



THE SAVING WORD

NINETEENTH SUNDAY IN ORDINARY TIME / B

11 AUGUST 2024

FIRST READING

1 Kings 19: 4-8

A reading from the first book of Kings.

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.

■ The word of the Lord.

RESPONSORIAL PS

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 my 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

A reading from the letter of St Paul to the Ephesians.

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.

■ The word of the Lord.

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

A reading from the holy Gospel according to John.

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



OUR LADY of MT CARMEL PARISH BULLETIN

19th Sunday Ordinary - 11 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: Look to your covenant, O Lord, and forget not the life of your poor ones forever. Arise, O God, and defend your cause, and forget not the cries of those who seek you.

COMMUNION ANTIPHON: O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.

REFLECTION: God is Love. God is love, we read and listen to these words from the letter of St John and for some of us they are right over our heads. For others we are so familiar with them that they cease to have an impact. If we give them any thought at all we think of them as we would a friendly lily-white cloud dispensing warmth, protection, comfort fulfilment, etc, etc. And indeed, that is so. But in our human experience love is far, far more than that. Love

can be crucifixion and God is love. Love can be isolation and God is love. Love can be uncertainty and God is love. Love is a movement of the heart in the direction of the other and God is love. Love continues to love when all reasons say we must stop, and God is love. Love is questioning at ones very core and God is love. Love means hurt and God is love. Love means a dust storm that settles in every crevice of the mind and God is love. Love brings endless self-examination and God is love. Love demands honesty and God is love. In all ever-faltering attempts to love, God is not only these. God is in fact all that we are attempting. We never need to fear or give up no matter how our soul is searching. No matter how much pain fills the life of love. When we continue to love all will be well.

ST VINCENT DE PAUL SOCIETY: Meet every Monday, except for public holidays, between 7 and 8 pm in the first meeting room to the left of the Church. New members are always welcome. Please contact Ian (President) on 0428 121 152 for further information.

VINNIES FOOD DONATION: Thank you for a good response to our ongoing food drive via our collection box in the foyer of the Church. We are presently in need of dry-food items in line with the poster above the box. Tinned food is still welcome.

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.



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BULLETIN SPONSORS

<p>BOWRA & O'DEA FUNERAL DIRECTORS Because the little things are everything. 312 South Street, Hilton 9239 7744 or www.bowraodea.com.au</p>	 <p>REMEMBRANCE FUNERALS SUSIE LOMBARDI 24 HOURS - 1300 779 093 E: remembrance.susie@outlook.com www.remembrancefunerals.com.au</p>	<p>RICH HARVEST Religious Products Mon to Fri 10.30am – 6pm Sat 10.30am – 3pm 39 Hulme Court, Myaree 9329 9889 or www.rich7harvest.com.au</p>
<p>AUSTRALIAN LEADING LOCK SERVICE Mark Berkovic 0408 404 048 mls@dammot.com.au</p>	<p>AVILA COURT RETIREMENT VILLAGE For more information contact: Judy 0448 205 283</p>	<p>UNITED PEST CONTROL PO Box 7141, Spearwood, 6163 0433 995 688</p>

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.
EUCCHARISTIC 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, we thank everyone who responded by filling in their Safeguarding Personal Declaration Form. If however, you realise that you have not completed your form, please complete and hand in the form to the Parish Office so we can submit it to the Safeguarding Office.

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.

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/mongolia 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 10 to Friday 16 August
Saturday 10 August
9am Mass: Intention of Donor
6pm Mass: Antonio Pereira (Ann)
Sunday 11 August
7.30am Mass: Laurie Tripi (4th Ann)
9am Mass: Intention of Donor for Better Health
Tuesday 13 August
9am Mass: Dianne de Olival (RIP)
Wednesday 14 August
9am Mass: Bernice Luecke (Anniversary)
Thursday 15 August
9am Mass: For The People (Assumption BVM)
Friday 16 August
9am Mass: Emilio Jurica (Anniversary)



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.'

■ The Gospel of the Lord.



A SERVICE OF THE SOCIETY OF ST PAUL



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Breaking Open the Word

THE LIVING BREAD

Today we continue the focus on the Bread from Heaven. In the first reading we see Elijah in the wilderness fleeing from Jezebel. He just wants to lay down and die but an angel of the Lord touches him twice repeating 'Get up and eat.' All there was to eat was a round flat loaf and water too, but it was enough for the 40 day/night journey to Horeb, the mountain of God. God provided food for the journey as previously in the desert with Moses.

In the continuation of the Bread of Heaven discourse in John's Gospel, we find the Judeans are complaining about Jesus' claim to be 'the bread that came down from heaven.' They are grumbling and complaining like the Israelites in the desert. Jesus responds recalling the scriptures (Isaiah 54:13) that it is God who teaches them. The 'Amen, Amen' saying, translated as 'I tell you most solemnly,' emphasises the truth and faithfulness of this saying. In John's Gospel the double Amen appears 25 times, always uttered by Jesus. In this important statement there is to be no doubt that Jesus is the 'bread of life.' He is the bread that comes down from heaven, the 'living bread.' The final sentence indicates not only that eating this bread means eternal life but that the bread that Jesus gives for the life of the world is his flesh. We readily understand this as his crucifixion. Beyond this the Judeans will complain further. As we hear these words let us contemplate the gift that Jesus gave us.

Dr Rosemary Canavan