



# Holy Family Parish

**18<sup>th</sup> Sunday in Ordinary Time -Year B-  
Sunday 1<sup>st</sup> August 2021**

## **FIRST READING : 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.'

## **RESPONSORIAL PSALM : Psalm 77:3-4,23-25,54**

*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 : 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.

## **GOSPEL : John 6:24-35**

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.'

### **PARISH QUIZ NIGHT!**

**Saturday 4th September**

**7:00pm**

Register either individually or a team of eight.

Register with Ellen in the Parish Office on 098346677  
or email [hfparish@xtra.co.nz](mailto:hfparish@xtra.co.nz)

### **YOU**

*Life, Love, and the Theology of the Body*

**starts next Saturday 7<sup>th</sup> August**

**2 – 6 pm**

**14 – 19 year olds**

Refreshments provided

To register: [hfparish@xtra.co.nz](mailto:hfparish@xtra.co.nz)

**PROCESSIONAL HYMN:**

Alleluia! sing to Jesus!  
His the scepter, his the throne.  
Alleluia! His the triumph, his the  
victory alone.  
Hark! the songs of peaceful Zion  
thunder like a mighty flood.  
Jesus out of every nation hath  
redeemed us by his blood.

Alleluia! not as orphans  
Are we left in sorrow now;  
Alleluia! He is near us, faith believes,  
nor questions how;  
Though the cloud from sight received  
him when the forty days were o'er shall  
our hearts forget his promise, "I am  
with you evermore"?

Alleluia! bread of heaven,  
here on earth our food and stay!  
Alleluia! here the sinful flee  
to thee from day to day.  
Intercessor, Friend of sinners,  
earth's Redeemer, plead for me.  
Where the songs of all the sinless  
sweep across the crystal sea.

Alleluia! King eternal,  
thee the Lord of lords we own;  
Alleluia! born of Mary,  
earth thy footstool, heav'n thy throne.  
Thou within the veil hast entered,  
robed in flesh, our great High Priest.  
Thou on earth both Priest and Victim in  
the Eucharistic Feast.

**OFFERTORY HYMN:**

No more, Lord, may we walk apart,  
Restore me Jesus to your embrace,  
make Your tabernacle my heart,  
and deep within me Your dwelling place  
Then will my love become true,  
and my heart burn with the purest  
flame, for I would live not for me but  
You, and glorify the Father's name,  
For I would live not for me but You,  
and glorify the Father's name.

Contented to be with my Lord,  
my Saviour who gave His life for me,  
O that all creation adored in holiness an  
humility. This age has many messiahs,  
all the while seeking to fill its need, but I  
have found what my soul desires, the  
Bread of Life does truly feed. But I have  
found what my soul desires, the bread of  
life does truly feed.

Your cross, O Christ has set us free,  
has shown to sinners a loving face.  
The pow'r of sin can no more be,  
if all but welcome this healing grace.  
Faced now with death and with hate,  
may I love even the sinners worst,  
that through my love they may  
contemplate You who alone will quench  
their thirst. That through my love they  
may contemplate You who alone will  
quench their thirst.

**POST COMMUNION HYMN:**

Sing my tongue the Saviour's glory,  
of His flesh the mystery sing,  
of the Blood all price exceeding,  
shed by our Immortal King,  
Destined for the world's redemption,  
From a noble womb to spring.

Of a pure and spotless Virgin, born for us  
on earth below, He as Man with man  
conversing, stayed the seeds of truth to  
sow; Then he closed in solemn order,  
wondrously His life of woe.

On the night of that Last supper,  
Seated with his chosen band,  
He is the Paschal Victim eating,  
First fulfils the Law's command;  
Then as food for his apostles,  
gives Himself with his own hand.

Word made flesh, the bread of nature by  
His word to Flesh he turns;  
Wine to his own Blood he changes:  
what though sense no change discerns?  
Only be the heart in earnest faith her  
lesson quickly learns.

Down in adoration falling,  
Lo, the sacred host we hail;  
Lo, o'er ancient forms departing,  
newer rites of grace prevail,  
Faith, for all defects supplying,  
where the feeble senses fail.

To the everlasting Father, And the Son  
who reigns on high, With the Holy Ghost  
proceeding forth from each eternally. Be  
salvation, honour, blessing might and  
endless majesty.

**RECESSIONAL HYMN:**

Cause of our delight,  
O Splendour of our race,  
Hail! Full of grace, radiant in light,  
Holy Mary, shine in our night.

Heaven, hear, rejoice,  
your Queenship to acclaim  
and praise your name,  
by God's own choice  
Holy Mary, be thou, our voice.

Flower like the rose,  
e'en in the midst of thorn,  
all those who mourn,  
deep your heart knows,  
Holy Mary, comfort bestow.

Brightest Dawn, you shine,  
the sun completes your vest,  
O Mother blest of the divine,  
Holy Mary, give us new wine.

Cause of our delight,  
O Splendour of our race,  
Hail! full of grace, radiant in light,  
Holy Mary, shine in our night.

**NEXT SUNDAY:****8<sup>th</sup> August 2021**

**19<sup>th</sup> Sunday in Ordinary Time**  
*1 Kg 19:4-8; Eph 4:30 – 5:2; Jn 6:41-51;*

**LITURGY ROSTER**

**Readers:** R. Lopez, R. Cardoza  
**Prayers of the Faithful:** F. Xavier  
**Offertory:** Leamuona Family  
**Special Ministers:** P. Vernon

**CHURCH CLEANING ROSTER**

Adoration next Friday and Saturday

**SUNDAY CUP OF TEA ROSTER**

Tongan Community

**ANNIVERSARIES THIS WEEK**

**1 Aug:** *Annette Waitapu, Michael O'Reilly,  
Celina Nicholson*

**2 Aug:** *Herbert Smeets*

**4 Aug:** *Alisa Urlich, David McMeekin,  
Anthony van Leeuwen*

**PARISH FINANCES**

<b>Parish</b>	\$2,120.73
<b>Priests</b>	<u>\$1,060.37</u>
<b>Total AP's and Cash</b>	<b>\$3,181.10</b>

**HOLY FAMILY NOTICES**

- **CATECHISM CLASSES:** start this Sunday August 1<sup>st</sup> after the 9:30am Mass.
- **HOUSE OF NAZARETH for pre-schoolers and home schoolers:** Usually the 1<sup>st</sup> & 3<sup>rd</sup> Fridays of the month from 11am-2.30pm in the Parish Hall. All are welcome, just bring a plate to share.
- **FIRST FRIDAY ADORATION:** Friday 6<sup>th</sup> August 6pm to Saturday 7<sup>th</sup> August at 6pm.
- **THEOLOGY OF THE BODY FOR TEENS (14 to 19 year olds):** starts next Saturday at 2pm-6pm. Can be opened to 13 yr olds on a case-by-case basis, if parents think their child is mature enough. Register at [hfparish@xtra.co.nz](mailto:hfparish@xtra.co.nz)
- **QUIZ NIGHT: Saturday 4<sup>th</sup> September** – Parish Quiz Night – start getting your team of 8 together. The Latin Mass community from St Anne's will join us.
- **FORMED:** It is an online Resource Centre of Catholic Formational videos. Formed has hundreds of talks, presentations, courses, and shows on a multitude of Catholic topics. \*\* FORMED is FREE for HOLY FAMILY PARISHIONERS \*\* Please email [hfparish@xtra.co.nz](mailto:hfparish@xtra.co.nz) to obtain the login details.

For diocesan notices, please check the noticeboard.