



# ST JAMES' PARISH

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

Parish Priest: Fr Victor Babu Doss

Email: [frvickybabu@gmail.com](mailto:frvickybabu@gmail.com)

Phone: 0484 903 427 or 6543 1167

St James Primary School

Principal: Mr Aaron Moon

Office: 6543 3094

Email: [admin@muswellbrook.catholic.edu.au](mailto:admin@muswellbrook.catholic.edu.au)

Parish Administration: Mrs Tracey Marsden

Email: [muswellbrookparish@mn.catholic.org.au](mailto:muswellbrookparish@mn.catholic.org.au)

Website: [muswellbrookparish.org.au](http://muswellbrookparish.org.au)

PO Box 35, Muswellbrook NSW 2333

Phone: 6543 1167

Office Hours: Tue, Wed and Fri 9.00am – 3.00pm

Safeguarding Promotor: Jane Jacobs

THE 18TH SUNDAY IN ORDINARY TIME – YEAR B

4th August 2024

### Entrance Antiphon

**Psalm 69:2,6**

O God, come to my assistance;  
O Lord, make haste to help me!  
You are my rescuer, my help;  
O Lord, do not delay.

### First Reading

**Exodus 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.'

### **The word of the Lord.**

### 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

**Ephesians 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**

**Matthew 4:4**

Alleluia, alleluia!

No one lives on bread alone,  
but on every word that comes  
from the mouth of God.

Alleluia!

**Gospel**                      **John 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.'

**The Gospel of the Lord.**

**Communion Antiphon**

**Wisdom 16:20**

You have given us, O Lord,  
bread from heaven,  
endowed with all delights and  
sweetness in every taste.

**Fr. Victor's Reflection**

The readings of 18th Sunday,  
call us to look back and be  
grateful to God for what he has  
done for us and what he  
continues to do for us right now.  
Most of the the time we focus on  
what we lack or what we need,  
and we allow that to block our  
vision towards the work that God  
is doing at the moment.

The first reading, from the Book  
of Exodus, speaks about our  
ancestors in the faith. They  
wanted freedom. They were  
willing to leave Egypt for  
freedom. But as soon as they  
had freedom, they realized that  
they now lacked the food that  
they had enjoyed in Egypt! This  
is such a human story. When we  
get what we want, then we want  
something else. And very often  
we forget to enjoy what we have  
already.

In the gospel the crowd is  
depicted as searching  
enthusiastically for Jesus but  
when they find him, he confronts  
them on their motivation, saying  
they must look beyond their full  
stomachs to see what God is  
saying to them through what has  
taken place. What God is asking  
of them is that they believe in the  
one he has sent.

To believe is not a concept, it is  
an activity. Believing in Jesus is  
the equivalent of doing the work  
that God wants because it  
involves a personal relationship,  
an abiding in him. If you claim to

believe in Christ but are living  
just as you did before you  
believed in Him, you need to  
examine whether you truly  
believe in Him. However, the  
crowd don't understand and look  
for a sign such as their ancestors  
received. The irony is that they  
have such a sign in front of them,  
but they fail to see it. Jesus tells  
them he is the true bread, not like  
the manna, but the bread of  
God's word that satisfies the  
deepest human hunger. They are  
invited to nourish themselves on  
the bread of life, in other words to  
come to know and believe in  
Jesus.

The readings challenge us to a  
new way of seeing, thinking, and  
acting. We should not see Jesus  
as the one who only satisfies our  
physical needs: we go to him  
when we are physically hungry,  
when we are sick needing  
healing, when we are in search  
of riches and marriages. All these  
things are temporal, limited to  
this world. When we go to Jesus  
our eyes should be fixed on  
eternal things. Fixing our eyes on  
eternal things simply mean  
having a true personal  
relationship with Jesus.

**Stay Healthy, Stay Safe, Stay  
Joyful and Stay Blessed!**

**Parish Updates**

**Planned Giving Envelope**

Someone has kindly donated \$5  
using a Giving Envelope which  
does not have the person  
number listed.

The donation was made either on  
13th and 14th or 20th and 21st of  
August. Please contact the office  
if this was you so we can make  
sure your donation is recorded  
appropriately.

**Parish Marian Devotion**

The Statue of Our Lady will be  
hosted by **Kay & Brian Mason** at  
114 Graeme St Aberdeen  
Phone 0422854003. Please let  
Kay know if you will be attending  
on **Thursday 8th August at  
5pm.**

If you would like to host the  
statue of Our Lady, please  
contact either Tracey at the  
Parish Office or Monica Brown  
on 0409913453.

## Mass Diary

Monday 5 August	Tuesday 6 August	Wednesday 7 August	Thursday 8 August	Friday 9 August	Saturday 10 August	Sunday 11 August
	Transfiguration of the Lord		St Mary of the Cross		St Lawrence	19th Sunday Ordinary Time
9.00am <b>Personal Prayer and Adoration</b> St James Muswellbrook		9.00am <b>Mass</b> St James Muswellbrook	11.30am <b>Adoration and Benediction</b> <u>12.05pm</u> <b>Mass</b> St James Muswellbrook	9.00am <b>Mass</b> St James Muswellbrook	9.00am <b>Mass</b>  <u>5.30pm</u> <b>Vigil Mass</b> St James Muswellbrook	10.00am <b>Mass</b> St James Muswellbrook
	5.00pm <b>Mass</b> St Thomas Aberdeen					8.00am <b>Mass</b> St Thomas Aberdeen

## Minister Roster Sunday 11th August 2024

2nd Sunday of month.	Readers	Cantors	Musician	Gifts	Counters	Alter Server	Sacristan
5.30pm <b>Saturday</b> <b>Muswellbrook</b>	J. O'Brien	F. O'Brien	Sr. Dorothy	J. Toohey R. Wood		R. Panis	C. Hayes
8.00am <b>Sunday</b> <b>Aberdeen</b>	J. Dallah	T. Hobbs	C. Bowen				M. Hamilton
10.00am <b>Sunday</b> <b>Muswellbrook</b>	G. Griffin B. Powell	M. Kelly	C. Kelly	K. Mason	<b>Volunteer Needed</b>		C. O'Brien

### 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:** Judy Chlebowicz, Mick Chisolm, Pat Hogan, Helen Tumbers, Anne Rawson, Michael Dolahenty, Jenny Paul, Sebastiammal, Kym Mason, Anne Hugo James McGrath, Maurie Hyde, David Curran, Beate Shanahan and Rochelle Ashman.

**Recently Deceased:** Francis Hourigan

**Anniversary:** Noleen Swift, Joyce Tanner and Jennifer O'Brien

**Baptism:** Liam Grenfell

**Privacy Laws.** All parishioners are encouraged to pray for the sick. Masses will be offered on request. Due to privacy laws, names of the sick and deceased can only be put in the bulletin with the permission of the immediate family.

*St James and St Thomas - Pray for Us*

### BULLETIN

Please contact the Parish Office on 6543 1167 if you have any notices for the bulletin, or alternatively email:

[muswellbrookparish@mn.catholic.org.au](mailto:muswellbrookparish@mn.catholic.org.au)

The Parish bulletin can be accessed on our website: [muswellbrookcatholicparish.org.au](http://muswellbrookcatholicparish.org.au).

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

Please email [muswellbrookparish@mn.catholic.org.au](mailto:muswellbrookparish@mn.catholic.org.au) if you would like the bulletin emailed to you each week.

### SAFEGUARDING THE MOST VULNERABLE IN OUR COMMUNITY

Please visit our 'Safeguarding' page to access a range of safeguarding resources:

[muswellbrookcatholicparish.org.au](http://muswellbrookcatholicparish.org.au)

Have a complaint or wish to provide feedback? Visit: [officeofsafeguarding.org.au/feedback/](http://officeofsafeguarding.org.au/feedback/)

Muswellbrook Parish Promoter of Safeguarding: Jane Jacobs.



**“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.”**



## Parish Updates

### Parish Library Update

Please be advised our Parish Library will be closed on Thursday 15th and 22nd August. It will reopen Thursday 29th August.

The Parish Libraries normal opening details are Thursday mornings from 9.30am to 11.30am. Be sure to call in and relax, read, and borrow books.

### St Mary of the Cross Feast

Following the Mass for the Feast of St Mary of the Cross on Thursday 8th August, Parishioners are invited to join Fr Victor for lunch at Muswellbrook Workers Club.

## Diocese Notices

### Bishop Michael Kennedy's 25th Jubilee of Ordination to the Priesthood

Bishop Michael Kennedy invites the People of the Diocese to join him in celebrating his 25<sup>th</sup> Jubilee of Ordination to the Priesthood at a concelebrated Mass commencing at 11am in Sacred Heart Cathedral, Hamilton on 14 August 2024. Other priest and deacon jubilarians will be acknowledged at the Mass. All are welcome.

### Art and Spirituality Workshop

Creation of art provides an opportunity for a deepening awareness of oneself and the world, and can act as a catalyst for evoking the Spirit. Art is a means to see-to-re-search and find the living meaning of what it means to open the heart. Everyone has the ability to create art, but in order for it to be theological, the artist needs to explore ways that it makes sense of faith. Opening the heart through art involves making meaning through the creation, then reflecting on the art itself and the unfolding the moment-to-moment direct experience of the process.

This workshop will provide an opportunity to awaken the Spirit through the beauty of God's creation, prayer, and reflection. Participants will engage in art making experiences which will nourish their faith.

**Date:** Friday 13 September (9am-3pm) **Venue:** Kilaben Bay Community Centre **Cost:** \$25 per person

Register at:

<https://www.eventbrite.com.au/e/art-and-spirituality-workshops-2024-tickets-808605269127>

## Formation Fridays

First Friday of the month



A chance to reflect and discuss seasons, moments and mysteries of the church and our faith

For further information contact Rose McAllister at [rose.mcallister@mn.catholic.org.au](mailto:rose.mcallister@mn.catholic.org.au)

**Time**  
1.00pm – 2.00pm

**Where**  
Diocesan Resource Centre  
12 Tudor Street Newcastle  
West (Cnr Parry Street).

**Registration**  
<https://forms.office.com/r/P7siS03nLz>



[www.mn.catholic.org.au](http://www.mn.catholic.org.au)