

CATHOLIC ARCHDIOCESE OF CANBERRA AND GOULBURN

CANBERRA INNER NORTH CATHOLIC COMMUNITY (CINCC)

PASTORED BY THE CONGREGATION OF THE BLESSED SACRAMENT (SSS)

THE SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST

YEAR A | 6-7 JUNE 2026



HE WHO EATS THIS BREAD WILL LIVE FOREVER

BY DON SCHWAGER

www.dailyscripture.net

What is the *bread of life* which Jesus offers to all who believe in him? It is first of all the life of God himself - life which sustains us not only now in this age but also in the age to come. The Rabbis said that *the generation in the wilderness have no part in the life to come*. In the Book of Numbers it is recorded that the people who refused to brave the dangers of the promised land were condemned to wander in the wilderness until they died. The Rabbis believed that the father who missed the promised land also missed the life to come. God sustained the Israelites in the wilderness with manna from heaven. This bread foreshadowed the true heavenly bread which Jesus would offer his followers.

Jesus is the "bread of life"

Jesus makes a claim only God can make: He is the *true bread of heaven* that can satisfy the deepest hunger we experience. The manna from heaven prefigured the superabundance of the unique bread of the Eucharist or Lord's Supper which Jesus gave to his disciples on the eve of his sacrifice. The manna in the wilderness sustained the Israelites on their journey to the Promised Land. It could not produce eternal life for the Israelites. The bread which Jesus offers his disciples sustains us not only on our journey to the heavenly paradise, it gives us the abundant supernatural life of God which sustains us for all eternity.

The food that makes us live forever

Jesus chose the time of the Jewish Feast of Passover to fulfill what he had announced at Capernaum - giving his disciples his body and his blood as the true bread of heaven. Jesus' passing over to his Father by his death and resurrection - the new passover - is anticipated in the Last Supper and celebrated in the Eucharist or Lord's Supper, which fulfills the Jewish Passover and anticipates the final Passover of the church in the glory of God's kingdom. When the Lord Jesus commands his disciples to eat his flesh and drink his blood, he invites us to take his life into the very center of our being. That life which he offers is the very life of God himself.

Lord Jesus, you nourish and sustain us with your very own presence and life-giving word. You are the bread of life - the heavenly food that sustains us now and that produces everlasting life within us. May I always hunger for you and be satisfied in you alone.

CHURCHES

ST PATRICK, BRADDON

SUN 8:00 am Mass
TUE-FRI 12:10 pm Rosary
12:30 pm Mass
FRI 11:30 am - Adoration &
12:30 pm Confession

ST BRIGID, DICKSON

SUN 9:30 am Mass
5:00 pm Vietnamese Mass
(1st and 3rd Sundays)
Maronite Mass
(Last Sunday of the month)

TUE-SAT 8:40 am Rosary
9:00 am Mass

WED 8:00 am - Adoration
11:00 am
5:00 pm - Adoration
8:00 pm

SAT 9:30 am - Adoration &
10:00 am Confession
5:30 pm - Confession
6:00 pm Vigil Mass

Healing Service takes place after the Mass on the 3rd Sunday of the month.

ST JOSEPH, O'CONNOR

SUN 8:30 am Mass
TUE-FRI 8:15 am - Adoration
9:10 am (Confession during
Adoration every
Friday.)
9:15 am Mass
SAT 8:15 am Novena
to Our Lady of the
Perpetual Help
8:30 am Mass
5:15 pm - Confession
5:45 pm
6:00 pm Vigil Mass

Anointing of the Sick is within the Mass at 8:30 am every 1st Saturday of the month.

Recitation of the Rosary takes place after the 9:15 a.m. Mass, Tuesday to Friday.

ST THOMAS MORE, CAMPBELL

SUN 10:00 am Mass
FRI 11:00 am - Adoration
11:45 am
11:45 am Mass

Confession is every Friday, 11:00 am to 11:40 am.

Anointing of the Sick takes place every 1st Sunday of the month at 11:15 am.

HOLY ROSARY | BLACKFRIARS, WATSON

SUN 9:30 am Rosary
10:00 am Mass
5:00 pm Mass
TUE-FRI 5:30 pm Mass
SAT 4:00 pm - Confession
4:30 pm
5:00 pm Vigil Mass
FRI 6:00 pm - Adoration
7:00 pm

READINGS

ENTRANCE ANTIPHON

cf. Psalm 80:17

He fed them with the finest wheat
and satisfied them with honey from the rock.

FIRST READING

Deuteronomy 8:2-3, 14-16

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

Psalm 147:12-15, 19-20

℟: Praise the Lord, Jerusalem. (or Alleluia.)

SECOND READING

1 Corinthians 10:16-17

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.

GOSPEL ACCLAMATION

cf. John 6:51-52

Alleluia, alleluia! I am the living bread from heaven,
says the Lord; whoever eats this bread will live for
ever. Alleluia!

GOSPEL

John 6:51-58

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.'

COMMUNION ANTIPHON

cf. John 6:57

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

PRAYER INTENTIONS

OUR RECENTLY DECEASED

Carole Anne Radnedge, Cesar Javier Jr., Dominga Sumalinog, Ferangis Fadie, Gwenda Romer (nee Hewitt), Justin Pandian, Leone Carse, Paul Thorpe, Teodula Figuracion, Terence Nolan, Betty Dadd, Ian (Bill) McKenzie and Barry Foster

IN LOVING MEMORY

Alfred & Jane Mercieca, Anne & Laurie O'Neill, Anthony & Emma Biggerstaff, Antonio Cortese, Barbara Avis, Bonifacio Gaña, Cedric Santos, David Wignall, Dionisio Cabardo, Dominic Le, Eduardo Hizon, Edna O'Brien, Edward Joseph, Gary Tuite, Gwen Gleeson, Harry Gaudencio, Jannette Brackett, Jerica Mae Cunanan, Joan Meech, John Bryan, June Pollard, Karl Marian Daniel Holmes, Ma. Cecilia "Bachie" Santiago, Maria Lucy Condemi, Maria Strazzeri, Marianita del Castillo, Mary Bui, Mary Gaudencio, Oswald Beale, Peter Tran, Philip Bui, Philomena D'Souza, Prima Cueno, Richard Dobrowolski, Scott Wyatt, Tom Petry, Wilbourne & Wilson Librando, Una Ford, Victoria Gaudencio and Viviana Lynda Ruiz

SPECIAL INTENTIONS

Adrian Manwaring, Brian Brown, John Sutton, Lynette Kemp, Maggie McKeown, Max Vucic, Peter Catlin, Sally Grant and Xanthe O'Neill.

Prayer intentions will remain in the bulletin for four weeks.

"Our Lord in the Blessed Sacrament is the unchanging way to holiness. He is the means as well as the model.... In the Blessed Sacrament Jesus is the model of every virtue..."



~Saint Peter Julian Eymard



CENTRAL CANBERRA, BRADDON & DICKSON

- **Rite of Christian Initiation of Adults (RCIA)** - Do you or someone you know want something more in life? Come and explore the Catholic faith. Those who are interested are invited to send their details or contact the office at innernorth@cg.org.au. All are most welcome if interested.
- **Youth Choir on 2nd Sunday, 14 June** - All youth, young adults, and the young at heart are welcome! Practice is at 9:05 am before Mass. For more information or to suggest a youth hymn, please contact Mary or Ling at lingwlyau@yahoo.com.hk
- **Vinnies Winter Appeal** - Collection at St Patrick's after Mass on Sunday, 21 June.

ST JOSEPH, O'CONNOR

- **Sacramental Program Enrolment 2026.** Enquire by emailing kirstie.buckley@cg.catholic.edu.au.
- **Solemnity of Corpus Christi - Sunday, 7 June.** There will be Adoration of the Blessed Sacrament at 8:00 am, followed by a simple Eucharistic Procession before the final blessing at Mass.
- **Sunday Children's Liturgy - During the 8:30 am Mass during the School Term.** All children are welcome. Children under five years old should be accompanied by a parent or grandparent.
- **Junior Schola Cantorum - EOI Open.** An opportunity for choral training and faith formation for students aged 8 to 16 in the Church's treasury of sacred music: Chants, Polyphony and Hymns. Register your interest here: <https://linktr.ee/stjoseph.choristers>
- **Choral Vespers – Sunday, 21 June 4:00 pm.** Join us for a peaceful hour of sacred music with Benediction, followed by afternoon tea. Come and Sing Session at 3:00 pm, RSVP here: <https://events.humanitix.com/choral-vespers-june-2026>

ST THOMAS MORE, CAMPBELL

- **Solemnity of Corpus Christi - Sunday, 7 June.** There will be a simple Eucharistic Procession before the final blessing at Mass.
- **St Thomas More Feast Day Morning Tea - Sunday, June 21.** Let us celebrate our feast day and the many children of the parish who are completing their First Holy Communion! There will be a special morning tea after the 10:00 am Mass. Morning tea contributions welcome. All Welcome!
- **Our Lady's Grotto** is being moved near the Church. The blessing will follow after completion.

BLACKFRIARS, WATSON

- **The Eucharist in the Life of the Church.** Learn more through University of Notre Dame Australia online short talks and group discussion at the Holy Rosary Parish Centre every Monday at 7:00 pm in the parish centre. Register at innernorth@cg.org.au. For more information, contact Roger Paul at rpaul2572@gmail.com | <https://tinyurl.com/EucharisLifeChurch2026>
- **The Craft Group** - Offering friendship, company and cuppa on Wednesdays (except 3rd Wednesday) from mid-day in the parish centre. All welcome!
- **Scripture Reflection** for the following Sunday is held each Wednesday in the parish centre from 7:30 pm to 8:30 pm. All welcome.
- **ACU Noon Masses.** Starts with adoration at 11:15 am every Tuesday and Wednesday at the Signadou Chapel (during Semester period).

FROM THE OFFICE

- **Inner North Cana Youth Group (Grades 7-12).** Running fortnightly on Saturdays, from 7:00 pm to 9:00 pm, after the Vigil Mass at St Brigid's, Dickson. Date(s): 13 & 27 June.
- **Inner North Cana Kids Group (Grades 4-6).** Running fortnightly on Sundays, from 11:00 am to 12:00 pm, after the Sunday Mass at the Holy Rosary Parish Centre, Watson. Date(s): 14 June.
- **Men's Vocations Discernment Dinner:** Dinner for men interested in discerning a call to the Priesthood on Thursday, 11 June 6:00 pm at Archbishop's House rsvp to Vocations Director Fr Emil emil.milat@cg.org.au 0414 523 036
- **Catholic Theological College - Online Information Session.** Explore Philosophy, Theology, and Ministry-related courses on Monday, 15 June at 7:00 pm. Register via their website: ctc.edu.au/information-session.
- **Unpacking the Short Sayings of Jesus.** New participants welcome. Meeting fortnightly. Next meetings: Thursday, 11 and 25 June. For more information, contact Anna.Wierzbicka@anu.edu.au.



YOUR MONETARY CONTRIBUTIONS COUNT A LOT...

First Collection

(Supporting all the priests of the Archdiocese)

A/C Name: **Central Presbytery Fund**, BSB: 062-786 and Bank Account: 00029248
Reference: Your parish location, name and intention (e.g., Campbell Smith 1st collect)

Second Collection

(Maintenance/upkeep of the Churches, staff salaries, liturgical needs, insurance, etc.)

~ **Central Canberra, Dickson & Braddon:** A/C Name **Canberra Central Parish**
BSB: 062-786, A/C: 00013150, Ref: Name & Giving Number

~ **St Joseph, O'Connor:** A/C Name: **St Joseph's Parish**
BSB: 062-786, A/C: 00012798, Ref: Name & Giving Number

~ **St Thomas More, Campbell:** A/C Name: **St Thomas More Parish**
BSB: 062-786, A/C: 00014869, Ref: Name & Giving Number

~ **Blackfriars, Watson:** A/C Name: **Blackfriars Parish Watson**
BSB: 062-786, A/C: 00013341, Ref: Name & Giving Number

By discerning your vocation, you can discover what God is calling you to do with your life and how you can best use your gifts and talents to serve Him and others.

If you are interested in learning more about discerning your vocation, please visit the Archdiocesan Vocations website:

www.cgatholic.org.au/vocations

PARISH SAFEGUARDING COMMITMENT

The CINCC is committed to safeguarding and upholding the dignity and rights of our children and vulnerable people. We seek to empower children, their families and carers, and vulnerable people, to have a say, to be listened to, and to be protected. This approach is at the center of all of our thinking and action.

Parish Safeguarding Officers:

Central Canberra, Dickson & Braddon: Barbara & Catherine | CanberraCentral.Safeguarding@cg.org.au

St Joseph, O'Connor: Noel | OConnor.Safeguarding@cg.org.au

St Thomas More, Campbell: Margie | Campbell.Safeguarding@cg.org.au

Blackfriars, Watson: Nicole | Watson.Safeguarding@cg.org.au

While the abovementioned email addresses are not available currently, please send any concerns or enquiries to: Maria Hicks, Manager Institute of Professional Standards & Safeguarding (IPSS), at ipss@cg.org.au or 02 6239 9806.

CONNECT WITH US...

Fr Renoir Jr. Z. Oliver, SSS (Moderator)

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Fr Vergel M. Dalangin, SSS

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WWW.CGINNERNORTH.ORG.AU

Parish Secretaries:

Kathie Guillester and Cerise Gomez

E: innernorth@cg.org.au

M: 0416 823 447 or 0412 128 038

P: PO Box 900, Dickson ACT 2602



"BE WHO YOU WERE MEANT TO BE
AND YOU WILL SET THE WORLD ON FIRE"
ST CATHERINE OF SIENA

The CINCC acknowledges the Ngunnawal people, the Traditional Owners who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander peoples to this country and commit ourselves to the ongoing journey of Reconciliation.