

26 January 2025

in the care of the Missionaries of God's Love

St Benedict's

Parish and Mission Centre, Narrabundah

Third Sunday in Ordinary Time (Year C)



<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.beimontabbey.org.uk%2Fmessage-of-abbot-paul-monday-4th-september-2023&psig=AOvVaw0uUdeXnwcaVUCcP1hoW9&ust=1737077023775000&source=images&cd=vfe&opi=89978449&ved=0CBQ0jRxqFw0TCjAJ0qmK-YoDFQAAAAAAdAAAAABAn>

Coming up:

Adoration Returns
3 February

Coffee at Gryphon's
6 February

ALPHA Course
1 May



cg.org.au/narrabundah

Weekend Rosters



THIS WEEKEND (25 - 26 Jan)				NEXT WEEKEND (1 -2 Feb)		
	Sat 6pm	Sun 9am	Sun 6pm	Sat 6pm	Sun 9am	Sun 6pm
Welcomers	Carmel & Peter Pistor	Robert Henry	Volunteer	Carmel & Peter	Robert Henry	Volunteer
Readers	Volunteer, Moira Najdecki	Christopher Ruzario, Josephus Bumaat	Carmel Henry and Adrian Wellspring	Robert Booth, Moira Najdecki	Maria Mendoza, Santhosh Jose	Volunteer,
Readings	1st: Neh 8:2-6, 8-10 2nd: Cor 12:12-30			1st: Mal 3:1-4 2nd: Heb 2:14-18		
Offertory	Volunteers	Volunteer	Volunteer	Volunteers	Ruzario family	Volunteer
Eucharistic Minster	Sue Neimanis	Julie Douglas	Volunteer	Nhung Booth	Julie Douglas	Volunteer
Flowers & Altar Cleaning	Grace De Zilva & Sherice Kazzi			Anne Sutherland & Ann Hill		
Church Cleaning	Santosh Jose			John Murray		
Visitations	Not applicable			Mt View - Julie Douglas		

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.

Events and Announcements

3
Feb

Parish Adoration

Adoration of the Blessed Sacrament will recommence on February 3rd.

6
Feb

Coffee at Gryphon's

All parishioners are invited to meet at Gryphon's, Griffith shops at 10.30 am on the first Thursday of each month, starting February 6th, for morning tea and a chat.

9
FEB

Parish Morning Tea

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

6th
MAR

METANOIA Lenten Program 2025

This Lent, embark on a journey of metanoia—a transformative change of heart inspired by the Gospels. In order to assist us on our Lenten journey and to provide an opportunity for fellowship. The parish is hosting a Visio Divina Lenten Group. We will be using the Wollongong Archdiocese program.

Starting Thursday 6 March for 6 weeks

Arrive 6:45 for a 7pm start, finishing about 8:30pm

At St Benedict's Parish Centre, Cost \$10 to cover the book.

If there is enough interest a daytime group will also be available.

Register or for more info contact Mattia Wellspring, mattiawell@hotmail.com or 0434558734

1st
MAY

ALPHA Course

St Benedict's is conducting an Alpha course next year in May. Alpha is a 12 week course that gives people an opportunity to explore faith in a non-threatening environment; ask questions and experience hospitality and welcome.

To register or to find out more, contact: Asterie tasterie@gmail.com.

AUG

Open RCIA Course

Interested in becoming Catholic or want to know more about the Catholic faith? St Benedict's is running an RCIA Program (Rite of Christian Initiation for Adults) in 2025. RCIA is an opportunity to come together to learn more about the Catholic faith. Sessions focus on the teachings and experience of the Church and prepare individuals to celebrate the Sacraments of Baptism, Confirmation, and Eucharist during the Easter season.

For more information contact the parish office: (02) 6295 7879

St Benedict's Community Social Night Postponed

The Parish Social Night which was scheduled for the 15th February has unfortunately been postponed.

Notices Outside the Parish

UPCOMING MARRIAGE PREPARATION COURSES

for engaged couples:

FOCCUS - Tues 11th February 5-9 pm plus a private follow up session at Marymead CatholicCare;

Engaged Encounter - 22/23 Feb; SmartLoving – online, 9 lessons,

learn at your own pace when suits you. For more information or to register go to

www.marriagefamily.org.au

Enquiries: Text Helena Zobec on 0405 440 463.

ST JOSEPH'S CHURCH CANDELO 150TH BIRTHDAY

St Joseph's Church was opened by Reverend Dr. Rodger Bede Vaughan on Sunday 31st January 1875. The Candelo community will have a celebration for the anniversary on Sunday the 16th February 2025 with a mass at 10am followed by a community gathering in the church hall.

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

Praying for the sick

Jindalee & Mt View residents, Sarah Lisbon, Melissa Dixon, Joseph Meli, retired Bishop Pat Power, Tony Evans, Caroline Evans, Jackie Carpenter, Mark Ransom, Mary Smith, Gert Fletcher, Anna Pace, Rita Smith, Mattia Wellspring, Wendy Fisher-Hudson, Barry Murphy and all those sick in our parish.

Recently Deceased: Pat Atkins, Rosa Mason, Victor Martin and John Martin

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'

First Reading Neh 8:2-6, 8-10

They read from the book of Law and they understood what was read.

Ezra the priest brought the Law before the assembly, consisting of men, women, and children old enough to understand. This was the first day of the seventh month. On the square before the Water Gate, in the presence of the men and women, and children old enough to understand, he read from the book from early morning till noon; all the people listened attentively to the Book of the Law.

Ezra the scribe stood on a wooden dais erected for the purpose. In full view of all the people – since he stood higher than all the people – Ezra opened the book; and when he opened it all the people stood up.

Then Ezra blessed the Lord, the great God, and all the people raised their hands and answered Amen! Amen!; then they bowed down and, face to the ground, prostrated themselves before the Lord. And Ezra read from the Law of God, translating and giving the sense, so that the people understood what was read. Then Nehemiah – His Excellency – and Ezra, priest and scribe (and the Levites who were instructing the people) said to all the people, ‘This day is sacred to the Lord your God. Do not be mournful, do not weep’. For the people were all in tears as they listened to the words of the Law.

He then said, ‘Go, eat the fat, drink the sweet wine, and send a portion to the man who has nothing prepared ready. For this day is sacred to our Lord. Do not be sad: the joy of the Lord is your stronghold.’

Responsorial Psalm

Ps 18:8-10. 15. R. See Jn 6:63

(R.) Your words, Lord, are spirit and life.

1. The law of the Lord is perfect, it revives the soul. The rule of the Lord is to be trusted, it gives wisdom to the simple. (R.)
2. The precepts of the Lord are right, they gladden the heart.
The command of the Lord is clear, it gives light to the eyes. (R.)
3. The fear of the Lord is holy, abiding for ever.
The decrees of the Lord are truth and all of them just. (R.)
4. May the spoken words of my mouth, the thoughts of my heart, win favour in your sight, O Lord,
my rescuer, my rock! (R.)

Second Reading 1 Cor 12:12-30

or 1 Cor 12:12-14, 27 (shorter form)

Together you are Christ's body; but each of you is a different part of it.

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink. Nor is the body to be identified with any one of its many parts. If the foot were to say, ‘I am not a hand and so I do not belong to the body’, would that mean that it stopped being part of the body? If the ear were to say, ‘I am not an eye, and so I do not belong to the body,’ would that mean that it is not a part of the body? If your whole body was just one eye, how would you hear anything? If it was just one ear, how would you smell anything? Instead of that, God put all the separate parts into the body on purpose. If all the parts were the same, how could it be a body? As it is, the parts are many but the body is one. The eye cannot say to the hand, ‘I do not need you,’ nor can the head say to the feet, ‘I do not need you.’

What is more, it is precisely the parts of the body that seem to be the weakest which are the indispensable ones; and it is the least honourable parts of the body that we clothe with the greatest care. So our more improper parts get decorated in a way that our more proper parts do not need. God has arranged the body so that more dignity is given to the parts which are without it, and so that there may not be disagreements inside the body, but that each part may be equally concerned for all the others. If one part is hurt, all parts are hurt with it. If one part is given special honour, all parts enjoy it. Now you together are Christ's body; but each of you is a different part of it. In the Church, God has given the first place to apostles, the second to prophets, the third to teachers; after them, miracles, and after them the gift of healing; helpers, good leaders, those with many languages. Are all of them apostles, or all of them prophets, or all of them teachers? Do they all have the gift of miracles, or all have the gift of healing? Do all speak strange languages, and all interpret them?

Gospel Acclamation See Lk 4:18

Alleluia, alleluia!

The Lord sent me to bring Good News to the poor and freedom to prisoners. Alleluia!

Gospel Lk 1:1-4, 4:14-21

The scriptures were fulfilled on this day.

Seeing that many others have undertaken to draw up accounts of the events that have taken place among us, exactly as these were handed down to us by those who from the outset were eyewitnesses and ministers of the word, I in my turn, after carefully going over the whole story from the beginning, have decided to write an ordered account for you, Theophilus, so that your Excellency may learn how well founded the teaching is that you have received.

Jesus, with the power of the Spirit in him, returned to Galilee; and his reputation spread throughout the countryside. He taught in their synagogues and everyone praised him.

He came to Nazara, where he had been brought up, and went into the synagogue on the sabbath day as he usually did. He stood up to read, and they handed him the scroll of the prophet Isaiah.

Unrolling the scroll he found the place where it is written:

The spirit of the Lord has been given to me, for he has anointed me.

He has sent me to bring the good news to the poor to proclaim liberty to captives and to the blind new sight, to set the downtrodden free, to proclaim the Lord's year of favour.

He then rolled up the scroll, gave it back to the assistant and sat down. And all eyes in the synagogue were fixed on him. Then he began to speak to them, ‘This text is being fulfilled today even as you listen.’

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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

Will recommence on February 3 2025



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

(02) 6295 7879

narrabundah@cg.org.au

Tues - Thurs, 9am-12pm

SPIRITUAL DIRECTION & PERSONAL VOCATION

Adrian Wellspring