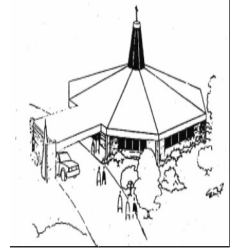


St Benedict's Catholic Church



In the care of the Missionaries of God's Love

Parish Team:

Corner of Sturt Ave & Jerrabomberra Ave (PO Box 55)
Narrabundah ACT 2604

Tel: +61 (02) 6295 7879/ Parish Office

Emergency Number : (02) 6239 6772

Email: Narrabundah@cg.org.au

Website: www.cg.org.au/narrabundah

Fr Dan Benedetti MGL (Parish Priest)

Fr Baiju Thomas (Mission Centre)

Fr Rembert Fernando MGL (Asst Priest)

Monica Nulley-Valdes (Parish Secretary)

Karina Widjaja (Finance Officer)

Adrian Wellspring (Spiritual Direction & Personal Vocation)

The Ascension of the Lord

23 and 24 May 2020

Dear St Benedict's brothers and sisters,

The recent loosening of restrictions have been welcome—I hope you're all coping ok. We miss you all so much and can't wait until we can all gather together again for Mass and fellowship.

Masses will continue to be streamed in the Collins Wing until further notice. If you would like to attend one of the Masses please let me know.

Adoration of the Blessed Sacrament in the Collins Wing will recommence this Friday. If you would like to join please contact the Parish Office.

The Church is now open from 9am-5pm each day for private prayer. We are asked to practice social distancing and have no more than 10 people in the Church at any one time.

This Monday, 25 May 2020 is the Feast of Our Lady Help of Christians, Patroness of Australia. The Bishops of Australia have invited us to pray an Act of Entrustment to the Immaculate Heart of Mary under the Patronage of Our Lady Help of Christians. This prayer is available on our website or through the Parish Office.

God bless

Fr Dan

Special anniversary

Congratulations to Ron and Maralyn Molyneux, who recently celebrated their 40th wedding anniversary!

MASS TIMES

(Live streamed from St Benedict's Church and Mission Centre, Canberra Facebook page)

Tuesday	5.30pm
Wednesday	5.30pm
Thursday	5.30pm
Saturday	8am
Sunday	10am

MASS TIMES

(Live streamed from MGL Priests and Brothers Facebook page)

Friday	5.30pm (Healing Mass)
Sunday	6:00pm (Charismatic Mass)

Sacrament of Reconciliation/ Confession

The Sacrament continues to be available by appointment. Please contact the Parish Office, the Parish emergency number or one of the Priests to make an appointment.

Parish Office Hours

Tues – Fri 9am - 12pm

At this stage, the Parish Office remains open at the normal times and we will continue to post the Newsletter on the website. At times the Parish Office may not be attended, but be assured we are monitoring emails and calls.

Financial giving

Thank you to those who have been generous in their financial giving since our public Masses ceased. We are very grateful for the way God provides. Please keep in your prayers a speedy return to our public gatherings. For those who are interested in giving online, please contact the Parish Office.

The Ascension of the Lord

23 and 24 May 2020

FIRST READING

Acts 1:1-11

Jesus was lifted up while they looked on

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is' he had said 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.' Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.' As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.'

RESPONSORIAL PSALM

Psalm 46(47):2-3,6-9

God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

All peoples, clap your hands,
cry to God with shouts of joy!
For the Lord, the Most High, we must fear,
great king over all the earth.

God goes up with shouts of joy;
the Lord goes up with trumpet blast.
Sing praise for God, sing praise,
sing praise to our king, sing praise.

God is king of all the earth,
sing praise with all your skill.
God is king over the nations;
God reigns on his holy throne.

SECOND READING

Ephesians 1:17-23

God made him sit at his right hand in heaven

May the God of our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full knowledge of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercised for us believers. This you can tell from the strength of his power at work in Christ, when he used it to raise him from the dead and to make him sit at his right hand, in heaven, far above every Sovereignty, Authority, Power, or Domination, or any other name that can be named not only in this age but also in the age to come. He has put all things under his feet and made him, as the ruler of everything, the head of the Church; which is his body, the fullness of him who fills the whole creation.

GOSPEL ACCLAMATION

Matthew 28:19,20

Alleluia, alleluia!

Go and teach all people my gospel.

I am with you always, until the end of the world.

Alleluia!

GOSPEL

Matthew 28:16-20

Go and make disciples of all nations

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.'

PARISH NEWS

Praying for those who are awaiting Sacraments: Please keep in your prayers all those preparing for the Sacraments for First Reconciliation and First Holy Communion, Baptism, Confirmation and Marriage. Their perseverance is encouraging and inspiring.

Pentecost Preparation: From "Lumen gentium", the Second Vatican Council's dogmatic constitution on the Church *The mission of the Holy Spirit in the church*: "When the Son completed the work with which the Father had entrusted him on earth, the Holy Spirit was sent on the day of Pentecost to sanctify the Church unceasingly, and thus enable believers to have access to the Father through Christ in the one Spirit. He is the Spirit of life, the fountain of water welling up to give eternal life. Through him the Father gives life to all people, dead because of sin, until he raises up their mortal bodies in Christ. The Spirit dwells in the Church and in the hearts of the faithful as in a temple. He prays in them and bears witness in them to their adoption as sons and daughters. He leads the Church into all truth and gives it unity in communion and in service. He endows it with different hierarchical and charismatic gifts, directs it by their means, and enriches it with his fruits. By the power of the Gospel he enables the Church to grow young, perpetually renews it, and leads it to complete union with its Bridegroom. For the Spirit and the Bride say to the Lord Jesus: "Come!" In this way the Church reveals itself as a people whose unity has its source in the unity of Father, Son and Holy Spirit. The whole company of the faithful, who have an anointing by the Holy Spirit, cannot err in faith. They manifest this distinctive characteristic of theirs in the supernatural instinct of faith ('sensus fidei') of the whole people when, from the bishops to the most ordinary lay person among the faithful, they display a universal agreement on matters of faith and morals. This instinct of faith is awakened and kept in being by the Spirit of truth. Through it the people of God hold indefectibly to the faith once delivered to the saints, penetrate it more deeply by means of right judgement, and apply it more perfectly in their lives. They do all this under the guidance of the sacred teaching office: by faithful obedience to it they receive, not the word of men but in truth the word of God. Moreover, the Holy Spirit not only sanctifies and guides God's people by the sacraments and the ministries, and enriches it with virtues, he also distributes special graces among the faithful of every state of life, assigning his gifts to each as he chooses. By means of these special gifts he equips them and makes them eager for various activities and responsibilities that benefit the Church in its renewal or its increase, in accordance with the text: To each is given the manifestation of the Spirit for a good purpose. These charisms, the simpler and more widespread as well as the most outstanding, should be accepted with a sense of gratitude and consolation, since in a very special way they answer and serve the needs of the Church.

As A Parish Let Us Pray For...

Our Sick: Frank Smith, Lyn Walker, Louis Pini, Anthony, Clem Dick, Dorothy Lamb, Lorraine Davis, Mathew, Noeleen Carrick, Flora Arias, Pat Atkins, Helen French, Carol Rees, Rhys Evans, Jindalee & Mt View residents.

Recently Deceased & Anniversaries: Pam Pini, Alberto Alfredo Bonsea, Kathleen Kensey, Donal Dwyer, Antonia Martin, Lino Lanza, Ian Patterson, Marie-Josepha Mukankuranga, Rosa and Ilario Gallace, Tom Daly, Cyril Power, Margaret Burnell, Ruth Uwimana, Fred Martin, George Douglas, Patsy Wyer, Stanley Marris, Merle Taylor, Betty O'Brien, Zeta Evans, Brian Power, John Agius, Joyce Cremer, Gerry Agnew, Ray Coppin, Ellen Brennan, Sr Zita Barron, Pat Evans, Joan Evans, William Smith, Athol Knight, Beth Moran, Clare Drinkwater, Ian Smith & family, Heather Daly, John De Freitas, Louis Camilleri, Jim Kirkman, Barbara Jeffery, Edna Keir, Lawrence Power, Barrie Marshall, Sam & Nina Agius

Youth alpha online: The Archdiocesan youth ministers are running Youth Alpha Online for students from years 10-12! Grab a friend and a snack and come join us online **every Tuesday from 7-8pm**, on Zoom! We'll be exploring key parts of our faith in a fun and engaging way! There will be lots of opportunities for games and activities as we get to know students from across the Canberra region. Please email or call the St Benedict's youth minister, Anjalie, for the online details if interested at Anjalie.upasena@cg.org.au, or 0420 537 064.

SPIRITUAL COMMUNION PRAYER

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

*St Benedict's Catholic Parish acknowledge the **Ngunnawal People**, the Traditional Owners who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander peoples to this country*