

Holy Family Parish Como - Kensington

45 Thelma Street, Como 6152 Phone (08) 94505921 Website: www.holyfamilycomo.com

Weekend Masses Saturday 6.00pm, Sunday 8.30am & 10.00am **Weekday Masses:** Tuesday – Friday 9.00am

Reconciliation: Saturday 5.00pm - 5.30pm **Adoration:** Thursdays 9.30am-10.30am



The Most Holy Body and Blood of Christ - Year A

Sunday, 7th June 2026

ENTRANCE ANTIPHON

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

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 you fathers had not known.'

RESPONSORIAL PSALM

R. 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.

R. Praise the Lord, Jerusalem.

He established peace on your borders, he feeds you with finest wheat. He send out his word to the earth and swiftly runs his command

R. Praise the Lord, Jerusalem.

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. Praise the Lord, Jerusalem.

SECOND READING

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

NEXT SUNDAY'S READINGS

11th Sunday in Ordinary time

Exodus 19:2-6

Ps 99:2-3,5.R.v.3

Romans 5:6-11

Matthew 9:36-10:8

GOSPEL ACCLAMATION

Alleluia, alleluia!

I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever.

Alleluia!

GOSPEL

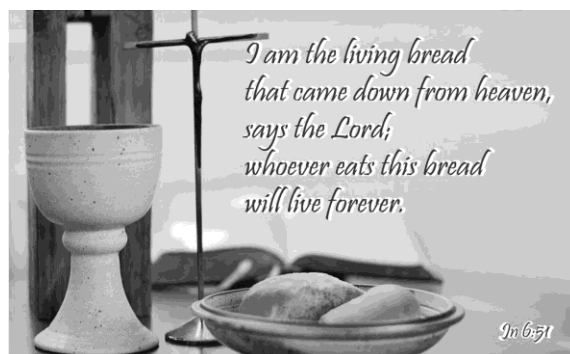
John 6:51-58

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 forever.'

COMMUNION ANTIPHON

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

Excerpts from the English translation of the Roman Missal © 2010 ICEL. Reprinted with permission.



Parish Priest:
Office Staff:
Pastoral Assistant:
Safeguarding Officer:
Office Hours:

Fr Dat Vuong
Joanne Zappia / Mareen Dias
Yunita Lay
Breda Pires
Tuesday - Thursday

dat.vuong@perthcatholic.org.au
como@perthcatholic.org.au
pastoral.como@perthcatholic.org.au 0485506152
0422237261
9.00am – 12.00pm

THE PARISH WEEK AHEAD

Monday 8th June

9.00am No Mass

Tuesday 9th June

9.00am Mass

Wednesday 10th June

9.00am Mass



Thursday 11th June

9.00am Mass

9.30am-10.30am Adoration

Friday 12th June

9.00am Mass

Saturday 13th June

11.00am 1st Reconciliation

Ceremony

4.45pm 1st Eucharist lesson (m1)

4.45pm Pre-confirm lesson (m2)

5.00-5.30pm Reconciliation

6.00pm Mass

Sunday 14th June

11th Sunday of Ordinary time

8.30am Mass

10.00am Mass

HOLY FAMILY CARE

To be involved or seeking for more information about this outreach ministry, please contact the office at como@perthcatholic.org.au

GLUTEN FREE HOSTS

If you would like to receive a gluten free host, please contact the office at como@perthcatholic.org.au

WESTPAC ACCOUNT CLOSURE

The parish banking has now been successfully transferred to NAB. As a result, the WESTPAC bank account will soon be discontinued. Please update your banking details.

PARISH BANKING DETAILS

1st Collection Account

Bank: NAB BSB: 086-006

Account Number: 331331103

2nd Collection Account

Bank: NAB BSB: 086-006

Account Number: 839893940

For further information refer to the noticeboard in the church foyer.

RCIA RITE OF ACCEPTANCE

Today at the 10am Mass the RCIA Inquirers and Candidates from St Columba's and Holy Family gather to express, and the Church accepts, their intentions to respond to God's call to follow the way of Christ. Our Catechumens will continue their pastoral formation and guidance in the Christian life.

WORLD YOUTH DAY 2027

SEOUL, SOUTH KOREA

Get ready for the adventure of a lifetime!

Join CYM as we journey to Seoul, South Korea for World Youth Day 2027 — a once in a lifetime opportunity to encounter faith, friendship, culture, and the global Church alongside millions of young people from around the world. Experience vibrant worship, inspiring speakers, unforgettable moments with pilgrims from every nation, and the excitement of discovering one of Asia's most dynamic cities. Whether you're seeking deeper purpose, lifelong friendships, or an unforgettable travel experience, WYD Seoul 2027 with CYM will be a life-changing pilgrimage you'll never forget. EXPRESSIONS OF INTEREST NOW OPEN
<https://forms.office.com/r/rygLHdBe5X>



MUSIC MINISTRY

Parishioners will acknowledge the efforts of our musicians who prepare the music and those who organise and project the slides at Mass. We particularly appreciate the talents of those who play the organ, keyboard or guitars and lead us in singing. New musicians and singers are always welcome. Please make yourself known to the group at the Mass you regularly attend.

BULLETIN ITEMS

If you would like an item placed in the weekend bulletin, please send to the office a week before or no later than the Tuesday before the weekend you wish it to appear. Email the office at: como@perthcatholic.org.au

MASS INTENTIONS:

For all those who are mentioned in the "Names of the Book of the Dead"

THE POWER OF PRAYER LIST

Please keep the following people in your prayers:

Norah Langshaw, Waminda Residents, Dragutin Markovic, Daisy Givens, Nadia O'Brien, Mary Hippolite, Reg & Joyce Groutsch, Ed Devereux, Heather Jordan, Ng Choon Bee, Ng Chai Hong, Caroline, Wayne, Ethan, Liam & Scarlett, Sonali, Sachini, Fe Fontanini, Michael, Nadia, Annie, Reg & May, Margaret & Arthur, Edith Johnson, Rhys, Brit, David, Anne Armstrong, Elaine Newman, Helen Peters, Canada family, Sarah, Molly, Fred, Patrick, Louise, Chris, Aria, David, Andrew Hammond, Aura Diego, Familia Becerra, Fania Cerinca, Annemarie, Jessie Amphlett, Barbara Kenny, Margaret Abbott, Serafini Family, Cain Family, Regina & Linda, Beverley Loraine, Fr Carroll, Maria O'Connor, Chris Lowry, Aldrin Ong, Adrian Ong, Troisi family, Jean, Antonette & George, Declan & Family, John Joyce, Richard Newman, Kelley H, Mark, Eduardo & Mario Gomez, Tom Core, Abin Davis, Aurelius Daniel, Anderson family, Vicki Sheppard, Cedric DeSouza, Lisa, Vincent Scanlan, Sanderson family, Anna Alfonso, Steve Ford, Samantha Wylie, Vanessa Moore, Troy Skopelitis, Elicora Wijaya, Sophie and James, Toczykowski family, Jem, Carivan, Mary The, Marie and Shien Caguiat, Jasmin Cerillo, Michelle, Mason family, T Briggs, Liz Mulcahy, Lynne Klomp, Rena Widita, Toczykowski family

RITUAL OF CHRISTIAN INITIATION OF ADULTS (RCIA) FAITH JOURNEY

What do Catholics believe? Why do they have rituals and attend Mass? Interested or curious about becoming Catholic? Holy Family Como invites you to join us. For more information, please contact Geraldine Taylor on 0408093434

SAFEGUARDING COMMITMENT STATEMENT

The Catholic Archdiocese of Perth is committed to providing a safe and secure environment for all its members, leaders, and especially its children and adults at risk. The care, safety and welfare of children and adults is a collective responsibility, embedded in robust policies and practices of the Archdiocese which reflect its zero tolerance to abuse.

GOSPEL REFLECTION

Today, the Gospel tells us about Jesus, who says, very simply: "I am the living bread that came down from heaven". Before the crowd, the Son of God identifies himself with the most common and ordinary food-bread: "I am the bread". Among those who are listening to Him, some start arguing among themselves: how can Jesus give us His own flesh to eat? Even today, we ask ourselves this question, but with wonder and gratitude. Here are two attitudes to reflect on: wonder and gratitude before the miracle of the Eucharist.

Firstly: wonder, because Jesus' words surprise us. But Jesus always surprises us, always! Also today, in the lives of each one of us, Jesus keeps surprising us. The bread from heaven is a gift that exceeds all expectations. Those who do not grasp Jesus' way remain suspicious: it seems impossible, even inhuman, to eat the flesh of another. Flesh and blood, however, are the humanity of the Saviour, His very life offered as a nourishment for our own. And this brings us to the second attitude: gratitude. First: wonder. Now, gratitude, because we recognize Jesus where He makes Himself present for us and with us. He makes Himself bread for us. "Whoever eats my flesh remains in me and I in him". Christ, the true man, knows well that one must eat to live. But He also knows that this is not enough. After multiplying the earthly bread, He prepares an even greater gift: He Himself becomes true food and true drink. Thank you, Lord Jesus! Let us say "Thank you, thank you" with all our heart.

The heavenly bread, which comes from the Father, is the Son Himself made flesh for us. This food is more than necessary because it satisfies the hunger for hope, the hunger for truth, and the hunger for salvation that we all feel not in our stomachs, but in our hearts. Every one of us needs the Eucharist!

Jesus takes care of the greatest need: He saves us, nourishing our lives with His own, and He will do this forever. And it is thanks to Him that we can live in communion with God and with each other. The living and true bread is not, therefore, something magical, no. It is not something that will immediately solve all problems, but it is the very Body of Christ, that gives hope to the poor and overcomes the arrogance of those who gorge themselves at their expense.

Let us ask ourselves, then, brothers and sisters: Do I hunger and thirst for salvation, not just for myself, but for all my brothers and sisters? When I receive the Eucharist, which is the miracle of mercy, do I stand in awe before the Body of the Lord, who died and rose again for us?

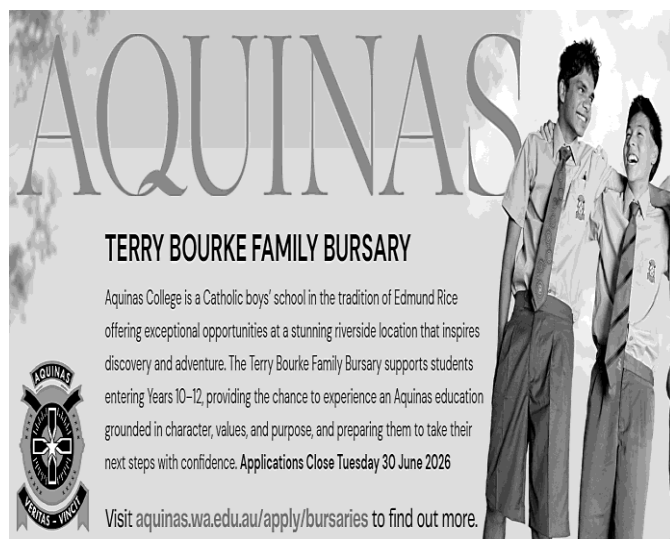
Pope Francis Homily,
18.8.24 Angelus, St Peter's Square
(Part thereof)

ARCHDIOCESAN NEWS

CROSSROADS YOUNG ADULTS RETREAT

Set at the stunning St John of God Retreat Centre in Shoalwater, this weekend is all about giving yourself space to breathe, reflect, and figure out what's next. It's the kind of place that naturally helps you slow down and reconnect with yourself and with God. Comfortable single ensuite room with fully catered meals. If you've been feeling overwhelmed, unsure, or just in need of a reset, this weekend is for you. **Location:** St John of God Retreat Centre 47 Gloucester Crescent, Shoalwater WA 6169 **Start:** Friday 5:00pm, 17 July 2026 **End:** Sunday 1:30pm, 19 July 2026 **Cost:** \$240.00 **Ages:** 18 to 30yrs **Registrations Close:** 16 June 2026 @12pm Hosted by CYM Perth <https://events.humanitix.com/crossroads-2026/tickets>

EVERY WEDNESDAY EVENING - COMMON GROUND FAITH EDUCATION FOR YOUNG ADULTS Every Wednesday, 6pm to 8.30pm, Catholic Pastoral Centre, 40A Mary St, Highgate. Common Ground is a space where Young Adults who share similar values and beliefs come together and belong. Through faith formation, prayer, mission, ministry and social activities, Common Ground provides opportunities to grow in faith, deepen your relationship with God and explore what it means to live a life of purpose and meaning. Ask questions, share your struggles, and receive encouragement and guidance. Come along! For more information contact <https://www.cym.com.au/>



AQUINAS

TERRY BOURKE FAMILY BURSARY

Aquinas College is a Catholic boys' school in the tradition of Edmund Rice offering exceptional opportunities at a stunning riverside location that inspires discovery and adventure. The Terry Bourke Family Bursary supports students entering Years 10-12, providing the chance to experience an Aquinas education grounded in character, values, and purpose, and preparing them to take their next steps with confidence. Applications Close Tuesday 30 June 2026

Visit aquinas.wa.edu.au/apply/bursaries to find out more.

EMPLOYMENT OPPORTUNITIES - CATHOLIC ARCHDIOCESE OF PERTH

The Catholic Archdiocese of Perth has employment opportunities for suitably qualified persons to join its team and continue the good work of the Church. For details and how to apply online on Archdiocese website www.perthcatholic.org.au/employment.htm

Pastoral Assistant, Aboriginal Catholic Ministry - Perm, FT Liaison, Deaf Support, Personal Advocacy Service - Casual Administration Assistant, Chancery - Casual Administrator, WA Cath Migrant & Refugee Off - Perm, PT Officer, RCIA and Liturgy, CCIL - Maximum Term 3 months, FT Program Facilitator: Family Life Education, CFJSS, Part-time

The Living Bread

"I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world." John 6:51

E I H Q F G R W J D L O C H A
 V V T O H D I E T I I P U M J
 E V J J C E T O F E Q G A U N
 R Y Y I K H A B N D L O T O O
 L Z B O D U I V Z T O Q E O J
 A B E L I E V E E F R I T E Y
 S D V Z D Y C A F N Z U A S D
 T M F J T E G A O L K D T E S
 I M L E P O S X R L A A L H E
 N S I H E J F E F E N T Z K U
 G A V F S J V C R N N P R I R
 A D I Z T E Q B A T W J K S X
 R L N D R S Q M W O R L D U E
 P T G O M U H U W F A X P A V
 C O F L E S H W J P Z X T H N

FIND THESE WORDS:

- FOREVER
- LIFE
- ATE
- FLESH
- EVERLASTING
- HEAVEN
- WORLD
- DESERT
- TRUTH
- DIED
- LIVING
- BELIEVE
- BREAD
- JESUS
- MANNA

HOLY BODY AND BLOOD OF CHRIST

What would happen if we had no food or anything to drink? Together they keep us alive, and without their life-giving nourishment we would die. Jesus is the bread of life who shares himself with us in a special way during the mass.

LET US PRAY

Lord Jesus, you are the living bread which comes to each one of us in a special way. Help me to share the joy of your love with others I meet

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		Saturday 6.00pm	Sunday 8.30am	Sunday 10.00am
COMMENTATOR/READER				
6 th /7 th June	The Most Holy Body and blood of Christ	C. Imelda Loviyanti R. Amanda Johnson EMHC Christina Sidi	C. Jill Browne R. Geraldine Taylor EMHC Lyn Hope-Hume	C. Jennifer Low R. Fiona Wee EMHC Patricia Cowley
13 th /14 th June	11 th Sunday in Ord	C. Amanda Johnson R. Michelle Two EMHC Margaret Loraine	C. Jacinta Vu R. Ralph Newton EMHC Sible Rozario	C. Michael Danager R. Cecilia Yap EMHC Cecilia Bray
ACOLYTES				
6 th /7 th June	The Most Holy Body and blood of Christ	Hasan Sidi	John Newman	Tony Bray
13 th /14 th June	11 th Sunday in Ord	Dimitrio Sidi	Shajy Vadukoot	Leo Burke
ALTAR SERVER				
6 th /7 th June	The Most Holy Body and blood of Christ	Nicolas Willey Hayden Willey	Patrick Newman Dominic Newman	Jovan Halim Angel Siby
13 th /14 th June	11 th Sunday in Ord	Hugh Morris Lilyanna Bell	Volunteers Please	Saheli D'Silva Ethan George



ENROLMENT
Apply for Kindy and other years. Book a visit!

ST COLUMBA'S PRIMARY SCHOOL

BOWRA & O'DEA
 FUNERAL DIRECTORS
 68 Stirling Street, Perth WA 6000
 08 9231 5199
 www.bowraodea.com.au



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 jbento.com.au
 21-23 Queens Road
 Mount Pleasant
 WA 6153



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 lukam@theagency.com.au

THE AGENCY