

19th October 2025

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

29th Sunday in Ordinary Time



<https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.thechurchnews.com%2Fliving-faith%2F02%2F02%2F02%2Fcome-follow-me-february-24-march-2-what-have-church-leaders-said-about-doctrine-and-covenants%3F%2F&imgAOQvaw0skKvEnFahcg65WMTIK0Kx&inst=1Z4P289178R2E0000&source=images&ec=fa&oei=B997R4H9&ved=0CBMqjRoeEwtQCP1V9SVawDFQAAAAAdAAAAABQ>

Coming up:

Bible Study
21 Oct

Alive Praise Night
30 Oct

Healing Mass for Infant Loss
7 Nov



cg.org.au/narrabundah

Community and Vision

New Building Swap

New School Building!

(Current Collins Wing)

New Collins Wing!

(Current School Front Office/Classrooms)



Church

The Parish Leadership Team would like to inform you that we have agreed to swap buildings with the Primary School, as illustrated above. Early next year, the current Collins Wing and Parish Office building will be demolished to make way for a brand-new school facility. In its place, the current School Administration and Classroom Block will become our new “Collins Wing” space! This is a wonderful opportunity for our parish to enjoy a refreshed, updated space in a great location, even closer to the church. We are confident this change will create new possibilities for ministry and community life. In the interim, the Parish Office will be in a temporary building set-up near the Parish Centre, and all events and groups will be brought together in the Parish Centre.

St Benedict's

Events and Announcements

19
OCT

Mission Sunday: Catholic Mission Appeal

This weekend, you're invited to partner with the Church in Zambia to help women overcome poverty and mothers give birth safely. During World Mission Sunday, we are called to be 'Missionaries of hope among all peoples', and we invite you to extend Christ's love to those in need in Zambia. You can support this work by using the appeal envelope, going online at catholicmission.org.au/mission, or scanning the QR code. Your gift will also assist many other Church programs around the world.



!

Join Our Parish Roster for November–January!

It's that time again! We're putting together the next Parish Roster for November 2025 – January 2026, and we'd love to hear from you! **We are seeking both current and new volunteers to assist, particularly during our Weekend Masses.** Roles include readers, offertory helpers, Eucharistic Ministers, musicians, welcomers, and church cleaners. **If you can help, please email the Parish Office at narrabundah@cg.org.au** with your availability, the ministry or role you'd like to assist with, and a scanned copy of your WWVP card. To be included in the next roster, please submit your details by **Thursday, 24 October.**

26
OCT

Remembering Sarah Supper

Join us on Sunday, 26 October 2025, after the 6pm Mass in the Parish Centre for a special supper in memory of our dear friend Sarah Liston, who faithfully attended the 6pm Mass and lovingly served us in the café each week. This will be a time to celebrate her life, share stories, and connect as a community. If you're able to bring a dish to share, please contact Julie via the Parish Office.

29
OCT

Mass and Healing Night with Fr Rozo Palic

Join us for a special evening with Fr Rozo Palic, visiting from Croatia, on Wednesday, 29 October at St Benedict's. The night will begin with Mass at 6:30pm, followed by a talk and healing prayer ministry. All are warmly invited to come and encounter God's healing love and grace.

30
OCT

ALIVE Praise Night | 7:00pm

Join us for our October ALIVE Praise Night – a time 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 30th October 2025 Time: 7pm – 9pm Location: Collins Wing, St Benedict's Narrabundah (10 Tallara Pkwy, Narrabundah ACT 2604)

7
NOV

Healing Mass: For those who have suffered Infant Loss

On Friday at the 5:30pm Healing Mass, on the 7th of November, we will be having a special Healing Mass for those who have suffered Infant Loss, including babies lost to miscarriage, abortion, stillbirth, and those who have died in infancy.



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!



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



[stbenedicts.canberra](https://www.instagram.com/stbenedicts.canberra)



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

Priests:



Parish:



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://trybooking.com): <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)

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.

First Reading Ex 17:8-13

As long as Moses kept his arms raised, Israel had the advantage.
The Amalekites came and attacked Israel at Rephidim. Moses said to Joshua, ‘Pick out men for yourself, and tomorrow morning march out to engage Amalek. I, meanwhile, will stand on the hilltop, the staff of God in my hand.’ Joshua did as Moses told him and marched out to engage Amalek, while Moses and Aaron and Hur went up to the top of the hill. As long as Moses kept his arms raised, Israel had the advantage; when he let his arms fall, the advantage went to Amalek. But Moses arms grew heavy, so they took a stone and put it under him and on this he sat, Aaron and Hur supporting his arms, one on one side, one on the other; and his arms remained firm till sunset. With the edge of the sword Joshua cut down Amalek and his people.

Responsorial Psalm Ps 120. R. v.2

R.) Our help is from the Lord, who made heaven and earth.

- 1. I lift up my eyes to the mountains: from where shall come my help? My help shall come from the Lord who made heaven and earth. (R.)
- 2. May he never allow you to stumble! Let him sleep not, your guard. No, he sleeps not nor slumbers, Israel’s guard. (R.)
- 3. The Lord is your guard and your shade; at your right side he stands. By day the sun shall not smite you nor the moon in the night. (R.)
- 4. The Lord will guard you from evil, he will guard your soul. The Lord will guard your going and coming both now and for ever. (R.)

Second Reading 2 Tm 3:14-4:2

This is how the people of God become equipped and ready for every good work

You must keep to what you have been taught and know to be true; remember who your teachers were, and how, ever since you were a child, you have known the holy scriptures – from these you can learn the wisdom that leads to salvation through faith in Christ Jesus. All scripture is inspired by

God and can profitably be used for teaching, for refuting error, for guiding people’s lives and teaching them to be holy. This is how the man who is dedicated to God becomes fully equipped and ready for any good work. Before God and before Christ Jesus who is to be judge of the living and the dead, I put this duty to you, in the name of his Appearing and of his kingdom: proclaim the message and, welcome or unwelcome, insist on it. Refute falsehood, correct error, call to obedience – but do all with patience and with the intention of teaching

Gospel Acclamation Heb 4:12

Alleluia, alleluia!

The word of God is living and active; it probes the thoughts and motives of our heart.

Alleluia!

Gospel Lk 18:1-8

God will see those who cry to him vindicated.

Jesus told his disciples a parable about the need to pray continually and never lose heart. ‘There was a judge in a certain town’ he said ‘who had neither fear of God nor respect for man. In the same town there was a widow who kept on coming to him and saying, “I want justice from you against my enemy!” For a long time he refused, but at last he said to himself, “Maybe I have neither fear of God nor respect for man, but since she keeps pestering me I must give this widow her just rights, or she will persist in coming and worry me to death.”’

And the Lord said, ‘You notice what the unjust judge has to say? Now will not God see justice done to his chosen who cry to him day and night even when he delays to help them? I promise you, he will see justice done to them, and done speedily. But when the Son of Man comes, will he find any faith on earth?’

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Reflection by Fr Michael Tate

The judge in this story only gives in to the distraught widow when she threatens ‘to give him a black eye’ (in the Greek)! Jesus is not saying God is like the judge who needs to be battered into submission. Jesus is saying we need to pray like that widow.

Think of what widows in Syria or Iraq are praying for tonight. Then think of one’s own prayer. God is not the slightest bit interested in my usual trivial, self-promoting prayers. But He is interested in my being such a woeful pray-er and wants to change me.

Recall an incident of really urgent, intense prayer. Most likely, it was to do with a traumatic accident or fatal disease of a baby, of a spouse, of a parent too young. Apply that intense urgency to those in the world crying out: ‘give us this day our daily bread’. In short, pray The Lord’s Prayer with meaning.

We could pause for a moment to pray to live out the consequences of the ‘Our Father’ lest we are threatened with a black eye!

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
narabundah@cg.org.au
Tue/Thurs/Fri: 9am-12pm

MUSIC COORDINATOR

Ariana Strmota (Contact Parish Office)

SAFEGUARDING OFFICER

Julie Long
Contact: IPPS@cg.org.au