

12th October 2025

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

28th Sunday in Ordinary Time



Coming up:

Bible Study
14 Oct

St Benedict's School 70th
17 Oct

Kingdom Kids
19 Oct



cg.org.au/narrabundah

Community and Vision



THE NIOCEAN CREED

DECLARATION OF OUR FAITH

The Nicene Creed is one of the most important and unifying statements of Christian faith, recited by believers around the world every Sunday at Mass. It was originally composed at the Council of Nicaea in 325 AD and later expanded at the Council of Constantinople in 381 AD, to address disagreements about who Jesus is and to affirm the Church's understanding of the Trinity.

The Creed proclaims belief in one God, who is Father, Son, and Holy Spirit—three distinct Persons but one divine nature. It declares that Jesus Christ, the Son of God, is “begotten, not made, consubstantial with the Father,” meaning that He is fully divine, equal to the Father, and not a creature. It also affirms that Jesus became truly human, “for us men and for our salvation,” and through His death and resurrection, opened the way to eternal life.

While similar to the Apostles' Creed, which is shorter and older, the Nicene Creed goes into greater depth, especially about the divinity of Christ and the Holy Spirit. The Apostles' Creed is often used in personal prayer, and either the Apostles Creed or the Nicene Creed is proclaimed during Sunday Mass as a universal declaration of the Church's shared faith and unity across the world.

This year marks the 1700th anniversary of the Council of Nicaea, and is a great time to reflect on the question: *Do I declare and proclaim these creeds from a place of firm belief or do I merely state the creed out of blind obligation?* This is our faith, let us be reminded of the **gift** it is each week as we proclaim this every Sunday!

THE MASS explained.

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

Events and Announcements

12
OCT

New Saturday Vigil Mass and Confession times have started!

The new times begin this weekend. They are:

- Saturday Vigil Mass: 6:00 PM
- Confessions: 5:00 PM

This change is due to the time adjustment for Daylight Savings.

14
OCT

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.



Kingdom Kids is on break over school holidays

Our Children's Ministry program runs during school term and breaks over school holidays and long weekends. **Kingdom Kids will return on Sunday 19 October.** 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 via the Parish Office to learn more.

14
OCT

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 14th of October starting at 7:30pm. For more info, contact John via the Parish Office.



Volunteer's Reminder: WWVP and Code of Conducts!

Just a reminder for **ALL volunteers if you haven't already**, to please send in to the Parish Office scanned copies of your WWVP card and signed the Code of Conduct. Thank you to those who have already!



Adoration Roster -Current hours to fill

1. Wednesday 4-5pm
2. Thursday 4-5pm
3. Friday Overnight: 11pm-1am, 1am-3am

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



17
OCT

Celebrating 70 Years of St Benedict's Primary School

Since 1955, St Benedict's Primary School has been a place of excellent learning, faith, and community. This year, we celebrate 70 years of history and tradition — a wonderful milestone for our school community. You are warmly invited to join us for our anniversary celebrations: **Whole School Anniversary Mass - Friday 17 October @ 10am, St Benedict's Church. Open School & Walk Through the Stories - 11:00am - 1:30pm:** Revisit the past, explore photo displays, and walk through the history that has shaped St Benedict's. Also experience a digital walk-thru of our building project that will commence in December. **Anniversary Dinner - Friday 17 October, 2025 @ Southern Cross Club at 6pm.** Please see the below link to purchase tickets. Please book your ticket/s here: <https://www.trybooking.com/DEQFP> This is a special time for past and present students, families, staff, and friends to come together and celebrate the story of our school. Please spread the word to anyone who has been part of the St Benedict's journey!

Notices Outside the Parish

JESUS HEALS THE WOUNDED HEART

25 October | 8:45am | Women's Retreat
@ Holy Spirit Parish, Amaroo
Women's Retreat day "Jesus heals the wounded heart" hosted by 'Call to Connect' and supported by the MGL Sisters. The day includes short talks, sharing in small groups, personal prayer and reflection, adoration, reconciliation and prayer ministry. Registration and morning tea 8.45-9.30am on: 25th October, at: Holy Spirit Parish Rooms and Church, Amaroo. More information and to register, go to <https://events.humanitix.com/jesushealsthewoundedheart>

ARCHBISHOP'S DAY OF TEACHING

8 November | 8:30am–4pm | All Welcome!
@ St Peter Chanel's, Yarralumla.
A day of inspiring talks, praise and worship, Holy Mass, prayer ministry, Reconciliation, and fellowship – plus our famous morning tea and sausage sizzle lunch (free, with a collection taken). Guest speaker: Brother Lalith Perera, alongside Archbishop Christopher Prowse.
Register at [Trybooking](https://shorturl.at/6WK7C): <https://shorturl.at/6WK7C>, call Maida 0423 658 326, or email canberra.ccr@gmail.com.

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 (Contact Parish Office)

KINGDOM KIDS

Sun 9am Mass (except school holidays & long weekends)
Contact Sherice (Contact Parish Office)

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, Melissa Dixon, 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: Giuseppe Losanno

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.instagram.com/stbenedicts.canberra)



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

First Reading 2 Kgs 5:14-17

Naaman returned to Elisha, the prophet, and acknowledged the Lord.

Naaman the leper went down and immersed himself seven times in the Jordan, as Elisha had told him to do. And his flesh became clean once more like the flesh of a little child.

Returning to Elisha with his whole escort, he went in and stood before him. ‘Now I know’ he said, ‘that there is no God in all the earth except in Israel. Now, please, accept a present from your servant.’ But Elisha replied, ‘As the Lord lives, whom I serve, I will accept nothing.’ Naaman pressed him to accept, but he refused. Then Naaman said, ‘Since your answer is “No,” allow your servant to be given as much earth as two mules may carry, because your servant will no longer offer holocaust or sacrifice to any god except the Lord.’

Responsorial Psalm

Ps 97:1-4.R. see v.2

(R.) The Lord has revealed to the nations his saving power.

- 1. Sing a new song to the Lord for he has worked wonders. His right hand and his holy arm have brought salvation. (R.)
- 2. The Lord has made known his salvation; has shown his justice to the nations. He has remembered his truth and love for the house of Israel. (R.)
- 3. All the ends of the earth have seen the salvation of our God. Shout to the Lord all the earth, ring out your joy. (R.)

Second Reading 2 Tm 2:8-13

If we hold firm, we shall reign with Christ.

Remember the Good News that I carry. ‘Jesus Christ risen from the dead, sprung from the race of David’; it is on account of this that I have my own hardships to bear, even to being chained like a criminal – but they cannot chain up God’s news. So I bear it all for the sake of those who are chosen, so that in the end they may have the salvation that is in Christ Jesus and the eternal glory that comes with it.

Here is a saying that you can rely on:
If we have died with him, then we shall live with him.
If we hold firm, then we shall reign with him.
If we disown him, then he will disown us.
We may be unfaithful, but he is always faithful,
for he cannot disown his own self.

Gospel Acclamation1 Thes 5:18

Alleluia, alleluia!

For all things give thanks to God, because this is what he expects of you in Christ Jesus.

Alleluia!

Gospel Lk 17:11-19

It seems that no one has returned to give thanks to God except this foreigner.

On the way to Jerusalem Jesus travelled along the border between Samaria and Galilee. As he entered one of the villages, ten lepers came to meet him. They stood some way off and called to him, ‘Jesus! Master! Take pity on us.’ When he saw them he said, ‘Go and show yourselves to the priests.’ Now as they were going away they were cleansed. Finding himself cured, one of them turned back praising God at the top of his voice and threw himself at the feet of Jesus and thanked him. The man was a Samaritan. This made Jesus say, ‘Were not all ten made clean? The other nine, where are they? It seems that no one has come back to give praise to God, except this foreigner.’ And he said to the man, ‘Stand up and go on your way. Your faith has saved you.’

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Reflection by Fr Michael Tate

Like the other nine lepers, the Samaritan was cured of his skin disease. Unlike the other nine, he thanked Jesus and expressed faith in Jesus as the agent of his divine healing. Only to him did Jesus say: ‘Your faith has brought you salvation.’

So, ‘salvation’ is evidently more than physical cure. Every aspect of this man’s personality, bodily, socially, relationship with God, was made whole. Being brought to this ‘holistic’ situation we call ‘salvation’.

This Gospel assures us that there is nothing which makes me ‘taboo’ to Jesus. Jesus is only too willing to reach out to that part of me which is dis-eased, ill-at-ease with myself, other people, creation, or God. Having faith in Him allows the full force of His love to heal me, to take effect.

We could pause for a moment to pray that we might join the Samaritan walking along the road to final salvation, praising God.

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
6pm (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 (Contact Parish Office)

SAFEGUARDING OFFICER

Julie Long
Contact: IPPS@cg.org.au