



# St Mary's Cathedral

SYDNEY

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**Sunday, 19 Aug 2018**  
**Twentieth Sunday in Ordinary Time – Year B**

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Dear Parishioners and Visitors,

The Gospel readings for today continues the proclamation of Chapter 6 of the Gospel according to St John: Our Lord's discourse on the "Bread of Life."

It is timely, then, to discuss the reception of Holy Communion.

In Australia, with the Holy See's approval, it is permitted to distribute Holy Communion on the hand to those who wish to receive Communion that way. Communicants may also receive standing or kneeling, at their choice.

The "General Instruction of the Roman Missal," as issued for use in this country, notes that "In Australia standing is the most common posture for receiving Holy Communion. The customary manner of reception is recommended to be followed by all, so that Communion may truly be a sign of unity among those who share in the same table of the Lord."

In other words, there is an important value in doing what everyone else does at Communion, rather than doing your own thing; but nevertheless the choice of tongue or hand, kneeling or standing, is up to the individual communicant.

There are limits to that flexibility however, since at Masses in the “Extraordinary Form” (the traditional Latin Mass using the Missal of 1962, such as the Sunday 12.15pm Mass here in the Cathedral) Holy Communion can only be received kneeling, on the tongue.

**Do not carry anything in your hand if you wish to receive the host in it, remove gloves, make sure your hand is clean, and hold up both your hands up at a good height, resting one on top of the other.** The priest or minister places the host on your upturned palm, you then take the host with the other hand and put it in your mouth.

You must consume the host in the presence of the minister. So do not turn away to return to your seat still holding the host. You might step slightly to the side before consuming the host while facing the altar, but do not turn around and walk away with the host or the priest or other minister may have to chase after you to make sure the sacred host is not being profaned.

**If you wish to receive Communion on the tongue, open your mouth a little, extend your tongue a little beyond your teeth.** Some people stick their tongue out way too far, so there a danger the host will fall off. Others just open their mouth without extending their tongue and expect the priest to stick his fingers in their mouth – that is NOT the correct way to receive Communion on the tongue.

Whichever way you choose to receive Holy Communion, please do it properly, in a reverent way. Most importantly, all of us must be properly spiritually prepared. Sacramental confession and absolution is a must, not an optional extra, for anyone who has committed a grave sin, before coming to Communion. And you cannot be in sacramental communion with Christ if you are not already in communion with his Church.

God bless,

*Fr Don Richardson, Dean*



*Liturgy...*

**First Reading Prv 9:1-6**

**A reading from the book of Proverbs**

*Come and eat my bread; drink the wine I have prepared.*

Wisdom has built herself a house, she has erected her seven pillars, she has slaughtered her beasts, prepared her wine, she has laid her table. She has despatched her maidservants and proclaimed from the city's heights: 'Who is ignorant? Let him step this way.' To the fool she says, 'Come and eat my bread, drink the wine I have prepared! Leave your folly and you will live, walk in the ways of perception.'

**The word of the Lord.**

**Response: Thanks be to God!**



*Liturgy...*

**Responsorial Psalm Ps 33:2-3. 10-15. 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. Revere the Lord, you his saints. They lack nothing, those who revere him. Strong lions suffer want and go hungry but those who seek the Lord lack no blessing. *(R.)*

3. Come children, and hear me that I may teach you the fear of the Lord. Who is he who longs for life and many days, to enjoy his prosperity? *(R.)*

4. Then keep your tongue from evil and your lips from speaking deceit. Turn aside from evil and do good; seek and strive after peace. *(R.)*



**Second Reading Eph 5:15-20**

**A reading from the letter of St Paul to the Ephesians**

*Be watchful that you may know the will of God.*

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but your lives should redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God who is our Father in the name of our Lord Jesus Christ.

**The word of the Lord.**

**Response: Thanks be to God!**



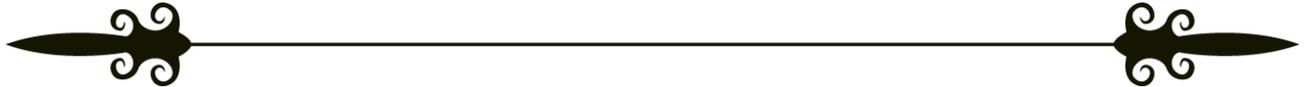
Liturgy...

**Gospel Acclamation Jn 6:56**

**Alleluia, alleluia!**

All who eat my flesh and drink my blood  
live in me and I in them, says the Lord.

**Alleluia!**



**Gospel Jn 6:51-58**

**A reading from the holy Gospel according to John**

*My flesh is real food and my blood is real drink.*

Jesus said to the crowd: 'I am the living bread which has come down from heaven. Anyone who eats this bread will live forever 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 Gospel of the Lord**

**Response: Praise to you Lord Jesus Christ**





**CATHEDRAL CLERGY**

*Archbishop Anthony Fisher OP  
 Father Donald Richardson, Dean  
 Father Brendan Purcell  
 Father Emmanuel Yoon Jae Seo  
 Father Pierluigi Passoni*

**CATHEDRAL STAFF**

*Chris Backhouse- Cathedral Sacristan  
 Thomas Wilson – Director of Music  
 Helen Morassut – General Manager, St Marys  
 Cathedral Precinct*



**A COPY OF THE CATHOLIC WEEKLY CAN BE PURCHASED FOR \$2**

<b>Weekend Mass</b>	Saturday Vigil: 6.00pm Sunday: 7.00am, 9.00am, 10.30am (Solemn High Mass); 12.15pm Latin Mass in the extraordinary form; 6.00pm Mass
<b>Weekday Mass</b>	Monday to Friday: 6.45am, 1.10pm & 5.30pm Saturday: 9.00am & 12noon Public Holidays: 9am (or as advertised)
<b>Reconciliation</b>	Monday-Friday: 12noon - 1.00pm & 5.00pm - 5.25pm Saturday: 11.30am - 11.55am, 4.30-5.30pm
<b>Vespers (Evening Prayer)</b>	Monday to Thursday: 5.00pm Saturday: 5.30pm Sunday: 5.00pm (with Benediction of the Blessed Sacrament)



**\*\*COELIACS:** Special Provision is made for Coeliacs at the Cathedral. Those who are gluten intolerant may receive communion either from the Chalice or with a gluten low host. Application should be made to the Sacristan before Mass.



## CATHEDRAL NOTICES .....

### MEMORIAL MASS FOR THE UNBORN.

Most Rev Anthony Randazzo, Auxiliary Bishop of Sydney, will offer the annual *Memorial Mass for the Unborn* on **Wednesday, 29 August - 7.00pm** at St Mary's Cathedral. The Mass will be offered in commemoration of the unborn children lost to abortion and in solidarity with the mothers and fathers who grieve this profound loss. During the Mass 74 candles will be bought forward in remembrance of the 74 lives lost to abortion each day in NSW. All are invited to attend. Enquiries: Life, Marriage and Family Centre: **9307 8400** or [LMFEvents@sydneycatholic.org](mailto:LMFEvents@sydneycatholic.org).

**CENTUM OCTOGINTA LECTURE II OF XII.** To celebrate the 180th Anniversary of St Benedict's Parish, Broadway, the second of the twelve lectures titled '*Integrating the Sacred Liturgy (Opus Dei) in daily life*' will be given by Notre Dame Prior - Fr. Pius Mary Noonan OSB. The lecture will be on **Thursday, 30 August** in St Benedict's Building-Level 2 Theatre starting at 7pm. RSVP for catering purposes: <https://goo.gl/cdPKXE>.

### WORLD YOUTH DAY PANAMA 2019.

The Catholic Archdiocese of Sydney invites young adults to pre-register for the WYD2019 Panama via Washington DC pilgrimage, which will be led by His Grace, Archbishop Anthony Fisher OP. **Pilgrims wishing to accept the offer of a subsidy need to pre-register by depositing a minimum, non-refundable deposit of \$1,000.** The deposit will confirm your place on the pilgrimage. The Archdiocese will then add \$1,000 to your account. The Indicative cost of the pilgrimage is \$8,686. For pilgrims considering the optional Mexico extension, the indicative total cost is \$9,786. Note that should the pilgrimage not go ahead as planned, all deposits shall be returned in full. For more information and deposit details please contact [abel.gaspi@sydneycatholic.org](mailto:abel.gaspi@sydneycatholic.org).

### FREE SUNDAY TOUR OF ST MARY'S CATHEDRAL.

Our tour guides would love to take you through the history of the Mother Church for Australian Catholics with a **free tour every Sunday after the 10:30am Solemn Choral Mass**. Please look out for the tour guide next to the organ console after Mass. All are welcome!

### EMBRACE, YOUNG ADULTS GROUP.

Embrace is St Mary's group for young people of 18-35 yrs old from all cultures and backgrounds. We meet **every Sunday at St Mary's Cathedral House, adjacent to the Cathedral, after the 6.00pm Mass**. Our activities and youth projects are designed to support spiritual development and encourage active practice of our faith. For **19 August**, Embrace will view Part 1 of the movie: *Restless Heart (The Confessions of St Augustine)*. You are welcome to join: please call/text Embrace Coordinator on **0404 008 870** or write to [embrace@stmaryscathedral.org.au](mailto:embrace@stmaryscathedral.org.au).

**CATHOLICCARE.** Our CCareline team was formed to assist struggling families to find the services they need in difficult times. To contact a telephone counsellor for assistance please ring **13 18 19**.

**WORLD MEETING OF FAMILIES – 21-26 AUGUST 2018** Dublin, Ireland, has been chosen by Pope Francis to host the next World Meeting of Families from **21-26 August 2018**. Guided by the theme “The Gospel of the Family: Joy for the World”. Held every three years, this major international event brings together families from across the world to celebrate, pray and reflect upon the central importance of marriage and the family as the cornerstone of our lives, of society and of the Church. For further information: <https://www.worldmeeting2018.ie/en/>.

**WRITE TO SENATORS TO OPPOSE EUTHANASIA.** The Senate will this week vote on a Bill which would allow territories to legalise euthanasia and assisted suicide. Please contact your senators TODAY and ask them to protect vulnerable people by voting against the Bill. Visit the HOPE website to send your message <http://www.no euthanasia.org.au/sign>

**LIFECHOICE AUSTRALIA** is running pro-life training for young people on **Saturday, 25 August**. Two international speakers will run the workshops - Brendan Malone from New Zealand and Lia Mills from Canada. This will be a great opportunity for young people to learn how to argue against abortion with intelligence and compassion. Tickets are only \$30 and the event will be held in Sydney. More information and to register: [www.LifeChoice.org.au](http://www.LifeChoice.org.au).

**SOCIAL JUSTICE – Tridiocesan Celebration.** Join Catholics from the Archdiocese of Sydney, Parramatta Diocese and the Diocese of Broken Bay for a prayerful dinner event to celebrate our social justice work and reflect on the theme of this year’s Social Justice Statement: “*Everyone’s Business: Developing an inclusive and sustainable economy*”. **22 August 2018, 6.30pm – 9.00pm.** Venue: Caroline Chisholm Centre, Bldg 2, 423 Pennant Hills Road, Pennant Hills (entry via City View Rd). **RSVP: 16 Aug 2018** (indicate dietary requirement). Free, limited space bookings essential to your respective diocesan staff member: [kimberley.doyle@sydneycatholic.org](mailto:kimberley.doyle@sydneycatholic.org), [louise.mckeogh@parracatholic.org](mailto:louise.mckeogh@parracatholic.org), [faith.formation@bbcatholic.org.au](mailto:faith.formation@bbcatholic.org.au).

**PLENARY COUNCIL.** Why not be involved? The 2020 Plenary Council is a gathering of the Church in Australia to make decisions for the future. Your voice is important. You are invited to contribute to the Plenary Council agenda, by sharing your experience of faith and of the Church. To be involved, visit <http://plenarycouncil.catholic.org.au/> Become an Ambassador, facilitating listening and dialogue groups in your parish. If you want to know more, please speak with your Parish Priest, contact **9390 5100** or email [plenarycouncil@sydneycatholic.org](mailto:plenarycouncil@sydneycatholic.org).

**THE ORIGINS OF AID TO THE CHURCH IN NEED.** You are invited to attend a special presentation on the beginnings of the international Catholic charity Aid to the Church in Need. The founder of ACN, Fr Werenfried Van Straaten, began his mission by attending to the needs of defeated German people after World War II. For close to 20 years, a fleet of priests and ‘chapel trucks’ travelled across Germany to minister to those who were left in abject spiritual and material poverty. Dr Sven Sterken of the Catholic University of Leuven in Belgium has researched extensively the chapel truck mission. All welcome. **Wednesday, 22 August at 2pm**, Polding Centre (133 Liverpool Street, Sydney) Cost is \$10 and bookings are essential via: [www.aidtochurch.org/events](http://www.aidtochurch.org/events)

**WORLD ROSARY. 7 October, the Feast of Our Lady of the Rosary.** Countries around the world are joining to hold Rosary Rallies. The World Rosary will **start** with a ‘54-day Novena’ on **15 August** (Feast of the Assumption of the Blessed Virgin Mary) **until** the feast of the Holy Rosary on the **7 October**. Each nation has been asked to pray for its own intentions on the day. The website to register your involvement for the world rosary is [holyleagueofnations.com](http://holyleagueofnations.com). **To Register in Australia:** <https://ozrosary.wixsite.com/ozrosary53/act-us-and-participate> ./Jane, OzRosary, **0476 535 59**.