



# JESUS, THE GOOD SHEPHERD PARISH

## ~ East Lake Macquarie ~

◆ St Francis Xavier's Belmont ◆ St Patrick's Swansea ◆ St Pius X Windale ◆

· NINETEENTH SUNDAY IN ORDINARY TIME · YEAR B · 11 AUGUST 2024 ·


### Parish Presbytery

**Parish Priest** Fr Gerard Mackie PP  
**Postal Address** PO Box 277  
BELMONT NSW 2280  
**Presbytery Phone** 02 4945 1244

### Parish Office

**Accounts and Administration Officer** Mrs Liza Ruitenbach  
**Street Address** 40 Ernest Street  
BELMONT NSW 2280  
**Postal Address** PO Box 277  
BELMONT NSW 2280  
**Office Phone** 02 4945 4402

**Email** [elmparish@mn.catholic.org.au](mailto:elmparish@mn.catholic.org.au)  
**Facebook** [Jesus the Good Shepherd Parish-East Lake Macquarie](https://www.facebook.com/Jesus-the-Good-Shepherd-Parish-East-Lake-Macquarie)

**Parish Webpage** Please use QR Code to access parish webpage at <https://www.mn.catholic.org.au>  
All enquiries via Parish Office 

### Columbarium

### Office Hours

**Monday** 8:00AM to 3:30PM  
**Wednesday** 8:00AM to 4:30PM  
**Thursday** 11:30AM to 4:30PM

### Schools

#### St Francis Xavier's Catholic Primary School Belmont

**Principal** Mrs Danielle Reed  
**Street Address** 42 Ernest Street  
BELMONT NSW 2280  
**Postal Address** PO Box 206  
BELMONT NSW 2280  
**Phone** 02 4945 2404  
**Email** [admin@belmont.catholic.edu.au](mailto:admin@belmont.catholic.edu.au)  
**Website** [www.belmont.catholic.edu.au](http://www.belmont.catholic.edu.au)  
**OOSH** <https://stnicholasoosh.org.au/belmont>

#### St Patrick's Catholic Primary School Swansea

**Principal** Ms Lucy Harvey  
**Street Address** 213 Northcote Avenue  
SWANSEA NSW 2281  
**Postal Address** PO Box 141  
SWANSEA NSW 2281  
**Phone** 02 4971 1560  
**Email** [admin@swansea.catholic.edu.au](mailto:admin@swansea.catholic.edu.au)  
**Website** [www.swansea.catholic.edu.au](http://www.swansea.catholic.edu.au)

#### St Pius X Catholic Primary School Windale

**Principal** Mr Stephen Pryde  
**Street Address** 2 Lake Street  
WINDALE NSW 2306  
**Postal Address** As above  
**Phone** 02 4948 8467  
**Email** [admin@windale.catholic.edu.au](mailto:admin@windale.catholic.edu.au)  
**Website** [www.windale.catholic.edu.au](http://www.windale.catholic.edu.au)

### Diocese of Maitland-Newcastle

**Bishop** Bishop Michael Kennedy  
**Street Address** 841 Hunter Street  
NEWCASTLE WEST NSW 2302  
**Postal Address** PO Box 780  
NEWCASTLE NSW 2300  
**Phone Number** 02 4979 1200  
**Email** [chancery@mn.catholic.org.au](mailto:chancery@mn.catholic.org.au)  
**Website** [www.mn.catholic.org.au](http://www.mn.catholic.org.au)

### Liturgical Celebrations

#### Weekday Masses

**Monday:** 8:30AM Belmont  
**Tuesday:** 8:30AM Windale  
**Wednesday:** 8:30AM Swansea  
**Thursday:** 5:00PM Swansea (Assumption Vigil)  
8:30AM Belmont (Assumption Mass)  
5:00PM Windale (Assumption Mass)  
**Friday:** 8:30AM Swansea  
**Saturday:** 8:30AM Belmont

#### Sunday Masses

**Saturday:** 5:00PM Swansea  
**Sunday:** 7:30AM Windale  
9:00AM Belmont

### Rosary

We invite everyone to join in and pray the Rosary daily after the 8:30AM weekday Mass from Monday to Saturday.

### Feast Days

**15 Aug The Assumption of the Blessed Virgin Mary**  
(A Holy Day of Obligation)

**24 Aug** Saint Batholomew, Apostle

### Mass at Jesus the Good Shepherd

The following information is provided so that parishioners and visitors may know what to expect while attending Mass.

- ✓ **Physical distancing** is still recommended.
- ✓ The wearing of a face **mask** can help protect you and those around you. Masks are available at the church entrance.
- ✓ **Hand sanitiser** is recommended and provided.
- ✓ **Holy Water** is available and changed regularly.
- ✓ Pick up your **bulletin** and take it home with you afterwards. Bulletins are no longer re-used.
- ✓ Allow space between families when selecting your **seat**.
- ✓ **Singing** is permissible.
- ✓ Parishes can use liturgical ministers - **readers, servers, etc.**
- ✓ **Procession of Gifts** may take place as directed by our Priest.
- ✓ The **Sign of Peace** remains contactless except between those residing in the same household.
- ✓ The distribution of **Communion** during Mass - please maintain a single line. In general, two (2) ministers (including the Priest) are adequate to distribute the Lord's Body. The **Communion host** can be received in the hand, and on the tongue with care. Since the latter is deemed high risk, please proceed to the Priest only and at the end of the line. The **Precious Blood** remains restricted to Priests.
- ✓ The **collection plate** has resumed during Mass. Thank you for your continued support. The First Collection supports all our Diocesan Priests, and the Second Collection supports our parish operating costs.

### Bulletin Notices

All items for the parish bulletin need to be received at the Parish Office by 9:00AM on Wednesday.

### Parish Office

When visiting the Parish Office:

- ✓ For your safety, use the footpath and **do not** walk through the garden.
- ✓ All on-site visitors are required to sign-in.
- ✓ NSW Health still recommends physical distancing be maintained when entering a building.
- ✓ Hand sanitizer and face masks are available if needed.

Please do not visit if you are unwell. We can assist you by post, phone, or email during normal office hours.

## Survey - Absent from the Table

The **Australian Catholic Bishops Conference** is undertaking a research project aimed at investigating why Catholics do not participate in regular weekly Sunday Mass (Sunday Mass includes the Saturday Vigil). The project will provide in-depth information about contemporary religious practices and beliefs of Catholics in Australia. The insights would enable parishes, movements, and school communities to respond to the trends in participation in the Church, update the Church's awareness and understanding of the present-day context, and enable responses and collaboration around the underlying factors for non/dis-engagement.

We would like to invite you to take part in this research. Please click on the link below (or copy and paste the link into your browser) to access information about the project, and to enter the survey itself. You are welcome to share this invitation with others who would be interested in participating in the survey.

<https://bit.ly/AbsentFromTheTableSurvey>

The survey will close on **Tuesday, 20 August 2024**. Thank you for considering this invitation to participate.

For more information about this project, contact the National Centre for Pastoral Research at [ncpr@catholic.org.au](mailto:ncpr@catholic.org.au) with "Absent from the Table Survey" in the subject line or have a look at the website for more information: <https://ncpr.catholic.org.au/>

The study has been approved by the Human Research Ethics Committee at the Christian Research Association.

## Prayer Requests

### Please pray for

**Sick:** Hannah Buist, Therese Smith, Geoff Brown, John and Joan Swift, Baby Carter McGie, Elaine Toohey.

(Once the person is no longer in need of prayer, would you kindly inform the Parish Office)

### Recently Deceased:

**Anniversaries:** Gerrard Zeltins, Warren Bailey, Paul Bremer, Vince Guthrie, Berni Beitmann.

*Eternal rest grant to them, O Lord, and may light perpetual shine upon them. ☩ May their souls and the souls of all the faithful departed rest in peace. Amen*

Mass Intentions for publication may be submitted on an envelope on the collection plate, or to the Parish Office by email, or by phone; by 9:00AM Wednesday each week ahead. Envelopes are available at the church entrance. Please write details clearly to avoid errors. A reminder that you need the permission of the person, or their family, to enable us to publish names.



## Pope Francis' Prayer Intentions

You are invited to answer the Holy Father's request and to join with many people worldwide in praying for this intention each month. <https://www.popesprayer.va/>

### August Intention is FOR POLITICAL LEADERS

We pray that political leaders be at the service of their own people, working for integral human development and for the common good, especially caring for the poor and those who have lost their jobs.

## Safeguarding in Our Parish

### Our Children and Vulnerable Adults

The Parish of Jesus, the Good Shepherd is committed to the safety, welfare and wellbeing of children and vulnerable adults. Information brochures are available at the entrance to the Church. Our **Parish Promoters of Safeguarding** are all the members of the Parish Pastoral Council.

## Reflections

by Dianne Bergant CSA

### Sunday 11 Aug 2024

There are times God seems to ask too much of us. We labour for others, but do not see the fruits of our labour. Our families take us for granted, and we are exploited at work. This is particularly trying when we only wanted to be of service to others, to help them wherever we could. What's the point of giving of oneself when it only seems to be futile? In this we are like Elijah.



There are other times when we are challenged to change our way of thinking and to accept what seems to make extraordinary demands on us. A new way of understanding church may call us to be open to the cultural diversity within the community. Or it might claim that we have a responsibility toward the poor and homeless in our midst. New biblical insights make us question our familiar understanding of God or of Jesus or of ourselves. In this we might be like the Jews who murmured against Jesus.

We want evidence to substantiate these radical new claims. But the evidence that Jesus offered could only be accepted in faith. And so it is with us. When we ask God for some kind of sign that will assure us that this new challenge is really what God wants, the answers received must themselves be accepted and understood in faith. The only assurance we have is rooted in faith, and those who are not open in faith will not understand. God does indeed ask a great deal from us.

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### Thursday 15 Aug 2024



In the Western church this feast celebrates the assumption of Mary into heaven; in the East it commemorates her dormition or her falling asleep. The readings invite us to reflect on the role that she plays in the mystery of our redemption. Whatever we honour in Mary in some way points to her son.

Over the centuries devotion to Mary has been expressed in forms taken from the culture out of which it developed. Sometimes she is pictured as a humble peasant girl. At other times she is depicted as a queen robed in gold of Ophir who rules from heaven. Probably the most familiar pose is that of a mother with her child. Perhaps the most dramatic of these themes is that of the celestial woman from the vision found in the Book of Revelation. It is because of the cosmic significance of Jesus that this tradition has been applied to Mary.

Though the first reading depicts a cosmic woman, the gospel reading characterises Mary as a simple peasant woman intent on offering service to another. However, the words that are placed in her mouth are words of prophetic challenge. She announces the great reversals of God's good news. The greatness of Mary is a reflection of the greatness of the Son of God whom she bore. He was the firstfruits of salvation. He was the victor who won the kingdom. Her part in this victory was to bring him to birth and into maturity.

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If you have any concerns for a child or vulnerable adult, contact the Office of Safeguarding via P 02 4979 1390 or E [childprotection@mn.catholic.org.au](mailto:childprotection@mn.catholic.org.au).

### For further information visit:

Website: [www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)

Facebook: <https://officeofsafeguarding.org.au/>

Complaints: <https://officeofsafeguarding.org.au/making-a-complaint/>



## Parish News

### Welcome

We welcome new parishioners and visitors. We invite you to pick up and complete our 'New to the Parish?' flyer.

### Live Stream

Our Parish Mass continues to be livestreamed. This means the Mass is recorded and available via [Facebook](#).

### Parish Morning Tea

**Belmont** (3<sup>rd</sup> Sunday of the month) - Join in a morning tea at Belmont Hall after the 9:00AM Mass on Sunday 18 August 2024. Enquiries: Jan M 0438 252 657.

**Windale** (4<sup>th</sup> Sunday of the month) - Join in a morning tea at Windale Hall after 7:30AM Mass on Sunday 25 August 2024. All are welcome. Enquiries: Sr Maria.

### The Assumption of the Blessed Virgin Mary

In Australia, the Catholic faithful should observe as holy days of obligation Christmas Day (25 December – The Feast of the Nativity of Our Lord Jesus Christ), The Assumption (15 August – the Feast of the Assumption of the Blessed Virgin Mary), All Sundays of the year. The Assumption Mass times are:

14 August: 5:00PM Swansea (Vigil)  
15 August: 8:30AM Belmont & 5:00PM Windale

### St Pius X Feast Day

Mass will be held at Windale on Wednesday 21 August 2024 at 9:15AM to celebrate St Pius X Feast Day.

### Social Justice Collection

Collections last month's total \$729.85.

### Aurora Magazine

Copies of the WINTER edition are FREE. Take an extra to share.

## Parish Groups and Committees

### Breaking Open the Word

You are invited to join in on the first Thursday of the month after the 8:30AM Mass to reflect on the Sunday Gospel of the week. Reflective material is free. Morning tea will follow. Our next group meets on Thursday 5 September. No need to RSVP. Enquiries: Jan M 0438 252 657.

### Choir

A choir has been formed to sing Latin Gregorian chant occasionally at the 9:00AM Mass at St Francis Xavier's Church, Belmont. If anyone has an interest in joining the choir, contact Andrew on M 0405 772 779.

### Family Group Movement

Enquiries: John and Pauline via P 02 4946 7460 or E [mcgraths\\_12@hotmail.com](mailto:mcgraths_12@hotmail.com).

### Friendship Group

The next Friendship Group for singles lunch will be held on Sunday 1 September at 12:00PM at the Swansea RSL, Bridge Street Swansea. RSVP before Thursday 29 August by contacting Mary on M 0408 498 898. Newcomers are welcome.

### Social Justice Committee

Our Social Justice Committee is calling for new members. We meet three to four times a year. If you'd like to join or learn more, contact Paul via M 0418 240 604.

### St Patricks Craft Group

Our parish craft group gathers weekly in the Swansea Church Hall at 9:30AM on Mondays, except January. All welcome. Enquiries Gay M 0419 211 573.

### St Vincent de Paul

To enquire or join one of our Parish Conferences, contact one of the presidents.

Belmont	John	0424 695 721
Swansea	Anne	0439 814 874
Windale	Brian	0407 125 338

## Diocesan News

### Invitation to Jubilarian Mass

Join in a concelebrated Mass commencing at 11:00AM in Sacred Heart Cathedral Hamilton on 14 August 2024 to celebrate the Jubilees of our Bishops, Priests and Deacons. All are welcome.

### Mass to be Celebrated in the Latin Tridentine Rite

Mass will be every Sunday, starting 18 August 2024 at 9:30AM at St John the Baptist Oratory, Cathedral Street Maitland.

### Diocesan Resource Centre – Upcoming Events

Opening Hour starting in August: Mondays and Fridays, 10:00AM to 5:00PM. Open first and third Saturday of each month.

✓ 17 August 2024 at 11:00AM - the Book Club – Come along with your current read, share your thoughts. Morning tea provided. Registration: <https://forms.office.com/r/YBENY1zxsJ>

✓ 30 August 2024 at 10:15AM - Human Library – Preparing for Seasons of Creation. Our featured Human Book will be Sr Carmel Moore rsj, discussing Laudato Si & Seasons of Creation. What does this mean for Church & our World? Registration: <https://forms.office.com/r/1GEzWxaDig>

### Synod on Synodality: Toward the Synod 2024 Opening October and Beyond!

Massimo Faggioli and John Warhurst will discuss the upcoming Synod and the future beyond on Thursday 15 August 2024, 4:30PM. To join us in the Diocesan library please register at: <https://forms.office.com/r/Asjr4yKYmP> To watch at home register at: [https://garratt1.wufoo.com/forms/wpxybsp0pk138a/?ct=t\(allcats-ACCCR-15AUGUST-24JULY2024\)&mc\\_cid=b3bfd4be50&mc\\_eid=bbc16a1099](https://garratt1.wufoo.com/forms/wpxybsp0pk138a/?ct=t(allcats-ACCCR-15AUGUST-24JULY2024)&mc_cid=b3bfd4be50&mc_eid=bbc16a1099)

### Call for Special Religious Education teachers

The Teachers of Special Religious Education in our Diocese undertake a vital evangelising role, educating children and young people, forming them in the Catholic faith. Fortunately, there are amazing, generous people who play an important role in contributing to the formation of children. Unfortunately, there are not enough teachers to meet the demands of all the classes needed. Many children are missing out.

If you would like to learn more about this ministry, we invite you to attend an Encouragement Day in Newcastle on Monday 16 September. For information or registration contact Nicki on M 0417 773 444 or register by email: [admin@huntersre.com.au](mailto:admin@huntersre.com.au)

### Art and Spirituality Workshop

Creation of art provides an opportunity for a deepening awareness of oneself and the world which can act as a catalyst for evoking the Spirit. Art is a means to see-to-re-search and find the living meaning of what it means to open the heart. Everyone has the ability to create art, but in order for it to be theological, the artist needs to explore ways that it makes sense of faith. Opening the heart through art involves making meaning through the creation, then reflecting on the art itself and the unfolding the moment-to-moment direct experience of the process. This workshop will provide an opportunity to awaken the Spirit through the beauty of God's creation, prayer, and reflection. Participants will engage in art making experiences which will nourish their faith.

When: Friday 13 September 2024 | 9:00AM-3:00PM

Where: Kilaben Bay Community Centre | Cost: \$25 per person

Register at: <https://www.eventbrite.com.au/e/art-and-spirituality-workshops-2024-tickets-808605269127>

## Other News

### Holy See Communiqué, 03.08.2024

The Holy See was saddened by certain scenes during the opening ceremony of the Paris Olympic Games and can only join the voices that have been raised in recent days to deplore the offence caused to many Christians and believers of other religions.

At a prestigious event where the whole world comes together to share common values, there should be no allusions ridiculing the religious convictions of many people.

The freedom of expression, which is clearly not called into question here, is limited by respect for others.

## Nineteenth Sunday in Ordinary Time Year B

### 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.

### 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 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*.

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*.

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*.

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*.

### Second Reading

Ephesians 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

John 6:51

Alleluia, alleluia, alleluia!  
I am the living bread from heaven, *says the Lord*;  
whoever eats this bread will *live for ever*.  
Alleluia, alleluia!

### Gospel

John 6:41-51

#### A reading from the 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 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.

### Communion Antiphon

Psalm 147:12,14

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

Or Cf John 6:51

The bread that I will give, says the Lord,  
is my flesh for the life of the world.



## Next Week's Reading's

### Twentieth Sunday in Ordinary Time Year B

First Reading	Proverbs 9:1-6
Responsorial Psalm	Ps 33:2-3. 10-15. R. v.9
Second Reading	Ephesians 5:15-20
Gospel Acclamation	John 6:56
Gospel	John 6:51-58