



Canberra Inner North Catholic Community

Under the Care of Congregation of the Blessed
Sacrament (SSS)

Fr Anthony (Thonn) Riosa SSS Moderator:

anthony.riosacg.org.au

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Parish Secretaries: Kathie Guillester & Danielle Firat

0416 823 447 (Campbell & Watson)

0412 128 038 (Canberra Central & O'Connor)

innorthcg.org.au

<https://www.cginnorth.org.au>

PO Box 900, Dickson ACT 2602

Parish Offices Opening Hours:

Watson Blackfriars Thursday & Friday 9am-1.00pm | Dickson St Brigid's Tuesday & Friday 9.30am-1.00pm

O'Connor St Joseph's Wednesday & Thursday 9.30am-1.00pm

Campbell St Thomas More Tuesday & Wednesday 9am-1.00pm

18th Sunday in Ordinary Time | Year B | 4 August 2024

REFLECTION: All the sacred readings today have one goal - that we give up our old way of living, which hems us in with creaturely needs and desires, and live only for God. And this is especially true in our Gospel. Today and for the next three Sundays we get a continuous reading of the Gospel of John, chapter 6. It is an extended discourse on what it means to believe in Jesus and follows the feeding miracle and Jesus' walking on water. We begin with the sign of the manna from heaven, retold in the reading of the Exodus and reinterpreted by Jesus in the Gospel. Jesus wants us to 'work for food that endures to eternal life'. What is this food? It is certainly not the manna! As the Exodus passage tells us, it is enough only for the day and, we will have hungry stomachs again tomorrow. We are invited to feast on the Bread of Life, Jesus himself, who will not fulfil our physical hunger, but feed our souls as well. Only Jesus can fill us abundantly and eternally to overflowing with blessing, and our belief in him is the only requirement to feast at his table of joy. All are welcome - come, see, believe ! God's Word Daily Reflections 2024

Parish Safeguarding Commitment

Our Parishes are committed to safeguarding and upholding the dignity and rights of our children and vulnerable people. We seek to empower children, their families and carers, and vulnerable people, to have a say, to be listened to, and to be protected. This approach is at the centre of all of our thinking and action. This approach is to follow Jesus' command in Matthew 18:1-3. Enquiries or concerns please contact: Fr Anthony Riosa SSS—anthony.riosacg.org.au - Maria Hicks (Manager) - Phone **02 6239 9806** - Institute of Professional Standards & Safeguarding (IPSS) ipssc.org.au

Parish Safeguarding Officers

Blackfriars Parish, Watson: Nicole watson.safeguardingcg.org.au

Canberra Central, Dickson & Braddon: Barbara & Catherine: CanberraCentral.Safeguardingcg.org.au

St Joseph's O'Connor: Fiona: oconnor.safeguardingcg.org.au

St Thomas More, Campbell: Margie: Campbell.safeguardingcg.org.au



BLACKFRIARS PARISH
Cnr Phillip Avenue & Antill
Street,
Watson ACT
2602

Fr Renoir Oliver Jr SSS

Facebook:

www.facebook.com/Holy-



CANBERRA CENTRAL inc:
ST BRIGID'S 2 Bancroft St
Dickson ACT 2602
ST PATRICK'S 1 Donaldson St
Braddon ACT 2612

Fr Sebastian Luistro SSS



ST JOSEPH'S PARISH
61 Boronia Drive,
O'Connor ACT 2602
Fr Anthony Riosa SSS

Facebook :

[www.facebook.com/
stjosephsoconnor](https://www.facebook.com/stjosephsoconnor)



ST THOMAS MORE PARISH
30 White Crescent
Campbell ACT 2612
Fr Anthony Riosa SSS

Facebook:

[facebook.com/
st.thomasmore.campbell](https://facebook.com/st.thomasmore.campbell)

Acknowledgement of Country

We acknowledge the Ngunnawal people, as Traditional Owners of the land where we gather today and pay our respects to Elders past, present and emerging.

Entrance Antiphon - Ps 69:2,6

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

First Reading - Exodus 16:2-4,12-15

Responsorial Psalm - Psalm 77(78):3-4,23-25,54

The Lord gave them bread from heaven

Second Reading - Ephesians 4:17,20-24

Gospel Acclamation - Matthew 4:4

Alleluia, alleluia!
No one lives on bread alone,
But on every word that comes from the mouth of God
Alleluia !

Gospel - John 6:24-35

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 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.'

Communion Antiphon - Wis 16:20

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

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Please Note - August 8

There will be no Parish Masses at Canberra Central or O'Connor as the Priests will be on a professional development day. However there will still be a Mass at Holy Rosary Watson at 5.30pm

✠ **Alpha Come and See!** ✠ - **from 4**

August We are thrilled to announce that the Inner North Catholic Community will be hosting the Alpha Programme, a wonderful opportunity for ***everyone*** to explore the Christian faith, deepen their relationship with Jesus, and build meaningful friendships within our parish community.

When: 4 August 2024

Where: First session is at **Watson**

Register Here: innorth@cg.org.au (ALPHA in subject line) or just turn up! We can't wait to see you there and embark on this spiritual adventure together. Let's grow in faith, love, and community through the

Alpha Programme! ✠

Inner North Catholic Teen's Youth Group - 10 August

Lock and load for our next teens youth group! We are having a "bring a friend" night on the **10th of August at 7pm at St Brigid's**. After some provided dinner, we will gear up for a Nerf fight! Do you know any teens in years 7-12 that think they can trounce the competition? Invite them to join in and contact us at youth.innorth@cg.org.au.

Blessed Sacrament Fathers Welcoming Mass - 12 September

SAVE THE DATE: The Archbishop will celebrate Mass to formally welcome the Blessed Sacrament Fathers to the Inner North Catholic Community and the Archdiocese at **5.30pm on Thursday 12 Sept, at Holy Rosary Church, Watson**.

Mary & the Saints Pilgrimage - 10 October

A pilgrimage from Fatima to Lourdes with **Fr Kevin Saunders OP** (former provincial, Blackfriars, Watson). From the anniversary celebrations in Fatima, through to the walled city of Avila, onto Santo Domingo de Silos, Loyola and Lourdes, this will truly be a pilgrimage so full of grace. Participate in this Marian pilgrimage with Dominican connections. Commencing 10 October 2024 for 11 days. Land price from \$4990.

For more information - <https://www.harvestjourneys.com/tour/mary-and-the-saints/>

PARISH BULLETIN - DEADLINE for notices is 12 pm WEDNESDAY

Ph: 0416 823 447 | 0412 128 038_email

Baptisms

Congratulations to those being Baptised in our Inner North Parishes this weekend: Olivia Mickleburgh at Holy Rosary Watson. May their lives be filled with God's peace and their hearts with God's love, on this Baptismal day and all days to come.



BLACKFRIARS, WATSON

GangGang'

'Please check the church bulletin next Sunday for important message regarding the gathering due to take place on the third Thursday of the month 15th August the feast of the Assumption of Mary into heaven'

CENTRAL CANBERRA, BRADDON & DICKSON

Could Simon Broomhall please contact the parish office

Healing Service St Brigid Church, Dickson

Every 3rd Sunday 9.30am Mass will be followed by a Healing Service at St Brigid's Church.

St Brigid's Community of the Risen Lord Weekly Meeting

Meets weekly on a Friday. Meeting commences with Holy Mass at 7.00pm followed by a live message and live adoration of the Blessed Sacrament.

ST JOSEPH'S O'CONNOR

Please Note August 9 there will be no Parish Mass at St Joseph's Church as there is a Catholic Education Key Leaders Day

ST THOMAS MORE, CAMPBELL

Call to Ministries

St Thomas More's Parish will be hosting a call to ministries over the next 2 weeks in the lead-up to a Commissioning Mass for our renewed PPC and other ministries...

"There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different people, it is working in all of them." 1 Cor 12:3-7,12-13. As in a family, we in St Thomas More Parish should all be keen to share our gifts in maintaining a vibrant and inclusive parish family. There are many ministries within our Parish with which you would be welcome to engage, such as welcomers/ushers, morning teas, readers, IT/Social media, faith formation, Acolytes/Altar servers, liturgy, musicians, outreach and home care, and so much more.

St Thomas More Parish 60th Anniversary Celebration - 17 Nov

SAVE THE DATE We invite you to celebrate 60 years with us! Celebrations commence at 10am with a family Mass, which will be followed by BBQ brunch and lawn games. 30 White Crescent, Campbell.

OUR RECENTLY DECEASED

Our recently Deceased: May they find peace and comfort in the embrace of the Lord:

Antonius (Tom) Penders

Fr Peter Gannon, Fr Pat Kenna, Mary O'Hanlon, Megan Dark.

IN LOVING MEMORY

Fr Rafael Gabezon, Jose' Prateleal, Guiseppe Schimizzi, Dorothy Olsen, Katey Tuite, Carmelo Abbondante, Catherine Spano, Zelma McManus, Brian Ward, Marjorie Eileen and Joseph Martin Lyons.

THOSE WHO NEED OUR PRAYERS

Daniel Whiley, Marjorie Letts, Pat Turnbull, Bishop Pat Power.

Prayer intentions will remain in the bulletin for four weeks. You are welcome to email the parish office if you would like to renew your prayer request.

ARCHDIOCESE

Grill'd & God Manuka - 6 August 5 - 7 pm

Join Christopher Gilroy to explore "How do I hear God's call for my life"? All teens in years 7-12 are welcome. For more information please email youth.cathedral@cg.org.au or follow the link to register <https://forms.gle/zijwxLXyPtDBbHxz6>

Tim Fischer Oration on Ethics in Public and Political Life 2024 -7 August

We are at the crossroads in Australia in particular, and in the Western World in general. The Tim Fischer Oration aims to enlighten and encourage us to seek out and promote a free and fair society. **Speaker:** Professor Helen Alvare, Levy Endowed Chair in Law and Liberty at Antonin Scalia Law School, George Mason University
Q&A: Chris Uhlmann, Political Journalist and TV Presenter
For more information & tickets visit www.tfo.org.au

Women's Breakfast - 8 August

Please see the flyer in your church foyer advertising a women's breakfast with Dr Helen Alvare' at the Hyatt. Please support.

Christ the Firm Foundation Day Retreat - 10 August

St Gregory's Parish Queanbeyan invites all adults (18+) to join the Dominican Sisters of St Cecilia for an uplifting day of spiritual renewal and inspiration! Saturday 10th August, 10am to 6pm at St Gregory's Primary School Hall, Queanbeyan. Cost is \$20 and registration is essential: www.trybooking.com/CODMW.

Cultural Competency - 31 August

The Catholic Women's Taskforce, Archdiocese of Canberra and Goulburn has a workshop on 31 August. Kylie Shea, a Ngunnawal woman will facilitate the sessions where we will learn about Ngunnawal culture. Venue: Parish Centre Aranda. Register via www.cgwomen.org.au

MASS TIMES**Blackfriars** Cnr Phillip Ave & Antill St, Watson

Tuesday to Friday 5.30pm

Saturday (vigil) 5.00pm

Sunday 10.00am
5.00pm**St Brigid's** 2 Bancroft St, Dickson

Tuesday to Saturday 9.00am

Saturday (vigil) 6.00pm

Sunday 9.30am

Vietnamese Mass 5.00pm
Sunday (1st & 3rd)**St Joseph's** 61 Boronia Drive, O'Connor

Tuesday to Friday 9.15am

Saturday 8.30am

Saturday (vigil) 6.00pm

Sunday 8.30am

St Patrick's 1 Donaldson St, Braddon

Tuesday to Friday 12.30pm

Sunday 8.00am

German Mass 10.00am
Sunday**St Thomas More** 30 White Cres, CampbellFriday * 11.45am
(1st & 3rd of the month)

Sunday 10.00am

* School attends during school term

CONTRIBUTIONS TO CLERGY & PARISH**Contribute to the First Collection:**

Account Name: Central Presbytery Fund

BSB: 062-786 - Bank Account: 00029248

Reference: Your parish location, name and intention (e.g. Campbell Smith 1st collect)

Contribute to your parish:**Canberra Central** : A/C Name Canberra Central Parish
BSB: 062786 A/C: 00013150 Ref: Name & Giving Number**Blackfriars**: A/C Name: Blackfriars Parish Watson
BSB: 062786 A/C: 00013341 Ref: Name & Giving Number**St Joseph's**: A/C Name: St Joseph's Parish
BSB: 062 786 A/C: 00012798 Ref: Name & Giving Number**St Thomas More**: A/C Name: St Thomas More Parish
BSB: 062786 A/C: 00014869 Ref: Name & Giving Number**SACRAMENT & DEVOTION TIMES****Blackfriars** Cnr Phillip Ave & Antill St, Watson

Reconciliation

Saturday 4.00 - 4.30pm

Adoration of the Blessed Sacrament

Friday 6.00 - 7.00pm

Rosary Prayers

Sunday (1st & 3rd of the month) 9.00am

St Brigid's 2 Bancroft St, Dickson

Reconciliation

Saturday 9.30 - 10.00am
5.30 - 5.50pm

Adoration of the Blessed Sacrament

Wednesday 8.00am - 8.00pm

Saturday 9.30am - 10.00am

Rosary Prayers

Tuesday to Saturday 8.30am

Anointing of the Sick

Sunday (3rd of the month) After 9.30am Mass

St Joseph's 61 Boronia Drive, O'Connor

Reconciliation

Friday (during Holy Hour) 8.15 - 9.00am

Saturday 5.15 - 5.45pm

Adoration of the Blessed Sacrament

Tuesday to Friday 8.15 - 9.10am

Rosary Prayers

Tuesday to Friday After 9.15am Mass
(Cenacle on Thursdays)Saturday 8.15am (before Mass)
Rosary Novena - Our Lady of
Perpetual Help

Anointing of the Sick

Saturday (1st of the month) 8.30am (within the Mass)

St Patrick's 1 Donaldson St, Braddon

Reconciliation

Friday 12.00 - 12.30pm

Adoration of the Blessed Sacrament

Friday 11.30am - 12.30pm

St Thomas More 30 White Cres, Campbell

Anointing of the Sick

Sunday (1st of the month) 11.15am