



## DIOCESE OF CHRISTCHURCH CATHOLIC PARISH OF THE GOOD SHEPHERD

AMBERLEY | CHEVIOT | HAWARDEN | CULVERDEN | HANMER SPRINGS  
Parish Office: 138A Carters Road, Amberley, PO BOX 143, Amberley 7441  
[www.catholicurunui.nz](http://www.catholicurunui.nz)



### PARISH NEWSLETTER

#### Holy Masses



##### Saturday Vigil

5pm Hanmer Springs  
(Every Saturday)

7pm Culverden  
(Every Saturdays)

##### Sunday Mass

8.30am Amberley  
(Every Sunday)

11am Cheviot  
(1st, 3rd, 5th Sundays Only)

10.30am Hawarden  
(2nd & 4th Sunday Only)

12pm The Beatitudes,  
Leithfield

##### Weekday Masses

Monday - Saturday  
8:30am Amberley

Tuesday - Saturday  
12pm The Beatitudes,  
Leithfield



#### Adoration & Reconciliation

1st Friday of the month  
from 7:30am

Confession by Appointment  
or before Mass  
(but not the last 5 Minutes!)



##### Rosary

Wednesday 1:30pm  
Amberley Church Hall

##### Kalavale

Parish's cup of tea & raffles  
1st Sunday of the Month.

##### St Joseph Men's Group

2nd & 4th Monday 7pm-9pm  
Amberley Hall

18 August 2024 - 20th Sunday in Ordinary Time - Year B

#### THE FOOD WE EAT

In today's Gospel (Jn. 6, 51-58) Jesus tells us to eat the right kind of food – the Bread of Life that makes one live forever. The problem with many of us is that we are eating the wrong kind of food – food that is not good for our bodies, and food that is not good for our souls. So focused in food that satisfies our palate and fills our stomach, we often forget the true food that satisfies our spirits and fills our hearts.

"A few moments on the lips, forever on the hips." Indeed excessive food and drinks can make us heavy, physically. But the bigger load for us should be the realisation that a lot of people around us are going hungry, and here we are, so insensitive and care-free, concerned only with eating, drinking and being merry.

It's not what you eat. It's what's eating you." Next time you look at the menu or the wine list, ask yourself, even if you can afford it: "Do I really need this? Why am I so attached to earthly pleasures? Why am I so greedy and self-centred? Are they people who will benefit if I let go of this?" You may tell me: "Wow, I never thought eating could be that complicated!" It is. Especially when the bottom line is Christ's challenge: "I was hungry, did you give me food to eat?"

Think about this: There are people who eat and drink Jesus' flesh and blood every day, but seem not to assimilate His spirit. They eat the living bread but do not have life in them. There are people who are prayerful, attend mass everyday/Sunday but are so selfish, proud, and deceitful. Yes, it's not what you eat, but what eats you. Sharing with you again this beautiful and meaningful prayer: "Lord, help me to live the rest of my life, the best of my life." Amen.

**Note:** Monday 19th and Tuesday 20th August: No weekday Masses in Amberley

#### SUNDAY'S READINGS:

##### FIRST READING: Proverbs 9:1-6

Wisdom builds her house  
and invites all to eat her bread there

##### Psalm Response:

*Taste and see the goodness of the Lord.*

##### SECOND READING: Ephesians 5:15-20

Be filled not with wine, but with the Spirit

##### GOSPEL: John 6:51-58

My flesh is real food and my blood is real drink

#### HYMNS for SUNDAY MASSES

(May vary on the day)

788 Praise to the holiest

768 How lovely on the mountains

629 I am the bread of Life

360 As I kneel before you

# LIGHT OF FAITH

## Topic 2: What/Who do we receive in Holy Communion at the Holy Mass?

In receiving Holy Communion, we receive the body of Christ.

Does this mean that we receive only the body and not the whole Christ?

Does this also suggest that we receive only Jesus Christ, the second Person of the Trinity?

In receiving the body of Christ in Holy Communion, we are actually receiving not just the body of Christ but his whole self: body and blood, humanity and divinity. When we receive Holy Communion in either of the consecrated species bread or wine, or bread and wine together, we receive the complete Christ. Christ is wholly and entirely present in each of the consecrated species and in each part of either of the consecrated bread and wine.

In receiving Holy Communion, we receive Christ in his humanity and divinity, which cannot be divided or separated. We must remember that the divinity of Christ is shared essentially or consubstantially by God, the Father and God, the Holy Spirit. Consequently, receiving the divinity of Jesus, which He shares equally and fully with God the Father and God the Holy Spirit, is receiving not just Jesus but also the Father and the Holy Spirit. In partaking of the Eucharist, we are united to Christ, who as the second Person of the Trinity, is united to the Father, the first Person of the Trinity and the Holy Spirit, the third Person of the Trinity. In receiving the Eucharist, we are united not just to Christ but to the other Persons of the Trinity. Jesus himself points to this teaching when he says: "Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our dwelling with him." (John 14: 23)

## PARISH AND DIOCESAN NOTICES

### NAME FOR NEW CATHEDRAL

Bishop Michael would like to thank all those who participated and prayed with him during the discernment process for the name of the new cathedral. The new name will be: **The Cathedral of the Blessed Sacrament**. Amongst others, the most compelling argument people shared was their love of the Blessed Sacrament as the source and summit of our faith, our bread for the journey of faith and the journey of life.

### ST. VINCENT DE PAUL APPEAL

"Could we all please make a concerted effort to bring some groceries for the Food Basket to help people less fortunate than ourselves. Also check your linen cupboards for excess bed linen and towels etc. Thank you". K.Walker

### VOCATIONS RETREAT FOR MEN

A 'Come and See' Weekend Retreat for men interested in the Priesthood: 23rd – 25th August at the Sr Eveleen Retreat House in Sumner, Christchurch. Talks, prayer, Mass, silent time, fraternity and more. For more information and to register please contact Matt O'Connell, Vocations Coordinator, on 027 536 9407 or moconnell@cdoc.nz



COMMUNITY OF  
THE BEATITUDES

*"May your love be upon us O Lord  
As we place all our hope in you." Ps. 33:22*

**Are You grieving the loss of faith  
of your adult children?**

*Take time out from your busy and distracted lives  
to be encouraged, nourished and equipped to carry  
the cross Christ has entrusted to you.*

**Retreat Day  
Beatitudes Community**

**14 SEPTEMBER**

*(with option to stay Friday night and/or Saturday night).*

Register now as places are limited.  
The cost for the day is \$50 per couple.

\*TALKS \*ADORATION\*LECTIO\*HOLY MASS,  
\* REFLECTION \*CONFESSION \*PRAYER

67 Leithfield Rd, Leithfield  
To register please email  
[jennagoulding@outlook.co.nz](mailto:jennagoulding@outlook.co.nz)

To book a room, email Sr. Clare at:  
[retreats@beatitudes.nz](mailto:retreats@beatitudes.nz)

**Parish Administrator:** Fr. Rex Ramos - [padrepio1428@gmail.com](mailto:padrepio1428@gmail.com) - 03 319 8730 **Parish Email:** [catholicurunui@gmail.com](mailto:catholicurunui@gmail.com)

**Parish Treasurer - Secretary :** Thomas Peacock - [catholicurunuitreasurer@gmail.com](mailto:catholicurunuitreasurer@gmail.com) - Office Hours Wednesday and Friday 8:00am - 10:30am