

Welcome to
Innaloo/Karrinyup Catholic Parish

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18th Sunday in Ordinary Time

Message from Fr. Bernard:

In this year B of our Sunday readings we have been listening to Marks Gospel, the shortest of the four Gospels. But last Sunday we began listening to chapter six of John's Gospel. This is the famous "Bread of Life" chapter that we will hear over the next few weeks. With this focus on the Bread of Life we will use the next few Sundays to look at an overview of the Mass. Each Sunday we will focus on a major part of the Mass and try and deepen our understanding and prayerfulness around that element of the Mass.

Part of the reason for this project goes back to our Parish Survey last year, where quite a few people requested help in understanding the Mass. So, over these weeks by the use of handouts, bulletin and homilies we will endeavour to deepen our knowledge and love of the Mass. Our ultimate hope is for a more fruitful celebration of the Eucharist, leading to a more vibrant Christian life in our times.

Baptism

We welcome Zoe Chua Ng, daughter of Tiffany & Weberly, to our Parish community. Zoe will be baptised this weekend. May God continue to bless Zoe and her family.

MASS THIS WEEKEND

Sat 31 July 6pm St Dom
Sun 1 Aug 8am OLG
Sun 1 Aug 10am Jim Smith St Dom

MASS DURING THE WEEK

Tue 3 Aug 7pm St Dom
Wed 4 Aug 9am adoration 9.15am St Dom
Thurs 5 Aug 9am OLG
Fri 6 Aug 9am St Dom
Sat 7 Aug 9am St Dom

MASS NEXT WEEKEND

Sat 7 Aug 6pm St Dom
Sun 8 Aug 8am OLG
Sun 8 Aug 10am St Dom

*Reconciliation celebrated after every Saturday morning Mass and before every weekend Mass.
Contact Fr Bernard 9245 3899 or Maureen Smith 0409 912 359 to receive Communion at home if you can't attend Mass.*

Catholic Mission Appeal

We thank you again for your generosity, whether it be through prayer, a one-off gift or through your commitment as a Mission Partner, through the recent Catholic Mission Appeal. Your kindness helps to ensure that many vulnerable women will continue to receive care and support through the Mother and Babies Home in Bangkok.

Reflection:

We are called to be signs of God's bread for others. We have work to do, feed the hungry when we find them. Let's look around us: in our families, schools, at work, in our community. All require dedication and perseverance on our part. So again we pray, "Give us this day our daily bread... and help us be daily bread for others, signs to them that You have not forgotten them."

So we ask ourselves:

- For what am I hungering in my life?
- Where am I going to look to satisfy this hunger?

Upcoming Events

Youth group - 31 July, 4pm, St Dominic's
Feast of St Dominic/ St Mary of the Cross, 8 August with a 10am mass celebrated by Fr Charles Waddell at Dominic's. Sausage sizzle to follow. All welcome.

Rosters this weekend	31 July 6pm St Dom	1 Aug 8am OLG	1 Aug 10am St Dom
Readers	J Stevenson	M Smith	J O'Neill
Acolyte	D O'Sullivan		E O'Neill
Altar Society		K Wear E Jeffery	

Rosters next weekend	7 Aug 6pm St Dom	8 Aug 8am OLG	8 Aug 10am St Dom
Readers	R Ledger	E Gomm	M Rodriguez
Acolyte	P Wall		P Riney
Altar Society	Group 2	C Hall M Farmer R Furphy	

St Vincent de Paul Society

Thank you to those who have generously contributed blankets, other bedding and food toward our *Winter Appeal*. This has been greatly appreciated. So far this year we have made 187 visits to families in need in our local community. The Vinnies' baskets remain in the rear of both churches and food donations can be left at any time throughout the year.

Safeguarding Officers

St Dominic's - Isabelle Brewer 0459 537 045
OLGC - Dr Rina Cercarelli (PhD) 0413 835 852

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.'

■ The Gospel of the Lord.

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Breaking Open the Word

SHORT MEMORIES AND DEEPEST HUNGERS

God must surely wonder at our capacity to quickly forget how we have been blessed. The people of Israel wasted no time in complaining to Moses about having been brought out of slavery in Egypt! It was not enough that they had seen the army of Pharaoh drowned, or the plagues sent as signs that God was working through Moses. In a similar fashion the people who had seen Jesus heal so many who suffered from sickness, and then feed the multitude, will demand a further sign from Jesus in order that they would believe in him and trust in him as the bread of life!

There is a tremendous tension in these readings between the patience and generosity of God on one hand, and on the other, the ways in which we can fail to appreciate and accept what God is offering us. In time the people in the desert tired even of the quail and manna, just as many of Jesus' contemporaries were unable to accept that he was the bread of life, and the answer to their deepest hunger and needs.

As Paul knew all too well the process of conversion is an ongoing one, a challenge to leave behind our old selves, that is, that which does not answer our most heartfelt needs or engender life. Even though we may recognise that Jesus is the source of our life it can still be a struggle to nurture the new life of Jesus within us because of old patterns of acting or perceiving.

Christopher Monaghan CP



THE SAVING WORD

EIGHTEENTH SUNDAY IN ORDINARY TIME / B

01 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 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.

RESP 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.

■ The word of the Lord.

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