



MANLY FRESHWATER CATHOLIC PARISH

Mary Immaculate and St John the Baptist Churches

19th Sunday in Ordinary Time – 9th August 2020

Dear Friends,

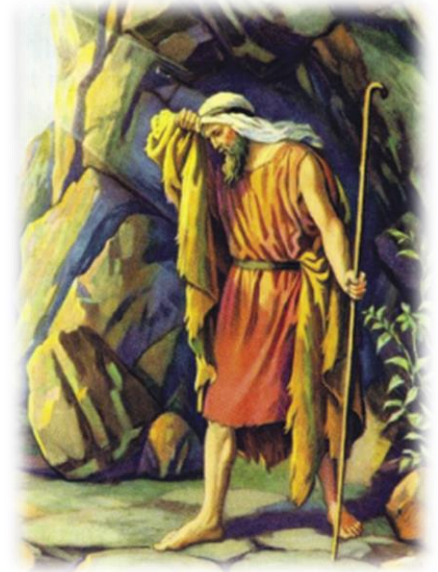
Greetings in the Lord. As you will read in this Sunday's bulletin on page 3, the NSW Government now recommends the use of face masks at religious services. The decision whether you wear a mask or not in Church is yours.

This Sunday's Gospel story contains a succession of episodes; Jesus' prayer, his appearance on the lake, his challenge to Peter, and the disciples' confession of faith. The text follows directly on from last Sunday's story of the feeding of the crowd. Matthew reminds us of Jesus' practice of prayer, often alone and through the night. He implies a connection between Jesus' solitary communing with God and the divine power with which he masters the storm-tossed sea.

There's no limit to the ways in which human beings encounter the divine. Our experience of God's presence and power is infinitely varied. It can happen in a dramatically impressive event; it can happen in a moment of utter quiet. In the end it is not something under our control. The initiative is always God's. Often enough it occurs precisely when we have lost control of our lives, when our defenses are down, and we are aware of our human frailty. Our vulnerability allows God to reach into our lives and touch us.

As we hear today such was the case both for the prophet Elijah (1st reading) and for Jesus' disciples. Elijah was on the run for fear of his life; Peter and the other disciples were terrified they would drown. Elijah encounters God in a mysterious silence, Peter and the others in Jesus' power over the forces of nature. In whatever way we sense the divine presence in our lives we are invited to hear the reassuring words, "Courage! It is I! Do not be afraid".

Break Open the Word 2020 Liturgy Brisbane



REFLECTION: In the readings this week, Elijah and Jesus both seek out quiet places to pray alone. They reveal an ever-present God who reaches out to us and brings peace, especially amidst the storms of our own lives.

The **First Reading** sees a dejected Elijah finding a place of solitude. There he recognizes and responds to God's still, small voice in the gentle breeze, rather than in the more dramatic events of wind, earthquake and fire. The **Psalm** asks for the Lord's saving help as well as listening to his voice – one that speaks of justice and peace, mercy and faithfulness. In the **Second Reading**, St Paul shows his love for

his fellow Jews, agonizing because most of them reject Christ. Paul is ready to be cut off entirely from Christ himself, if that would help his Jewish kinsfolk recognise Christ as their Lord.

The storm in Elijah's life is echoed by the storm in the **Gospel**. We see the disciples overcome their fears and doubts as they eventually recognize Jesus. Seeing the power of his presence, they proclaim their belief in who he is: 'Truly, you are the Son of God'. The events of recent months may have made us more aware of God's presence in times of chaos. As we continue to move through these uncertain times, we pray for the grace always to be aware of God's presence in our lives, and confident in the peace he offers us.

Pathways to God. 2020



We're COVID SAFE



Pope Francis Prayer Intention for August

The Maritime World We pray for all those who work and live from the sea, among them sailors, fishermen and their families.



Facebook – manlyfreshwaterparish
Sunday 8:30am Mass

Parish Priest: Fr David Taylor
Assistant Priest: Fr Paul Kim
Parish Secretaries: Jenny Beninati & Paula Martin
Pastoral Coordinator: Michelle Ellis

Mary Immaculate Church
6 Raglan St, Manly NSW 2095

St John the Baptist Church
cnr Johnson & Oliver St,
Freshwater NSW 2096

Administration Office: 9977 5822 (Parish Office)
manlyfreshwaterparish@bbcatholic.org.au

www.bbcatholic.org.au/manlyfreshwater

Presbytery: 9977 2100

After Hours Urgent Sick Calls: 0499 910 010

Weekend Masses:

Manly: Saturday Vigil 6:00pm Sunday 8:30am, 10:30am, 6:00pm

Freshwater: Saturday Vigil 5:00pm Sunday 9am

Weekday Masses:

Manly: Tuesday – Friday 9:15am

Freshwater: Tuesday – Friday 9:15am

Baptisms: by appointment only

Manly 4th Sunday of the month

Freshwater 2nd Sunday of month

Reconciliation: Manly Sat 10am – 11am

Parish Pastoral Council: Paul Pervan (Chair), Ian Press (Deputy Chair), Margaret Dent (Secretary), Ivica Covic; Laurie de Ambrosio; Joanne Druery; Robert Marshall; Michael McGrath

St Mary's Primary School 9977 2225 Principal: Paul McGuire

St John the Baptist Primary School 9939 6699
Acting Principal: Fiona Dignan

St Paul's Catholic College 9977 5111 Principal: Chris Browne

Stella Maris College 9977 5144 Principal: Elizabeth Carnegie

August 2020

Year A

Mon 10/8 – St Lawrence	2 Cor 9:6-10; Jn 12:24-26
Tue 11/8 – St Clare	Ezek 2:8-3:4; Mt 18:1-5,10,12-14
Wed 12/8 – 19th week in Ord Time	Ezek 9:1-7,10:18-22; Mt 18:15-20
Thurs 13/8 – 19th week in Ord Time	Ezek 12:1-12; Mt 18:21-19:1
Fri 14/8 – St Maximilian Mary Kolbe	Ezek 16:1-15,60,63; Mt 19:3-12
Sat 15/8 – The Assumption of the Blessed Virgin Mary	Apoc 11:19,12:1-6,10; 1 Cor 15:20-26; Lk 1:39-56
Sun 16/8 – 20th Sunday in Ordinary Time	Is 56:1,6-7; Rom 11:13-15,29-32; Mt 15:21-28

LET US PRAY FOR

2nd August 2020

Recently Deceased: Margaret Santos; Vernon Meyer

Anniversary: Geoffrey Formica; David Eade

Prayers for the sick in our parish: Eugenia Cavazzoni, Gavin Greenwood, Zacchaeus Emmanuel Joseph Ratnam; Mark Taylor; Kay Flenady; Leon Cochrane; Robina Dwyer; Prionsias Kearney; Brian Davies; Majella McLoughlin; Debbie Vernon; Desmond Connors; Lauren Hannahan; Rosalba Galuis; Vanessa Squirrell; Judith McKenzie; Jonathan Keil; Les Reilly; Wayne Smedley; John Beninati; Margaret BurrIDGE; Jill Carmichael; Stephen Robertson; Richard & Cynthia Connolly; Maureen Williams; Gerry Wybrandt; Kathleen Hudson; Amy Farrow; Patricia Duffy; Florencia Lira



Home Delivery – If you know someone who would like a bulletin delivered please call the Parish Office on 9977 5822.

PARISH SOCIAL MEDIA

Parish facebook:

facebook.com/manlyfreshwaterparish

YouTube: Manlyfreshwaterparish

Or bit.ly/2EIGEu7 or frpaulkim

(one word with no space). You can view the YouTube videos thru the parish facebook, click on the link

Parish website:

bbcatholic.org.au/manlyfreshwater

Visiting sick at home - If you, or if you know of anyone who are unwell and would like a home visit please contact the parish office 9977 5822 to organise for Communion or Anointing.

Manly Freshwater Parish promotes **SAFEGUARDING** which involves the implementation of proactive, common sense and practical ideas that ensure the safety of children and vulnerable adults in our community



St Vincent de Paul Notice during COVID-19

For assistance with food, clothing or other emergencies please call St Vincent de Paul Northern Beaches Regional Office 9905 0424.

If you would like to donate nonperishable food, it can be dropped off at 684 Pittwater Road, Brookvale– rear entrance (off the carpark)

If you wish to donate clothing it will be accepted at the SVDP Shop Brookvale, Rogers Street, between 9am – 3pm.



EUCCHARISTIC ADORATION is held at Manly Church on Wednesdays from 6pm with Divine Mercy Hour held from 7:00pm – 800pm. To assist us on Wednesdays and present before the Blessed Sacrament, a Guard of Honour Roster has been placed on the notice board. We invite you to place your name in a time slot which suits you.



Act of Spiritual Communion

My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You. Amen.

If you are feeling unwell please do not come into the Church.



Feast of the Assumption next Saturday 15th August. There will be at Morning Mass at 9.15am at both Manly & Freshwater.



Changes to the Government Covid-19 Requirements

NEW LIMIT OF 100 PEOPLE ATTENDING MASS

Over the past few weeks we have introduced an ongoing Mass list which has been working very well and it has been wonderful to welcome you back with numbers attending increasing each week. This list means that you DO NOT need to register to attend Mass each week.

The new limit of 100 people attending Mass will commence this weekend and we hope that we will be able to accommodate everyone who comes along, but our limit is 100 and the authorities are checking on this.

If you are able to attend the Saturday 6pm Vigil at Manly or one of the Masses at Freshwater where the numbers are not so high it would be appreciated.

A Welcomer at the Mass will mark off your name. If you are not on the list the Welcomer will take your name and contact details.

Please observe the following Guidelines

PLEASE KEEP 4sqm APART FOR SOCIAL DISTANCING



PLEASE SANITISE YOUR HANDS ON ARRIVAL & DEPARTURE



PLEASE SIGN THE CHURCH VISITATION SHEET



PLEASE SIT ONLY ON THE GREEN DOT (FAMILIES MAY SIT TOGETHER)



USE OF FACE MASKS IS NOW RECOMMENDED BY THE NSW GOVERNMENT AT RELIGIOUS SERVICES



PRIVATE PRAYER Churches will be open for private prayer. Parishioners and visitors are asked to 'sign in' each time they visit on the sheet provided or advise the Parish Office. Please follow social distancing rules, and use hands sanitiser on arrival and departure.



CWF Tax Receipt for 2019-2020

If you would like a Tax Receipt for CWF donations, please contact the Parish Office on 9977 5822.

Parish Collections and Donations



A VERY BIG THANK YOU to all of you who have continued to support the Parish financially.

One of the health restrictions on our re-opened Churches is that we no longer use collection plates during Mass.

To help you to make your offering you can use one of the following options:

1. Use the **tap and go machines** at the Church entrance
2. Place envelopes and cash in the **collection plates** (1st collection and 2nd collection) at the Church entrances.
3. Continue to use direct debit with your **credit cards**
4. Making **deposits directly into the Parish 1st and 2nd collection accounts** (details in the bulletin).



DIRECT DEPOSIT

Parish Bank Account – 2nd collection funds the running of the Parish

Acc Name: Manly Freshwater Parish

Bank Name: Commonwealth Bank

Acc# 13958001

BSB: 062 784

Please include your name or envelope number as reference

Parish Bank Account – 1st collection Support of our Priests

Acc Name: Manly Freshwater Parish Pastoral

Bank Name: Commonwealth Bank

Acc# 13958002

BPoint Payment



To make a **credit card donation** via the internet please right click below to open hyperlink

<https://www.bpoint.com.au/pay/manlyfreshwater>

KEEP in TOUCH PROGRAM is now up and running. Over the past few weeks Paula and Maddy, on behalf of Fr David and the Parish have been calling some of our parishioners, just to keep in touch with them and see how they are going and if they need any assistance. We have had positive and encouraging feedback.



Update Your Email Address

HELP US KEEP IN TOUCH WITH YOU

Each week the bulletin is emailed out to parishioners with any updates regarding changes to Covid Restrictions. If you are not receiving the bulletin it may be that we don't have your email address or that it has changed. So we can update our data system please email your details to manlyfreshwaterparish@bbcatholic.org.au



WELCOMERS AT MANLY AND FRESHWATER

To ensure that we cover the Governments requirements regarding collection of information of those attending Mass we need a team of "Welcomers" to be rostered at each Mass to greet and mark off registered parishioners. Please contact the Parish Office on 9977 5822 for more information.

READERS needed at Freshwater at 5pm Vigil Mass.

Please contact the Parish Office on 9977 5822 if you are able to assist in any of the above ministries.



Craft Group meets each week on Tuesday mornings from 10am to 12noon in the Parish Center. We invite you to come along for a cuppa and a chat in a friendly relaxed environment. Bring along your knitting or other craft if you wish.



Lectio Divina Read his story in the Gospels. Spend time with him. Lectio Divina groups meets Tuesday 7.30pm in the Parish Room and Wednesday mornings at 10am in the Parish Centre.



Playgroup at Manly is held each Monday at 9am in the Parish Hall. All Welcome

Leap into Learning play-based sessions will be held at our Playgroup over the next 5 weeks. We invite you to come along with your child to our session designed to help your child with their own learning as they work alongside teachers and yourself within an engaging and creative space.

Session 2
Mon 10 Aug
9:00am to 10:00am
Puzzle, Patterns and Playful Pictures – Maths: Numbers, Patterns and Puzzles
Developing Math skills when children play with objects, create patterns, count, and see numbers everywhere around them.

PARISH WEEKLY EVENTS

- Craft Group: Tues 10:00am in the Parish Centre
- Divine Will Prayer Group: Mon 11:00am in the Parish Centre
- Eucharistic Adoration: Manly Adoration on Wed 6pm with Divine Mercy Hour from 7pm – 8pm
- Lectio Divina: Tues 7.30pm in the Parish Room and Weds 10am in the Parish Centre
- Parish Playgroup: Manly on Mon 9am – 10:30am
- Piety Store: call Parish Office
- Reconciliation: Manly: Sat 10am – 11am
- RCIA: Contact the Parish Office 9977 5822

PARISH MONTHLY EVENTS

- Baptisms: By appointment enquires to Parish Office
- Parish Pastoral Council: contact Parish Office
- St Vincent de Paul: Manly & Freshwater Conferences 2nd Mon each month at 5:30pm



EUCCHARISTIC ADORATION AND DIVINE MERCY HOLY HOUR

Is held at Manly each Wednesday at 6pm with Divine Mercy Hour from 7pm to 8pm

MINISTRY ROSTER

MANLY

	Ministry	15th – 16th August
		20th Sunday in Ordinary Time
6pm Vigil Mass	Server	Louise Wareham
	Readers	Rita Bruzzese Jean Halcrow
	Music	Josh Willard
	AV Screens	Wan family
	Welcomers	John & Merle Zemek Lynne Parks
	Flowers	Merle Zemek
8:30am Mass	Server	Louise Wareham
	Readers	Patty Thomas
	Music	Robert & Gina Marshall Organist
	AV Screens	Robert Marshall
	Welcomers	Veronica Renaud Clare Carmody
10:30am Mass	Server	Ron Gravolin
	Readers	Janie Fonua Carmel Lawler
	Music	Bianca Zatz
	AV Screens	TBC
	Welcomers	Michael & Kim McGrath Anne Gaughan
6pm Mass	Server	Ivica Covic
	Readers	Ed Copeman Paul Novak
	Music	Simon & Youth
	AV Screens	Bill Tango
	Welcomers	Hanaut Family

FRESHWATER

	Ministry	15th – 16th August
5pm	Server	Lou Maruca
	Readers	Amanda Whitfield
	Welcomers	Assistance Required
	Server	Frances Raymond
9am Mass Vigil	Readers	Pam Brown
	Music	Pat Brown
	AV Screens	Margie Gruca
	Altar Society	Maria Harkness
	Welcomers	Assistance Required

Most Rev Anthony Randazzo

Bishop of Broken Bay

Message - 4 August 2020

My dear sisters and brothers in Christ,

This week, I would like to offer you a short quote from Saint Mary of the Cross MacKillop, whose feast day we celebrate on Saturday 8 August. Our Saint, who suffered much due to the uncharitable ways of a couple of bishops and priests, and several of her own Sisters, simply said, "God gives me strength for what is necessary."

I have no doubt that Saint Mary was familiar with the struggles of her time. She was a Prophetess for the poor, she advocated for children and the vulnerable, and she blazoned new ways of reaching out to those on the edge of the Church and society. To do all these things, and more, meant that she often stirred the minds and hearts of men and women who were happy with the status quo and who sometimes avoided change because change has a tendency to make some people feel uncomfortable.

As a woman of faith, Mary MacKillop was a woman of prayer who meditated deeply on the Word of God and who fed on the Body of Christ. She knew Jesus Christ personally in her life and in the community of the Church. Despite her many hardships, hurts, and frustrations, she never abandoned her faith. Faith is a gift from God. Once given, God never takes the gift back, and no one can rob us of it. Saint Mary teaches us that all things are possible, if we realise that God desires only what is good and holy for us in our lives.

God calls the Christian community to be a witness in human history. This is our vocation. Each one of us, like Saint Mary of the Cross, is called to proclaim by word and deed that God is our strength. In challenging times such as these, the world needs witnesses of faith. For our part, our discipleship as sisters and brothers of Jesus, leads us always into the world – where Jesus has gone before us.

Not everyone is open to hearing or receiving the Good News. Some will reject it while others will reject the messenger. No one particularly likes rejection. Preaching the Gospel of Jesus is seldom an experience of comfort or ease. Yet, that is what we do as Christians. The great reward in evangelising is the joy we receive when others come to life in Christ.

In his Encyclical on Christian Hope, Pope Benedict XVI gave us some insight into why we must persist in our joyful proclamation of the Gospel. He reminds us that we are created for greatness—for God himself; we are created to be filled by

God. (Benedict XVI, Spe salvi 33) Our vocation is ultimately a calling to be with God.

In a spirit of faith and hope, I invite you this week to discern once more your calling as a Catholic Christian. One part of your discernment will be asking God what you are to do in life. The other part of your discernment will be discovering who God is calling you to be.

Enjoy your time with the Lord who gives you strength for what is necessary.

+Anthony

THE FEAST OF MARY MACKILLOP



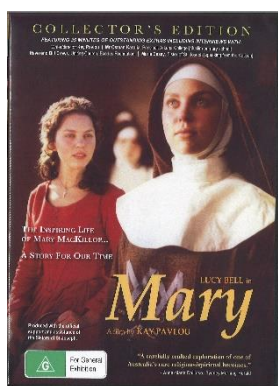
On the Feast Day of Mary MacKillop Saturday 8th August 2020, Mary MacKillop Place will be **CLOSED**.

MASS IN THE MARY MACKILLOP MEMORIAL CHAPEL WILL BE LIVE STREAMED AT 10AM AUGUST 8th FOLLOWED BY A TIME OF PRAYER AT THE TOMB

The details will be posted on the website

marymackillopplace.org.au

God is good and has brought light and help when all was very dark. 1899



DVD for the Month **MARY**

The Inspiring life of St Mary MacKillop – a carefully crafted docu-drama, stunning dramatic recreations which capture the life of Mary. A battler, heroine and Australia's first and only Saint. For \$20 at the parish office & piety store

PRAYER FOR VOCATIONS TO THE PRIESTHOOD DIOCESE OF BROKEN BAY



Send your Holy Spirit upon us, O Lord, that we may be holy. In your mercy, guard and strengthen us to be disciples who witness to the Good News of Jesus.

Call forth from our community of the Church generous and loving shepherds after your own heart.

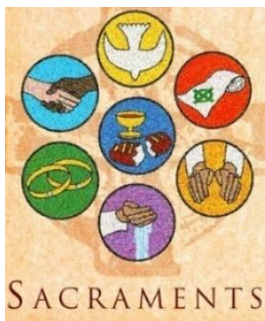
May they be zealous preachers of the Word; faithful teachers of the Truth; and devoted servants at the Altar.

Fill their hearts with love for you and your creation; open their minds to a lifetime of learning; and make them humble servants of your holy people.

For you, O God, are kind and merciful, and to you we offer glory, in your holy Church, now and forever.

AMEN.

IMPRIMATUR: ✚ Anthony Randazzo
Bishop of Broken Bay 24 June 2020



SACRAMENTAL PROGRAM

First Holy Communion has been postponed until Term 4 2020.

Confirmation Due to Covid-19 we have been advised by Bishop Anthony that Confirmation will not be held in 2020. We are awaiting on

advice from Bishop Anthony as to the date that Confirmation will take place in our Parish in 2021.

OUTSIDE THE PARISH

Date Saver – Liturgy of Lament – Listening to the Past: Caring for the future

Tuesday 1 September 2020, 7.00pm @ Our Lady of the Rosary Cathedral, Waitara.

The liturgy will also be lived streamed. To view connect at www.bbcatholic.org.au

All are invited to gather to pray together in acknowledging the suffering caused to our most vulnerable and to give public expressions to our sorrow. Please share the attached flyer with members of your Parish and wider community, family and friends.

THE NATIONAL CATHOLIC MEN'S GATHERING FOR 2020 is now being offered as an online program for registered participants. This modified program will be delivered in four prerecorded sessions of approximately 1 hour in length. Begins Saturday, 15 August 2020.

The program offers flexibility so that you may participate individually or gather with others from your parish/diocese or men's ministry group. **Aim:** To inspire and encourage all Catholic men with a vision for personal discipleship, service and mission in the family, parish/diocese and the world. **Cost:** FREE Registration: www.catholicmensgathering.com.au

Shout a Mate a \$6 Plate To mark Homeless Persons Week last year, CatholicCare Broken Bay launched their Shout a Mate a \$6 Plate campaign in support of Mary Mac's Place in Woy Woy which is open to anyone who is homeless, needing a helping hand or is lonely.

They are currently sitting at just over \$15,000 of a \$30,000 target! Mary Mac's costs over \$150,000 a year to run. Over 20,000 meals a year are provided a year to those in need and they rely 100% on community support.

Every \$6 donation goes straight to providing much needed meals and resources to the most vulnerable in our local communities – and every donation is 100% tax-deductible. Please help us mark Homeless Persons Week (2 – 8 August) and provide a hot meal to those in need. www.shoutamateaplate.org.au

St John's School News...

Our students from Kindergarten to Year Six have been busily working on their entries for the 2020 Bishop's Religious Art Prize. This year the medium was film. Students across the diocese were invited to reflect and respond to a Scripture Story from The Gospel of Matthew. Entries were judged based on the criteria of; religious elements, dramatization, writing, visual effects and film editing.

Congratulations to all of the students who entered. What wonderful enthusiasm and creativity we have seen in this year's entries! Finalists will represent SJB at a Diocesan level.

Early Stage 1: Archie Crawford **Stage 1:** Emily Bekir **Stage 2:** Regina and Trinity McNeil **Stage 3:** TBC

Warm regards, Sharna Taranto (Acting R.E.C.)

St Mary's School News...

As part of our pastoral care and wellbeing focus at SMM, we are pleased to share the wonderful **Random Acts of Kindness' video** that our senior leadership team have made recently. The Pastoral Care Wellbeing Team have worked hard and should be proud of their efforts (Josie, Olivia R, Lucy and Irana). The video has been posted onto our school Facebook page. Our Mission Team led a very reverent school liturgy on Friday in recognition of St Mary of the Cross MacKillop. The children were inspired by her words to 'never see a need without doing something about it.'

Our LEAP Into Learning Playgroup sessions started this week for the children joining us at SMM next year. These children will join us again next week for their second playgroup session.



Kind regards Alexis Conn (REC)

19th Sunday in Ordinary Time – 9th August 2020

First Reading *1 Kings 19:9, 11-13 (JB)*

A reading from the first book of the Kings

Go out and stand on the mountain before the Lord God.

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

The word of the Lord.

All: Thanks be to God.

Responsorial Psalm *Ps 84:9-14 (JB)*

R. Lord, show us your mercy and love,
and grant us your salvation.

I will hear what the Lord God has to say, a voice that speaks of peace. His help is near for those who fear him and his glory will dwell in our land. R.

Mercy and faithfulness have met; justice and peace have embraced. Faithfulness shall spring from the earth and justice look down from heaven. R.

The Lord will make us prosper and our earth shall yield its fruit. Justice shall march before him and peace shall follow his steps. R.

Second Reading *Romans 9:1-5 (JB)*

A reading from the letter of St Paul to the Romans

I would willingly be condemned if it could help my people.

What I want to say is no pretence; I say it in union with Christ - it is the truth - my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were

adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

The word of the Lord.

All: Thanks be to God.

Gospel Acclamation *Ps 129:5 (JB)*

Alleluia, alleluia!

I hope in the Lord, I trust in his word.

Alleluia!

Gospel *Matthew 14:22-33 (JB)*

A reading from the holy Gospel according to Matthew

Command me to come to you over the water.

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a headwind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost!' they said, and cried out in fear. But at once Jesus called out to them, saying 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord', he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

**If you are feeling unwell,
please do not come into the Church.**

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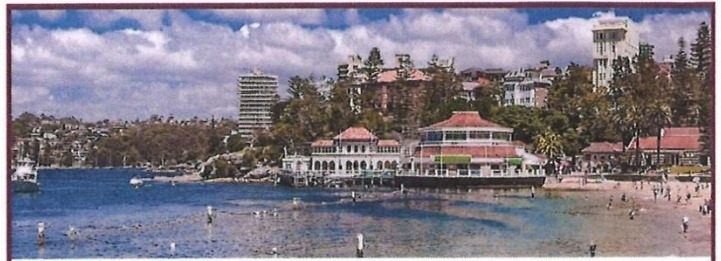
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Arepas are a delicious food from Colombia! They are healthier than bread as they are made with a special corn meal, are yeast and gluten free & 100% vegan. They come raw so you can freeze them or keep them in your fridge up to 2 weeks. Easy and fast to cook at home, and to combine with any toppings you like. Perfect for any meal! We also have a variety of vegetable flavoured Arepas (6 plain \$6, 6 spinach \$13, or 6 beetroot \$12).

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