



FIRST READING: Deuteronomy 8:2-3. 14-16

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

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

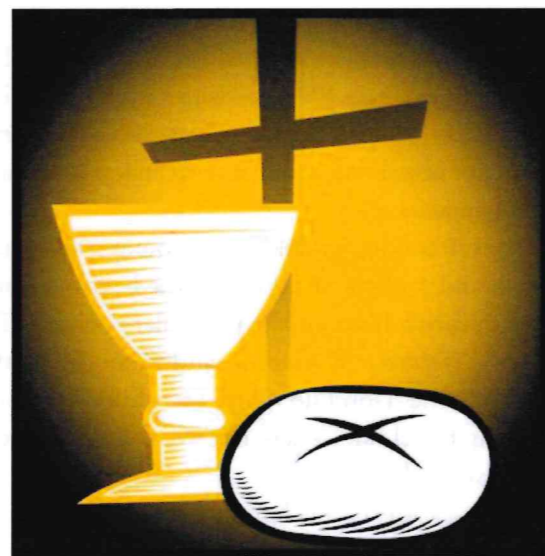
GOSPEL ACCLAMATION: John 6:51-52

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

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.'

©Liturgy help



GOLBURN MISSION CONTACTS

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WEEKEND MASSES

Saturday - 9am OLOF Goulburn
5pm SPP Goulburn
5pm Taralga

Sunday - 8am (OLOF), 10 am (SPP)
9am (Crookwell)

Binda - 10.30am (1st Sunday)
Marulan - 8.30am (2nd Sun)
Tarago - 8.30am (3rd Sun)
Bungonia: 7pm, Thurs Rosary

CONFESSIONS

SPP: 11.30 -12 (Fri), Sat *4.15pm
OLOF: 9.30am -10am
Taralga: *4.30pm (1st Sat)
Crookwell: 8.30am (2nd Sun)
*An hour later from September to April.

ADORATION & BENEDICTION

SPP 11am Fridays
Syra Malabar- Mass: 1st Tuesday 5.30pm OLOF
3rd Wednesday 5.30pm OLOF
Guided Adoration Friday: 5.30-6pm OLOF

WEEKDAY MASSES

Tuesday - 5pm (OLOF),
Wednesday, Thursday 7.30 am OLOF,
Friday- 9.30am STM Crookwell
Friday - 12 noon (SPP)
Sat - 9am (OLOF)

Mass Offerings: Please send to office, or central Collection boxes.

ROSTER Coordinator- judith.stuart11@gmail.com

BAPTISMS: QKR, WEBSITE OR OFFICE
PLEASE USE THIS QR CODE FOR
PARISH INFORMATION

our website:



We are a safe Church.
We have committed to zero
tolerance of abuse, and the
Protection of all our people.

MISSION CALENDAR DATES

JUN 08: PUBLIC HOLIDAY
JUN 12: The Most sacred Heart of Jesus Solemnity
JUN 12: Family Adoration 5.30pm OLOF
JUN 13: Men's Breakfast 7.15 for 7.30 start
Jun 13: Worldwide Rosary 10am OLOF
IMMACULATE HESART OF THE VIRGIN MARY
JUN 28: Feast of Sts Peter and Paul's Mass & Luncheon

The Community of the Goulburn Mission works hard to ensure we are a Safe Community for all our parishioners, visitors and residence. Healthy inclusion and safeguarding practices are at the heart of our administration. Please read the information regarding inclusion and accessibility on your church notice boards as we strive to be compliant and compassionate.

© God's Word Daily Reflection 2025

REFLECTION

Spend a moment thinking back to your first Holy Communion. What do you remember of that time, of that day? Maybe you remember how you felt, or how something from the celebration. Maybe it was so long ago that you don't remember much of it at all! I don't remember a lot of my first Communion day, but I do remember that what was happening was something awesome-full of awe.

The Mystery of the Eucharist is incredibly profound, but perhaps, rather than understanding every facet, we are called to approach Communion with a sense of Wonder and awe at the total self-gift of Jesus, and with a desire to become what we consume- to be a gift to one another.

"Anyone who does eat of my flesh and drink of my blood has eternal life....."



Goulburn Mission Notice board

First Holy Communion

Sunday 7th June

Confirmation

Program session 1:

19th/20th August

Friday 18th September

Good Vibes Community Choir

Wednesdays at 12 noon in the Old Ceramics Hall Verner St Goulburn
Singing for the mind and soul

Men's Breakfast
SECOND WEEKEND IN JUNE!
Saturday 13th 7.15am for a 7.30 start: Tatts Goulburn
Michael Lamarra- 0419 019 304
Special Guest Speaker
Tim Cahill
Topic: Men Alive Ministry

Entrance Antiphon: Cf Psalm 80:17
He fed them with the finest wheat and satisfied them with honey from the rock.

Communion Antiphon: John 6:57
Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.



OLOF Church
Family Adoration

Friday's 5.30-6pm School Term Only

Saturday 13th June 2026
Join in unity across the world to honour the Sacred Heart of Jesus and the Immaculate Heart of Mary.
10am OLOF church next Saturday after Mass.

Archdiocesan Assembly Facilitators needed
Please let the office know if you wish to be one of the 10 facilitators at the Assemble on Saturday August 22nd at St Josephs School Hall.
Training is provided: please register interest with the office in Goulburn.



Sts Peter and Paul's
Feast Day Luncheon
28th June

11.40 am Goulburn Workers Club
After 10am Mass

Tickets available through the Goulburn Parish Office or QKR! App (Goulburn Mission)
\$50 per person

Special Guest Speaker Ron Tesoriero-
Lawyer, Author and Documentary filmmaker
Ticketing closes on Wednesday June 10th.

GOULBURN MISSION CEMETERIES MEETING
Next Saturday June 13th SPP 11am
All who contribute to the maintenance of Parish Cemeteries, welcome to come and discuss the new methods of operation.

GOULBURN MISSION CEMETERIES, BURIALS AND NICHES.

The Goulburn Mission has many cemeteries in its portfolio, across our 3 Parishes.
All queries, sales and reservations of plots and niches can be made through the Goulburn Mission office- 0403 631 797-goulburn@cg.org.au
Cemeteries under the Legal operation of The Mission include Spring Valley, Mummel, Bungonia, Marulan, Laggan and Collector.
Please call the office for any bookings, maintenance and hazard reporting.

Recently Deceased: Shirley Noonan, Gwenda Romer, Maryanne England, Christopher Yeadon, Sr Patricia Bell, Mildred Hogan, Assunta Apap,

Anniversaries: Maryann Langham, Harry & Tony McLaughlin, Garry Downey, Natalie Misfud, Kevin Storrier, Bryan Kennedy, Margot Brewis, Ken Cummins, Frank Heaton, Margot Brewis, Bryan Kennedy, Tom & Sadie Cummins, Richard Kennedy, Joanne Kennedy, Perry McCormack, Lorna Staude, Shirley Evans, Molly Johns, Fr Murphy, Patricia Anable, Brendan Small, Beatrice & Herbert Fardy, Foth Butz, Martin Stait,

Prayers: All Mothers, Kathy Neely, The Wellbeing of the Children at the Kenyan School " Suluhisho ", Parnika Anju, Dennis Boreham, Eva Lowe, Anita Jeisman, Mike Ryan, Lisa Polley, John Murrell, John Bowen, Tony McCormack, Brendan Walsh, John Murrell, Christopher White, Leslie King,

Article provided by Fr Michael Lim Corpus Christi
EUCCHARIST AS GOD'S PHYSICAL EMBRACE

There's a story told of a young Jewish boy named Mortakai who refused to go to school. When he was six years old, his mother took him to school, but he cried and protested all the way and, immediately after she left, ran back home. She brought him back to school and this scenario played itself out for several days. He refused to stay in school. His parents tried to reason with him, arguing that he, like all children, must now go to school. To no avail. His parents then tried the age-old trick of applying an appropriate combination of bribes and threats. This too had no effect.

Finally, in desperation they went to their Rabbi and explained the situation to him. For his part, the Rabbi simply said: "If the boy won't listen to words, bring him to me." They brought him into the Rabbi's study. The Rabbi said not a word. He simply picked up the boy and held him to his heart for a long time. Then, still without a word, he set him down. What words couldn't accomplish, a silent embrace did. Mortakai not only began willingly to go to school, he went on to become a great scholar and a Rabbi. What that parable wonderfully expresses is how the Eucharist works. In it, God physically embraces us. Indeed that is what all sacraments are, God's physical embrace. Words, as we know, have a relative power. In critical situations they often fail us. When this happens, we have still another

language, the language of ritual. The most ancient and primal ritual of all is the ritual of physical embrace. It can say and do what words cannot. Jesus acted on this. For most of his ministry, he used words. Through words, he tried to bring us God's consolation, challenge, and strength. His words, like all words, had a certain power. Indeed, his words stirred hearts, healed people, and affected conversions. But at a time, powerful though they were, they too became inadequate. Something more was needed. So on the night before his death, having exhausted what he could do with words, Jesus went beyond them. He gave us the Eucharist, his physical embrace, his kiss, a ritual within which he holds us to his heart.

To my mind, that is the best understanding there is of Eucharist. Within both my undergraduate and graduate theological training, I took long courses on the Eucharist. In the end, these didn't explain the Eucharist to me, not because they weren't good, but because the Eucharist, like a kiss, needs no explanation and has no explanation. If anyone were to write a four hundred page book entitled, The Metaphysics of a Kiss, it would be not deserve a readership. Kisses just work, their inner dynamics need no metaphysical

elaboration. The Eucharist is God's kiss. Andre Dubos, the Cajun novelist, used to say: "Without the Eucharist, God becomes a monologue." He's right. A couple of years ago, Brenda Peterson, in a remarkable little essay entitled, In Praise of Skin, describes how she once was inflicted by a skin-rash that no medicine could effectively soothe. She tried every kind of doctor and medicine. To no avail. Finally she turned to her grandmother, remembering how, as a little girl, her grandmother used to massage her skin whenever she had rashes, bruises, or was otherwise ill. The ancient remedy worked again. Her grandmother massaged her skin, over and over again, and the rash that seemingly couldn't be eradicated disappeared. Skin needs to be touched. This is what happens in the Eucharist and that is why the Eucharist, and every other Christian sacrament, always has some very tangible physical element to it—a laying on of hands, a consuming of bread and wine, an immersion into water, an anointing with oil. An embrace needs to be physical, not only something imagined.

G.K. Chesterton once wrote: "There comes a time, usually late in the afternoon, when the little child tires of playing policeman and robbers. It's then that he begins to torment the cat!" Mothers, with young children, are only too familiar with this late afternoon hour and its particular dynamic. There comes an hour, usually just before supper, when a child's energy is low, when it is tired and whining, and when the mother has exhausted both her patience and her repertoire of warnings: "Leave that alone! Don't do that!" The child, tense and miserable, is clinging to her leg. At that point, she knows what to do. She picks up the child. Touch, not word, is what's needed. In her arms, the child grows calm and tension leaves its body.

That's an image for the Eucharist. We are that tense, over-wrought child, perennially tormenting the cat. There comes a point, even with God, when words aren't enough. God has to pick us up, like a mother her child. Physical embrace is what's needed. Skin needs to be touched. God knows that. It's why Jesus gave us the Eucharist. Fr. Ron Rolheiser, OMI.