

St Francis Xavier

Catholic Parish of Ballina

Respecting a traditional people of this land, the Bundjalung people



**St Francis Xavier Church,
Cnr Cherry & Crane Streets,
Ballina**

welcome

**Holy Family Church,
94 Ballina Street,
Lennox Head.**

Corpus Christi
(Body & Blood of Christ)

14th June, 2020

**Parish Weekend Mass
Times**

**St Francis Xavier Church
Ballina (45 people)**

Saturday Vigil — 5.00 pm

Sunday — 9.00 am

Sunday — 11.00 am

**Holy Family Church
Lennox Head (20 people)**

Saturday Vigil—5.00 pm

Sunday—7.30 am

**PLEASE REGISTER AT
PARISH OFFICE TO ATTEND
a weekend Mass by phoning
6681 1048**

by Friday at 3.00 pm

WEEKDAY MASS:

**At St Francis Xavier Church
TUESDAY to FRIDAY**

12 noon (45 people)

Please register with Parish Office

RECONCILIATION

9.00 am Saturday

St Francis Xavier Church



Feasts

**The Most Sacred Heart
of Jesus**

Friday

**The Immaculate Heart of the
Blessed Virgin Mary**

Saturday

We are what we eat

‘You are what you eat’ is a phrase used more and more as the world begins to face up to the challenge of global warming. Articles abound about healthy diets, as well as the adjustments that are needed to ensure that the way we produce our food does not damage the delicate ecological balance that is required if we are to avoid future catastrophe.

It is incumbent on all of us to take this seriously and play our part. From the Christian perspective, such concerns might naturally lead us to reflect again on the extraordinary mystery we celebrate in today’s feast: the spiritual nourishment the Lord offers us in the gift of himself in the Eucharist.

The Old Testament people were steeped in a history which recognised the gift of food from God. When they were facing starvation, manna fell from heaven. St John recalls that when Jesus was preparing the way for the gift of himself in the form of bread and wine, he stressed that, while the bread he would offer was also coming down from heaven, it was not like the bread their ancestors had eaten.

This gift of bread is not given to keep us alive here on earth, but so that we may live for ever. His listeners were struggling to make sense of what he was saying. Jesus was offering himself: “my flesh is real food

and my blood is real drink.” And he goes on to spell out what this will mean for us: “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.” For those of us who believe, here is a wholly new dimension to

our understanding that we are what we eat.

St Paul grasped this and wrote compellingly about how we become caught up in the life of God, forming “a single body because we all have a share in this one loaf.” The theme of the Body of Christ recurs repeatedly in his letters and provides us with the perfect backdrop for our meditation today.

As we become more aware of the interconnectedness of all creation, so we see the wonder of our being caught up in the divine life because of Christ. He lives in us; we are his adopted brothers and sisters, children of the Father. The Eucharist celebrates this oneness through Christ with each other and indeed with all those who have gone before us. The more aware we become of the dignity this gives us, the more we appreciate what it means to celebrate the Eucharist.



Liturgy Help ©2020

Timothy Buckley, CSsR

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Low Gluten Hosts are available from the Priest at all weekend Masses.

PRESBYTERY: Phone: 6686 204

PARISH PASTORAL COUNCIL:

PARISH ADMINISTRATION CENTRE:

PARISH LIBRARY:

SCHOOLS:

AGED CARE:

Administrator of Ballina Parish: Father Peter Padsungay

Assistant Priest: Father Anselm Okeke

Pastoral Associate: Sr Kathryn Sweeney rsj, Email: kathryn@sfxballina.org.au

Email: parishcouncil@sfxballina.org.au

Phone: 6681 1048; Fax: 6686 8774; **Email:** admin@sfxballina.org.au

Mon to Fri 8:30 am - 4:00 pm - 53-57 Cherry Street - **Postal Address: PO Box 46 Ballina 2478**

www.sfxballina.org.au

Library available to parishioners Mon to Fri 9 am - 4 pm;

St Francis Xavier Primary: 6686 3370 - Swift St, Ballina

Holy Family Primary: 6687 5311 - 40 Isabella Drive, Skennars Head

Xavier Catholic College: 6687 6484 - 2 Redford Drive, Skennars Head

St Anne's Long Day Care Centre: 6687 5961 - 42 Isabella Drive, Skennars Head

Crowley Care Services: 1300 139 099 - 154 Cherry St, Ballina

PLEASE PRAY FOR OUR RECENTLY DECEASED: George Paden, Marie Daley, Sandra Mankowsky, Lesley Smith.,

THOSE WHOSE ANNIVERSARIES OCCUR AT THIS TIME: Mavis Timmins, Peter Weston, Cenon Ibarrientos,

AND ALSO FOR: *Hilton & Catherine Kelly, Armando Bordin, James & Mary Rogers, Cath Waddell, C & S Hosie, Mick & Gwynne Waugh, Rina, Charlie & James Volpatti, Thama Walker, Kathleen Kelly, Bill & Jean Shay, Cecilia & Bill Condon Snr, Stan & Mary McKeough, Members of the SVdP Conference & Auxiliary & for all faithful departed.*

AND FOR THOSE WHO ARE ILL: Maria Potter, Corazon Accon, Nola Johnson, Kath Young, Barbara Perry, Michael Patch, Gloria Greguric, Pauline McLachlan, Bill Colenso, Michael Daley, Chanice Wills, Julie Benton, Arthur Potter, Shokat Forghani & family, Margaret Murphy, Robert Sullivan, Terry Moore, Margaret Pyne, Kathleen Campbell, Kaia Randall, Darcy Martin, Charlie Clements, Charlie Scotcher, (*Aunty*) Julia Paden, Rev Ray Fishwick, Glenn Campbell, Jan Kelly, Kay Harth, Maria Gorton, Peter & Reba Smidt, Asha Ousby (*2 yrs*), Jeanie Marie Curry, Fay Kerslake, Darryl Simpkins, Betty Albertini, Hilda Carter, Rosemary Russell, John Moreland, Dymphna Sheehy, Greg Shore, John McNamara, Yvonne & Peter Thurtell, Mal Gillies, Cecelia Waldron, Louise Wilson, Michael O'Connor, Moore, Smith, McCowan-Dann, Webber Families, Layton family, Fitch family, Maria Hosking, Kaley Nobbs, Mick O'Brien, Graham Robertson, Gregory Thomas, Gloria Greguric, Joy Hepworth, Leo Lane, Mary Topham, Bob Grant, Leisa Wotton, Michael Everson, Pat Evans, Virginia, Sarah and Peter Kolbach, Samantha Anderson, Tony Lannan, Kim del-Signore, *Crowley Village, St Andrew's Nursing Home, RSL Life Care, Bupa Aged Care. (Due to privacy laws, names*

To All Ballina Parishioners—St Francis Xavier Church

Procedure during COVID-19 Pandemic:

1. Only **45 (forty-five)** people allowed to attend Mass at one time
2. Parishioners will need to ring the Parish Office to **REGISTER** name, address and phone number (DURING OFFICE HOURS ONLY) **For Weekend Masses names must be registered by 3.00 pm on the Friday proceeding the weekend. NO ONE CAN JUST TURN UP!**
3. Parishioners who attend need to **SANITISE** and try to refrain from touching surfaces when finding a place-marked **X** to sit
4. Parishioners need to sit on and only where the **X** is marked
5. Consideration, please; to be given to **ALL** parishioners so that everyone has a chance to attend a Mass
6. At risk parishioners should be exhorted not to attend: authorities have directed that any unwell priest, staff member, volunteer or *parishioners should stay away; they recommend that people with co-morbidities (e.g. compromised immune or respiratory systems) and those over 70 years of age exercise particular caution; (from Government and Bishop guidelines)*
7. **Social distancing** is still required according to Government Regulations.
8. **Only one** entrance **side north door only** – Exit for front section of church only from the **south side door and back south door of church**

Thank you for your co-operation and consideration.

Father Peter Padsungay, Parish Administrator



NEW MASS TIMES DURING COVID-19
UNTIL FURTHER NOTICE

WEEKEND MASSES: ST FRANCIS XAVIER CHURCH & LENNOX HEAD
REGISTRATION REQUIRED Phone 6681 1048 before 3.00 pm Fridays

SATURDAY VIGIL: 5.00 PM both churches

SUNDAY: 7.30 AM Lennox Head

9.00 AM Ballina

11.00 AM Ballina

WEEKDAY ST FRANCIS XAVIER CHURCH: TUESDAY to FRIDAY

MASS TIME: 12 noon (45 people)

REGISTRATION REQUIRED Phone 6681 1048

BOTH PARISH CHURCHES OPEN FOR PERSONAL PRAYER DURING OFFICE HOURS ONLY

Catholics from the Diocese of Lismore are still dispensed from their Sunday Mass

DIF PAYS 1.10% PER ANNUM

BALLINA AGENTS: Michael Shay, **L J Hooker** 87-89 River St Ballina 6686 2711 -
Crowley Admin Office Cherry St Ballina 1300 139 099

SAINT FRANCIS XAVIER PARISH BALLINA - PLANNED GIVING PROGRAM: If you are a new parishioner to Ballina or an existing one and you would like to participate in the Planned Giving Program, cards are available for completion at the Parish Administration Office. Your details will be processed and a tracking number provided. Contact SFX Parish Admin office on 6681 1048 Monday to Friday 8.30 am to 4.00 pm.
For your convenience we have the option of Direct Debit and/or Envelope contribution.

Parish Notices



BAPTISM: This week the parish warmly welcomes **Lillyen Rose Male** daughter of Michael and Khaila-Rose. We look forward to seeing the newly baptised and her family worshipping with us each weekend.

PLANNED GIVING ENVELOPES FOR THE 2020/21 FINANCIAL YEAR are now available for collection at the back of the Church in **alphabetical order**. Please notify the Parish Office if there are changes to any of your details or if you would like to contribute to the Planned Giving Program by Direct Debit.

If you are new to the parish please consider asking for envelopes. Talk to a priest after Mass or the staff at the Parish Administration Office.



SINCERE SYMPATHY

Our parish extends sincere sympathy to the family of **Marie Daley** who has passed away. Marie's funeral was held at Kyogle Catholic Church on Tuesday 9th June.



BISHOP GREG'S SUNDAY MASS ON YOUTUBE LIVE

You are invited to view the Sunday Mass live and on demand from your devices. You can access the livestream by following the link from lismorediocese.org, or by going straight to the 'Lismore Diocese' channel on YouTube, or by pointing the camera on your smart device to this digital code:



Time of Live Streaming: Sunday ~ 8.00 am

MASSES AVAILABLE ONLINE
CATH NEWS ~ www.cathnews.com
Google Catholic Masses and click your choice
AVAILABLE FREE TO AIR ON TV
Channel 10 ~ every Sunday ~ Mass 6.00 am



SINCERE SYMPATHY

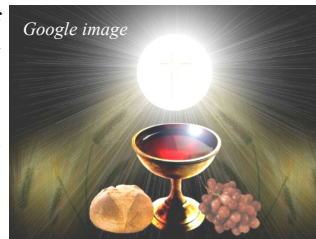
Our parish extends sincere sympathy to Aunty Julia Paden together with Tony and the family on the passing of **George Paden**.

REFLECTION

This feast harkens back to the celebration of Holy Thursday. By way of the metaphors of food and drink, its readings provide us with a look at the mystery of divine presence. They first provide a picture of a God who feeds us. In the past God set a table in freedom, and then provided food that enabled our ancestors to survive. God fed those who were needy, not those who were worthy. Jesus offered sustenance to the crowds that gathered around him. It was not manna from heaven that he offered but his own flesh and blood as food and drink. This food and drink are the pledge of eternal life.

Those who eat this bread and drink this cup are caught up in a profound unity with God, a unity not envisioned in the wilderness experience. There is a new overlay of significance. Jesus' claim to give his flesh and blood was a bold one, Paul's seems even bolder. He states that partaking of the bread and the cup not only joins us with Christ, but actually makes us participants in the body and blood of Christ. Humanity and divinity are joined as one. The Eucharist is a sign of unity in another way. Joined to the body and blood of Christ, we are joined to each other. We are one body and that body is Christ. The Eucharist is truly a celebration of thanksgiving: thanksgiving for our transformation and thanksgiving for our unity.

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Promises of the Sacred Heart—Promises made to Saint Margaret Mary Alacoque

Margaret Mary Alacoque said that in her apparitions Jesus promised these blessings to those who practice devotion to his Sacred Heart. The list was tabulated in 1863. In 1882 an American businessman spread the tabular form of the twelve promises throughout the world, in 238 languages. In 1890 Cardinal Adolph Perraud deplored this circulation of the promises in tabular form, which he said were different from the words and the meaning of the expressions used by Saint Margaret Mary, and wanted the promises to be published in their original words.

1. I will give them all the graces necessary for their state of life.
2. I will give peace in their families.
3. I will console them in all their troubles.
4. I will be their refuge in life and especially in death.
5. I will abundantly bless all their undertakings.
6. Sinners shall find in my Heart the source and infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall rise speedily to great perfection.
9. I will bless those places wherein the image of My Sacred Heart shall be exposed and venerated.
10. I will give to priests the power to touch the most hardened hearts.
11. Persons who propagate this devotion shall have their names eternally written in my Heart.

In the excess of the mercy of my Heart, I promise you that my all powerful love will grant to all those who will receive Communion on the First Fridays, for nine consecutive months, the grace of final repentance: they will not die in my displeasure, nor without receiving the sacraments; and my Heart will be their secure refuge in that last hour.

www.catholic.org/



Prayer of the Church: will resume **Saturday 27th June 9.00 am** St Francis Xavier Church

Christian Meditation Group: is held every Saturday at 9.30 am in Anawim Room.

Ballina CCR Intercession Mondays from 10.45 to 11.45 am in the Anawim Room.

Prayer Meeting: Mondays 2.15 to 4.00 pm in the Anawim Room.

Cenacle, Marian Movement of Priests ~ Ballina Cenacle meets every Monday at 11.00 am until 12.15 pm in the Mother Teresa Room, Parish Admin Centre, Ballina.

Books are available to assist with the prayers. For further information phone 6681 1048.

All welcome to pray for our priests of the Lismore Diocese.



First Reading: Deuteronomy 8:2-3, 14-16;*A reading from the book of Deuteronomy*

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 then 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.'

The Word of the Lord.

Responsorial Psalm**(R.) Praise the Lord, Jerusalem.**

1. O praise the Lord, Jerusalem!
Zion, praise your God!

He has strengthened the bars of your gates,
he has blessed the children within you. **(R.)**

2. He has established peace on your borders,
he feeds you with finest wheat.

He sends out his word to the earth
and swiftly runs his command. **(R.)**

3. He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees. **(R.)**

Second Reading: 1 Corinthians 10:16-17;*A reading from the first letter of St Paul to the Corinthians*

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.

The Word of the Lord

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

Jesus said to the Jews:

'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.'

The Gospel of the Lord.

An Act of Spiritual Communion : My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You. Amen. melbournecatholic.org.au

**SAINT FRANCIS XAVIER PARISH ~ 1st & 2nd COLLECTIONS**

Parishioners are able to continue their contribution to our clergy and the parish if they wish by following the following information.

- **By completing a form available from the Parish Office to have a credit card deduction each month for your Planned Giving Donation ONLY**
- **By making an EFTPOS donation—**
1st Collection to Ballina Presbyterium
BSB: 082 522 A/c 50960 2127 ref: your name
2nd Collection to St Francis Xavier Parish
BSB 082 522 A/c 50960 3218 Please ensure you use your Planed Giving number as reference
- **By completing a form that allows your bank to deduct your gift from your account into the account of the Parish, available from the Parish Office or, place your envelopes in the baskets provided in the church or bring them to the Parish Office at your convenience.**

Thank you



Invest with peace of mind

www.dif.org.au 1800 802 516



The Diocesan Investment Fund (DIF) is not subject to the provisions of the Corporations Act 2001 nor has it been examined or approved by the Australian Securities and Investments Commission. Deposits with the DIF are guaranteed by CDPF Limited, a company established by the Australian Catholic Bishops Conference for this purpose. We welcome your investment with the DIF rather than with a profit oriented commercial organisation as a conscious commitment by you to support the Charitable, Religious and Educational works of the Catholic Church. Neither the DIF nor the Trustees of the Roman Catholic Church for the Diocese of Lismore are prudentially supervised by the Australian Prudential Regulation Authority; contributions to the DIF do not obtain the benefit of the depositor protection provisions of the Banking Act 1959; the DIF is designed for investors who wish to promote the charitable purposes of the DIF.