

OUR LADY OF THE WAY PARISH, EMU PLAINS

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What does the Lord require of you but to act justly, to love tenderly, and to walk humbly with your God.” Micah 6:8

Sunday, 7th June 2026 The Most Holy Body and Blood of Christ, Year A.

Welcome to the celebration of the Mass.

Entrance Antiphon *Cf Psalm 80:17*

He fed them with the finest wheat
and satisfied them with honey from the rock.

First Reading *Deuteronomy 8:2-3. 14-16*

A reading from the book of Deuteronomy

He gave you food which you and your ancestors did not know.

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.’

Responsorial Psalm *Ps 147:12-15. 19-20. R. v.12*

(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

Though we are many, we form a single body because we share this one loaf.

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.

Gospel Acclamation. *John 6:51-52*

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
My flesh is real food and my blood is real drink.

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:

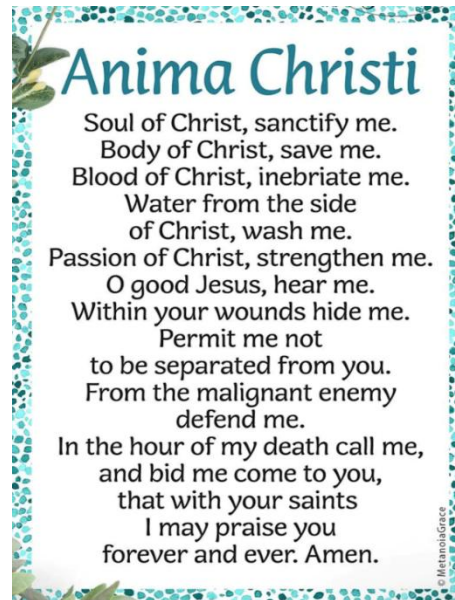
'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my 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.'

Let us pray: We pray for recently deceased David Finn and Patrick Evans, and for Bernadette Nangle, Marie Kershaw, Tom Barlow, Andrea Ruperto and Grazia Gauci whose death anniversaries are at this time. We pray that their families find comfort in the fact that they are safely in the arms of their loving Lord. We also pray for all our brothers and sisters in our community who are unwell, especially, Mary Marsh, Mark McInnes, Antony McLaughlin, Joe Gray, Michael Hatch, Phillip Fitzgerald, Jenny Griffiths, Greg Wood, Noelene Bangel, Karen Allen, Julie Young, Gabriel Manouk, Danko Caran, Sean Murray, Franco Di Napoli Laurie Doohan, Linda Hicks, Michelle Gardam, Bradley Gardam, Cecilia Fanning, Kathleen Bell, Michelle Hadden, Cohen Hadden, Peter Joseph Apap, Sr Patricia Holligan, Greg Pigott, Deacon George Bryan, Kaye Bryan, Desley Mulock, Pauline Balkin, Mary Gayed, Shirley Harman, Dot Gray, Lucy Mikosic, Bernadette Hoolahan, Elisabeth Robens, Marion Betker, Maddie Millard, and Trish Devoy. If you know someone who needs prayers, please contact the parish office on 4735 1041 and we will add them to our prayer list. For privacy reasons, consent is required from the person, who is unwell, or from their next of kin.

Communion Antiphon [John 6:57](#)

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

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Parish Feast Day: Thank you to all those who generously gave their time and talents to help make our Parish Feast Day a joyful and successful celebration. Your hard work and generosity made the day special for everyone. May God bless you abundantly for your kindness and service to the Our Lady of the Way Community

Project Compassion receipts are available for collection at the rear of the church. Many thanks for your generosity supporting Caritas Australia.



Parish Notices:

Change of Mass Time: Please note that as of **June 16, Mass on Tuesday's** will be held at 9am.

Cuppa and a Chat: Please join us after the 9:30am Mass on Sunday June 14. All welcome!

Wrap with love knitters group: Thursdays from 9am -12pm in the parish hall. For more information, please contact Judy Prendergast (0407101254).

Playgroup: Playgroup meets every second Tuesday (during school term) at 10am in the parish hall. The next playgroup will be on June 16.

Children's liturgy: Every 4th Sunday of the month at the 9:30am mass. Next children's liturgy: June 28

Upper Primary Youth Group (yrs 4-7) 2nd Friday of the month from 7-8:30pm in the Parish Hall. Next Youth group is Friday June 12. For more information, contact the parish office on 4735 1041.

Sacramental News: First Holy Communion

Please join me in praying for the children and their families who are preparing for their first Holy Communion here at OLOW.



Holy Hour: We will be having a holy hour on Thursday 11th June from 7-8pm, for the children who are preparing for their first Holy communion. You are welcome to come and pray for as long or as little as you like.

Sun June 14 First Holy Communion at 9.30am

Mass : There are a large number of children who have elected to receive their first Holy Communion at our 9.30am parish Mass on Sunday 14th June. Please be aware that they will be sitting in the front pews of the church with their family and friends and that Mass will go for a little longer than usual.

Readers/ Commentators roster:

Dates:	6.00pm	8.00am	9.30am
June 6/7 Corpus Christi	C: Bellinda Henderson R: Trish Ryan Stevenie Harman Anne Deutscher JS1: Felicity JS2: Alex	C: Maria Sirotti R: Geraldine Waters Deacon Batsirai Mary Marsh JS1: Elizabeth JS2: Jacob	C: Don Robens R: Trish Boyle Lara Roser Connie Reid Denise Robens (Visit) JS1: Jonah JS2: Nicholas
June 13/14 11 Ordinary	C: Debra Gleeson R: Sue Schembri John Cowen Beth Nowland JS1: Josie JS2: Felicity	C: Alex Jarominek R: Paul Ryan Mark Norbury John Lo Cascio JS1: Jacob JS2: Elizabeth	C: Denise Robens R: Marianne Castor Deacon Batsirai Michael Blair Kay Walker (Visit) JS1: Rocco JS2: Hugo

2026 OLOW VOLUNTEERS CAMPAIGN

Each week, we will be providing some information on one or two of the ministries here at OLOW.

This weekend, you will be able to fill in an Expression of Interest Form, selecting one or more ministries you feel called by the Holy Spirit to be involved in.

“Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love”.

Care of Parish Buildings and Grounds: Being involved in this ministry provides a wonderful opportunity to make new friends, and support one another in faith and fellowship. It involves maintaining the church grounds, general church maintenance, painting and small improvement projects, plus any other talents or skills you are able to share. No experience is necessary. We are grateful for any skills, or just willing hearts.

Reader: Readers and commentators play an important role in introducing the Mass, leading the Prayers of the Faithful, and most importantly bringing the Scriptures to life during our Saturday and Sunday Masses. We currently have a four week roster cycle, which could extend with new volunteers. The readings are available online for people to practice ahead of time. We will provide assistance and guide your participation in this ministry but if you can read with a clear voice and have a love of Scripture, then this ministry could be for you. Younger members of our Parish who are in high school would also be very welcome to become a reader and commentator for our weekend Masses.

Safeguarding Sunday Prayer

Let your grace and love fall gently upon our children and adults at risk,

Giving them inner strength, peace and resilience to seek out assistance when required.

We ask this prayer through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God forever and ever.

Amen.

(ACBC, 2022)

Last week, the Diocese of Parramatta celebrated Safe Parishes Week. The Office for Safeguarding Parramatta would like to thank the Clergy, Parish Office staff, Safeguarding Champions and all volunteers in ministry who have worked to embed safe practices across each Parish. The work that has been done has prepared us for the upcoming Safeguarding Audit. We keep all Parishes in our prayers as they make preparations to showcase ‘The Parramatta Way of Safeguarding’.

Parish Information

Parish office open Tuesday to Thursday from 9am to 3pm; Friday 9.30am-1pm (ph: 4735 1041)

Parish priest: Fr Michael G. Gathuku
Deacon: Batsirai Maringehosi
Parish Office Administrator: Joanne Hamilton
Sacramental Co-ordinator: Cate Kensey
Our Lady of the Way principal:
Phillip Kapitanow (ph: 4777 7200)
Penola Catholic college principal:
Peta Sparkes (ph: 4728 8100)
CathWest Innovation College principal:
Paul Stenning (ph: 02 8886 9500)
St Vincent de Paul Contact Centre:
For assistance call 1800 606 724.

Weekend Mass times:

Saturday 5:30 pm, Sunday 8am, 9:30am
Filipino Mass-3rd Sunday of the month:12pm

Weekday Masses:

Tuesday 5.30pm;
Wednesday, Thursday, and Friday 9am.
Adoration of Blessed Sacrament at 8.30am
Thursday before Mass. Benediction last
Thursday of the month.
First Fridays of the month – healing Mass.

Reconciliation: Saturday 4:30 – 5:15pm.

Sacraments: baptisms and weddings by appointment. Please contact the parish office (emuplains@parracatholic.org) for information on reconciliation, communion and confirmation.

Diocese of Parramatta Notices:

CYP Annual LIFTED Retreat for 18-35's: 3-5 July. Join young people from Western Sydney and the Blue Mountains at Catholic Youth Parramatta's annual LIFTED Retreat for 18–35-year-olds. (3-5 July at Benedict XVI Retreat Centre, Grose Vale.) Together we will enter a weekend of connection, prayer and reflection on the theme of Abundance, inspired by John 10:10. Whether you're just beginning your faith journey, looking for community or need a mid-year renewal, the LIFTED Retreat welcomes you with open arms. Limited spots available. Registrations close 19 June. parracatholic.org/events/lifted-young-adults

CYP Annual LIFTED Retreat for year 10-12's: 15 July. You're invited to LIFTED Retreat! A one-day retreat for 16-17 year olds from across the Diocese at St Paul's, Winston Hills on Thursday, 15 July. Together we will enter a weekend of connection, prayer and reflection on the theme of Abundance, inspired by John 10:10. Whether you're just beginning your faith journey, looking for community or need a mid-year renewal, the LIFTED Retreat welcomes you with open arms. Limited spots available. Registrations close 19 June. parracatholic.org/events/lifted-high-school

Bishop's Good Works Appeal : Thank you for your generous support of the Bishop's Good Works Appeal. This Appeal supports Holy Spirit Seminary at Harris Park, helping form the future priests our Diocese will need in the years ahead. Your kindness provides the education, spiritual formation, pastoral training and safe accommodation our seminarians need as they continue answering God's call. With your support, they are being formed to one day serve our parishes with faith, compassion and hope. Please give generously at parracatholic.org/appeal, scan the QR code or use the envelopes provided at the rear of church. Thank you.



Nominations closing soon for the 2026 Papal & Diocesan Awards Nominations closing soon for the 2026 Papal and Diocesan Awards, recognising individuals – both religious and lay – who have made outstanding contributions to the Catholic Church and its community. Do you know someone who deserves to be recognised? Nominations close at midnight on 30 June 2026. For more information or to submit a nomination, visit parracatholic.org/contribute/papal-diocesan-awards/

Feast days of the week:

June 8th – St. Edgar
June 9th – St. Ephrem, Doctor
June 10th – St. Timothy, Bishop and Martyr
June 11th – St. Barnabas, Apostle
June 12th – The Most Sacred Heart of Jesus
June 13th – The Immaculate Heart of Mary

Parish bank details:

If you would like to support our priest and church financially through **online banking:**
Name: Emu Plains Catholic church
BSB: 067 950
Account Number: 00000289