



# 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 A · 7 JUNE 2026 ·

## Parish Presbytery

**Parish Priest** Fr Gerard Mackie PP  
**Postal Address** PO Box 277  
BELMONT NSW 2280  
**Phone** 02 4945 1244  
**Email** [gem5403@gmail.com](mailto:gem5403@gmail.com)

## 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  
**Phone** 02 4945 4402  
**Email** [elmparish@mn.catholic.org.au](mailto:elmparish@mn.catholic.org.au)  
**Facebook**  <https://www.facebook.com/pages/category/Catholic-Church/Jesus-the-Good-Shepherd-Parish-East-Lake-Macquarie-105542444421379/>  
**Webpage**  <https://mn.catholic.org.au/parish/jesus-the-good-shepherd-east-lake-macquarie/>

**Columbarium** All enquiries via Parish Office

## Office Hours

**Monday** **PUBLIC HOLIDAY**  
**Wednesday** 8:30AM to 1:30PM  
**Thursday** 8:30AM to 1:30PM

## Schools

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

**Principal** Mrs Freda Pascoe  
**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** 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 Mass Times

Monday: 8:30AM Belmont  
Tuesday: 8:30AM Windale  
Wednesday: 8:30AM Swansea  
Thursday: 8:30AM Belmont  
Friday: 8:30AM Swansea  
Saturday: **11:00AM Windale**

### Sunday Mass Times

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

### Live Stream

Our Mass continues to be livestreamed daily and is available via Facebook <https://www.facebook.com/pages/category/Catholic-Church/Jesus-the-Good-Shepherd-Parish-East-Lake-Macquarie-105542444421379/>.

## Morning Prayer

Morning Prayer is prayed 15 minutes before our weekday Mass.

## Rosary

We invite everyone to pray the Rosary daily after the 8:30AM weekday Mass from Monday to Saturday. Rosary is also prayed on Saturdays prior to the Vigil Mass at St Patrick's Swansea, commencing forty (40) minutes before the Mass starting 5:20PM Summer and 4:20PM Winter.

## Feast Days

9 Jun Saint Ephrem, Deacon and Doctor of the Church  
11 Jun Saint Barnabas, Apostle  
12 Jun The Most Sacred Heart of Jesus  
13 Jun Immaculate Heart of Mary  
Saint Anthony of Padua, Priest and Doctor of the Church

## Mass at Jesus the Good Shepherd

The following information is to assist parishioners and visitors:

- ✓ **Face masks** are available at the church entrance.
- ✓ **Hand sanitiser** is available at the church entrance.
- ✓ **Holy Water** is available and changed regularly.
- ✓ Please take your bulletin home with you after Mass.
- ✓ A selection of **Children's worksheets** is available for children.
- ✓ The **Sign of Peace** remains contactless except between those residing in the same household.
- ✓ The **Communion Host** can be received in the hand, or on the tongue with care. For the latter please, proceed to the Priest only and at the end of the line.
- ✓ The **Precious Blood** can be received. A person with symptoms of cold, flu, COVID, or other viruses should not share the chalice with others. Intinction is only for priests.
- ✓ There are two (2) **collection plates** during Mass. Thank you for your continued support. The following option is available:
  - The **First Collection** supports all our Diocesan **Clergy**:  
Account name: ELM Parish Reference: <your name>  
BSB: 066-739 Account Number: 100005583
  - The **Second Collection** supports our **Parish** running expenses:  
Account Name: ELM Parish Reference: <your name>  
BSB: 066-739 Account Number: 100005586

## Votive Candles

Burning votive candles is a common sight in Catholic churches. The light signifies our prayer offered in faith entering the light of God. It also shows reverence and our desire to remain present in prayer even as we continue with our day. All are welcome to light candles. Gold coin donations. All proceeds support the Parish.

## Parish Office

When visiting the Parish Office:

- ✓ For your safety, use the footpath. **Do not** walk across the garden.
- ✓ All on-site visitors are required to sign-in.
- ✓ Hand sanitizer and face masks are available if needed.

## Sacraments

### Thinking of becoming Catholic?

See Fr Gerard or email [gem5403@gmail.com](mailto:gem5403@gmail.com).

### Anointing of the Sick

Anointing of the Sick is available. See Fr Gerard

### Baptism

The Sacrament of Baptism enquiries are made via the 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 session is on **Saturday 4 July 2026**. 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  
(Be seated and wait in the pew in front of the organ)  
Swansea: Saturday evening before Mass  
(Be seated in pew near confessional back of the church)

## Children's Liturgy

**JOIN US** at St Francis Xavier Church Belmont for Children's Liturgy of the Word during 9:00AM Mass on the **third Sunday of every month**.

This child-centred liturgy offers a friendly, safe, and engaging space (in the church hall) where children can hear and reflect on the Gospel in a way that speaks to their hearts.

All children are warmly invited to participate – come and share in the joy of faith made simple and meaningful for our youngest parishioners.

Stay after Mass for a relaxed morning tea – a great chance to connect with fellow families and parishioners!

## Prayer Requests

### Please pray for



**Sick:** Tom Duggan, Rosalie Shaw, Laura Langan, Geoff Brown.

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

### Recently Deceased:

**Anniversaries:** Michael Ee, Wouter F Van Koutrik, Bernard Guthrie.

*Eternal rest grant to them, O Lord, and let perpetual light shine upon them. ☩ May their souls and the souls of all the faithful departed, though the mercy of God, 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's 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's Intention is for the Values of Sports

Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.

## 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 Greg Sunter



The feast of the Body and Blood of Christ, also known as Corpus Christi, celebrates and commemorates the institution of the Eucharist at the Last Supper. Although the liturgy on Holy Thursday remembers the celebration of the Last Supper, its focus tends to be more aligned with the events of the Passion rather than on the institution of the Eucharist. In the 13th Century, Pope Urban IV established the feast of Corpus Christi (the Body of Christ) and it was St Thomas Aquinas who composed the official prayers of the Church for the feast day. In 1970 the feast was changed to the Solemnity of the Body and Blood of Christ. In some countries it is celebrated on the Thursday following Trinity Sunday and in others on the following Sunday.

The gospel passage comes from the 6th chapter of the gospel of John in which the gospel writer has Jesus deliver an extended discourse on the image of himself as the Bread of Life. This passage comes from the end of that discourse and, in this relatively short passage, Jesus repeatedly demands that his followers must eat his flesh and drink his blood. It is through these actions that his followers will share in eternal life. Jesus says that whoever does this will live in him and he will live in them. That is one of the fundamental beliefs about the Eucharist. When we receive the body and blood of Jesus in the Eucharist we become what we receive – we become Christ's body in the world. When Jesus called his disciples, he called them to be like himself. He reissues that call to be like him every time we receive his body and blood in Eucharist.

### Scriptural context – Eucharist in Scripture

The gospel of John does not include any account of Jesus taking bread and wine and urging the disciples to 'do this in memory of me'. The three synoptic gospels, however, all feature these actions and words, as does Paul's first letter to the Corinthians, which predates all of the gospels. Rather than using these words of institution, the gospel of John includes an entire chapter much earlier in the gospel in which Jesus theologises about the image of himself as the Bread of Life. It is this discourse, more than the Last Supper accounts, that provides much of the theological understanding of Eucharist.

### Living the Gospel

Meals are very important events. Not only do we physically need food and drink to keep ourselves alive, but we use meals to mark occasions and celebrate events: birthdays; weddings; dates; achievements; disappointments; reunions. There is a sacredness about gathering with friends and family and sharing a meal together. Stories are told; memories shared; the food is appreciated and more often than not there's a drink to accompany the meal. Treating such occasions with gratitude – as blessed moments of grace – is living out the Eucharistic reality of welcoming Jesus into our lives and seeking to be more like him.

### Gospel Focus – Real Presence

In the gospel passage, Jesus speaks a number of times about his followers eating his flesh and drinking his blood; 'For my flesh is real food and my blood is real drink.' In the Eucharist, we celebrate the 'real presence' of Jesus, understanding that bread and wine is changed into the body and blood of Christ. This change does not occur in a physical, observable way. The Church teaches that the 'substance' of bread and wine (what makes them bread and wine in essence) is changed but not the physical attributes. This is known as 'transubstantiation' – change of substance. © Greg Sunter

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.

### Children's Worksheets

Each weekend there is a new Children's Liturgy worksheet available at the Church entrance, and some old ones too.

### Solemnity of Corpus Christi

Exposition of the Blessed Sacrament will follow the 9:00AM Mass at Belmont with Benediction at 10:30AM on the Solemnity of Corpus Christi.

### Bishop's Staff Day 2026

A huge thank you to our parishioners who joined in representing our parish at this year's Bishop's Staff Day. A special thank you to Nicki and Kate for their efforts and support in making this event happen along with Fr Gerard.

### Mass of Thanksgiving

A special thank you to parishioners who supported Fr Camillus on this very special occasion in honour of his 10<sup>th</sup> Anniversary of Priestly Ordination.

### Winter Appeal

The St Vincent de Paul Society's Winter Appeal will commence on Sunday 21 June 2025 and continue the following Sunday. Vinnies members will be collecting donations in all three parish worshipping communities on those Sundays.

Vulnerable people are being pushed into homelessness and poverty - all it takes is one sudden crisis. This winter, you can help people experiencing or at risk of homelessness get the support they need. Please give generously

### Pledge Card

Please be reminded, due to the recent changes made to the Diocesan Levying system, there is no longer a benefit to issuing Planned Giving envelope in Parishes going forward.

Your ongoing commitment to your contribution is still a very important part of keeping the parish financially viable. Thank you for your past, present and future commitment.

Completing and returning a White card is no longer necessary.

INSTEAD, during the month of June, parishioners will be offered a 'PLEDGE CARD' to complete. This is an opportunity to consider, and make a 'commitment', to the 1<sup>st</sup> and 2<sup>nd</sup> Collection, by cash (collection plate as normal), credit card, or direct debit, so that the parish can continue to meet its expected expenditures, and to enable it to financially plan ahead. Some advantages to the new system are:

- ✓ A saving to the parish of over \$1,000 by not having to purchase and prepare the envelopes.
- ✓ Saving volunteers time when counting the collections.
- ✓ Saving office staff time by no longer needing to record weekly.
- ✓ Regular online deposits ensure funding is readily available in the parish account.
- ✓ No more annual Diocesan Contribution payments.
- ✓ Diocese can now offer more services to parishes due to the revised structure of the new monthly levying system.

IN SHORT, the only change is that there will no longer be any envelope system. Everything else continues as usual.

## Parish Groups

### Catholic Grandparents Association

Jesus, The Good Shepherd Parish is now affiliated with the Catholic Grandparents Association (CGA). Grandparents, Aunts, Uncles, Godparents, and all Catholic seniors, if you would like to join, contact Paul C M 0422 252 453. The purpose of the group is to pass on the faith. For more information go to [www.catholicgrandparentsassociation.org](http://www.catholicgrandparentsassociation.org).

### Cuppa and a Chat - Parish Cuppa Tea

Belmont - JOIN IN a morning tea at Belmont Hall after the 9:00AM Mass normally on the third Sunday of every month. All are welcome. Our next one is **21 June 2026**. Enquiries: Joice.  
Windale - JOIN IN a morning tea at Windale Hall after 7:30AM Mass normally on the fourth Sunday of the month. All are welcome. Our next one will be **28 June 2026**. Enquiries: Sr Maria.

### Family Group Movement

The Passionist Family Groups provide an extended family for all who wish to belong. Everyone is welcome to join. Enquiries: John and Pauline via M 0418 482 568 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 5 July @ 12:00PM at Pelican RSL, Piriwil Street, Pelican. RSVP before 5:00PM Thursday 2/7/2026 by ringing Mary on M 0408 498 898. New members always welcome.

### Social Justice Committee

The Social Justice Committee has placed donation boxes at the entrances to our churches. Please donate generously as funds raised goes towards supporting our three (3) projects: international, national and regional.

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 Mary R M 0402 498 898.

### 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 D M 0424 695 721, Swansea - Jenny P M 0439 814 874, Windale - Paul C M 0418 240 604.

## Other News

### Eucharist28 Update – Hearts Set Ablaze!

The International Eucharistic Congress in Sydney in 2028 ('Eucharist28') will be a global gathering of the Church centred on the Eucharist, the source and summit of our Christian lives, culminating in a Papal Mass with Pope Leo XIV. It will be a festival of faith, rich with worship, prayer, testimonies, art, music – a truly 'once in a lifetime' experience, and a transformative moment for our nation.

At the very first Pentecost, the apostles were transformed as the fire of the Holy Spirit was poured out for them, empowering them to go out to evangelise the world. "And day by day, attending the temple together and breaking bread in their homes, they partook of food with glad and generous hearts, praising God." – Acts of the Apostles 2:46-47

The early Church was *Eucharistic*. They gathered together in community and shared in the breaking of the bread. It was through believing in and sharing in Christ's body and blood that the Holy Spirit set their hearts ablaze, strengthening them to spread the Good News without fear.

As we move forward from our celebration of Pentecost last month, our parishes and communities can imitate the early Church by devoting ourselves to the Eucharist and allowing the Holy Spirit to work within us – in our ministries, our youth groups, and our personal prayer.

This national journey to Eucharist28 is an invitation for all of us to be set on fire by the Holy Spirit and share in the breaking of the bread. The journey begins now, in our own hearts, in our own parishes.

For more information and regular updates, please register on the website: [eucharist28.org](http://eucharist28.org)

## The Most Holy Body and Blood of Christ

### Entrance Antiphon

Cf. Ps 80:17

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

### First Reading

Dt 8:2-3. 14-16

#### A reading from the book of Deuteronomy

*He gave you food which you and your ancestors did not know.*

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 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.'

The Word of the Lord.

### Responsorial Psalm

Ps 147:12-15. 19-20. R. v.12

#### (R.) Praise the Lord, Jerusalem.

1. O praise the Lord, Jerusalem!

Zion, praise your God!

He has strengthened the bars of your gates,  
He has blessed the children within you.

2. He established peace on your borders,

He feeds you with finest wheat.

He sends out his word to the earth  
and swiftly runs his command.

3. He makes his word known to Jacob,

to Israel his laws and decrees.

He has not dealt thus with other nations;

He has not taught them his decrees.

### Second Reading

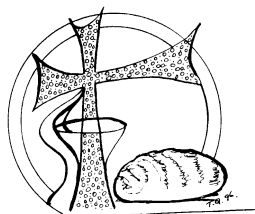
1 Cor 10:16-17

#### A reading from the first letter of St Paul to the Corinthians

*Though we are many, we form a single body because we share this one loaf.*

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.

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  
manna for our bread each day.  
Now the sign of Isaac telling:  
Christ has conquered on this day.

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 with all the saints now dwelling,  
we the body, you the Head.

### Gospel Acclamation

Jn 6:51-52

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

### Gospel

Jn 6:51-58

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

*My flesh is real food and my blood is real drink.*

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  
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.'

The Gospel of the Lord.

### Communion Antiphon

Jn 6:57

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



## Next Week's Readings

### Eleventh Sunday in Ordinary Time Year A

First Reading	Ex 19:2-6
Responsorial	Psalms 99:2-3. 5. R. v.3
Second Reading	Rom 5:6-11
Gospel Acclamation	Mk 1:15
Gospel	Mt 9:36 – 10:8