

PARISH OF ST GEORGE

PARISH ADMINISTRATOR: FATHER THADDEUS OPARA

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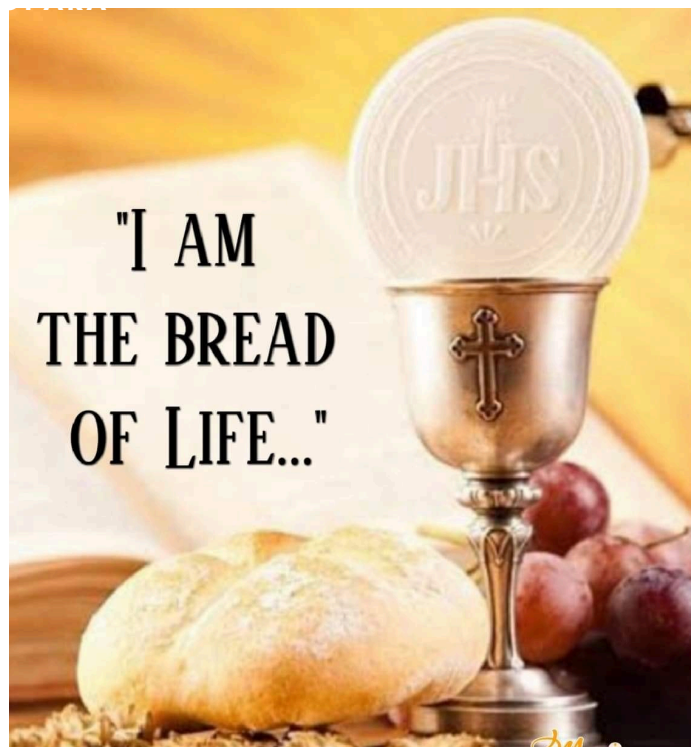
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18th Sunday in Ordinary time, August 04 2024

The Scripture Readings: Ex 16:2-4, 12-15;

Eph 4:17,20-24; Jn 6: 24-35



Today's readings challenge us to be more concerned with spiritual food than with physical food and to get our spiritual food regularly from the word of God and from the Holy Eucharist – the Heavenly Bread – because only God can satisfy the various forms of our spiritual hunger.

The first reading shows us how God satisfied the physical hunger of His chosen people in the desert by giving them manna and quail.

In the second reading, St. Paul advises the Ephesians to satisfy their spiritual hunger by turning away from their former evil ways and by leading renewed lives of love, kindness, compassion, and forgiveness. Paul reminds us that our acceptance of Jesus as the real source of our life and the nourishment of our souls, produces a total transformation in us.

Today's Gospel passage is taken from the "Bread of Life Discourse" in John's Gospel. Here, Jesus makes the unique, bold claim, "I am the Bread of Life; whoever comes to Me will never hunger, and whoever believes in Me will never thirst." Jesus is offering the crowd Bread from Heaven, Bread that will nourish them for eternal life, the Bread available to people who have Faith in Him. When Jesus instructed those who had sought after him for earthly food that they should be fed by the Bread that He would give them, some accepted this teaching, but others turned away disappointed, because Jesus' challenge required a commitment that they were unwilling to make.

LIFE MESSAGE

We need to appreciate and gain the benefits of our Holy Communion with Jesus. Just as our normal food nourishes and strengthens our body, enables us to work, promotes physical growth, and dispels fatigue, our spiritual food in the word of God and in the Holy Eucharist do these things and much more in our soul. Holy Communion (1) Unites us most closely to Jesus Himself, ("He that eats My Flesh and drinks My Blood, abides in Me, and I in him" Jn 6:57)); (2) encouragement to love others and to strengthen the Faith community; (3), Imparts actual graces, including strength to withstand temptation, and the desire to practice virtue, while maintaining, deepening, and increasing Sanctifying Grace in the soul; (4) Lessens the force of concupiscence of the eyes, and concupiscence of the flesh (5) Gives us more self-control, freeing us from repented venial sins of anger, envy, evil thoughts and desires, and other evil propensities; and (7) Cancels the temporal penalties of sin according to the measure of our devotion.

**There will be Mass in Malpas this
Sunday: 4/8/2024 —6:00pm
And Coffee Morning on the 17th this
Month -10am(the same Venue)**

Anima Christi:

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, embolden me.
Water from the side of Christ, Wash me.
Passion of Christ, Strengthen me.
O Good Jesus, hear me.
Within your wounds hide me.

Permit me not to be separated from you.
From the wicked foe, defend me.
At the hour of my death, call me and bid
me come to you.
That with your saints I may praise you
For ever and ever.
Amen



Mass Times

Saturday 03 August	6:30pm	Souls in Purgatory
Sunday 04 August	9:30am 11:00am	Andrew, Sue, Mary Barbara Ron Cook RIP
Monday 05 August The Dedication of the Basilica of St. Mary Major	10:00am	Michelle Pettifor
Tuesday 06 August The Transfiguration of the Lord	10:00am	J C
Wednesday 07 August Ss Sixtus II, Pp & Companions. St. Cajetan	Sacristy	private intentions
Thursday 08 August St. Dominic	10:00am	Sanctification of Priests
Friday 09 August St. Theresa Benedicta of the Cross. Patron of Europe	6:00PM	Mukabe's intentions
Saturday 10 August St. Lawrence	6:30PM	Souls in Purgatory
Sunday 11 August	9:30am 11:00am	Parishioners

Prayers to the Immaculate Heart of Mary .

Immaculate Heart of Mary,
full of love for God and mankind,
and of compassion for sinners,
I consecrate myself to you.
I entrust to you the salvation of my soul.
May my heart be ever united with yours,
so that I may hate sin,
love God and my neighbour,
and reach eternal life with those whom I
love.
May I experience the kindness of your motherly heart
and the power of your intercession with Jesus
during my life and at the hour of my death.
Amen.



**The Month of August is Dedicated to
the Immaculate Heart of Mary**

Mass Offering for July 28th ----£260.65

Standing orders-----£118.25

Sat. 6:30PM	Sun. 9:30am	Sun.11:00am
Roland Young	Gerard Dolan	Tim O'Keeffe

**Confession is Saturdays 5-6pm,
30mins before and after mass and on
request.**

Our Parish Safeguarding representative is
Helen Clarke