



ST JAMES' PARISH

Diocese of Maitland - Newcastle

St James Muswellbrook

St Thomas Aberdeen



We acknowledge the traditional owners who cared for this land for thousands of years and their descendants who have maintained these spiritual connections and traditions

PARISH CONTACTS

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PO Box 35, Muswellbrook NSW 2333

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Office Hours: Tue - Fri 9.30am – 2.30pm

18th Sunday in Ordinary Time – Year B

1st August 2021

First Reading

Ex 16:2-4. 12-15

A reading from the book of Exodus

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 hearts 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 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 hearts 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.'

Responsorial Psalm Ps 77:3-4. 23-25. 54. R. v.24

(R.) The Lord gave them bread from heaven.

1. 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.)
2. 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.)
3. 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

Eph 4:17, 20-24

A reading from the letter of St Paul to the Ephesians

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.

Gospel Acclamation

Mt 4:4

Alleluia, alleluia!

No one lives on bread alone,

but on every word that comes from the mouth of God.

Alleluia!

Gospel

Jn 6:24-35

A reading from the holy Gospel according to John

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 most 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.'

REFLECTION ON THE READINGS by Fr Victor

Maybe once in a while we have met some people who seemed to have everything in life; a good house, a flash car, a high-paying job, manage to travel around the world at a moment's notice but somehow there's something that is missing. He or she realises that there's a feeling of emptiness and is looking for something more. These days, it is not so hard to find some people who are like that.

Our life and satisfaction are no longer dependent only on material things but, more on the spiritual. We need that spiritual nourishment, the bread of life that comes from heaven. So, Christ provides us the spiritual nourishment for our journey through the Eucharist.

The first reading reminds us of the saying that: "A hungry man is an angry man." Due to hunger, the Israelites murmured and revolted against Moses, and consequently, against God. They doubted and put God to Test. They hastily forgot how good and merciful He has been to them and, how he separated the Red Sea and defeated their enemies to save them.

However, God proved that He is a great provider. He feed them to satisfaction. They complained, "we have no bread!" He sent them manna from heaven. They grumbled: "Now we eat only bread every day and no meat!" God rained meat on *them* like dust. They grumbled: "We are dying of thirst!" And He gave them water from the Rock (Ex 17:6).

In the gospel, Jesus read the mind of the people following him. He performed the miracle of multiplication of bread and fish out of necessity. However, like the Israelites, his followers become obsessed with food. They were carried away by physical hunger. They came to search for their daily bread but, failed to recognize that Christ was the bread of life.

One important lesson for us today is that when we pay too much attention to material things, we forfeit the spiritual meaning of life. So, our relationship with God and, indeed with others must not be based solely on how much material things we are able to get from them.

Unfortunately, at times we act like the Israelites by murmuring against God. Imagine them preferring food and slavery to freedom. For some of us, "God is good" only when things are okay. However, when we are faced with difficulties, we forget all his goodness.

Hence in our second reading, knowing that we are on a spiritual journey Paul advised us: "...you must give up your old way of life...which is corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution." Illusory desires prevent us from appreciating God's goodness. They leave us with spiritual starvation. Spiritual starvation is the root of all weaknesses. It is like a sickness that eats up the fabric of one's organ. It leaves one with no immunity to fight back against the attack of the enemy. Rather, it exposes one to every kind of danger. So, to put on the new man means to protect and nourish our soul spiritually, especially, when our physical body is weak and suffers.

Finally, the gospel and the church teach us that Christ is the bread of life. He is present in the Holy Eucharist. Each time we celebrate Him, we celebrate and receive life. He strengthened the Israelites in the desert when: "He gave them bread from heaven." Hence, to strengthen us for our spiritual journey on earth, Christ offers us himself at every Mass. We are indeed blessed as we pray at every Mass: "Blessed are those called to the Lord's supper."

Stay Safe and have a Blessed Week!



Congratulations

To the children who received the Sacraments of Confirmation and First Holy Communion on the weekend

Elijah Bristow

Jack Davis

Abigail Edwards

Alex Edwards

Toby Large

Abi Large

Alexis Mathews

Mackenzie Norris

Grace Partridge

Hillary Thorne

Lori Thorne

Ella Wilson

Logan Wilson

Charli-Rose Wilson

Abbie Wright

Many thanks to the parents who prepared their children to worthily receive Confirmation and First Holy Communion.

A very special thanks to our Parish Sacramental Program Co-ordinator Jane Jacobs, along with Shannon Hall and Trishelle Threadgate, for their assistance in helping the families to prepare their children to receive their Sacraments. It takes a great deal of preparation, especially when faced with the challenges that COVID-19 poses. We thank you for your dedication and faithfulness in passing on the faith to the families of our young parishioners.

May the Holy Spirit strengthen all families in our parish to live out their Catholic Faith.

WEEKLY NOTICES

KEEPING OUR CHURCHES COVID SAFE

- You are now required to digitally check-in, either online or via the QR code provided. Parish helpers will be at the doors to assist with this process.
- It is **compulsory** to wear a mask to Mass
- Singing in Mass is not permitted
- Please **do not attend Mass** if you are experiencing any COVID or flu-like symptoms.
- When you are visiting the **Parish Office**, please bring a mask with you. We now require all visitors who enter the office to check-in with the QR code provided.



PLANNED GIVING TAX RECEIPTS

Tax receipts have been emailed to most parishioners who requested receipts. Others have been placed in the Church boxes and will be available for collection at Masses this weekend.

CASH COUNTERS THIS WEEKEND – 1ST AUGUST

Mary-Ellen and David Leedham

COME TO THE QUIET...

You are invited to a day of contemplation/reflection around the theme of 'creation and spirituality' in Murrurundi. Please come along if you are curious to spend a bit of time in stillness but also in absorbing the beautiful gifts of nature in and around this beautiful town.

When: Saturday 31st July

Time: 10am – 3pm

Where: The day will begin at St Paul's Church, Mount Street, Murrurundi.

For enquiries please phone: Amanda 0401 373 481 or Lindy 0417 013 055

DYING TO KNOW DAY

Dying to Know Day is about creating space for death; to prepare for, and deal with, end-of-life matters. An event will be held in Newcastle on Sunday 8 August 2021. A variety of speakers and exhibitors including Good Grief and Seasons for Growth loss and grief representatives will be available from 10 am to 4 pm at The Belford Function Centre, 35 Belford St Broadmeadow. Gold coin entry. Coffee, tea, snacks available. Enquiries 0411 165 914.

THE PARISH WORKER REPORTING GUIDE

CHECKLIST FOR MANAGING SAFEGUARDING REPORTS IN PARISHES

1.	Does a parishioner face an urgent, time critical, life threatening situation or other emergency? <input type="checkbox"/> YES Contact Emergency Services immediately P. 000 For more information go to the website: information on 000 <input type="checkbox"/> NO	Now go to stage no. 2.
2.	Has there been suspected or alleged criminal conduct against a child? <input type="checkbox"/> YES Contact the Office of Safeguarding [OoSG] P. 4979 1390 (Business hours, Mon. to Fri.) or use the OoSG online reporting form OR Contact the NSW Police Assistance Line P.131 444, then contact OoSG <input type="checkbox"/> NO / DON'T KNOW	Now go to stage no. 3
3.	Have you determined whether the alleged conduct constitutes a risk of significant harm [ROSH] report? <input type="checkbox"/> DON'T KNOW <input type="checkbox"/> YES Contact the OoSG P. 4979 1390 or use the OoSG online reporting form <input type="checkbox"/> NO	Now go to stage no. 4 Now go to stage no. 5 Now go to stage no. 6
4.	Access the Online Mandatory Reporters Guide [MRG] and enter the information available to you Remember to download the MRG Final Decision Report onto your computer: <input type="checkbox"/> YES the alleged conduct does constitute a ROSH Report <input type="checkbox"/> NO the alleged conduct does not constitute a ROSH Report	Now go to stage no. 5 Now go to stage no. 6
5.	The alleged conduct constitutes a ROSH Report. <input type="checkbox"/> Online MRG Decision states "Immediate report to Community Services" Phone the Child Protection Helpline immediately P. 132 111 <input type="checkbox"/> Online MRG Decision states "Report to Community Services" Contact the Child Protection Helpline within 24 hours P. 132 111 OR E-report to Dept. of Community & Justice [DCJ]	Now go to stage no. 6
6.	Do you need to report the alleged conduct to OoSG? Is one or more of the people who committed the alleged conduct a parish or diocesan worker? (i.e. volunteer, employee, religious, cleric) If 'NO' stop, there are no more reporting obligations to meet. If 'YES' continue to the following questions Should the alleged conduct be reported to the OoSG? For detailed information go to: Reporting child abuse For detailed information go to: Reporting abuse of vulnerable adults Do you believe a parish worker is ministering to children without a WWCC? If you have answered 'YES' to any of two previous questions Contact the OoSG P. 4979 1390 or use the OoSG online reporting form	YES NO <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Now go to stage no. 7
7.	Should you advise the Bishop's Office? (incl. Vicar-General & Chancellor) Does the alleged conduct involve a priest or deacon? If 'YES' contact the Bishop's Office immediately. If 'NO' proceed to following questions. Have you contacted Emergency Services (000)? Is there an allegation of serious criminality involving a parish or diocesan worker? Is it likely that there will be media interest in the alleged conduct/incident? If you have answered 'YES' to any of the previous questions, consider whether you should advise the Bishop's Office.	YES NO <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

When you have finished working through the reporting process, reset the form by clicking on this square:

This checklist is an important tool to guide Parishioners in managing Safeguarding reports in the Parish. It walks you through a step-by-step process that follows Diocesan procedures to assist you to manage/report a complaint regarding the safety of a child or an 'at-risk adult.' It also provides links and contacts to relevant agencies.

This form is available in the Parish Office, will be added to the Parish FB page and displayed on the Church noticeboards. We endeavour to have a live version available in the future for ease of access. This checklist will be emailed with the bulletin to those on our mailing list. Please save it to your device for future reference.

SAFEGUARDING THE MOST VULNERABLE IN OUR COMMUNITY

The Office of Safeguarding has a powerful mandate and provides significant resources to support Catholic Communities in the Diocese of Maitland-Newcastle in safeguarding all children and vulnerable adults involved in the life and ministry of our diocese and our Parish. You can access a range of information and safeguarding material on the **Office of**

Safeguarding website <https://officeofsafeguarding.org.au/>

Convention on the Rights of the Child

UNICEF 30th Anniversary of the Convention of the Rights of the Child

<https://www.unicef.org/child-rights-convention>

Office of Safeguarding Feedback/Complaint Form

<https://officeofsafeguarding.org.au/about-the-office-of-safeguarding/feedback/>

Muswellbrook Parish Promoter of Safeguarding

Martin Shanahan – Safeguarding Officer

Mobile: 0409 811 576

Email: martin.shanahan@gmail.com

Weekly Mass Diary

Monday 2 August	Tuesday 3 August	Wednesday 4 August	Thursday 5 August	Friday 6 August	Saturday 7 August	Sunday 8 August
<i>St Eusebius of Vercelli and St Peter Julian Eymard</i>	<i>St Dominic</i>	<i>St John Vianney</i>		<i>The Transfiguration of the Lord</i>	<i>St Sixtus II and Companions St Cajetan Virgin Mary</i>	FEAST OF ST MARY OF THE CROSS
<u>9.00am</u> Private, Personal prayer and Worship		<u>9.00am</u> Mass St James Muswellbrook	<u>11.30am</u> Adoration and Benediction <u>12.05pm</u> Mass St James Muswellbrook	<u>9.00am</u> Mass St James Muswellbrook <u>10.30am</u> Mass St James Primary School	<u>9.00am</u> Mass St James Muswellbrook <u>5.30pm</u> Mass St James Muswellbrook	<u>10.00am</u> Mass St James Muswellbrook
	<u>5.00pm</u> Mass St Thomas Aberdeen					<u>8.00am</u> Mass St Thomas Aberdeen

RECONCILIATION

Reconciliation is available 1/2 an hour before weekend Masses and at any time upon request. Please call ahead to let Fr. Victor know when and where you would like to meet with him.

Ministers Roster Sunday 8th August 2021

2nd Sunday of the Month	Readers	Cantors	Musicians	Gifts	Extraordinary Ministers	Altar Servers	Sacristan
5.30pm Saturday Muswellbrook	J. O'Brien J. Paul	F. O'Brien	Sr Dorothy			R. Panis	C. Hayes
8am Sunday Aberdeen	J. Dallah	T. Hobbs	C. Bowen				M. Hamilton
10am Sunday Muswellbrook	G. Griffin O. Paynter	M. Kelly	C. Kelly				K. Goodwin
Counters	Jane and Stephen Thatcher			<i>The collections can be counted any time after 10am Mass on Sunday till the Wednesday of that week.</i>			

MASS AND PRAYER REQUESTS:

We remember and pray for those who are ill at home and in hospital at this time, may they know the healing presence of Christ: Bishop Bill, Iris Spittles, Maria Wilson, Joan Flanagan, Marie Clifford, Pauline Coleman, David Curran, Pat Hogan, Abbie Sweeper, Norma Rowan, Carolyn Whittle, Kym Mason, Elkie Best, Mollie Hofman, Ambrosio Mendoza Jr., Melanie Hoch, Kim Goodwin, and John Driscoll.

Anniversary:

Recently Deceased: Josie Boeckx

Baptism:

PARISH OFFICE HOURS

Tuesday, Wednesday, Thursday, Friday 9.30am – 2.30pm

BULLETIN

Please contact the Parish Office on 6543 1167 **by close of Office on Thursday 2.30pm** if you have any notices for the bulletin, or alternatively email: muswellbrookparish@mn.catholic.org.au

The Parish bulletin can be accessed online:

www.mn.catholic.org.au/places/parishes/muswellbrook

or on Facebook: **Catholic Parish of St James Muswellbrook**

Alternatively, please email: muswellbrookparish@mn.catholic.org.au if you would like the bulletin emailed to you each week.

“Our mission is to spread the Kingdom by being an alive and informed Community, united as one family in care and consideration for each other in the love of God.”