



*The Almighty works marvels for me. Holy his name!*



## Welcome to the Catholic Parishes of St Mary's Mudgee, St John the Baptist Gulgong, St Dominic's Kandos/ St Malachy's Rylstone.



We acknowledge the traditional custodians of the land on which we live, work and pray.  
We walk on Wiradjuri country. May we continue to love and respect the land as they have.



## Twenty First Sunday in Ordinary Time - Year B 22nd August 2021



Fr Dong and I hope and pray that this bulletin finds you well and in good spirits, despite our lockdown being extended at this stage for another week. You will note on this bulletin that we have a few items designed to help us, not only to cope with, but to flourish in these different and difficult times. They maybe of help to you, your family or someone you know.

Staying mentally, emotionally, spiritually and physically well is so important for us all. So please read through some of these helpful articles and maybe print them out and place them on your fridge as an encouraging reminder of a need to care for ourselves (even as you are grabbing something to eat).

We will be live streaming this weekend's Sunday Mass from St Mary's Church Mudgee at 10.00am. Please join us to pray at this time for our communities, nation and indeed our world. Please spread the word to your families and friends and anyone you think may benefit from this time together.

If you are aware of anyone in your neighbourhood or beyond who might need support eg. getting groceries or just a chat, please contact them to see how they are travelling or else please let us know here at the Parish office so we can make contact and follow up. While our Parish Office building is closed for the moment we and the office staff are still contactable via phone or email.

Maybe it's a good time to get the veggie garden up and running again.

God Bless and stay safe.

Fr Owen



### AS OF 5:00PM SATURDAY 14TH AUGUST UNTIL FURTHER NOTICE. THE FOLLOWING RESTRICTIONS APPLY...

To minimise movement and protect regional communities ALL of Regional NSW will be in lockdown.

The reasons you may leave your home include:

- \* Shopping for food or other essential goods and services;
- \* Medical care or compassionate needs (people can leave home to have a COVID-19 vaccination unless you have been identified as a close contact);
- \* Exercise outdoors in groups of 2 or fewer (unless members of the same household);
- \* Work, where you cannot work from home.
- \* Schooling will be done from home.
- \* Masks must be worn indoors (not including the home) and in outdoor settings where you cannot socially distance from others (e.g. while queuing for takeaway).

**Parish Priest**  
Fr Owen Gibbons

**Assistant Priest**  
Fr Dong Van Nguyen

**Parish Deacon**  
Deacon Charles Applin

**Parish Secretaries**  
Mrs Kristie Newman  
Mrs Krista O'Brien

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**Parish Office Hours**  
**Mon 10.00am - 4.00pm**  
**Tue, Wed, Thur, Fri 9.00am - 4.00pm**  
**Closed for Lunch 1.00pm - 2.00pm**

### OUR CATHOLIC SCHOOLS

**St Matthews Catholic School Mudgee:**  
**Principal:** Mrs Angela Myles  
Ph 02 6372 1742  
[www.stmattsmudgee.catholic.edu.au/](http://www.stmattsmudgee.catholic.edu.au/)

**All Hallows Catholic School Gulgong:**  
**Principal:** Mr Bradley Toole  
Ph 02 6374 1582  
[www.allhallowsgulgong.catholic.edu.au](http://www.allhallowsgulgong.catholic.edu.au)

**Masses and prayers requested for the following:**

**For the recently deceased...**

**We remember the anniversaries of:**

Slavko Baricevic, Col Gardiner, Vonny Gilders, Carmen Attard, Brian Kingdom, William Hudson, Pon Fitzgerald Joe Swientek and Joseph Hope

**We also pray for:**

Fr Petar Mak OFM, Phyllis Neubeck (Portland), Neil Brodie, Roberto Oracoy (Philippines), Eileen Horan nee Milton (Bathurst)

**Our thoughts and prayers are with those who are sick at this time:**

Robert Simpson, Dyanna Thommeny, Jennifer Ryan (Bathurst), Fr Vincent Doherty CSsR, Ivan Brec, Peter Morris (Lapstone), Anna Blazevic, Sue Kearins, Suzana Marakovic, John Graham, John Cross, John Vros, Enid Auld, Julie Collins, Tomislav Glavacevic, Mike O'Shea, Maria Leotta, Debbie Solti, Carmel Thompson, John Carney (Rooty Hill), Vicky Gaffney, Cherylanne Adamson, Rodrigo Jaboneta, Elizabeth Taylor (Newcastle), Allen Fenwick (Newcastle), Rebecca Fletcher, Eliza and Elena Vasilis, Anthony Spina, Elizabeth Donnelly, Ursula Smieszek, Jasmine Prada, Mary Cannon and all those in our Nursing Homes.

*And the people stayed home.*

And read books, and listen, and rested,  
and exercised, and made art,  
and played games, and learned  
new ways of being, and were still.

And listened more deeply.

Some meditated, some prayed,  
some dance. Some met their shadows.

And the people began to think differently.

And the people healed.

Kitty O'Meara



**THE CHURCH TOGETHER IN PRAYER**

**'LORD HAVE MERCY'**

**"OUR EYES LOOK TO THE LORD OUR GOD TILL HE SHOWS US HIS MERCY" - PS. 123:2**

**WE ARE DRAWN TOGETHER TO PRAY GIVEN THE CURRENT LEVEL OF NEED AND DISTRESS CAUSED BY COVID-19**

**National Day of Prayer for the Pandemic**

Major denominations and prayer networks across Australia will unite in prayer on Sunday 22nd August 2021, for a National Day of Prayer in response to the need and distress caused by the current COVID-19 pandemic.

This is an initiative of a broad range of Christian communities and includes the involvement of the National Council of Churches Australia. The theme is Lord have mercy; and it calls on us to be especially united in prayer, both individually and at our Sunday Masses.

Bishop Michael McKenna said: "We share in solidarity the sufferings of so many people in our state, our country and around the world. We are called to compassion with those who have been infected by the virus, as well as those whose psychological and economic well-being has been disrupted. We also look beyond our shores to the devastation in other countries, who lack the resources we have."

There will also be an online gathering with church leaders, including Bishop McKenna, offering prayers and reflections at various times during the day.

The initiative includes:

Zoom Prayer on Sunday 22nd August, from 9am-9pm, featuring church and Indigenous Christian leaders.

You can find more information or register for any of the above at: [www.nationaldayofprayer.org.au/lordhavemercy](http://www.nationaldayofprayer.org.au/lordhavemercy)

**What is something new with you this lockdown?**

Do you have photo or a short video of something has inspired you or made you laugh during this lockdown. Please share it with us so we all laugh and be inspired.

Email to [office.mudgee@cdob.org.au](mailto:office.mudgee@cdob.org.au).



**Word and Faith and a Catch up!**

This Sunday night, at 5pm, we will be hosting a General Catch up and Word and Faith session via Zoom.

All are welcome.

If you would like to join, please email us and we will send you the Zoom details.

## REFLECTION by Greg Sunter

For the last few weeks we have heard a number of readings from chapter 6 of the Gospel of John focusing on the teaching of Jesus that he is the Bread of Life, come down from heaven. This reading is the last in the sequence and shows the reaction to Jesus' teaching. What Jesus has been saying in this discourse is incredibly confronting to his Jewish audience. Jesus asserts that he has come down from heaven – from the Father – and that through knowing him one can know the Father. Jews were the first people to have a concept of one God. This belief did not allow for any spouse or child of God, nor any personal manifestation. They struggled with what Jesus was saying because his claim to have come down from heaven could be seen as blasphemous. No wonder many of them walked away from Jesus and wanted nothing more to do with him!

Jesus gives an interesting response to them. He tells them that it is the spirit that is important, not his human flesh, and that the spirit is what he has been sharing with them through his words and actions. He is trying to say to these faithful Jews, don't be hung up about the fact that I'm here in person, listen to my message as you've never heard it before. It is an interesting thought for our modern audience as well. How often do we fail to hear the message of Jesus because we are dismissive of the way in which it comes to us; the messenger; or the circumstances in which we hear it? The message is all the more confronting when it comes from an unlikely (or even un-likable) source. The message of Jesus is to be found in our everyday encounters with everyday people.



### SAVE THE DATE October 21<sup>st</sup> / October 22<sup>nd</sup>

**ABORIGINAL SPIRITUALITY WORKSHOP - ALL WELCOME**  
Yiradhu Marang (G'Day),  
In support of our parishes' ongoing efforts to nurture a welcoming, inclusive relationship with members of their Aboriginal community, the Diocesan Pastoral Council's Participation of Indigenous Catholics Working Group is organising a hands-on workshop-style Aboriginal Spirituality day for members of our parish communities, on October 21/22. This repeat workshop will be held in Orange and Gilgandra.  
More details to be issued in the coming weeks!

### *Pope's Universal Prayer for August* **The Church**

Let us pray for the Church, that she may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.



## Ways to help cope with the Lockdown

### 1. Make self-care a top priority



Whatever your self-care practice looks like, don't neglect it! It could be as simple as prayerful reflection, some deep breathing, practising mindfulness, having a bath or journaling your thoughts.

### 2. Stay connected with family and friends



Revive your Zoom catch-ups, bring back online trivia nights, go old school with the telephone or try out some fun Facebook filters. Chatting to someone is a great mood booster and an easy way to check in on your loved ones.

### 3. Finally read that book you've been putting off



Replace mindless scrolling on your phone with a book. Start off by reading a chapter a day, or immerse yourself for hours.

### 4. Bust a move

YouTube has a range of online exercise classes to suit every kind of fitness lover.



### 5. Go on a virtual tour



Stuck at home doesn't equal boredom. Google Arts & Culture have a great collection of online museum tours. You can also check out the sights of New York City from the comfort of your couch.

### 6. Set a routine

If you worry about procrastinating at home, set yourself an achievable routine. This could include a designated time for lunch, regular breaks or a time to power down devices.

### 7. Stay hydrated



What can help boost your mood, improve sleep quality and give you a healthy glow? Water! Set reminders to get in your daily intake.

### 8. Get some sunlight

Being in lockdown doesn't mean you have to stay indoors 24/7. Go for a walk or relax in your backyard.

### 9. Get enough Sleep

Keep regular sleeping patterns is important for you health.



## Seasons for Peace

### *Ecumenical Prayer Days for World Peace*

Come to Shalom on Wednesday 1<sup>st</sup> September  
For a quiet, reflective Day of Prayer

**WHEN:** On the 1st Wednesday in December, March, June & September.

**WHERE:** Shalom House of Prayer, 7 Collins St, Carcoar

**TIMES:** 9:30am to 2:30pm

There is no cost involved, just bring along some lunch to share.

Morning and Afternoon teas provided

**ALL ARE WELCOME**



**Readings for Twenty First Sunday in Ordinary Time**

**First Reading: [Jos 24:1-2, 15-18](#)**

*We will serve the Lord God, because he is our God..*

Joshua gathered all the tribes of Israel together at Shechem; then he called the elders, leaders, judges and scribes of Israel, and they presented themselves before God. Then Joshua said to all the people: 'If you will not serve the Lord, choose today whom you wish to serve, whether the gods that your ancestors served beyond the River, or the gods of the Amorites in whose land you are now living. As for me and my House, we will serve the Lord.'

The people answered, 'We have no intention of deserting the Lord and serving other gods! Was it not the Lord our God who brought us and our ancestors out of the land of Egypt, the house of slavery, who worked those great wonders before our eyes and preserved us all along the way we travelled and among all the peoples through whom we journeyed. We too will serve the Lord, for he is our God.'

**Responsorial Psalm:**

**[Ps 33:2-3, 16-23. R. v.9](#)**

**(R.) Taste and see the goodness of the Lord.**

1. I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad. (R.)
2. The Lord turns his face against the wicked  
to destroy their remembrance from the earth.  
The Lord turns his eyes to the just  
and his ears to their appeal. (R.)
3. They call and the Lord hears  
and rescues them in all their distress.  
The Lord is close to the broken-hearted;  
those whose spirit is crushed he will save. (R.)
4. Many are the trials of the just man  
but from them all the Lord will rescue him.  
He will keep guard over all his bones,  
not one of his bones shall be broken. (R.)
5. Evil brings death to the wicked;  
those who hate the good are doomed.  
The Lord ransoms the souls of his servants.

**Second Reading: [Eph 5:21-32](#)**

*This is the great mystery, it applies to Christ and the Church.*

Give way to one another in obedience to Christ. Wives should regard their husbands as they regard the Lord, since as Christ is head of the Church and saves the whole body, so is a husband the head of his wife; and as the Church submits to Christ, so should wives to their husbands, in everything. Husbands should love their wives just as Christ loved Church and sacrificed himself for her to make her holy. He made her clean by washing her in water with a form of words, so that when he took her to himself she would be glorious, with no speck or wrinkle or anything like that, but holy and faultless. In the same way, husbands must love their wives as they love their own bodies; for a man to love his wife is for him to love himself. A man never hates his own body, but he feeds it and looks after it; and that is the way Christ treats the Church, because it is his body – and we are its living parts. For this reason, a man must leave his father and mother and be joined to his wife, and the two will become one body. This mystery has many implications; but I am saying it applies to Christ and the Church.

**Gospel Acclamation: [Jn 6:63, 68](#)**

Alleluia, alleluia!

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

**Gospel: [Jn 6:60-69](#)**

*Lord, whom shall we go to? You have the words of everlasting life.*

After hearing his doctrine many of the followers of Jesus said, 'This is intolerable language. How could anyone accept it?' Jesus was aware that his followers were complaining about it and said, 'Does this upset you? What if you should see the Son of Man ascend to where he was before?

'It is the spirit that gives life,  
the flesh has nothing to offer.

The words I have spoken to you are spirit  
and they are life.

'But there are some of you who do not believe.' For Jesus knew from the outset those who did not believe, and who it was that would betray him. He went on, 'This is why I told you that no one could come to me unless the Father allows him.' After this, many of his disciples left him and stopped going with him.

Then Jesus said to the Twelve, 'What about you, do you want to go away too?' Simon Peter answered, 'Lord, who shall we go to? You have the message of eternal life, and we believe; we know that you are the Holy One of God.'