

Catholic Parish of the Nambucca Valley



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Our Lady Star of the Sea-Nambucca Heads,

Corpus Christi- Bowraville, St Patricks-Macksville

First Reading

1 Kings 19:9,11-13

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

Responsorial Psalm

Psalm 84(85):9-14

Lord, show us your mercy and love, and grant us your salvation.

Second Reading

Romans 9:1-5

What I want to say now is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

Gospel Acclamation

Ps 129:5

Alleluia, alleluia! I hope in the Lord, I trust in his word. Alleluia!

Gospel

Matthew 14:22-33

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

Trust in Jesus' embrace.

In June 2018, twelve boys and their coach found themselves trapped in a cave in northern Thailand. The flood waters were rising, and the water-filled tunnels of the cave were narrow and pitch dark. Adding to the complexity of their rescue, the children and their coach could not swim. Australian anaesthetist and cave diver Richard Harris and his colleague Craig Challen were willing to take a leap of faith. They would anaesthetise them all to prevent panicking or drowning. This innovative strategy was crucial in the eventual success of the international rescue operation. Likewise, the disciples' panic at the rising storm buffeting their boat must have been compounded by Jesus's sudden appearance as he walked across the water. Jesus's loving reassurance that he was not a ghost – "It is I, do not be afraid" – would have quelled their fears. Peter's response may resonate with many of us: "Lord, if it is you, tell me to come to you on the water." We trust in the Lord; yet need reassurance. Jesus's response fills Peter with peace and courage. He says simply to Peter, "Come." Peter gets out of the boat and, quite miraculously, finds himself walking on the water towards Jesus. But, looking at the wind and the waves around him though, starts to sink. He cries out to the Lord and immediately Jesus reaches out and rescues him. In that moment, Peter's relief at Jesus' timely rescue must surely have been accompanied by the overwhelming realisation that Jesus' loving, tender presence would never have let him drown.

Peter realises that he is deeply and tenderly loved, in spite of all his inadequacies. Some years after the cave rescue, Richard Harris said in an interview that while growing up, he had a sense of struggling to find where he felt he belonged. Leaning into his sense of vulnerability, he discovered the camaraderie of companions who shared his passion for the outdoors. Their adventures in cave-diving helped them discover a newfound courage as they went beyond the limits imposed by their anxieties. As Bishop Robert Prevost in Peru, Pope Leo exemplified a deep spirit of accompaniment with those in need. When covid-19 hit Peru, oxygen shortages and economic collapse led to widespread deaths. He organised for oxygen supplies to be distributed. Despite the exhausting logistics of this operation, he persisted in working in solidarity with everyone involved. Sometime after the covid pandemic, during the floods in the region, he was present with those struggling as he stood knee-deep in flood waters, assisting in relief operations. Even at our most vulnerable moments, Jesus invites us to be courageous and audacious in trusting his steadfastness and his unfailing embrace of our frailties. Let us lean into the accompaniment of those who walk with us. Jesus looks steadfastly at us across the wind and water, and says, “Come”. Sophie Clements © Majellan Media 2026

Announcements:

Catholics are encourage to identify their religious affiliation in the **Census** next Tuesday (11 August). In a message to parishes on Sunday, the Melbourne Archdiocese said the nationwide count was a crucial opportunity for the Catholic community to be recognised and for its needs to be understood.

Vocations Awareness Week, August 2 -9 2026

Is God calling you? Are you ready, to say, “Speak Lord, your servant is listening,” and to begin listening to know if God may be calling you to be a priest, deacon or religious? To begin that journey of discernment contact the Director of Vocations Lismore Email: vocations@lismore.catholic.org.au Mob: 0494 656 854 Ph: 02 6621 9444

Eucharist28 Update: Eternal Life in the Eucharist

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 every Mass, the celebration of the Eucharist is a moment of communion where we are all united in Christ, who’s body and blood we share. Through sharing the Eucharist, we draw closer to each other and to God. In the Scriptures, Jesus tells us that “Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up on the last day.” (John 6:54) God wants us to be with Him for eternity, and through the Eucharist He invites us into a deeper communion with Him. Through the Eucharist, Christ unites us to Himself and draws us into the eternal life He promises. Jesus defeats death and offers us eternal life. At each Mass, the Church offers the Eucharistic sacrifice for the faithful departed, so that those who have died in Christ but are not yet wholly purified may be cleansed and enter into the fullness of the resurrection, sharing light, peace and eternal life in Christ. As the Catechism of the Catholic Church teaches: ‘The Eucharistic sacrifice is also offered for the faithful departed who “have died in Christ but are not yet wholly purified,” so that they may be able to enter into the light and peace of Christ.’ (CCC, 1371) To help your parish and community experience this moment of Eucharistic renewal on the journey to Eucharist28, head to eucharist28.org for more.

WE PRAY FOR THE SICK

Pauline Baker, Fay Gough , Joye Thorne, Elaine Gosson, Nicky Hemsworth, Roy Pritchard, Kathleen Mitchell

**WE PRAY FOR THOSE WHOSE ANNIVERSARIES
OCCUR AT THIS TIME**

Fr Edward Galavan, John Howle,Cresencia Batika, Max & Monica Dunbar, Fr Chris Riley, Joseph Hong

WE PRAY FOR THE RECENTLY DECEASED

Marie Clare Mainey, Peter Richardson, Coral Ryan(nee Ussher)

****Mass Intention envelopes are located at the back of the Church****



Tue 11th August	9.30am Mass at Macksville
Wed 12th August	No Mass
Thu 13th August	No Mass
Fri 14th August	9am Adoration, 9.30am Mass at Nambucca Heads
Sat 15th August	4:30 Confession 5:00 pm Mass at NH
Sun16th August 20th Sunday in Ordinary Time	8am Mass at Macksville 9:30 am Mass at Bowraville