



Welcome to

# Noarlunga/Seaford Catholic Parish

St Luke's, Noarlunga and SCC, Seaford

18<sup>TH</sup> SUNDAY IN ORDINARY TIME - YEAR B

Vol 12 : No 37

## NOARLUNGA/SEAFORD CATHOLIC PARISH CENTRE

Cnr Goldsmith Drive and Honeypot Rd, (PO Box 406) NOARLUNGA, SA 5168 Phone: 8382 1717

*(Please leave a message outside office hours and we will get back to you as soon as we can)*

Email: [nswcp@tpg.com.au](mailto:nswcp@tpg.com.au)

Web: [www.noarlunga-seafordparish.org.au](http://www.noarlunga-seafordparish.org.au)

### OFFICE HOURS

Tuesday - Friday  
10.00am - 3.00pm

### PARISH TEAM CONTACTS

#### • PARISH PRIEST

Fr Josy Sebastian - (8382 1717;  
in an emergency 0452 524 169;  
[jponnambal@gmail.com](mailto:jponnambal@gmail.com))

#### • ASSISTANT PRIEST

Fr Dominick Okwadha  
(8382 1717; 0421 074 212  
[okwadha@yahoo.com](mailto:okwadha@yahoo.com))

#### • PARISH MANAGER NEWSLETTER

Mrs Toni Fishlock - 0417 801 241;  
[fishlock11@tpg.com.au](mailto:fishlock11@tpg.com.au)

*(Please submit newsletter items to the Parish Office by 11.30am each Wednesday)*

#### • SEAFORD

Please contact the Parish Office -  
8382 1717

### CHILD PROTECTION

Child Protection Unit 8210 8159

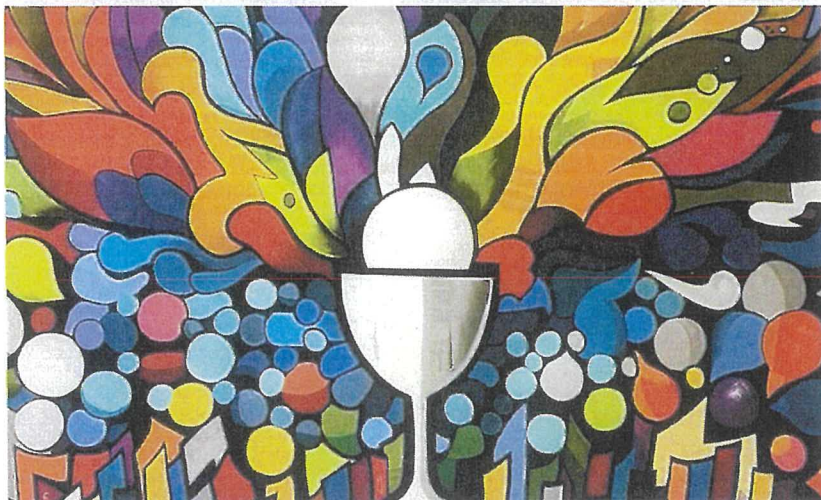
### REGULAR WEEKEND MASSES

#### • SATURDAY EVENING

6.30pm - St Luke's, Noarlunga

#### • SUNDAYS

9.00am - St Luke's, Noarlunga  
10.45am - SCC, Seaford  
11.00am - 1<sup>st</sup> Sun - St Luke's: Spanish  
2.00pm - 2<sup>nd</sup> Sun - St Luke's: Filipino  
5.30pm - St Luke's: Youth Mass



### FIRST READING

*Exodus 16:2-4, 12-15*

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.'

### RESPONSORIAL PSALM

*Ps 77:3-4, 23-25, 54*

*The Lord gave them bread from heaven.*

### SECOND READING

*Ephesians 4:17, 20-24*

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

*John 6:24-35*

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?'

*(Continued page 4)*



# SOLEMNITIES

in AUGUST

**St Mary of the Cross Mackillop**  
Co-patron Saint of Australia  
Thursday, 8 August

**Assumption of Mary**  
Thursday, 15 August

JESUS SAID TO THEM,  
"I AM THE  
BREAD OF LIFE;  
WHOEVER COMES TO ME  
SHALL NOT HUNGER, AND  
WHOEVER BELIEVES IN ME  
SHALL NEVER THIRST."

JOHN 6:35

*eternal life*



## Church Cleaning

For weekend 10/11 August  
Cleaning: Julie Lindur/Leona Tane  
Vacuuming: Peter Lambert

## Finances : July

For weekend 27/28 July  
1<sup>st</sup> Collection \$997.00  
Support for Archdiocesan Priests  
2<sup>nd</sup> Collection \$382.00 (22 envelopes)  
Open Plate \$909.00

Thank you for your ongoing support  
and commitment to the community.

## PARISH OFFICE HOURS

The Parish Office Hours  
Tuesday to Friday  
10.00am - 2.30pm

For any emergencies please contact  
Fr Josy on 0452 524 169 or  
Toni Fishlock on 0417 801 241

## Noticeboard:

2024 Upcoming Courses  
10 August: Charis SA

CHANGES TO COVID RULES ARE LISTED ON THE BACK OF THIS  
NEWSLETTER.

## Roster for weekend 10/11 August

	St Luke's 6:00pm	St Luke's 9:00am	St Luke's 5:30pm	SCC 10:45am
<b>P</b>	Fr Dominick	Fr Josy	Fr Josy	Fr Dominick
<b>P1</b>	Denis Jones	Justin Neugebauer	Michael Pols	Kate Berniz
<b>P2</b>	Paul Rijken	Salvador Vega	Yvonne Bennett	Anne Craig
<b>W</b>	Christine Jones	Ronan Thomas	Gabrielle Byrne	Jim Fenoughty
<b>HC</b>	Raylee Crane	Maria Nolan Rhea Thomas	Theresa Tanti	Mary Fenoughty
	Kevin Barry	Raylee Crane Thomas H E	Dave van Heerde	
<b>Children's Liturgy</b>		Joanna and Nicoline		Dolores McCluskey
<b>Music</b>	6:00pm	9:00am	5:30pm	

## RCIA: Are you or do you know someone who.....

Has expressed an interest in being Catholic? Was baptised  
Catholic as a child, but has not celebrated the Sacraments  
of Confirmation and Eucharist?



We offer an opportunity to come together in a small group to learn more about  
our faith. Sessions focus on the teachings and experience of Church and prepare  
individuals to celebrate the Sacraments of Baptism, Confirmation and Eucharist  
during the Easter season. There are separate sessions for children or youth.

You are welcome to participate in the process with your questions, your insights  
and faith story in a warm accepting setting. For information, please contact the  
Parish Office on 8382 1717 or email [gabrielle1956.gb@gmail.com](mailto:gabrielle1956.gb@gmail.com)

## National Vocations Awareness Week: 3/4 August

This Sunday throughout the Church in Australia we  
celebrate National Vocations Awareness Week. The theme  
of the first weekend is that every baptized Christian has a  
vocation and is called to holiness of life and to participate in  
the life and mission of the Church. This week we affirm and pray for all the  
baptized who are uniquely called by God. We acknowledge the Single Life,  
Married Life and Family Life, as well as all Lay Ministries within the Church.

Please note that **next weekend** there will be a leaving collection for Vocations.  
Thank you in advance for your support in promoting this important time of  
prayer in our Church.



## Mass Times for

## SOLEMNITY OF THE ASSUMPTION OF MARY 14/15 August



Vigil Mass - Wednesday, 14 Aug 7:30pm  
St Luke's - 9:00am  
Cardijn/St Luke's - 9:00am  
Galilee - 9:15am  
All Saints/SCC - 10:00am  
Cardijn/St Luke's - 11:00am  
Cardijn/St Luke's - 12:15pm  
Normanville - 12:15pm  
Marcellin - 1:15pm  
St Luke's - 7:30pm



**Pray for the healing of:** Terry Byrne, Joanna Lavelle, Tom and Mary Worden, Margaret Jack, William Tanti, Gentile Monardo, Catherine Kelley, Anthony Shaw, Greg Cahill, Maresa Sylvester, Jade Robusti, Paul Badics, Neville and Heather D'Cruz, Cate Lavelle, Shelley Heard, Astrid Houareau



**Deceased:** Sue Rigley

**Anniversaries:**

(Names will remain on the Prayer for Healing list for one month).

## Confirmation



Vicar General Dean Marin will be celebrating the confirmation of 26 children from our Parish, St John's School and All Saints School.

The confirmation ceremony will be held at St Luke's Church on Thursday, 8 August at 7:00pm.

Please keep these children in your prayers.



**Congratulations and God's Blessings to all who are celebrating a Birthday or Anniversary in August.**



### LADIES' COFFEE & CAKE MORNING



Is on the 2<sup>nd</sup> Friday of the month.  
Next morning tea will be at 10:30am on Friday, 9 August.

### ONKAPARINGA PRAYER BREAKFAST

**Date & Time:** Friday, 30 August from 6:45am

**Where:** Serafino Winery, McLaren Vale

**Guest Speaker:** Georgie Thomas, founder of "Mustard Seed Family Project"

For further details: Kevin Barry 8382 3773  
[kevinjbarry@professionals.com.au](mailto:kevinjbarry@professionals.com.au)

### CHILD PROTECTION



Governments should protect children from work that is dangerous or might harm their health or education and provide ways of protecting children from dangerous drugs.

**CHILDRENS' MASS WILL BE CELEBRATED THIS SUNDAY, 4 AUGUST AT 9:00AM AND 5:30PM.**

**NEXT MASS WILL BE ON 8 SEPTEMBER.**

### WHAT'S ON

Mon 5 August	Mass at 9:00am - St Luke's
Tues 6 August	Mass at 9:00am - St Luke's
Wed 7 August	Mass at 9:15am - SCC Craft Group at 10:00am Mass at 7:30pm - St Luke's
Thurs 8 August	Mass at 9:00am - St Luke's Prayer Meeting at 10:00am Rosary at 6:45pm Confirmation at 7:00pm - St Luke's
Fri 9 August	Rosary at 9:30am - St Luke's Mass at 10:00am - St Luke's Ladies' Coffee and Cake at 10:30am
Sat 10 August	Reconciliation at 9:00am - St Luke's Mass at 6:00pm - St Luke's
Sun 11 August	19 <sup>th</sup> Sunday in Ordinary Time Year B First Holy Communion Mass at 9:00am - St Luke's Mass at 10:45am - SCC Filipino Mass at 2:00pm - St Luke's Mass at 5:30pm - St Luke's



**Seaford Christian Churches**  
811 Grand Boulevard (Corner of Main Street)

### SCC NEWS

- **The 28<sup>th</sup> Anniversary of SCC** will be celebrated at SCC on 4 August at 10:30am commencing with an **Ecumenical Liturgy of the Word** and Communion in our own tradition. The Service will be followed by lunch in the Cafe. This will be a 'finger food' event. If you wish to 'bring a plate' it will be much appreciated. All are invited to join us on this special occasion.
- **Monthly Ecumenical Prayer Gathering** led by Pastor Kevin Wood (Lutheran Community) on 4<sup>th</sup> Saturday of the month at 10:00am.
- **SCC Emergency Food:** Thank you for your outstanding generosity in supporting this appeal.
- Don't forget to drop into our **TOWN SQUARE CAFE** for freshly brewed coffee and cake, a bowl of warming soup or a delicious low cost nutritious meal. Open Tuesday-Friday 10:00am-1:00pm.

### Charis SA: Catholic Charismatic Renewal Services

**St Peter Claver Church**  
8 Stuart Road, Dulwich

**every 4<sup>th</sup> Thursday of the month 7:00 - 9:00pm**

22 August, 26 September, 4 October, 28 November

Contact 0407 060 715 for more information.

**Please ring the priests after 9:00pm ONLY in an emergency. Otherwise, ring or text them during office hours or in the daytime.**



**NOARLUNGA/SEAFORD  
CATHOLIC PARISH CENTRE**

**PARISH OFFICE HOURS**

Tuesday - Friday 10.00am - 2.30pm

For any emergencies, please contact:  
Fr Josy Sebastian (0452 524 169)  
Toni Fishlock (0417 801 241)

**BAPTISM of INFANTS**

Phone 8382 1717

**SACRAMENT of  
RECONCILIATION**

Each Saturday 9.00am - 9.30am  
or by appointment

**PASTORAL CO-ORDINATOR**

Gabrielle Byrne  
Phone: 0422 804 579  
Email: [gabrielle1956.gb@gmail.com](mailto:gabrielle1956.gb@gmail.com)

**CHILD PROTECTION**

We are a Child Safe Organisation which is committed to the care, well-being and protection of children and young people.

Contact - Gabrielle Byrne  
Phone: 0422 804 579  
Email: [gabrielle1956.gb@gmail.com](mailto:gabrielle1956.gb@gmail.com)

Child Protection Unit: 8210 8159

**PARISH PASTORAL COUNCIL**

Chairperson - Paul Rijken

**PARISH LITURGY GROUP**

Chairperson - Margaret Burns

**PARISH SCHOOLS and  
COLLEGES**

- St John the Apostle (8382 2064)  
Principal - Leanne Johansen
- All Saints (8327 0020)  
Principal - Nick Wright
- Cardijn College (8392 9500)  
Principal - Steve Byrne  
Heads of Campus  
Marian - Wade Champion  
Galilee - Kerri Gould (8557 9000)  
Marcellin - Gianni Petrucci

**DID YOU KNOW?**

- There is no Eucharistic action at the last supper in John's gospel, instead it occurs at this point.
- The word 'Rabbi' in Hebrew literally means 'my great one.' At the time of Jesus it referred to masters or teachers who had a following of disciples who learned from them.

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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 FOOD OF LIFE**

(John 6:24-35)

There are many different diet plans. Bookstore shelves are filled with diets that say eat only this type of food or that. Some diets tell people to skip a particular food. Some concentrate on removing entire food groups out of your diet.

Most books come with recipes but more importantly with testimonials and pictures of those who succeeded in dropping a significant amount of weight over a short period of time.

In reality, a majority of these diets work because they all include two common elements usually found in small print on the very last page of the book. The dieter is told to reduce food intake and begin moderate exercise. Ultimately these two factors, which most dieters reject, are what will bring

about the real weight loss.

Most popular these days are the diets that are based on restricting or eliminating carbohydrates. Some people swear by these diets while others give up on such an approach almost instantly. For many, a meal is not a meal without a loaf of bread on the table. In reality as well as symbolically, bread is the food of life for many people.

Jesus proclaims that he is the bread of life. God's presence in bread goes back to Moses in the desert and continues today in the Eucharist. We can deny ourselves many things in life, but why deny ourselves spiritual nourishment so necessary for the health of our soul? And so, we should always eagerly gather around the altar.

**KIDS' CORNER**

Do you have a list of things to do each day? That's helpful. But sometimes, our plans don't go the way we, well ... plan. That's why it's good to ask God, "What do you want me to do?" The answer may surprise you. Of course, God always wants you to do things like love others as you love yourself, pray and make good choices. But sometimes it's not so much what you do, it's who you are that matters. God is waiting for you to be the person God made you to be. That's what faith is about. It's not always thinking, planning and doing. It's living what we believe. It's about being Jesus for the world.

**THIS WEEK'S READINGS**

(August 05 - 11)

- **Mon, 05:** Weekday, Ord Time 18 (Jer 28:1-17; Mt 14:13-21)
- **Tues, 06:** Transfiguration of the Lord (Dan 7:9-10, 13-14, Mk 9:2-10)
- **Wed, 07:** Weekday, Ord Time 18 (Jer 31:1-7; Mt 15:21-28)
- **Thur, 08:** St Mary of the Cross (1Kg 17:8-16; Col 3:12-17; Mt 6:25-34)
- **Fri, 09:** Weekday, Ord Time 18 (Nahum 2:1, 3; 3:1-3, 6-7; Mt 16:24-28)
- **Sat, 10:** St Lawrence (2 Cor 9:6-10; Jn 12:24-26) St Clare (Hab 1:12-2:4; Mt 17:14-20)
- **Sun 11:** 19<sup>th</sup> SUNDAY in ORDINARY TIME (1 Kg 19:4-8; Eph 4:30-5:2, Jn 6:41-51)

**PASTORAL CARE**

If you need a priest for anointing prior to medical treatment or if you are ill (not necessarily life-threatening) or for last rites please contact: (08) 8382 1717; or in an emergency 0452 524 169.