

Our Lady of the Sacred Heart Parish Henley Beach

On the Traditional Lands of the Kurna People

20th SUNDAY in ORDINARY TIME

18th August 2024

Parish Priest: Fr Manu Kumbidiyamackal MSFS

Pastoral Care: Sr Helen Armstrong OLSH

Child safe contact Person: Jane Sage 0435062071

Alpha Programs Director: Barb Conlon

After hours Emergency Only: 0417 584 336

Vinnies Emergency Hotline: 1300 729 202

Henley Beach Parish Office: 420 Seaview Road,
Henley Beach

Ph: 8356 8888

Email: welcome@henleybeachparish.com.au

Website: www.henleybeachparish.com.au

Office Hours: Mon & Tues: 9am–12pm;
Wed & Thurs: 9am–2pm;
Fri: 9am–3pm.



Star of the Sea Primary School: Phone: 8115 7400 Email: info@star.catholic.edu.au

Web: <https://www.star.catholic.edu.au/news-events/enewsletters>

Mass Times: Monday 8 pm Candlelit Mass

Tues: 9:15am, Wed: 8:00am, Thurs & Fri: 9:15am, Reconciliation Saturday 8:45am – 9:10am

Sat 9:15am (qualifies as a Sunday Mass); Vigil Saturday 6:00pm; Sunday 9.30am; 5:30pm

COMING UP:

Knit & Natter

Thursday
22nd August

Rosary

Tuesdays 2 pm

Family Catechesis Workshop

Tuesday 20th August
7pm in the church

Family Practice for Communion

Wednesday
7th September
7pm in the church

Readings

20th SUNDAY in ORDINARY TIME

Prov 9: 1-6
Ps 33: 2-3,10-15
Eph 5: 15-20
Jn 6: 51-58

21st SUNDAY in ORDINARY TIME

Josh 24: 1-2, 15-18
Ps 33: 2-3,16-23
Eph 5: 21-32
Jn 6: 60-69

Nourished by the Body and Blood of Christ



“How can this man give us his flesh to eat?” This was the big dilemma of the Jews who were listening to Jesus. This is the same question that more and more people are asking until now. The early Christians were considered as criminals by the Roman authorities. One serious accusation against the Christians was that they were eating human flesh; they were cannibals!

Trying to answer the question “how” is simply pointless. If we profess that Jesus is God, then we have no reason to doubt what he said. He can do anything that he said.

There is nothing impossible with him. The teaching of Jesus, therefore, on the Eucharist is not a matter of finding an empirical proof that will explain it; rather, it is a matter of faith. For a person who does not have faith, this teaching is preposterous and totally unacceptable. But for a person who has faith, this teaching is truly credible: it is Jesus Christ himself that we receive in Holy Communion.

We all have received the gift of faith in Baptism. But why do many Catholics continue to have doubts about the real presence of Christ in the Eucharist? Let me propose two answers: First, it could be due to our lack of knowledge and understanding of the teachings of Jesus and of the Church. Many Catholics do not have time and interest to study our faith, to read the Bible and to learn the Catechism of the Catholic Church. When another idea comes out that seeks to undermine our faith, we easily find it attractive and begin to question our faith. Such is the case with the Eucharist. We hear some people say it cannot be the real presence of Christ; that it is only a symbolic presence. And many of us begin to doubt the teaching of Jesus and ask: “How can this man give us his flesh to eat?”

The second reason is lack of proper and serious preparation to receive the Eucharist. We need a lot of external and internal preparation to receive holy Eucharist in a worthy manner. Without this preparation, we are receiving Holy Communion unworthily, and thereby making ourselves vulnerable to the attacks of doubts and sins against faith.

Our mind should be focused on the Lord and on the entire celebration. We should put ourselves in the proper disposition of internal silence and prayer. And most importantly, we must be in the state of grace. Otherwise, as St. Paul warns us in his First Letter to the Corinthians (11:29), when we receive Holy Communion without being in the state of grace, we receive condemnation and judgment instead of grace and salvation.

Cont...

It is, therefore, important that every time we are aware that we are not in the state of grace, we should first approach the sacrament of Confession before receiving Holy Communion. We need to keep the hunger and thirst for God alive in our hearts. Let us strongly believe that the Eucharist offers us the best means of nourishing our souls. When we receive the Eucharist, God in Christ becomes part of us, and we become part of Him. There is that holy exchange. we become aware that we are in the image of God (Gen 1:27). The thirst of our souls to go beyond the here and now is satisfied. We commune with God. And yet, the challenge remains: we also tend to celebrate the Eucharist and receive the Eucharist as a matter of routine. We become a victims of habituation. Our spiritual senses become numb to the working of the Spirit within us.

In his book, "The Feast of faith", Pope Benedict XVI asked: "Yet do we not feel a slight uneasiness at times in the face of an entire congregation coming to Communion?" While it is true that we are all encouraged to receive communion during the Mass, we also observe that only a few people go to Confession. Sadly, the Pope remarked: "Occasionally, one has the feeling that 'communion' is regarded as part of the ritual; that it goes on automatically and is simply an expression of the community's identity...By going to Communion without 'discernment' (1Cor 11:29), we fail to reach the heights of what is taking place in Communion; we reduce the Lord's gift to the level of everyday ordinariness and manipulation." Some would argue that going to Mass without receiving Communion, one is not able to have full participation in the Eucharistic celebration. Again, the Pope answers this: "We need to regain a much stronger awareness that the Eucharist does not lose all its meaning where people do not receive Communion. The Eucharist is not a ritual meal; it is the shared prayer of the Church, in which the Lord prays together with us and gives us himself. Therefore, it remains something great and precious; it remains a true gift, even when we cannot go to Communion."

Let this silent prayer of the priest before receiving Communion be ours also: "May the receiving of your Body and Blood, Lord Jesus Christ, not bring me to judgment and condemnation, but through your loving mercy be for me protection in mind and body and a healing remedy."



Planned Giving Receipts

Reminder to collect your Planned Giving Receipts for 2023/2024.

There are still many Planned Giving Receipts to collect. Please collect yours and deliver to anyone that lives near you to save on costs for postage.

Police Checks Updating

Please contact Jane Sage 0435 062 071 if your Working with Children Police Check needs updating, as Ivy Hill will be away.

Please Note



Fr Manu will be out of town from 13th to 19th August.

Please Remember in Your Prayers this Week:

Recently Deceased:

Desmond Peters, Jozef Klimkiewicz, Francis Kevin Morrissey, Maxine Wheatley, Brian Sheehy, Carmel Fitzgerald, Matthew Vasileff, Les Brksy, Marian Weldon, Maureen Lally, Mary Quinn, Mark Mc Carthy, Pierre Chehade, Charlie Seal, Alida Mendes, Patricia Kearns, Margaret Gleeson, Norah Carey, Margaret Graney,

Anniversaries

Tim Mc Entrée, Sam Scardigno, Ray Power, Ena Raftery.

Sick Parishioners

Aduzinda Matthews, Nicholas Cutajar, Annette Smith, Brian Fitzgerald, Margaret O'Connor, Peter Tierney, Age Selita, Sonia Bennie, Amelia D'Aloia, Terry Cashin, Pat Berti, Rene Young, Mary Kennedy, Sharon Barber, Brendan Taylor, Rose Oteng, Julie Green, Noel Hocking, Maria Tinus, Brian Barden, Joan Dignan.

Coming Celebrations

The Vicar General Fr Dean Marin will confer the **Sacrament of Confirmation** on candidates of our parish on the following dates:

- Tuesday 10th September at 7pm
- Thursday 12th September at 7pm
- Tuesday 17th September at 7pm

In the church.

First Holy Communion (Eucharist)

Will be celebrated for children from our parish on the following dates:

- Saturday 21st September at 6pm
- Sunday 22nd September at 11am
- Sunday 22nd September at 5.30pm

Please pray for these children and their families as they take this important step on their journey of faith.

Sacred Heart Church Hindmarsh celebrates its Centenary Year

You are warmly invited to come and celebrate Mass with our community on Sunday September 8 at 9am, followed by morning tea. Bring a photo to share!

Stewardship Reflection
19th Sunday in Ordinary Time



"Whoever eats my flesh and drinks my blood remains in me and I in him." John 6:56

This line from Scripture is what ultimately separates Catholics from our Protestant brothers and sisters. Jesus is really present in the bread and wine that are consecrated at Holy Mass. It is His actual body and blood that we consume. This is the greatest gift that we can receive. The Eucharist shows us what great love Jesus has for each of us.

Discerning Gods Will in my Life Retreat.
When Making Big and Everyday Decisions.



Saturday 14th September 9:15am - 3:30pm in the Church The speaker is Fr Manu Kumbidiyamackal MSFS. The Retreat will include Mass 9:15am, Talks given by Fr Manu, Exposition of the Blessed Sacrament, Reflection,

Reconciliation, Prayer Ministry and Benediction. Please bring your own lunch. Tea/coffee provided. Enquiries and bookings phone Pauline 0403002240 by 12th September Cost by Donation. All Welcome.

Blessing of milestone Wedding Anniversaries - Sunday September 15

Celebrations for milestone wedding anniversaries in the Archdiocese will again be held in local parish communities to recognise couples in their life-long commitment. The Archdiocese will provide parishes with a digital resource via email. In addition to the resource, there will be a digital form for parishes to nominate married couples who are celebrating significant anniversaries to receive a certificate for presenting in their parish. For more information contact Archdiocesan Events on 8210 8220 or events@adelaide.catholic.org.au

Our Parish is a Child Safe Organisation



We are a Child Safe Organisation which is committed to the care, wellbeing and protection of children and young people. We believe that all God's children and young people have the right to be healthy and safe, and to have their voices heard, respected and valued. A Safe Environment for All.

To find out more about our child safe policies and procedures please contact the Parish Office

or

the Archdiocesan Child Protection Unit on 8210 8159.

Try Alpha

Alpha

Starting August 14th 2024, 7-9pm
Henley Beach Parish Hall,
420 Seaview Road, Henley Beach

Alpha is a safe space to explore life, purpose and the Christian faith, ask questions, and share your point of view. Alpha is free and everyone is welcome. Free dinner provided!

Find out more and register here:
Henley/Alpha.com
or scan the QR code

Parish Crawl
EST. 2022
SOUTH AUSTRALIA

Catholic

FELLOWSHIP

25 AUGUST 2024
LAST SUNDAY OF THE MONTH
9.30AM MASS

420 Seaview Road, Henley Beach SA 5022

@parishcrawl @parishcrawladelaide

Sunday Mass, Fellowship, Talks, Praise and Worship

GOSPEL ACCLAMATION: Alleluia, Alleluia! All who eat my flesh and drink my blood live in me and I in them, say the Lord. Alleluia!

ALPHA YOUTH @ HENLEY LAUNCH PARTY

SUNDAY 18TH AUGUST 6:30-8:30PM CHURCH HALL PIZZA AND SNACKS

18 AUG REGISTER HERE

Anyone attending High School
Henley Beach Parish, 420 Seaview Road, Henley Beach

Alpha
YOUTH



Migrant and Refugee Sunday

(Multicultural Mass) at St Francis Xavier's Cathedral
Everyone is invited to celebrate Migrant and Refugee Sunday at St Francis Xavier's Cathedral 2.30pm Sunday September 29. All are welcome! Come dressed in cultural attire and enjoy an ice cream and coffee after Mass, as we celebrate the many cultures that make up our amazing church in Adelaide.

Office & Presbytery Fire Alarm System

As a security upgrade the Office and Presbytery is now alarmed with a monitored security alarm system after office hours. If you need access to the office out of office hours please contact us in advance. 8356 8888

Aid to the Church in Need

Together we can keep the faith alive - Aid to the Church in Need (ACN) Did you know that across the world tens of millions of Christian families are in exile following persecution because of their faith?

Aid to the Church in Need is a spiritual and pastoral charity which seeks to keep the flame of faith alive in those places where it is at risk of extinction.

Across the weekend of August 24th and 25th, we will welcome to our parish an ACN speaker who will share with us about the work of Aid to the Church in Need and how we can help our suffering and persecuted brothers and sisters. They will also bring a selection of items for sale to support the work of ACN, which can be purchased with cash or EFTPOS.

You may like to sign up to receive ACN's newsletter and receive a set of free rosary beads from Italy blessed by the Pope.



Aid to the Church in Need

ACN AUSTRALIA NEW ZEALAND



Devotion to Our Lady



The First 5 Saturdays:

Dates: 1 June, 6 July, 3 August, 7 September.

Time: 8:00am Holy Rosary

8:15am Meditation on the Mysteries

8:30am Confession

9:15am Holy Mass and Holy Communion

Children's Liturgy of the Word (CLOW) @ 9.30am Mass



Our CLOW team offers the youngest members of our Parish an opportunity to connect with the Gospel during each Sunday morning mass, in the Church Hall. Anyone wanting to join the CLOW team is invited to contact Barb Conlon.

Giving App



Download the Adelaide Archdiocese's Find a Mass App on your mobile phone and set up direct giving to the first and second collections, as well as special appeals.

Or go to adelaide.goodgiving.com.au to set up direct giving from your computer.

Please note: 1st, 2nd and Special Collections are available on the app.

The QR code will automatically select the Henley

THIN & CRISPY
QUALITY INGREDIENTS

LA REGINA PIZZERIA



PIZZA-PASTA-RIBS
GLUTEN FREE & VEGAN OPTIONS
PICK UP-DELIVERY
LAREGINA-PIZZERIA.COM.AU
08 84477257
Pizza?? Oh Yeah!!



SCAN ME