

22nd June 2025

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

The Most Holy Body and Blood of Christ



Coming up:

Men's Sharing Group
24 June

Alpha Course
3 July

RCIA
14 August



cg.org.au/narrabundah

Community and Vision

Holy Communion under both kinds. Why?

In Catholicism, communion under both kinds (or "both species") refers to receiving both the consecrated bread (Body of Christ) and wine (Blood of Christ) during Holy Communion. While the Catholic Church teaches that Christ is fully present under either species (bread or wine), receiving both is seen as a fuller, more complete sign of the Eucharist.

Full Presence:
Catholic doctrine maintains that Christ is fully present, body, blood, soul, and divinity, under both the consecrated bread and wine.

Sign of Communion:
Receiving under both kinds is seen as a more vivid and complete way to participate in the Eucharistic meal and the new covenant established by Christ's sacrifice.

Practical Considerations:
When receiving the Blood of Christ, please only take a small sip from the chalice and not by intinction.

Not Required:
While encouraged, receiving both bread and wine is not mandatory for a valid and fruitful reception of Holy Communion.

Historical Context:
The practice of receiving under both kinds was more common in the early Church and has been restored in many Catholic parishes.

Significance:
Receiving under both kinds is seen as a more complete sign of the Eucharistic banquet and its connection to the heavenly banquet.

Follow us on Social Media:



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



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



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



New website coming soon...

Events and Announcements

21
JUN

St Benedict's is resuming Communion under both kinds!

With the Feast of Corpus Christi, this is the perfect time to bring back Communion under both kinds. Starting this weekend, both the Body and Blood of Christ will be offered at our Sunday Masses. Receiving from both kinds is completely optional, not mandatory. See the Community and Vision Page for more details.

22
JUN

First Holy Communion - Pray for Recipients

This weekend, our First Holy Communion recipients are receiving the Eucharist for the first time on the Feast of Corpus Christi. Please keep Summer, Scarlett, Hugo, Harrison and Noah in your prayers on their special day!



Wanting to become an Extraordinary Minister of Holy Communion?

With resuming communion under both kinds, we are in need of more extraordinary ministers! If you are interested in becoming one, please send an email to narrabundah@cg.org.au expressing interest. We will be running a training session, date to be determined.



Rest In Me: On pause for the next three weeks!

Rest In Me meditation sessions on Wednesday morning will not be on for the next 3 weeks- 25th June, 2nd July, 9th July. **It will resume 16th of July.**

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

3
JUL

Alpha Course – Not on this week!

Alpha will **not be running this Thursday** 26th of July and will **resume next Thursday** 3rd of July, 6:30pm in the Collins Wing.

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 is 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: Veronica Nelmes

Anniversaries: Antuanette 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 Gn 14:18-20

Melchizedek brought bread and wine.
Melchizedek king of Salem brought bread and wine; he was a priest of God Most High. He pronounced this blessing:

‘Blessed be Abraham by God Most High, creator of heaven and earth, and blessed be God Most High for handing over your enemies to you.’

And Abraham gave him a tithe of everything.

Responsorial Psalm

Ps 109:1-4. R. v.4

R. You are a priest for ever, in the line of Melchizedek.

- 1. The Lord’s revelation to my Master: ‘Sit on my right: I will put your foes beneath your feet.’ (R).
- 2. The Lord will send from Zion your sceptre of power: rule in the midst of all your foes. (R).
- 3. A prince from the day of your birth on the holy mountains; from the womb before the daybreak I begot you. (R).
- 4. The Lord has sworn an oath he will not change. ‘You are a priest for ever, a priest like Melchizedek of old.’ (R).

Second Reading 1 Cor 11:23-26

Every time you eat this bread and drink this cup, you are proclaiming the death of the Lord.
This is what I received from the Lord, and in turn passed on to you: that on the same night that he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said, ‘This is my body, which is for you; do this as a memorial of me.’ In the same way he took the cup after supper, and said, ‘This cup is the new covenant in my blood. Whenever you drink it, do this as a memorial of me.’ Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming to his death.

Sequence (shorter form)

Behold the bread of angels, sent For pilgrims in their banishment, The bread for God’s true children meant, That may not unto dogs be given:

Of in the olden types foreshadowed;
In Isaac on the altar bowed,
And in the ancient paschal food,
And in the manna sent from heaven.

Come then, good shepherd, bread divine,
Still show to us thy mercy sign;
Oh, feed us still, still keep us thine;
So may we see thy glories shine
In fields of immortality;

O thou, the wisest, mightiest, best,
Our present food, our future rest,
Come, make us each thy chosen guest,
Co-heirs of thine, and comrades blest
With saints whose dwelling is with thee.

Gospel Acclamation Jn 6:51-52

Alleluia, alleluia!
I am the living bread from heaven,
says the Lord;
whoever eats this bread will live
for ever.

Alleluia!

Gospel Lk 9:11-17

They all ate and were filled.
Jesus made the crowds welcome and talked to them about the kingdom of God; and he cured those who were in need of healing.
It was late afternoon when the Twelve came to him and said, ‘Send the people away, and they can go to the villages and farms round about to find lodging and food; for we are in a lonely place here.’ He replied, ‘Give them something to eat yourselves.’ But they said, ‘We have no more than five loaves and two fish, unless we are to go ourselves and buy food for all these people.’
For there were about five thousand men. But he said to his disciples, ‘Get them to sit down in parties of about fifty.’
They did so and made them all sit down. Then he took the five loaves and the two fish, raised his eyes to heaven, and said the blessing over them; then he broke them and handed them to his disciples to distribute among the crowd.
They all ate as much as they wanted, and when the scraps remaining were collected they filled twelve baskets.

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Reflection by Fr Michael Tate

The feeding of the five thousand in today’s Gospel is one of those anticipatory sharings in the heavenly banquet of the age to come. We say this feeding is miraculous, and it was. A major part of the miracle is in the transformation of the Twelve. Our Lord did not personally feed the five thousand. He required his followers to get involved in alleviating hunger: ‘You give them something to eat,’ rather than leaving the crowd to fend for themselves, or resort to market economics. When they shared the food he had blessed, the miracle of the hospitality of God was multiplied throughout the crowd – extravagantly.
And so Our Lord gave his followers and the crowd a real taste of the future generosity of God in the heavenly banquet. But, it would not have happened had the inner groups of disciples not shared Jesus’ vision and got involved in what seemed to be an impossible task.
The Last Supper was the greatest anticipatory meal which Our Lord shared with his disciples. And, at Mass, we are eating and drinking the glorified humanity of our Risen Lord Jesus Christ: the life of the future. We could pause for a moment to identify the myriad of hungers in this world and resolve to fulfil Our Lord’s Command: ‘You give them something to eat!’ so that Divine Generosity might transform human history.

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
Contact: IPPS@cg.org.au