

For this reason the Church has no fear of poverty, contempt or persecution in a society which is often attracted by material well-being and worldly power. St Augustine reminds us that “it serves nothing to suffer these evils, but rather to bear them in the Name of Jesus, not only with a serene soul but also with joy” (cf. De sermone Domini in monte, i, 5,13: ccl 35, 13).

Dear brothers and sisters, let us invoke the Virgin Mary, the Blessed par excellence, asking her for the strength to seek the Lord (cf. Zeph 2:3) and to follow him always, with joy, on the path of the Beatitudes.

From the Vatican website

### On the Beatitudes

‘On Calvary, Jesus was absolutely poor, afflicted, meek, hungry, and thirsty for justice, merciful, pure of heart, a maker of peace, persecuted for justice. Practising each of the Beatitudes to perfection, he received in fullness, through his resurrection and glorification, the promised reward, the joy of the Kingdom of Heaven.’

Fr Jacques Philippe, *The Eight Doors of the Kingdom*

### VOLUNTEERS NEEDED: Sts Peter and Paul’s Goulburn

**Volunteer for just 2 hours a month:** You will be joined by another volunteer to welcome pilgrims and visitors to the only Greenstone Church in the world. Join us in this exciting adventure.



Sign up via the QR Code or email [goulburn@cg.org.au](mailto:goulburn@cg.org.au)

### St Benedict’s Social events

St Benedict’s Social Group invites all parishioners to join them for:

- morning tea in the Parish Centre on Sunday 5<sup>th</sup> February after the 9.00 am Mass, and
- coffee and a chat at Gryphon’s in Griffith on Thursday 9<sup>th</sup> February at 10.30 am.

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 and commit ourselves to the ongoing journey of Reconciliation.

ROSTER FOR THIS WEEKEND 28 & 29 January 2023		
	Sat 6 pm Vigil	Sun 9am
Welcomers	Marlene Keir	Barry Murphy
Readers	BA Daly, Louise Gaudry	Shiru Kinyanjui, Julie Douglas
Offertory	BA Daly	Maria Mendoza
Eucharistic Ministers	Sue Neimanis	Janice Kelly
Flowers, Altar Clean	Ann Hill, Anne Sutherland	
Church Cleaners	John Murray, Santhosh Jose	
Mt View		Jindalee

ROSTER FOR NEXT WEEKEND 4 & 5 February 2023		
1 <sup>ST</sup> READING Isa 58:7-10	2 <sup>ND</sup> READING 1 Cor 2:1-5	GOSPEL Matt 5:13-16
	Sat 6 pm	Sun 9am
Welcomers	Louise Gaudry	Alma Burg
Readers	Helen Bennett, Marlene Keir	Grace De Zilva, Linda Henry
Offertory	BA Daly, Helen Bennett	Social group
Eucharistic Ministers	Caroline Evans	Julie Douglas
Flowers, Altar Clean	Claudine Smith, Louise Gaudry & Margie Avellino	
Church Cleaners	Nhung Booth, Santhosh Jose	
Mt View		Jindalee

### Eucharistic Adoration

Eucharistic Adoration is in recess at St Benedict’s over the summer holiday period in January. Normal Adoration hours will resume on **Monday 30 January**.

### Parish office closed 31 Jan—3 Feb

The parish office will be closed on Tuesday 31 Jan, Thursday 2 Feb, and Friday 3 Feb as the secretary will be on leave.

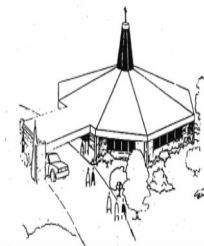
## St Benedict’s Catholic Church

In the care of the Missionaries of God’s Love

Parish Team:

Parish Office Hours: 9am—1pm, Tues, Thurs, Fri  
Corner of Sturt Ave & Jerrabomberra Ave (PO Box 55)  
Narrabundah ACT 2604  
Tel: +61 (02) 6295 7879/ Parish Office  
Emergency Number: (02) 6239 6772  
Website: [cg.org.au/narrabundah/home.aspx](http://cg.org.au/narrabundah/home.aspx)  
Email: [Narrabundah@cg.org.au](mailto:Narrabundah@cg.org.au)

Fr Rembert Fernando, MGL (Parish Priest)  
Fr Baiju Thomas, MGL (Mission Centre Director)  
Fr Chris Eaton, MGL (Mission Centre Co-Director,  
Belle Joseph (Secretary, Tuesday, Thursday, Friday 9am—1pm)  
Cathy Schneider (Finance Officer Wednesday 8am—12pm)  
Adrian Wellspring (Spiritual Direction & Personal Vocation)



## 4th Sunday in Ordinary Time 28 & 29 January 2023

### Angelus Address by Pope Benedict XVI, Sunday 30 January 2011

On this Fourth Sunday of Ordinary Time, the Gospel presents the first great discourse that the Lord addresses to the people on the gentle hills encircling the Sea of Galilee. “Seeing the crowds,” St Matthew writes, “he went up on the mountain, and when he sat down his disciples came to him. And he opened his mouth and taught them” (Mt 5:1-2).

Jesus, the new Moses, “takes his seat on the cathedra of the mountain” (Jesus of Nazareth, Doubleday, New York 2007, p. 65) and proclaims “blessed” the poor in spirit, those who mourn, the merciful, those who hunger for righteousness, the pure in heart, the persecuted (cf. Mt 5:3-10). It is not a new ideology, but a teaching that comes from on high and touches the human condition, the condition that the Lord, in becoming flesh, wished to assume in order to save it.

The Beatitudes are a new programme of life, to free oneself from the false values of the world and to open oneself to the true goods, present and future. Indeed, when God comforts, he satisfies the hunger for righteousness, he wipes away the tears of those who mourn, which means that, as well as compensating each one in a practical way, he opens the Kingdom of Heaven. “The Beatitudes are the transposition of the Cross and Resurrection into discipleship” (ibid., p. 74). They mirror the life of the Son of God who let himself even be persecuted and despised until he was condemned to death so that salvation might be given to men and women.



An ancient hermit says: “The Beatitudes are gifts of God and we must say a great ‘thank you’ to him for them and for the rewards that derive from them, namely the Kingdom of God in the century to come and consolation here; the fullness of every good and mercy on God’s part ... once we have become images of Christ on earth” (Peter of Damascus, In Filocalia, Vol. 3, Turin 1985, p. 79).

The Gospel of the Beatitudes is commented on with the actual history of the Church, the history of Christian holiness, because, as St Paul writes, “God chose what is weak in the world to shame the strong, God chose what is low and despised in the world, even things that are not, to bring to nothing things that are” (1 Cor 1:27-28).

**Zephaniah 2:3, 3:12-13**

Seek the Lord,  
all you, the humble of the earth,  
who obey his commands.  
Seek integrity,  
seek humility:  
you may perhaps find shelter  
on the day of the anger of the Lord.

In your midst I will leave  
a humble and lowly people,  
and those who are left in Israel will seek refuge in the name of the Lord.  
They will do no wrong,  
will tell no lies;  
and the perjured tongue will no longer  
be found in their mouths.  
But they will be able to graze and rest  
with no one to disturb them.

**Responsorial Psalm 145:6-10**

*Happy the poor in spirit; the kingdom of heaven is theirs!*

It is the Lord who keeps faith for ever,  
who is just to those who are oppressed.  
It is he who gives bread to the hungry,  
the Lord, who sets prisoners free.

It is the Lord who loves the just  
but thwarts the path of the wicked.  
The Lord will reign for ever,  
Zion's God, from age to age.

It is the Lord who gives sight to the blind,  
who raises up those who are bowed down,  
the Lord, who protects the stranger  
and upholds the widow and orphan.

**Second reading 1 Corinthians 1:26-31**

Take yourselves for instance, brothers, at the time when you were called: how many of you were wise in the ordinary sense of the word, how many were influential people, or came from noble families? No, it was to shame the wise that God chose what is foolish by human reckoning, and to shame what is strong that he chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones that God has chosen – those who are nothing at all to show up those who are everything. The human race has nothing to boast about to God, but you, God has made members of Christ Jesus and by God's doing he has become our wisdom, and our virtue, and our holiness, and our freedom. As scripture says: *if anyone wants to boast, let him boast about the Lord.*

**Gospel Acclamation Matthew 5:12**

Alleluia, alleluia!  
Rejoice and be glad;  
your reward will be great in heaven.  
Alleluia!

**Gospel Matthew 5:1-12a**

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak.  
This is what he taught them:  
'How happy are the poor in spirit;  
theirs is the kingdom of heaven.  
Happy the gentle:  
they shall have the earth for their heritage.  
Happy those who mourn:  
they shall be comforted.  
Happy those who hunger and thirst for what is right:  
they shall be satisfied.  
Happy the merciful:  
they shall have mercy shown them.  
Happy the pure in heart:  
they shall see God.

**Gospel (cont.)**

Happy the peacemakers:  
they shall be called sons of God.  
Happy those who are persecuted in the cause of right:  
theirs is the kingdom of heaven.  
'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'

*Please pray for the sick and deceased of the parish*

**Recently deceased:** Marie Hamilton

**Anniversaries:** Ian Davis, May Ford, Margaret Jane Godworth, John Trifon Gologan, Anthony Hayes, Veronica Laird, Kerry Leal, Lyndall Reid, Brian Smith, Antoni Szwajcer, Irene Watson, Fr Michael O'Brien, Fr Cornelius Twomey, Fr Daniel M. Eshete, Fr Martin Vaughan, Fr Timothy Collins, Fr Matthew Bugler, Fr Francis D. Casey, Fr Patrick Reidy, Fr Jeremiah P. Downey.

**Our Sick:** Jindalee & Mt View residents, Julia Brown, Mitchell White, Germaphi, Leita Barron, Lorraine Davis, Mathew, Frank Smith, Lyn Walker, Louis Pini, Anthony, Helen French, Clem Dick, Flora Arias, Pat Atkins, Carol Rees, Mark Ransom, Pamela Brown, Anne Rosewarne; Monica Boyton, Mary Smith, Ben Melbourne, Colin Paley, Janice Paley, Gert Fletcher, Caroline Evans, Anna Pace, Daniel Collins, Barbara Parsons, Edwina Gundelach.

**Donate used stamps to raise funds for Missions**

Mary Mackillop Today (MMT) recycles used stamps to raise urgently needed funds to fight poverty. Your used stamps will:

- Give disabled children an education in Papua New Guinea
- Fund training programs for poor women to learn life skills in Peru
- Provide vital health care to poor communities in Timor-Leste

Your used stamps will be sold at auctions to collectors in Sydney. The money raised will go directly to MMT in Sydney.

Send stamps to John Altham, 17 Boronia St, Kyle Bay NSW 2221, or drop your used stamps into the parish office and we will forward them. No need to soak stamp off envelope—just trim stamp off leaving a generous margin all around stamp.

**Get the Formed App for free**

St Benedict's Parish has just subscribed to the FORMED app, a Catholic app that provides thousands of enriching Catholic movies, programs, audio, and books instantly. Parishioners can sign up for free.

To sign up for free:

1. Visit [signup.formed.org](http://signup.formed.org)
2. Enter St Benedict's Catholic Church.
3. You will be prompted to create an account.

**PARISH OFFICE HOURS:**

**Tuesday, Thursday & Friday, 9am - 1pm**

**WEEKEND MASS TIMES:**

Saturday: 6pm (*Vigil*)  
Sunday: 9am; 6pm (*Charismatic Mass*)  
Fourth Sunday of the Month: 6pm (*Youth Mass*)

**WEEKDAY MASS TIMES:**

Tuesday: 5.30pm; Wednesday: 12.30pm; Thursday: 5.30pm;  
Friday: 5.30pm (*Healing Mass*); Saturday 8.00am

**RECONCILIATION:**

Friday following Healing Mass from 6.15pm-7pm  
Saturday: 5pm-5.30pm or by appointment

**PRAYER OF THE CHURCH:**

Saturday: 7.30am 3<sup>rd</sup> Friday Padre Pio:5pm  
**BAPTISMS:** During weekend Masses or by appointment. See parish website for booking information.  
**WEDDINGS:** by appointment

**ANOINTING OF THE SICK:**

During the 5.30pm Mass on first Fridays  
10.30am at Jindalee 1<sup>st</sup> Thursday of the month  
10.30am at Mt View 3<sup>rd</sup> Thursday of the month

**ADORATION OF THE BLESSED SACRAMENT:**

**Restarts Monday 30 January 2023**

Monday & Tuesday: 6am-10pm  
Wednesday & Thursday: 1pm-10pm; Friday 6am to Saturday 8am  
Urgent hours that need to be filled:  
Monday 3-4pm, Tuesday 3-4pm, Friday 12-1pm

**Hearing Loop** is located in the right center rows of the church. Please ensure your hearing aid is tuned to make the best use of this facility.

**EMPOWER NIGHT** will recommence early Feb 2023 at the new time of 7pm till 9pm Tues nights. It's a Charismatic night of Lay preaching and healing in front of the Blessed Sacrament. The night is a chance for those attending training to use their skills and gifts. Everyone is very welcome to come worship and soak in the presence of the Holy Spirit.

**LEGION OF MARY** meetings are held every Monday 6:30pm at St Benedict's Parish Centre. New members are welcome. Please contact Theresa Rees: 0402 271 531, for more details.