



THE SAVING WORD

EIGHTEENTH SUNDAY IN ORDINARY TIME / B

4 AUGUST 2024

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



OUR LADY of MT CARMEL PARISH BULLETIN

18th Sunday Ordinary - 4 August 2024 - Year B

OUR LADY OF MT CARMEL PARISH HILTON

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OFFICE HOURS

Tuesday, Wednesday & Friday: 9am – 3pm

Thursday: 9am – 12.30pm

MINISTRY TEAM

Parish Secretary: Tereza Camacho

Safeguarding Officer: Brigette Liddelow 0432 908 980

Avila Retirement Village Secretary: Judy Rowlands 0448 205 283

OLMC Primary School Principal: Jayson Peacock 9269 2000

OLMC Primary School RE: Tracey Marsden

Seton Catholic College Website:

<http://www.seton.wa.edu.au/olmc-parish>

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

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

REFLECTION: Remember. “Do this in memory of me”. These are powerful words spoken by Jesus at the Last Supper. We are reminded of Jesus living presence in our lives. I found that much of life is directed from memory of what God has done in one. You may feel that also. Being reminded where I come from and where I want to journey to, Eternal Life with Jesus. I have also found that people don't have to be told what to do, they just need to be reminded of the little things, who they are and where they have come from, what their goal or purpose is. For children what their guidelines, expectations are,

little achievements and victories or challenges that have shaped each person that they are capable and loveable. Reminded of what we know within to be true, good and beautiful and to be redirected back to that path. Some of our fears, our insecurity, our struggles come from forgetting what is true good and beautifully written into our being and evident in our daily life. Take sometime today to remember some of the things God has done in your life and celebrate it in some small way. Helping to review our mind, you might like to extend this and send someone else a reminder today of something true, good and beautiful that they have brought into your world.

LOST PROPERTY: Dear Parishioners, please do not leave personal affects unattended during Mass and ensure that you collect all your items before leaving the church building.

70th ANNIVERSARY
Our Lady of Mount Carmel School, Hilton
Congratulations to all who have been a part of the Parish School. We remember with affection past principals and staff, the Carmelite Order for their presence, past parents and pupils both living and deceased and of course current staff, parents and students who have made the tapestry of our parish school a wonderful place of learning and of Christian growth. We sincerely thank Fr Vincent Glynn, Vicar General for celebrating Mass of Thanksgiving on this milestone in the life of our parish and Catholic Education.



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MASS TIMES WEEKENDS: Saturday Vigil 6pm, Sunday 7.30am & 9am.
MASS TIMES WEEKDAYS: Tuesday 9am, Wednesday 9am, Thursday 9am, Friday 9am & Saturday 9am.
RECONCILIATION - Saturday's: 9.30-10am and 5.15-5.45pm or by appointment.
EUCHARISTIC ADORATION: Wednesday 5.30 – 6.30pm & Friday 9.30 – 10.30am.

HOLY TRINITY CHARISMATIC PRAYER GROUP: Monday night's 7-9pm.

PLEASE PRAY FOR SICK PARISHIONERS: Christine Rhow, Veronica-Marie, Maria, Consiglia Ciavatta, Martin-Joseph, Irwin Beachell, Isabella Da Cunha, Damien-Ivan, Norma Elliott, Rudi Tassell, Steven, Davina, Zoe-Anne, Elisabetta Paddon, Edward Fortune, Kiara-Eve, Beatrice Fernandez, Lisa Bubb, Romilda Marinelli, Aaron LoCicero, Jacqueline Paul, Lou Collova, Anne & Justine Tonti, Greenville Paul, Christine Schwarten Henry, Fr Joseph Angelo, Fr Anibal Da Cunha, Peter Scanlan, June McGinnity, John Brackovich, Alison, Sofia, Rebecca, Fr Liam Keating SMA, Fr Francis Sundararajan, Fr Greg Carroll, Fr Wilson Donizzetti, Bill Watkins, Daniel DiMarco, Joshua Oorschot, Fr John Piumatti, Fr Don Kettle.

SAFEGUARDING PERSONAL DECLARATION: Dear Parish Volunteers, if you have not yet filled in your Safeguarding Personal Declaration Form, please obtain one

from the foyer, complete it and send to the Parish Office as soon as possible. **The deadline was on Wednesday 31 July 2024** to hand in completed information to the Safeguarding Office. If you haven't completed this form, please do so immediately.

PARISH UPDATE: Dear Parishioners, I wish to advise the phone service has been reconnected to the Parish Office. Also, regarding the works in the Presbytery and Parish Office, it is now an insurance matter. Work in progress.

PHALAENOPSIS ORCHIDS FOR SALE: The white Phalaenopsis Orchids currently in the church will be on sale. The cost per plant is as follows: Single Spike - \$15, Double Spike - \$20, Triple Spike - \$25. The plants can be collected from the church on Saturday 3-8-24 after 6pm Mass or Sunday 4-8-24 after 9am Mass. All proceeds from the sale of the plants go towards church flowers.

PRAYER FOR VOCATIONS: Jesus you are the Good Shepherd who is always mindful of your Church. Watch over those who are Baptised in your name and grant peace and harmony to all families. We ask you to choose from the families of our Parish many priests, deacons, sisters and brothers who will gladly spend their lives making you known and loved.

CATHOLIC MISSION APPEAL THANK YOU: Thank you for your prayers and generous response to this year's Catholic Mission Appeal. Your donations are helping our missionaries in Mongolia and around

the world provide safe haven and support for vulnerable people escaping domestic violence and homelessness. If you missed the opportunity to support this important missionary work, please go online at www.catholicmission.org.au/mongoli to make a donation. Should you be keen to support the work of Catholic Mission through a bequest, or as a volunteer, or in other ways, please email Francis Leong at director.cm@perthcatholic.org.au to explore the possibilities.

VOTIVE CANDLES: Please be aware that Votive Candles are 30 Cents each. Thank you.

MASS INTENTIONS
Saturday 2 to Friday 9 August
Saturday 3 August
9am Mass: Domenica Ferari (RIP)
6pm Mass: Lorenza Cantatore & Gennaro Capozzi (Ann)
Sunday 4 August
7.30am Mass: Jose Rebelo & Adelaide Gomes (RIP)
9am Mass: OLMC School 70th Anniversary, Damijan Zorancic (1st Ann)
3-4pm: Holy Hour
Tuesday 6 August
9am Mass: Ivan Separovich (Ann)
Wednesday 7 August
9am Mass: John Randall (RIP)
Thursday 8 August
9am Mass: For the People
Friday 9 August
9am Mass: Ray Bosci (RIP)



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

BREAD OF LIFE

Our first reading today comes from the
Book of Exodus where Moses and Aaron are
confronted with grumblings of hunger from
the Israelites in the desert. The Lord says to
Moses 'I am going to rain bread from heaven
for you, and each day people shall go out and
gather enough for that day.' True to God's
word the Israelites found this bread, manna,
'like frost on the ground.' Moses confirmed 'It
is the bread that the Lord has given you.'

Today's psalm reiterates God's generosity:
'The Lord gave them bread from heaven.'
Both the Exodus passage and the psalm link to
the Gospel of today from John – the first part
of the discourse on the Bread from Heaven.
Picking up from our Gospel last week, we find
the crowd still pursuing Jesus who suggests
they are looking for him because they ate their
fill of loaves. Jesus advises them to seek 'the
food that endures for eternal life.'

Understandably the crowd asks for both
clarification and a sign, noting that their
ancestors ate manna in the desert. Jesus
points out that it was not Moses who provided
manna, but God. We hear Jesus saying: 'For
the bread of God is that which comes down
from heaven and gives life to the world.' Will
we respond like the crowd, saying 'give us this
bread always'? Do we carry in our heart and
our life the understanding of Jesus' words, 'I
am the bread of life. Whoever comes to me
will never be hungry, and whoever believes in
me will never be thirsty.'?

Dr Rosemary Canavan