



18TH SUNDAY IN ORDINARY TIME
31ST JULY & 1ST AUGUST 2021, YEAR B

We acknowledge the traditional owners and custodians of the land on which we stand. We walk on a land once occupied by the Gadigal People of the Eora Nation, who lived in this area for over 30,000 years. May we continue to love and respect the land as they have.



ST COLUMBA'S
 CATHOLIC CHURCH • LEICHHARDT NORTH

Parish Details:

📍 213 Elswick St, North Leichhardt 2040

☎ (02) 9569 2267

📠 (02) 9569 5381

✉ admin@stcolumba.org.au

🌐 www.stcolumba.org.au

📺 FOLLOW US ON  www.facebook.com/stcolumbasleichhardt/

Office Hours:

9:30am-2:30pm Tuesday and Friday

All bulletin notices to be in by 12pm Thursday

(Please email or leave under office door and write your message clearly).

Parish Priest:

Fr Peter Smith..... ✉ pp@stcolumba.org.au

Parish Office Administrator

Marcia Droguett..... ✉ admin@stcolumba.org.au

Pastoral Associate

Nicola Connors..... ✉ pa@stcolumba.org.au

Pastoral Council

Secretary..... ✉ secretary@stcolumba.org.au

St Columba's School

Principal: **Bernard Ryan.....** ☎ 9569 1270

Weekend Mass Times:

No Masses until further notice

Weekday Services:

No Masses until further notice

Reconciliation:

By appointment

Marriages:

By Appointment, please email Marcia, admin@stcolumba.org.au to arrange.

If you would like to contribute to the Parish Planned Giving please speak to Fr Peter, Or a form can be emailed to you. If you would like to arrange a one off direct deposit donation, please contact the office for banking details.



Fr Peter's weekly Podcasts of the Gospel are uploaded weekly onto our website and Face Book page.

<https://scln1.podbean.com/>



From Fr Peter's Desk....

God provided a mysterious food called manna for the Israelites during their time in the desert.

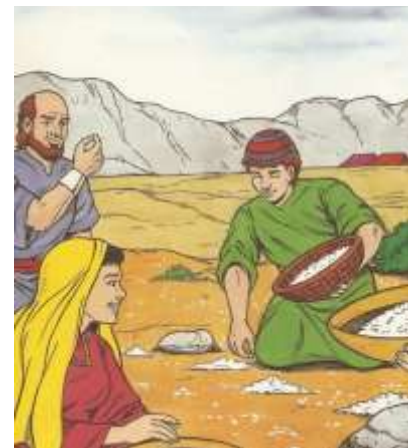
However they were told not to stockpile the manna, but to gather only what they needed for one day.

Jesus told his disciples not to worry about tomorrow.

He said, When you pray to your heavenly Father, you are to say,

'Give us this day our daily bread'.

No matter how difficult life may be, for those who trust in God and who live a day at a time, the manna falls every day.



*****PLEASE JOIN US FOR A PARISH ZOOM EVERY SATURDAY @ 5pm details in the flyer*****

Live Masses can be found on www.sydneycatholic.org/live-masses/

Today's Liturgy

Entrance Antiphon: Psalm 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.

1st Reading: Exodus 16:2-4, 12-15
I will rain bread from heaven
upon you.

Responsorial Psalm: Psalm 77:3-4, 23-25, 54
The Lord gave them bread
from heaven.

2nd Reading: Ephesians 4:17, 20-24
Put on the new person that has
been created in God's image.

Gospel Acclamation: Matthew 4:4
Alleluia, alleluia
No one lives on bread alone,
but on every word that come
from the mouth of God.
Alleluia!

Gospel John 6:24-35
Whoever comes to me will never
be hungry; whoever believes in
me will never thirst.

Communion Antiphon: John 6:35
You have given us, O Lord, bread
from heaven, endowed with all
delights and sweetness in ever taste.

We pray for all those who are sick, including:
Lois Cassidy, Kim Rowles, Marica Popovic, Elizabeth
Sedgwick, Silvana Cocilova, Bill Leis, Mabel Winter, Sylvia
Gallagher, Dorothy New and Patricia O'Toole, Roisin
Smith and Family, Suzanne Campbell, Dan O'Brien,
Sharon Weetman, and all those at The Marion Aged Care
and Lewisham Nursing Home



*We remember and pray for all our deceased
Relatives, Friends and.....*

*Anniversary: Frank Fenwick, Kevin
Schneider, Domenico Ceroli, Sid Valentine, Joe Fenech*

**STAY SAFE &
STAY
CONNECTED**

Scan here to find out about the
St Columba's Phone Network
<https://forms.gle/xVTTrujSNNTovhDm99>

Following Lock down and stay at home orders for Sydney, St Columba's will remain closed until Further notice. While churches are closed as part of the effort to contain Covid19, livestreaming of masses can occur and you can find more information on Livestreamed Masses on the Archdiocese of Sydney website

<https://www.sydneycatholic.org/live-masses/>

*****PLEASE JOIN US FOR A PARISH ZOOM EVERY SATURDAY @ 5pm, details in the flyer*****

Essential reasons for leaving home include:

- *Essential food shopping only
- *Medical care or compassionate needs;
- *Exercise outdoors in groups of 2 only; (households can still exercise together)
- *Essential work, or education, where a person cannot work or study from home.

The government has advised to only leave your home if you have a reasonable excuse, please do not leave your local area, limit your physical contact with other households.

Please keep safe, take care and God Bless.



Social Justice - St Columba's

Now that the Lockdown is extended until the end of August (at least), the next meeting for 2021 of the St Columba's Social Justice Group will hopefully be on Wednesday, 1st September at 7:00pm in the Parish Hall. Please note that COVID guidelines for social distancing will be strictly observed. Please contact Fay Hair (fayhair11@gmail.com) if you are able to come. All welcome. We would love to meet you!

Supporting the Jesuit Refugee Service (JRS)

As we said in last week's Mass Bulletin, it's currently very difficult to collect and deliver groceries to the JRS clients. We suggested instead to donate money directly to JRS. If you're in a position to do this, go to the JRS website, hit the [Donate](#) button on the home page, and follow the prompts. For the moment that's the best way to continue to support refugees and people seeking asylum, whose situation has severely worsened with COVID lockdowns.

From the Justice and Peace Office:

150 Days of Action for Refugees and People Seeking Asylum

For those of you who feel called to take action against the enduring cruelty of the Australian Government towards refugees and people seeking asylum, the Justice and Peace Office asks that you write to and request a meeting with your Federal MP as part of our [150 Days of Action campaign](#), that you request friends and families to sign this [petition](#), donate to the [Sydney Alliance Refugee Leadership Fund](#) to resource people who have sought protection to organise and take action, and continue your practical support for organisations like the [Jesuit Refugee Service](#) and the [House of Welcome](#) who continually support this vulnerable group of people. If you have any more creative ideas about how to get involved that you would like to share or you want to know what more you can do, please get in touch with JPO. Email: jpoinfo@sydneycatholic.org

Coming Up This Week:

•Homelessness Week (1 – 7 August)

This is Homelessness Week. As we told you last week, according to Vinnies, at the last Census, more than 37,000 people experienced homelessness every day. Since then, the price of housing has skyrocketed, social housing investment has failed to keep pace with demand, and we continue to experience the economic impacts of the COVID-19 pandemic.

What has this meant for homelessness? Are our services coping with the increased demand? What can we do to turn this around?

This Homelessness Week, Vinnies is hosting a Wednesday Webinar for members and supporters to hear from Graham West, CEO of the End Street Sleeping Collaboration (and former CEO of Vinnies NSW and President of the National Council) together with Anna Scott, Manager of Pete's Place and Meghan Fisher, Manager of our Deniliquin Homelessness Service to gain a better understanding of the state of homelessness in NSW and what we can do to make a difference.



The webinar will take place on Wednesday 4 August from 12pm to 1.30pm. It is free to attend but places are limited. [Click here to register.](#)

- Launch of the 2021-2022 Social Justice Statement – Cry of the Earth, Cry of the Poor – 5th August 2021 @ 5:30-6:30pm



Once again we remind you of the national launch of the Social Justice Statement 2021-22: *Cry of the Earth, Cry of the Poor* on 5 August. This year the statement, by all the Australian bishops, focuses on why it is so important that we as a community respond to the Cry of the Earth and the Cry of the Poor.

All are welcome to the launch of the statement which will take place online at 5:30pm-6:30pm on the 5th of August, AEST
[REGISTER HERE](#)

You will hear from guest speakers including Bishop Vincent Long Van Nguyen OFM Conv, Chair of the ACBC Bishops Commission for Social Justice, Mission and Service. He will respond to our launch speaker and you will have the opportunity to ask your own questions about the statement and the inputs provided at the launch.

The statement *Cry of the Earth, Cry of the Poor* focuses on building the theological foundations of caring for our common home and our human family. It will also serve as a launch pad for the ACBC's 7-year journey towards the [Laudato Si' Goals](#), creating a wholly sustainable Australian church.

•Fairtrade Fortnight August 6-19

Millions of the people behind the products on our supermarket shelves live in extreme poverty – farmers, workers, families. Fairtrade tries to change this. This celebration is a great time to reflect on the way our choices can create a better future for the planet and its people. Get involved: look for the Fairtrade symbol (a green, black and blue waving farmer) on the products you buy, knowing you are supporting farmers around the world. [Fairtrade Australia & New Zealand | Fairtrade AU and NZ \(fairtradeanz.org\)](#)



Engage in your wellbeing strategies during lockdown.

During lockdown, prioritising your wellbeing will ensure that you are in the best position to ride-out the uncertainty and come out with your mental health

intact. This is often the time that we often let our wellbeing fall to the wayside, so here are some recommendations for how to maintain your wellbeing throughout this changing world:

1. Maintain a good sleep routine. Your brain needs to regenerate after periods of stress, and it does this while you sleep! Aim to go to bed at the same time every night and get 7-8 hours of sleep each night. Developing good sleep hygiene will ensure that you get the best quality sleep possible.

2. Remember to breathe. Did you know 70% of cortisol can be removed from our bodies by simple breathing? If you notice your breathing starts to shallow during times of stress, practice a breathing exercise such as Box Breathing, to practice and get into the habit of deep breathing.

3. Take time out to exercise. **Exercise is the body's natural anti-depressant!** Find what works for you and keeps you motivated to get active. Start small and work your way up. Hate running? Why not try pilates. Make the most of the sunshine and go for a walk during lunchtime, or before work.

4. Stay connected. While you may not be able to socialise face-to-face right now, stay connected via phone or video-calls. **If you're feeling stressed, talk it out with a friend or colleague.** Debriefing with someone releases the stress hormone oxytocin.

5. Practice gratitude. Reflect on and engage in activities that **give you purpose and meaning.** Enjoy the "small moments" each day. Wellbeing is balanced when the positive to negative emotion ratio is 3:1. Be active to get hits of positive emotion.

6. Plan your weekend. Give yourself something to look forward to, even if it is just a small around the house. Plan a movie night, cook something exotic, finish that DIY home project that fell by the wayside. A fun video chat with family OR friends or even just organise for a family walk if the sun is out!

7. Manage your news feeds. The average smartphone user checks their device 221 times a day 95% of people use their tech in bed. If you are finding yourself becoming anxious every **time your phone "dings", turn off the notifications for news or why not do a social media detox?**

8. Practice creativity and mindfulness. **Mindfulness matters...** whether you try yoga, meditation, colouring-in, creating something, or just reading...staying present in changing times helps rest and repair.

9. Speak with an expert. Sometimes getting expert advice is what we need to get through this next period. Ask your GP for a referral to speak with a professional and encourage your family to do so too if needed.

[Lifeline | www.lifeline.org.au](http://www.lifeline.org.au) | 13 11 14

[Kids Helpline | https://kidshelpline.com.au](https://kidshelpline.com.au) | 1800 55 1800



Parish Pastoral Council

Contact: secretary@stcolumba.org.au

Vision statement

To witness to the Gospel, through the power of the Holy Spirit, to the eternal love of Christ; by building and sustaining an open, welcoming and friendly community in which people grow in their relationships with God, each other and the wider community.

Mission statement

The mission of St Columba's Parish Pastoral Council is to:

- welcome and embrace new parishioners;
- support and direct the work of the Parish Priest, Pastoral Associate, and parish groups;
- support and encourage the people of St Columba's parish;
- provide vision and direction to the people of St Columba's parish;
- collaborate with the parish school;
- give members of our parish community a voice; and
- empower people to lead and make positive contributions to our parish and the wider community.

To achieve this, we:

- see;
- judge;
- act; and
- review.

We, as a group, are fundamentally committed to:

- prayer and reflection;
- our shared Catholic faith;
- bringing Christ's love and grace to Leichhardt and the broader community;
- acting co-operatively as a group based on participation and consensus, not factions or parties; and
- facilitating the spiritual growth of all under the guidance of the Holy Spirit.

Members of the Pastoral Council are:

Fr Peter Smith *Parish Priest*
Bernard Ryan *Principal*
Nicola Connors *Family Ed.*
Renata Popovic-Tomac
Chairperson

Ann Coffey
David Hair
Jennifer Cheal
Therese Pacey
Tino Mian

A message from the Archdiocese of Sydney

Child sexual abuse is a crime. The appropriate people to deal with crimes are the police. If you, or anyone you know, have been abused, please contact the police. Alternatively, you can contact the Safeguarding and Ministerial Integrity Office at (02) 9390 5810 or safeguardingenquiries@sydneycatholic.org. You may also want to speak to your Parish Priest who will be able to provide support and guidance. The Archdiocese has a legal obligation to report crimes to the police.

Join us for
ST COLUMBA'S PARISH
'VIRTUAL CHAT'

With Father Peter Smith
Every Saturday through lockdown @ 5pm

JOIN US ONLINE LIVE FOR:
FATHER PETER'S HOMILY followed by 'ST COLUMBA'S VIRTUAL CHAT':
STAYING CONNECTED WITH YOUR PARISH

www.stcolumbas.org.au / ph: 9569 2267

CLICK HERE FOR LINK: https://sydneycatholic.zoom.us/join/u5AvfumrrTwjEtMr3cvDsVYfk1oGHolHWomx/ics?icsToken=98tyKu-srDlqGdeSuRGAR_MIAIr4c-nztmZEj7dwjkzmFQRAVDrwPbNNFZpwHPDn

PHONE: (02) 8015 2088

PASSWORD: 552486



ST COLUMBA'S
WINTER SLEEPOUT
AT HOME VIA ZOOM
Friday 30 July 2021 at 7pm



Scan to here R.S.V.P





Sunday 1 August 2021
John 6:24-35
18th Sunday in Ordinary Time

IN THE GOSPEL TODAY

Jesus tells the people that he is the bread of life and if we believe in him we can live forever and be happy with him.

My name is _____

LIVE FOREVER!

Which path does Ben need to follow to get to Jesus?

Two paths lead to delicious loaves of bread. But after Ben has eaten them, he will get hungry again.

Jesus says that if we are friends with him, we won't feel hungry for bread anymore and he will fill us up with his love.



I will follow Jesus when I...

How can you follow in Jesus' footsteps?



Draw a picture of yourself inside the footprint doing something kind and loving

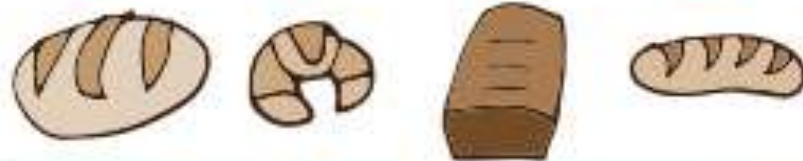
Who is the bread of life?

E=

J=

S=

U=



Jesus fills us with good things!

Here are some things which may make you feel joyful. Look up and down, backwards and forwards to find them:

HOPE LOVE
JOY PEACE
LIFE

A	D	K	X	L
H	J	O	Y	O
O	V	G	Z	V
P	E	A	C	E
E	F	I	L	M

A PRAYER TO SAY

Dear Jesus, thank you for feeding me with your love. When things bother me, help me to remember that the one thing that never changes is that you love me and that I can be happy with you forever. Amen.

Answer: The bread of life is Jesus.

18th Sunday in Ordinary Time

Celebrant: Sisters and brothers,

we have now begun four Sundays reflecting on Jesus
as our Bread of Life, and today, in Australia,
we observe our National Vocations Awareness Week,
as well as National Homelessness Week.

That Pope Francis, chosen as Bishop of Rome, will continue to affirm each of us in our Christian vocation, for the peace and well-being of all humanity Lord, hear us, Lord, hear our prayer.

That each one of us will rejoice in our Christian vocation to follow Jesus Christ, and putting on the new self, we will be recreated in the goodness and holiness of truth. Lord, hear us, Lord, hear our prayer.

That Jesus will grace men for the priesthood and the diaconate, so that they can minister at the altar, and share him, the Bread of Life, with the faithful at Mass, with the sick in their homes, in hospital and with those in prisons. Lord, hear us, Lord, hear our prayer.

That the call to the Consecrated Life will be heard by our young women and men, so that they can serve Jesus in the people, especially among the most vulnerable in the community. Lord, hear us, Lord, hear our prayer.

That this Homelessness Week in Australia, with its theme “Everyone needs a home”, we will be respectful of those who are homeless, and as a society, work to relieve their desperate situations. Lord, hear us, Lord, hear our prayer.

That God will hear the cries of humanity as everyone seeks protection, healing, stability of life, friendship, and mental wellbeing while the pandemic continues to grow in almost every country. Lord, hear us, Lord, hear our prayer.

That those who have shared the Bread of Life and have died will have their thirst quenched and hunger satisfied at the heavenly banquet. We also remember *Frank Fenwick, Kevin Schneider, Domenico Ceroli, Sid Valentine, Joe Fenech...* **Lord, hear us, Lord, hear our prayer.**

Celebrant: Heavenly Father,
shower upon us your blessings
just as you sent the manna from heaven
upon an ancient people,
so that we may rejoice in your providential care.
Through Christ our Lord.