

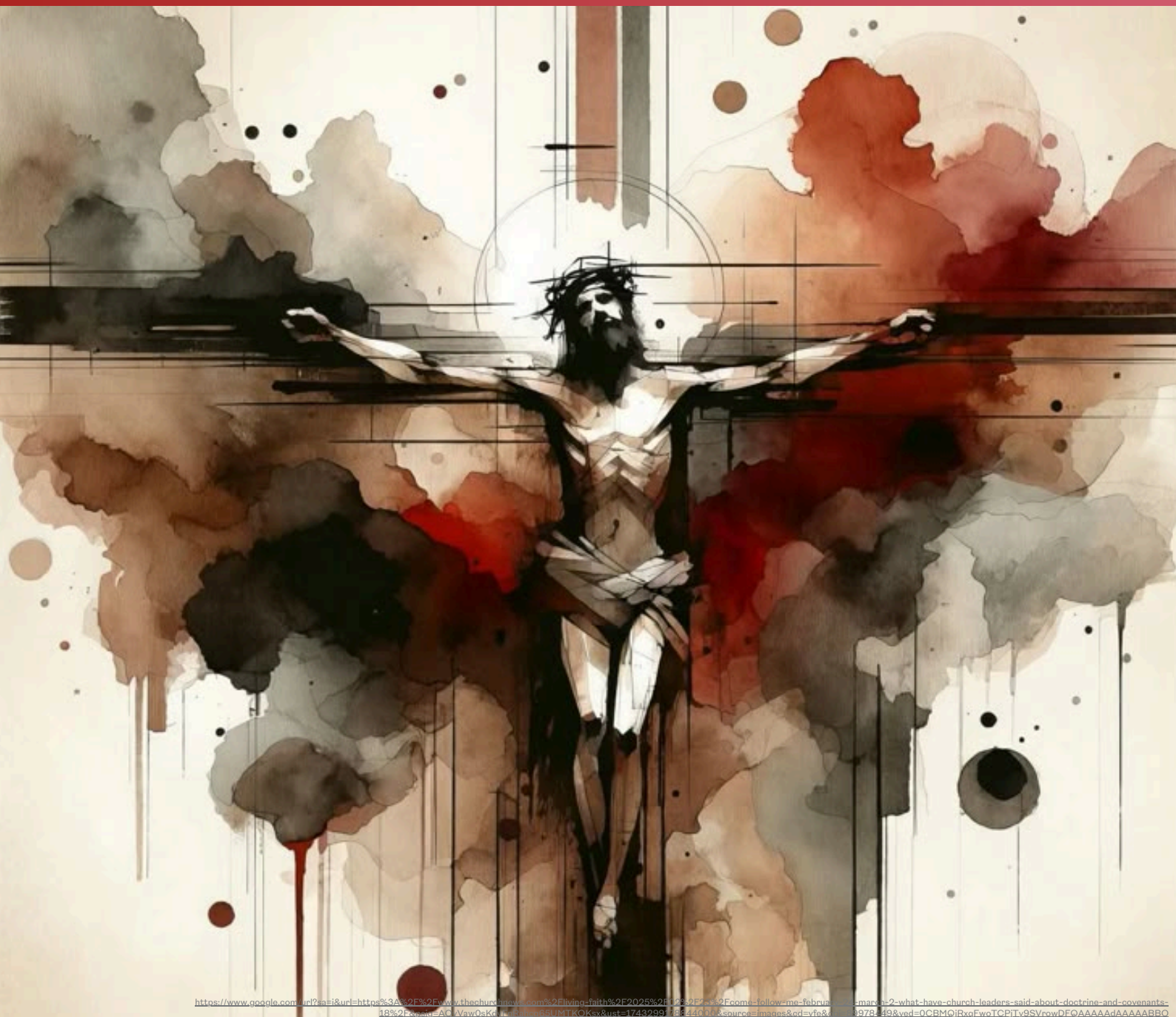
14th September 2025

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

The Exaltation of the Holy Cross



<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.thechurchnews.com%2Fliving-faith%2F2025%2F02%2F3%2Fcome-follow-me-february-25-march-2-what-have-church-leaders-said-about-doctrine-and-covenants-18%2F&imgref=ACWawOsKd1n3suh65UMTK0Ks&ust=174329918844000&source=images&cd=yfe&oeq=9978449&ved=0CBMQIRxoFwoTCPItY9SvrowDFQAAAAAdAAAAABBB>

Coming up:

Bible Study

16 Sept

Alive Praise and Worship

25 Sept

Explosion Youth Conference
8-11 Oct



cg.org.au/narrabundah

Community and Vision



THE LITURGY OF THE WORD *THE WORD MADE FLESH!*

When we think of “the Word of God,” it’s easy to picture the Bible as a book, full of written words on a page. But in the language of the Church, there’s a much deeper meaning. In Latin, there are two different words for “word”: scriptum and verbum. Scriptum refers to something written down, fixed and unchanging—the words we see on paper. Verbum, on the other hand, is a spoken word, a word that is alive, proclaimed, and received.

At Mass, when we speak of the Word of God, the Church deliberately uses verbum, not scriptum. This choice is intentional. The Word we hear at Mass is not static ink on a page, but a living Word, spoken and alive in our midst. As the Liturgical Institute beautifully explains, “The scripta is static, but the verba has wings! This is why, when we say Verbum Domini—‘The Word of the Lord’—after proclaiming the Scriptures, we’re not referring to the written page, but to the Word of God that is alive and active!”

This living Word becomes a form of holy communication. It flows from the heart of God, through the voice of the lector or priest who proclaims it, and into the ears and hearts of those who listen.

The Liturgical Institute describes it like this: “The Word becomes communication between the lector, who has the responsibility to proclaim it clearly and with meaning, and those who receive it—the hearers—who take it into their ears and let it sink into their hearts.”

Hearing the Word is not a passive act. It’s an encounter. The Scriptures proclaimed at Mass are not just stories from long ago; they are God speaking to us today. His Word is “a lamp for our feet and a light for our path” (Psalm 119:105), guiding us through the challenges and joys of life.

Ultimately, the Word is not merely something spoken or heard—it is Someone.

Jesus Himself is the Verbum, the Word made Flesh.

“In the beginning was the Word, and the Word was with God, and the Word was God” (John 1:1).

Through Jesus, the eternal Word of God took on human flesh and walked among us. When we listen to the Scriptures proclaimed at Mass, we are truly encountering Christ—the living God who continues to speak to His people today.

Each time we participate in the Liturgy of the Word, we are drawn into God’s great love story. From the opening reading to the Gospel, God is speaking directly to us, inviting us to know Him more deeply and to live out His message in our daily lives. The challenge for us is to listen with open, receptive hearts. Just as soil receives seed, our hearts must be ready to receive the Word so it can take root and bear fruit.

As we gather at Mass, let us remember: this is not just a reading, not just a ritual. It is a moment of encounter with the living Word. May we respond with faith and gratitude, allowing God’s Word to shape our thoughts, guide our actions, and transform our lives.

The Word is alive. The Word is Christ. The Word has taken flesh—and He speaks to us still.

THE MASS explained.

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

Events and Announcements



Priest Movements

Fr Chris and Fr Tony are coming up to their annual 8-Day Retreat. Fr Chris will be away from **the 9th-22nd September**.



St Benedict's Bible Study- NEW!

Join us for a weekly Bible Study, Tuesdays, 7:00-8:30pm in the Collins Wing. We'll begin with the Acts of the Apostles using the Little Rock Catholic Scripture Series, in an Alpha-style format of fellowship, video and sharing.



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 16th of September starting at 7:30pm. For more info, contact John Murray 0480257761



Father's Day Appeal-THANK YOU!

Collection for retired priests: The Archdiocesan Clergy Retirement Foundation thanks everyone who contributed so generously. Bishop Pat Power said recently: "I humbly extend my deepest gratitude for your generous support of our 23 retired priests, I thank God for each of you, everyday." For those still wishing to donate, envelopes are available in the church foyer and can be left either with the weekend collection or posted to the Foundation Office, Donations can also be made at www.cgcatholic.org.au/donate. **On behalf of the 23 retired priests of this Archdiocese, thank you for your generosity and thoughtfulness.**



Adoration Roster -Current hours to fill

1. Wednesday 4-5pm
 2. Thursday 4-5pm
 3. Friday Overnight: 11pm-12am, 12am-1am, 1am-2am, 2-3am
- If you can fill one of these, please sign up via the QR-Code!



ALIVE: Praise & Worship Night | 7:00pm

Join us for an evening of praise and worship at ALIVE — a night to deepen your faith and gather as a young adult community. Whether you're seeking renewal, encouragement, or simply a moment to pause and encounter God, this night is for you. Who: Young Adults (18 - 35) Date: Thursday 25th September Time: 7pm - 9pm Location: Collins Wing, St Benedict's Narrabundah (10 Tallara Pkwy, Narrabundah ACT 2604) For any enquiries, please contact Ethan on 0413 545 808.



Feast of San Lorenzo Ruiz (Mass + FREE LUNCH) | 9:00AM

St Benedict's Parish in Narrabundah invites you to celebrate the feast of the first Filipino saint (San Lorenzo Ruiz de Manila) on Sunday, 28 September 2025. There will be a Holy Mass at 9 AM followed by a FREE LUNCH at the Collins Wing where Filipino cuisine, songs and dances will be showcased. Wear something red, tag a friend, bring some food/drink to share and party with us!!!



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

MAGNIFICANT VOICES OF SPRINGTIME

20th Sept | 1:00pm - 4:00pm
Chambers Pavilion, Australian Centre for Christianity and Culture, 15 Blackall St, Barton ACT 2600.
Guest presenter Michael Green is a Marist brother with an interest in the Church's ongoing renewal and recontextualising. Jeni Miller is passionate about empowering people to protect God's beautiful creation. A time of shared ecumenical, spiritual conversations and prayer fuelled by Magnificat wisdom. Why don't you join us? Registration fee \$20 brendanbergin@mcc.act.edu.au

CANBERRA CATHOLIC BALL

27th Sept | 7:00pm | 18-35 yr olds
Step back into the Golden Age of Hollywood at this year's Catholic Ball! **Young adults** (18-35) are invited to dazzle us with the glitter and gleam of old. It will be held at **The Marion** on Saturday September the 27th, at 7pm. Expect drinks, canapes, music, dancing and laughter with friends old and new. Please see Facebook for more information on tickets soon

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, Wendy Fisher-Hudson, Barry Murphy Helen French, Sagar Julie O'Brien and all those sick in our parish.

Recently Deceased: Catherine Feehan, Margaret Beamish

Anniversaries: Alfie McKenna

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, 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 Nm 21:4-9

When those that were afflicted looked upon it, they were healed.

On the way through the wilderness, the Israelites lost patience. They spoke against God and against Moses, ‘Why did you bring us out of Egypt to die in this wilderness? For there is neither bread nor water here; we are sick of this unsatisfying food.’ At this God sent fiery serpents among the people; their bite brought death to many in Israel. The people came and said to Moses, ‘We have sinned by speaking against the Lord and against you. Intercede for us with the Lord to save us from these serpents.’ Moses interceded for the people, and the Lord answered him, ‘Make a fiery serpent and put it on a standard. If anyone is bitten and looks at it, he shall live.’ So Moses fashioned a bronze serpent which he put on a standard, and if anyone was bitten by a serpent, he looked at the bronze serpent and lived.

Responsorial Psalm

Ps 77:1-2. 34-38. R. v.7

(R.) Do not forget the works of the Lord!

- 1. Give heed, my people, to my teaching; turn your ear to the words of my mouth. I will open my mouth in a parable and reveal hidden lessons of the past. (R.)
- 2. When he slew them then they would seek him, return and seek him in earnest. They would remember that God was their rock, God the Most High their redeemer. (R.)
- 3. But the words they spoke were mere flattery; they lied to him with their lips. For their hearts were not truly with him; they were not faithful to his covenant. (R.)
- 4. Yet he who is full of compassion forgave their sin and spared them. So often he held back his anger when he might have stirred up his rage. (R.)

Second Reading Phil 2:6-11

He humbled himself, therefore God had exalted him.

The state of Jesus was divine, yet he did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are;

and being as all men are, he was humbler yet, even to accepting death, death on a cross. But God raised him high and gave him the name which is above all other names so that all beings in the heavens, on earth and in the underworld, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of God the Father.

Gospel Acclamation

Alleluia, alleluia!

We adore you, O Christ, and we praise you, because by your cross you have redeemed the world.

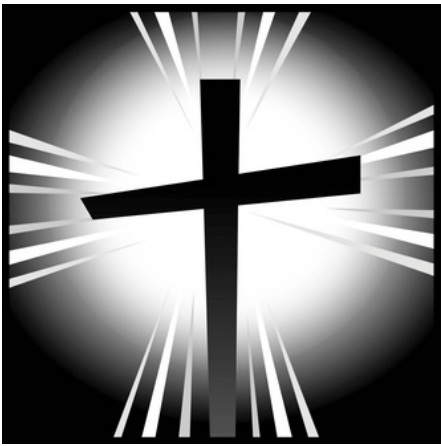
Alleluia!

Gospel Jn 3:13-17

The Son of Man must be lifted up.

Jesus said to Nicodemus: ‘No one has gone up to heaven except the one who came down from heaven, the Son of Man who is in heaven; and the Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him. Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.’

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Reflection by Fr Michael Tate

What other religion would have as its central symbol two rough hewn planks of wood fashioned into an instrument of torture on which our Founder, Jesus of Nazareth, was cruelly done to death? And yet, today, we speak of ‘The Triumph of the Cross’. Where is the triumph? Let us rid ourselves of one terrible answer: that our heavenly Father willed that Jesus Christ should suffer that tortured death. What sort of cruel despot would I be called on to worship if that were the case? What his Heavenly Father willed was that Jesus Christ should remain steadfast in the face of adversity, should remain true to his mission to teach and embody the mercy, the forgiveness, the all-inclusive love of God for every human being. When Jesus persevered (not my will but thine be done), the Cross was the inevitable result. Death appeared to have won the battle to ensure a death dominated world. But three days later, our Lord appeared to St Thomas bearing the marks of the wounds of the Cross but now indelibly imprinted on his resurrection body. That is victory, that is triumph. A victory and a triumph in which we are all called to share.

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

Fr Chris Eaton MGL (PP)
Fr Samson Ezemuokwe MGL (APP)
Fr Joseph Nivaskaran MGL (APP)
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

st. benedict's
narrabundah



DISCIPLES
OF JESUS

COVENANT COMMUNITY

ALIVE

young adults 18-35
praise and worship

"For where two or three are
gathered in my name, I am there
among them." Matthew 18:20

join us

september 25/
7-9pm