

# The Living Word

Nineteenth Sunday in Ordinary Time, Year B

11 August 2024

## First Reading 1 Kgs 19:4-8

*Strengthened by the food, he walked to the mountain of the Lord.*

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord', he said 'I have had enough. Take my life: I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

## Responsorial Psalm

**Ps 33:2-9. R. v.9**

*(R.) Taste and see the goodness of the Lord.*

1. I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its  
boast.  
The humble shall hear and be glad. (R.)
2. Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all his terrors he set me free. (R.)
3. Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called; the Lord heard  
him  
and rescued him from all his distress.  
(R.)
4. The angel of the Lord is encamped  
around those who revere him, to  
rescue them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him.  
(R.)

## Second Reading Eph 4:30-5:2

*Walk in love, just as Christ.*

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another,

and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

## Gospel Acclamation Jn 6:51

*Alleluia, alleluia!*

*I am the living bread from heaven, says  
the Lord;*

*whoever eats this bread will live for ever.*

*Alleluia!*

## Gospel Jn 6:41-51

*I am the living bread come down from heaven.*

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me  
unless he is drawn by the Father who  
sent me,  
and I will raise him up at the last day.  
It is written in the prophets:  
They will all be taught by God,  
and to hear the teaching of the Father,  
and learn from it,  
is to come to me.  
Not that anybody has seen the Father,  
except the one who comes from God:  
he has seen the Father.  
I tell you most solemnly,  
everybody who believes has eternal life.  
I am the bread of life.  
Your fathers ate the manna in the desert  
and they are dead;  
but this is the bread that comes down  
from heaven,  
so that a man may eat it and not die.  
I am the living bread which has come  
down from heaven.  
Anyone who eats this bread will live for  
ever;  
and the bread that I shall give  
is my flesh, for the life of the world.'



## Reflection by Fr Michael Tate

Your mother and my mother, carrying her baby in the womb for nine months, effectively said: 'Take, eat, this is my body.' A mother able to breastfeed continues this communion as she offers her body to give life to her child.

Our Lord Jesus Christ adopts maternal language to express his deepest desire for us! He gives us his risen and glorified Humanity: 'Take, eat, this is my body', and a sort of life-giving mutual indwelling occurs: 'Those who eat my flesh and drink my blood abide in me and I in them.' This is as intimate as a baby dwelling in the womb of its mother. As St Paul put it in a different context, 'In Him we live and move and have our being.'

The Saviour of the World, the Conqueror of Death, dwells in my body and I dwell in his glorified body. This gives us 'eternal life' which is not something which begins after death, but is simply a label for Our Lord's Divinehuman life which we can share right now. However, because it is the life of the Conqueror of Death it will certainly impel us beyond the grave: 'The one who eats this bread will live forever.'

We could take a moment to pray to more fervently realise and take advantage of the fact that, at every Mass, we can respond to the invitation to come forward to Holy Communion so as to be enwombed in the maternal Christ.

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**Entrance Antiphon:** Cf Psalm 73:20,19,22,23  
Look to your covenant, O Lord, and forget not the life of your poor ones for ever. Arise, O God, and defend your cause, and forget not the cries of those who seek you.

**Communion Antiphon:** Psalm 147:12,14  
O Jerusalem, glorify the Lord, who gives you your fill of finest wheat. ©Liturgy Help 2024

**GOULBURN MISSION**

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**WEEKEND MASSES**

**Saturday** ----- 5pm SPP Goulburn  
5pm Taralga  
**Sunday** ----- 8am (OLOF), 10 am (SPP)  
9am (Crookwell)  
Binda -10.30am (1st Sunday)  
Marulan - 8.30am (2nd Sun)  
Tarago - 8.30am (3rd Sun)  
Tuena - Nil until further notice  
Bungonia St Michael's: 7pm, Thurs Rosary

**CONFESSIONS**

**SPP:** 11.30 -12 (Wed /Thurs/Fri), Sat 4.15pm  
**OLOF:** Sat. 9.30am -10am  
**Taralga:** 4.30pm (1st Sat)  
**Crookwell:** 8.30am (2nd Sun)

**ADORATION & BENEDICTION**

SPP 11am Fridays

**Holy Hour:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesday 5.30pm OLOF

**WEEKDAY MASSES**

Tuesday - 5pm (OLOF),  
Wed, Thurs, Fri - 12md (SPP)  
Sat - 9am (OLOF)



FATHER JOSHY WILL BE ON LEAVE FOR THE NEXT TWO WEEKS, RETURNING IN EARLY SEPTEMBER

**DATES FOR THE DIARY**

**AUG 14:** Crookwell Morning tea **10.30am** Meeting room  
**AUG 15:** St Marys Parish Assumption Mass **9.30am**  
**AUG 21:** Taralga Convent Prayers **10am**  
**AUG 24:** St Bartholomew's Collector Mass **10am**  
**AUG 28:** OCIA information evening SPP Pres, **6.30pm**  
**AUG 28:** Ex Students St Joseph's morning tea K&GZ **10.15**  
**OCT 27:** Marian Procession Goulburn **10-3**

**ASSUMPTION MASS:** St Mary's School run Parish Mass at 9.30am Thursday 15<sup>th</sup> August 2024

**Gospel Reflection Group**

Join us to pray the Sunday Gospel every Tuesday from 10-11a.m. SPP presbytery. All welcome.

**27<sup>th</sup> October 10am - 3pm Marian Procession**

**Ecumenical Marian Procession**

Rosary begins at St Saviours Cathedral at **11.00am**  
**Youth Rally & Lunch:** 12pm -2pm  
**Confessions:** 12.30pm - 1.30pm  
**Holy Mass with the Archbishop:** 2.00pm  
Please contact the parish office if you can volunteer some of your time. **Your help will make it great.**

**OCIA Information Evening** Wednesday 28<sup>th</sup> August  
Becoming a Catholic through the Order of Christian Initiation of Adults is a journey of supported Study and prayer. It is an opportunity to uncover God's Loving presence in one's personal life and a means to help a person embrace the rich treasury of the Catholic Faith. This is an open invitation to all who wish to participate.

**Christ The King TARALGA:** Saturday August 17<sup>th</sup>  
A cuppa will be served following Mass. Please bring along a plate to share to celebrate the Assumption.

**Words of Inspiration from Mary MacKillop**

\*"God wants us by every means in our power to lead others to life." Mary MacKillop 1899 .  
\*"Let us do the will of God, the beautiful, wise will of God." Mary MacKillop 5/3/1870 .  
\*"May God help me to do what is right." Mary MacKillop March 1898.

**Recently Deceased:** Rex Bryant, Pauline Grech, Ronald Jeffrey, Gloria Downey, Michael Carlon, Ron Sykes, Betty Woods, Eddie Hennessey, Peter Whittle, Annamma Jacob, Fr Peter Gannon, Kevin Rudd, Richard Heaton, Diana Coles, Margaret Keith, Roger Probert,

**Anniversaries:** Peter Collins, Sr Marie Jeanne, Keith G Mackay, Maxine Probert, Gregory McIntosh, Christine Mary McCormack, Winifred G Conroy, Des Thistleton, John Craciun & Anable, Craciun & Coffey families' dec members, Donna Hogan, Peter Freebody, June Maloney, Bert Steenbergen, Theresia & Alec Orchard, Anna & Antonia Peplowska, Agnes & Ernest Woodward, John and Kim Woodward, Austin Corby, Barbara Howlett, Helen Bishop, Dawn Cummins, Howard Bye, Lorna Watts,

**Prayers:** Elizabeth, Orchard family, C Steenbergen, Fr Tierney (60<sup>th</sup> Ordination), Peter Seidel,