

15th June 2025

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

The Most Holy Trinity Sunday



Coming up:

Alpha Course
19 June

New Life in the Spirit
15 June

RCIA
14 August



cg.org.au/narrabundah

Community and Vision

Have you
checked out our
SOCIAL MEDIA?



Stay connected to
what's happening
here in our parish and
support spreading our
mission!



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



WANT TO BECOME CATHOLIC?
SAVE THE DATE: Starting 14 August
- RCIA -

Rite of Christian Initiation for Adults

If you have been or know some
who is interested in taking a deep
dive into the Catholic Faith and
exploring the richness that is on
offer, RCIA is the place for you!

National Refugee Week
15th-22nd of June

Prayer for Refugees

God of the exiles,
You cared for the Israelites through their
captivity in Egypt and later in Assyria.
Care for and protect every person
whose home is no longer safe,
Who has been forced to flee, who is
living in a crowded camp, Not knowing
whether they will be taken in elsewhere.
Bring them to safety so that they can live
in joy and peace, without fear. God of
the exiles,
Hear our prayer.

Follow us on Social Media: Click the Link



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



[St. Benedict's Church and Mission
Centre, Canberra](https://www.facebook.com/St.Benedict'sChurchandMissionCentreCanberra)



[St. Benedict's Mission Centre](https://www.youtube.com/St.Benedict'sMissionCentre)



New website coming soon....

FR CHRIS DROPS A NEW BEAT!

A funk-hip hop track, recorded live in
studio. This song was inspired by John the
Beloved Disciple, resting on the heart of
Jesus—listening to His heartbeat at the
Last Supper.

Imagine if we lived our lives to the rhythm
of that heartbeat. Our whole life would
become a song of peace.

Give it a listen on Bandcamp!

<https://frchriseaton.bandcamp.com/track/the-heart-of-my-beat>



Events and Announcements

15
JUN

NEW LIFE IN THE SPIRIT - LAST ONE- This Sunday!

Sunday | 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!

19
JUN

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

22
JUN

First Holy Communion - Next Sunday

Please pray for our First Holy Communion recipients receiving the Eucharist for the first time next weekend at the Sunday 9am Mass on the Feast of Corpus Christ.

24
JUN

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 24th of June starting at 7:30pm. For more info, contact John Murray 0480257761

14
AUG

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



Praying for the Vision Team

St Benedict's a beautiful parish and we want to deepen our identity, vision and mission, thus we have our wonderful Vision Team that is meeting, praying and discerning weekly where the Holy Spirit is moving here at St Benedict's. Please pray for the team in their on-going discernment of the direction and vision of St Benedict's.

Notices Outside the Parish

LET THE HEART LISTEN

12-WEEK ONLINE FORMATION PROGRAM

Starts 31 July–30 October

Thursdays 6pm–9pm (Via Zoom)

This program is designed for those who accompany others through life's journey—through listening, presence, and support. This online-only experience invites you into a space of deep transformation and connection. Let the Heart Listen is grounded in the practice of **contemplative listening**—learning to respond with heart to yourself, others, and to God. Through this experience, you will develop the capacity to listen deeply and compassionately, becoming more present to the sacred in everyday life.

For more information and to register (spots are limited) go to:

<https://www.heartoflife.melbourne/spiritual-formation/let-the-heart-listen-program/>

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: John Martin

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 Prv 8:22-31

Wisdom was born before the earth was made.

The Wisdom of God cries aloud:

The Lord created me when his purpose first unfolded,
before the oldest of his works.
From everlasting I was firmly set,
from the beginning, before earth came into being.
The deep was not, when I was born,
there were no springs to gush with water.
Before the mountains were settled,
before the hills, I came to birth;
before he made the earth, the countryside,
or the first grains of the world's dust.
When he fixed the heavens firm, I was there,
when he drew a ring on the surface of the deep,
when he thickened the clouds above,
when he fixed fast the springs of the deep,
when he assigned the sea its boundaries – and the waters will not invade the shore –
when he laid down the foundations of the earth,
I was by his side, a master craftsman,
delighting him day after day,
ever at play in his presence,
at play everywhere in his world,
delighting to be with the sons of men.

Responsorial Psalm

Ps 8:4-9. R. v.2

(R.) O Lord, our God,
how wonderful your name
in all the earth!

- 1. When I see the heavens, the work of your hands,
the moon and the stars which you arranged,
what is man that you should keep him in mind,
mortal man that you care for him? (R.)
- 2. Yet you have made him little less than a god;
with glory and honour you crowned him,
gave him power over the works of your hand,
put all things under his feet. (R.)

- 3. All of them, sheep and cattle,
yes, even the savage beasts,
birds of the air, and fish
that make their way through the waters.

Second Reading Rom 5:1-5

To God through Christ in the love which is poured out through the Spirit.

Through our Lord Jesus Christ, by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. But that is not all we can boast about; we can boast about our sufferings. These sufferings bring patience, as we know, and patience brings perseverance, and perseverance brings hope, and this hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us.

Gospel Acclamation See Apoc 1:8

Alleluia, alleluia!

Glory to the Father, the Son, and the

Holy Spirit:
to God who is, who was, and who is to come.

Alleluia!

Gospel Jn 16:12-15

Whatever the Father has is mine. The Spirit will receive what I give and tell you about it.

Jesus said to his disciples:

‘I still have many things to say to you but they would be too much for you now. But when the Spirit of truth comes he will lead you to the complete truth, since he will not be speaking as from himself but will say only what he has learnt; and he will tell you of the things to come. He will glorify me, since all he tells you will be taken from what is mine. Everything the Father has is mine; that is why I said: All he tells you will be taken from what is mine.’

The psalm responses are from the English Translation of the **Lectionary for the Mass** ©1981 International Committee on English in the Liturgy Inc. (ICEL). All rights reserved. The psalm texts, from **The Psalms, A New Translation**, ©1963 by The Grail, England and used by permission of the publishers. The scriptural quotations are taken from the **Jerusalem Bible**, published and copyright 1966, 1967 and 1968 by Darton Longman and Todd Ltd and Doubleday & Co Inc, and used by permission of the publishers.

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Reflection by Fr Michael Tate

The Feast of the Trinity of God comes about because Jesus painted a picture of the most intimate communion of Divine Life between Himself, the Father, and the Holy Spirit. This is a relationship and yet the most perfect unity.

God is Divine pulsating, shimmering light dancing in threefold exchange of love. In fact, the best name for God is ‘Being-in-Love’. What does this mean for us?

How often have you heard: ‘You are made in the image and likeness of God’? If God is threefold Being-in-Love, then you and I are made to live in relationship – not in solitary. We are totally on the wrong track if we think that the ultimate good is to be self-sufficient. It will turn out to be a Hellish choice. When we live as much self-giving as is possible, we are closest to Divine Life. In fact, we are Divine Life pulsating into a particular time and place through us. Each time we bless ourselves, a bit of a Catholic routine, we are invoking the threefold exchange of love and calling its power into our life. Be careful, there will be consequence! You could become more God-like! We could pause for a moment, slowly make the Sign of the Cross which recalls our baptism: ‘In the Name of the Father and of the Son and of the Holy Spirit’, and promise to image that Name in our lives.

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 Ezemuokwe 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
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