

22 December 2024

in the care of the Missionaries of God's Love

# St Benedict's

Parish and Mission Centre, Narrabundah

*Fourth Sunday in Advent*



<https://i.redd.it/the-visitation-blessed-virgin-mary-and-st-elizabeth-v0-wjyxzfp43b1.png?width=1024&format=png&auto=webp&s=2f7522d38a9f8b0acbbbd348c1975b889e0d9ca5>

*Coming up:*

**Children's Christmas eve mass**



[cg.org.au/narrabundah](http://cg.org.au/narrabundah)

# Events and Announcements

3  
Feb

## Parish Adoration Roster

The Adoration Roster has finished for 2024 and will recommence on February 3 2025. Many thanks to all Adorers in this ministry.

9  
FEB

## Parish Morning Tea

Our parish morning teas, which take place in the Parish Centre after the 9am Sunday Mass will resume next year on the 9th February 2025.

15  
FEB

## Parish Social Event

Our parish is excited to invite you to our social event to celebrate the start of the year with the theme Music through time!! Come dressed in Red and White colours for a great night of music drinks food and plenty of fun with prizes to be won!! Tickets are \$15 with family ticket passes available as well. The event will be held at St Benedict's Church school hall on the 15th of February from 7pm to 9:30pm



## Children's Christmas Eve Mass 🙌🌟

The mass will be held at 6pm on the 24th, Children are encouraged to dress up as angels and shepherds for the special celebration!!



## CHRISTMAS MASSES:

### Christmas Eve (Tuesday 24th):

12.30pm - Tuesday Weekday Mass  
6.00pm - Children's Christmas Eve Mass  
8.00pm - Charismatic Christmas Eve Mass  
12.00am - Midnight Mass

### Christmas Day (Wednesday 25th)

9.00am Christmas Day Mass

**We're looking for volunteers to serve at the Christmas masses, see the sign-up sheets in the parish foyer.**

### During the Holiday Period:

The Parish Office will be closed 25 Dec - 14 Jan.



## Archbishop's Christmas Appeal

There will be a collection at Masses on 24 & 25 December. Help life saving assistance to displaced people in Asia, the Middle East and Africa, and student assistance in the Middle East. Communities in India, Africa and Papua New Guinea along with local works by The Farm in Galong and Home in Queanbeyan will also be assisted. Donations can alternatively be sent to: Archbishop's Christmas Appeal, GPO Box 3089, Canberra ACT 2601.

## Notices Outside the Parish

### 20 January 2025 | Chamber Philharmonia Cologne (Germany) Orchestra Concert

Performing at Our Lady Star of the Sea Church in Eden, NSW, on Monday 20 January, 2025, at 8pm. Bookings at [www.trybooking.com/CXAQN](http://www.trybooking.com/CXAQN) on sale from 1 December, 2024.

### UPCOMING MARRIAGE PREPARATION COURSES

For engaged couple: Evenings for the Engaged, 11 & 18 Jan; Engaged Encounter, 22-23 Jan; FOCCUS 11 Feb plus a private follow-up session at MaryMead Catholic Care; SmartLoving, online, 9 lessons at your own pace. For more information go to [www.marriagefamily.org.au](http://www.marriagefamily.org.au) or text Helena Zobec on 0405 440 463.

### VOCATIONS DISCERNMENT DINNERS

- **Alternating between a presbytery and the Archbishop's House**

Second Thursday of the month. 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).

### NATURAL FERTILITY MANAGEMENT

Local health professionals and qualified instructors are available to help you understand and manage your fertility in an effective and non-invasive manner. See Fertility Awareness Methods at [www.marriagefamily.org.au](http://www.marriagefamily.org.au)

## Praying for the sick

Jindalee & Mt View residents, retired Bishop Pat Power, Tony Evans, Caroline Evans, Jackie Carpenter, Mark Ransom, Mary Smith, Gert Fletcher, Anna Pace, Rita Smith, Mattia Wellspring and all those sick in our parish.

**Recently Deceased:** Pat Atkins, Rosa Mason, Brian Barron & Jonathon Crowley

### Priests:



### Parish:



## Giving / Stewardship

### Give now using QKR!

1st Collection: supports our parish priests

2nd Collection: helps with the running costs to our parish (wages, loan, utilities).

### Donation via Deposit

To donate directly into the parish account, please use the following details:

BSB: 062 786  
Account Number: 000014992  
Please include your Planned Giving number if applicable, or your surname and 'donation'

# Weekend Rosters



THIS WEEKEND (21 - 22 Dec)				NEXT WEEKEND (28 -29 Dec)		
	Sat 6pm	Sun 9am	Sun 6pm	Sat 6pm	Sun 9am	Sun 6pm
<b>Welcomers</b>	Volunteer	Alma Burg	Volunteer	Carmel & Peter Pistor	Robert Henry	Volunteer
<b>Readers</b>	Helen Bennett, Robert Booth	Shiru Kinyanjui, Barry Murphy	MGL Brothers	Marlene Keir, Moira Najdecki	Maria Mendoza, Josephus Bumaat	Deb Malone, Jeanne Eri
<b>Readings</b>	<b>1st:</b> Micah 5:1-4. <b>2nd:</b> Heb10:5-10.			<b>1st:</b> Sirach 3:2-6. 12-14 <b>2nd:</b> Col 3:12-21		
<b>Offertory</b>	BA Daly, Volunteer	Linda & Robert Henry	Volunteers	Volunteers	Ruzario Family	Volunteers
<b>Eucharistic Minster</b>	Louise Gaudry	Brenda Bergin	Volunteer	Nhung Booth	Julie Douglas	Volunteer
<b>Flowers &amp; Altar Cleaning</b>	Anne Hobday & Loretta Thomas			Claudine Smith & Louise Thomas		
<b>Church Cleaning</b>	Jeanne Eri			John Murray		
<b>Visitations</b>	Mt View: Carmel Henry Jindalee: Prakash & Santosh			Not applicable		

## Follow us on social media:



St. Benedict's Church and Mission Centre, Canberra



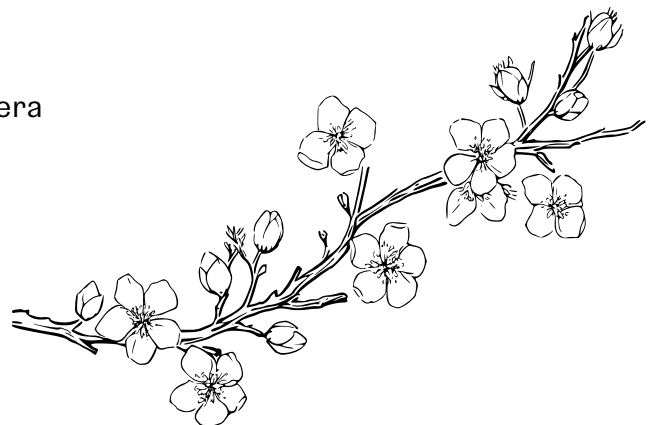
stbenedicts.canberra



St. Benedict's Mission Centre,



New website coming soon....



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 Mi 5:1-4

*Out of you will be born the one who is to rule over Israel.*

The Lord says this:

You, Bethlehem Ephrathah,  
the least of the clans of Judah,  
out of you will be born for me  
the one who is to rule over Israel;  
his origin goes back to the distant past,  
to the days of old.  
The Lord is therefore going to abandon  
them  
till the time when she who is to give birth  
gives birth.  
Then the remnant of his brothers will  
come back  
to the sons of Israel.  
He will stand and feed his flock  
with the power of the Lord,  
with the majesty of the name of his God.  
They will live secure, for from then on he  
will extend his power  
to the ends of the land.  
He himself will be peace.

## Responsorial Psalm

**Ps 79:2-3. 15-16. 18-19. R. v.4 (R.)**

**Lord, make us turn to you;  
let us see your face and we shall  
be saved.**

1. O Shepherd of Israel, hear us,  
shine forth from your cherubim throne. O  
Lord, rouse up your might, O Lord, come to  
our help. (R.)
2. God of hosts, turn again, we implore,  
look down from heaven and see.  
Visit this vine and protect it,  
the vine your right hand has planted. (R.)
3. May your hand be on the man you have  
chosen,  
the man you have given your strength.  
And we shall never forsake you again:  
give us life that we may call upon  
your name. (R.)

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## Second Reading Heb 10:5-10

*I am coming to do your will.*

This is what Christ said, on coming into the world:

You who wanted no sacrifice or oblation,  
prepared a body for me.

You took no pleasure in holocausts or  
sacrifices for sin;  
then I said, just as I was commanded in the  
scroll of  
the book,  
'God, here I am! I am coming to obey  
your will.'

Notice that he says first: You did not want what the Law lays down as the things to be offered, that is: the sacrifices, the oblations, the holocausts and the sacrifices for sin, and you took no pleasure in them; and then he says: Here I am! I am coming to obey your will. He is abolishing the first sort to replace it with the second. And this will was for us to be made holy by the offering of his body made once and for all by Jesus Christ.

## Gospel Acclamation Lk 1:38

**Alleluia, alleluia! I am the  
servant of the Lord: may his will  
for me be done. Alleluia!**

## Gospel Lk 1:39-45

*Why should it happen that I am honoured with a visit from the mother of my Lord?*

Mary set out and went as quickly as she could to a town in the hill country of Judah. She went into Zechariah's house and greeted Elizabeth. Now as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? For the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.'



## Reflection by Fr Michael Tate

This little gospel story tells us that 'the baby in Elizabeth's womb leaped' and not merely leaped, but leaped 'for joy'. Is this just poetic hyperbole?

We know that beautiful music can have a wonderful effect on life in the womb. Good vibrations. Here, the presence of Jesus, being carried by Mary in her pregnancy, had a wonderful effect on the life carried by Elizabeth. Very good vibrations.

From the moment of the conception of Jesus, good vibrations reverberated out to all human beings. The good news is that you and I and every human life ever conceived is visited by Our Risen Lord Jesus Christ, and we receive that visit as Original Blessing.

There is a further and consoling truth. Every mother or father who has lost a baby too early needs to know that the same extraordinary sense of Our Lord's presence was felt by your baby. That Divine Presence conferred a powerful Original Blessing on that little life within the womb, and that same Presence the accompanied your baby into the everlasting embrace of Divine Love in Heaven.

We could pause a moment to pray using the very words of Elizabeth, reciting:

Hail Mary, full of grace, the Lord is with thee.

*Blessed art thou among women,*

*and blessed is the fruit of thy womb,  
Jesus.*

Holy Mary, mother of God, pray for us sinners

now and at the hour of our death.

Amen.

## MASS TIMES

### Weekdays

5:30pm (Tues, Thurs)  
12:30pm (Wed)  
5.30pm Friday Healing Mass

### Saturday

8am  
6pm (Vigil)

### Sunday

9am  
6pm (Charismatic)



## EUCCHARISTIC ADORATION

### Mon - Tue:

6am - 10pm

### Wed - Thurs:

1pm - 10pm

### Friday

Fri 6am - Sat 8am

## RECONCILIATION

### Friday

6:15pm - 7pm

### Saturday

5pm - 5.30pm



## ROSARY

After each Weekday Mass  
except Fridays.  
After Saturday 8am Mass.



## STREET MINISTRY

### Friday Nights

After 5:30pm Mass  
Civic

## OUR PRIESTS AND DEACONS

Fr Chris Eaton MGL (PP)  
Fr Samson Ezemuowke MGL (APP)  
Deacon Joseph Nivaskaran  
Fr Tony Schick MGL

## PARISH OFFICE

Isabel (02) 6295 7879  
narrabundah@cg.org.au  
Tues - Thurs, 9am-12pm

## SPIRITUAL DIRECTION & PERSONAL VOCATION

Adrian Wellspring