

Adoration Notice:

Dear St Benedict's Community, due to winter illness and family commitments, many adorers are away. If you are able to help short term (2-3weeks) with the following vacancies much appreciated.

Monday 8-11am & 2-3pm
 Tuesday 9-1pm
 Friday 9-10am & 2-3pm

When we spend time in Adoration, God's grace poured out upon our individual lives, family, communities & world is astonishing. Even if you are unable to commit with your physical presence, Please pray for more Adorers - the harvest is rich but the labourers are few so let's ask the Lord of the harvest to provide for our needs...

ADORATION RETREAT:

Are you carrying rocks in your daily backpack? Unload some burdens and refill with hope. Join Sr Kate Atkins MGL, an experienced spiritual guide, as we journey together towards Jubilee 2025.

Saturday 7 September
St Benedict's Church & Parish Centre
 9.30am-4pm
 Theme: Praying as Pilgrims of Hope
 Speaker: Sr Kate Atkins
 \$20

26 September | Encountering God in Lectio Divina

Lectio Divina is Sacred Reading. It is a way of prayer whereby we allow the Word of God to touch our hearts and change our lives. It is a dialogue of love between the person and God as heart speaks to heart through the Word. This weekend retreat focusses on the process of lectio divina by engaging participants in the ancient art of reading and praying with the Word of God in scripture.

For more details ring 0242360011 Ext. 114

Cost: \$150

Invitation to the Ordinations of Brothers Samson & Vijay

The parish would like to invite any interested parishioners to the ordinations of Brother Samson & Brother Vijay MGL. The ordination will be held on **13th September at 7:30pm** in St Christopher's Cathedral, with refreshments afterwards at the cathedral hall. Please bring a plate to share.

Masses of Thanksgiving will be celebrated by Brother Vijay on **14 September at 11am**, and by Brother Samson on **15 September at 11am**, both at St Benedict's.

ROSTER FOR THIS WEEKEND

17th & 18th August 2024

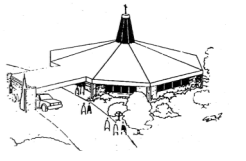
	Sat 5 pm	Sun 9am
Welcomers	Marlene Keir	Alma Burg
Readers	Robert Booth, Louise Gaudry	Loreena D'Silva, Shiru Kinyanjui
Offertory	Volunteers	Jose family
Eucharistic Ministers	Louise Gaudry	Josephus Bumaat
Flowers, Altar Clean	Ann Hill & Anne Sutherland	
Church Cleaners	Nhung Booth, John Murray	
Visitation	Jonavie & Grace (Jindalee)	
Sun 6pm Mass Readers	Anne Sutherland & Adrian Wellspring	

ROSTER FOR NEXT WEEKEND

24th & 25th August 2024

1ST READING	2ND READING	GOSPEL
JOSHUA 24: 1-2, 15-18	EPHESIANS 5: 21-32	JOHN 6: 60-69
	Sat 5 pm	Sun 9am
Welcomers	Louise Gaudry	Robert Henry
Readers	Marlene Keir, Moira Najdecki	Julie Douglas, Santhosh Jose
Offertory	BA Daly, Volunteer	Volunteers
Eucharistic Ministers	Sue Neimanis	Barry Murphy
Flowers,	Louise Gaudry & Claudine Smith	
Church Cleaners	Jeanne Eri	
Visitation	Carmel Henry (Mt View) Prakash & Santhosh (Jindalee)	
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
 Corner of Sturt Ave & Jerrabomberra Ave
 (PO Box 55)
 Narrabundah ACT 2604
 Tel: +61 (02) 6295 7879/ Parish Office
 Emergency Number: (02) 6239 6772
 Email: Narrabundah@cg.org.au

Fr Chris Eaton, MGL (Parish Priest & Mission Centre Director)
Fr Rembert Fernando, MGL (Priest)
Fr Tony Schick, MGL (Priest)
Deacon Samson, MGL
Adrian Wellspring (Spiritual Direction & Personal Vocation)
Isabel Roberts (Parish Secretary)

Twentieth Sunday of Ordinary Time
17th & 18th August 2024

Reflection on Gospel

On this Sunday, we continue to read from the sixth chapter of the Gospel of John. Today's Gospel elaborates further on the teaching that Jesus began in our liturgy last week. In that reading, the crowds wondered about how Jesus could say that he had come down from heaven because they knew Jesus to be the son of Joseph. In this Gospel, some have difficulty with Jesus' teaching that he is the living bread sent from God. Recall that Jesus had told them that just as God gave the Israelites manna to sustain them in the desert, so now God has sent new manna that will give eternal life. We hear the concluding verse of last week's Gospel repeated in today's reading: Jesus himself is the bread sent by God; Jesus' flesh is the bread that is given for the life of the world.

Among the stumbling blocks for those who heard but did not understand Jesus is the teaching that the bread that Jesus will give is his own flesh. In response to the people who quarreled over his words, Jesus teaches with even greater emphasis that salvation comes to those who eat his Body and Blood. Jesus doesn't seem to answer the question posed about how salvation will come about, perhaps because this reality can only be understood after his death and Resurrection. Instead, Jesus teaches about the life that he will give to the world.

To many ears, Jesus' words are jarring and difficult to hear. Many who heard Jesus could not accept what he said. Many today continue to struggle to accept these words. But they are important words because they reveal our intimate connection with Jesus.

This is the mystery that is at the heart of our eucharistic theology. In the elements of bread and wine, Jesus' Body and Blood are made truly present. When we share in the Body and Blood of Christ, Jesus himself comes to dwell within us. This communion with the Lord makes us one body, brings us eternal life, and sends us forth to be Christ's body for the life of the world.

PREPARED Workshop:

The founder of the CatholicPsych Institute Dr Greg Bottaro is coming to Australia in September. He will be speaking at around 15 events in Tasmania, Melbourne, Canberra and Sydney. One of the only public events will be held in Canberra on 21 September and will feature a day workshop drawing on content from the newly developed CatholicPsych PREPARED Workshop (Mental Health Crisis Response Training). Tailored for educators, campus ministers, parish and diocesan staff, parents, and priests, addressing the urgent need to respond to the growing mental health crisis within our communities. Participants will learn to identify and address mental distress through a deeply Catholic lens. This is unique opportunity to connect with Dr Greg Bottaro in person. Given the late notice for this event, I am wanting to get the word out. Please feel free to share with anyone you think might be interested. To register for this training see here for the booking page: <https://www.trybooking.com/CULHL>. For more info on the PREPARED Workshop content see here: <https://catholicpsych.com/prepared>. Thank you, Shawn van der Linden

Planned Giving Envelopes

Could the parishioners with Envelope Numbers 9, 11 and 19 please contact the parish office as a matter of urgency.

To help the parish save money and reduce waste, some paper envelope givers have had their giving numbers changed, therefore it is EXTREMELY important that envelope givers only use the CURRENT/NEW envelopes from July onwards. If you have any envelopes left over from last year, please do not donate with them as there is a risk that your generous contribution may be allocated to someone else.

St Benedict's parish would like to thank all parishioners who donate for their generous contributions. Your support in the parish is invaluable.

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

Wisdom has built herself a house,
She has erected her seven pillars,
She has slaughtered her beasts, prepared her wine,
She has laid her table.
She has despatched her maidservants
And proclaimed from the city's heights:
'Who is ignorant? Let him step this way.'
To the fool she says,
'Come and eat my bread,
Drink the wine I have prepared!
Leave your folly and you will live,
Walk in the ways of perception.'

Psalm 33 (34): 2-3, 10-15 R. Taste and see the goodness of the Lord.

Second reading

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but you redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God who is our Father in the name of our Lord Jesus Christ.

Gospel Acclamation

Alleluia, alleluia!
All who eat my flesh and drink my blood
live in me and I in them, says the Lord.
Alleluia!

Gospel

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.'

Proverbs 9: 1-6

Ephesians 5: 15-20

John 6: 56

John 6: 51-58

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

New Quest Machines

The parish would like to inform all parishioners who donate via the Tap-and-Go machines that they will be replaced some time in the coming months by new Quest machines. There will be two in the church operating as a collection for both parish and priest, as well as a third machine to be used as a plate for parishioners without cash. More information will be provided once the machines arrive. Thank you to all who generously give to the parish.

St Benedict's Mens Sharing Group:

The St Benedict's Men's Sharing group meets every **second Tuesday in the Parish Centre**, from 7:30pm. Next meeting is on the **20th August**.

For more details, please phone John Murray on 0480 257 761.

Fr Ken Barker's 50th Anniversary of Ordination:

Date changed to Friday 30th August, during the 5:30pm Mass.

Please join us as we celebrate 50 years of fruitful ministry in the gift of Fr Ken. Reception to follow in the St Benedict's School Hall

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

Our Deceased: Elaine French, Joan Evans, Antoinette Martin, Louis Pini, Thomas Fernando, Barbara Parsons, Lorna & Stanley Evans, Noanie Kelly, Leita Barron, 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, Brian Barron, Jackie Carpenter, Sagar Julie O'Brien, Tony Sealy, Tony Evans, Rose Mason, Clem Dick, Julia Brown, Mitchell White, Germaphi, Pat Atkins, Lorraine Davis, Mathew, Lyn Walker, 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, Edwina Gundelach, Daniel Collins, Rita Smith, Andrea Bernabey.

Parish Office Hours

9am–12pm, Tuesday–Friday

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 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: 8-9am
Tuesday: 11am-10pm
Friday: 2-3pm
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.