

Community and Vision

THE PARISHIONER AT MASS

WE ARE PILGRIMS! WE ARE EXILES!

One of the essential elements of the Mass is that we, the parishioners—the laity—come as exiles, as pilgrims. This reality radically shapes how we enter into the liturgy. We come longing for something beyond what we can see, reminded that this world is not our final home—that there is so much more.

But how often are we truly aware of this?

A priest from the Liturgical Institute in America once remarked:

“I often think that most of us kind of grow up in middle-class Christianity, and the problem with that is pretty much we have everything we want—and if we don’t, we can go and buy it. And yet, what is essential to the Christian message is that we spend our life here on earth longing for our true home, which is in Heaven.”

—The Liturgical Institute

Every Mass is a foretaste of Heaven—a window into our true homeland. We are pilgrims on a journey, exiles moving toward the promised land. Yet, in the busyness of everyday life, we often forget this deep longing within us—our need for Heaven. How often do we come to Mass with the posture of a pilgrim or exile, hearts yearning for our true home?

The word pilgrim draws from St. Paul’s letter to the Ephesians. The Greek word he uses is paroikos—a word that not only gives us parishioner, but also pariah, meaning outcast or exile. It speaks of someone who does not truly belong—because, as Christians, our true belonging is not here, but in Heaven. (The Liturgical Institute)

Fr. Mike Schmitz puts it powerfully: “You have been brought into a covenant relationship with the Lord. Because of that, we are called to be homeless and holy.” Too often, we treat Mass as an escape from daily life, only to return to “reality” once it ends. But the truth is the opposite: Mass is where we step into true reality. It is the most real thing we do—because in the Mass, we encounter God, receive grace, and taste our eternal home. If we were to remember this at each Mass—that here, in our prayer, we glimpse Heaven—our participation would be so much deeper, more intentional, and more transformative.

THE MASS explained.

*How might this change how
you approach the mass?*

Events and Announcements

8-19
AUG

Parish Office Closed: 8-19th of August

From the **8th of August** the Parish Office will be closed until it reopens on the **19th of August** due to Secretary Annual leave. During that time, please email any requests and they will be answered upon arrival as soon as she can.



Adoration Roster -Current hours to fill

1. Wednesday 4-5pm
2. Friday 9am-10am
3. Friday 7-8pm

If you can fill one of these, please sign up via the QR-Code!



13
AUG

Called and Gifted Workshop - Week 4 this week!

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

Coffee at Gryphons

All parishioners are invited to meet at Gryphon's, Griffith shops at **10.30am** on the second Thursday of each month, the next catch up will be **Thursday 14th August.**

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. This will be a weekly commitment from August 2025 through to Easter 2026, Thursdays 6:30pm-8pm in the Parish Centre run by Fr Samson and his team. To register, scan the QR code or follow the link: <https://forms.gle/xRh1KPY8kkhibuVe8>



15
AUG

The Assumption of Our Lady-Holy day of Obligation

This Friday, 15th of August is the Assumption of Our Lady, which is a Holy day of Obligation. We will have an **additional Mass here at 10am with the school** as well as the usual 5:30pm Healing Mass.

24
AUG

St Benedict's Feast Day Celebration

St Benedict's Feast Day Celebration on the **24th of August after the 9 am Mass.** This will be bringing a cultural plate to share, and we will have a cultural day celebrating the diversity of our beloved community with fellowship, food and dancing! A very generous parishioner has donated a large Hamper and other goodies as prizes and **tickets will be sold after 5pm Masses on the 9th and 23rd of August and after the 9am Masses from the 10th of August.**

8-11
OCT

Explosion Youth Conference: Registration Open!

EXPLOSION is a Catholic Youth Conference coordinated by the Disciples of Jesus Community in Canberra. Open to students in **years 7-12** who want to seek to answer the big questions about life and faith, form you in your faith intellectually and encourage you to deepen your relationship with God. This year we will be looking at the question that Jesus poses to His disciples in John 6, "Have I not chosen You?" **October 8-11, St. Clare's College, Canberra.** For more information - <https://www.explosionyouth.com/>

Notices Outside the Parish

ORDINATION TO THE PRIESTHOOD

5th Sept | 6:00pm

Deacon Joseph Nivaskaran MGL & Deacon Michael Last MGL.

The ceremony will be presided over by Most Reverend Archbishop Christopher Prowse on Friday, 5 September 2025, at 6:00 p.m., at St Christopher's Cathedral, Canberra.

You are most welcome to join the faithful in this solemn celebration as these deacons are ordained to serve as priests in the Church.

DONATION FOR PRIESTS' FAMILIES

Deacon Joseph is getting ordained, and it would be ideal to have his family be here with us. Fr Samson would love to visit his family back home. Santosh has set up a "GoFundMe" page to help raise funds for both Fr. Samson and Deacon Joseph.

If you would like to donate and support them in seeing their families, you can go ahead and do so through the link below or scan the QR Code. <https://gofund.me/056ac515>



"Go Fund Me" Page for Deacon Joseph and Fr Samson

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, Gert Fletcher, Anna Pace, Rita Smith, Mattia Wellspring, Wendy Fisher-Hudson, Barry Murphy, Helen French, Sagar Julie O'Brien and all those sick in our parish.

Recently Deceased: Veronica Nelmes, Mary Smith

Anniversaries: Fr Peter Gannon

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.stbenedicts.canberra)



[St. Benedict's Church and Mission Centre, Canberra](https://www.stbenedicts.canberra)

First Reading Wis 18:6-9

Just as you struck our enemies, you made us glorious by calling us to you.

That night had been foretold to our ancestors, so that, once they saw what kind of oaths they had put their trust in, they would joyfully take courage. This was the expectation of your people, the saving of the virtuous and the ruin of their enemies; for by the same act with which you took vengeance on our foes you made us glorious by calling us to you. The devout children of worthy men offered sacrifice in secret and this divine pact they struck with one accord: that the saints would share the same blessings and dangers alike; and forthwith they had begun to chant the hymns of the fathers.

Responsorial Psalm

Ps 32:1.12. 18-20. 22. R. v.12 (R.)

Happy the people the Lord has chosen to be his own.

- 1. Ring out your joy to the Lord, O you just; for praise is fitting for loyal hearts. They are happy, whose God is the Lord, the people he has chosen as his own. (R.)
- 2. The Lord looks on those who revere him, on those who hope in his love, to rescue their souls from death, to keep them alive in famine. (R.)
- 3. Our soul is waiting for the Lord. The Lord is our help and our shield. May your love be upon us, O Lord, as we place all our hope in you. (R.)

Second Reading Heb 11:1-2, 8-19

We will look for the city designed and built by God.

Only faith can guarantee the blessings that we hope for, or prove the existence of the realities that at present remain unseen. It was for faith that our ancestors were commended. It was by faith that Abraham obeyed the call to set out for a country that was the inheritance given to him and his descendants, and that he set out without knowing where he was going. By faith he arrived, as a foreigner, in the Promised Land, and lived there as if in a strange country, with Isaac and Jacob, who were heirs with him of the same promise. They lived there in tents while he looked forward to a city founded, designed and built by God. It was equally by faith that Sarah, in spite of being past the age, was made able to conceive, because she believed that he who had made the promise would be faithful to it. Because of this, there came from one man, and one who was already as good as dead himself, more descendants than could be counted, as many as the stars of heaven or the grains of sand on the seashore. All these died in faith, before receiving any of the things that had been promised, but they saw them in the far distance and welcomed them, recognising that they were only strangers and nomads on earth.

People who use such terms about themselves make it quite plain that they are in search of their real homeland. They can hardly have meant the country they came from, since they had the opportunity to go back to it; but in fact they were longing for a better homeland, their heavenly homeland. That is why God is not ashamed to be called their God, since he has founded the city for them. It was by faith that Abraham, when put to the test, offered up Isaac. He offered to sacrifice his only son even though the promises had been made to him and he had been told: It is through Isaac that your name will be carried on. He was confident that God had the power even to raise the dead, and so, figuratively speaking, he was given back Isaac from the dead.

Gospel Acclamation Mt 24:42. 44

Alleluia, alleluia! Be watchful and ready: You know not when the Son of Man is coming. Alleluia!

Gospel Lk 12:32-48

See that you are prepared.

Jesus said to his disciples: 'There is no need to be afraid, little flock, for it has pleased your Father to give you the kingdom. 'Sell your possessions and give alms. Get yourselves purses that do not wear out, treasure that will not fail you, in heaven where no thief can reach it and no moth destroy it. For where your treasure is, there will your heart be also. 'See that you are dressed for action and have your lamps lit. Be like men waiting for their master to return from the wedding feast, ready to open the door as soon as he comes and knocks. Happy those servants whom the master finds awake when he comes. I tell you solemnly, he will put on an apron, sit them down at table and wait on them. It may be in the second watch he comes, or in the third, but happy those servants if he finds them ready. You may be quite sure of this, that if the householder had known at what hour the burglar would come, he would not have let anyone break through the wall of his house. You too must stand ready, because the Son of Man is coming at an hour you do not expect.' Peter said, 'Lord, do you mean this parable for us, or for everyone?' The Lord replied, 'What sort of steward, then, is faithful and wise enough for the master to place him over his household to give them their allowance of food at the proper time? Happy that servant if his master's arrival finds him at this employment. I tell you truly, he will place him over everything he owns. But as for the servant who says to himself, "My master is taking his time coming", and sets about beating the menservants and the maids, and eating and drinking and getting drunk, his master will come on a day he does not expect and at an hour he does not know. The master will cut him off and send him to the same fate as the unfaithful. 'The servant who knows what his master wants, but has not even started to carry out those wishes, will receive very many strokes of the lash. The one who did not know, but deserves to be beaten for what he has done, will receive fewer strokes. When a man has had a great deal given him, a great deal will be demanded of him; when a man has had a great deal given him on trust, even more will be expected of him.'



Reflection by Fr Michael Tate

Jesus lived in a remote part of the Roman Empire where the majority eked out an existence. One of the few ways in which redistribution of wealth could occur was by voluntarily giving to the poor. So Jesus instructs his followers: 'Sell your possessions and give generously to those in need.'

We live in a very different society: 'The Commonwealth of Australia.' 'Commonwealth' indicates that the wealth of this nation, its people and resources, are meant to be directed to the common good.

So, we must respond to Our Lord's command in ways very different to what was possible in his day. We have a compulsory taxation system which forces us to give up some of our possessions, some of our wealth to the common-wealth. Taxation and social justice policies help fulfil Our Lord's command to create a society more humane than anything remotely possible under the Roman Empire. And that would please Our Lord. Why?

In part because those in need are helped. But, perhaps in greater part, because it makes us larger hearted people. We have to arrive at the moment of death with a heart so capacious that it can include the billions of people we hope inhabit heavenly existence.

We might pause for a moment to pray for our hearts to be expanded by our contribution to the common-wealth of all peoples throughout the world.

mtate@bigpond.com

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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 - 9pm

Wed - Thurs:

1pm - 9pm

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 MGL
Fr Tony Schick MGL

PARISH OFFICE

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narrabundah@cg.org.au
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MUSIC COORDINATOR

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