

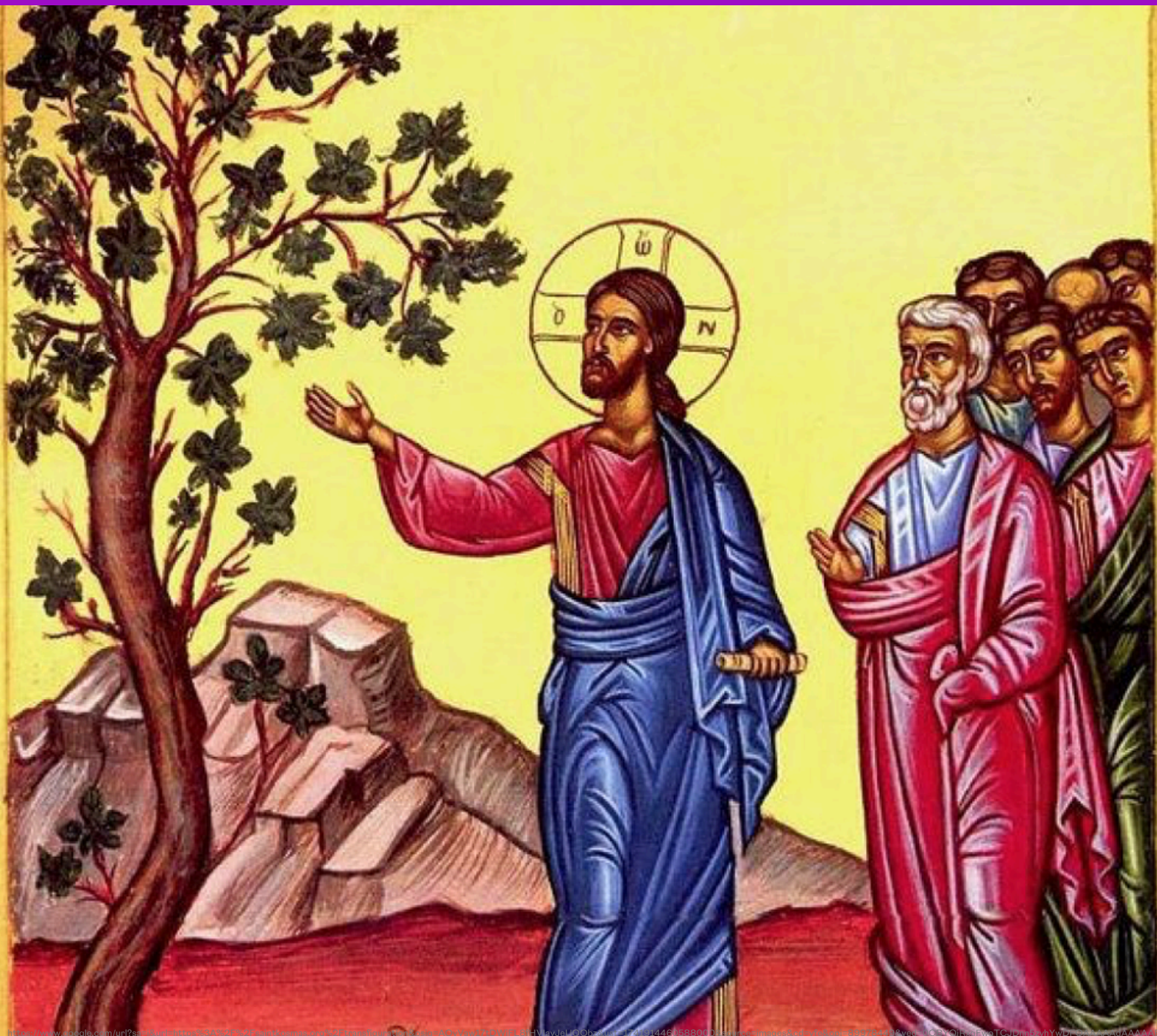
23 March 2025

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

The 3rd Sunday in Lent



Coming up:

Tetelestai
24 & 25 March

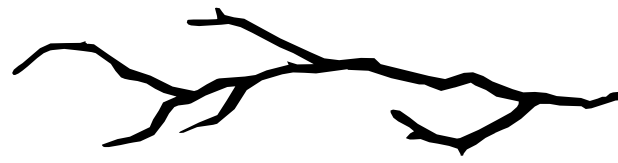
Metanoia Lenten Group
25 & 27 March

Rest in Me
26 March



cg.org.au/narrabundah

Weekend Rosters



	THIS WEEKEND (22-23 Mar LENT)			NEXT WEEKEND (29-30 Mar LENT)		
	Sat 6pm	Sun 9am	Sun 6pm	Sat 6pm	Sun 9am	Sun 6pm
Welcomers	Louise	Alma	Volunteer	Volunteer	Robert	Volunteer
Readers	BA & Robert B	Shiru & Brendan	MGL Sisters	Moira & Helen	Maria & Josephu	Jeanne & Gabriel
Readings	1st: Ex 3:1-8, 13-15 2nd: 1 Cor 10:1-6, 10-12			1st: Jos 5:9-12 2nd: 2 Cor 5:17-21		
Offertory	BA & Volunteer	Robert H and Volunteer	Volunteer	Volunteer	Ruzario Family	Volunteer
Eucharistic Minister	Louise	Josephus	Volunteer	Nhung	Brendan	Volunteer
Musicians	Melissa & Grace	Family Choir	MGL Sisters	Melissa & Grace	Family Choir	Paul H
Flowers & Altar Cleaning	Loretta and Anne H			Anne S & Ann H		
Church Cleaning	Jeanne			John M		
Visitations	Mt View: Carmel Henry, Jindalee: Prakash & Santhosh			Mt View: MGL Narrabundah, Jindalee: Sruthy & Nimmy		

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:



This Sunday's gospel is about tending to the heart. Jesus invites us to "give it time to dig around it and manure it". Lent is the opportunity to let Christ renew our hearts... will we let Him?

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 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**.

**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

**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.

**25 & 27
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, mattiaowell@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



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, Luis Eduardo Mendoza (Maria Mendoza's Father)

Priests:



Parish:



Notices Outside the Parish

LENTEN BOAT RETREAT

TUESDAY 8 APRIL | 1:30PM-5:00PM

Join Fr Troy this lent on a unique experience on Lake Burley Griffin. Come away for a few hours and be transported to the very heart of Jesus' ministry of healing and teaching on a short and prayerful cruise. Cost \$65 per person - please click here to register <https://forms.gle/4zUH3GQuFvyGJSy7> or contact Jovina on 62429622 or office@holyspiritgungahlin.org.au.

JUBILEE OF FAMILIES EUROPEAN PILGRIMAGE

19 MAY- 4 JUNE 2025

St Peter's Parish, Pambula, together with Fr George Ogah invite you to join our Jubilee of Families European Pilgrimage. In this dedicated jubilee year, be inspired to encounter the pathways of some of the Church's greatest saints. 19 May-4 June, 2025. Contact pambula@cg.org.au for more information.

Sacrament Dates 2025

First Reconciliation: 19th of March

First Communion: 22nd of June

Confirmation: 30th of August

RCIA begins 14th of August

Marriage and Baptism by request.

Before each sacrament there are information evening, a sacramental program, a retreat then the date of the sacrament itself.

If you would like your child to receive the sacraments, please contact the parish office for more information and register through the Qkr app on the Parish Website.

Regular Parish Groups

MOTHERS PRAYERS

Each Monday (school term)
9.30am, Parish Centre
Rachael 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 Ex 3:1-8, 13-15

This is what you must say to the children of Israel: I Am has sent me to you.

Moses was looking after the flock of Jethro, his father-in-law, priest of Midian. He led his flock to the far side of the wilderness and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in the shape of a flame of fire, coming from the middle of a bush. Moses looked; there was the bush blazing but it was not being burnt up. 'I must go and look at this strange sight,' Moses said, 'and see why the bush is not burnt.' Now the Lord saw him go forward to look, and God called to him from the middle of the bush. 'Moses, Moses!' he said. 'Here I am' he answered. 'Come no nearer' he said. 'Take off your shoes, for the place on which you stand is holy ground. I am the God of your father,' he said 'the God of Abraham, the God of Isaac and the God of Jacob.' At this Moses covered his face, afraid to look at God.

And the Lord said, 'I have seen the miserable state of my people in Egypt. I have heard their appeal to be free of their slave-drivers. Yes, I am well aware of their sufferings. I mean to deliver them out of the hands of the Egyptians and bring them up out of that land to a land rich and broad, a land where milk and honey flow.' Then Moses said to God, 'I am to go, then, to the sons of Israel and say to them, "The God of your fathers has sent me to you." But if they ask me what his name is, what am I to tell them?' And God said to Moses, 'I Am who I Am. This' he added 'is what you must say to the sons of Israel: "The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you." This is my name for all time; by this name I shall be invoked for all generations to come.'

Responsorial Psalm

Ps 102:1-4. 6-8. 11. 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 does deeds of justice,
gives judgement for all who are oppressed.
He made known his ways to Moses
and his deeds to Israel's sons. (R.)
4. The Lord is compassion and love,
slow to anger and rich in mercy.
For as the heavens are high above the earth
so strong is his love for those who fear him. (R.)

Second Reading 1 Cor 10:1-6, 10-12

All this that happened to the people of Moses in the desert was written for our benefit.

I want to remind you how our fathers were all guided by a cloud above them and how they all passed through the sea. They were all baptised into Moses in this cloud and in this sea; all ate the same spiritual food and all drank the same spiritual drink, since they all drank from the spiritual rock that followed them as they went, and that rock was Christ. In spite of this, most of them failed to please God and their corpses littered the desert.

These things all happened as warnings for us, not to have the wicked lusts for forbidden things that they had. You must never complain: some of them did, and they were killed by the Destroyer.

All this happened to them as a warning and it was written down to be a lesson for us who are living at the end of the age. The man who thinks he is safe must be careful that he does not fall.

Gospel Acclamation Mt 4:17

Glory to you, Word of God, Lord Jesus Christ!

**Repent, says the Lord;
the kingdom of heaven is at hand.**

Glory to you, Word of God, Lord Jesus Christ!

Gospel Lk 13:1-9

Unless you repent you will all perish as they did.

Some people arrived and told Jesus about the Galileans whose blood Pilate had mingled with that of their sacrifices. At this he said to them, 'Do you suppose these Galileans who suffered like that were greater sinners than any other Galileans? They were not, I tell you. No; but unless you repent you will all perish as they did. Or those eighteen on whom the tower at Siloam fell and killed them? Do you suppose that they were more guilty than all the other people living in Jerusalem? They were not, I tell you. No; but unless you repent you will all perish as they did.'

He told this parable: 'A man had a fig tree planted in his vineyard, and he came looking for fruit on it but found none. He said to the man who looked after the vineyard, "Look here, for three years now I have been coming to look for fruit on this fig tree and finding none. Cut it down: why should it be taking up the ground?" "Sir," the man replied "leave it one more year and give me time to dig round it and manure it: it may bear fruit next year; if not, then you can cut it down.'"

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Reflection by Fr Michael Tate

There was a terrible disaster when a building fell down killing eighteen people. Some said, 'Oh, those killed must have been sinners, they or their parents.' Jesus repudiates that notion: 'No, it wasn't for anything they did.' It was clear to Jesus that they were the victims of poor construction and conditions at Siloam. Look at the builder. Responsibility needs to be brought home to those who would otherwise hide behind a religious ideology, or the sheer self interest of evading blame for a situation.

To identify those really responsible may well require major changes to the way society is organised.

Does it all seem too difficult? Jesus helps us with a metaphor:

You are like a fig tree which may not be bearing much fruit just now, but, I am a terrific gardener:

I will water you, dig around you, make sure you are well nourished

so that you will bear the fruits I desire.

Our Lord does that by:

watering us with the waters of baptism;

pruning us, especially during Lent;

nourishing us with the bread of life in Holy Communion.

We might pause at various times during Lent to allow Our Lord to garden us so that he may create a heavenly botanical garden, a new Eden, of the whole of humanity.

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
narabundah@cg.org.au
Tue: 1pm-4pm Thurs/Fri: 9am-12pm

MUSIC COORDINATOR

Ariana Strmota: 0406377887

SPIRITUAL DIRECTION & PERSONAL VOCATION

Adrian Wellspring