

17th August 2025

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

20th Sunday of Ordinary Time

[illegible]

Coming up:

Called and Gifted Series
20 Aug

RCIA
21 Aug

Explosion Youth Conference
8-11 Oct



cg.org.au/narrabundah

Community and Vision

What's been happening here at St Benedict's!

Our Sunday worship together!



"I came into Alpha curious — and left feeling more connected, hopeful, and encouraged. The conversations and people made a real impact on me"- Gray Alvarez, Alpha Participant.



Alpha Series has wrapped. What a blessed experience!

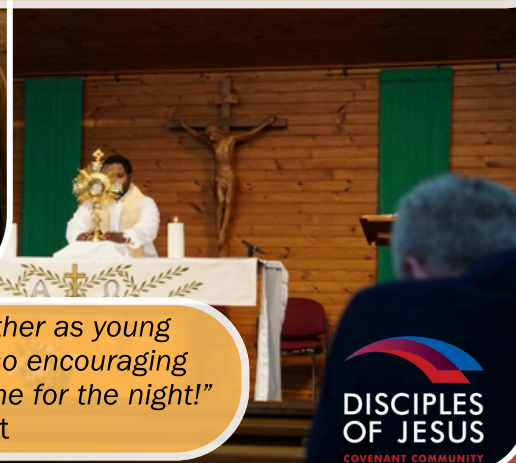


Meet the Man and Alive Praise and Worship hosted by Disciples of Jesus

Alive had over 50 young adults come and worship together!



"It was such a great opportunity to gather together as young people in unity and praise God together! It was so encouraging seeing many young people brave the cold and come for the night!"
- Anjalie Upasena, Alive Participant



DISCIPLES
OF JESUS
COVENANT COMMUNITY

Events and Announcements

19
AUG

Parish Office Open: Business as usual!

Parish office reopens back on the 19th to normal hours- Tuesday, Thursday, Friday: 9am-12pm. Any emails or messages left last week will be responded to promptly this week. Thank you for your patience and understanding!



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!



24
AUG

St Benedict's Feast Day Celebration

St Benedict's Feast Day Celebration on the **24th of August after the 9 am Mass**. We'll have a cultural day celebrating the diversity of our beloved community with fellowship, food and dancing! Please bring a cultural plate to share! 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.**

20
AUG

Called and Gifted Workshop - Week 5: Final 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.

21
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>



26
AUG

Grill'd & God: Tues 26 Aug | 5-7PM | Teens ONLY

"Ask Us Anything!" with a Priest & Sister
Got questions about religious life? Join Fr Mark and Sr Alina (Missionaries of God's Love) for an open Q&A over dinner at Grill'd Manuka - Teens only
Register here: <https://forms.gle/GtjDR84hX3DeFcew9>

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 Jer 38:4-6, 8-10

You bore me to be a man of strife for the whole world.

The king’s leading men spoke to the king. ‘Let Jeremiah be put to death: he is unquestionably disheartening the remaining soldiers in the city, and all the people too, by talking like this. The fellow does not have the welfare of this people at heart so much as its ruin.’ ‘He is in your hands as you know,’ King Zedekiah answered ‘for the king is powerless against you.’ So they took Jeremiah and threw him into the well of Prince Malchiah in the Court of the Guard, letting him down with ropes. There was no water in the well, only mud, and into the mud Jeremiah sank.

Ebed-melech came out from the palace and spoke to the king. ‘My lord king,’ he said, ‘these men have done a wicked thing by treating the prophet Jeremiah like this: they have thrown him into the well where he will die.’ At this the king gave Ebed-melech the Cushite the following order: ‘Take three men with you from here and pull the prophet Jeremiah out of the well before he dies.’

Responsorial Psalm

Ps 39:2-4. 18. R. v.14

(R.) Lord, come to my aid!

- 1. I waited, I waited for the Lord and he stooped down to me; he heard my cry. (R.)
- 2. He drew me from the deadly pit, from the miry clay. He set my feet upon a rock and made my footsteps firm. (R.)
- 3. He put a new song into my mouth, praise of our God. Many shall see and fear and shall trust in the Lord. (R.)
- 4. As for me, wretched and poor, the Lord thinks of me. You are my rescuer, my help, O God, do not delay! (R.)

Second Reading Heb 12:1-4

Let us bear patiently the struggle placed upon us.

With so many witnesses in a great cloud on every side of us, we too, then, should throw off everything that hinders us, especially the sin that clings so easily, and keep running steadily in the race we have started. Let us not lose sight of Jesus, who leads us in our faith and brings it to perfection: for the sake of the joy which was still in the future, he endured the cross, disregarding the shameful of it, and from now on has taken his place at the right of God’s throne. Think of the way he stood such opposition from sinners and then you will not give up for want of courage. In the fight against sin, you have not yet had to keep fighting to the point of death.

Alleluia, alleluia!
My sheep listen to my voice,
says the Lord;
I know them, and they follow me.
Alleluia!

Gospel Lk 12:49-53

I have come not to give peace, but discord.

Jesus said to his disciples: ‘I have come to bring fire to the earth, and how I wish it were blazing already! There is a baptism I must still receive, and how great is my distress till it is over! ‘Do you suppose that I am here to bring peace on earth? No, I tell you, but rather division. For from now on a household of five will be divided: three against two and two against three; the father divided against the son, son against father, mother against daughter, daughter against mother, mother-in-law against daughter-in-law, daughter-in law against mother-in-law.’

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Reflection by Fr Michael Tate

A fierce fire in a eucalyptus forest bursts open the seed pods, cleanses the soil of smothering undergrowth, and returns nutrients to the soil to germinate the seeds. It is that sort of fire which Jesus brings to the earth. So, at Pentecost, He sent His Holy Spirit ' . . . like tongues of fire', bursting the early disciples out of the protective shell of the 'Upper Room', allowing them to be germinated as seeds of the early Church. It is the same in every generation which has to ask: What personal, family or social situations provide a hard casing which must be cracked open? What is the smothering undergrowth which prevents our germination as fearless disciples? Jesus himself felt smothered by the small-minded people of Nazareth to which He never returned. He warns that families and good friends can try to smother the spark He wishes to ignite. We might pause for a moment to pray that the fiery Holy Spirit might enable us to become a stand of tall trees reaching for the Risen Son in all His glory.

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 - 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

(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