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### First Reading

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord. 'Do not become proud of heart. Do not forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.

### Responsorial Psalm

Praise the Lord, Jerusalem.

### Second Reading

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

### Sequence

Behold the bread of angels, sent. For pilgrims in their banishment, The bread for God's true children meant, That may not unto dogs be given: Oft in the olden types foreshowed; In Isaac on the altar bowed, And in the ancient paschal food, And in the manna sent from heaven. Come then, good shepherd, bread divine, Still show to us thy mercy sign; Oh, feed us still, still keep us thine; So may we see thy glories shine In fields of immortality; O thou, the wisest, mightiest, best, Our present food, our future rest, Come, make us each thy chosen guest, Co-heirs of thine, and comrades blest With saints whose dwelling is with thee. Amen. Alleluia.

### Gospel Acclamation

Alleluia, alleluia!

I am the living bread from heaven, says the Lord; whoever eats this bread will live forever.

Alleluia!

### Gospel

Jesus said to the crowd: 'I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.' Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied: 'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him.

As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

The Eucharist not only keeps alive the memory of what Christ has done by giving his life for us. More profoundly, the Eucharist manifests the ever-present experience of what Christ and the Spirit continue to do for us throughout our lives. This week's first reading (Deuteronomy) connects the celebration of the Eucharist to the Exodus event of Israel's liberation from slavery in Egypt. Again, the Israelites do not just remember what God has done for them in the past – liberating them, and feeding them in the desert with "manna from heaven" – but celebrating the way God continues to be with them throughout all of life's trials, tribulations, hopes and joys. Everything we have – food, shelter, love, friendship and personal talents – are gifts given to us by God to share with others. In St Paul's Letter to the people of Corinth, we are told the gifts of bread and wine are the very body and blood of Christ enabling us to be in communion with the Trinitarian God. Moreover, Paul's emphasis on "one loaf" means, in the words of the hymn, "we though many are truly one."

**Deuteronomy 8:2-3,14-16**

**Psalm 147:12-15,19-20**

**1 Corinthians 10:16-17**

**John 6:51-52**

**John 6:51-58**

Hence the importance of the sign of peace we offer to one another each time we celebrate the Eucharist. In the gospel, we hear Jesus speak of the “living bread that comes down from heaven.” Pope Francis told us that “the Eucharist is not a prize for the perfect, but medicine and nourishment for the weak!” In saying this he is not suggesting we should go to the Eucharist without thoughtfulness, prayer and presence of mind; but he is also reminding us that all of us, without exception, come to the Eucharist as sinners in need of God’s healing grace and mercy. Pope Francis also provides guidelines for how the Eucharist should make a real difference in our lives and relationships with others. First, he says, we need to relate to people, sharing in their joys, hopes, sorrows and sufferings. Furthermore, this should enable us to reach out to the poor, sick and marginalised people, seeing in them the face of Christ. Second, experiencing God’s forgiveness in the Eucharist should enable us to see ourselves as “forgiven sinners” who are empowered to reach out in forgiveness to others. In this way the Eucharist enables us to overcome pride and division. Third, the Eucharist should enable us to become active disciples of Jesus Christ. While we Christians do not claim to be better than others, we nonetheless recognise our particular mission is to make Christ known and loved through a spirit of prayer, action and care for all our brothers and sisters, most especially those in need. In the words of Anglo-Catholic poet TS Eliot, Christ is “the still point of the turning world.” It is especially through our celebration of the Eucharist that our distracted, busy, turning worlds are stilled by the overpowering, silent mystery that camouflages the saving, liberating, loving presence of Christ in the broken bread and sweetened wine. For He is indeed truly present among us as the very life of the world. Gerard Hall SM © Majellan Media 2026

**Announcements:**

A special thank you to **Lorraine and Brian King**

**A special thanks to May & John Harris, Bill Shepherd, David, Barney and Rose for the delicious breakfast, May God Bless you for your dedication and committment.**

Kindly note our Parish email address has been changed to: [parish@nvparish.org.au](mailto:parish@nvparish.org.au)

We wish you a happy feast of the body and blood of Christ.

**WE PRAY FOR THE SICK**

Pauline Baker, Fay Gough , Joye Thorne, Elaine Gosson

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

Fr. Edward Crowley,Ivan Mcleod ,Paul Clough, Bill Glover,  
Pat Quirk, Marlene Cooke, Don Mcleod , Leo Quirk,  
Mary Malone

**WE PRAY FOR THE RECENTLY DECEASED**

Father Bernie McFadyen,  
Dr Sally Towns, Brenda Durham

<b>Tue 9<sup>th</sup> June</b>	Riverside gardens Mass 11am Scotts Head Mass 1.30pm
<b>Wed 10<sup>th</sup> June</b>	<b>No Mass</b>
<b>Thu 11<sup>th</sup> June</b>	<b>Mass 9.30 St Patricks</b>
<b>Fri 12<sup>th</sup> June</b>	<b>9am Adoration, 9.30am Mass at Nambucca Heads</b>
<b>Sat 13<sup>th</sup> June</b>	<b>4:30 Confession 5:00 pm Mass in NH</b>
<b>Sun 14<sup>th</sup> June 11<sup>th</sup> Sunday Ordinary time</b>	<b>8am Mass in Macksville 9:30 am mass in Bowraville</b>

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