

Easy Steps to Holiness: A Lenten Journey
The Good Shepherd prayer group invites you to join us each Wednesday evening for talks, sharing groups and worship. Deepen your faith this Lent and draw closer to Jesus. Weds 21 Feb to Weds 27 March, 7pm -9pm, Parish Room, St Peter Channels, Weston St, Yarralumla. Call/text Neda 0415 266 019, Susanna 0419 902 293, Gabriel 0422 285 491 for more info.

Journey of St Paul
Fr Rembert Fernando will be escorting a pilgrimage to Greece & Turkey to follow in the footsteps of St Paul and his companions. The tour will commence on 9th April and end on 20th April. For more information, see flyers in the church or visit: harvestjourneys.com/sp2401

Stations of the Cross will be occurring on Fridays at 5pm throughout the Lenten season. All parishioners are invited to attend.

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 17th & 18th February 2024		
	Sat 6 pm	Sun 9am
Welcomers	Carmel & Peter Pistor	Alma Burg
Readers	Moira Najdecki, Don Jeffery	Santhosh Jose, Josephus Bumaat
Offertory	Volunteers	Jose family
Eucharistic Ministers	Sue Neimanis	Josephus Bumaat
Flowers, Altar Clean	Loretta Thomas & Anne Hobday	
Church Cleaners	Jeanne Eri	
Visitation		
Sun 6pm Mass Readers	Anne Hartwell, Anna Strimota	

ROSTER FOR NEXT WEEKEND 24th & 25th February 2024		
1ST READING	2ND READING	GOSPEL
	Sat 6 pm	Sun 9am
Welcomers	Marlene Keir	Robert Henry
Readers	Robert Booth, Don Jeffery	Shiru Kinyanjui, Loreena D'Silva
Offertory	BA Daly, Volunteer	Linda & Robert Henry
Eucharistic Ministers	Nhung Booth	Julie Douglas
Flowers, Altar Clean	Margie Arvellino & Sue Neimanis	
Church Cleaners	Brad Hogno, Nhung Booth	
Visitation		
Sun 6pm Mass Readers	Youth	

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 Email: Narrabundah@cg.org.au

First Sunday of Lent 17th & 18th February 2024

Reflection on Gospel

On the first Sunday of Lent, the Gospel reading in each Lectionary cycle is about Jesus' temptation in the desert. This event in the life of Jesus is reported in each of the Synoptic Gospels—Matthew, Mark, and Luke—but it is not found in John's Gospel. This year we read Mark's account of this event.

In Mark's Gospel, we are told that Jesus went into the desert immediately after his baptism, led by the Spirit. Jesus' public ministry in Galilee begins after his temptation in the desert. Mark's Gospel makes a connection between the arrest of John the Baptist and the beginning of Jesus' ministry. Jesus' preaching about the Kingdom of God is in continuity with the preaching of John the Baptist, but it is also something new. As Jesus announces it, the Kingdom of God is beginning; the time of the fulfillment of God's promises is here.

The fact that Jesus spent 40 days in the desert is significant. This recalls the 40 years that the Israelites wandered in the desert after being led from slavery in Egypt. The prophet Elijah also journeyed in the desert for 40 days and nights, making his way to Horeb, the mountain of God, where he was also attended to by an angel of the Lord. Remembering the significance of these events, we also set aside 40 days for the season of Lent.

In Mark's Gospel, the desert marks beginning of Jesus' battle with Satan; the ultimate test will be in Jesus' final hours on the cross. In a similar way, our Lenten observances are only a beginning, a preparation for and a reinforcement of our ongoing struggle to resist the temptations we face in our lives. During Lent, we are led by the Holy Spirit to remember the vows of Baptism in which we promised to reject sin and to follow Jesus. Just as Jesus was ministered to by the angels, God also supports us in our struggle against sin and temptation. We succeed because Jesus conquered sin once and for all in his saving death on the cross.

St Benedict's Lenten Groups:

Afternoon Group (Open to All):

Wednesday After 12.30pm Mass (1pm)

The Collins Wing

Program: The Sorrowful Mysteries of the Rosary Video Series

Coordinator: Carmel Henry

Evening Group (Open to All):

Wednesday 6.00pm

The Collins Wing

Program: My Father's Father Video Series

Coordinator: Julie Long

Young Men of God Group:

Tuesday 6.00pm, Dinner included

For those Men 18-35

The MGL Presbytery

Program: My Father's Father Video Series

Coordinator: Br Samson MGL

Women's Group:

Thursday 7pm

The Parish Centre

Program: Wollongong Lenten Books

Coordinator: Mattia Wellspring

St Benedict's Social Group hosts morning tea after the 9.00 am Mass on the 1st Sunday of each month. Volunteers are invited to assist with this monthly morning tea, especially for the next three months. If you're available to help out please contact the Parish Office or Sue 0407 269 193.

*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

Genesis 9: 8-15

God spoke to Noah and his sons, ‘See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.’
God said, ‘Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.’

Psalm 24 (25): 4-6, 7b-9 R. Your ways, O Lord, are love and truth to those who keep your covenant.

Second reading

1 Peter 3: 18-22

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people ‘by water’, and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God’s right hand, now that he has made the angels and Dominations and Powers his subjects.

Gospel Acclamation

Matthew 4: 4

Praise to you, Lord Jesus Christ, king of endless glory!
No one lives on bread alone, but on every word that comes from the mouth of God.
Praise to you, Lord Jesus Christ, king of endless glory!

Gospel

Mark 1: 12-15

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him. After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. ‘The time has come’ he said ‘and the kingdom of God is close at hand. Repent, and believe the Good News.’

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



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 or on 6162 6100 to indicate your interest.

O God, pour out in your Church a spirit of reverence and courage, to raise up worthy ministers for your people and make them ardent, yet gentle heralds of your Gospel.

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.

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: Noanie Kelly, Leita Barrow, 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 3rd 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 1st Thursday of the month,
10.30am at Mt View 3rd 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: 12-1pm
Tuesday: 11am-12pm, 1-2pm, 6pm-10pm
Thursday: 7-10pm
Contact: Anne Sutherland (0413203901) or Parish office for more information.

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.