

# 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, 9th August 2026 Nineteenth Sunday in Ordinary Time, Year A.

Welcome to the celebration of the Mass.

### **Entrance Antiphon** Cf Psalm 73:20,19,22,23

Look to your covenant, O Lord,  
and forget not the life of your poor ones for ever.  
Arise, O God, and defend your cause,  
and forget not the cries of those who seek you.

### **First Reading** 1 Kings 19:9,11-13

A reading from the first book of the Kings

*Go out and stand on the mountain before the Lord God.*

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

### **Responsorial Psalm** Ps 84:9-14. R. v.8

**(R.) Lord, show us your mercy and love, and grant us your salvation.**

1. I will hear what the Lord God has to say,  
a voice that speaks of peace.  
His help is near for those who fear him  
and his glory will dwell in our land. **(R.)**

2. Mercy and faithfulness have met;  
justice and peace have embraced.  
Faithfulness shall spring from the earth  
and justice look down from heaven. **(R.)**

3. The Lord will make us prosper  
and our earth shall yield its fruit.  
Justice shall march before him  
and peace shall follow his steps. **(R.)**

### **Second Reading** Romans 9:1-5

A reading from the letter of St Paul to the Romans

*I would willingly be condemned if it could help my people.*

What I want to say is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

### **Gospel Acclamation.** Psalm 129:5

**Alleluia, alleluia!**

I hope in the Lord,  
I trust in his word.

**Alleluia!**



## **Gospel.** [Matthew 14:22-33](#)

A reading from the holy Gospel according to Matthew

*Command me to come to you over the water.*

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he

cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

## **Communion Antiphon** [Psalm 147:12,14](#)

O Jerusalem, glorify the Lord,  
who gives you your fill of finest wheat.

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**FREE**  
6-week self empowerment  
program for women who have  
left an abusive relationship

Do you want to feel safe again?  
Do you want to find your inner strength?  
Do you want the skills to set boundaries and take back power?

**Then A Stronger Me is for you!**

By participating in A Stronger Me and with ongoing encouragement from our supportive community, you'll gain the confidence, courage, and determination to rebuild your life.

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**Where?** Lower Mountains  
**Who can attend?** Women over 18 yrs who've been separated from an abusive partner for 3+ months

**catholic care**  
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**Expressions of interest**  
Call 0422 876 700  
or 8843 2500

**Survivor Voice Australia Inc.**

**Let us pray:** We pray for recently deceased Fr Eugene Stockton and Chris Wilson; and for those 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, Barry Smith, Stacey Mazzerella, Didi Barnes, Riley Beecham, Joseph Stipich, Jacinta Yardin, Jeremy Everett, 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.



## Parish Notices:

### Solemnity Mass of the Assumption of the Blessed Virgin Mary- Saturday, 15 August.:

**This is a Holy Day of obligation.** Mass at OLOW will be celebrated at **9am on Saturday, 15 August.** There will be no vigil Mass on 14 August at OLOW. St Padre Pio, Glenmore Park, and St Nicholas of Myra, Penrith will have Mass at 7pm on 14 August. **Please note that the Saturday Vigil Mass is not the Assumption Mass.**

**Cuppa and a Chat:** Please join us after the 9:30am Mass this Sunday, 9<sup>th</sup> August. Next weekend, we will meet after the 8am Mass. All welcome!

**Wrap with love knitters group** meets on Thursdays from 9am -12pm. *During the winter months, we will meet in the Parish Office.* Any donations of 8ply acrylic wool would be gratefully accepted. 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 Tues 11<sup>th</sup> August.*

**Children's liturgy:** Every 4<sup>th</sup> Sunday of the month at 9:30am mass. *Next children's liturgy: 23<sup>rd</sup> August*

**Upper Primary Youth Group (yrs 4-7):** 2<sup>nd</sup> Friday of the month, 7-8:30pm, in the Parish Hall. For more information, contact the parish office on 4735 1041. *Next youth group: Friday 14<sup>th</sup> August*

**Catholic Care Food Appeal 2026:** Our monthly food drive will take place **next weekend 15/16 Aug.** Catholic Care thank you for your generosity each month and appreciate all that you give to assist their vulnerable clients. They are currently experiencing an upturn in need and are having to ration food. They have requested cereal, pasta, soups, tinned fish and meat, rice in packs and ready to eat food for those who are homeless. Please place bags of food on the table at the rear of the church.

**Thank you** once again for your very generous response

### Readers/ Commentators roster:

| Dates:                                      | 5.30pm                                                                                                    | 8.00am                                                                                                      | 9.30am                                                                                                                                    |
|---------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>8/9 August</b><br>19th Sunday Ordinary   | C: Trish Ryan<br>R: Bellinda Henderson<br>Stevenie Harman<br>Debra Gleeson<br>JS1: Felicity<br>JS2: Josie | C: Alex Jarominek<br>R: Paul Ryan<br>Michael Blair<br>Pat Edwards<br>JS1: Ottavia<br>JS2: Elizabeth         | C: Don Robens<br>R: Lisa Samojlowicz<br><b>Deacon Batsirai</b><br>Lara Roser<br><b>Beth Nowland (Visit)</b><br>JS1: Hugo<br>JS2: Nicholas |
| <b>15/16 August</b><br>20th Sunday Ordinary | C: Louise Goderie<br>R: Sue Schembri<br>John Cowen<br>Anne Deutscher<br>JS1: Josie<br>JS2: Alex           | C: Sue Mouthaan<br>R: Paul Devlin<br><b>Deacon Batsirai</b><br>Matthew Topp<br>JS1: Jacob<br>JS2: Elizabeth | C: Brett Wright<br>R: Joanne Hamilton<br>Michael Blair<br>David Green<br><b>Kay Walker (Visit)</b><br>JS1: Jonah<br>JS2: Hugo             |

**Sacramental News:** Please join me in praying for the children and their families who are preparing for their Confirmation on 20<sup>th</sup> September.



**Safeguarding Training:** "As part of the Diocese of Parramatta's commitment to ensuring all children and adults at risk are safe, respected, protected and supported in our care, **all staff and volunteers** in our parishes, chaplaincies, agencies, ministries and councils are required to complete Mandatory Safeguarding." (Diocese of Parramatta, 2026).  
**Volunteers are required to keep up to date with their Safeguarding Training, by completing the necessary modules every 2 years.**  
**A Safeguarding Audit is being conducted in all Parishes across the Diocese this year.**

We currently have a number of Parishioners who are due to complete **Cycle 2 (Modules 4 & 5), and a few who need to complete Cycle 1 (Modules 1, 2 & 3).** The quickest way to complete the training is online, and the link for the training is: <https://learning.safeguarding.org.au/>.

We also have several Parishioners who are due to complete **Cycle 3 (Module 6).** This can also be completed online via the link above. There will be face to face training for Module 6 at Our Lady of the Way in 2027 (date tba), and you're welcome to wait until then to complete this module.

If you are unsure whether you are due for training, please email Joanne at [emuplains@parracatholic.org](mailto:emuplains@parracatholic.org), or phone the Parish Office on 4735 1041.

Once you have completed the required modules, please email the Certificates of Completion to [emuplains@parracatholic.org](mailto:emuplains@parracatholic.org)

Many, many thanks for your understanding and support in keeping up to date with the training.

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| <p><b><u>Parish Information</u></b></p> <p><b>Parish office open Tues-Thurs from 9am-3pm; Fri 9.30am-1pm (ph: 4735 1041)</b><br/>         Parish priest: Fr Michael G. Gathuku<br/>         Deacon: Batsirai Maringehosi<br/>         Parish Office Administrator: Joanne Hamilton<br/>         Sacramental Co-ordinator: Cate Kensey<br/>         Our Lady of the Way principal:<br/>             Phillip Kapitanow (ph: 4777 7200)<br/>         Penola Catholic college principal:<br/>             Peta Sparkes (ph: 4728 8100)<br/>         CathWest Innovation College principal:<br/>             Paul Stenning (ph: 02 8886 9500)<br/>         St Vincent de Paul Contact Centre:<br/>         For assistance call 1800 606 724.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p><b>Weekend Mass times:</b><br/>         Saturday 5:30 pm, Sunday 8am, 9:30am<br/>         Filipino Mass-3<sup>rd</sup> Sunday of the month:12pm</p> <p><b>Weekday Masses:</b><br/>         Tuesday 9am<br/>         Wednesday, Thursday, and Friday 9am.</p> <p>Adoration of Blessed Sacrament at 8.30am<br/>         Thursday before Mass. Benediction last<br/>         Thursday of the month.<br/>         First Fridays of the month – healing Mass.</p> <p><b>Reconciliation:</b> Saturday 4:30 – 5:15pm.</p> <p><b>Sacraments:</b> baptisms and weddings by<br/>         appointment. Please contact the parish office<br/>         (<a href="mailto:emuplains@parracatholic.org">emuplains@parracatholic.org</a>) for information<br/>         on reconciliation, communion and confirmation.</p> |
| <p><b><u>Diocese of Parramatta Notices:</u></b></p> <p><b>St Carlo Acutis’s Eucharistic Miracles Exhibition: 9-23 August</b> Designed by St Carlo Acutis, the first millennial saint, this exhibition documents reported Eucharistic miracles from around the world. Come to Our Lady of the Angels, Rouse Hill, from 9-23 August. Entry is free and no bookings are required. To see where the exhibition is heading next across the Diocese, visit <a href="http://parracatholic.org/iec2028/">parracatholic.org/iec2028/</a></p> <p><b>Bethany Pilgrimage for Women: 29 August</b> The theme for 2026 is “Totus Tuus” (“Totally Yours”). There will be a decade of the rosary, reflection and personal prayer at each church. Adoration and Confession will be available at times also. This event is perfect for active women who would like to spend a day in prayer whilst pushing themselves physically in order to pray for themselves or family. Water, snacks and light lunch provided. <b>Registration:</b> <a href="http://www.trybooking.com/events/landing/1569560">www.trybooking.com/events/landing/1569560</a><br/>         For more info call Victoria on 0494173359 or email <a href="mailto:bethanypilgrimage@gmail.com">bethanypilgrimage@gmail.com</a></p> <p><b>‘Be The Witness’ Musical: 10-13 September</b><br/>         Arrives at Riverside Theatres Parramatta, 10–13 September. Presented by Mary Queen of the Family Parish, with a full cast and chorus now in place and rehearsals beginning this weekend, excitement is building. Gather your parish and book now at <a href="http://bethewitness.com.au">bethewitness.com.au</a></p> <p><b>Married Couples’ Retreat – Reflect, Renew &amp; Reconnect: 5 September</b><br/>         Married couples are invited to a special retreat day, on Saturday 5 September 2026 at the Bishop Bede Heather Centre, 1 Marion Street, Blacktown. The day runs from 8:30am–4.30pm and includes Mass with Bishop Vincent, light refreshments, and lunch. Couples will explore topics including Expressions of Love, Living Your Vocation of Marriage, 7 Principles of Making Marriage Work, Creating a Marriage First Aid Kit, and a Couple Prayer and Commitment Ceremony. Cost is \$45 per couple. Places are strictly limited. Bookings are essential. Register now at <a href="http://parracatholic.org/marriedcouplesretreat/">parracatholic.org/marriedcouplesretreat/</a>.</p> <p><b>Annual African Mass 2026: 27 September</b><br/>         The African Catholic communities of the Diocese of Parramatta, in collaboration with the Diocesan Office for Migrant Chaplaincies and the Nigerian and Ghanaian Chaplaincies, warmly invite you to the African Mass 2026. Join us on Sunday 27 September from 1pm–5pm at Mary Queen of the Family Parish (St Patrick’s Church), 51–59 Allawah Street, Blacktown, for a vibrant celebration of faith, culture and community. Refreshments and entertainment will be provided following Mass. All are welcome.</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <p><b><u>Feast days of the week:</u></b></p> <p>Aug 10<sup>th</sup> – St. Lawrence, Martyr<br/>         Aug 11<sup>th</sup> – St. Clare of Assisi<br/>         Aug 12<sup>th</sup> – St. Frances de Chantal<br/>         Aug 13<sup>th</sup> – Ss. Pontian, Pope &amp; Hippolytus, Martyrs<br/>         Aug 14<sup>th</sup> – St. Maximilian Kolbe<br/>         Aug 15<sup>th</sup> – The Assumption of the Blessed Virgin Mary</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p><b><u>Parish bank details:</u></b></p> <p>If you would like to support our priest and church financially through <b>online banking:</b><br/>         Name: Emu Plains Catholic church<br/>         BSB: 067 950<br/>         Account Number: 00000289</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |