

## Rest in God Above All Things (Thomas à Kempis)

Above all things and in all things rest, my soul, in the Lord, your God, for He is the eternal rest of the Angels and Saints. O most loving Jesus, give me this special grace to rest in You above all created things; above all health and beauty, above all glory and honour, above all dignity and power, above all knowledge and prudence, above all riches and talents, above all joy and gladness, above all fame and praise, above all sweetness and consolation, above all hope and promise, above all merit and desire, above all gifts and rewards that You may give or send - except Yourself - above all joy or happiness that the human mind and heart can grasp or feel; above Angels and Archangels, above all the heavenly hosts as well; above all things visible and invisible, and above all that is not You, my God.

For You alone, O Lord God, are the greatest good; You alone are most high and most mighty; You alone are most sufficient and perfect; You alone are most sweet and consoling. You alone are most fair and loving, You alone are most noble and most glorious above all things. In You all good things are found existing in all their perfection, and have always been, and always shall be.

Therefore, anything You give me besides Yourself, anything You reveal or promise me concerning Yourself, is all too little and insufficient for me; because my heart cannot rest nor fully be content until it rises above all Your gifts and all You have created, and rests in You.

O Jesus Christ, most loving Spouse, most pure Lover, Ruler of all creation, who will give me wings of perfect freedom to fly to You and in You to repose? When shall I be fully granted the perfect liberty to see how sweet You are, O Lord, my God? When shall I be so perfectly recollected in You as not to be aware of myself, but only You, above all the things of sense, in a way not known to all?

But now how often I sigh and complain of the miseries of this life. I daily meet with many evils in this vale of miseries, which often trouble me, sadden me and darken my way; they often hinder and distract me, lure and ensnare me, preventing me from going freely to You, from enjoying the sweet embrace always granted to Your blessed spirits. Let my sighs and many desolations move Your heart and incline You to hear me.

O Jesus, light and brightness of eternal glory, the joy and consolation of all Christians who labour as pilgrims in this sinful world, no words can express the desires of my heart; but let my very silence speak to You and say: How long, O Lord, will You delay Your coming?

I trust that You will come soon to Your poor servant, make me joyful and deliver me from all my troubles. Come to me, dear Lord, for no day or hour is happy without You.

Your works are good, Your judgements are wise and true, and Your Providence governs all things. Praise and glory be to You, O Wisdom of the Father! Let my tongue, my soul, and all created things praise and bless You.

## A reflection by the Venerable Servant of God, Archbishop Fulton J Sheen

The Gospel tells us that Our Blessed Lord withdrew Himself from the crowds into the wilderness and prayed. Martha, who was too busy about many things, was told that only one thing was necessary. A life of faith with peace of soul can be cultivated only by periodical isolation from the cares of the world.

There are various kinds of weariness: weariness of the body, which can be satisfied under any tree or even on a pillow of stone; weariness of the brain, which needs the incubation of rest for new thought to be born; but the hardest of all to satisfy is weariness of heart, which can be healed only by communion with God.

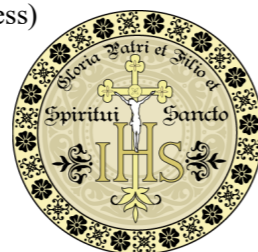
Silence helps speech; retirement helps thinking.

What the Saviour promises in the retirement is 'rest for your souls.' Rest is a gift; it is not earned; it is not the payment for finishing a job; it is the dowry of grace. Greed, envy, wealth and avarice think of rest in terms of the good things of the world; true rest is the stilling of passions, the control of wavering ambitions, the joy of a quiet conscience. There is no rest until life has been made intelligible. Most of the restlessness of souls today comes from not knowing why they are here, or where they are going, and they refuse to take time out to solve that problem. Until it is solved, nothing is solved. There is not even much sense in going on living unless one knows why he is living.

Driving power is always associated with inner repose; otherwise energy is explosiveness and imprudent action. They that wait upon the Lord shall renew their strength. The renewal of strength is less physical than it is spiritual. A tired soul makes a tired body more often than a tired body makes a tired soul. The rest which Christianity enjoins is less cessation from work than it is freedom from the anxieties that come from guilt and avarice. Spiritual refreshment in prayer, retreat, and meditation are the most potent influences for restoring harmony to the thousands of nervous patients. Life, like music, must have its rhythm of silence as well as sound.

The rest which retirement and contemplation give is not just a rest from toil, but it is even a rest in toil. The peace of Christ is not a hot-house plant; it raises its head for storms; it is peace for the battle and joy of conscience for those who assail conscience. The world cannot give it; the world cannot take it away. It is not given by outward circumstance; it rules in the heart; it is an inward state. To be spiritually minded is to have rest.

(Way to Happiness)



## 16TH SUNDAY IN ORDINARY TIME - YEAR B 21 JULY 2024



**“Our hearts were made for You, O Lord, and they are restless until they rest in You.” - St Augustine of Hippo**

**Entrance Antiphon:** See, I have God for my help. The Lord sustains my soul. I will sacrifice to You with willing heart, and praise Your name, O Lord, for It is good.

**First Reading** Jeremiah 23:1-6

**A reading from the prophet Jeremiah**

‘Doom for the shepherds who allow the flock of My pasture to be destroyed and scattered - It is the Lord Who speaks! This, therefore, is what the Lord, the God of Israel says about the shepherds in charge of My people: You have let My flock be scattered and go wandering and have not taken care of them. Right, I will take care of you for your misdeeds - It is the Lord Who speaks! But the remnant of My flock I Myself will gather from all the countries where I have dispersed them, and will bring them back to their pastures: they shall be fruitful and increase in numbers. I will raise up shepherds to look after them and pasture them; no fear, no terror for them any more; not one shall be lost - It is the Lord Who speaks!

‘See, the days are coming - It is the Lord Who speaks - when I will raise a virtuous Branch for David, Who will reign as true king and be wise, practising honesty and integrity in the land. In His days Judah will be saved and Israel dwell in confidence. And this is the name He will be called: The Lord-our-integrity.’

◆ **The word of the Lord.**

**Responsorial Psalm** Ps 22

**R: The Lord is my shepherd; there is nothing I shall want.**

1. The Lord is my shepherd; there is nothing I shall want. Fresh and green are the pastures where He gives me repose. Near restful waters He leads me, to revive my drooping spirit. **R.**

2. He guides me along the right path; He is true to His name. If I should walk in the valley of darkness no evil would I fear. You are there with Your crook and Your staff; with these You give me comfort. **R.**

3. You have prepared a banquet for me in the sight of my foes. My head You have anointed with oil; my cup is overflowing. **R.**

4. Surely goodness and kindness shall follow me all the days of my life. In the Lord’s Own house shall I dwell for ever and ever.

**Second Reading** Ephesians 2:13-18

**A reading from the letter of St Paul to the Ephesians**

In Christ Jesus, you that used to be so far apart from us have been brought very close, by the blood of Christ. For He is the peace between us, and has made the two into one and broken down the barrier which used to keep them apart, actually destroying in His Own Person the hostility caused by the rules and decrees of the Law. This was to create one single New Man in Himself out of the two of them and by restoring peace through the Cross, to unite them both in a single Body and reconcile them with God. In His Own Person He killed the hostility. Later He came to bring the good news of peace, peace to you who were far away and peace to those who were near at hand. Through Him, both of us have in the One Spirit our way to come to the Father.

◆ **The word of the Lord.**

**Gospel Acclamation** John 10:27

**Alleluia, alleluia!** My sheep listen to My voice, says the Lord, says the Lord; I know them, and they follow Me. **Alleluia!**

**Gospel** Mark 6:30-34

**A reading from the holy Gospel according to Mark**

The apostles rejoined Jesus and told Him all they had done and taught. Then He said to them, ‘You must come away to some lonely place all by yourselves and rest for a while’; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as He stepped ashore He saw a large crowd; and He took pity on them because they were like sheep without a shepherd, and He set Himself to teach them at some length.

◆ **The Gospel of the Lord.**

**Communion Antiphon:** The Lord, the gracious, the merciful, has made a memorial of His wonders; He gives food to those who fear Him.

**Scripture readings from the Jerusalem Bible**



# Sacred Heart Parish Church

## Roman Catholic Diocese of Armidale

### 16th Sunday in Ordinary Time - Year B

### July 21st, 2024

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 Website: [www.sacredheartinverell.org.au](http://www.sacredheartinverell.org.au)  
 Facebook: Sacred Heart Catholic Church Inverell  
 Holy Trinity School Ph: 02 6722 4066  
**Parish Office Hours:**  
 Monday 22 July & Friday 26 July - 8am to 1pm  
 Tuesday 23 July - 8am to 12pm  
**Administrator:** Fr Paul Chandler  
**PPC Chair:** Mr David McMahon  
**Holy Trinity Principal:** Mrs Jillian Rainger  
**Parish Secretary:** Peter Turner



#### MASS INTENTIONS FOR THE WEEK

**We pray for:** Repose of the souls of: Dean James John O'Neill (Inverell) d.1949; and all those in Purgatory.  
**the Recently Deceased:**

Bishop Kevin Manning, John Smallwood, Annie Ledger, Paula Lennon, Margaret Higgins.

**the sick:**

Brenda McPhee, Princess Catherine, Danielle Irwin, Sue Barwick, Bob McGuire, Robert Sanders, Peter Moroney, Christopher Pay, Jeanette Keightley, Phillip Matthews, Neville Barwick, Fr Barry Leech, Lara Bentley, Danny Dickins, Elizabeth Albany, Fr David Crabb, Rebecca Lane, Brian Barker, Clare Lockwood, Margaret Kahler, and all the sick members of our parish.

Please contact the priest on 67221103 for home visits to the homebound and the sick

#### PLANNED GIVING PROGRAM FOR THE SUPPORT OF THE CLERGY AND THE PARISH

**1st Collection:** Presbytery (for support of priest)

BSB 082105 Account No. 001023550

Account Name: Sacred Heart Presbytery Inverell Savings Ac.

**2nd Collection:** Church upkeep, maintenance, expenses

BSB 082105 Account No. 001013072

Account Name: Sacred Heart Parish Inverell

For those on the Planned Giving Program could you please quote your surname and envelope number for the reference.

**Planned Giving Program:** If you wish to join the planned giving program, please contact the parish office.

#### JULY - THE HOLY MONTH OF THE MOST PRECIOUS BLOOD OF JESUS

##### MONDAY 22nd

Feast Day of St Mary Magdalene

**No Mass - Church open from 8am to 1pm**

##### TUESDAY 23rd

Feast Day of St Bridget of Sweden, religious

**Rosary - 8.30am**

**Holy Mass - 9.00am**

**Holy Hour - 4.30pm to 5.30pm**

##### WEDNESDAY 24th

Feast Day of St Charbel Makhlouf, priest

**Rosary - 11.30am**

**Holy Mass - 12 Noon**

##### THURSDAY 25th

Feast Day of St James, apostle

**Holy Mass at McLean Village - 10.00am**

**Rosary - 11.30am**

**Holy Mass - 12 Noon**

**Adoration - 12.30pm to 1.30pm**

##### FRIDAY 26th

Feast Day of Sts Joachim & Anne, parents of the Most Blessed Virgin Mary

**Rosary - 8.30am**

**Holy Mass - 9.00am**

**Holy Hour - 4.30pm to 5.30pm**

##### SATURDAY 27th

Saturday of the 16th week of Ordinary Time

**Holy Mass of Sunday - 3.00pm at Tingha**

**Rosary - 5.00pm**

**Holy Mass of Sunday - 5.30pm**

##### SUNDAY 28th

**17th Sunday in Ordinary Time (World Day for Grandparents & the Elderly)**

**Rosary - 8.30am**

**Holy Mass - 9.00am**

##### Sacrament of Confession

Sunday: 8.00am to 8.30am

Tuesday: 5.00pm to 5.30pm

Thursday: 1.00pm to 1.30pm

Friday: 5.00pm to 5.30pm

Saturday: 4.45pm to 5.15pm

(and at any time upon request)

**OTHER MASSES: (May to August times)**

*McLean Village* Each 4th Thursday - 10.00am

2nd Saturday - *Bundarra*, St Mary of the Angels - 3.00pm

3rd Saturday - *Ashford*, St Patrick's Church - 3.00pm

4th Saturday - *Tingha*, St. Francis' Church - 3.00pm

5th Saturday - *Yetman*, St Joseph the Worker - 2.30pm

Baptism - Saturdays & Sundays at 10.30am

Marriages and Funerals by Appointment

#### PARISH NEWS AND NOTICES

##### A friendly reminder

Please maintain a respectful atmosphere of reverence before and after each Mass so those praying may do so without distraction. Any conversation should be conducted quietly. Also, please remember to turn off your mobile devices.

*"By devoutly assisting at Holy Mass you render the greatest homage possible to the Sacred Humanity of Our Lord."*

- St Leonard

##### ALTAR SOCIETY ROSTER FOR JULY

Megan Gaukroger

##### HOME ROSARY

*"How beautiful is the family that recites the Rosary every evening."* - Pope St John Paul II

Bernie & Colleen Graham

11 Diamond Street, Tingha

**Wednesday 24 July at 4.30pm**

##### UPCOMING PARISH EVENTS

Liturgy Committee - Sat 20 July 2024, 9.00am

Pastoral Council - Wed 7 August 2024, 5.00pm

Men's Breakfast - Sat 10 Aug 2024, 8.30am, Out the Back Café

Sunday Morning Tea - Sun 11 Aug 2024, after Mass

Finance Committee - Wed 4 September 2024, 5.00pm

**Thank you** to those who have donated to the air-conditioning project. For others who may wish to contribute, you may use the Special Collection envelopes placed at the entrances of the Church or use the BSB and Account Number of the 2nd Collection. Use "air-conditioning" as the reference.

**We welcome back Fr Paul Chandler** from his holiday. It is wonderful to have you safely back, Fr Paul.

**Sick Visit / Last Rites:** A reminder that if you have a Catholic relative in hospital or aged care who is in need of a priest, please inform the parish office or Fr Paul so he may visit them.

**The St Vincent de Paul Inverell Store** is in **urgent** need of volunteers to assist inside the shop as shop assistants. The hours are between 9am to 2.30pm on weekdays. If you can volunteer for any day during the week please contact Marea on 0487 913 900 for more information.

**Year 11 & 12 at Holy Trinity:** On Wed, 24 July, at 8.30am-10am there will be an official launch of the project to extend HTS to Yr 11 & 12. Regina Menz, Director of Armidale Catholic Schools, and the Leadership of the Catholic Schools Office will be in attendance, as will Fr Paul.

MASS ROSTER	20Jul-Sat 5.30pm	21Jul-Sun 9am	27Jul-Sat 5.30pm	28Jul-Sun 9am
Projector	N Turner	P Girle	Sr Coral	R McGregor
Readers	N McCosker & S O'Brien	J Thivakon & MJ Guest	J Kelly & P Armstrong	J Rainger & B McGrath
Commentator	P Armstrong	J Monie	N McCosker	M Robinson
Offertory	J Kelly & volunteer	Volunteers	Volunteers	Volunteers
Extraordinary Ministers of Holy Communion	A Michael	MJ Guest	A Michael	J Rainger
Counters		N Turner		R & G Johnson

##### Prayer to the Most Precious Blood of Jesus

Precious Blood, ocean of divine mercy: Flow upon us!  
 Precious Blood, most pure offering: Procure us every grace!  
 Precious Blood, hope and refuge of sinners: Atone for us!  
 Precious Blood, delight of holy souls: Draw us! Amen.  
 (St Catherine of Siena)

**A New Hymn:** During July our parish we will be learning a new hymn called "Jesus in Your Heart We Find". It is hoped that this will complement our Parish Prayer and become our Parish Hymn.

The words of the hymn were written by James McAuley, a famous Australian poet, academic and journalist who converted to Catholicism in 1952, the faith his own father had abandoned, following an intense spiritual experience at a Catholic mission in New Guinea. Richard Connolly composed the music of the hymn and he became great friends with McAuley, being his confirmation sponsor at St Charles' Parish, Ryde, in Sydney. The two subsequently collaborated to produce between them the most significant collection of Australian Catholic hymnody to date, titled "Hymns for the Year of Grace".

**Ministry Volunteers Needed!** We again urge people to please consider volunteering their time to help in the various ministries of the church. If you are happy to volunteer, please add your name to the Ministry Volunteer lists at the entrances of the church to have your name immediately added to the rosters. We really need more men to volunteer. Thank you.

**Altar Society Members Needed!** We also encourage and invite volunteers to join the Altar Society. The job is not difficult and consists of no heavy lifting. The main tasks are dusting and polishing the sanctuary area, and tidying of the paper table once a week (approx. 1 to 1 and a half hours) for a calendar month. Please contact Rhonda on 6722 1189 if you can assist. Thank you.

**Poor Boxes:** Don't forget you can help our local St Vincent de Paul ministry by making a donation to the Poor Boxes in the Church. Winter is an especially difficult time for the poor in our community and all donations will be used to assist them with food and blankets.