

Alleluia, alleluia!

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

Alleluia!

**GOSPEL**

**John 6:41-51**

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**

**BACKGROUND ON THE GOSPEL READING**

**Loyola Press**

On this Sunday, we continue to read from the "Bread of Life discourse" found in the sixth chapter of John's Gospel. Recall that we have been reading from this chapter for the past two weeks and will continue to read from it for another two. Last week, the crowd asked for a sign that would show that Jesus came from God. Jesus replied by saying that he is the sign and the bread of life sent by God. At this point, our Lectionary omits six verses in which Jesus predicts the unbelief of the crowd and further develops his connection with God the Father. In these verses, Jesus says that he was sent by God to do the Father's will. Jesus promises that those who look upon the Son with faith will find eternal life. Some of these themes are repeated in today's Gospel reading.

Today's Gospel begins with a report that the Jews complained about Jesus' claims regarding his identity. They knew his family, and they knew he was the son of Joseph. They could not comprehend what Jesus meant when he said that he came down from heaven. Jesus responds to the complaints by saying that only those who are chosen by God will recognize him as the one that God sent. This is a recurring theme in John's Gospel, that God has chosen those who will have faith in Jesus.

In the verses that follow, Jesus talks more about his unity with the Father. He is the one who has seen the Father and, therefore, knows the Father. Those who listen to God will recognize that Jesus is the one sent from God. Those who believe will have eternal life. Jesus concludes with the central element of our eucharistic theology. He promises that the bread of life will bring eternal life to those who partake of it, and he tells us that the bread of life will be his own flesh, given for the life of the world.

In today's reading, we hear Jesus say again, as he did in last week's Gospel, that he is the bread of life. We also hear Jesus add that he is the living bread. Both of these statements help us understand better the gift that Jesus gives us in the Eucharist. We celebrate this gift of Jesus each time we gather for Mass. We believe that receiving Jesus in the Eucharist will lead us to eternal life.



# Parish Bulletin

**Nineteenth Sunday in Ordinary Time, Year B 10/11 August 2024**

**LITURGY OF THE WORD**

**FIRST READING**

**1 Kings 19:4-8**

*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. 'O 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**  
**Psalm 33:2-9**

**Response:**  
**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**  
**Ephesians 4:30-5:2**

*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 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**

*I am the living bread come down from heaven.*

**WHOEVER BELIEVES HAS ETERNAL LIFE.**

Throughout John's Gospel many people struggled to understand who Jesus was. Despite the signs he performed, they simply could not believe his claim that he has come from God. Certainly, this claim of Jesus is remarkable, even scandalous. We need the gift of faith to accept it. Our faith in Jesus, the Bread of Life, is expressed and deepened by our participation in the Eucharist.

**PRAYER BEFORE HOLY MASS**

Heavenly father, we are about to offer this wonderful memorial of the passion and death of your Son. Bless our Priest as he stands in the person of Christ and makes present for us the great sacrifice of Calvary.

Bless our Ministers here present today-our ministers of the Eucharist, our readers, our Altar Servers, our musicians and ushers. When we reflect on the magnificence of these Sacred Ministries, we are somewhat overawed at our calling. But also we are overjoyed that You have asked us to stand at Your altar and serve You.

Help us to be reverent and to be faithful to our responsibilities. May this Eucharist that we are about to offer be a bond of unity and a sacrament of love for our people. We make this prayer through Christ our Lord. Amen.

**Morning Tea**

**This Sunday**  
**11th Aug 2024**  
**after 9:30am**  
**morning mass**

**All are welcome!**



**CELEBRATING**

The 60th Anniversary of the Marriage of

**MARIA GRAZIA & PASQUALE VORRASI**

May God always keep this amazing pair in love and bliss!

**TEMPORARY TIME CHANGE FOR THE HOLY MASS**

**Tuesday 13 August 2024**  
Holy Mass will start at  
**8:00am**

St Joseph's Catholic Church  
484 Magill Rd, Kensington Gardens  
SOUTH AUSTRALIA 5068  
www.stjosephsparishtranmere.org.au/

Parish Priest  
Fr Roy John Elavumkal SMM  
parishpriest@stjosephsparishtranmere.org.au

Parish Secretary  
Pat Kwok – Tue to Fri  
info@stjosephsparishtranmere.org.au

Parish Finance  
finance@stjosephsparishtranmere.org.au

WHS Officer  
Angela Girolamo – Thursday

Sacristan  
Sundays: Terence Yeow & Roger Worth

Parish Office Hours  
Tue to Fri 9:30am – 12:30pm  
Ph: (08) 8431 6932  
info@stjosephsparishtranmere.org.au

Mass Times  
Sunday 9:30 am  
Saturday Vigil Mass 6:30 pm  
Tuesday to Friday 9:15 am

Confessions  
Saturday 6:00 pm

Rosary  
Tues to Fri 8:45am

Adoration of the Eucharist  
Friday before Mass 8:30am

Novena to St. Joseph  
Wednesday after Mass

St. Joseph's Primary School  
Principal - Adrian Grbin  
Ph: 8431 2834

Knights of the Southern Cross  
Michael Boyle Ph: 8337 3270

Parish Pastoral Council  
Chair – Alan Tyson  
Parish Finance Council  
Chair -Edward Konieczny  
Child Safe Contact Person  
Anne Dudzinski Ph: 0418 847 804  
Vinnies Assistance Hotline  
1300 729 202 - 9:00am to 4:30pm

## Rosters—17/18 Aug 2024 20th Sunday in Ordinary Time

Time	Commentator/Readers
6.30pm Vigil	Edward Konieczny Fil Ciancio Giulia Giuliani
9:30am	Paul Halliwell Henry D'Assumpcao Stephanie Roach
Children's Liturgy	Tania Loro Montin Angela Mealey
Count team	Julie Priem Leo Priem Anne Dudzinski George Dudzinski
Altar and Flowers	Dolores Arboit Christina Wong Sarita Ingham and volunteers

All those who have volunteered please arrive at least 15 minutes before the start time and report to the commentator for that Mass

SUNDAY COLLECTION SUMMARY	4/5 Aug 2024
Open Plate	\$489.35
Planned Giving	\$590.50
<b>PARISH TOTAL</b>	<b>\$1,079.85</b>

This week's contribution to the Diocesan Presbytery Fund : \$682.15

## Tranmere Parish Direct Giving App

You can now make your donations to the first and second collection online. Direct Giving via the Archdiocesan App is cashless, fast and secure. Download the Adelaide Archdiocese app. Find a mass on your mobile phone and set up Direct Giving to the first and second collections as well as special appeals. Or contact the Parish Office to set up Direct Debit or Direct Credit. The following website provides a direct link to Tranmere Parish from a pc, laptop, or tablet. Thank you for your donations!  
<https://adelaide.goodgiving.com.au/qr/parish/tranmere>



## Parish Children's Liturgy

We have a very dedicated team of catechists who teach Children's Liturgy at every Sunday morning mass. If you know of any children between the ages of 3-10 who would benefit from attending our Children's Liturgy, please speak to their parents and encourage them to attend. We would love to see more children benefit from attending this program. For more information, please contact Anne Dudzinski, 0418 847 804.



### Please remember in your prayers

We pray for those listed and all the deceased relatives and friends of our Parishioners.

For the Repose of the Soul:

Death Anniversary:

Eternal rest grant to them, O Lord, and let perpetual light shine upon them; present them to God the Most High.

### Sick:

We pray for the sick and housebound of our Parish and our relatives and friends who are unwell.

If you know of sick or elderly parishioners who are house-bound or in care and would appreciate a visit, please phone and leave a message with the parish office.

### Pope Francis @pontifex



We invoke the Virgin Mary's intercession for the city of Rome and the whole world, especially for peace.

Peace is true and lasting only if it flows from repentant and forgiven hearts.

## PARISH NOTICES

### 'SPECIAL THANKS' FROM VINNIES

Thanks to all who generously supported the "Your Can Can Help" collection. The food donations have been gratefully received by those in need. The appeal has been suspended for now. Thanks also to those who continue to support local Vinnies via the Poor Box. All help is greatly appreciated."  
Chris Gillen  
on behalf of Hectorville/Tranmere Conference.

## ARCHDIOCESE EVENTS

### Save the Date: Migrant and Refugee Sunday (Multicultural Mass) at St Francis Xavier's Cathedral

Everyone is invited to celebrate Migrant and Refugee Sunday at St Francis Xavier's Cathedral 2.30pm Sunday September 29. All are welcome! Come dressed in cultural attire and enjoy an ice cream and coffee after Mass, as we celebrate the many cultures that make up our amazing church in Adelaide.

### The Adelaide Planetarium- Season of Creation Event

The Catholic Archdiocese of Adelaide invites you for a 60-minute experience at the Adelaide Planetarium, to celebrate the Season of Creation. The event will occur on Friday September 6 from 7pm-8pm at the UniSA Mawson lakes campus. Places are limited so register early at <https://www.trybooking.com/CTENZ>

### Blessing of milestone wedding anniversaries Sunday September 15

Celebrations for milestone wedding anniversaries will be held on 15th September. Couples who are celebrating significant anniversaries will be presented a certificate. For nomination please contact Fr Roy or the parish office.

### Synod Instrumentum Laboris (Working Document)

Please be advised the Synod of Bishop's Working Document has been released. It can be accessed via the following link: [The Instrumentum Laboris \(synod.va\)](https://www.vatican.va/synod-instrumentum-laboris)

### Community Day on Meaningful Ageing

The World Community for Christian Meditation South Australia invites you to a Community Day on 'Meaningful Ageing' with the Rev Dr Les Underwood (Uniting SA Minister and Director of both the Uniting SA Clinical Pastoral Education Centre and the St Barnabas Anglican Clinical Pastoral Education Centre) as our guest speaker. There will be a Q&A panel in the afternoon; and time to meditate.

Date: Saturday August 24, 11am - 3pm

Place: St Michael's Anglican Church, 18 Church Road, Mitcham. Please bring some lunch to share and your own cup. Suggested donation \$15. C

Contact: [chrmed.southaust@gmail.com](mailto:chrmed.southaust@gmail.com) for more information and to register your attendance please.

### ACBC Research Project, Absent from the Table

The Australian Catholic Bishops Conference is undertaking a research project aimed at investigating why some Catholics do not participate in regular weekly Sunday Mass (Sunday Mass includes the Saturday Vigil). <https://bit.ly/AbsentFromTheTableSurvey> The survey closes on Tuesday August 20. Parishioners are encouraged to reach out to those they know who could participate in the survey. \

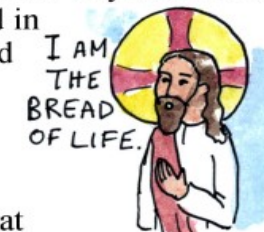


# The Kids' Bulletin Believing in Jesus



In today's Gospel reading some people were grumbling about Jesus when He said that He had come down from Heaven. They thought they knew who He was because they knew His family on earth, and they didn't want to listen to what He was saying.

Jesus told the people that He really is from Heaven - and He is the way to Heaven. He gives us His Body and Blood in Holy Communion. He is the food that our souls need to stay alive and get to Heaven.



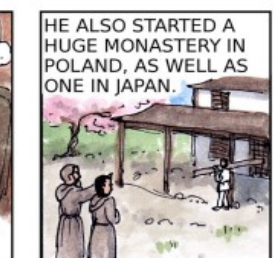
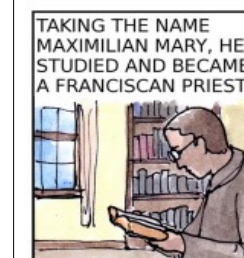
Sometimes people around you might not believe in Jesus or what



He says. If that happens, remember to trust Jesus. Even in His own time some people didn't believe in Him. But Jesus has given us faith to believe in Him and wants us to be happy with Him forever in Heaven!

Answers to front page: He who believes has eternal life. Answers to Word Find: Queen of my Heart

## Saint Maximilian Mary Kolbe August 14



ST. MAXIMILIAN KNEW THAT DOING EVERYTHING FOR GOD WAS THE MOST IMPORTANT THING. HE HELPED PEOPLE TO COME TO GOD THROUGH MARY, AND WHEN THE NAZIS WERE WORKING AGAINST GOD HE RISKED HIS LIFE TO TELL PEOPLE THE TRUTH. ARE YOU COURAGEOUS ENOUGH TO ALWAYS TELL THE TRUTH?