

## St Thomas More Forum and Parish Forum Dinner, Friday 23rd June

This is to be held at the Mercure Hotel Ainslie, Friday 23rd June 7:30-9:30pm. The Keynote Speaker will be Madeline Brennan KC. Dinner and wine is \$90, please book through Eventbrite at <https://bit.ly/stm-230623> for a very enjoyable evening. For more information: [Campbell@cg.org.au](mailto:Campbell@cg.org.au).

## Women's Eucharistic Retreat Day Canberra: Saturday 24th June

Women of all ages are invited to join the Dominican Sisters of Saint Cecilia for a retreat day. This day will help you grow in your love for and devotion to the gift of the Holy Eucharist. In addition to talks and discussion, the day will include time for silence and prayer during a Holy Hour. An opportunity for the Sacrament of Reconciliation will be available. Morning tea and lunch are provided. (Cost: \$20) *register here at* (<https://www.trybooking.com/CGYGI>)

**ACMR Office Online Prayer Service for Refugee Week 2023 (18-24 June 2023):** The online prayer service will be broadcast live at 7.00pm AEST on Tuesday 20th June. The link below to the ACMRO newsletter provides a link to register for the service: <https://acmro.catholic.org.au/newsletters/0423.html>

## Finance Secretary Needed

The Parish is looking for a part-time Finance Secretary (4 hours per week), to start from the end of July. This is a paid role. If you would be interested in applying, please contact the Parish Office to discuss with Fr Rem.

## Members needed for Parish Finance Council

New members are needed for the Parish Finance Council (PFC). The Council meets quarterly. Please contact the parish office if you are interested in volunteering.

## Eucharistic Ministers: New Volunteers

If you would like to volunteer as a Eucharistic Minister, please contact the Parish Office.

*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 10 & 11 June 2023		
	Sat 6 pm	Sun 9am
Welcomers	Carmel & Peter Pistor	Robert Henry
Readers	Marlene Keir, Moira Najdecki	Grace De Zilva, Linda Henry
Offertory	Volunteers	Young family
Eucharistic Ministers	Brian Barron	Josephus Bumaat
Flowers, Altar Clean	Anne Sutherland & Grace De Zilva	
Church Cleaners	Brad Hogno	
Visitation	MGL Garran (Mt View & Jindalee)	
Sun 6pm Mass Readers	Michas family	

ROSTER FOR NEXT WEEKEND 17 & 18 June 2023		
1ST READING Ex 19:2-6	2ND READING Rom 5:6-11	GOSPEL Mt 9:36-10:8
	Sat 6 pm	Sun 9am
Welcomers	Louise Gaudry	Alma Burg
Readers	BA Daly, Louise Gaudry	Maria Mendoza, Christopher Ruzario
Offertory	BA Daly, Volunteer	Jose family
Eucharistic Ministers	Caroline Evans	Barry Murphy
Flowers, Altar Clean	Louise Gaudry & Margie Avellino	
Church Cleaners	John Murray, Nhung Booth	
Visitation	Jonavie & Grace (Jindalee)	
Sun 6pm Mass Readers	Anne Hartwell, Sue Hancock	

## Missionaries of God's Love Sisters: Consecrated Life Retreat Weekend

The Missionaries of God's Love Sisters invite you to attend their Consecrated Life Retreat Weekend. A weekend of prayer, input sharing and sisterhood for those who are considering or exploring a call to consecrated life.

MGL Sisters Canberra House  
16th-18th June 2023

RSVP: [mgl sisters@gmail.com](mailto:mgl sisters@gmail.com)

Phone for more info: 02 6166 6941

# St Benedict's Catholic Church



In the care of the Missionaries of God's Love

**Parish Team:**

**Parish Office Hours: Thurs 9am-1pm, Fri 9am-4:30pm**  
**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](http://cg.org.au/Narrabundah)**  
**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, Thurs 9am-1pm, Fri 9am-5:30pm)**  
**Cathy Schneider (Finance Officer Wednesday 8am—12pm)**  
**Adrian Wellspring (Spiritual Direction & Personal Vocation)**

## The Most Holy Body and Blood of Christ 10 & 11 June 2023

### Gospel Reflection

Today is the Solemnity of the Most Holy Body and Blood of Christ. All of us want to live a long life; that's why we exercise, eat well, seek medical treatment when we are not well. Jesus desires that we live forever. He is not talking about living forever here on earth. Instead, he is concerned with our eternal life. As we celebrate the Solemnity of the Body and Blood of Christ, he reminds us that it is only in him that we can live forever: 'I am the living bread which has come down from heaven, whoever eats this bread will live forever.' Jesus' body and blood is the food and drink that sustains us in our journey to eternal life. We cannot make this journey on our own, we need to receive the life of Jesus. However, as we know, the Eucharist is not only nourishment for us; in the words of St Augustine, 'we are to become what we receive', the Body of Christ. May we give of ourselves just as Jesus gave of himself so that others may come to know and experience the life and love that only Jesus can provide.

### Corpus Christi Eucharistic Procession: Sunday 11th June

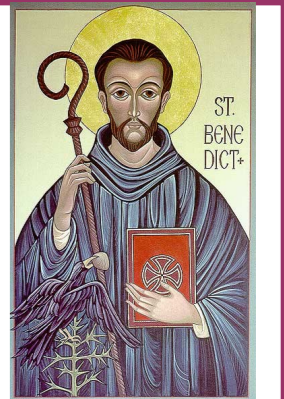
Following 11am Mass at St Christopher's Cathedral Manuka, all are invited to honour the feast of *Corpus Christi* in a short Eucharistic procession. The procession will feature prayers, hymns and Benediction.

### Change in Saturday Vigil Mass time

Thank you to those who provided feedback on the proposed change to the Saturday Vigil Mass time in winter (from 6pm to 5pm). The feedback indicates that most parishioners would prefer the earlier time. **The new Mass time (5pm Saturday Vigil) will come into effect on Saturday 17th June.**

### St Benedict's Feast Day: Sunday 16th July

The parish celebrates St Benedict's feast day on Sunday 16th July. There will be a morning tea in the school hall to celebrate—all parishioners welcome.



### Spiritual Retreat at St Benedict's, Saturday 8th July

The Missionaries of God's Love present **Well in the Desert:** "From *Dryness to Intimacy* with God". Hosted by MGL Melbourne Brothers. Contact Br. Adrian (0432291678 or email [sura57adrian@gmail.com](mailto:sura57adrian@gmail.com)).



Date: Saturday 8th July 2023, 10am-3:30pm (Registration starts at 8:30am)  
 Place: Collins Wing, St Benedict's Church (10 Tallara Pkwy, Narrabundah)

Open to age 18 and above. Free admission and Lunch provided.

### Catholic Voice available on parish website

The Archdiocese has decided to re-introduce the weekly version of the Catholic Voice newspaper over the next several weeks. For coverage of the ongoing Calvary Hospital situation, and other local news, you can download and read a copy on the St Benedict's website.

Sunday 11 June 2023

**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 become proud of heart. Do not 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.'

**Resp. Psalm 147:12-15,19-20 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.

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.

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.

**Second reading 1 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.

**Sequence**

Behold the bread of angels, sent  
For pilgrims in their banishment,  
The bread for God's true children meant,  
That may not unto dogs be given:  
Oft in the olden types foreshowed;  
In Isaac on the altar bowed,  
And in the ancient paschal food,  
And in the manna sent from heaven.

O thou, the wisest, mightiest, best,  
Our present food, our future rest,  
Come, make us each thy chosen guest,  
Co-heirs of thine, and comrades blest  
With saints whose dwelling is with thee.  
Amen. Alleluia.

Come then, good shepherd, bread divine,  
Still show to us thy mercy sign;  
Oh, feed us still, still keep us thine;  
So may we see thy glories shine  
In fields of immortality;

**Gospel Acclamation John 6:51-52**

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 crowd:  
'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.'

*MGL Ordination*

Congratulations to Fr Shehan MGL who was ordained in Melbourne on Friday! We send him our best wishes and prayers.



**PARISH GROUPS**

**Empower Night** is held 7pm till 9pm Tuesday 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.

**Mothers Prayers:** Come and pray for your children. Each Monday in the Parish Centre in school term from 9:30am followed by morning tea. Contact Rachael Nano 0412 472 243.

**Donating to the parish**

To deposit directly into the Parish account, please use the following details:  
BSB: 062 786  
Account number: 000014992  
Please include your Planned Giving (envelope) number in the reference if you have one, otherwise your surname and 'Donation'. Other ways of giving are via the Qkr! app, direct debit and credit card donations; please contact the Parish Office to organise.

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

**Recently deceased:** Marie Flaherty, Vincent Ciardullo, James Brophy.

**Anniversaries:** Robert Carvolth, Tracey Driver, Otis Evans, Sydney Fitzgerald, Edna Gunson, Mary Jenkins, Vera Marko, Ernest McLean, James Murray, Alma Rowan, Elizabeth Satrapa, John Swatman, James Turner, Maria Uric, Fr Patrick Hickey, Fr James Cannon, Bishop William Lanigan, Fr John Leonard.

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

**PARISH OFFICE HOURS:**

**Thursday, 9am-1pm; Friday, 9am - 4:30pm**

**WEEKEND MASS TIMES:**

Saturday: 6pm (*Vigil*) **Changes to 5pm from Saturday 17th June for winter months**

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 (**4pm-4:30pm from Saturday 17th June**) 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:**

Monday & Tuesday: 6am-10pm  
Wednesday & Thursday: 1pm-10pm  
Friday 6am to Saturday 8am

Urgent hours that need to be filled:

Monday 7-8pm, Tuesday 3-4pm,  
Wednesday 3-4pm, Friday 12-1pm, 2-3pm

**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.