

GOSPEL

Jn 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.’

■ The Gospel of the Lord.

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Breaking Open the Word

THE LIVING BREAD

Have you ever sat at the deathbed of someone you love, or looked at media reports of destruction of people’s houses and living quarters in parts of the world dominated by violence, or realised the effects of global warming, or seen the tragedy of life in the faces of the young that flash across our TV screens? In our depths, we desire life; life for those who are dying, for those close to us, for those whose lives are tragically shortened by war, for our natural world, for the young.

This very theme is the focus of today’s Gospel text from John 6. Called the ‘bread of life discourse’, this chapter unpacks John’s theology of the Eucharist. The final section of this long Chapter is about the life that Jesus offers. This life comes from the ‘living bread which has come down from heaven’. This is a rich theological symbol at many levels: it is the life, the ‘bread’, given to the Jews through God’s gift to them in the Torah (the first 5 books of the Bible). There they find how to live in covenantal partnership with God; it is the wisdom that comes from Jesus’ teaching; it is the Eucharistic bread received into the community in the celebration of the Lord’s Supper.

The reality of this symbol is underscored using the word ‘flesh’—another rich symbol emphasising Jesus’ presence in its abundance. To eat this eucharistic bread and drink his blood offers communion with him in his fullness, and the promise of a life that will outlive the grave and any suffering and tragedy that confronts. Communion with him brings us true life.

Fr Michael Trainor

THE SAVING WORD

THE MOST HOLY BODY AND BLOOD OF CHRIST / A

7 JUNE 2026

FIRST READING

Deut 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 to 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.’

■ The word of the Lord.

RESP PSALM

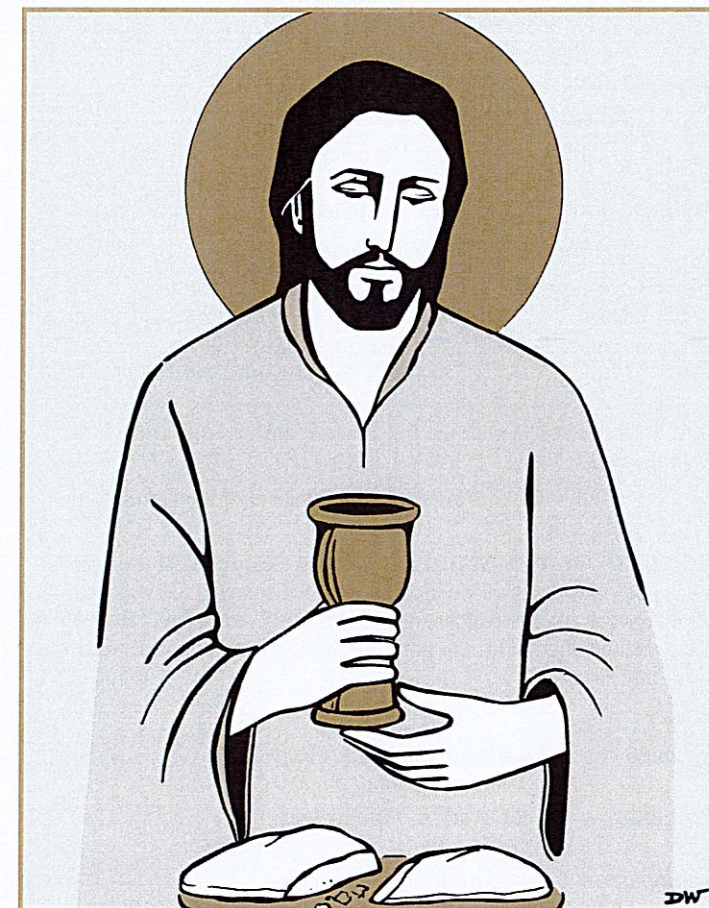
Ps 147:12-15, 19-20. R. v. 12

R. Praise the Lord, Jerusalem. (or Alleluia!)

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 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 Cor 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.

■ The word of the Lord.

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!

*Welcome to St Nicholas'
Catholic Parish, Tamworth
for
The Most Holy Body and Blood of Christ
Corpus Christi
Year A*

7th June 2026

Fr Christopher Onuekwusi – Parish Priest
Fr Clarence Canafe – Assistant Priest

stnicholasparish@armidale.catholic.org.au ☎ (02) 6766 2228

Parish Website: <https://www.stnicholasparish.org.au/>

Parish Secretaries: Finance: Stephanie Hetherington - Mon/Tue 9-5pm

Administration: Anne Jones Wed/Fri 9-5pm Pauline Skewes Thurs 9-1pm

Parish Office hours: Monday – Friday 9am - 5pm

Catholic schools in our parish

McCarthy Catholic College	Principal: Mr Michael Whitton
☎ (02) 6761 0800	Students currently enrolled: 1,006
St Nicholas Primary School	Principal: Mr Peter Flynn
☎ (02) 6766 1500	Students currently enrolled: 576

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

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

‘FOR THE LIFE OF THE WORLD.’ When we eat the flesh of Jesus and drink his blood in Eucharistic communion, we share in his very life, a life poured out for all on the cross. As we gratefully receive this food of eternal life, we are called in turn to pour out our lives in loving service to our brothers and sisters.

Psalter Week 2

Monday 08/06 St Nicholas' Mass 9am
1 Kg 17:1-6: Ps 120:1-8: Mt 5:1-12:

Tuesday 09/06 St Mary's Mass 9am
1 Kg 17:7-16: Ps 4:2-5, 7-8: Mt 5:13-16:

Wednesday 10/06 St Nicholas' Mass 7am
1 Kg 18:20-39: Ps 15:1-2, 4-5, 8, 11: Mt 5:17-19:

Thursday 11/06 St Mary's Mass 9am
St Barnabas, apostle
Acts 11:21-26, 13:1-3: Ps 97:1-6: Mt 10:7-13:

Friday 12/06 St Nicholas' Mass 7am
The Most Sacred Heart of Jesus
Deut 7:6-11: Ps 102:1-4, 6-8, 10: 1 Jn 4:7-16: Mt 11:25-30

Saturday 13/06 St Nicholas' Mass 9am
1 Kg 19:19-21: Ps 15:1-2, 5, 7-10: Mt 5:33-37:
Vigil Mass 6pm

Sunday 14/06 St Mary's 7.30am Mass
St Nicholas' 9.30am & 5.30pm

SACRAMENT OF RECONCILIATION: Saturday 4pm – 5.30pm

BAPTISMS are held Saturdays at 11am & Sundays at 12 noon. If you wish to book a Baptism, please email or telephone the Parish Office on 67662228 for more information. Candidate for Baptism Forms can also be completed and submitted on our parish website.

Please note: Any inclusions for the Parish newsletter must be received by the parish office no later than 3pm Wednesdays.

*Our faith community acknowledges and pays respect to
the traditional custodians of the land on which we
worship, The People of the Plains, The Kamilaroi people.
We pay our respects to their Elders
past and present and emerging.
May we, too, be good stewards
of this land on which we live.*

A warm welcome to all new parishioners! To help you feel at home in our parish, we encourage you to introduce yourself to Father after Mass, or you might also consider exploring opportunities to get involved in parish life through various ministries and activities. If so, please see our Parish Notice Board or contact the Parish Office.

Parish toilet is in the Outdoor Function Area. Please ensure children are accompanied by an adult when leaving the church during Mass to go to the toilet or for any other reason.

PRAYERFUL REFLECTION on the readings is always included in this Bulletin, after the Communion Antiphon.

You are encouraged to reflect on this every week.

Diary Dates

08 Jun	Mon	PUBLIC HOLIDAY – King's Birthday – morning Mass 9am	
09 Jun	Tue	St Nicholas Seniors, morning tea 10.30am	West Diggers
10 Jun	Wed	Silent Adoration	10.30-11.30am St Nicholas'
12 Jun	Fri	Eucharistic Adoration	6-7pm St Nicholas'
13 Jun	Sat	First Eucharist Mass	6pm St Nicholas'
14 Jun	Sun	First Eucharist Mass	9.30am St Nicholas'
16 Jun	Tue	St Nicholas Women Connecting meet for dinner at the Tamworth City Bowling Club, 5.30pm.	
17 Jun	Wed	Silent Adoration	10.30-11.30am St Nicholas'
19 Jun	Fri	Eucharistic Adoration	6-7pm St Nicholas'
21 Jun	Sun	Birthday Blessings All Masses Morning Tea in the Outdoor Function area, hosted by the Parish Pastoral Council after the 9.30am Mass.	
23 Jun	Tue	St Nicholas Seniors, lunch 11.30am	West Diggers
24 Jun	Wed	Silent Adoration	10.30-11.30am St Nicholas'
24 Jun	Wed	The Catholic Ladies – lunch – meet at 1pm in the Russell Room at the Services Club	
26 Jun	Fri	Eucharistic Adoration	6-7pm St Nicholas'
27 Jun	Sat	Men's Breakfast	7am St Nicholas'
28 Jun	Sun	FAMILY MASS with morning tea hosted by St Nicholas School students	9.30am St Nicholas'
28 Jun	Sun	YOUTH MASS	5.30pm St Nicholas'
28 Jun	Sun	Special Collection – Peter's Pence – All Masses	
30 Jun	Tue	9am Morning Mass at St Nicholas' (not St Mary's) – St Carlo Acutis Relic Visit	
01 Jul	Wed	Silent Adoration	10.30-11.30am St Nicholas'
03 Jul	Fri	End of School Term 2	
03 Jul	Fri	AN EVENING OF MERCY	St Nicholas'
		Adoration	6-7pm
		Reconciliation and Benediction	7-10pm
04 Jul	Sat	Anointing of the sick during 9am Mass	St Nicholas'
04 Jul	Sat	Silent Adoration	4-5.30pm St Nicholas'
07 Jul	Tue	CLERGY WINTER SCHOOL - Armidale	



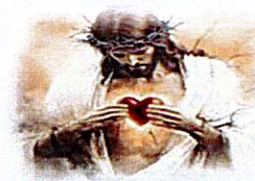
Parish Picnic: Sunday 30 August
commencing at 11am
Tamworth Miniature Railway
Sausage sizzle and tea & coffee available!



Thank You

The St. Nicholas' Parish community wishes to thank Agnes Riley and her family for their donation to cover the cost of the new candelabrum which is in the Lady Chapel in St Nicholas' Church. Your generosity is very much appreciated!

Thank you!



**June: The month of the
Sacred Heart
of Jesus**

WEEKLY ROSTER – 06/07 June 2026

Corpus Christi

St Nicholas' Saturday 6pm

C: Eil Smyth W/R1: Cate Allen W/R2: Belinda Tyrrell

Altar Server: Evolet Pottathuparambil

Ex Min: Kerry Ackhurst

Music: Noel Greacen

Collection: David Raffaele/Bill Campbell/Morgan Hawthorne

St Mary's Sunday 7.30am

C: Sue O'Halloran W/R1: John Wallace W/R2: Julie McGuirk

Ex Min: Karen King

Music: Anne Jones

Altar Server: Will Nguyen

Collection: Carl Cavallaro/Bill Higgins

St Nicholas' Sunday 9.30am

C: Michael Moy W/R1: Alison Hamilton W/R2: Helen Rowsell

Children's Liturgy: Steph/Marielle

Altar Servers: Jason/Charles/Daniel Igbenije

Ex Min: Laura Hughes/Jennifer Hatfield

Music: St Nicholas Choir

Collection: Maria Gruer/Josie Cox/Phil Elliott

St Nicholas' Sunday 5.30pm

C: Terry Dries W/R1: Carol Wheaton W/R2: Cecilia Dries

Ex Min: Claire Doherty

Music: Henry Buckman

Altar Servers: Zoey Davis/Maddison McDougall

Collection: Volunteers

Counting Team: Ted Heazlett/Bruce Stewart

Altar Linen: Kate Stewart

Sacristy Cleaning: Marie Rice/Gemma & Michael Moy

Candelabrum: Brian Lincoln

PLANNED GIVING: SUPPORTING OUR PRIESTS & PARISH

1ST Collection (supports the clergy)

BSB: 082 105 A/c No: 001 023 584

A/c Name: St Nicholas Presbytery

2nd Collection (Planned Giving for Parish maintenance)

BSB: 082 105 A/c No: 001 003 255

A/c Name: St Nicholas Parish

Ref: Planned Giving Number/or your name. Thank you for your support.

COLLECTIONS: 31st May 2026

1st Collection \$ 1,860.15

Planned Giving \$ 1,883.00

Loose \$ 401.30

\$ 2,284.30

CONFIRMATION SCHEDULE 2026

Parent/Carer Information Session in St Nicholas' Church:

Wed 29 July 5.30pm or Sat 1 August 2pm

Confirmation Masses: Sat 19 Sep 6pm or

Sun 20 Sep 9.30am



PIETY STALL VOLUNTEERS

Fr Chris is looking for volunteers to run our soon-to-be-operating Piety Stall which will be located at the back of St Nicholas' Church.

He is planning to have the stall open after each of the Sunday Masses at St Nicholas'.

If you would be interested in looking after the stall for a short period after the Mass you attend, please let Fr Chris know - he is hoping to have 2-3 volunteers available at each Mass. Thank you!

LOST PROPERTY: A set of glasses were found in the church after the Catholic School Week Mass held on Tuesday 26th May. If they are yours, they have been left in the bookcase at the back of the church.

Also, two bottles of wine (in a brown paper bag) were also left in the church – possibly a couple of weeks ago now. They are currently in the Parish office, if you are the owner.

With hearts filled with faith and gratitude, St Thomas Indian Orthodox Church Tamworth warmly invite St Nicholas' parishioners for a special screening of "The Passion of the Christ" on the 15th of June at 6:30 pm at Forum 6 Cinema. Your presence and support will truly make this meaningful and a great success. We look forward to sharing this evening with all of you. Please click the link below for tickets.

<https://www.movietkts.com.au/Forum-6-Cinemas->

[Tamworth/PASSIONCHR/2026-06-15/6:30pm/Cinema-03/promo](https://www.movietkts.com.au/Forum-6-Cinemas-Tamworth/PASSIONCHR/2026-06-15/6:30pm/Cinema-03/promo)

WEEKLY ROSTER – 13/14 June 2026

St Nicholas' Saturday 6pm

First Eucharist Mass

C: Cate Allen W/R1: Sister of Nazareth W/R2: Kerry Ackhurst

Altar Server: Evolet Pottathuparambil

Ex Min: Paul McDougall

Music: St Nicholas Choir

Collection: David Raffaele/Bill Campbell/Morgan Hawthorne

St Mary's Sunday 7.30am

C: Bruce Stewart W/R1: Cheryl Higgins W/R2: Joan Newley

Ex Min: Kevin McMahon

Music: Anne Jones

Altar Server: Will Nguyen

Collection: Carl Cavallaro/Bill Higgins

St Nicholas' Sunday 9.30am

First Eucharist Mass

C: Nicholas Nweke W/R1: Maria Lincoln W/R2: Charli Manning

Altar Servers: Isaac Hetherington/Lucas Attard

Ex Min: Fiona Downey/Brian Lincoln

Music: St Nicholas Choir

Collection: Maria Gruer/Josie Cox/Phil Elliott

St Nicholas' Sunday 5.30pm

C: Henry Buckman W/R1: Renee Dunst W/R2: Marilyn Gaffney

Ex Min: Cecilia Dries

Music: Henry Buckman

Altar Servers: Halley/Callum/Emmett Buckman

Collection: Volunteers

Counting Team: Paul & Giovanna McDougall

Altar Linen: Maria Lincoln

Sacristy Cleaning: St Nicholas Women Connecting

Candelabrum: every 2nd week

BAPTISMS: We pray for Moses Tolmie, and Psalm and Lillian Tolmie-Uliefu who are being baptised this weekend. May God always bless and watch over them.

RECENTLY DECEASED: Jean Wellwood, Shirley Flanagan, Julie Michell, Patricia "Pat" Jones, Richard Edler, Isaac Eveleigh, Lyonel Kitson and Betty Halpin. May they rest in the peace of Christ.

SPECIAL INTENTIONS: Please pray for the repose of the soul of Peter Belson (Anniversary). May God grant him eternal rest.

PERPETUAL INTENTIONS: Please pray for the repose of the souls of Alec & Betty Fyffe and Cyril & Grace Cahill, who will be long remembered in our parish.

WE PRAY FOR THOSE WHO ARE SICK

Maddy Anderson (Sydney), Carmel Bennett (Gladstone), Colin Bryant, Michael Bryant, Rev Fr Tony Castelli, Brindley Cavallaro (Sydney), Elizabeth Coroneos (Toowoomba), Dan Daly, Bill Dennis, Kath Donoghue, Cormac Downes (Uralla), Nicholas Doyle (Sydney), Richard Doyle (Sydney), Doreen Eunson, Pat & Tony Favell, Sonia Fawdry (Alstonville), Veronica Frost, Joan Goodridge, Darren Graham, Sherree Haylock, Nadia Hurn (Newcastle), Sullivan Hurn (Singleton), Kay Mason, Jan & Richard Noad, Penny Pavlakis (Sydney), Richard Panchasarp (USA), Kim Riley (Orange), Adam Urquhart, Maureen White (Orange), Elizabeth Williams, Enid Wright.

"It is not the man who is responsible for the offerings as they become Christ's Body and Blood; it is Christ Himself who was crucified for us. The standing figure belongs to the priest who speaks these words. The power and the grace belong to God. 'This is My Body,' he says. And these words transform the offerings."

~ St. John Chrysostom

