





# Community and Vision

ALPHA...its not too late to come and join us!



## why Alpha?

ALPHA IS A PLACE TO EXPLORE LIFE'S  
BIGGEST QUESTIONS!

Come, share a meal and discuss in a  
safe environment.

Alpha is free and everyone's welcome!

**REGISTER NOW**  
to find out more!

Contact:  
alphanarrabundah@gmail.com

**St Benedict's**

**St Benedict's**  
PRESENTS

## New Life in the Spirit

After Sunday 6pm Mass

7:30pm-9:00pm

11<sup>TH</sup> MAY | 18<sup>TH</sup> MAY  
25<sup>TH</sup> MAY | 1<sup>ST</sup> JUNE  
8<sup>TH</sup> JUNE | 15<sup>TH</sup> JUNE

The Parish Centre  
St Benedict's  
Narrabundah

Register at [narrabundah@cg.org.au](mailto:narrabundah@cg.org.au)

"... THE PATH TO HOLINESS ALWAYS INVOLVES GROWTH IN PERSONAL  
CONVERSION AND IN THE GENEROUS GIFT OF ONESELF, A GIFT TO CHRIST  
AND TO OTHERS, NOT MERELY IN A SENSE OF SPIRITUAL CONSOLATION" -  
POPE FRANCIS

**WANT TO BECOME CATHOLIC?**  
**SAVE THE DATE: Starting 14 August**  
**- RCIA -**  
Rite of Christian Initiation for Adults

## Adoration of the Blessed Sacrament

Hours

Monday | Tuesday 7am - 10pm  
Wednesday | Thursday 1pm - 10pm  
Friday 7am - Sat 8am (overnight)

**Follow us on social media:**



[stbenedicts.canberra](https://www.instagram.com/stbenedicts.canberra)



St. Benedict's Church and Mission  
Centre, 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



## Priest Movements:

Fr Chris will be away for the next two weeks attending the MGL Council Manila. Any enquiries, direct to the Parish Office. Also Fr Tony is away from the 30th May till 22nd of June.



## NEW Parish Office Hours!!

Parish Office Hours are now:

**Tuesday, Thursday, Friday: 9am-12pm.**

If you have an inquiry, please contact the Office during those hours!



## Men's Sharing Group

All men are welcome to Men's Sharing Group that occurs fortnightly in the Parish Centre. The next meeting will be on the Tuesday 27th of May starting at 7:30pm. For more info, contact John Murray 0480257761



## NEW LIFE IN THE SPIRIT- On this Sunday!

Sundays | 7:30-9:00pm | Parish Centre (after 6pm Mass)

Have you been longing to go deeper in your faith? To truly experience the joy, power, and presence of the Holy Spirit in your life?

Join us for New Life in the Spirit – a 6-week journey designed to rekindle your relationship with God and awaken the fire of the Spirit within. It's time to embrace the fullness of Easter and become an empowered people of the Resurrection! Don't miss out—your new life in the Spirit awaits!



## Alpha Course – It's Not Too Late to Join!

Curious about life, faith, and meaning? St Benedict's is running the Alpha course on **Thursdays at 6:30pm in the Collins Wing.**

Alpha is an 11-week series that creates a space for honest conversations in a warm, welcoming environment—no pressure, no judgment. Everyone is welcome. Come for the conversation, stay for the community. Interested? Register by emailing: [alphanarrabundah@gmail.com](mailto:alphanarrabundah@gmail.com)

**If you can't attend, please offer this course up in prayer! This is one of the key outreaches here at St Benedicts!**



## Missionaries of God's Love Brothers Initial Vows

As a Parish, you are warmly invited to the Initial Vows of Br Kaneld and Br Daryl on Sunday the 1<sup>st</sup> of June at 11am for the Disciples of Jesus Celebration Mass. This is a beautiful day to come alongside these brothers as they step into initial vows! Please keep them in your prayers as they prepare for this big step!



## Pentecost Rally

Join the Disciples of Jesus Community on the 8<sup>th</sup> of June for a vibrant Pentecost Rally from 3-5pm at St Benedict's, featuring inspiring talks, testimonies, praise & worship, and prayer ministry.

Enjoy a free sausage sizzle from 5-6pm, followed by a powerful 6pm Charismatic Mass. Come and be renewed by the Holy Spirit – all are welcome!



## 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**

## Notices Outside the Parish

### DOJ YOUNG ADULTS: LIFE IN THE SPIRIT

28<sup>th</sup> MAY | St John Vianney's, Waramanga  
Wanting to enrich and deepen your faith, and journey with some fellow young Catholics? This is 6-week course for you! Starting at 7:00pm on Wednesday Nights beginning 7<sup>th</sup> of May, come listen to personal testimonies, sharing and encounter what it means to be live a life on fire from the Holy Spirit!

For more information:

Contact: Claire Smart 0429164845 or [claire-smart@outlook.com](mailto:claire-smart@outlook.com)

### MARRIAGE & FAMILY SUNDAY EVENT

1<sup>st</sup> June | St Christopher's Cathedral

For the celebration of the Jubilee of Families, Children, Grandparents & the Elderly.

11am Mass at St Christopher's followed by EVENT at 12pm in the Haydon Hall, Manuka.

The Archbishop will be available to bless your family. Light refreshments provided – but you must register online here

<http://www.bit.ly/MFR2025>

## Sacrament Dates 2025

**First Reconciliation:** 19th of March

**First Communion:** 22nd of June

**Confirmation:** 30th of August

**RCIA** begins 14th of August

Marriage and Baptisms by request.

Before each sacrament there is an 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)

## 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:** Henry D'Souza and Ramesh Bhat

**Anniversaries:** Fortunata Cacciotti, Demetrio Laface

### 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 Acts 15:1-2, 22-29

It has been decided by the Holy Spirit and ourselves not to burden you beyond what is essential.

Some men came down from Judaea and taught the brothers, ‘Unless you have yourselves circumcised in the tradition of Moses you cannot be saved.’ This led to disagreement, and after Paul and Barnabas had had a long argument with these men it was arranged that Paul and Barnabas and others of the church should go up to Jerusalem and discuss the problem with the apostles and elders.

Then the apostles and elders decided to choose delegates to send to Antioch with Paul and Barnabas; the whole church concurred with this. They chose Judas known as Barsabbas and Silas, both leading men in the brotherhood, and gave them this letter to take with them:

‘The apostles and elders, your brothers, send greetings to the brothers of pagan birth in Antioch, Syria and Cilicia. We hear that some of our members have disturbed you with their demands and have unsettled your minds. They acted without any authority from us, and so we have decided unanimously to elect delegates and to send them to you with Barnabas and Paul, men we highly respect who have dedicated their lives to the name of our Lord Jesus Christ. Accordingly we are sending you Judas and Silas, who will confirm by word of mouth what we have written in this letter. It has been decided by the Holy Spirit and by ourselves not to saddle you with any burden beyond these essentials: you are to abstain from food sacrificed to idols, from blood, from the meat of strangled animals and from fornication. Avoid these, and you will do what is right. Farewell.’

Responsorial Psalm

Ps 66:2-3. 5-6. 8. R. v.4

(R.) O God, let all the nations praise you!

- 1. O God, be gracious and bless us and let your face shed its light upon us. So will your ways be known upon earth and all nations learn your saving help.(R.)
- 2. Let the nations be glad and exult for you rule the world with justice. With fairness you rule the peoples, you guide the nations on earth. (R.)
- 3. Let the peoples praise you, O God; let all the peoples praise you. May God still give us his blessing till the ends of the earth revere him. (R.)

Second Reading Rv 21:10-14, 22-23

He showed me the holy city coming down out of heaven. In the spirit, the angel took me to the top of an enormous high mountain and showed me Jerusalem, the holy city, coming down from God out of heaven. It had all the radiant glory

of God and glittered like some precious jewel of crystal-clear diamond. The walls of it were of a great height, and had twelve gates; at each of the twelve gates there was an angel, and over the gates were written the names of the twelve tribes of Israel; on the east there were three gates, on the north three gates, on the south three gates, and on the west three gates. The city walls stood on twelve foundation stones, each one of which bore the name of one of the twelve apostles of the Lamb.

I saw that there was no temple in the city since the Lord God Almighty and the Lamb were themselves the temple, and the city did not

need the sun or the moon for light, since it was lit by the radiant glory of God and the Lamb was a lighted torch for it.

Gospel Acclamation Jn 14:23

Alleluia, alleluia! All who love me will keep my words, and my Father will love them and we will come to them.

Alleluia! Gospel Jn 14:23-29

The Holy Spirit will teach you everything and remind you of all I have said to you.

Jesus said to his disciples: ‘If anyone loves me he will keep my word, and my Father will love him, and we shall come to him and make our home with him. Those who do not love me do not keep my words. And my word is not my own: it is the word of the one who sent me. I have said these things to you while still with you; but the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of all I have said to you. Peace I bequeath to you, my own peace I give you, a peace the world cannot give, this is my gift to you. Do not let your hearts be troubled or afraid. You heard me say: I am going away, and shall return. If you loved me you would have been glad to know that I am going to the Father, for the Father is greater than I. I have told you this now before it happens, so that when it does happen you may believe.’

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Reflection by Fr Michael Tate

Some people have the idea that God is awfully remote, dwelling beyond the edge of the cosmos. We make contact by sending a prayer like a long range rocket, hoping it will find its target. This is far distant from Our Lord’s teaching in today’s Gospel.

‘If anyone loves me and keeps my word, my Father and I will make our home with that person.’ It is not in outer space, but in inner space that Divine Love will make a home.

What turns a house into a home? It is in sitting around a table sharing a meal. So, Jesus created a sacred meal for us and invites us to share in the Heavenly Bread and Spiritual Drink.

When we do so, we find, in the words of St John Paul II, that we ‘digest, as it were, the secret of the Resurrection’. We take into ourselves the Real Presence of the Risen Lord who makes his home with us.

Coming to Communion, even after a long time away, satisfies the yearning of the human heart because it is made to be the habitation of Divine Love. We could pause for a moment to reflect on the gracious fact that God chooses to dwell in our hearts. Let us respond wholeheartedly.

mtate@bigpond.com

Our Commitment to Safeguarding:

At St Benedict’s Parish, we are committed to creating a safe and welcoming environment for all, especially children, young people, and vulnerable adults. We follow Archdiocesan safeguarding policies and procedures to ensure that everyone in our community is protected and respected.

**MASS TIMES**

**Weekdays**  
5:30pm (Tues, Thurs)  
12:30pm (Wed)  
5.30pm Friday Healing Mass

**Saturday**  
8am  
5pm (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**  
4pm - 4.30pm

**SPIRITUAL DIRECTION & PERSONAL VOCATION**  
Adrian Wellspring

**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/Thurs/Fri: 9am-12pm**

**MUSIC COORDINATOR**  
Ariana Strmota: 0406377887

**SAFEGUARDING OFFICER**  
Julie Long  
Contact: IPPS@cg.org.au