



# ST THOMAS THE APOSTLE PARISH, KAMBAH

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## Sunday 7<sup>th</sup> June – The Most Holy Body & Blood of Christ – Corpus Christi

### Entrance Antiphon

Cf Psalm 80:17

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

### First Reading

Deuteronomy 8:2-3. 14-16

A reading from the book of Deuteronomy

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 & 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 & 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.'

**The Word of the Lord**

**Thanks be to God**

### Gospel

John 6:51-58

A reading from holy Gospel according to John  
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; & 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 & drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, & I shall raise him up on the last day. For my flesh is real food & my blood is real drink. He who eats my flesh & drinks my blood lives in me & 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.'

**The Gospel of the Lord**

**Praise to you Lord Jesus Christ**

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

Ⓜ Praise the Lord, Jerusalem.

- O praise the Lord, Jerusalem! Zion, praise your God!  
He has strengthened the bars of your gates, he has blessed the children within you. Ⓜ
- He has established peace on your borders, he feeds you with finest wheat.  
He sends out his word to the earth & swiftly runs his command. Ⓜ
- He makes his word known to Jacob, to Israel his laws & decrees.  
He has not dealt thus with other nations; he has not taught them his decrees. Ⓜ

### Second Reading 1 Corinthians 10:16-17

A reading from 1<sup>st</sup> letter of St Paul to the Corinthians

The blessing-cup that we bless is a communion with the blood of Christ, & 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.

**The Word of the Lord** **Thanks be to God**

### Gospel Acc. 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!

### Communion Antiphon Jn 6:57

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

### **REFLECTION** by Fr Michael Tate **The Maternal Jesus**

I once saw a young mother discreetly breastfeeding her baby during Mass, and thought ... 'What a wonderful thing!' There could not be a better illustration, a better acting out of what Jesus says in today's Gospel: 'The one who eats me will live.'

Of course, even mothers who find they cannot breastfeed offer the same gift for nine months as the baby draws its life from the mother's body in the womb.

This is a good analogy for what Our Lord was teaching in today's Gospel.

'Those who eat my flesh & drink my blood abide in me and I in them.' Notice the very maternal language. The risen Lord truly abides in us, we truly abide in the risen Lord. This is as intimate as the baby dwelling in the womb of its mother. Moreover, it is a Holy communion which is both a present reality & a foretaste and promise about our place in God's future: 'The one who eats this bread will live forever.'

We could pause for a moment to pray with St Thomas Aquinas: 'Oh Sacred Banquet in which Christ is received *and* a pledge of future glory is given to us.' © Fr Michael Tate; [mtate@bigpond.com](mailto:mtate@bigpond.com)

### **Acknowledgement of Country**

We acknowledge Traditional Owners of Country throughout Australia & recognises the continuing connection to lands, waters & communities. We pay our respect to Aboriginal & Torres Strait Islander cultures; & to Elders past & present.



Website  
[Kambah.org](http://Kambah.org)

Sunday 7<sup>th</sup> June 2026 – The Most Holy Body & Blood of Christ – Corpus Christi -YA  
**Parish Priest** Fr Eden Langlands ..... 6231 9219  
**School Principal** Mrs Ursula Jamieson..... 6231 4144  
**Parish Secretary** Mrs Elizabeth Wilson..... 6231 9219  
**Parish Office** Mon, Wed & Fri..... 9am-12pm  
**Safeguarding Officer** Bruna Strmota..... [kambah.safeguarding@cg.org.au](mailto:kambah.safeguarding@cg.org.au)  
**Office E-Mail** ..... [kambah@cg.org.au](mailto:kambah@cg.org.au)  
**Fr Eden's E-Mail** ..... [eden.langlands@cg.org.au](mailto:eden.langlands@cg.org.au)



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**WEEKDAY LITURGICAL CELEBRATIONS:**

**Monday** No Service Weekday in OT  
**Tuesday** 5:00pm Adoration followed by 6:00pm Mass (Confession available) Weekday in OT  
**Wednesday** No Mass Weekday in OT  
**Thursday** 8:30am Adoration followed by 9:30am Mass St Barnabas  
**Friday** 8:30am Adoration followed by 9:30am Mass Most Sacred Heart of Jesus

**WEEKEND CELEBRATIONS**

**Saturday** 5pm - 5:30pm Confession  
**Saturday** 6pm Vigil Mass Most Holy Body & Blood of Christ  
**Sunday** 8:30am & 10am Mass Most Holy Body & Blood of Christ

**Parish Luncheon @ 12pm Monday 8<sup>th</sup> June Irish Club in Weston. All welcome.**

**INSTAGRACE** is a three-day Catholic residential program organised by Jesus Youth Canberra for teenagers aged 13 to 17. Running successfully for nearly a decade, it helps young people grow in self-understanding & develop a personal relationship with Jesus through talks, music, & life testimonies.

**Where:** Outward Bound Australia, Naas Rd. Tharwa  
**When:** 9am Fri 17<sup>th</sup> 4pm till Sun 19<sup>th</sup> Jul. **Cost:** \$290  
**Rego Closes:** 12<sup>th</sup> July. **Register:** Use QR code  
 FYI , please contact Jerin Niju on 0469 738 253.



**Event Name: ALIVE: BBQ + Praise Night**

Join us for a BBQ dinner & praise night at ALIVE - a time to deepen your faith & gather as a young adult community. Whether you're seeking renewal, encouragement, or simply a moment to pause & encounter God, this night is for you. Invite your friends, & we look forward to seeing you there!

**Who:** Young Adults  
**When:** 6pm, Thursday 18th June 2026  
**Where:** ACU Signadou Chapel, Ground Level, Building 302, 223 Antill Street, Watson  
**FYI:** Please contact Ethan 0413 545 808; or [ellen.thomas@acu.edu.au](mailto:ellen.thomas@acu.edu.au) for ACU students.  
 ALIVE is an event run by ACU Campus Ministry & the Disciple of Jesus Covenant Community.

**Marriage Enrichment Weekend**

We are offering an opportunity for you to learn to become the best version of yourselves together and live your best life in love! Come & join us on 19-21 June 2026 at a Marriage Encounter Weekend at Mt Carmel Retreat Centre, Varroville, NSW – a stunning & tranquil oasis on the edge of Sydney.

Book online at [www.wwme.org.au](http://www.wwme.org.au) or contact Christine & Terry Mahony on 0490 774 419 or [nswbookings@wwme.org.au](mailto:nswbookings@wwme.org.au)

**Online Resources**

**Archdiocese** [www.cgatholic.org.au/](http://www.cgatholic.org.au/)  
[www.facebook.com/archdiocesecanberragoulburn](https://www.facebook.com/archdiocesecanberragoulburn)  
**Catholic Voice** [www.facebook.com/CatholicVoiceAustralia/](https://www.facebook.com/CatholicVoiceAustralia/)  
[www.instagram.com/thecatholicvoice/](https://www.instagram.com/thecatholicvoice/)  
[www.youtube.com/catholicvoice](https://www.youtube.com/catholicvoice)  
**Caritas** [www.caritas.org.au/](http://www.caritas.org.au/)  
**Vatican News** [www.vaticannews.va/en.html](http://www.vaticannews.va/en.html)

**Kambah SVDP Update**

Thank you for supporting the SVDP Winter Appeal. Behind the statistics are people from all walks of life – families sleeping in cars, older women couch surfing after a life of work & caregiving, & rough sleepers braving the elements in our parks & doorways. Yet rough sleeping is just the tip of the iceberg: only about 3% of homeless Canberrans are found on the streets. The vast majority are “hidden homeless” – individuals & families couch-surfing with friends, living in severely overcrowded dwellings, or making do in garages, cars & spare rooms. Your contribution brings HOPE, so thank you again.

**Fete Craft Meeting.**

Tue 16<sup>th</sup> June 10am - 12pm in Parish Meeting Room.  
 FYI call Trudie 0419 293 190

**Bible Study**

Wednesday evenings @ 7:30pm.  
 We will be studying the Acts of the Apostles. No experience necessary.  
 Come as you are FYI Trudie 0419 293 190

**Parish Contributions**

Thank you for your financial support. Donations can be made by **Direct Debit / Direct Credit / Credit Card / Envelopes / EFTPOS** machine located in foyer.  
 FYI please contact office.

**Vocations Discernment Silent Retreat 19<sup>th</sup> June 6pm**

St Clement's Galong NSW. For men interested in discerning a call to the Priesthood. One day of insightful input within a retreat centre of noted deep spiritual ambience. To RSVP please contact Vocations Director Fr Emil [emil.milat@cg.org.au](mailto:emil.milat@cg.org.au) 0414 523 036.

**14th June 2026 - 11th Sunday in OT YA**

**Ent. Ant.** [Cf Psalm 26:7,9](#)  
**1st Reading** [Exodus 19:2-6](#)  
**Res. Psalm** [Ps 99:2-3. 5. R. v.3](#)  
**2<sup>nd</sup> Reading** [Romans 5:6-11](#)  
**Gospel Accl.** [Mark 1:15](#)  
**Gospel** [Matthew 9:36-10:8](#)  
**Com. Ant.** [Psalm 26:4](#)

Weekend 2 (13 <sup>th</sup> – 14 <sup>th</sup> Jun 2026)	6pm	8:30am	10am
<b>Acolyte</b>	Nick	Brendan	Warwick
<b>Reader</b>	Lia B & Help Needed	Maryellen Moore	Help Needed
<b>Music Team</b>	Peter Glynn	Margaret & Choir	Bruna Strmota
<b>Counters</b>	Graeme & Diane	<b>Cleaners</b>	Burston & Glenda H