



Jesus, the Bread of Life.

This Sunday we read the 5th and last part of Chapter 6 of St John's Gospel where he describes through Jesus' words how Jesus gives himself to us in Communion in the Blessed Sacrament.

It has been quite a journey through these 5 weeks. We began with the feeding of the 5000+ and then found ourselves back at the Synagogue in Capernaum with the crowds looking for more of the bread they had eaten. Jesus had explained how the people, and we too across the ages, needed to stop seeking the bread of the world and seek, instead him, the Bread of Life.

They were still looking for bread and circuses from Jesus. The ancestors had had mana in the wilderness so having fed the 5000+ what would Jesus do now? It was the wrong question. What all people need is not what is temporary in this world, but the food that lasts forever, Jesus himself.

How could Jesus give this food to eat? The answer he gives is extraordinary. To have the life which lasts forever is to eat him, his flesh and his blood. 'I AM the Bread of Life'. To eat him and to drink him will lead to life in with God forever. Jesus is the true bread from Heaven. Mana may have filled stomachs for a while, but it never gave eternal life; only Jesus can do that. No wonder he has constantly called his disciples to seek the things of our true homeland in Heaven. As John records in his 1st epistle, 'the world and all it craves is passing away'.

The crowds are horrified because it sounds like Jesus is suggesting that disciples need to be cannibals. In fact this was one of the charges that apologists like Justin Martyr, had to answer to the Roman authorities. As we hear in this last section of the chapter this week, Jesus explains, in fact, that he is talking on a supernatural level, and not just in the material world.

He will indeed, give his body and blood on the cross for our salvation and forgiveness, but not before giving us his same flesh and blood in the Blessed Sacrament the night before as he instituted that Mass at the Last Supper. Just because things are not material, it doesn't mean that they are any less real because spiritual.

God is spirit and it doesn't get any more real than that. Hence Jesus can in deadly earnest tell us to eat his flesh and drink his blood because the Blessed Sacrament is his Body and Blood made fully present in a way far more real than just the bread and wine.

This week we finish with just the Disciples left standing with Jesus. The rest have gone. At point his words were too hard for the crowds. Over the centuries they have continued to leave people struggling. Even those who are happy to accept the Real Presence still struggle with letting go of the world and just following Jesus. So, Jesus' question to the Disciples about whether they too would leave is the same for every disciple. *Are you going or are you going to follow me?* Peter's response needs to be ours too. 'To where can we go?'

For you have the words of life, and we have believed and have come to know that you are the Holy One of God'. This, of course, didn't stop them running away at a later point, anymore than it stops us failing too. However, it wasn't just about Jesus' words, he is actually the Word himself and so that we can keep following as the Disciples learned to do, he gave himself as the food for the journey, his Sacramental Body and Blood, so that filled with his Holy Spirit we can and will actually arrive home. What a gift we have in the Blessed Sacrament, Jesus himself, body and soul. As we eat him and drink him he will raise us up to eternal life.

25 Aug: Social Justice Sunday

On this Social Justice Sunday, Australia's Bishops invite us to reflect on what we, as Christians, are called to do in a world torn by war and violence.

Truth is often the first casualty in war. The Gospel calls us to embrace the fundamental truth that every person on earth has a God-given dignity which cannot be taken away or ignored. From this truth flows the realisation that there is no 'us' or 'them'. Everyone on earth, whatever our race or creed or status, is a sister, a brother. We are all children of God. Keeping this truth before us is the key to overcoming violence and conflict.

Armed not with guns and missiles, but with love for our sisters and brothers, we are invited to speak of peace and to take action to promote peace in a violent world.

On this Social Justice Sunday, let us re-commit ourselves to cultivating a culture of peace by following Jesus who is the way, the truth and the life and the Prince of Peace.

Prayer for Social Justice Sunday

O God, Trinity of love,
from the profound communion of your divine life,
pour out upon us a torrent of sisterly and brotherly love.
Grant us the love reflected in the actions of Jesus,
in his family of Nazareth,
and in the early Christian community.
Grant that we Christians may live the Gospel,
discovering Christ in each human being,
recognising him crucified
in the sufferings of the abandoned
and forgotten of our world,
and risen in each sister or brother
who makes a new start.
Come, Holy Spirit, show us your beauty,
reflected in all the peoples of the earth,
so that we may discover anew
that all are important and all are necessary,
different faces of the one humanity
that God so loves.

AMEN.

Cathedral of St Francis Xavier, 39 Wakefield Street, Adelaide

Church of St Patrick, 268 Grote Street, Adelaide
Church of St John Vianney, 546 Glynburn Road, Burnside
Church of St Mary, 179 Stanley Street, North Adelaide

Church of the Holy Name, 80 Payneham Road, Stepney
Church of St Peter Claver, cnr Stuart Road & Grandview Grove, Dulwich
Church of the Queen of Angels, cnr South Road & Kintore Street, Thebarton

Our Lady of Perpetual Help, cnr of Giles and Todd Streets, Kingscote, Kangaroo Island

ADELAIDE CATHEDRAL PARISH

Archbishop of Adelaide Archbishop Patrick O'Regan DD
Administrator Fr. Lancy D'Silva CSC
Assistant Administrator Fr. Peter Rozitis
Assistant Priests:
Fr. Matthew Newman Fr. George Ocholla
Fr. Francis Tawil Fr. My Tran
Fr. Tony Telford-Sharp Fr. James McEvoy
Latin Mass Chaplain Fr. Michael McCaffrey, FSSP

Parish Office (across the lawn from the Cathedral)
Mon to Fri: 9.30am–4.30pm • 8210 8155
39 Wakefield St Adelaide SA 5000.
Mailing: GPO BOX 1364, Adelaide SA 5001.
acp@adelaide.catholic.org.au • www.adelcathparish.org
Parish newsletter: www.adelcathparish.org/news-events/weekly-newsletters

Aboriginal Catholic Ministry
Otherway Centre 8362 3185
Cathedral Parish Music 8210 8128

Any emergency requiring a priest: 0417 080 955
Pastoral Care: Visitation and Communion can be arranged for parishioners who are ill. Please call the Office: 8210 8155.



Regular Mass Timings
REFER TO PARISH WEBSITE FOR DETAILED
SCHEDULE OR SCAN THE QR CODE WITH YOUR
PHONE CAMERA FOR OUR REGULAR TIMINGS

St Francis Xavier Cathedral, Adelaide **Sunday Masses**

Sat : 6pm (Vigil)
Sun: 7am, 9am, 11am,
2.30pm (African), 6pm

Weekday Masses **Mon - Fri**: 8am, 12.10pm & 5.45pm
Sat: 8am, 11.30am

Confessions **Mon, Wed, Fri**: 11-12 noon, 5-5.30pm
Sat: 12 noon-1pm, 4.30-5.30pm

Holy Hour **Tues**: 6.30pm, **Fri**: 11am

Public Holidays 8am Mass ONLY at the Cathedral
Except 01 January—Mass at 10am at the Cathedral
26 January—Mass at 9am at the Cathedral

St Mary's, Lower North Adelaide
Tues and Fri: 8am **Sun**: 9.30am

Our Lady Queen of Angels, Thebarton
Sat: Confessions: 5.45pm | **Vigil**: 6pm
Sun: 9.30am

St John Vianney, Burnside
Tues and Thu: Mass: 9am | **Confessions**: 9.30am
Sun: 9am

St Peter Claver, Dulwich
Wed: 9am, **Fri**: 11am **Confessions**: 11.30am
Sat: Confessions: 5.30pm | **Vigil**: 6pm
Sun: 11am

Holy Name, Stepney
Sun: 11am

St. Patrick, Grote Street, Adelaide
Sun: 10.30am (Croatian)
4.00pm (Portuguese) - 1st, 3rd & 5th Sundays ONLY

Our Lady of Perpetual Help, Kangaroo Island
Sun: Confessions: 9:00 am | Mass: 9.30 am

Please contact the Parish Office for Baptism & Wedding bookings.

WORSHIP

Entrance Antiphon: Turn your ear, O Lord, and answer me; save the servant who trusts in you, my God. Have mercy on me, O Lord, for I cry to you all day long.

First Reading: Joshua 24:1-2. 15-18.

Responsorial Psalm: Taste and see the goodness of the Lord.

Second Reading: Ephesians 5:21-32.

Gospel Acclamation: Alleluia, alleluia! Your words, Lord are spirit and life: you have the words of everlasting life. Alleluia!

Gospel: John 6:60-69.

Universal Prayer Response: Lord, hear us.

Communion Antiphon: The earth is replete with the fruits of your work, O Lord; you bring forth bread from the earth and wine to cheer the heart.

Next week: Twenty-second Sunday in Ordinary Time.

First Reading: Deuteronomy 4:1-2,6-8.

Second Reading: James 1:17-18,21-22,27.

Gospel: Mark 7:1-8,14-15, 21-23.

Liturgies & Activities (26th Aug-1st Sep)

Tue St. Monica

Wed St. Augustine.

Thu The Passion of St. John the Baptist.

Fri St. Margaret Clitherow, St. Anne Line & St. Margaret Ward

Sun Twenty-second Sunday in Ordinary Time.

Prayer Requests for the Deceased

Recently Deceased: Ron Hein and Mauro Minervini.

Deceased Anniversaries:

Cathedral: Erna & Josef Slowiak, Giovanna Angiuli, Alfredo Silvestri, Gisella Charlotte Donnelly, Generoso Spaccatore, and Newton Long.

Queen of Angels: Giovanni Parente, Carmine Taverna, Jim Giovinazzo, Anna Marafioti,

St. Mary's/Holy Name: Eoli Vagnoni.

St. Peter Claver/St. John Vianney: Christine Patroni, Mark T, Terri & Doug Omond, Flo & Bob Murcutt, Shelley & Kennedy families, Christine Heading, Edward & Claire Shelley, Francis Bencini, Bernadette Ryan, Tim Fisher, Josephine Reardon, Kath & David Hall, Kath Cochrane, David & Dilys Craven, Isabelle & James Lister, Val Chick and Ratu Kamisese Mara.

Prayers Requests for the Sick

Steve Gleeson, Anton Sylvester, Antonio Romeo, Emily Swan, Angelina Musico, Charles Dias, Vilma D'Cruz, Joshua Jose, Madison Musico, Peter Slobodian, Joshua Antony, Denis Cranswick, Maresa, Allan Mason, Fidel Ruivivar, Araceli Suzara, Jen Andrea Sims-Imperial and Beverly Garton.

24 Aug: 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 2024, 11am - 3pm

Place: St Michael's Anglican Church, 18 Church Road, Mitcham.

Please bring some lunch to share and your cup. Suggested donation \$15. For more information and to register contact: chrmed.southaust@gmail.com

24 Aug: Drawn into the Joy of the Gospel: Formation in the Archdiocese of Adelaide

What is formation? Why is formation important for Catholics? How to provide formation opportunities in our local communities? Join Fr. James McEvoy and Peter Bierer for this workshop exploring Drawn into the Joy of the Gospel: Formation in the Archdiocese of Adelaide and its applications to local communities, parishes and schools in the Archdiocese of Adelaide. Workshop dates and locations vary across the Archdiocese. For more information contact Peter Bierer at pbierer@adelaide.catholic.org.au

Workshop dates and locations vary across the Archdiocese.

Saturday, 24 August, 10.30am, Our Lady of the Valley Church, Nooriotpa

Saturday, October 26, 10am, Croydon Park Parish Hall

RSVP at: <https://www.trybooking.com/CRMMC>

25 Aug: Delve into the Gospel of Mark; for young adults

The Adelaide Cathedral Young Adults group invites all young adults (18-35 year olds) to join us for a series of talks about Mark's Gospel, by Fr Matthew Newman. We will continue with session 03 on Sunday 25/08 and session 04 on Sunday 22/09, in the Cathedral Hall. On-site parking available.

This series will help you understand the big picture of scripture and how all the aspects of our faith connect. For more information about the events and young adult group activities please contact Ngoc Nguyen



1 Sep: Catholic Charities Appeal Month

In the month of September, we are promoting the Catholic Charities Appeal which supports the following agencies in South Australia: Hutt St Centre, Aboriginal Catholic Ministry, Centacare Catholic Family Services, Our Lady of La Vang and St Patrick's Special Schools. Please take a leaflet with you to find out more about the September Appeal. These frontline agencies support some of the most vulnerable in the community at a time when many people are doing it tough. Brochures with reply paid envelopes will be available at the back of the church from this weekend. All donations of more than \$2 are tax deductible. Donations can be made via the reply online: <https://adelaide.goodgiving.com.au/gr/cc> or through the paid slip on the leaflets/envelopes. We thank you for your kindness and generosity to help our fellow South Aussie brothers and sisters.

6 Sep: The Adelaide Planetarium Season of Creation Event

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

8 Sep: Sacred Heart Church Hindmarsh acknowledges Weddings over 100 years!

On Sunday, 8th September all who have celebrated weddings (and other Sacraments) in our Sacred Heart Church at Hindmarsh are invited to gather and acknowledge this at our 9am Mass, followed by morning tea. Bring along your Wedding photo (or 1st Communion photo etc) to share on the day. Mass to acknowledge our *Centenary Year* will be celebrated by Archbishop O'Regan on November 24 at 9.30am. Please contact the Parish Office: 08 8346 6569 for more details.

14 Sep: Charis SA invites you to Jesus Crusade 2024

Charis SA and Spiritual Renewal Ministry Australia presents Jesus Crusade 2024, a spiritual retreat with Mass on 14th September from 9.30am-3.30pm at St. Peter Claver Church, Dulwich. Key note speakers are Fr. Dean Marin, Vicar-General, Archdiocese of Adelaide and Abraham George, Catholic Lay Evangelist, SRM Australia. For more information please visit: www.charis-sa.org or call 0407060715.

14 Sep: Retreat at Henley Beach Parish

A Retreat Discerning Gods will in my life when making big and everyday decisions will be held on Saturday 14th September 9:15am - 3:30pm at Our Lady of the Sacred Heart Church 420 Seaview Road Henley Beach. The speaker: Fr Manu Kumbidiyamackal MSFS. Please bring your own lunch tea/coffee provided. For more information and bookings please contact Pauline Cotton on 0403002240 by 12 September. Cost by Donation. All are welcome.

15 Sep: Blessing of milestone wedding anniversaries

Celebrations for milestone wedding anniversaries in the Archdiocese will again be held in local parish communities to recognise couples in their life-long commitment. Married couples who are celebrating significant anniversaries and who wish to receive a certificate on the day, please contact the Parish Office to register your details.

18 Sep: Repeat Session: Pastoral Planning and How to Do It

Due to numerous requests the PPC training session on Pastoral Planning will be repeated as an online only event on Wednesday 18th September. Registrations are essential via <https://www.trybooking.com/CUHUT> or by scanning the QR code. Suitable for Parish Priests, Pastoral Council chairs and Pastoral Council members. Any enquiries contact Orla on 8210 8166 or owright@adelaide.catholic.org.au. Check the flyer on the notice board for more details.



Latin Mass Community

Mon. evening Scripture class continues tomorrow at 7:30pm when we will finish our reading of the Acts of the Apostles. All welcome.

The Holy Name Men's Group meets this Wed. at 7pm at Dulwich. All Welcome. (Bring \$5 if you want pizza)

Thurs. evening's *Introduction to the Bible* class continues at 7:40pm. All welcome.

Youth Group meets this Fri. (school yrs 3-12), beginning with catechism classes at 5:30pm.

The latest edition of our community's Trading Post is available in the Tea Room.

Registrations for this year's *Christus Rex* Pilgrimage are now open. See www.christusrexpilgrimage.com for details.

There are a number of places still available for our men's silent retreat in January 2025. Please contact Marco Barsotti if you are interested (details on flyer).

Please do not place any material (advertising or otherwise) in the church without the prior permission of the chaplain. Thank you.

Welcome to new parishioners. If you are new to the Latin Mass or new to Holy Name, please don't hesitate to introduce yourself to either Fr. McCaffrey, Fr. McGuckin or Fr Sofatzis after Mass. There is a cuppa after the 9:15am Mass every Sunday in the tea room behind the church diagonally across the car park. All welcome. Also please feel free to register as a parishioner on our community census. The link is available on the website.

Please remember the sick in your prayers, especially Rhiannon Kraft, Margaret Easlea, Terry Muscat (Chris Forrester's mother), Constantine Day, Damian Wyld, Domenic Marafiotte, Tony Caruso and Vincenza Martucci (Ines Barson's mother). Please also remember the recently deceased, and those whose anniversaries occur about this time.

29 Sep: Migrant and Refugee Sunday (Multicultural Mass) at St Francis Xavier's Cathedral

Everyone is invited to celebrate Migrant and Refugee Sunday in St Francis Xavier's Cathedral on 29 September at 2.30pm. 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. For more information about World Migrant and Refugee Sunday, contact Tracey Tessitore at tessitore@adelaide.catholic.org.au in the Pastoral Services Team: Justice, Healing and Inclusion.

Welcome to new staff at Adelaide Cathedral Parish

We welcome Nam Nguyen to the Sacristan team at the St. Francis Xavier's Cathedral and Bernadette Smith as Pastoral Associate for the Parish. We wish them the very best in their new roles in supporting the Adelaide Cathedral Parish.

Volunteer Opportunities with the Salesians: English Teachers, Youth Workers & Youth Ministers

The Cagliero Project is an initiative of the Australia-Pacific Province of the Salesians of Don Bosco, providing overseas volunteer experiences for Australians and New Zealanders who wish to work with young people in the Asia-Pacific region.

We are seeking enthusiastic volunteers for January 2025 departure. Our volunteer placements run for 6-12 months and are centered around working with young people in educational settings. We are currently recruiting for volunteers for Cambodia, Samoa, Timor Leste, Mongolia and the Solomon Islands.

We aim to utilise the skills and talents of our volunteers to provide the best possible contribution to the host community. Our aim is not to 'help' but to walk in solidarity with young people and for volunteer and host to have a mutual learning experience. We are also present in host communities to be role models - people that young people can aspire to be.

Cagliero volunteers commit themselves to working in the 'Salesian way'. This means that young people are the central focus in all work. The Salesian way also means approaching life in a joyful way with a loving heart. The experience as a Cagliero volunteer is not about the volunteer but is focused on the people we go to serve. However, serving as a Cagliero volunteer will probably be the most rewarding thing you ever do! Applications close October 31st, 2024.

Contact: Lauren Hichaaba, Director of the Cagliero Project. Email: lhichaaba@salesians.org.au For more information, or to send us an enquiry, follow this link: <http://cagliero.org.au/>

Adelaide Cathedral Young Adults Group

The Adelaide Cathedral Young Adults Group invite the Youth of our Parish to join them each week in their Ministry of fellowship. They regularly meet on Sunday evenings and their schedule is as follows:

1st and 3rd Sundays: Choir for 6pm Mass

4pm - Choir Practice

6pm - Sunday Mass

7pm - Dinner in Chinatown

2nd and 4th Sundays: Group Meetings

6pm - Sunday Mass

7 - 8.30pm - Group gathering in the Cathedral Hall.

If you are interested to know more about the group and their activities, please contact Ngoc Nguyen on 0424643310 after the Sunday 6pm Mass at the Cathedral.

Please note that the Youth Group is open ONLY for people aged 18-35 years. Please check the notice board for regular updates and events being hosted by the Young Adults Group.

Safeguarding Children

Just a reminder that all children need to be accompanied to and from the toilet, ideally by an adult family member. Kindly ensure that children are supervised by an adult family member when walking through the underground carpark, attending Church Services or attending activities in the Hall.