



Welcome to

Noarlunga/Seaford Catholic Parish

St Luke's, Noarlunga and SCC, Seaford

THE MOST HOLY BODY AND BLOOD OF CHRIST (Corpus Christi) - YEAR A

Vol 11 : No 29

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

Web: 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)

• ASSISTANT PRIEST

Fr Dominick Okwadha
(8382 1717; okwadha@yahoo.com)

• PARISH MANAGER NEWSLETTER

Mrs Toni Fishlock - 0417 801 241;
fishlock11@tpg.com.au

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

• SEAFORD

Sr Bernie Sontrop SGS – SCC
(Catholic Community Coordinator
- 0400 035 462)

CHILD PROTECTION

Child Protection Unit 8210 8159

REGULAR WEEKEND MASSES

• SATURDAY EVENING

6.00pm - St Luke's, Noarlunga

• SUNDAYS

9.00am - St Luke's, Noarlunga

10.45am - SCC, Seaford

11.00am - 1st Sun - St Luke's: Spanish

2.00pm - 2nd Sun - St Luke's: Filipino

5.30pm - St Luke's: Youth Mass



FIRST READING

Deut 8:2-3, 14-16

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and to know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

RESPONSORIAL PSALM

Ps 147:12-15, 19-20

Praise the Lord, Jerusalem

SECOND READING

1 Cor 10:16-17

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a

communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

GOSPEL ACCLAMATION

Jn 6:51-52

Alleluia, alleluia!

I am the living bread from heaven, says the Lord; whoever eats this bread will live forever.

Alleluia!

GOSPEL

John 6:51-58

Jesus said to the Jews:

'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.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood
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COMPLIANCE WITH COVID-19 REGULATIONS
(Current from 09/06/23)



- If you have tested positive for COVID-19 please stay home and do not attend church services until you have fully recovered.
- Sick and high risk/vulnerable people are requested to stay home.
- Hand sanitiser is available at church entrances.
- Communion is given only in hands.
- Procession of gifts has resumed.
- Collection plates are to be passed around with minimum contact

DID YOU KNOW?

- Gathering together to break bread and share the cup is the most ancient practice of the Church. Paul wrote a description of 'The Lord's Supper' in 1 Corinthians 11:23 in about the year 56.
- This feast, which used to be known as 'Corpus Christi', originated in the Middle Ages as a celebration of the real presence of Christ in the Eucharistic bread.
- In John's Gospel, the Eucharist is instituted by Christ in the sharing of the loaves and fishes, not at the Last Supper which he had with his friends on the night before he died. For John, the central act of that Last Supper was the washing of the feet of the disciples – an act of service to others.

SYMBOLS AND IMAGES

Bread is the 'staff of life'; that which sustains us. Along with water, it is the most basic of staples; simple, nourishing, satisfying. But Jesus is offering more than ordinary bread. He is offering that which will sustain, not only in this life, but will lead to eternal life.

MAKING CONNECTIONS

Each time you gather for a meal this week with family or friends, make a special blessing of the food that you will share. Sustain and nourish others this week.

(Continued from page 1)

has eternal life, and I shall raise him up on the last day.

For my flesh is real food and my blood is real drink.

He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me.

This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

TRUE FOOD

(John 6: 51 - 58)

We live in an age that invented junk food: food that is not real food because it supplies no nourishment and can be harmful to eat. It's not surprising, then, that we also consume volumes of reporting that is mostly opinion, and inform ourselves from sources we can't even identify. Our cultures popular stories are thin, recycled, and not transformative. A lot of what we take in – to our bodies, our minds, our hearts – is just junk.

Some people awaken to that reality and try to make changes. They train themselves to walk past the processed food aisle in the market. They turn off the TV, forsake pre-packaged options, seek out stories which lead beyond romance or cynicism. They look for people engaged in vital living, who go beyond the existence loop that many of us have crawled into: work, eat, entertain, sleep. Some people are looking for true food.

Jesus offers true food to those who believe. Eucharist is how we express that, but the sacrament takes us beyond the sacred elements to the flesh-and-blood avenues of our lives. Jesus gave us the Eucharist to open our eyes to the words he spoke, the stories he told, the transformative action of Spirit that helps us break out of the existence loop and into lives that matter. When we've had enough junk food, the true food is on the table.

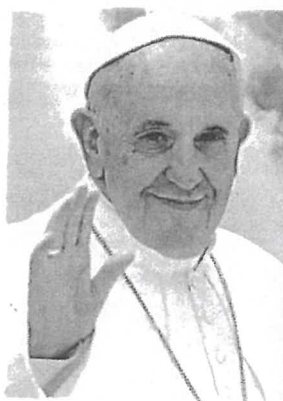
What nourishes your body and your spirit? How much cultural junk do you consume, in proportion to the true food of faith?

GPBS eNews

THIS WEEK'S READINGS

(12 - 10 June)

- **Monday, 12:** Weekday, Ord Time 10 (2 Cor 1:1-7; Mt 5:1-12)
- **Tuesday, 13:** St Anthony of Padua (2 Cor 1:18-22; Mt 5:13-16)
- **Wednesday, 14:** Weekday, Ord Time 10 (2 Cor 3:4-11; Mt 5:17-19)
- **Thursday, 15:** Weekday, Ord Time 10 (2 Cor 3:15 – 4:1, 3-6; Mt 5:20-26)
- **Friday, 16:** The Most SACRED HEART of Jesus (Deut 7:6-11; 1 Jn 4:7-16; Mt 11:25-30)
- **Saturday, 17:** The Immaculate Heart of the Blessed Virgin Mary (Is 61:9-11; Lk 2:41-51)
- **Sunday 18:** 11th SUNDAY in ORDINARY TIME (Ex 19:2-6; Rom 5:6-11; Mt 9:36 - 10:8)



Holy Father's APPEAL

"Prayer, humility, and charity toward all are essential in the Christian life: they are the way to holiness."

Pope Francis

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.