

1<sup>st</sup> June 2025

in the care of the Missionaries of God's Love

# St Benedict's

St Benedict's Catholic Church, Narrabundah

*Ascension of The Lord*



<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.thechurchnews.com%2Fliving-faith%2F2025%2F02%2F23%2Fcome-follow-me-february-24-march-2-what-have-church-leaders-said-about-doctrine-and-covenants-18%2F&imgref=AQvYawQsKdvEnRahogBSUMTKOKs&ust=1743299178R44000&source=images&cd=vh&gvl=8997R4H9&ved=0CBMCjRxoFwoTCPjTv9SVrowDFQAAAAAdAAAAABQ>

*Coming up:*

**Alpha Course**  
5 June

**New Life in the Spirit**  
1 June

**RCIA**  
14 August



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

# Community and Vision



## Volunteering @ St Benedicts

***Have you ever consider  
volunteering at St Benedict's?***

**No matter your role, volunteering at a  
parish is a powerful way to give back and  
grow closer to God.**

For Shiru, a St Benedict's Parishioner, she says  
***"I've always volunteered because it gives  
me fulfilment. If we can take ownership of  
the church we worship in, why not? Doing  
all this brings us together. We feel like we  
are a family of Saint Benedict's."***

We want to take the opportunity to thank ALL  
for those who are already giving so much of  
their time, love and service to St Benedict's as  
volunteers! We thank you for all you do!

**You can read this Article from the Catholic Voice  
featuring some of our volunteers here at St Ben's for  
the Jubilee!**

<https://www.catholicvoice.org.au/jubilee-of-volunteers-celebrates-hearts-and-hands-in-action/>

## Be Part of Something Beautiful at Our Parish

We're reaching out to invite you to be  
part of the meaningful and life-giving  
work happening in our parish  
community!

We're refreshing our ministry rosters and  
would love to welcome new names and  
faces.

There are plenty of ways to get involved,  
including:

- 📖 Readers (for all Masses)
- 🙌 Welcomers
- ✚ Eucharistic Ministers
- 🕯 Offertory Procession
- 🧹 Church Cleaning
- 🎵 Music Ministry
- 🌿 Mass Setup

Whether you're a familiar face or new to  
volunteering, your time and talents will  
be a true blessing to our community.  
Interested?

Get in touch with the Parish Office:

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

☎ 02 6295 7879 (during office hours)

We'd love to hear from you!



## 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....



# Events and Announcements



## Adoration Interruption: Tuesday the 3<sup>rd</sup> of June

This Tuesday, post the Weekday 5:30pm Mass, there will be no adoration after mass until 7pm due to a First Reconciliation Liturgy taking place post mass. We appreciate your understanding.



## 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!**



## Pentecost Rally

Join the Disciples of Jesus Community and St Benedict's Parish 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!



## Coffee at Gryphon's

12<sup>th</sup> June – parishioners are invited to meet at Gryphon's, Griffith shops at 10.30 am for a coffee and catch up.



## Women's Alive Retreat – “Hope does not Disappoint us”

A woman who knows that as long as Jesus is in the boat of her life can face any storm, trusting He will bring her safely to shore. Come and discover this courageous hope within you at our one-day retreat for women, led by Anastasia Rebello and Maria Sangeetha, on **Saturday, 14 June 2025 from 10 AM to 4 PM** at **St Benedict's Catholic Church**, Narrabundah. Admission is free, with morning tea and lunch provided. For enquiries, contact Winnie (0451 015 527), Parveen (0439 642 571), or Prakash (0406 381 446).



## 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

4<sup>th</sup> JUNE | 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 1:1-11

Why are you standing here looking into the sky? Jesus has been taken into heaven.

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is,' he had said, 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.'

Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.'

## Responsorial Psalm

**Ps 46:2-3. 6-7. 8-9. R. v.6**

**(R.) God mounts his throne to shouts of joy: a blare of trumpets for the Lord.**

1. All peoples, clap your hands,  
cry to God with shouts of joy!  
For the Lord, the Most High, we must fear,  
great king over all the earth. (R.)
2. God goes up with shouts of joy;  
the Lord goes up with trumpet blast.  
Sing praise for God, sing praise,  
sing praise to our king, sing praise. (R.)
3. God is king of all the earth.  
Sing praise with all your skill.  
God is king over the nations;  
God reigns on his holy throne. (R.)

## Second Reading Eph 1:17-23

He made Jesus to sit at his right hand in heaven.

May the God of our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full knowledge of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercised for us believers.

This you can tell from the strength of his power at work in Christ, when he used it to raise him from the dead and to make him sit at his right hand, in heaven, far above every Sovereignty, Authority, Power, or Domination, or any other name that can be named, not only in this age, but also in the age to come. He has put all things under his feet, and made him, as the ruler of everything, the head of the Church; which is his body, the fullness of him who fills the whole creation.

## Gospel Acclamation Mt 28:19. 20

**Alleluia, alleluia!**

**Go and teach all people my gospel.**

**I am with you always, until the end of the world.**

**Alleluia!**

## Gospel Lk 24:46-53

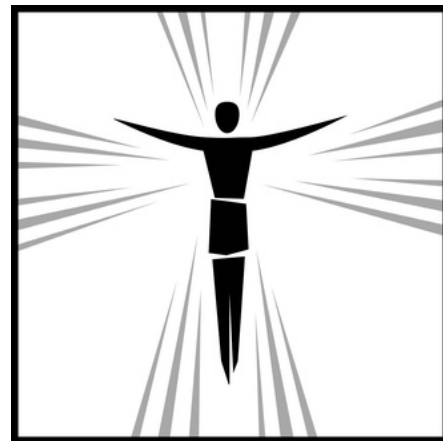
While blessing them, he was taken to heaven.

Jesus said to his disciples: 'You see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this.

'And now I am sending down to you what the Father has promised.

Stay in the city then, until you are clothed with the power from on high.' Then he took them out as far as the outskirts of Bethany, and lifting up his hands he blessed them. Now as he blessed them, he withdrew from them and was carried up to heaven. They worshipped him and then went back to Jerusalem full of joy; and they were continually in the Temple praising God.

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## Reflection by Fr Michael Tate

Our Risen Lord knew that we are naturally, collectively human-centric. He withdrew His risen mode of appearance (what we call 'the Ascension') to make it clear that the whole Universe, including planet Earth, is filled with the presence and power radiating out from his Risen Humanity.

As St Paul wrote in the Epistle to the Romans: 'Creation still retains the hope of being freed from its slavery to decay, to enjoy the same freedom and glory as the children of God.' How is the Risen Lord beginning to fulfil this hope?

At Mass, fractions of creation – the Bread and Wine consecrated for Holy Communion – are transformed into the Real Presence of the Risen Lord.

Eucharistic Prayer III begins with: 'You are indeed Holy, O Lord, and all you have created rightly gives you praise...' How can all creation give God praise? As the ancient church used to teach: Each of you is a microcosm of the macrocosm, called to be a priest for the Cosmos. Through your enlightened mind and inflamed heart, the Cosmos knows that it exists and that it is loved by its Creator. It is beginning to share the freedom and glory of the children of God.

We could pause for a moment, stop starting into Heaven, and ready ourselves to receive the Holy Spirit so as to be what St Paul calls 'the Church which is His Body in whom the fullness of creation dwells'.

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