

**ENTRANCE ANTIPHON**

O God, come to my assistance;  
O Lord, make haste to help me!  
You are my rescuer, my help;  
O Lord, do not delay.

Ps 69:2,6

**THE COLLECT**

Draw near to your servants, O Lord,  
and answer their prayers with unceasing kindness,  
that, for those who glory in you as their Creator and guide,  
you may restore what you have created  
and keep safe what you have restored.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.

**FIRST READING**

A reading from the book of Exodus

16:2-4.12-15

The whole community of the sons of Israel began to complain  
against Moses and Aaron in the wilderness and said to them,  
‘Why did we not die at the Lord’s hand in the land of Egypt,  
when we were able to sit down to pans of meat and could eat  
bread to our heart’s content! As it is, you have brought us to  
this wilderness to starve this whole company to death!’

Then the Lord said to Moses, ‘Now I will rain down bread for  
you from the heavens. Each day the people are to go out and  
gather the day’s portion; I propose to test them in this way to  
see whether they will follow my law or not.’

‘I have heard the complaints of the sons of Israel. Say this to  
them, “Between the two evenings you shall eat meat, and in  
the morning you shall have bread to your heart’s content. Then  
you will learn that I, the Lord, am your God.”’ And so it came  
about: quails flew up in the evening, and they covered the  
camp; in the morning there was a coating of dew all round the  
camp. When the coating of dew lifted, there on the surface of  
the desert was a thing delicate, powdery, as fine as hoarfrost  
on the ground. When they saw this, the sons of Israel said to  
one another, ‘What is that?’ not knowing what it was. ‘That,’  
said Moses to them, ‘is the bread the Lord gives you to eat.’

The word of the Lord.  
**Thanks be to God.**

**PSALM**

Ps 77:3-4.23-25.54. R.v24

**R) The Lord gave them bread from heaven.**

The things we have heard and understood,  
the things our fathers have told us,  
we will tell to the next generation:  
the glories of the Lord and his might. **(R)**

He commanded the clouds above  
and opened the gates of heaven.  
He rained down manna for their food,  
and gave them bread from heaven. **(R)**

Mere men ate the bread of angels.  
He sent them abundance of food.  
He brought them to his holy land,  
to the mountain which his right hand had won. **(R)**

**SECOND READING**

A reading from the letter of St Paul to the Ephesians

4:17.20-24

I want to urge you in the name of the Lord, not to go on living  
the aimless kind of life that pagans live. Now that is hardly the  
way you have learnt from Christ, unless you failed to hear him  
properly when you were taught what the truth is in Jesus. You  
must give up your old way of life; you must put aside your old  
self, which gets corrupted by following illusory desires. Your  
mind must be renewed by a spiritual revolution so that you can  
put on the new self that has been created in God’s way, in the  
goodness and holiness of the truth.

The word of the Lord.  
**Thanks be to God.**

**GOSPEL ACCLAMATION**

Alleluia, alleluia!

Mt 4:4

Man does not live on bread alone,  
but on every word that comes from the mouth of God.  
Alleluia!

**GOSPEL**

John 6:24-35

The Lord be with you.

**And with your spirit.**

A reading from the holy Gospel according to John.

**Glory to you, O Lord.**

When the people saw that neither Jesus nor his disciples were  
there, they got into boats and crossed to Capernaum to look for  
Jesus. When they found him on the other side, they said to  
him, ‘Rabbi, when did you come here?’

Jesus answered:

‘I tell you most solemnly, you are not looking for me because  
you have seen the signs but because you had all the bread  
you wanted to eat.

Do not work for food that cannot last, but work for food that  
endures to eternal life, the kind of food the Son of Man is  
offering you, for on him the Father, God himself, has set  
his seal.’

Then they said to him, ‘What must we do if we are to do the  
works that God wants?’ Jesus gave them this answer, ‘This is  
working for God: you must believe in the one he has sent.’ So  
they said, ‘What sign will you give to show us that we should  
believe in you? What work will you do? Our fathers had manna  
to eat in the desert; as scripture says: He gave them bread  
from heaven to eat.’

Jesus answered:

‘I tell you most solemnly,  
it was not Moses who gave you bread from heaven,  
it is my Father who gives you the bread from heaven,  
the true bread; for the bread of God  
is that which comes down from heaven and gives life to the world.’

‘Sir,’ they said ‘give us that bread always.’

Jesus answered:

‘I am the bread of life.  
He who comes to me will never be hungry;  
he who believes in me will never thirst.’

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.****PRAYER OVER THE OFFERINGS**

Graciously sanctify these gifts, O Lord, we pray,  
and, accepting the oblation of this spiritual sacrifice,  
make of us an eternal offering to you.  
Through Christ our Lord.

**Amen.****COMMUNION ANTIPHON**

Jn 6:35

**I am the bread of life, says the Lord;  
whoever comes to me will not hunger  
and whoever believes in me will not thirst.**

**PRAYER AFTER COMMUNION**

Accompany with constant protection, O Lord,  
those you renew with these heavenly gifts  
and, in your never-failing care for them,  
make them worthy of eternal redemption.  
Through Christ our Lord.

# Our Faith on Sunday

## GOSPEL REFLECTION



Jesus makes it very clear and very often in the Gospels, what is required of someone who says they want to follow him. One thing he doesn’t want is half measures. It has to be all or nothing. In today’s Gospel Jesus gives two examples, one

of the man who discovers a treasure in a field, sells everything a buys the field. The other who finds a pearl of great value and sells all his possessions to buy it. It is not unlike when a boy falls in love with a girl, or vice versa. Each wants to leave everything just to be with the beloved. The problem both with following Jesus and getting married is that it doesn’t work if we don’t give everything. If in marriage we still try to live as a single person, the marriage is bound to fail. If we say we want to follow Jesus but continue to live like everyone else who has not made that choice, we will soon find ourselves in trouble. Often we do

not really think about what a commitment such as marriage or a truly Christian life involves. We brush aside the difficult aspects to follow our heart. Jesus warns his potential followers that the only way to follow him is to take their daily cross. It is useful to remind ourselves of this when we seem to have ‘hit the buffers’.



**Take time to claim your strength; they are gifts of God.**  
**Take time to have fun; it's God's way of teaching you your strengths.**  
**Take time to grow yourself; only you can grow you.**  
**Take time to trust yourself; God trusts you.**  
**Take time to be self-reliant; it is better than being dependent.**  
**Take time to share with others; they will bless you, and you will bless them.**  
**Take time to have hope, you are a child of God.**

**Let's put ourselves into the hands of the Lord, and pray that God will bless us and our families during the wonderful months of summer.**



**May we all help make our home a place of relaxation, joy, love, peace and safety.**  
**May we be generous and considerate, not thinking only about ourselves,**  
**but helping others enjoy the blessings of a summertime.**

**Lord God, Creator of all things, guide our steps and strengthen our hearts,**  
**during these months of summer and vacation days.**  
**Grant us refreshment of mind and body.**  
**We ask this through Christ our Lord.**  
**Amen.**

Source: Sunday Bulletin of June 29, 2008; Saint Paul's Roman Catholic Cathedral, Saskatoon, SK, Canada.

### EVANGELII GAUDIUM (JOY OF THE GOSPEL)



## BROTHERS AND SISTERS ALL AN ABSENCE OF HUMAN DIGNITY ON THE BORDERS

39. Then too, “in some host countries, migration causes fear and alarm, often fomented and exploited for political purposes. This can lead to a xenophobic mentality, as people close in on themselves, and it needs to be addressed decisively”. [40] Migrants are not seen as entitled like others to participate in the life of society, and it is forgotten that they possess the same intrinsic dignity as any person. Hence they ought to be “agents in their own redemption”. No one will ever openly deny that they are human beings, yet in practice, by our decisions and the way we treat them, we can show that we consider them less worthy, less important, less human. For Christians, this way of thinking and acting is unacceptable, since it sets certain political preferences above deep convictions of our faith: the inalienable dignity of each human person regardless of origin, race or religion, and the supreme law of fraternal love.





HOLY FAMILY  
PARISH

# PARISH OF THE HOLY FAMILY, BOURNEMOUTH

Incorporating the churches of  
Christ the King, Kinson and St Bernadette's, Ensbury Park  
Plymouth Diocesan Trust Registered Charity No: 213227

NEWSLETTER ARTICLES to [michellecarroll5@aol.com](mailto:michellecarroll5@aol.com) please submit by 5pm Thursday

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BH11 9EH

Our Lady of Victories &  
St Bernadette Church  
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Ensbury Park BH10 5AR

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Parish Facebook  
Holy Family Parish,  
Bournemouth

## A MESSAGE FROM FR CHACKO

*My Dear Parishioners,*

Today, we celebrate Eighteenth Sunday in Ordinary Time!

Pope's intention for the month of August is to pray for the church that she may receive from the Holy Spirit, the grace and strength to reform herself in the light of the Gospel.

My sincere thanks to Canon Pat Chrystal for celebrating Holy Mass in our church this weekend. We could not get a priest for St Bernadette's this weekend so I thank Glenn and the parishioners for organising a Eucharistic Service at this time. As for myself, I am speedily recovering to normalcy, though it might take a few weeks more to be on my legs without a walker. Thanks a lot for your prayers and wishes.

Schools are closed and the start of the summer vacation has dispersed us on holidays. We thank God for there is less anxiety on Covid spread these days. Let us enjoy our holidays and at the same time, keep in mind to be the living the three mantras of masking, sanitising and distancing.

### The Lord gave them Bread from heaven (Resp. Ps)

We should develop a feeling for symbolism since it plays such an important role in religion. Water, bread, wine, salt, yeast, fire, light, rain, dew, thunder, lightning – time and again these are used to impart a message and when properly understood, they do so more efficiently than theoretical concepts can do. Symbolism contains a suggestive power which appeals not only to the intellect but to the total person, heart and mind. Today's reading utilizes the symbolism of bread to bring out the messages that God wants to feed us, to take care of us on all levels of human existence.

May God bless you all from His abundance. In the meantime, stay safe and be blessed!!!!

*Fr Chacko*

### Please remember in your prayers...

Fr Chacko	Carol Hyde	Rev Christopher Budd	Naille Bala		
Canon John Webb	Tony Bateman	Margaret Simpson	Gareth Hughes		
Marcia Russell	Lucy Rose	Pauline Warburton	Veronica Williamson		
Anna Browne	Miriam Miller	Sheila Perry	Chelsea Waring		
Sheila Browning	Maria Heyes	Mary Carmody	Miriam Park		
Mary Neito	Anne Flood	Sheila Shelley	Judd Barker		Mary Hogan
Teresa Smith	Grace Leung	Imogen Garcia	Thomas Torok		Mary Trott
Katrina Brookes	Lee Langdown	Neville Rogers	Barbara Rogers		
Frances Herbert	Elina O'Connor	Jocelyne & Peter Cotrel	Katleen & Mike Carter		

The Martin family      The Bailey family      The Russell family      The Place & family

**If you are ready to have your name removed from the list or wish to be added, please contact Parish Office...**

DAY	TIME AND CHURCH	Celebration or Feast Day
Sat 31 <sup>st</sup>	11am Mass at CTK 6pm at St Bernadettes	Thanksgiving Mass for Bill Blackburn Eucharistic Service
Sun 1 <sup>st</sup>	9.30am Christ the King LIVE STREAMED	18TH SUNDAY IN ORDINARY TIME Mass Int: Joseph Cummins RIP
Mon 2	6pm St Bernadettes	Adoration & Evening Prayer
Tues 3	NO MASS	
Wed 4	NO MASS	
Thur 5	NO MASS	
Fri 6	NO MASS	
Sat 7 <sup>th</sup>	6pm at St Bernadettes	Eucharistic Service
Sun 8 <sup>th</sup>	9.30am Christ the King	19 <sup>th</sup> SUNDAY in ORDINARY TIME

**MASS ATTENDANCE**  
We are continuing to keep track and trace record of all Mass attendees

**MASKS ARE STILL TO BE WORN**

## HAPPY HOLIDAYS

Be safe, enjoy and come back refreshed and well 😊

### Live Streaming of Sunday Mass

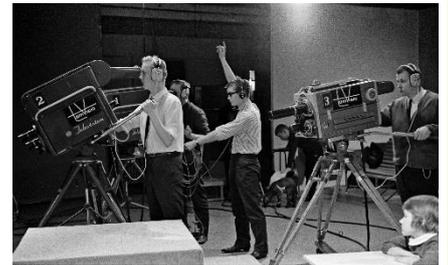
Live streaming of the Sunday Mass will no longer take place after July the 31<sup>st</sup>.

Viewing figures have dropped dramatically as parish life has slowly returned to normal.

We are truly grateful to Varghese who has streamed every Sunday mass (except one) since the first lockdown began.

Thanks also go to John Maggs, our technical advisor, who was often able to sort problems at the drop of a hat!

Not forgetting, thank you to Maria McKay for organising it all and keeping us online !



### RETURNING TO MASS

As the Parish starts to return to some normality, we look forward to welcoming back all of our Parishioners.

Do you know someone who has not been able to attend?

Have you not been able to attend?

Please be reassured of the Parish's commitment to keep everyone safe as we continue to work within the Diocesan guidelines.

Please encourage and invite those you may know to come back, if they have any concerns, please contact the Parish Office

### CHILDRENS LITURGY

It is planned to start this special liturgy on Sunday 5<sup>th</sup> September.

9.30am at Christ the King St Bernadettes will reassume as soon as 11am Mass is resumed.

### FLOWERS

please note that the flower arrangers at Christ the King are having a break for the summer. If anyone would like to bring in their own flowers, please do.

The vases are kept next to the sink at the back of the church. Please remember



to remove the flowers once they have passed their best.

Thank you.

For the bread of God is  
he which cometh  
down from heaven,  
and giveth life unto the  
world.

John 6:33



### HAPPY HOLIDAYS

Please don't forget the Parish during these summer holidays

IF YOU CAN -

PLEASE SET UP STANDING ORDER 😊

BANK DETAILS:

PRCDTR KINSON RC PARISH

SORT CODE: 51-81-20

ACCOUNT: 72768401

If you are a taxpayer, please giftaid, it really does make a difference to the Parish.

For more information, contact Christine Elie

[Christine.elie21@gmail.com](mailto:Christine.elie21@gmail.com)