

23 February 2025

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

The Seventh Sunday in Ordinary Time



<https://blog.adw.org/wp-content/uploads/2012/01/Cristo-Pantocrator.jpg>

Coming up:

Metanoia Lenten Group
6 March

Journeying with the Spirit
22 March

Alpha Course
1 May



cg.org.au/narrabundah

Weekend Rosters







THIS WEEKEND (22-23 Feb)

NEXT WEEKEND (1-2 Mar)

	Sat 6pm	Sun 9am	Sun 6pm	Sat 6pm	Sun 9am	Sun 6pm
Welcomers	Santhosh Jose	Alma Burg	Volunteer	Carmel & Peter Pistor	Robert Henry	Volunteer
Readers	Moria & Helen	Shruti & Linda	Caitlin & Adrian	BA Daly & Louise Gaudry	Brendan & Santhosh	Volunteer
Readings	1st: 1 Sam 26:2. 7-9. 12-13. 22-23 2nd: 1 Cor 15: 45-49			1st: Sir 27:4-7 2nd: 1 Cor 15:54-58		
Offertory	Volunteer	Linda & Robert	Volunteer	Volunteer	Ruzario family	Volunteer
Eucharistic Minister	Sue	Julie	Volunteer	Louise Gaudry	Josephus Bumaat	Volunteer
Musicians	Melissa & Grace	Family Choir	MGL Sisters	Melissa & Grace	David C	Ariana & Team
Flowers & Altar Cleaning	Margie Arvellino & Sue Neimanis			Anne Sutherland & Ann Hill		
Church Cleaning	Santhosh			John Murray		
Visitations	Mt View - Carmel Henry, Jindalee - Santhosh & Prakash			Mt View: Julie Douglas, Jindalee: N/A		

Follow us on social media:

-  St. Benedict's Church and Mission Centre, Canberra
-  stbenedicts.canberra
-  St. Benedict's Mission Centre
-  New website coming soon....

ARE YOU WANTING TO ADVERTISE AN EVENT OR PROMOTE A GOOD WORK?

WE KINDLY ASK: Please bring all advertisement, flyers, posters, prayers cards through to the Parish Office to be verified BEFORE placing or putting anything in the foyer.

Events and Announcements

25
FEB

Men's Sharing Group

This week, this Tuesday night, 7.30pm in the Parish Centre, the Men's Sharing Group **will** be on instead of the 4th of March. For more information contact: John Murray 0480257761

22
MAR

22 March 2025 Journeying with the Spirit

Women's Day retreat 'Journeying with the Holy Spirit organised by Call to Connect Catholic women's ministry and will be led by the MGL Sisters. Come along and enjoy a day of talks, prayer, discussion groups and more. For all details go to <https://events.humanitix.com/journeying-with-the-holy-spirit>

6
MAR

METANOIA Lenten Program 2025

This Lent, the parish is hosting two Visio Divina Lenten Groups, using the Wollongong Archdiocese program. Visio Divina (Latin for "divine seeing") is similar to Lectio Divina ("divine reading"). Starting: Tuesday 4th March at 10am or Thursday 6th at 6:45pm-8:30pm for 6 weeks at the Parish Centre. Cost: \$10 for the book. All are welcome, all genders. Register or for more info contact Mattia Wellspring, mattiawell@hotmail.com or 0434558734

1
MAY

ALPHA Course

St Benedict's is conducting an Alpha course this 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.

14
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

Kingdom Kids

We are thrilled to announce the return of Kingdom Kids for the year. This children's liturgy program is designed for kids aged 3-12. Every Sunday (except long weekends and school holidays). For more info contact Sherice Kazzi on 0408 259 502.

Adoration Roster Vacancies

Monday 6-8pm
Tuesday 11am-12pm
Wednesday 4-5pm
Thursday 2-3pm
Friday 10am-12pm

If you are interested in filling one of these hours please contact Anne Sutherland or the Adoration Team.

Missing Car Keys?

We have found a set of missing car keys. If that is you, please come pass the parish office to collect them.

Notices Outside the Parish

FR TONY PERCY NEW AUXILIARY BISHOP OF SYDNEY

We congratulate Fr Tony in his new role. Archbishop Christopher will lead the Archdiocese in a **farewell to Fr Tony at a 5.00pm Mass** on the Solemnity of St Joseph, **Wednesday 19 March 2025**, at St Christopher's Cathedral, Forrest ACT. The Mass will be followed by light refreshments in Haydon Hall at 6.00pm.

SYNODALITY: NOW THE RUBBER HITS THE ROAD

27 February 2025 | 7:15pm-9:30pm
@ Marist College Staff Auditorium
(27 Marr St, Pearce, ACT)

This is a public forum where we will hear from speakers to open discussion on the implications of Synodality for our parishes, school boards, social services and youth ministries. Please come along and share your voice in our Archdiocese!

HOLY YEAR PILGRIMAGE AT ST CLEMENT'S RETREAT CENTRE, GALONG

Saturday, 1st March

The day starts at 10:00 am with tea or coffee and includes a prayer, blessings, and a Penitential Service for obtaining a Plenary Indulgence. Mass will be celebrated at 11:45 am, followed by a bring-your-own lunch (tea and coffee provided). Weather permitting, we will conclude with a Grotto walk and Rosary. All are welcome for this time of reflection and community!

Regular Parish Groups

MOTHER'S PRAYERS

Each Monday (school term)
9.30am, Parish Centre
Rachel Nano 0412472243

KINGDOM KIDS

Sun 9am Mass
Contact Sherice 0408 259 502.

STREET MINISTRY

Friday Nights

After 5:30pm Mass, Civic

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'

Praying for the sick

Jindalee & Mt View residents, Pamela Brown and family, Sarah Lisbon, Melissa Dixon, 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: Br Matt McKeon, Connie Schultz (Jindalee), Colleen Wheatley

Anniversary: Lorna Evans

Fr Kevin Flynn, previous Parish Priest of St Benedict's, funeral has been postponed. New date to be confirmed.

Priests:



Parish:



First Reading 1 Sm 26:2. 7-9. 12-13. 22-23

The Lord has put you in my power, but I will not raise my hand against you.

Saul set off and went down to the wilderness of Ziph, accompanied by three thousand men chosen from Israel to search for David in the wilderness of Ziph.

So in the dark David and Abishai made their way towards the force, where they found Saul asleep inside the camp, his spear stuck in the ground beside his head, with Abner and the troops lying round him.

Then Abishai said to David, 'Today God has put your enemy in your power; so now let me pin him to the ground with his own spear. Just one stroke! I will not need to strike him twice. David answered Abishai, Do not kill him, for who can lift his hand against the Lord's anointed and be without guilt?' David took the spear and the pitcher of water from beside Saul's head, and they made off. No one saw, no one knew, no one woke up; they were all asleep, for a deep sleep from the Lord had fallen on them.

David crossed to the other side and halted on the top of the mountain a long way off; there was a wide space between them. David then called out, 'Here is the king's spear. Let one of the soldiers come across and take it. The Lord repays everyone for his uprightness and loyalty. Today the Lord put you in my power, but I would not raise my hand against the Lord's anointed.'

Responsorial Psalm

Ps 102:1-4. 8. 10. 12-13. R. v.8

(R.) The Lord is kind and merciful.

1. My soul, give thanks to the Lord, all my being, bless his holy name. My soul, give thanks to the Lord and never forget all his blessings. (R.)
2. It is he who forgives all your guilt, who heals every one of your ills, who redeems your life from the grave, who crowns you with love and compassion. (R.)
3. The Lord is compassion and love, slow to anger and rich in mercy. He does not treat us according to our sins nor repay us according to our faults. (R.)
4. As far as the east is from the west so far does he remove our sins. As a father has compassion on his sons, the Lord has pity on those who fear him. (R.)

Second Reading 1 Cor 15:45-49

Just as we have carried the earthly image, we must carry the heavenly image.

The first man, Adam, as scripture says, became a living soul; but the last Adam has become a life-giving spirit. That is, first the one with the soul, not the spirit, and after that, the one with the spirit. The first man, being from the earth, is earthly by nature; the second man is from heaven. As this earthly man was, so are we on earth; and as the heavenly man is, so are we in heaven. And we, who have been modelled on the earthly man, will be modelled on the heavenly man.

Gospel Acclamation Jn 13:34

Alleluia, alleluia!

I give you a new commandment; love one another as I have loved you. Alleluia!

Gospel Lk 6:27-38

Be merciful as your Father is merciful.

Jesus said to his disciples: 'I say this to you who are listening: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. To the man who slaps you on one cheek, present the other cheek too; to the man who takes your cloak from you, do not refuse your tunic. Give to everyone who asks you, and do not ask for your property back from the man who robs you. Treat others as you would like them to treat you. If you love those who love you, what thanks can you expect? Even sinners love those who love them. And if you do good to those who do good to you, what thanks can you expect? For even sinners do that much. And if you lend to those from whom you hope to receive, what thanks can you expect? Even sinners lend to sinners to get back the same amount. Instead, love your enemies and do good, and lend without any hope of return. You will have a great reward, and you will be sons of the Most High, for he himself is kind to the ungrateful and the wicked. 'Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned yourselves; grant pardon, and you will be pardoned. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back.'



Reflection by Fr Michael Tate

Jesus challenges us to unlearn the language of the world and to learn a language which is counter-cultural, paradoxical, perplexing such as: 'Love your enemies, do good to those who hate you' etc, etc. Are such attitudes and actions possible?

Our Lord is the best model. Jesus is the Word of God in human history. Jesus is the language of Heaven spoken in a human life. We have to read the Gospels and then imitate His dialect. Otherwise we might merely mutter to ourselves which would end up being eternally Hellish. When we become aware of our language malpractice, i.e., sinning, and if we become *really* tongue-tied, i.e., seriously sinning, we can come to the Sacrament of Confession and emerge articulate and conversant with Christ again. We can talk with Our Lord again. We are singing the same tune.

Then at the moment of death we can gracefully pass over to our intended destiny which is not incommunicado, but comunicado, holy comunicado holy conversation with God and with every creature.

We might pause for a moment and resolve to practise the language of Heaven and to 'walk the talk' every day.

mtate@bigpond.com

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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



Come adore Jesus in the Blessed Sacrament.

Mon - Tue:

7am - 10pm

Wed - Thurs:

1pm - 10pm

Friday

7am - Sat 8am

ROSARY

After each weekday mass except Fridays. After Sat 8am Mass.



RECONCILIATION

Friday
6:15pm - 7pm
Saturday
5pm - 5.30pm



OUR PRIESTS AND DEACON

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
Tue: 1pm-4pm Thurs/Fri: 9am-12pm

MUSIC COORDINATOR

Ariana Strmota: 0406377887

SPIRITUAL DIRECTION & PERSONAL VOCATION

Adrian Wellspring