

9th November 2025

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

The Dedication of the Lateran Basilica



Coming up:

Men's Sharing Group
11 Nov

Coffee at Gryphon
13 Nov

Feast Day: Christ the King
23 Nov



cg.org.au/narrabundah

Community and Vision



STAGES OF EVANGELISATION

FORMATION AND DISCIPLESHIP

Have you ever wondered what comes next after encountering Jesus? Once the spark of faith is lit, how do we help it grow into a steady flame?

Once we have witnessed, heard and received the Good News, it is critical that we be formed and discipled in order to be a lasting and powerful witness for Christ. Evangelisation doesn't end when we encounter Jesus—it deepens.

Formation and discipleship are the stages where our faith takes root and grows strong. Through prayer, Scripture, the sacraments, and life within the Christian community, we learn to follow Christ more closely and allow His Word to shape our hearts and actions. This is where we move from being consumers of faith to living witnesses of God's love.

The Catechism of the Catholic Church reminds us that, "Formation in the faith is the work of the whole community" (CCC 2226). It is within the Church that we are nourished, taught, and strengthened to live as disciples.

Discipleship is a lifelong journey of learning, surrender, and mission. As we are formed in the heart of the Church, we become more like Christ—ready to serve, to love, and to share the Gospel with others. Formation keeps our faith alive; discipleship gives it purpose. Together, they prepare us to be true missionary disciples in the world today.

HOW ARE YOU BEING FORMED IN YOUR FAITH RIGHT NOW?

For GREAT formation, see resources below such as *The Novitiate Podcast* by Fr Dave Callaghan MGL and more!
<https://www.mglpriestsandbrothers.org/mglmedia>



Events and Announcements

21-22
NOV

40-hour Adoration Vigil for Christ the King!

Join Canberra Adoration at St Benedict's for a 40-hour Adoration Vigil in honour of Christ the King, from **6am Friday 21 November to 10pm Saturday 22 November**. On Saturday night (7-10pm), all are invited for a special time of Rosary, worship, and Benediction. Come and spend time in the presence of the Lord!

11
NOV

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 11th of November starting at 7:30pm. For more info, contact John via the Parish Office.

13
NOV

Coffee at Gryphons

All parishioners are invited to meet at Gryphon's, Griffith shops at 10.30 am on the second Thursday of each month, the next catch up will be Thursday 13th of November.



Volunteer's Reminder: WWVP Cards 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!



Want to receive an Online Bulletin?

If you are wanting to receive an online bulletin and join the mailing list, please contact Parish Office at narrabundah@cg.org.au or call 02 6295 7879. They are also uploaded to the Parish Website each week.



Adoration Roster -Current hours to fill

1. Monday 9-10am
2. Tuesday 9-10pm
3. Wednesday 3-4pm

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



Mass Offerings at St Benedict's

Our normal practice for Mass offerings at St Benedict's is to use a Mass offering envelope, which can be found at the back of the church, and give them directly to one of our priests. We always honour these requests, though not always on the exact requested date, as only one intention can be offered per Mass. Requests for specific dates and anniversaries are prioritised whenever possible. Please note that Mass offerings are not always announced publicly unless specifically requested. Any donations given for Mass offerings are not used for the parish or clergy, but are directly given to those in need.

Notices Outside the Parish

VOCATIONS DISCERNMENT DINNER

20 November | 6:00pm | Men only
Vocations Discernment Dinner at Gungahlin Presbytery: Thursday 20 Nov 6pm. For men interested in discerning a call to the Priesthood. A hearty meal provided with insightful discussions & prayer.
To RSVP please contact Vocations Director Fr Emil emil.milat@cg.org.au

CANBERRA CAMINO OF ST JOSEPH

14 - 15 November | 8:00pm - 8:00am | For Men
8pm to 8am, 14-15 Nov 2025 from St Joseph's, O'Connor to Mary Help of Christians, Pearce. After the great success of the Sydney annual event and the pilgrimage in Spain come and join a vigil walk through the heart of Canberra to pray for our youth, stopping at six churches to pray. More info on this QR code link or call Mat via Parish Office.



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: John Hurley

Anniversaries: Fred Martin, Antwanete Martin

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

First Reading Ez 47:1-2, 8-9, 12

I see water flowing from the temple and all who were touched by it were saved.

The angel brought me to the entrance of the Temple, where a stream came out from under the Temple threshold and flowed eastwards, since the Temple faced east. The water flowed from under the right side of the Temple, south of the altar. He took me out by the north gate and led me right round outside as far as the outer east gate where the water flowed out on the right-hand side. The man went to the east holding his measuring line and measured off a thousand cubits; he then made me wade across the stream; the water reached my ankles. He measured off another thousand and made me wade across the stream again; the water reached my knees. He measured off another thousand and made me wade across again; the water reached my waist. He measured off another thousand; it was now a river which I could not cross; the stream had swollen and was now deep water, a river impossible to cross. He then said, ‘Do you see, son of man?’ He took me further, then brought me back to the bank of the river. When I got back, there were many trees on each bank of the river. He said, ‘This water flows east down to the Arabah and to the sea; and flowing into the sea it makes its waters wholesome. Wherever the river flows, all living creatures teeming in it will live. Fish will be very plentiful, for wherever the water goes it brings health, and life teems wherever the river flows. Along the river, on either bank, will grow every kind of fruit tree with leaves that never wither and fruit that never fails; they will bear new fruit every month, because this water comes from the sanctuary. And their fruit will be good to eat and the leaves medicinal.’

Responsorial Psalm

Ps 45:2-3. 5-6. 8-9. R. v.5

(R.) The waters of the river gladden the city of God.

- 1. God is for us a refuge and strength, a helper close at hand, in time of distress: so we shall not fear though the earth should rock, though the mountains fall into the depths of the sea. (R.)
- 2. The waters of a river give joy to God’s city, the holy place where the Most High dwells. God is within, it cannot be shaken; God will help it at the dawning of the day. (R.)
- 3. The Lord of hosts is with us: the God of Jacob is our stronghold. Come, consider the works of the Lord, the redoubtable deeds he has done on the earth. (R.)

Second Reading 1 Cor 3:9-11, 16-17

You are the temple of God. You are God’s building. By the grace God gave me, I succeeded as an architect and laid the foundations, on which someone else is doing the building. Everyone doing the building must work carefully. For the foundation, nobody can lay any other than the one which has already been laid, that is Jesus Christ. Didn’t you realise that you were God’s temple and that the Spirit of God was living among you? If anybody should destroy the temple of God, God will destroy him, because the temple of God is sacred; and you are that temple.

Gospel Acclamation

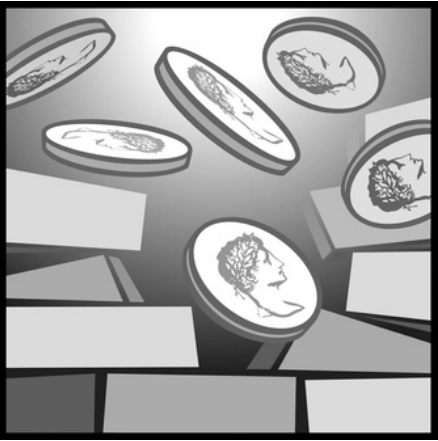
Alleluia, alleluia! I have chosen and sanctified this house, says the Lord, that my name may remain in it for all time.

Alleluia!

Gospel Jn 2:13-22

He spoke about the temple of his own body. Just before the Jewish Passover Jesus went up to Jerusalem, and in the Temple he found people selling cattle and sheep and pigeons, and the money changers sitting at their counters there. Making a whip out of some cord, he drove them all out of the Temple, cattle and sheep as well, scattered the money changers’ coins, knocked their tables over and said to the pigeon-sellers, ‘Take all this out of here and stop turning my Father’s house into a market’. Then his disciples remembered the words of scripture: Zeal for your house will devour me. The Jews intervened and said, ‘What sign can you show us to justify what you have done?’ Jesus answered, ‘Destroy this sanctuary, and in three days I will raise it up’. The Jews replied, ‘It has taken forty-six years to build this sanctuary: are you going to raise it up in three days?’ But he was speaking of the sanctuary that was his body, and when Jesus rose from the dead, his disciples remembered that he had said this, and they believed the scripture and the words he had said.

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Reflection by Fr Michael Tate

The tabernacle in our churches should look like a tent with a cloth covering and ‘tent flaps’ at the front.

Why a tent? Because when the Jewish people escaped slavery in Egypt, they wandered through the wilderness for forty years carrying a tent where God’s presence was especially strongly experienced. It was where they went for guidance and to pray for protection – to the travelling dwelling place of God.

At the beginning of St John’s Gospel, we usually translate it to read that the Word of God ‘became flesh and dwelt amongst us’. (John 1:14) The Greek word translated ‘dwelt’ could be better translated ‘pitched his tent among us’! The Divine Presence is once again travelling around, this time embodied in Jesus of Nazareth. He personally is the true tent of God’s Presence.

Death temporarily dismantled this tent but, as our Lord foresaw, the tent would be raised again in three days.

There is another way in which God’s Presence is especially focused in the world, namely in you and me! St Paul calls the Christian community at Corinth: ‘A holy building or temple in which God’s Spirit dwells.’

Does our parish, does our Church, rise to the challenge and act in ways which reveal to the world who we are: Tabernacles of God’s Presence in the world, Tents in whom God has chosen to dwell.

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