



# JESUS, THE GOOD SHEPHERD PARISH

~ East Lake Macquarie ~


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

• THE MOST HOLY BODY AND BLOOD OF CHRIST • YEAR B • 2 JUNE 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>  
  
**Columbarium:** All enquiries via Parish Office

## 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:** 8:30AM Belmont  
**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

29 Jun Saints Peter and Paul, Apostles  
3 Jul Saint Thomas, Apostle  
22 Jul Saint Mary Magdalene  
25 Jul Saint James, 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.
- ✓ Select your **seat** and allow space between families / households.
- ✓ **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 only.
- ✓ The **collection plate** has resumed during Mass. Thank you for your continued support.
  - First Collection supports all our Diocesan Priests.
  - Second Collection supports our parish operating costs.
- ✓ **Exit** whilst maintaining physical distancing.

## Bulletin Notices

All items for the parish bulletin need to be received at the Parish Office by 9:00AM 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 if entering a building.
  - ✓ Please use hand sanitizer. 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.

## Sacraments

### Thinking of becoming Catholic?

See Fr Gerard or email [Fr Gerard](mailto:Fr.Gerard@mn.catholic.org.au).

### Anointing of the Sick

Masses with the Anointing of the Sick is available. See Fr Gerard

1514 The Anointing of the Sick "is not a sacrament for those only who are at the point of death. Hence, as soon as anyone of the faithful begins to be in danger of death from sickness or old age, the fitting time for him to receive this sacrament has certainly already arrived."

From the Catechism of the Catholic Church.

### Baptism

The Sacrament of Baptism can be celebrated: however, in the current circumstances Baptism can only be celebrated by the pouring of water and not by immersion. Baptism enquiries may be made via the Presbytery or Parish Office.

**Baptism Preparation:** The program is held every first Saturday of the month, except January, at 11:15AM in the Parish Hall at Belmont. Enrolment forms are available at each church or from the Parish Office. Our next meeting is on Saturday 6 July 2024. Bookings are essential.

### Funerals

To organize a funeral please contact the Funeral Directors who will then contact the Parish Priest.

### Columbarium

For an information contact the Parish Office.

### Marriage

For all wedding enquiries or bookings, contact Fr Gerard.

### Penance

The celebration of the Sacrament of Penance is available.

### Penance Times:

- Belmont: Saturday morning after Mass
- Swansea: Saturday evening before Mass

## Prayer Requests

### Please pray for

Sick: 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:

*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/>

### June Intention is FOR MIGRANTS FLEEING THEIR HOMES

We pray that migrants fleeing from war or hunger, forced to undertake journeys full of danger and violence, find welcome and new opportunities in the countries that receive them.

## 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.

## Reflection

by Richard Leonard

In years gone by the major focus of this feast of Corpus Christi was a procession that usually concluded with Benediction of the Blessed Sacrament. Many of us have fond memories of Benediction: a bejewelled cope and monstrance, the flickering candles, the Divine Praises and Latin hymns. It all worked to create a magical atmosphere. As richly theatrical as it was, the magical side of it was part of the problem.

In medieval times Catholics rarely received Holy Communion. So much so it was in this context that the Church ruled that we have to communicate at least once a year. In the absence of communion, veneration of the Blessed Sacrament took on a great significance. Seeing the host was thought to impart an intense power.

Although in the last 100 years we have been encouraged to receive communion more frequently, the magical properties ascribed to the host persist in some people's devotional thinking.

As Catholics we believe that Jesus is really and personally present to us in the broken bread and shared cup of the Eucharist. And although we believe that Christ is present in the Scriptures, the assembly and the ministers of the Church, we hold that Christ's presence under the form of bread and wine is one filled with the greatest intimacy and uniqueness.

The Eucharist is not intimate and unique because it is magic. It's not intimate and unique because we gaze upon the elements. The Eucharist is intimate and unique because earthly signs are transformed by God's love, and are consumed in faith. As we eat and drink these elements Christ becomes part of us, and we come alive in Christ.

In the fifth century Saint Augustine taught his people that if they truly loved the Eucharist they would become what they eat. The same is true for us today. By receiving into our hands the bread – blessed and broken, the cup – poured and shared, we say 'Amen' to becoming the same in Christ: blessed, broken, poured out and shared in love. We commune with God and God with us in the Eucharist so that just as earthly gifts are transformed into Christ so through us will be the entire world, and all things in it.

There is a huge and important difference between grace and magic. One is a trick for show. The other is the power of love, which expresses itself in faith, hope and service.

In a profound poem French Jesuit Didier Rimaud challenges those of us who love the Eucharist to see it linked to the liberation begun in the Exodus, consummated in the Resurrection and working in our world today.

In remembrance of you,  
We take the bread of Easter in our hands,  
This Bread do we consume:

It does no longer taste of bitter herbs,  
nor of unleavened bread.

It is the bread of a land promised us  
where we shall be set free.

In remembrance of you,  
We take the wine of Easter at our feast,  
This wine do we hold dear.

It does no longer taste of bitter springs,  
nor of dark salty pools.

It is the wine of land promised us  
where we shall be made whole.

In remembrance of you,  
From exile we return.

In remembrance of you,  
We walk across the sea!

No wonder the early Christians called the Body and Blood of Christ, 'food for the journey'. May this Eucharist strengthen and embolden us to help God liberate and transform the world through how we spend our lives. © Richard Leonard SJ



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 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 Office

Due to the public holiday the Parish Office will be closed on Monday 10 June 2024 and will re-open on Wednesday 12 June 2024.

### Exposition and Benediction

TODAY, the Solemnity of Corpus Christ, EXPOSITION of the Blessed Sacrament will follow the 9:00AM Mass at Belmont followed by BENEDICTION at 10:30AM with Midday Prayer.

### Confirmation



The Sacrament of Confirmation will be celebrated in our Parish on Tuesday 4 June at 5:00PM at St Francis Xavier Church. Please keep our candidates and their families in your prayers.

### \*\*\*\*\* Breaking Open the Word \*\*\*\*\*

You are welcome to join us 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 session is Thursday 6 June. No RSVP needed. Enquiries: Jan M 0438 252 657.

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### Parish Morning Tea

Join in a morning tea at Belmont after the 9:00AM Mass on Sunday 16 June 2024. Enquiries: Jan M 0438 252 657.

### Tax Receipts

Project Compassion tax receipts have been mailed.

### Social Justice Collection

May total collected was \$623.80 and financial year to date is \$8,078.19.

Contributions from last quarter (January to March 2024) has now been forwarded to:

#### Catholic Mission:

- Good Shepherd Sisters Centre Thailand = \$935.89
- Santa Teresa Mission in Northern Territory = \$935.89

#### Diocese of Maitland-Newcastle:

- St Vincent de Paul Society = \$467.94

Total transferred = \$2,339.72

Thank you to all who contribute to our Social Justice Collection and apologies for the delay in forwarding the funds.

### 2025 Planned Giving Envelopes

New Planned Giving envelope packs are now available for collection from our three (3) churches and have been distributed as per nominations via white cards, or otherwise by best guess. If your pack is not where you would expect it to be, please feel free to contact the office and it will be located for you. Thank you to all who contribute to the parish financial well-being via collection plates and/or direct debit and credit card. New givers are welcome.

### Save the Date

A Day Retreat in our parish is planned for Tuesday 9 July from 9:00AM until 5:00PM. More details soon.

### Volunteer Cleaner Needed

We need one or more volunteers to assist with the cleaning of St Pius X Church Windale on a weekly basis, usually on a Friday at 10:00AM. Contact the office if you are interested.

### Volunteer Counters Needed

In 2019 we had ten (10) teams of counters. Presently we are functioning on five (5) teams and one of those is likely to retire by the years end. If you can spare an hour every 4-6 weeks, please give some consideration to this ministry. Registration is required and assistance is available should you need to register online. Training is provided. For enquiries, please contact the office.

### Annual Diocesan Pastoral Contribution

Our contribution to the Diocesan Pastoral Contribution this year, with a 5% discount, is \$11,305. This amount will come from the Trust Account.

### Parish Collections

Thank you for your generosity in your contributions to our two (2) Sunday collections.

- ✓The 1<sup>st</sup> Collection pays the priests of our Diocese. Each priest receives the same amount. Those Parishes that receive more support those that cannot pay the wage of their priest.
- ✓The 2<sup>nd</sup> Collection pays all the Parish expenses, such as insurances, wages, maintenance, electricity, water, telephone, and more.

Online options are available. For more contact the office.

## Diocesan News

### Biblical Explorations: Moses and the Exodus

The exodus was one of the fundamental events that came to define God's people. It's not much of an exaggeration to say that the rest of the Bible was written as a reaction to God's decision to rescue Israel from Egypt in the exodus. Understanding the exodus helps unlock the whole Bible. Even the gospels draw on the exodus. In this subject, we'll raise some of the key questions about the exodus and think about the different ways that people have interpreted the book of Exodus. We'll also think about what the book of Exodus means in a Christian context and how the gospel writers used Exodus ideas to make sense of Jesus' life.

RSVP by 8 June to attend at the Diocesan Resource Centre or at home.

Dates: Thursdays 20 & 27 June | Time: 4:00PM – 5:30PM

Registration: <https://forms.office.com/r/6WZSV8CTnT>

### Parish Volunteer Safeguarding Training

All parish workers are required to attend Safeguarding Training in Parishes within 6 months of commencing in their role and every 6 years thereafter. This training forms part of the Diocese's mandatory training for parishes. The training targets the safeguarding needs of faith communities.

When: 18 June 2024 9:30AM to 12:30PM (lunch provided)

Where: Murray Room 841 Hunter Street Newcastle West  
RSVP Parish Office.

## The Most Holy Body and Blood of Christ

### Entrance Antiphon

Cf Psalm 80:17

He fed them with the finest wheat  
and satisfied them with honey from the rock.

### First Reading

Exodus 24:3-8

#### A reading from the book of Exodus

*This is the blood of the Covenant that the Lord has made with you.*

Moses went and told the people all the commands of the Lord and all the ordinances. In answer, all the people said with one voice, 'We will observe all the commands that the Lord has decreed.' Moses put all the commands of the Lord into writing, and early next morning he built an altar at the foot of the mountain, with twelve standing-stones for the twelve tribes of Israel. Then he directed certain young Israelites to offer holocausts and to immolate bullocks to the Lord as communion sacrifices. Half of the blood Moses took up and put into basins, the other half he cast on the altar. And taking the Book of the Covenant he read it to the listening people, and they said, 'We will observe all that the Lord has decreed; we will obey.' Then Moses took the blood and cast it towards the people. 'This' he said 'is the blood of the Covenant that the Lord has made with you, containing all these rules.'

The Word of the Lord.

### Responsorial Psalm

Ps 115:12-13. 15-18. R. v.13

**(R.) I will take the cup of salvation,  
and call on the name of the Lord.**

1. How can I re~~pay~~ the Lord  
for his goodness to me?

The cup of salvation I will raise;  
I will call on the Lord's name. (R.)

2. O precious in the eyes of the Lord  
is the death of his faithful.

Your servant, Lord, your servant am I;  
you have loosened my bonds. (R.)

3. A thanksgiving sacrifice I make;  
I will call on the Lord's name.

My vows to the Lord I will fulfil  
before all his people. (R.)

### Second Reading

Hebrews 9:11-15

#### A reading from the letter to the Hebrews

*The blood of Christ will purify our inner selves.*

Now Christ has come, as the high priest of all the blessings which were to come. He has passed through the greater, the more perfect tent, which is better than one made by men's hands because it is not of this created order; and he has entered the sanctuary once and for all, taking with him not the blood of goats and bull calves, but his own blood, having won an eternal redemption for us. The blood of goats and bulls and the ashes of a heifer are sprinkled on those who have incurred defilement and they restore the holiness of their outward lives; how much more effectively the blood of Christ, who offered himself as the perfect sacrifice to God through the eternal Spirit, can purify our inner self from dead actions so that we do our service to the living God.

He brings a new covenant, as the mediator, only so that the people who were called to an eternal inheritance may actually receive what was promised: his death took place to cancel the sins that infringed the earlier covenant.

The Word of the Lord.

### Sequence

Come, behold, the bread of angels,  
this our strength on pilgrim's way.  
For the children God is giving  
mana for our bread each day.  
Now the sign of Isaac telling:  
Christ has conquered on this day.

In the memory of Jesus,  
gathered we as chosen band.  
Bread and wine Christ is transforming,  
Flesh and Blood are now at hand.  
From his words and actions learning,  
love we share at his command.

When the sacred bread is broken,  
all receive the Christ as one.  
By his love Christ is transforming,  
though so many we are one;  
all the scattered are untied,  
all the lonely welcomed home.

Hear our prayers, O kindly Shepherd,  
be for us true living bread.  
Grant us peace in all our doings,  
to our resting place be led,  
forth will all the saints now dwelling,  
we the body, you the Head.

### Gospel Acclamation

John 6:51-52

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

### Gospel

Mark 14:12-16, 22-26

#### A reading from the holy Gospel according to Mark

*This is my body. This is my blood.*

On the first day of Unleavened Bread, when the Passover lamb was sacrificed, his disciples said to Jesus, 'Where do you want us to go and make the preparations for you to eat the passover?' So he sent two of his disciples, saying to them, 'Go into the city and you will meet a man carrying a pitcher of water. Follow him, and say to the owner of the house which he enters, "The Master says: Where is my dining room in which I can eat the passover with my disciples?" He will show you a large upper room furnished with couches, all prepared. Make the preparations for us there.' The disciples set out and went to the city and found everything as he had told them, and prepared the Passover.

And as they were eating he took some bread, and when he had said the blessing he broke it and gave it to them. 'Take it,' he said 'this is my body.' Then he took a cup, and when he had returned thanks he gave it to them, and all drank from it, and he said to them, 'This is my blood, the blood of the covenant, which is to be poured out for many. I tell you solemnly, I shall not drink any more wine until the day I drink the new wine in the kingdom of God.'

After psalms had been sung they left for the Mount of Olives.

The Gospel of the Lord.

### Communion Antiphon

John 6:57

Whoever eats my flesh and drinks my blood  
remains in me and I in him, says the Lord.

