

FIRST READING

**A reading from the book of 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

R./ Praise the Lord, Jerusalem.

SECOND READING

**A reading from the first letter of St Paul to the 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

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

GOSPEL READING

**A reading from the holy Gospel according to John
6:51-58**

Jesus said to the Jews:

'I am the living bread which has come down from heaven. Anyone who eats of 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 among themselves, 'How can this man give us his flesh to eat?'

So Jesus said to them: 'Amen, Amen I say to you, if you do not eat the flesh of the Son of man and drink his blood, you have no life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise up that person on the last day. For my flesh is true food and my blood is true drink. Whoever eats my flesh and drinks my blood dwells in me and I dwell in that person. As the living Father sent me and I live through the Father, so whoever eats me will also live through me. This is the bread which came down from heaven; not like the bread our ancestors ate and died. Anyone who eats this bread will live for ever.'



MELBOURNE SYNOD 2026

We're invited to answer the call to deepen our understanding of synodality in parish life.

Timeline for Synod consultation: June and July being consultation and dialogue months for our faith communities. For more information visit:

melbournecatholic.org/synod2026

SYNOD CORNER: Synodality & the laity

Synodality affirms that the Holy Spirit is at work in the lives of all the baptised. Lay people are not simply helpers of clergy; they are active disciples called to witness to Christ in families, workplaces, and society. A synodal Church takes this vocation seriously.



CHRIST OUR LIGHT CATHOLIC PARISH

HIGHETT / CHELTENHAM

Parish Office:

9 Centre Dandenong Road,
Cheltenham, VIC. 3192

Our Lady of the Assumption Church
9 Centre Dandenong Road, Cheltenham

St Agnes' Church
25 Spring Road, Highett

Telephone: (03) 9583 6161

Email: col@cam.org.au

Website: www.olacheltenham.org.au

THE MOST HOLY BODY & BLOOD OF CHRIST - YEAR A 6th/7th JUNE, 2026



As is typical in the writings of St John, this week's Gospel can be read on two levels. The words spoken by Jesus would have been shocking to those who heard them. For the Jewish people, to eat flesh and drink blood was unthinkable; it was abhorrent. Jewish dietary laws forbade the eating of flesh with its blood in it. Blood was the symbol of the life of the creature. At the end of the flood story in Genesis, God gives to humans all the plants and animals of the earth as food for them, 'with this exception: you must not eat flesh with life, that is to say blood, in it' (Genesis 9:4). Now here is Jesus saying that his followers must eat his flesh and drink his blood in order to have life. In the continuation of this gospel passage, many turn away from Jesus at hearing him say this. Jesus then asks the disciples if they too will leave him. Peter answers on their behalf with a wonderful acclamation of faith: 'Lord, who shall we go to? You have the message of eternal life and we believe; we know that you are the Holy One of God.'

The giving of Jesus' flesh and blood for the life of the world is a reference to the salvific nature of his death and the inauguration of a new covenant through his sacrifice. In the Old Testament, a sacrifice was not complete unless it was also eaten; the Eucharist is our participation in Calvary, where we truly consume the once-for-all sacrifice under the species of bread and wine. Under that veil, Christ is present, Body, Blood, Soul and Divinity.

PARISH PRIEST:

Fr Alan Fox BH: 9583 6161 / AH: 9532 1794
 Email: Alan.Fox@cam.org.au

PARISH OFFICE HOURS:

9583 6161
 Monday - Friday 9am – 3pm
 Secretary: Julie Binstead
 Accountant: Maureen Ryan

OUR SCHOOLS:

Our Lady of the Assumption PS 9584 9488
 Principal: Mr Richard Jacques
 Email: principal@olacheltenham.catholic.edu.au
St Agnes' Primary School 9532 0344
 Principal: Mr Thomas Hartney
 Email: principal@sahighett.catholic.edu.au

MASS TIMES – CHELTENHAM & HIGHETT**SATURDAY VIGIL & SUNDAY MASSES:**

Saturday [St Agnes Church] 6:00 pm
 Sunday [OLA] 9:00 am, 11:00 am

WEEKDAY MASS TIMES:

Tuesday [St Agnes Church] 9.00 am
 Tuesday [OLA Church] 6.00 pm
 Wednesday [OLA Church] 9.15 am
 Thursday [OLA Church] 9.15 am
 Friday [St Agnes Church] 9.00 am
 Saturday [OLA Church] 9.00 am

COMMUNION SERVICE (except Public Holidays)

Monday [OLA Church] 9.15 am

SACRAMENT OF RECONCILIATION:

Wednesday [OLA Church] 9:45 am
 Saturday [OLA Church] 9:30 am

BAPTISMS: Contact Parish Office: 9583 6161.

WEDDINGS: By appointment, 6 months' notice required. Saturdays or weekdays (not Sundays).

The clergy, employees and volunteers of our parish are committed to upholding a duty of care to all children, young people and vulnerable adults, taking all reasonable steps to protect children, young people and vulnerable adults from all forms of abuse and harm and commit to safeguard their health and well-being.

**THE MOST HOLY BODY
 & BLOOD OF CHRIST – YEAR A
 6th / 7th JUNE, 2026**

PRAYING FOR:

Anthony Seymour

and all who died recently.

WE ALSO PRAY FOR:

Gloria Murchison, John Rigby,
 Mariam Aloysious, James Andrews,
 John Imlach, Teu Bukasengo,
 Michael McGannon, Flor Pardo

and all who we remember at this time.

*...as we also keep in our prayers
 all those who are currently unwell.*

**Readings for this liturgical year from
 Advent 2025 to Christ the King 2026 are
 taken from Year A in the Lectionary cycle.**

Should you wish to view the Scripture
 Readings for Daily Mass (Australian
 Liturgical Calendar) please visit:

universalis.com/australia.melbourne/1000/Mass

VOLUNTEERS: Please make sure that your
 WWCC/POLICE CHECK documents are
 current, that is, have not expired, and copies
 made available to the Parish Office.

PARISH STEWARDSHIP: Thank you to all
 parishioners who continue to generously
 support our parish i.e., through their
 contributions to both our Thanksgiving and
 Presbytery collections. With the assistance of the
 Archdiocese, we are currently working on
 refining the facility for parishioners to contribute
 to Christ Our Light Parish via an online portal.



**ST VINCENT DE PAUL
 WINTER APPEAL**

6th / 7th JUNE, 2026

THIS WEEKEND St Vincent

de Paul are conducting their
 nationwide Winter Appeal. Along with their
 online appeal:

donate.vinnies.org.au/appeals-vic/winter-appeal-vic

This is the major appeal made by local
 conferences to generate funds to enable the
 support of those in need in our local area.

Slipping through the cracks...

*'With fuel, the cost of living and rental prices
 higher than ever, an unexpected bill, the loss
 of a job or a relationship break down can be
 enough to push someone into homelessness.'*

*'For more and more people, homelessness
 is just one sudden crisis away.'*

*'And this winter, more people than ever
 before are facing homelessness and poverty
 in Australia. Your generous gift can help
 people at risk of or experiencing
 homelessness get the support they need to
 find and keep a safe place to stay.'*

*'Your kindness this winter can help someone
 who's really struggling – through no fault of
 their own – get back on track and rebuild
 their life.'*

Our two St Vincent de Paul Conferences
 (Cheltenham & Highett) support those in need
 through the provision of food, food vouchers,
 Vinnies vouchers (for clothing and furniture),
 fuel cards and assistance with utility costs and
 educational expenses.

The Winter Appeal remains a major source of
 funding for the work of our two conferences,
 enabling Vinnies volunteers to undertake this
 good work on behalf of the Society and us,
 their fellow parishioners.

For those looking for more information or
 wishing to donate via credit card, there will be
 Conference members available in each of our
 church foyers after each Mass to assist with
 and receipt donations.



You're invited to join your
 fellow parishioners for a
 'Cuppa' after both the **9am
 & 11am Masses this
 Sunday 7th June.** Thank you to all who assist
 with the provision of food, the serving, and
 with both the setting up and the clean-up.



**2026 PROPAGATION OF
 THE FAITH APPEAL**

Next weekend 13th / 14th June,

you're invited to partner with
 the local Church in Kampira, Malawi, to help
 families rebuild their lives after Cyclone Ana.
 Catholic Mission is supporting the construction
 of a primary school so that children in this
 community can learn, grow and look to the
 future with hope. On next weekend's World
 Mission Sunday, Pope Leo XIV calls us all to be
'One in Christ, United in Mission', asking us to
 extend Christ's love to those in need in Malawi.
 You can support this work by going online here:
catholicmission.org.au/united or by utilising an
 appeal envelope. Your gift/donation will also
 assist other Church programs around the world.

MAGNIFICA HUMANITAS – On 25th May,
Pope Leo XIV released his much anticipated
 first encyclical. In a deeply considered and wide-
 ranging document, he draws on the Church's rich
 understanding of human dignity and the common
 good, to make a compelling case for prioritising
'magnificent humanity' in our response to the
 many significant challenges posed by AI. Pope
 Leo poses the question: **'What kind of
 humanity are we becoming?'** The full text of
*Magnifica Humanitas: On Safeguarding the Human
 Person in the Time of Artificial Intelligence*, can be
 accessed online via the Holy See's website:

vatican.va/content/leo-xiv/en/encyclicals/documents/20260515-magnifica-humanitas.html

A 'summary article' (around a 7 minute read) is
 also available on our Archdiocesan website:

melbournecatholic.org/news/magnifica-humanitas-pope-leos-ai-encyclical-warns-of-temptation-to-build-future-excluding-god