

## BEING TRULY THANKFUL

Complaining about life's woes is a fairly common human experience. We find it in today's Exodus account of the Israelites wandering in the desert. Although they had been freed from slavery, they now find themselves in search of food and bitterly complaining of their situation to Moses and Aaron. Yet, we also know how the story ends: the Lord sends them heavenly bread, but only after they have been tested to learn the lesson that God does not abandon the chosen people.

"What have you that you have not received?" asks Paul in a letter to the complaining Corinthians.

We know we live in a world where so many have legitimate grounds for complaint: people without jobs, housing, education, medical necessities, drinkable water or adequate food. There are some Australians who live in urban and outback places who go without basic human needs.

Yet, most of us enjoy more than adequate 'things' to live by. Probably, though, we simply accept these 'gifts of life' without too much thought about the blessings we have received. Often it is those of us who have most who are the least aware of our need to be thankful. Everything we have, including life itself, says Paul, is a precious gift of our Creator.

In today's letter to the Ephesians, Paul asks us up front: are we still corrupted by illusions? Are our lives taken up with false desires – power, success, money, prestige – to the point that we Christians live an aimless kind of existence and have learnt nothing from Christ? No, says Paul, this is not good enough. Rather, we must undergo a "spiritual revolution" and "put on the mind of Christ" to learn that God's abundant blessings are everywhere about us.

After feeding of the 5,000, Jesus leads his disciples to spiritual awakening. He tells them they need to think beyond material things and "work for food that lasts forever". Most of the disciples remain dumbfounded and ask Jesus for (another) sign. After all, they say, did not Moses give a sign by providing "manna in the desert"?

Jesus rebukes this kind of thinking, reminding them it was not Moses but God who gives "bread from heaven". Jesus then confronts them with his astounding claim: he is the true "bread of life"; and those who come to him will never be hungry.

As disciples, we are called to reassess our lives in light of Jesus' invitation to enter into living relationship with him. He is the "bread of life" we share in the Eucharist and other sacraments, the one we seek in prayer, the one we find in those most neglected, forgotten and in need.

If we stay centred on ourselves and our own little worlds, we will find many things that cause pain and sorrow. If we focus on the ills of the wider world, we will have even more reason for despondency, even despair. Rather, let us become spiritually alive to God's abundant generosity that is freely given. Let us become Christ for others.



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## Gosnells Parish

Our Lady of the Most Blessed Sacrament Church  
Archdiocese of Perth  
Western Australia



**Parish Priest: Fr Brennan Sia**  
brennan.sia@perthcatholic.org.au

Address: 175 Corfield St, Gosnells WA 6110  
Alternate Entry by: 1 Isdell Place, Gosnells  
Postal Address: PO Box 297,  
Gosnells WA 6990  
Telephone: 9398 2331  
Email: [gosnells@perthcatholic.org.au](mailto:gosnells@perthcatholic.org.au)  
Website: [www.gosnellsparish.org.au](http://www.gosnellsparish.org.au)

### PARISH OFFICE HOURS

**Tuesday to Friday 9.00am - 1.30pm**

Entry by: 1 Isdell Place, Gosnells

### Parish Secretary:

Naomi Newman: 9398 2331  
Email: [secretary@gosnellsparish.org.au](mailto:secretary@gosnellsparish.org.au)

### Catechist Coordinator

Gen De Souza: 0408 717 809

### Safeguarding Officers

Email: [safeguarding@gosnellsparish.org.au](mailto:safeguarding@gosnellsparish.org.au)  
0432 398 973

### SVDP Local Contact

Loretta Watson: 0451 794 790

### Gosnells Youth

Veronica Ayeni: 0424 812 632  
Email: [gosnellsyouth@gmail.com](mailto:gosnellsyouth@gmail.com)

**4th August, 2024**

**18th Sunday in Ordinary Time**

**Year B**

**Green**

**Today's Readings**

Exodus 16:2-4, 12-15

Ephesians 4:17, 20-24

John 6:24-35

**11th August, 2024**

**19th Sunday in Ordinary Time**

**Year B**

**Green**

**Today's Readings**

1 Kings 19:4-8

Ephesians 4:30 - 5:2

John 6:41-51

### St Munchin's Catholic Primary School



Principal: Mr Kevin Duffy  
1 Isdell Place, Gosnells  
PO Box 172, Gosnells WA 6990  
9234 7555  
[admin@stmunchins.wa.edu.au](mailto:admin@stmunchins.wa.edu.au)

Follow Truth

# Sunday Bulletin

Parish Liturgies	
<b>Weekend Mass</b>	Saturday 6.00pm Vigil Mass, Sunday 7.30am, Sunday 9.30am
<b>Weekday Mass</b>	Monday 8.00am Communion Service (Mass on Solemnity only) Tuesday 6.00pm Mass - (1st Tuesday Mass of Anointing ) Wednesday, Thursday & Saturday 8.00am Mass Friday 9.00am Mass
<b>Reconciliation</b>	Saturday 5.00pm - 5.45pm or by appointment
<b>Buckley Caring Centre</b>	10.00am Mass - Second Thursday of the Month
<b>Juniper Aged Care</b>	11.00am Mass - Third Friday of the Month
<b>Rosary</b>	After weekday Masses
<b>Exposition</b>	Tuesday 5.00pm - 6.00pm with Benediction, Sunday 6.00pm - 7.00pm
<b>Charismatic Prayer</b>	Thursday 7.15pm - 9.00pm.
<b>Baptism</b>	Sunday at 11.00am, or by arrangement
<b>Marriage</b>	By appointment - Minimum <b>SIX MONTHS</b> notice for preparation etc

## Praying For You



**Recently Deceased**  
Owen D'Souza

**Death Anniversary**  
Yvette Paul,  
Phyllis Higginson, John Callaghan

**Our Sick**  
Ann Ralston, Kathleen Mansfield,  
Maria Siciliano, Susanne Carroll,  
Assunta Wambeck, Fran Vallis, Pat Simm,  
Ammi Jose, John Breag, Conrad Briggs,  
Joel Celine, Dennis Ford, Letecia Niembra,  
Wendy Kraft, Dolly, Elvira Panici-Allen,  
Annabelle McNess, Erika McNess,  
Abby McNess, Richard Bisnath,  
Wendy Price, Fran Wiffen.

### Want to support your Parish?

You can now deposit your contribution directly into parish accounts.

**First Collection**  
Supports our Parish Priest, Priests in smaller Parishes  
or remote Parishes that require assistance.  
**A/c name:** Gosnells Parish - 1st Collection Account, **BSB:** 086-006, **A/c:** 705883907,  
**Reference:** 1st Collection (your name optional)

**Second Collection**  
Ongoing administration costs, funds for future growth  
and improvements of the Parish.  
**A/c name:** Gosnells Parish, **BSB:** 086-006, **A/c:** 773984777,  
**Reference:** 2nd Collection (your name optional)

### Feast Days this Week

Aug 6	Tue	Transfiguration of the Lord
7	Wed	St Sixtus & his companions, St Cajetan
8	Thu	St Mary of the Cross (Mary MacKillop)
9	Fri	St Teresa Benedicta of the Cross
10	Sat	St Lawrence

### Parish Meetings

**Parish Pastoral Council**  
Tuesday 14th August, Parish Centre, 6.45pm

**Vinnies**  
Wednesday 15th August Parish Centre, 7.30pm

### Rosters for 3/4 August, 2024

Mass	Greeters	Reader	Commentator	Acolyte	Extraordinary Ministers	Altar Servers
Saturday 6.00pm	Theresa Spicer Sandra Wren	Aydriel Ratnasekera	Sandra Wren	Colin Loh	Bridget Soh Mark van Ingen	Carl Agus, Melanie Beacher Jacob Malou, Joshua Manda
Sunday 7.30am	Inoka Ratnasekera Sandra Reid	Jenny Mills	Geoff Mills	Geoff Mills	Sue Frawley Vincent Frawley	Tom Antu, Bionney Bangayan Diobett Bangayan, Richardson Saw
Sunday 9.30am	Debora Ayeni Veronica Ayeni	Jerlyn Patrick	Tiffany Mitchell	Lenny Dcruz	Jim Brink Maureen Byrne	Martin Yatar, Carl Borlongan Florian Christstar, Leslie Dcruz Angel Garavillas, John Gilmore
Tellers this week: Jim & Anne Brink, Kerry Keys				Tellers next week: Bette Lyra, Clint & Thu Barnes		

### Rosters for 10/11 August, 2024

Mass	Greeters	Reader	Commentator	Acolyte	Extraordinary Ministers	Altar Servers
Saturday 6.00pm	Faye Mitchell Jemima Pinto	Mary Ann Bombita	Kaye Cox	Richard Serrano	Ludette Van Der Spil Miriam Villan	Kyle Marquis, Clinton Matthews Aydriel Ratnasekera, Jacob Raymond
Sunday 7.30am	Shania Tido Eric Almen	Ann Ralston	Chloé Pereira-Smith	Gerard Peters	Russell Lally Rod McAtee	Rosemary Saw, Scott Tido Caleb Watkins, Callie Abogado
Sunday 9.30am	Anne Brink Maureen Byrne	Ciara Malagui-Hicks	Bec Malagui-Hicks	Dan Hewitt	Angela Bushby Cigi Dcruz	Gabino Htoo, Austin Jacob James Jacob, Liam James Kripa Jojo, Olivia Justin

WE CARE

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Marycare Maureen L 0414 937 440 Anne 9490 3377 Maureen B 0411 691 959





## Catholic Mission Appeal Thank You

Thank you for your prayers & generous response to this year's Catholic Mission Appeal. Your donations are helping our missionaries in Mongolia and around the world provide safe haven & support for vulnerable people escaping domestic violence & homelessness. If you missed the opportunity to support this important missionary work last week, you may place your Catholic Mission Appeal envelope either in the 1st or 2nd collection today or go online at [www.catholicmission.org.au/mongolia](http://www.catholicmission.org.au/mongolia) to make a donation. Should you be keen to support the work of Catholic Mission through a bequest, or as a volunteer, or in other ways, please email Francis Leong at [director.cm@perthcatholic.org.au](mailto:director.cm@perthcatholic.org.au) to explore the possibilities.




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**Take Time: Stop for a Cuppa!**

After all Masses this weekend, and the first Sunday of every month. Enjoy the company of other parishioners. Take a moment to get to know someone new! Volunteers, please check the roster to see if you are on. Thanks to all on the Morning Tea Roster.



**Parish First Eucharist**

Please keep us in your prayers as we journey through our final preparations for our First Eucharist.

Alexander, Alice, Aluel, Aswan, Axel, Bae, Brianna, Brooklyn, Bryan, Caleb, Charles, Chelsea, Cooper, Cynthia, Emilie, Ethan N, Ethan S, Evan, Garrick, Gumwa, Ivy, Jean, Kiana, Joanna, JP, Lacey, Luke, Marina, Matthew, Myron, Nicholas, Olivia, Roselle, Savannah, Sebatson, Shaun, Simon, Sophie and Thejus.

**Accompanying People on the RCIA Journey**

Help shepherd our RCIA enquirers, and all visitors searching for hope and purpose in life. Every person craves to belong. A friendly smile, words of welcome or a chat over coffee, are the invitation to begin that journey. These are the same starting points for the RCIA. If comfortable with the above, join other parishioners on 14th August for the Come and See workshops to: discover more about the RCIA process and ways you can help to shepherd those seeking to know Jesus Christ, the Good Shepherd. Workshop 1 will take place in the Gosnells Parish Centre from 6.30pm to 8.30pm, Wednesday 14th August. Sign up on the sheet in the foyer or contact the parish office to register.

**Parish Planned Giving**

Don't forget to pick up your envelopes today! Our Parish Planned Giving Program forms part of the Second Collection providing for the ongoing upkeep and development of the parish. If you want more information about contributing to your parish by this means, please contact the Parish Office, 9398 2331.

**Thank you to all who generously support the Parish.**

**Shalom World TV Presents Mary Mackillop - Australia's First Saint**


This weeks' program on "Glorious Lives", which features the inspiring life stories of Catholic saints, premieres the life story of Australia's beloved saint, St. Mary MacKillop, scheduled for Thursday 8th August at 7:00 PM on Shalom World TV, aligning with the saint's feast day. This compelling film, produced over six months, combines dramatic re-enactments with expert interviews to delve into her extraordinary life. Log onto [www.shalomworld.org](http://www.shalomworld.org) or download the free Shalom World App to see the full feature.



IN THE FOOTSTEPS OF **MARY MACKILLOP**

**PILGRIMAGE 15th - 26th October 2024**

FIND OUT MORE PHONE: (02) 8912 4818  
or EMAIL: [national.pilgrimage@mmp.org.au](mailto:national.pilgrimage@mmp.org.au)  
LINK: [www.marymackillopplace.org.au](http://www.marymackillopplace.org.au)

**Parish Safeguarding Officers**

The Perth Catholic Archdiocese is committed to the safety and security of all children and young people. If you have any safety concerns about a person in the parish or about a child protection or child safety issue, you can discuss it with the Parish Safeguarding Officers. Phone 0432 398 973 or email [safeguarding@gosnellsparish.org.au](mailto:safeguarding@gosnellsparish.org.au)

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## Golden Age Club



The next Club Day will be in the Parish Centre Tuesday 6th August from 9.00am. BYO lunch. Bingo from 12.15pm. For all parishioners 50 years and over to enjoy card games, carpet bowls, fellowship. New members are always welcome.

Attendance Fee \$2.00. More information from Rose Heald 0418 948 245.

## Why Be Catholic - A Family Conference

Discover God's love and your unique calling at this year's WBC24 Family Conference, a transformative retreat for all. Themed "*Beloved: We love, because he first loved us*" (1 John 4:19), this is an invitation to three days of prayer and discovery as we reflect on God's love and His plans for us, both individually and as families. Join us for this weekend of faith, love, and purpose that will inspire you to embrace God's unique plan for your life. Early bird registration is now open invest in your spiritual future at WBC24! See bulletin board for conference overview.



For more information and registration, visit [www.evangelisationaustralia.com/events](http://www.evangelisationaustralia.com/events).

## Save The Date - Launch of the 2024-25 Social Justice Statement

Thursday, 5th September 2024

The Australian Catholic Bishops Conference (ACBC) Social Justice Statement for 2024-25 will be launched in Perth by Aux. Bishop, Don Sproxtton, 9.45am (for a 10am start) at John XXIII College, John XXIII Avenue, Mount Claremont. We would love to see you at the 2024-25 launch of what is sure to be another insightful and very timely document, focusing on '*Truth & Peace: A Gospel Word in a Violent World*'.

## Catholic Earthcare Convocation for the Season Of Creation (2024)

Wonder, Weave, Heal

You are invited to participate in the Catholic Earthcare Convocation for the Season of Creation, Thursday 12th to Saturday 14th of September. We are called to 'Wonder', 'Weave' and 'Heal' Earth and the whole of creation. Gather online during Day 1 and 2 to engage in keynote presentations, workshops, discussions and spiritual experiences. Day 3 of the convocation has us gathering together in our diocese to transform our learnings into action. The Perth hub will be held at the Catholic Pastoral Centre in Highgate.

For more info visit <https://jedo.perthcatholic.org.au/>.

Please register at <https://www.caritas.org.au/soc-convocation>.



## Safeguarding Induction for All Church Workers

The Australian Catholic Bishops Conference has broadened safeguarding to include adults at risk. ALL church workers (volunteers or paid) are to attend a 1-hour safeguarding induction. A church worker is anyone in the parish in any role – paid or voluntary. If you haven't attended the induction in the last 3 years, please register for the upcoming session. This induction provides an overview of the Safeguarding Policies and Procedures, the role of the Parish Safeguarding Officer, and the importance of Safeguarding within the parish.

To register please visit:

<https://safeguarding.perthcatholic.org.au/training/#induction> or phone 9221 7762.

Available dates and times are on the bulletin board.



## Used Stamps Needed

Mary MacKillop International and the Sisters of St Joseph are helping to eliminate poverty and suffering by collecting used stamps from various parishes and selling them to raise funds for community programs in Peru, Timor and Papua New Guinea. Our parish has a box for donations of used stamps.

## On The Bulletin Board

Employment opportunities from the Archdiocese of Perth.

Various pilgrimages, retreats, youth events and lots more!

Please have a look on our bulletin board for more information.



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