

## Invite Grace

If you would like to invite more grace into your life and deepen your relationship with Jesus, then please consider joining our Adoration team. You can be one with over 60 of your fellow parishioners in giving an hour of your time every week to be with our Lord in prayer and contemplation.

We have spaces available throughout the week and we are particularly keen to get more people to the following times:

Tuesdays: 3 – 4 pm

Fridays: 11 am – 12 pm

For more information email [canberraadorers@gmail.com](mailto:canberraadorers@gmail.com) or phone Anne Sutherland on 0413 203 901.

Have a great week and God bless.

### Message for Adorers

Dear Adorers, Last financial year the cost of heating and cooling the church was \$2,692.57. (I'd say it would be closer to \$3,000 this year). The bulk of this bill is incurred to keep the temperature at a comfortable level for Adorers. Recent Archdiocesan statistics show that church attendance is down 25% since Covid and parish financial contributions are down also. St Benedict's being a smaller, older parish is even more affected and finances are dire. If anyone feels moved/inspired to contribute to this bill then the bank details are as follows.

Account name: St Benedict's Parish

BSB: 062 786

Acc No: 000014992

Maybe for the reference you could write the word 'adoration' to let Fr Rem know how to allocate your donation. Blessings and thanks Anne

PS please pray for God's provision as part of your intercessions.

### Parish Secretary on leave

The Parish Secretary will be on leave from Thursday 17 August to Wednesday 6 September inclusive. During this time there will be no regular office opening hours, but the phone and emails will be monitored by Fr Rem. The Secretary returns on Thursday 7 September.

### ROSTER FOR THIS WEEKEND

12 & 13 August 2023

	Sat 5 pm	Sun 9am
Welcomers	Carmel & Peter Pistor	Robert Henry
Readers	BA Daly, Louise Gaudry	Linda Henry, Joshua D'Silva
Offertory	Volunteers	Young family
Eucharistic Ministers	Brian Barron	Barry Murphy
Flowers, Altar Clean	Margie Avellino & Sue Neimanis	
Church Cleaners	John Murray, Nhung Booth	
Visitation	MGL Garran	
Sun 6pm Mass Readers	MGL Sisters	

### ROSTER FOR NEXT WEEKEND

19 & 20 August 2023

1ST READING Is 56:1,6-7	2ND READING Rom 11:13-15,29-32	GOSPEL Mt 15:21-28
Sat 5 pm		Sun 9am
Welcomers	Louise Gaudry	Robert Henry
Readers	Robert Booth, Marlene Keir	Josephus Bumaat, Loreena D'Silva
Offertory	Volunteers	Jose family
Eucharistic Ministers	Nhung Booth	Janice Kelly
Flowers, Altar Clean	Louise Gaudry & Claudine Smith	
Church Cleaners	Santhosh Jose	
Visitation	Jonavie & Grace (Jindalee)	
Sun 6pm Mass Readers	Jeanne Eri, Jonathon Crowley	

### Guinness and God: 16 August, 6.30pm-8.30pm, for 18-35yo, King O'Malley's Irish Pub.

ACU Campus Dean, A/P Darius von Güttner speaking on how we can best make sense of suffering. G&G is a free pub talk series in collaboration with ACU and the Archdiocese, for young adults, uni students, and young professionals in the heart of Canberra that breaks open conversations around faith and life.

## 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 Fr Rembert Fernando, MGL (Parish Priest)

Corner of Sturt Ave & Jerrabomberra Ave (PO Box 55) Fr Baiju Thomas, MGL (Mission Centre Director)

Narrabundah ACT 2604

Fr Chris Eaton, MGL (Mission Centre Co-Director)

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

Belle Joseph (Secretary, Thurs 9am-1pm, Fri 9am-5:30pm)

Emergency Number: (02) 6239 6772

Adrian Wellspring (Spiritual Direction & Personal Vocation)

Website: [cg.org.au/Narrabundah](http://cg.org.au/Narrabundah)

Email: [Narrabundah@cg.org.au](mailto:Narrabundah@cg.org.au)

## 19th Sunday in Ordinary Time 12 & 13 August 2023



### Feast of the Assumption: Tuesday 15th August

The Feast of the Assumption is celebrated on Tuesday 15th August. It is a Holy Day of Obligation. Mass will be celebrated at St Benedict's at 5:30pm.

### Lectio Divina: Thursdays 7pm in Collins Wing

Every Thursday at 7pm the parish holds Lectio Divina (Bible reading and reflection) in the Collins Wing, with a shared meal (finger food) provided. All parishioners welcome.

### Fundraiser for St Benedict's: "Songs of a Golden Era", Saturday 2nd September 2023

All are invited to come and enjoy live singing, with classic hits from the 60s to the 90s, from our St Benedict's music ministry. Food, fun and prizes to be won!

When: Saturday 2nd September 2023, 6pm-9pm

Where: St Benedict's School Hall (opposite church)

Cost: \$25 a ticket (family passes available)

Tickets can be purchased online at <https://www.trybooking.com/CKLRJ>

All proceeds to be given to St Benedict's Church. Donations welcome. If you would like to help out, please contact Fr Rem at [rembertfernandomgl@gmail.com](mailto:rembertfernandomgl@gmail.com).

### Sacrament of Confirmation 2023

The Sacrament of Confirmation will be celebrated by Archbishop Christopher Prowse on **Thursday 21st September 2023** at 5:30pm at St Benedict's. If you would like to enrol your child, please download the Qkr! app, select St Benedict's Parish (with the icon of St Benedict), and complete the Confirmation enrolment form. An administration fee of \$60 covers the cost of administration, materials, and facilities.

A **Confirmation Retreat Day** will be held for children on **Thursday 31st August**, 9am-3:10pm at St Benedict's Primary School, Narrabundah, followed by a **Parents Information Session** conducted by Fr Rem (3:30-4:30pm).

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.

Sunday 13 August 2023

### First reading 1 Kings 19:9,11-13

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

**Resp. Psalm 84:9-14** *Lord, show us your mercy and love, and grant us your salvation.*

I will hear what the Lord God has to say, a voice that speaks of peace. His help is near for those who fear him and his glory will dwell in our land.	The Lord will make us prosper and our earth shall yield its fruit. Justice shall march before him and peace shall follow his steps.
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Mercy and faithfulness have met;  
justice and peace have embraced.  
Faithfulness shall spring from the earth  
and justice look down from heaven.

### Second reading Romans 9:1-5

What I want to say now is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

### Gospel Acclamation Ps 129:5

Alleluia, alleluia!  
I hope in the Lord,  
I trust in his word.  
Alleluia!

### Gospel Matthew 14:22-23

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

**An Introduction to the Prophets: A Biblical Perspective** Frank Selch of the ACT Jewish community will give the first of a series of talks on the prophets, followed by a discussion and light refreshments. Members of all Christian denominations are warmly invited to attend this interfaith event. The lecture will be held at 2.30pm, Sunday 20 August at the National Jewish Memorial Centre, 31 National Circuit, Forrest. Please register to attend at <https://www.actjc.org.au/event/PropTenakh-1>

This month **Aid to the Church in Need** is raising money to support Sisters in Paraguay. These Sisters not only care for the young people in Paraguay but they also support the families, visit the sick and the elderly, bring Holy Communion to those in need, give catechetical instruction and support disadvantaged with practical help and advice. To learn more and to make an offering visit [www.aidtochurch.org/](http://www.aidtochurch.org/)

### PARISH GROUPS

**Empower Night** is held 6:40pm 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.

**A Men's Sharing Group** is held every second Wednesday evening at St Benedict's. Contact John Murray, 0480 257 761 for more information.

### 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:** Vincent Ciardullo, James Brophy, Heather Harradine.

**Anniversaries:** Peter Della Torre, Christina Feeken, Catherine Golding, Timothy Hayes, Anna Legge-Wilkinson, Frank Mestrov, Charles Rogan, Nandor Schwalm, Aranka Schwalm, Godfrey Stevens, Lajos Szonner, Bishop John Cullinane, Fr Thomas Moore.

**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, Jeanette Cullen, Rita Smith.

### Parish Office Hours

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

### Weekend Mass Times

Saturday: 5pm (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: 4pm-4:30pm 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

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

### Vacant hours that urgently need filling:

Monday 12noon-1pm, 5pm-6pm;  
Tuesday 3pm-4pm; Friday 11am-12noon

**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.