

29nd June 2025

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

St Peter and St Paul, Apostles



Coming up:

Alpha Course
3 July

Called and Gifted Retreat
23 July

RCIA
14 August



cg.org.au/narrabundah

Community and Vision

THE MISSIONARIES OF GOD'S LOVE PRIESTS AND BROTHERS
INVITE YOU TO THE

Ordination to the Priesthood

OF

Deacon Joseph Nivaskaran MGL
Deacon Michael Last MGL

BY

Most Reverend Christopher Prowse

ARCHBISHOP OF CANBERRA AND GOULBURN

SEPTEMBER

FRIDAY **05** 6:00 PM
2025

ST CHRISTOPHER'S CATHEDRAL, CANBERRA
FOLLOWED BY DINNER AT ST BENEDICT'S PARISH NARRABUNDAH



Masses of Thanksgiving

FR JOSEPH - SATURDAY 6TH SEPTEMBER, 11:00AM, ST BENEDICT'S NARRABUNDAH
FR MICHAEL - SUNDAY 7TH SEPTEMBER, 9:00AM, ST BENEDICT'S NARRABUNDAH
FR MICHAEL - MONDAY 8TH SEPTEMBER, 6:30PM, ST PATRICK'S SUTHERLAND

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!
Please contact the Parish office to register!

YOU'RE INVITED ALPHA YOUTH



WED, JUN 25
5PM - 7PM

Welcome to the conversation

WED, JUL 2
5PM - 7PM

Jesus is...?

WED, JUL 9
5PM - 7PM

What does real love look like?

BREAK FOR SCHOOL HOLIDAYS

WED, JUL 30
5PM - 7PM

Why would I want a relationship with God?

SAT, AUG 9
9:30AM - 3:30PM

HOLY SPIRIT RETREAT
at St Peter Chanel's,
Yarralumna

WED, AUG 13
5PM - 7PM

How does God help us overcome evil?

WED, AUG 20
5PM - 7PM

What happens next?

HAVE A CONVERSATION ON LIFE, FAITH AND PURPOSE

"Alpha youth creates space for young people to explore their questions about life, faith and purpose together. There's nothing you can't say, and you don't have to say anything at all."



WEDNESDAY EVENINGS
Haydon Hall | 55 Franklin St,
Forrest ACT 2603

SATURDAY RETREAT AUG 9TH
St Peter Chanel's | 49 Weston St,
Yarralumna, ACT 2600

@youth.cathedral
youth.cathedral@cg.org.au

ALPHA YOUTH.AUS

Adoration of the Blessed Sacrament

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

Want to join the Adoration Roster?

Register here!

<https://forms.office.com/r/3ygg4Dt00j>



Events and Announcements

5
SEP

SAVE THE DATE!

Ordination to the Priesthood for Deacon Joseph and Deacon Michael

The Missionaries of God's Love invite you to the ordination of Deacon Joseph Nivaskaran MGL and Deacon Michael Last MGL to the priesthood, celebrated by Most Reverend Christopher Prowse. The ordination will take place on **Friday, 5th September 2025 at 6:00 PM at St Christopher's Cathedral**, Canberra, followed by dinner at St Benedict's Parish, Narrabundah. Masses of Thanksgiving will be celebrated by Fr Joseph on Saturday, 6th September at 11:00 AM at St Benedict's, Narrabundah, and by Fr Michael on Sunday, 7th September at 9:00 AM at St Benedict's, Narrabundah, and on Monday, 8th September at 6:30 PM at St Patrick's, Sutherland. All are warmly welcome to attend.

2
JUL

ALPHA YOUTH at St Christopher's (Week 2 this week!)

Do you know someone between ages 13-18 who doesn't know God? Do you struggle with doubts about the faith? Have questions you're too afraid to ask or discuss? Then ALPHA YOUTH is for you! This 6-week series, starting Wednesday June 25th from 5-7PM in Haydon Hall at the Cathedral, is designed to help teens explore questions about purpose, life and faith. Please email Anita and Liz at youth.cathedral@cg.org.au to register and find out more! To register: <https://forms.gle/V2w4dPoiTCeRR7CK7>

3
JUL

Alpha Course – Back on this week!

Alpha will **be back on this Thursday** 3rd of July, 6:30pm in the Collins Wing. Everyone is welcome! Alpha is a chance to explore questions around life, faith and meaning! Its not too late to join us!



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 a 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.**

23
JUL

Called and Gifted Workshop

Learn about the Charisms of the Holy Spirit and discern your spiritual gifts. The Good Shepherd Catholic prayer group invite you to join us for **5 Wednesday evenings from 23 July until 20 August, from 7pm to 9pm.** Presented by Clara Geoghegan and Adrian Wellspring at St Peter Chanel's parish room in Weston St, Yarralumla. The cost of \$30 covers the course workbook. To register, contact Susanna on 0419 902 293 or Sue 0409 443 268.

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

Notices Outside the Parish

MOTHERS PRAYERS RETREAT DAY

'Become Like Children' (Matt 18:3-5)

23 August | 8:45am-4pm

All women are welcome to join us for our Mothers Prayers Retreat day. Morning tea and lunch will be provided. Come aside together for a day - ignite the child within as we explore, share, pray for our children and have fun in this nurturing community. The day includes talks, reconciliation and an introduction to Mothers Prayers.

DATE: Saturday 23 August 2025 8:45 AM - 4:00 PM

LOCATION: Parish Centre, Holy Trinity Church 3 Strangways Street, Curtin ACT 2605

REGISTER BY: 8 August

<https://www.trybooking.com/DBRES>

ENQUIRIES: Anne at

Australia@mothersprayers.org

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

REST IN ME MEDITATIONS

Each Wednesday

10am-12pm, Parish Centre

Ayanthi Perera

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, Mary Smith

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.



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



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

First Reading Acts 12:1-11

Now I know it is indeed true: the Lord has saved me from the power of Herod.
King Herod started persecuting certain members of the Church. He beheaded James the brother of John, and when he saw that this pleased the Jews he decided to arrest Peter as well. This was during the days of Unleavened Bread, and he put Peter in prison, assigning four squads of four soldiers each to guard him in turns. Herod meant to try Peter in public after the end of Passover week. All the time Peter was under guard the Church prayed to God for him unremittingly.
On the night before Herod was to try him, Peter was sleeping between two soldiers, fastened with double chains, while guards kept watch at the main entrance to the prison. Then suddenly the angel of the Lord stood there, and the cell was filled with light. He tapped Peter on the side and woke him. 'Get up!' he said 'Hurry!' – and the chains fell from his hands. The angel then said, 'Put on your belt and sandals.' After he had done this, the angel next said, 'Wrap your cloak round you and follow me.' Peter followed him, but had no idea that what the angel did was all happening in reality; he thought he was seeing a vision. They passed through two guard posts one after the other, and reached the iron gate leading to the city. This opened of its own accord; they went through it and had walked the whole length of one street when suddenly the angel left him. It was only then that Peter came to himself. 'Now I know it is all true,' he said. 'The Lord really did send his angel and has saved me from Herod and from all that the Jewish people were so certain would happen to me.'

Responsorial Psalm

Ps 33:2-9.R. v.5

(R.) The Lord set me free from all my fears.

- 1. I will bless the Lord at all times
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad. (R.)
- 2. Glorify the Lord with me.
Together let us praise his name.
I sought the Lord and he answered me;
from all my terrors he set me free. (R.)
- 3. Look towards him and be radiant;
let your faces not be abashed.
This poor man called; the Lord heard him
and rescued him from all his distress. (R.)
- 4. The angel of the Lord is encamped around
those who revere him, to rescue them.
Taste and see that the Lord is good.
He is happy who seeks refuge in him. (R.)

Second Reading 2 Tim 4:6-8, 17-18

All that remains now is the crown of righteousness.
My life is already being poured away as a libation, and the time has come for me to be gone. I have fought the good fight to the end; I have run the race to the finish; I have kept the faith; all there is to come now is the crown of righteousness reserved for me, which the Lord, the righteous judge, will give to me on that Day; and not only to me but to all those who have longed for his Appearing.

The Lord stood by me and gave me power, so that through me the whole message might be proclaimed for all the pagans to hear; and so I was rescued from the lion's mouth. The Lord will rescue me from all evil attempts on me, and bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen.

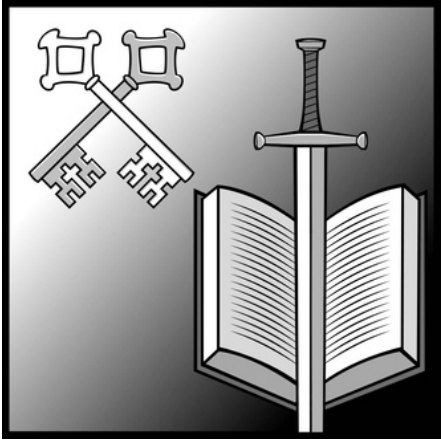
Gospel Acclamation Mt 16:18

Alleluia, alleluia!
You are Peter, the rock on which I will
build my Church;
the gates of hell will not hold out against it.
Alleluia!

Gospel Mt 16:13-19

You are Peter, and I will give to you the keys of the kingdom of heaven.
When Jesus came to the region of Caesarea Philippi he put this question to his disciples, 'Who do people say the Son of Man is?' And they said, 'Some say he is John the Baptist, some Elijah, and others Jeremiah or one of the prophets.' 'But you,' he said, 'who do you say I am?' Then Simon Peter spoke up, 'You are the Christ,' he said, 'the Son of the living God.' Jesus replied, 'Simon son of Jonah, you are a happy man! Because it was not flesh and blood that revealed this to you but my Father in heaven. So I now say to you: You are Peter and on this rock I will build my Church. And the gates of the underworld can never hold out against it. I will give you the keys of the kingdom of heaven: whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven.'

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Reflection by Fr Michael Tate

What are the shackles or chains which fetter the successor of St Peter? What prison walls need to be shattered so that he can preach the marvels of God in ways which affect the hearts of humanity? We know prayer of the community, i.e., of us, will be essential to his being freed – from what? A Pope could be imprisoned by a distorted or impoverished idea of 'the Church'.

In the Gospel, our Lord says to Simon son of Jonah: 'You are Peter and on this rock I will build my church'. 'My church' – the church desired by our Lord, not a church designed by all too earthly ambitions, a church whose structure owes much to the Roman empire, and later to Euro-centric models spanning the last millennia or so.

May the Church, the Church of the third millennium, be unshackled from the chains of various historical eras so that the Pope, in giving an account of his ministry to the Lord will be able to say with St Paul, 'I have fought the good fight to the end,' by doing my best to heed your call 'rebuild my Church'.
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