities engage volunteers to achieve their mission, and the Parish is no exception. Might you as a volunteer know how to identify and respond appropriately to behaviour that poses a risk or is harmful to children, including behaviour of colleagues or other children and young people?

THANK YOU TO OUR PARISHIONERS

for your generosity to the various appeals the parish has to assist in the work of Evangelisation. I am grateful for your financial contributions and pray that you will be blessed by our loving God.
Fr Peter deSouza

TAX RECEIPTS 2020-2021

Parishioners who would like to receive a Tax Receipt for their Project Compassion or Charitable Works Fund donations can do so by emailing or phoning the parish office. Project Compassion & Charitable Works Fund carry a 100% tax deductibility.

Please note that Planned Giving and Peter's Pence carry a 0% tax deductibility. If you would like a receipt for your Planned Giving contributions please also email or phone the parish office.

COVID Update - Message from Bishop Anthony Randazzo

COVID outbreak in Sydney continues to necessitate the implementation of the Stay at Home order for the Greater Sydney Area, including Central Coast, Blue Mountains and Wollongong, which is **now in place to at least 11:59pm Friday 30 July 2021.**

With the announcement of the continuation of the Stay at Home Order, I ask that **all our churches in Diocese of Broken Bay remain closed.** The obligation for the faithful to participate in Sunday Mass (can.1247) remains lifted for the people of Broken Bay for the duration of this Stay at Home Order. I will review the situation as we approach 30 July or if the stay at home order is lifted earlier. **Weddings are not permitted to take place, and funerals will be limited to 10 people including the celebrant.**

Our Church buildings are closed but our livestreaming service is still available from our Cathedral on Sunday mornings at 9.30AM as well as weekdays at 7AM.

I continue to hold you all in my prayer, asking that the Lord may keep us all safe during this troubling and unsettling time.

Sincerely yours in Christ,
+Anthony
Most Rev Anthony Randazzo

May I ask you to pray for those who are sick, those who are struck with the virus, those tested positive, those in isolation, and those vaccinated for COVID-19.

We remember those who died recently – Jan Theunissen • Vincenzia Randazzo • Eileen Velasco • John Kennedy • Adelina McAlpine

Anniversaries – Gabrielle Small • Fr Frank Vaughan

We pray for the sick —Pope Francis • Lisa Hogarth • Megan Sarich

Boundless - Young Adults Group

Join Boundless over Zoom as we discuss questions from the Plenary Council Agenda. The agenda can be viewed on our website.

When: Monday 19 July 2021

Where: Online via Zoom (Zoom link will be provided on our Facebook page) Time: 7:00pm

For all the latest updates and Zoom links, visit our Facebook page: Hornsby Cathedral Parish Youth
(www.facebook.com/hornsbyparishyouth)

We hope to see you then!

First World Day for Grandparents and the Elderly Sunday 25 July 2021

As part of the celebrations for the Year *Amoris Laetitia* Family, Pope Francis has set aside the fourth Sunday in the month of July as World Day for Grandparents and the Elderly.

This year the **first ever World Day for Grandparents and the Elderly** will be celebrated on **Sunday 25 July.**

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. Or watch a video see link below: https://www.youtube.com/watch?v=ui_n1wZ_0dk



ONLINE PARISH GIVING

In light of the extraordinary circumstances, we are experiencing due to pandemic, please know that ONLINE Parish Giving is available. To donate, please click on the button below.

1st Collection is used for the support of the Bishop and priests of the Diocese.

[Donate to our Parish](#)

2nd Collection is used to meet Parish running costs, maintenance of Church, Presbytery, offices, other buildings and grounds. It is also used to pay for all our Ministries' expenses and staff salaries and superannuation.