

9 March 2025

in the care of the Missionaries of God's Love

# St Benedict's

St Benedict's Catholic Church, Narrabundah

*The 1st Sunday in Lent*



*Coming up:*

**Stations of the Cross**  
Every Friday in Lent

**Metanoia Lenten Group**  
11 & 13 March

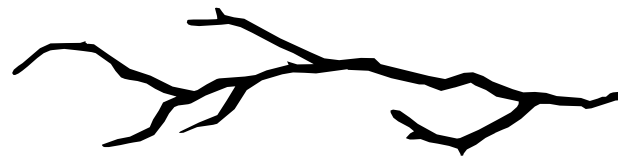
**Coffee at Gryphon's**  
13 March



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



# Weekend Rosters



THIS WEEKEND (8-9 Mar LENT)				NEXT WEEKEND (15-16 Mar LENT)		
	Sat 6pm	Sun 9am	Sun 6pm	Sat 6pm	Sun 9am	Sun 6pm
<b>Welcomers</b>	Volunteer	Alma	Volunteer	Carmel & Peter	Robert H	Volunteer
<b>Readers</b>	Moira & Robert B	Julie & Christopher	Anne H & Deb	Helen & Louise	Shruti & Linda	Monica & John
<b>Readings</b>	<b>1st:</b> Deut 26:4-10 <b>2nd:</b> Rom 10:8-13			<b>1st:</b> Gen 15:5-12 <b>2nd:</b> Phil 3:20-4:1		
<b>Offertory</b>	BA + Volunteer	Young Family	Volunteer	BA & Helen	Linda & Robert H	Volunteer
<b>Eucharistic Minister</b>	Nhung	Brendan	Volunteer	Sue	Julie	Volunteer
<b>Musicians</b>	Margot + Tim	Jovi, Rachael & Anne-Marie	Matt + MGL Bros	Catherine & Pierre	Family Choir	David C & Team
<b>Flowers &amp; Altar Cleaning</b>	Loretta & Anne H			Grace & Sherice		
<b>Church Cleaning</b>	Jeannie, Nhung			Santhosh		
<b>Visitations</b>	Mt View: MGL Garran, Jindalee: MGL Garran			Mt View: N/A, Jindalee: Jonavie & Grace		

## Follow us on social media:



St. Benedict's Church and Mission Centre, Canberra



stbenedicts.canberra



St. Benedict's Mission Centre



New website coming soon....

## Pray for Pope Francis



### *Prayer of Intercession:*

Pope Francis has been in hospital for the last few weeks with pneumonia. There's been calls around the world to pray for the health and recovery of the Pope.

# Events and Announcements

**FRI  
5pm**

## Stations of the Cross

In usual St Benedict's tradition, every Friday at 5pm during Lent, we will have Stations of the Cross held in the Church.

**ASAP!**

## All VOLUNTEERS: Update WWVP + Code of Conducts

It is that time of year where we are asking all our volunteers, staff and groups who work and serve in the parish to send us an updated active copy of their WWVP cards and a signed copy of the Archdiocese Code of Conduct. This can be scanned and sent to the Parish email: [narrabundah@cg.org.au](mailto:narrabundah@cg.org.au) or pop in to the Parish office during office hours with your card to scan and you can sign a new code of conduct. Any groups/volunteers working or serving in the parish need to have an active WWVP and current code of conduct signed. If you have not updated in the last two years, please email or drop in to the Parish during office hours to have it rectified. We ask that you reconciled this by the 7/4/25.

**12  
WED**

## Rest In Me - Christian Mediations led Ayanthi Perera MGL

A series of Christian Meditations that focuses on: Growing in Prayer and Contemplation, hearing the voice of God, being attuned to the leading of the Holy Spirit, and having an ongoing journey with God. This will be a weekly on-going series starting this Wednesday 12 of March, 10am-12pm in the Parish Centre.

**11 & 13  
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](mailto:mattiawell@hotmail.com) or 0434558734

**13  
MAR**

## Coffee at Gryphon's

All parishioners are invited to meet at Gryphon's, Griffith shops at 10.30 am on the second Thursday of each month, the next catch up will be Thursday 13th March.

**22  
MAR**

## 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>

**24-25  
MAR**

## Tetelestai (It is finished) Miracle Healing Service

Happening here at St Benedict's on 24th-25th March 6-9pm  
For more information contact: Joshua Roby 0466055448



## 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.

## 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:** Mike Parer, Sergio Dalla Pozzo, Colleen Wheatley, Luis Eduardo Mendoza (Maria Mendoza's Father)

## 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.

### RHYTHMS OF GRACE

18 MARCH 2025 | 2:30PM - 5:00PM

A growing number of churches and faith communities all around the world are rediscovering the power of ancient prayer practices and shared rules of life. Come join in this afternoon seminar hosted by the Catholic Archdiocese of Canberra & Goulburn in partnership with YWAM Canberra, where Jill Weber will explore how these rhythms—rooted in monastic traditions—are shaping spiritual renewal today and fostering deeper unity across the body of Christ. RSVP by 14 March 2025 to: [elc@cg.org.au](mailto:elc@cg.org.au)

### INTERNATIONAL WOMEN'S DAY BREAKFAST

13 MARCH 2025 | 7:30 AM - 9:00 AM

Join the Catholic Women's Taskforce of the Archdiocese of Canberra and Goulburn for a special breakfast event in celebration of International Women's Day! Venue: Ainslie Football Club, 52 Wakefield Ave, Ainslie ACT. Cost: \$40 per head This year's breakfast features a keynote address by Dr. Trudy Dantis, a distinguished leader in Catholic research and pastoral studies. Dr. Dantis, Director of the National Centre for Pastoral Research.

## Regular Parish Groups

### MOTHERS 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

### FUSION YOUTH GROUP

Friday Nights (Fortnightly)  
7-9pm (Contact Axel Healey)

### 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

If you would like to join our planned giving program or make a donation; contact the parish office for account details.

## First Reading Dt 26:4-10

*The confession of faith of the elect.*

Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

"My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers.

The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me." You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

## Responsorial Psalm

**Ps 90:1-2. 10-15. R. v.15**

**(R.) Be with me, Lord, when I am in trouble.**

1. He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: 'My refuge, my stronghold, my God in whom I trust!' (R.)
2. Upon you no evil shall fall, no plague approach where you dwell. For you has he commanded his angels, to keep you in all your ways. (R.)
3. They shall bear you upon their hands lest you strike your foot against a stone. On the lion and the viper you will tread and trample the young lion and the dragon. (R.)
4. His love he set on me, so I will rescue him; protect him for he knows my name. When he calls I shall answer: 'I am with you.' I will save him in distress and give him glory. (R.)

## Second Reading Rom 10:8-13

*The confession of faith of the believers in Christ.*

Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe

in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

## Gospel Acclamation Mt 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 Lk 4:1-13

*Filled with the Holy Spirit, Jesus was led by the Spirit through the wilderness where he was tempted.*

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.'

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him, 'Scripture says:

You must worship the Lord your God, and serve him alone.' Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God', he said to him 'throw yourself down from here, for scripture says:

He will put his angels in charge of you to guard you, and again, They will hold you up on their hands in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said: You must not put the Lord your God to the test.'

Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

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**Reflection** by Fr Michael Tate

After his baptism Jesus was driven by the Holy Spirit into the wilderness where the devil put him to the test. Jesus was offered three shortcuts to his living in harmony with the will of his Heavenly Father.

First, when he was hungry there would be bread out of stones.

Second, when he wanted to change the world he could have absolute political power.

Third, when he needed to take risks, angels would keep him safe.

Our baptism does not insulate us from the same threefold pattern of temptation. Do you find yourself saying:

I want the whole world to change to satisfy me, *or*

I want to exercise power over others, *or*

I want to take stupid risks and come out unharmed, *or* all three!

What must we do when such temptations assail us?

Realise that such temptations are much less powerful than they seem – the last gasp of the vanquished devil.

Imitate Jesus in going to the Scriptures, preferably the Gospels, in order to have the words to hurl back at the devil as you are tested. We could pause to make a Lenten resolution to read a Gospel, and to do so confident of our Baptismal identity as beloved daughters and sons of God.

## 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](mailto:narrabundah@cg.org.au)

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

## MUSIC COORDINATOR

Ariana Strmota: 0406377887

## SPIRITUAL DIRECTION & PERSONAL VOCATION

Adrian Wellspring