

6<sup>th</sup> July 2025

in the care of the Missionaries of God's Love

# St Benedict's

St Benedict's Catholic Church, Narrabundah

14th Sunday of Ordinary Time



Coming up:

**Alpha Course**  
10 July

**Called and Gifted Retreat**  
23 July

**RCIA**  
14 August



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

# Community and Vision

**Loves:** The All-Blacks, mountain biking, Jesus, hanging out with my nieces and nephews!

**Fun Fact:** Actually half Filipino and half Kiwi!

**Vision for the Parish:** That each person feels at home and is able to live out of their God-given gifts!

**Fr Chris**



**Loves:** Swimming, adventures and travelling!

**Fun Fact:** He's had Kangaroo BBQ!

**Vision for the Parish:** Where everyone is accepted as they are, without judgement!

**Fr Samson**



## Get To Know... Our Priests!



**Fr Tony**



**Deacon Joseph**

(Soon to be Father!)

**Loves:** Animes and riding his bike around the lake.

**Fun Fact:** Tony is his second name, his first name is actually Joseph, named after his Father!

**Vision for the Parish:** Beautiful and reverent liturgy, and helping people deepening in their relationship with God!

**Loves:** Travel, cooking, watching movies and board games.

**Fun Fact:** Can eat a 2kg tub of Vanilla Ice-Cream in one sitting!

**Vision for the Parish:** Building up our Young Adults culture with more opportunities for our young adults!

# Events and Announcements

9  
JUL

## ALPHA YOUTH at St Christopher's (Week 3 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](mailto:youth.cathedral@cg.org.au) to register and find out more! To register: <https://forms.gle/V2w4dPoiTCeRR7CK7>

10  
JUL

## Coffee at Gryphons

Parishioners are invited to meet at Gryphon's, Griffith shops on the 10<sup>th</sup> of July at 10.30 am for a coffee and catch up.

10  
JUL

## Alpha Course – Second last week!

Alpha is on this Thursday 10<sup>th</sup> 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!



## Kingdom Kids is Growing- On break during Holidays

Our Children's Ministry program runs during school term and breaks over school holidays and long weekends. **Kingdom Kids will return on Sunday 20 July.** We are seeking 2 new volunteer leaders who can assist with our growing program for the upcoming semester. Leadership volunteers must be aged 18yrs + and hold a current WWVP card. Please contact Sherice 0408 259 502 to learn more.



## 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 16<sup>th</sup> 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**



## Where to locate the Weekend Roster

Apart from Weekend rosters being emailed out quarterly, the roster is located behind the sacristy door.

## 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 (Funeral: at 10:30am on Saturday 5<sup>th</sup> of July at St Benedict's)

**Anniversaries:** Joan Evans, Pat Evans, Joseph Tremble

## Notices Outside the Parish

### INSTAGRACE- JESUS YOUTH RETREAT

18-20 July | Outward Bound Australia  
Instagrace is a 3 day catholic residential program organized by Jesus Youth Canberra for teenagers (high school students) from ages 13 to 17. This program is designed to help teenagers explore themselves and develop a personal relationship with Jesus through inspiring talks, music and life testimonies.

**DATE:** 18<sup>th</sup> July 9:00 am to 20<sup>th</sup> July 4:00 pm.

**LOCATION:** Outward Bound Australia, Naas Rd, Tharwa, ACT

**REGISTER BY:** 10/07/2025.

[https://docs.google.com/forms/d/1gxf6ViR2uP6cFoetpJT-](https://docs.google.com/forms/d/1gxf6ViR2uP6cFoetpJT-iloWlHUAskerKM70achXxQl/edit)

[iloWlHUAskerKM70achXxQl/edit](https://docs.google.com/forms/d/1gxf6ViR2uP6cFoetpJT-iloWlHUAskerKM70achXxQl/edit)

**COST:** \$250

**ENQUIRIES:** Tanya 0431805052, George 0426050065 or Leeba 0403893115

## 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)

## 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.

### Priests:



### Parish:



## First Reading Is 66:10-14

*I will send toward Jerusalem peace like a river.*

Rejoice, Jerusalem,  
be glad for her, all you who love her!  
Rejoice, rejoice for her,  
all you who mourned her!

That you may be suckled, filled,  
from her consoling breast,  
that you may savour with delight  
her glorious breasts.  
For thus says the Lord:

Now towards her I send flowing  
peace, like a river,  
and like a stream in spate  
the glory of the nations.

At her breast will her nurslings be carried  
and fondled in her lap.  
Like a son comforted by his mother  
will I comfort you.  
And by Jerusalem you will be comforted.

At the sight your heart will rejoice,  
and your bones flourish like the grass.  
To his servants the Lord will reveal his hand.

## Responsorial Psalm

**Ps 65:1-7. 16. 20.R. v.1**

**(R.) Let all the earth cry out to God with joy.**

1. Cry out with joy to God all the earth,  
O sing to the glory of his name.  
O render him glorious praise.  
Say to God: 'How tremendous your deeds! (R.)
2. 'Before you all the earth shall bow;  
shall sing to you, sing to your name!  
Come and see the works of God,  
tremendous his deeds among men. (R.)
3. He turned the sea into dry land,  
they passed through the river dry-shod.  
Let our joy then be in him;  
he rules for ever by his might. (R.)
4. Come and hear, all who fear God.  
I will tell what he did for my soul.  
Blessed be God who did not reject my prayer  
nor withhold his love from me. (R.)

## Second Reading Gal 6:14-18

*The marks I carry on my body are those of Jesus Christ.*

The only thing I can boast about is the cross of our Lord Jesus Christ, through whom the world is crucified to me, and I to the world. It does not matter if a person is circumcised or not; what matters is for him to become an altogether new creature. Peace and mercy to all who follow this rule, who form the Israel of God.

I want no more trouble from anybody after this; the marks on my body are those of Jesus. The grace of our Lord Jesus Christ be with your spirit, my brothers. Amen.

## Gospel Acclamation Col 3:15. 16

**Alleluia, alleluia!**

**May the peace of Christ rule in your hearts,**

**and the fullness of his message live within you.**

**Alleluia!**

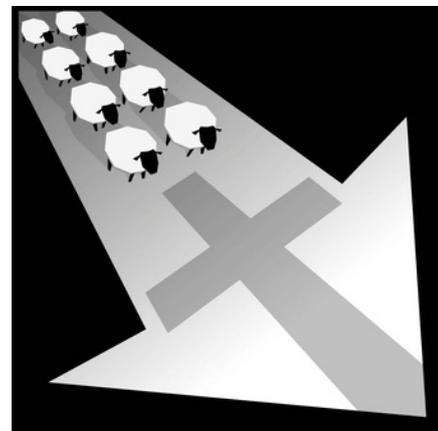
## Gospel Lk 10:1-12, 17-20

*Your peace will rest upon him.*

The Lord appointed seventy-two others and sent them out ahead of him, in pairs, to all the towns and places he himself was to visit. He said to them, 'The harvest is rich but the labourers are few, so ask the Lord of the harvest to send labourers to his harvest. Start off now, but remember, I am sending you out like lambs among wolves. Carry no purse, no haversack, no sandals. Salute no one on the road. Whatever house you go into, let your first words be, "Peace to this house!" And if a man of peace lives there, your peace will go and rest on him; if not, it will come back to you. Stay in the same house, taking what food and drink they have to offer, for the labourer deserves his wages; do not move from house to house. Whenever you go into a town where they make you welcome, eat what is set before you. Cure those in it who are sick, and say, "The kingdom of God is very near to you." But whenever you enter a town and they do not make you welcome, go out into its streets and say, "We wipe off the very dust of your town that clings to our feet, and leave it with you. Yet be sure of this: the kingdom of God is very near." I tell you, that on that day it will not go as hard with Sodom as with that town.'

The seventy-two came back rejoicing. 'Lord,' they said, 'even the devils submit to us when we use your name.' He said to them, 'I watched Satan fall like lightning from heaven. Yes, I have given you power to tread underfoot serpents and scorpions and the whole strength of the enemy; nothing shall ever hurt you. Yet do not rejoice that the spirits submit to you; rejoice rather that your names are written in heaven.'

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## Reflection by Fr Michael Tate

In Jewish tradition 'Satan' is the name given to the evil spirit who accuses and prosecutes human beings before God, demanding the strongest penalties, unmitigated by Mercy. Jesus had a vision in which he saw 'Satan fall like lightning from Heaven'. Who takes Satan's place?

The answer is the 'Paraclete', a Greek word for an Advocate. This is one of the roles of the Holy Spirit who pleads on our behalf for Mercy which, as Shakespeare put it, then falls on us 'as the gentle rain from Heaven'.

As disciples, we have to imitate the Paraclete, not Satan. We have to temper our drive to see 'the punishment fit the crime'. How often do we relish seeing a person squirm with no offer of a way out, no hint of mercy or forgiveness so that he or she can draw breath, undo some of the damage done, and get back on track to a better life?

We might pause for a moment to thank God that our names are not being listed by Satan in an indictment but rather, through the Holy Spirit, are being entered in the Book of the Saved so that we might 'Rejoice, for your names are written in Heaven'.

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