

**The Christian's Final Journey:** Catholic Cemeteries and Crematoria and partner, the ACU Centre for Liturgy, are offering a one-day workshop on Catholic funerals on **13 February 2024**. It has been designed for all those interested in Catholic funerals including parishioners, clergy, Funeral Directors, Bereavement Teams, Pastoral Associates, Parish Secretaries and Family Faith Educators, and all school staff. Catholic practices around burial and cremation will be investigated as well as **preparation of a funeral (for future discussion with the funeral celebrant)** and how to support the grieving. It will be held at Club Ashfield, 1-11 Charlotte Street Ashfield NSW. Time: 9am-5pm (registration from 8.30am). Registration is essential by 7 February. Cost: \$60 (includes lunch and a workbook) (\$120 for Funeral Directors who will receive certification for 5 years.)

**Enquiries:** [CentreforLiturgy@acu.edu.au](mailto:CentreforLiturgy@acu.edu.au) or 02 9701 4751. For more information, and to register, go to [www.acu.edu.au/centreforliturgy/pastoral-training](http://www.acu.edu.au/centreforliturgy/pastoral-training)

### REVITALISING OUR PARISH

We are excited to announce that St. Benedict's Parish and Mission Centre is about to set out on a journey of renewal through Divine Renovation.

Divine Renovation is a Catholic ministry dedicated to parish renewal. It helps parishes come alive by providing tools and coaching needed to lead parishes from **maintenance to mission**.

In the Divine Renovation context 'maintenance to mission' means recognising that we don't have to live with decline being normal, and stepping off the treadmill and looking at ways we can improve things at St Benedict's, so that we can begin to see different results.

For more information about Divine Renovation see:

<https://divinerenovation.org>

Fr Rem and Fr Chris

### ROSTER FOR THIS WEEKEND

27th & 28th January 2024

	Sat 6 pm	Sun 9am
<b>Welcomers</b>	Carmel & Peter Pistor	Robert Henry
<b>Readers</b>	Moira Najdecki, Marlene Keir	Linda Henry, Loreena D'Silva
<b>Offertory</b>	BA Daly, Helen Bennett	Jose family
<b>Eucharistic Ministers</b>	Brian Barron	Barry Murphy
<b>Flowers, Altar Clean</b>	Ann Hill & Anne Sutherland	
<b>Church Cleaners</b>	Jeanne Eri	
<b>Visitation</b>		
<b>Sun 6pm Mass Readers</b>		

### ROSTER FOR NEXT WEEKEND

3rd & 4th February 2024

	Sat 6 pm	Sun 9am
<b>1ST READING</b>		
<b>2ND READING</b>		
<b>GOSPEL</b>		
<b>Welcomers</b>	Louise Gaudry	Alma Burg
<b>Readers</b>	Robert Booth, Helen Bennett	Grace de Zilva, Julie Douglas
<b>Offertory</b>	Volunteers	Social group
<b>Eucharistic Ministers</b>	Nhung Booth	Julie Douglas
<b>Flowers, Altar Clean</b>		
<b>Church Cleaners</b>		
<b>Visitation</b>		
<b>Sun 6pm Mass Readers</b>		

## St Benedict's Catholic Church



In the care of the Missionaries of God's Love

Parish Team:

Parish Office Hours: Tues—Friday, 9am—12pm

Fr Rembert Fernando, MGL (Parish Priest)

Corner of Sturt Ave & Jerrabomberra Ave (PO Box 55)

Fr Chris Eaton, MGL (Mission Centre Director)

Narrabundah ACT 2604

Adrian Wellspring (Spiritual Direction & Personal Vocation)

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

Isabel Roberts (Parish Secretary)

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)

### Fourth Sunday of Ordinary Time 27th & 28th January 2024

#### Reflection on Gospel

Today's Gospel continues our reading from Mark and describes what some believe was likely to have been a typical day in Jesus' ministry. Jesus and the disciples that chose to follow him in last week's Gospel arrive at Capernaum, a small village on the Sea of Galilee. Jesus teaches in the synagogue on the Sabbath. Mark reports that the people respond to Jesus' teaching with astonishment, noting Jesus' authority and contrasting it with the scribes'. Early in Mark's Gospel we already find evidence of the tension that will manifest itself fully in Jerusalem.

After Jesus' preaching, an even more astonishing thing happens. A man possessed with an unclean spirit calls out to Jesus. As we see in this example and throughout Mark's Gospel, the spirits and demons seem to know Jesus and are often fearful of him. In fact, they seem to understand Jesus' identity better than his disciples. As we will read again and again in Mark's Gospel, Jesus orders the spirit to be quiet and drives the unclean spirit out of the man. Jesus' ability to heal those possessed by demons is an indication of his power over evil.

In the prescientific age of Jesus' time, all illnesses were understood to be manifestations of evil and sinfulness. Our modern understanding of illness is very different. Possession by unclean spirits may have been a way to describe what we might call mental illness today. It may have even been a way of describing certain kinds of physical conditions. There is evidence that there were many kinds of exorcists and healers in first-century Palestine. Jesus appears to be like these healers, but he heals with unique authority and connects his healing activities with the words of his preaching.

We are missing the point that Mark is trying to make in this Gospel, however, if we try to explain away the healing work of Jesus. The crowds see in Jesus' cure of the possessed man further affirmation of his authority. Jesus' power to heal gives greater credence to his teaching. Jesus impresses the crowds through his words, which are manifested with power in his deeds. Mark's Gospel tells us that because of the authority with which he healed, Jesus' fame spread throughout all of Galilee.

#### JAN - FEB 2024

#### INTRODUCTORY CPE COURSE

Are you interested in growing your capacity to be fully present to others by learning how to offer effective pastoral and spiritual care?

An Introductory Clinical Pastoral Education (CPE) course is being offered online using Zoom in January/February 2024. This short 40-hour course will comprise of 6 sessions and run from 9am to 3.30pm, commencing Mon 29, then Tues 30, Wed 31 January, then Mon 5, Tues 6 and Mon 12 Feb.

Applications close on Thursday January 25, 2024. For more information please contact Barbara Hall at [barbarahall1909@gmail.com](mailto:barbarahall1909@gmail.com) or phone: **0418 413 731**

#### URGENT HELP NEEDED

Each week volunteers prepare St Benedict's church for the weekend Masses and ceremonies. A roster of two people is set up for the arrangement of flowers and a little cleaning, not vacuuming the church. Could you please consider helping the parish in this way, it would involve giving an hour every 4-5 weeks usually on a Saturday morning around 9:00. If you think you could help and would like to know what is involved please feel free to call the parish office or text Sue on 0407 269 193.



**St Benedict's Social Group** invites all parishioners to join them for morning tea in the Parish Centre on Sunday (4th February) after the 9:00 am Mass.

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.

## First reading

### Deuteronomy 18: 15-20

Moses said to the people: "The Lord your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die."

**Psalm 94 (95): 1-2, 6-9 R. If today you hear his voice, harden not your hearts.**

## Second reading

### 1 Corinthians 7: 32-35

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

## Gospel Acclamation

### Matthew 4: 16

Alleluia, alleluia!

A people in darkness have seen a great light: a radiant dawn shines on those lost in death.

Alleluia!

## Gospel

### Mark 1: 21-28

Jesus and his disciples went as far as Capernaum, and as soon as the sabbath came he went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority. In their synagogue just then there was a man possessed by an unclean spirit and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

## NEEDS OF LAY CATHOLICS TODAY

What do adult lay Catholics need today to help them live a committed Catholic life amid the circumstances of modern society? To find out and to help improve their services to our Archdiocese, the Canberra Circle of The Catenians, an international association of lay Catholics, is conducting an Archdiocesan-wide online survey. Please help by completing this brief, anonymous, tick-box survey via this URL or QR code. Thank you.  
  
<https://www.surveymonkey.com/r/CLTZGMW> Contact: Phil Murray, President, Canberra Catenians 0419 695 927 or [phil13murray@gmail.com](mailto:phil13murray@gmail.com)

## CatholicCare Retirement Villas

CatholicCare currently has several vacancies at our retirement villas based in Aranda and Campbell. For further information on the vacant villas and to view the villas please contact Dominica McNamara, Retirement Villas Manager, on [property.management@catholiccare.cg.org.au](mailto:property.management@catholiccare.cg.org.au) or on 6162 6100 to indicate your interest.

## Young Catholic In Need of Accommodation

A young catholic professional woman is moving to Canberra for work and is looking for a flatshare/granny flat to reside. A room in Barton, Kingston, Griffith, Forrest or Campbell is preferable with a flexible budget of approximately \$280-\$340 (open to consideration). Contact Jacinta on 0468 496 033.

**Vocations Dinner at Archbishop's House.** Thursday 8 February at 6pm. For men interested in discerning a call to the Priesthood. A hearty meal provided with insightful discussions & prayer. To rsvp please contact vocations director Fr Emil [emil.milat@cg.org.au](mailto:emil.milat@cg.org.au) 0414 523 036.

## 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'.

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

**Anniversaries:** Rathesh Fernando, Ray Pasard, Catherine Cleary, Frank Fulop, Ronnie Van Belkom, Tom French, Agnes Calvert, Clare Connell, Pat Connors, Doris Flaherty, Maud Inch, Monica Knight, Mario Krajina, Leonard Legge-Wilkinson, Kenneth Lentell, Lorna Ludwig, Antonia Martin, Fred Martin, Ronald & Marilyn Molyneux, Marie Morgan, Joan Parker, Alice Smith, Stephanie Stoddard, Monica Thomas, Fr Richard Daly, Fr Bill Keating, Fr Francis Hartigan, Fr Thomas Hilly, Fr Joseph Keating.

**Our Sick:** Jindalee & Mt View residents, Tony Sealy, Tony Evans, Rose Mason, 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, Rita Smith, Andrea Bernabey, Gustavo Caceres.

## Parish Office Hours

9am–12pm, Tuesday–Friday

## 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

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.