



CATHOLIC PARISH CENTRES OF PAMBULA

Parish Bulletin

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

Our mission as a Christian community of the Catholic Parish Centres of Pambula is enlightened and inspired by the Holy Spirit, is to be salt and light through the loving way of our words, actions and respect for the dignity of all, so that others may experience the love of Christ. We acknowledge the Yuin people and honour Elders past, present and emerging, and all First Nations peoples worldwide.

PARISH CONTACT DETAILS

Parish Priest

Fr Kuriakose Chennelil Joseph MS (Fr Kose)
kose.joseph@cg.org.au
Phone: 0470 498 321

Parish Office

Open to the public on Wed & Fri from 10am-2pm
Ann Garcia
Phone: 0435 036 236 or 02 6495 0683
Email: pambula@cg.org.au
Web: www.cg.org.au/pambula
Address: 79 Main Street / PO Box 249
Merimbula NSW 2548

Parish Centres

Merimbula: St Joseph's
Pambula: St Peter's
Eden: Our Lady Star of the Sea

Sisters of St Joseph

Sr Marie Carson

Parish Council Chair

Mrs Bernadette Wood

Liturgy Coordinator

Ms Sue Heffernan

Finance Chair

Mr Michael Wood

Parish Safeguarding Volunteer

Mr Philip Roach
pambula.safeguarding@cg.org.au

Lumen Christi Catholic College

Mr Shane Giles 02 6495 8888

PARISH INFORMATION

Reconciliation (Confession)

Merimbula: Friday before Mass,
Eden: Saturday before Vigil Mass
Pambula: Wednesday before Mass
At any other time by request

Anointing of the Sick

Pambula: Wednesday 27 May 10am
Eden: Thursday 28 May 10am
Merimbula: Friday 29 May 10am

Sacrament of Baptism

Families are warmly invited to celebrate the Sacrament of Baptism in our parish. Baptism is celebrated after Mass on the 4th Saturday/Sunday of the month. For all enquiries and Baptism preparation arrangements, please contact the Parish Office.

Weddings

By appointment only: Minimum 6 months advance notice.

Adoration

Merimbula: Friday 9am followed by Mass at 10am.

Divine Mercy Chaplet

Merimbula: Sunday 9:30am & Friday 9am
Eden: Thursday 9.15am

Rosary

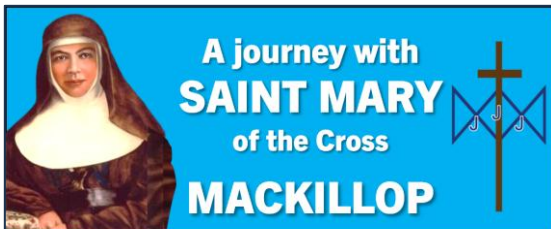
Merimbula: Cenacle & Holy Hour 11am Monday
Pambula: Wednesday 9:30am
Eden: Thursday 9.30a m followed by Mass at 10am.

PARISH CALENDAR/MASS TIMES

Tuesday: 5pm Merimbula
Wednesday: 10am Pambula
Thursday: 10am Eden
Friday: 10am Merimbula
Saturday: 5.30pm Eden
Sunday: 8am Pambula
10am Merimbula

St Peter's Parish is committed to safeguarding and upholding the dignity and rights of all children and vulnerable people. We seek to empower children, their families and carers, and vulnerable people to have their say, to be listened to and to be protected. This approach is at the centre of all of our thinking.

COMMUNICATING CONCERNS: You are encouraged to raise any concerns by emailing Fr Kose, the Parish Office, the Parish Safeguarding Volunteer or directly to Maria Hicks at the Institute Professional Standards & Safeguarding (IPSS) on ipss@cg.org.au



A journey with
SAINT MARY
of the Cross
MACKILLOP

**I knew God would take care of all
and make everything right in the end.
(17.7.1892)**

COMING EVENTS/NOTICES

Aged Care Facility Mass

- 11 June 11.30am Uniting Age Care, Eden
- 2 July 11.30am Imlay House, Pambula
- 3 July 1 pm Hugh Cunningham Gardens Tura Beach
- 7 July 2 pm Albert Moore Gardens, Merimbula

New Parishioners

Could anyone new to the Parish contact the Parish Office or Fr Kose, so that the Parish has your contact details.

Thank you.

Merimbula Jazz Festival Ecumenical Service



Parishioners, families and friends are invited to the annual festival church service that will take place at St Joseph's on Sunday, June 07 at 11:30am. An occasion of prayer and Gospel hymn singing with everyone

NO MORNING TEA this Sunday in Merimbula to give way for the service.

Invitation to Join the Parish Assembly

It is our hope that in this gathering we will renew our sense of purpose and deepen our commitment to the mission of the Church,

inspiring us to envision new possibilities for evangelisation and to welcome many more into the life and ministry of our parish community.

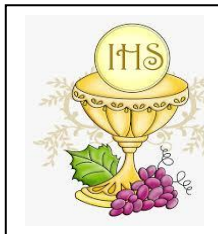
We value your insights, and it would be our privilege to have you join us.

Please RSVP to parish office email: pambula@cg.org.au

First Holy Communion – 14 June

We anticipate with great joy our 12 First Communicants on that very glorious day when they would, for the first time, be receiving Jesus in the Holy Eucharist.

Please include them in your prayers.



Catechism Corner

In what way is Christ there when the Eucharist is celebrated?

Christ is mysteriously but really present in the Sacrament of the Eucharist. As often the Church fulfills Jesus' command "Do this in remembrance of me" (1 Cor 11:24), breaks the bread and offers the chalice, the same thing takes place today that happened then. Christ truly gives himself for us, and we truly gain a share in him.

(1362-1367)

SOLEMNITIES/FEAST DAYS

12 June (Friday) Feast of The Most Sacred Heart of Jesus

24 June (Wednesday) Nativity of St. John the Baptist

29 June (Monday) Feast of Saints. Peter & Paul



PRAYER INTENTIONS

We pray for all the faithful departed or whose anniversaries occur including:

Sr. Myree Harris, Kate Webster, Deborah Joan, Cynthia & Martin Walker, Domenic & Gloria, Marcel (Mike) Aggenbach, Edward Cutajar, Ann Johnston,

Let us pray for and support those who are sick and for all who have asked for our prayers:

Jed Descutido, Monica Paffen, Pat Wong, Ros Beveridge*, Matilda Blake, John Liston,* Margot Neilsen, Anne Cooper*

(The list will be refreshed every first week of the month. If you would like the names to continue, please inform the Parish office via email or phone)

COLLECTIONS

Last Week's Collection:

\$1,304.25 - Support Clergy in Parish & Archdiocese & Support running the Parish

Planned Giving Collections:

THANK YOU to ALL parishioners who continually support our Parish through our plate collections at Mass, through the envelopes and direct banking. Without your financial help our Parish could not continue to function.



Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi)

This feast day celebrates the **Real Presence of Jesus Christ in the Holy Eucharist**—meaning that the bread and wine used during Mass truly becomes His Body, Blood, Soul, and Divinity

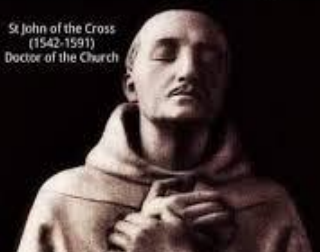
Please come for the Adoration and Benediction

Eden – 10 minutes before 5pm vigil mass
Pambula – 10 minutes before the 8am mass
Merimbula – 9:30 am

Please observe Silence inside the Church

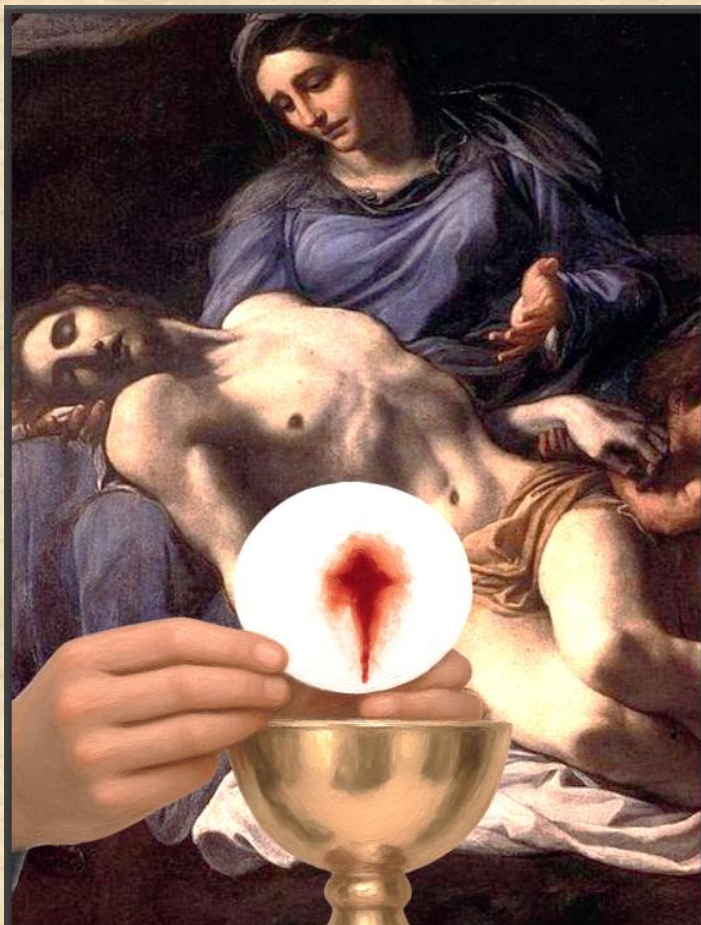
Silence is
God's
first language

St John of the Cross
(1542-1591)
Doctor of the Church



The Church is a sacred place where Jesus dwells and is truly present in the tabernacle. We ought Him our utmost reverence and adoration. "The language He understands the best is the **Silence of Love.**"

Feast of the Most Holy Body and Blood of Christ (CORPUS CHRISTI)



*This is my
Body
This is my
Blood*

Which will be given up
for you...
Do this in remembrance
of me...

Luke 22:19

ENCOUNTERING
JESUS
TOGETHER

PARISH ASSEMBLY

Saturday 22nd June, 2026

2.30pm - 5.15pm

Mary MacKillop Hall
Calle Calle Street, Eden

All Welcome

Our Parish Assembly is a time to explore
the opportunities to discern where Jesus
is calling us to walk together on our
Pilgrim Journey.

PRAYER FOR THE SUCCESS OF THE PARISH ASSEMBLY

Heavenly Father, As we gather together to pray
for the success of the Parish Assembly,
we ask that you send your Holy Spirit to unite
us. Open our hearts to listen to each other
with humility and empathy and guide our
minds to discern your will for our Parish.

Help us to build a community that is vibrant and
welcoming,
working together for the glory of God.
May the Blessed Virgin Mary intercede for us.
We make this prayer through Christ our Lord.
Amen.



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7 June 2026

First Reading Dt 8:2-3, 14-16

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.

or

(R.) Alleluia!

- 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.)
- 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.)
- 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 Cor 10:16-17

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 Jn 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 Jn 6:51-58

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.'



Reflection by Fr Michael Tate

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 and 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 and 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.'

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