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*Amos 7:12-15* **God sent me**  
*Ephesians 1:3-14* **God chose us**  
*Mark 6:7-13* **The Twelve sent**

**Response to the Psalm:**

Lord, show us your mercy and love, and grant us your salvation.

**Gospel Acclamation:**

Alleluia, Alleluia,  
Praise the Word of Truth and Life.



**Fifteenth Sunday  
Year B**

Amos was a very reluctant prophet, but the Lord called him, and he could not resist, despite himself. Jesus sent his disciples out in pairs to spread the Good News, and because they were inspired by Jesus, they were effective in their preaching. Jesus works in and through us if we respond to his call. God has chosen each one of us to praise his glory.

**Servers**

12 July Pat Wicks  
19 July Jan Roberts

**Readers**

12 July	1st Reading	Catherine Beaver
	Ps/Intercessions	Julie Hodgkinson
	2nd Reading	Terry Beaver
19 July	1st Reading	Claire Maguire
	Ps/Intercessions	Ron Davis
	2nd Reading	Ian Maguire

**Ministers of the Eucharist**

12 July Carla Endean and Diane Stewart  
19 July Barbara Smith and Diana Landsberg

**Children's Liturgy**

12 July No Children's Liturgy during the holidays.  
19 July No Children's Liturgy during the holidays.

**Counters**

12 July Robyn and Kevin  
19 July Laurie and Louise

**Morning Tea**

12 July Barbara Grieves  
19 July Elizabeth Giddey

**Church Care**

17 July Gatt Family  
24 July Noleen Cliff and Mary Kingston

**Next Week:** Teaching the flock *Jeremiah 23:1-6; Psalm 22 Ephesians 2:13-18; Mark 6:30-34*

**✠In memoriam✠**

**Keith Malkin**  
18th July  
**Fr Alex Sciberras**  
18th July

**Liturgical Ministers' Roster** is now available in the church foyer.

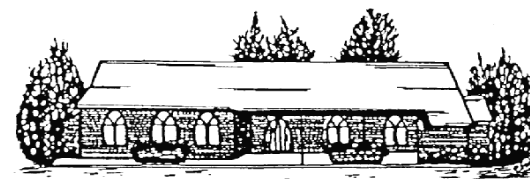
A memorial blessing for **Maureen Taylor** will be held following the conclusion of this Sunday's Mass. The blessing will be held in the presence of Maureen's family and friends and will take place in the Church garden, adjacent to the Church.

A reminder that Children's Liturgy will not be held during the school holidays.

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For those parishioners who will be travelling, take care and keep calm!

**Praying the Gospel Group**  
Please contact Gabrielle on 4787 8999.

# SACRED HEART PARISH



Sacred Heart Church ~ Blackheath  
Saint Paul's Church ~ Mount Victoria  
Saint Joseph's Church ~ Megalong Valley

**We wish to acknowledge the Darug and Gundungurra people, the original custodians of this land.**

**Our Mission Statement:** As a community bonded together through faith, we are called to share our experience of God with those we meet each day, in particular, those in our local community.

|                |                       |                                                                              |
|----------------|-----------------------|------------------------------------------------------------------------------|
| Administrator: | Fr Bob Sheridan       | Parish Office hours:                                                         |
| Parish House:  | 4787 8811             | Wednesday: 1.00pm - 5.00pm                                                   |
| Parish Office: | 4787 8540             | Thursday: 10.30am - 2.30pm                                                   |
| Fax:           | 4787 6143             | All enquiries regarding Baptisms, Marriages and sick calls, phone 4787 8540. |
| email:         | shbheath2@bigpond.com |                                                                              |

**Website:** <http://www.keepersoftheflame.net/SacredHeartParish/index.html>

|                                     |                              |                   |
|-------------------------------------|------------------------------|-------------------|
| <b>Blackheath</b> - Mass            | Sunday                       | 9.30am            |
| Evening Mass                        | Tuesday                      | 6.30pm            |
| Morning Mass                        | Wednesday, Friday & Saturday | 9.00am            |
|                                     | Thursday                     | 8.00am            |
| Communion Service                   | Monday                       | 9.00am            |
| Praying the Gospel                  | Wednesday                    | 9.30am            |
| Reconciliation                      | Saturday                     | 9.30am to 10.00am |
| <b>Mount Victoria</b> - Mass        | 1st Friday of month          | 7.00pm            |
| <b>Megalong Valley</b> - Vigil Mass | 2nd Saturday of month        | 6.00pm            |

**Parish Pastoral Council** meets the 3rd Thursday of each month. If you would like an issue discussed, please submit it in writing to either Fr Bob, Monica Bright (Chair), Adrian Carroll (Deputy Chair) or Chris Le Gras (Secretary).

**Care Group** - Carmel Vanny (4787 8706) Michelle Funnell (4757 2638)

**Bulletin Items:** Please contact Kate Forbes by 7.00pm Thursday.  
Phone 4787 8520 or email [sacred.heart.bulletin@gmail.com](mailto:sacred.heart.bulletin@gmail.com)

### **BENEDICTION (of the Blessed Sacrament)**

Yesterday, for the first time in many years, we had a public Exposition and Benediction of the Blessed Sacrament in our Blackheath Church. No one I have asked seems to know exactly when the last occasion that occurred.

Benediction is a very special liturgical practice in which those present both venerate and are themselves then blessed via the Sacramental Host "Reserved" in a monstrance designed for that purpose.

Benediction, whose meaning is "blessing", was the final prayer in this communal gathering. First, we celebrated Mass, then we shared Exposition of the Blessed Sacrament while praying the Rosary and subsequent prayerful quiet time. The Sacrament of Reconciliation (Confession) was available during this period. Last of all came the celebration of Benediction which included hymns, prayers, incensing and, of course, the special Blessing. Starting with the 9.00am Mass, total time taken was about one hour fifteen minutes, finishing at about 10.15am.

Given the support of those present yesterday, I propose to include Benediction on a regular scheduled basis following the 9.00am Mass on the second Saturday of every month, the next date being 8th August, the Feast of Blessed Mary MacKillop.

For those interested, Benediction evolved from a practice begun in the 14th Century, and which continued unabated until 1953 when this devotion fell out-of-favour with the introduction of Saturday evening Masses. Many of our more mature parishioners would recall with some fondness their weekly attendance at Benediction.

God Bless! Fr Bob

### **Feast Days for this week! 12th -18th July**

|           |                                                                                       |
|-----------|---------------------------------------------------------------------------------------|
| Sunday    | Sts Nabor & Felix, Martyrs (d303)                                                     |
| Monday    | St Henry II, Emperor - optional<br>(973-1024)<br>St Charbel Makhlof, Monk (1828-1898) |
| Tuesday   | St Camillus de Lillis, Priest (1550-1614)                                             |
| Wednesday | St Bonaventure, Bishop, Cardinal, Doctor<br>(1218-1274); St Vladimir of Kiev, King    |
| Thursday  | Our Lady of Mount Carmel                                                              |
| Friday    | Blessed Martyrs of Compiègne                                                          |
| Saturday  | St Bruno; St Frederick                                                                |

Please pray for those who are ill:

**Russell Ellis;  
James Ford; Judy Frazer;  
Rita Jenner; Roger Johnstone;  
Travis Kingston;  
Irene Peacock;  
Cecily O'Brien;  
David Ridoutt; and  
Hugo Riggs.**

**FOOD SUPPLIES NEEDED:** The Blackheath Area Neighbourhood Centre provides emergency food assistance to people in need in our community. They are in urgent need of tinned food and already frozen foods to replenish their dwindling stocks. If you can help out, please take food items to BANC in Gardiner Street, Blackheath (just at the back of the community hall) or phone Carmel on 4787 8706 for collection. They would be very grateful for any support at this time.

### **Human Swine Flu**

Just a reminder of the changes to liturgical practices within the Mass:

- ◆ During the Sign of Peace instead of shaking hands, kissing or embracing, as is practised in some parishes, it would be best to simply nod your head and avoid bodily contact.
- ◆ When praying the Our Father do not hold hands, as may be practiced in some parishes, but simply extend hands towards heaven or fold your hands.
- ◆ Holy Communion should only be distributed under the species of the Consecrated Host AND NOT THE CHALICE to limit the spread of germs during the H1N1 epidemic.
- ◆ Prudence suggests that the reception of Holy Communion be only on the hand but with respect for the freedom which the Holy See provides in this matter.
- ◆ Holy water from the font should not be used either when entering or departing from the Church.

**MARRIAGE SUNDAY - 26th July:** Married couples from all Parishes are invited to attend an afternoon to celebrate and reflect on the strengths of your relationship achieved during the different life phases in your marriage. At St Patrick's Parish Hall, Parramatta, Bishop Kevin Manning will begin the afternoon with a short talk and then speakers from Centacare and married couples will share some information and experiences of enriching their marriages. There will also be opportunity for private couple discussion. The afternoon reflection will start at 3pm, include afternoon tea and conclude with Mass at 6pm in St Patrick's Cathedral. Please take a flyer from the back of the church with further details on our Marriage Sunday Reflection Afternoon or call 9630 7788 to register. There is no cost for attendance.

### **REFLECTION** by Dianne Bergant CSA

God chooses ordinary people and confers on them an extraordinary responsibility. Amos was a shepherd and a dresser of sycamores. Most of the apostles were fishermen. Paul was a tentmaker. Christians today are mechanics and clerks, teachers and engineers, doctors and housekeepers. These are all people following ordinary trades or professions, but what they do in them is truly remarkable. They touch minds and hearts and souls, and they heal them. They instruct and comfort people, and they help to drive out the demons that possess them. They participate in very ordinary ways in the extraordinary establishment of the reign of God.

Jesus inaugurated the reign of God on earth. He chose disciples and sent them out to continue the work that he had begun, to preach his gospel and, through healings and exorcisms, to conquer the forces of evil that threatened that reign. And now we have been called; in him we have been chosen, in all of our brokenness and vulnerability. The task to which we have been called is awe-inspiring; and every spiritual blessing in the heavens has been bestowed upon us so that we will be able to accomplish it. If we allow Christ's saving power to take possession of us, we too will further his prophetic ministry. We will bring the saving grace of God to the world that is terrified and that writhes in pain; we will bring it to those places where healing is needed and where demons still hold sway. We will bring all things under the headship of Christ.

*from Liturgyhelp online*