

16 March 2025

in the care of the Missionaries of God's Love

# St Benedict's

St Benedict's Catholic Church, Narrabundah

*The Second Sunday of Lent*



*Coming up:*

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

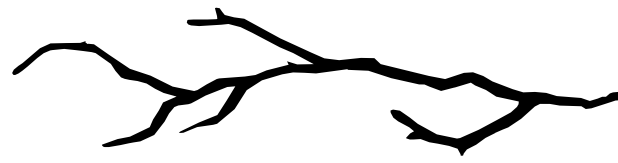
**Metanoia Lenten Group**  
18 & 20 March

**Rest in Me**  
20 March



[cg.org.au/narrabundah](https://www.cg.org.au/narrabundah)

# Weekend Rosters



THIS WEEKEND (15-16 Mar LENT)				NEXT WEEKEND (22-23 Mar LENT)		
	Sat 6pm	Sun 9am	Sun 6pm	Sat 6pm	Sun 9am	Sun 6pm
<b>Welcomers</b>	Carmel & Peter	Robert H	Volunteer	Louise	Alma	Volunteer
<b>Readers</b>	Helen & Louise	Shruti & Linda	Monica & John	BA & Robert B	Shiru & Brendan	MGL Sisters
<b>Readings</b>	<b>1st:</b> Gen 15:5-12 <b>2nd:</b> Phil 3:20-4:1			<b>1st:</b> Ex 3:1-8. 13-15 <b>2nd:</b> 1 Cor 10:1-6, 10-12		
<b>Offertory</b>	BA & Helen	Linda & Robert H	Volunteer	BA & Volunteer	Linda & Robert H	Volunteer
<b>Eucharistic Minister</b>	Sue	Julie	Volunteer	Louise	Josephus	Volunteer
<b>Musicians</b>	Catherine & Pierre	Melissa & Grace	David C & Team	Melissa & Grace	Family Choir	MGL Sisters
<b>Flowers &amp; Altar Cleaning</b>	Grace & Sherice			Anne S & Ann H		
<b>Church Cleaning</b>	Santhosh			Jeanne		
<b>Visitations</b>	Mt View: N/A, Jindalee: Jonavie & Grace			Mt View: Carmel Henry, Jindalee: Prakash & Santhosh		

## Follow us on social media:



St. Benedict's Church and Mission Centre, Canberra



stbenedicts.canberra



St. Benedict's Mission Centre



New website coming soon....

## Lenten Season

The Heart of Lent:



*Often we as Catholics, get caught up in Lenten practises of fasting, almsgiving and prayer but do we always remember why we do it? These practises are meant to draw us deeper into relationship with Jesus. Let us continue to deepen our relationship with Christ.*

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

**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.

**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.

**WED  
10am**

## 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 continuing this Wednesday 20th of March, 10am-12pm in the Parish Centre.

**18 & 20  
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

**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

**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.

## 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:** Fr Kevin Flynn (Previous Parish Priest before the MGLs), Mike Parer, Sergio Dalla Pozzo, Colleen Wheatley, Luis Eduardo Mendoza (Maria Mendoza's Father)

**Priests:**



**Parish:**



## 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)

### PRAYING BOLDLY FOR THE CITY

18 MARCH 2025 | 7:00PM - 9:00PM

The night will comprise of teaching, intercession, extended worship and an opportunity to meet and connect with other church, ministry leaders and to hear what God is stirring up across our city. Venue: Youth With A Mission Canberra (76 Federal Hwy, Watson) Attendance at this event is free.

## 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)

## 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 Gn 15:5-12, 17-18

God made a covenant with Abraham, his faithful servant. Taking Abram outside the Lord said, 'Look up to heaven and count the stars if you can. Such will be your descendants' he told him. Abram put his faith in the Lord, who counted this as making him justified. 'I am the Lord' he said to him 'who brought you out of Ur of the Chaldeans to make you heir to this land.' 'My Lord, the Lord' Abram replied, 'how am I to know that I shall inherit it?' He said to him, 'Get me a three-year-old heifer, a three-year-old goat, a three-year-old ram, a turtledove and a young pigeon.' He brought him all these, cut them in half and put half on one side and half facing it on the other; but the birds he did not cut in half. Birds of prey came down on the carcasses but Abram drove them off. Now as the sun was setting Abram fell into a deep sleep, and terror seized him. When the sun had set and darkness had fallen, there appeared a smoking furnace and a firebrand that went between the halves. That day the Lord made a Covenant with Abram in these terms: 'To your descendants I give this land, from the wadi of Egypt to the Great River.'

## Responsorial Psalm

Ps 26:1. 7-9. 13-14. R. v.1

(R.) *The Lord is my light and my salvation.*

1. The Lord is my light and my help; whom shall I fear?  
The Lord is the stronghold of my life before whom shall I shrink? (R.)
2. O Lord, hear my voice when I call; have mercy and answer.  
Of you my heart has spoken: 'Seek his face.' (R.)
3. It is your face, O Lord, that I seek, hide not your face.  
Dismiss not your servant in anger; you have been my help. (R.)
4. I am sure I shall see the Lord's goodness in the land of the living.  
Hope in him, hold firm and take heart.  
Hope in the Lord! (R.)

## Second Reading Phil 3:17 – 4:1

Christ will transfigure these bodies of ours into copies of his glorious body.

My brothers, be united in following my rule of life. Take as your models everybody who is already doing this and study them as you used to study us.

I have told you often, and I repeat it today with tears, there are many who are behaving as the enemies of the cross of Christ. They are destined to be lost. They make foods into their god and they are proudest of something they ought to think shameful; the things they think important are earthly things. For us, our homeland is in heaven, and from heaven comes the saviour we are waiting for, the Lord Jesus Christ, and he will transfigure these wretched bodies of ours into copies of his glorious body. He will do that by the same power with which he can subdue the whole universe.

So then, my brothers and dear friends, do not give way but remain faithful in the Lord. I miss you very much, dear friends; you are my joy and my crown.

## Gospel Acclamation Mt 17:5

*Glory and praise to you, Lord Jesus Christ! From the shining cloud the Father's voice*

*is heard: this is my beloved Son, hear him. Glory and praise to you, Lord Jesus Christ!*

## Gospel Lk 9:28-36

As Jesus prayed, the aspect of his face was changed, and his clothing became brilliant as lightning.

Jesus took with him Peter and John and James and went up the mountain to pray. As he prayed, the aspect of his face was changed and his clothing became brilliant as lightning. Suddenly there were two men there talking to him; they were Moses and Elijah appearing in glory, and they were speaking of his passing which he was to accomplish in Jerusalem. Peter and his companions were heavy with sleep, but they kept awake and saw his glory and the two men standing with him. As these were leaving him, Peter said to Jesus, 'Master, it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' – He did not know what he was saying. As he spoke, a cloud came and covered them with shadow; and when they went into the cloud the disciples were afraid. And a voice came from the cloud saying, 'This is my Son, the Chosen One. Listen to him.' And after the voice had spoken, Jesus was found alone. The disciples kept silence and, at that time, told no one what they had seen.

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## Reflection by Fr Michael Tate

One often hears the conventional wisdom: 'All religions are the same, with somewhat different packaging.' But, do they believe the same thing about the human person? What if one believed that the most vital part of a person was 'the soul' which alone was destined for Heaven? This is not the Christian belief. Today's Gospel recounts that Jesus' body was transfigured. This was no out-of-the-body experience of religious ecstasy. Jesus' body was totally translucent, totally radiant with Divine Light. Every molecule of his materiality was reverberating in the halo of divine glory. That is the destiny which God desires for us also. When we are really in harmony with God, when we really participate in the life of God, then that Divine Life envelops and permeates our whole person, *bodysoul*. That is our *ultimate* destiny, but can it be anticipated in the lives of those close to God? You might care to read the story of St Seraphim of Sarov from the Russian Orthodox tradition. A follower recounts the dazzling bodily transformation of the saint with the blaze of light spilling over onto the snow-covered meadow. We might pause for a moment to affirm our Christian hope that, with God's grace, we will be radiant with Divine Light, our bodies immersed in translucent glory, filled with infinite joy in our hearts.

mtate@bigpond.com

## 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