

CATHOLIC ARCHDIOCESE OF CANBERRA AND GOULBURN

CANBERRA INNER NORTH CATHOLIC COMMUNITY (CINCC)

PASTORED BY THE CONGREGATION OF THE BLESSED SACRAMENT (SSS)

18TH SUNDAY IN ORDINARY TIME

YEAR A | 1-2 AUGUST 2026



JESUS BLESSED AND MULTIPLIED THE LOAVES AND FISHES

BY DON SCHWAGER

www.dailyscripture.net

What can truly satisfy our deepest hunger and longing? Wherever Jesus went multitudes of people gathered to meet him - people from every part of society - rich and poor, professionals and laborers, even social outcasts and pagans. What drew them to Jesus? Were they simply curious or looking for a healing? Many were drawn to Jesus because they were hungry for God. Jesus' message of God's kingdom and the signs and wonders he performed stirred fresh hope and expectation that God was acting in a new and powerful way to set people free from sin and oppression and to bring them the blessings of his kingdom.

Bread from heaven to sustain us on our journey

Jesus' feeding of the five thousand is the only miracle recorded in all four Gospel accounts (Lk 9:10-17, Mk 6:34-44, Jn 6:51-58, Mt 14:13-21). What is the significance of this miracle? The miraculous feeding of such a great multitude recalled the miraculous provision of manna in the wilderness under Moses' leadership and intercession for his people (Ex 16). The daily provision of food for the people of Israel during their forty years of journeying in the barren wilderness foreshadowed the true heavenly bread which Jesus would pass on to his disciples at his last supper meal on the eve of his sacrifice on the cross.

Jesus makes a claim which only God can make: He is the true bread of heaven that can satisfy the deepest hunger we experience (Jn 6:32-35). The miracle of the multiplication of the loaves, when Jesus said the blessing, broke and distributed the loaves through his disciples to feed the multitude, is a sign that prefigures the superabundance of the unique bread of the Eucharist, or Lord's Supper which sustains us on our journey to the kingdom of heaven.

God multiplies the little we have so we can bring his blessing to others

The feeding of the five thousand shows the remarkable generosity of God and his great kindness towards us. When God gives, he gives abundantly. He gives more than we need for ourselves that we may have something to share with others, especially those who lack what they need. God takes the little we have and multiplies it for the good of others. Do you trust in God's provision for you and do you share freely with others, especially those who lack?

CHURCHES

ST PATRICK, BRADDON

SUN	8:00 am	Mass
	10:00 am	German Mass (1st and 3rd Sundays of the month)
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 of the month)
		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
SAT	8:00 pm	
	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.)
SAT	9:15 am	Mass
	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 69: 2,6

O God, come to my assistance;

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

FIRST READING

Isaiah 55:1-3

Thus says the Lord: Oh, come to the water all you who are thirsty; though you have no money, come! Buy corn without money, and eat, and, at no cost, wine and milk. Why spend money on what is not bread, your wages on what fails to satisfy? Listen, listen to me, and you will have good things to eat and rich food to enjoy. Pay attention, come to me; listen, and your soul will live. With you I will make an everlasting covenant out of the favours promised to David.

RESPONSORIAL PSALM

Psalm 144(145):8-9,15-18

R: The hand of the Lord feeds us;
he answers all our needs.

SECOND READING

Romans 8:35,37-39

Nothing can come between us and the love of Christ, even if we are troubled or worried, or being persecuted, or lacking food or clothes, or being threatened or even attacked. These are the trials through which we triumph, by the power of him who loved us. For I am certain of this: neither death nor life, no angel, no prince, nothing that exists, nothing still to come, not any power, or height or depth, nor any created thing, can ever come between us and the love of God made visible in Christ Jesus our Lord.

GOSPEL ACCLAMATION

cf. Matthew 4:4

Alleluia, alleluia! No one lives on bread alone, but on every word that comes from the mouth of God.
Alleluia!

GOSPEL

Matthew 14:13-21

When Jesus received the news of John the Baptist's death he withdrew by boat to a lonely place where they could be by themselves. But the people heard of this and, leaving the towns, went after him on foot. So as he stepped ashore he saw a large crowd; and he took pity on them and healed their sick. When evening came, the disciples went to him and said, 'This is a lonely place, and the time has slipped by; so send the people away, and they can go to the villages to buy themselves some food.' Jesus replied, 'There is no need for them to go: give them something to eat yourselves.' But they answered 'All we have with us is five loaves and two fish.' 'Bring them here to me' he said. He gave orders that the people were to sit down on the grass; then he took the five loaves and the two fish, raised his eyes to heaven and said the blessing. And breaking the loaves handed them to his disciples

disciples who gave them to the crowds. They all ate as much as they wanted, and they collected the scraps remaining; twelve baskets full. Those who ate numbered about five thousand men, to say nothing of women and children.

COMMUNION ANTIPHON

cf. Wisdom 16: 20

You have given us, O Lord, bread from heaven,
endowed with all delights and sweetness in every
taste.

PRAYER INTENTIONS

OUR RECENTLY DECEASED

Jeong-Bok Kim, Cecily Ferguson, Estelle Smith, Sienna Moore, Norma Pridgeon, John Kenna, Amanda Johansson, Beverley Nelson, Fr Troy Joseph Bobbin PP, John Mowbray, Fr Tony McGlynn SJ, Fr Ross Morrow SJ, Fr Peter Douglas SJ, Fr Michael Kennedy SJ,

IN LOVING MEMORY

Lloyd Vibar, Late Mary Philomena Pakkianatha, Jaime J. Nery Jr. For Maria's Soul, Deceased of the Nguyen Family, Jose Luis Prates Leal, Jose Rico, Hamish Macgowan, Anna Armillei, Patricia & Umberto Zorzi, Michael Newn, Rodney Baxter, Zelma McManus, Betty Collett, Peter (Des) Nelson,

*"Eternal rest grant unto them,
O Lord, and let perpetual light shine upon
them. May the souls of the faithful
departed, through the mercy of God, rest
in peace. Amen.*



SPECIAL INTENTIONS

Una Bell, Mairead Thomas, Colleen Brackett, Cecily Ferguson, Maggie McKeown, Peter Catlin, Loc Bui, Celeste Matilda Erlic, Peter Evans, Sally Grant.

Prayer intentions will remain in the bulletin for two weeks.

FROM THE OFFICE

- **Archbishop's St Mary MacKillop Pilgrimage – Saturday, 8 August 2026 – Eden.** Join the 10th annual pilgrimage to Eden, celebrating St Mary of the Cross MacKillop and her connection to our Archdiocese. All are welcome for a day of prayer, Mass, and fellowship. Bus transport is available but limited seats only. Register here to book your seat or through this link: <http://www.trybooking.com/DOAWV> Please contact Bernadette Wood, Chair of the Pambula Parish Pastoral Council for more information: 0429 774 119
- **Saturday, 15 August:** The Solemnity of the Assumption of the Blessed Virgin Mary is a Holy Day of Obligation in Australia
- **Please note that on SATURDAY, 1 AUGUST 2026, there will be only ONE VIGIL MASS in the Inner North Parishes at 6:00 pm. Adoration begins at 5:00 pm at St Brigid's Church, Dickson.**

CENTRAL CANBERRA, BRADDON & DICKSON

- **RCIA program facilitated by Fr Vergel SSS commencing on Thursday, 6 August at 6:00 pm. Venue: St Brigid's Parish Hall.** Adults who are interested about learning the Catholic Faith or desire to be Catholic may enlist themselves for the Rite of Christian Initiation for Adults (RCIA) by contacting our email innernorth@cg.org.au
- **Altar Server Training at St Brigid's & St Patrick's.** St Brigid's and St Patrick's are seeking new altar servers. A three-night training course will be held on Mondays, 7, 14 and 21 September at 6:30pm. Attendance at all sessions is required for induction and rostering. To register your interest, email Hugh at hajones1981@outlook.com.
- **Cana Youth (Years 7–12) – Saturdays, 8 August, and 5 & 19 September, from 7:00 pm to 9:00 pm following the Vigil Mass. Venue: St Brigid's Parish Hall.**
- **Solemnity of Our Lady of the Assumption – Saturday, 15 August – Mass at 9:00 am followed by Marian Procession. Venue: St Brigid's.**

ST JOSEPH, O'CONNOR

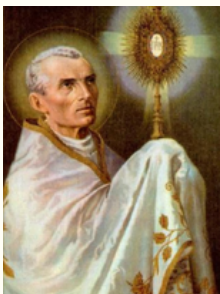
- **St Joseph's Primary School 70th Anniversary Open Day – Saturday, 15 August, 9:30 am to 1:00 pm.** All current and former students, families, and alumni are invited to this celebration. Enjoy school tours, a welcome address, guided tours led by Year 6 students, a sausage sizzle, and a coffee van throughout the day.
- **Junior Schola Cantorum – Rehearsals every Saturday 9:30 am.** Choral training for ages 8–16, preparing for the 2028 Eucharistic Congress in Sydney. Based on the Royal School of Church Music and Jubilate Deo programs. Morning tea provided. Register at: <https://linktr.ee/stjoseph.choristers>
- **Choral Vespers – Sunday, 23 August 4:00 pm.** Join St. Joseph's Choristers for an hour of sacred choral music with Benediction, followed by afternoon tea. Come and Sing Session at 3:00 pm. RSVP here <https://linktr.ee/stjoseph.choristers>
- **Morning Tea for the Feast of St Peter Julian Eymard – After the 8:30 am Mass on Sunday, 2 August.** Parishioners are warmly invited to a morning tea in the Parish Centre. Please bring a plate to share.
- **Morning Tea for the Feast of the Assumption of Our Lady – After the 8:30 am Mass on Saturday, 15 August.** Parishioners are warmly invited to a morning tea in the Parish Centre. Please bring a plate to share.
- **Legion of Mary – First Friday Adoration of the Sacred Heart of Jesus and the Immaculate Heart of Mary – 7 August 2026, 5:00 pm–10:00 pm, in the Parish Hall.** All are welcome to attend at any time during the evening.
- **Unpacking the Short Saying of Jesus – Thursdays, 6 & 20 August.** For more information, contact Anna.Wierzbicka@anu.edu.au

BLACKFRIARS, WATSON

- **The Eucharist in the Life of the Church – Mondays, 17, 24 & 31 August, 7:00 pm for 7:30 pm. Venue: Parish Centre.** Online presentations on The Eucharist in Systematic Theology. 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)
- **ACU Alive BBQ & Praise Night for Young Adults.** Thursday, 13 August at 6:00 pm at the ACU Signadou Chapel.
- **Cana Kids (Years 4–6) – Sundays, 9 August, and 6 & 20 September, from 11:00 am to 12:00 pm following the 10:00 am Mass. Venue: Parish Centre.**



Thank you from the St Vincent de Paul Society. The Watson Vinnies Conference sincerely thanks parishioners for their record support of the 2026 Winter Appeal that raised **\$18,685, and St Brigid's Parish**, which raised **\$18,000**, the **most successful Winter Appeal in parish history**, helping support vulnerable families across Canberra and the region.



Feast day: 2 August

Prayer in Honour of St Peter Julian Eymard, Apostle of the Eucharist

Gracious God of our ancestors, you led Peter Julian Eymard, like Jacob in times past, on a journey of faith. Under the guidance of your gentle Spirit, Peter Julian discovered the gift of love in the Eucharist which your Son Jesus offered for the hungers of humanity. Grant that we may celebrate this mystery worthily, adore it profoundly, and proclaim it prophetically for your greater glory. Amen.

St. Peter Julian Eymard, Apostle of the Eucharist, pray for us.

"Your God is ever beside you.
Indeed, He is even within you."

~Saint Alphonsus Liguori



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

You are all invited!

Ordination to the
Permanent
DIACONATE
of

DON GOMEZ

by Archbishop Christopher Prowse
5:00 p.m. | Wednesday, 19 August 2026
St Christopher's Cathedral, Canberra



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 | 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

Please send any concerns or enquiries to the above parish email addresses. You may also contact Maria Hicks, Manager of the 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)

E: renoir.oliver@cg.org.au

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Fr Anthony "Thonn" C. Riosa, SSS

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Fr Vergel M. Dalangin, SSS

E: vergel.dalangin@cg.org.au



WWW.CGINNERNORTH.ORG.AU

Parish Secretaries:

Kathie Guillesser and Cerisse Gomez

E: innernorth@cg.org.au

M: 0416 823 447 or 0412 128 038

P: PO Box 900, Dickson ACT 2602

Office Hours: Monday Closed

Tuesday-Friday 9:00am-1:00 pm



**ARCHDIOCESAN
ASSEMBLY
2026**

Saturday, 22 August 2026

cgevangelisation.org.au/assembly/

**Archdiocesan Assembly
Week: 17-21 August
There will be **NO MASSES**
in our churches during
this week.**

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.