

17 April 2025

in the care of the Missionaries of God's Love

# St Benedict's

St Benedict's Catholic Church, Narrabundah

*Holy Thursday*



*Coming up:*

**Divine Mercy Sunday**  
27 April

**40 Hour Adoration Vigil**  
25-26 April

**Alpha Course**  
1 May



[cg.org.au/narrabundah](http://cg.org.au/narrabundah)



# New to St Benedict's?



## Try Alpha?

explore life's biggest questions...

**REGISTER NOW**  
to find out  
more!



**St Benedict's**



## why Alpha

**Come, share a meal, watch a video and discuss topics around life, faith and meaning in a safe environment!**

**ALPHA IS FREE AND EVERYONE'S WELCOME!**

**DETAILS:**  
11 Week Series  
Starting from Thursday 1st May | 06:30pm  
Collins Wing - St Benedicts Church  
<https://alphastbenedictscanberra2025.eventbrite.com/>  
Contact: [alphanarrabundah@gmail.com](mailto:alphanarrabundah@gmail.com)

**St Benedict's**

## HOLY WEEK MASS AND SERVICE TIMES

Holy Thursday: Celebration of the Lord's Supper: **7pm**

Good Friday: Stations of the Cross-**10:30am** & Celebration of the Passion of Our Lord-**3pm**

Holy Saturday: **7:30pm**

Easter Sunday: **9am & 6pm**

*Next Sunday:  
Divine Mercy Sunday*

What's on offer:

- 1:30pm Adoration and Confession
- 2:30pm Divine Mercy Chaplet
- 3pm Divine Mercy Mass

*"Have mercy on us and on the whole world."*



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



St. Benedict's Mission Centre



St. Benedict's Church and Mission Centre,  
Canberra



New website coming soon....

St Benedict's Catholic Parish acknowledge the **Ngunnawal People**, the Traditional Owners who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander peoples to this country and commit ourselves to the ongoing journey of Reconciliation.

# Events and Announcements

19  
APR

## Mass Times Easter Weekend

Due to the Easter Vigil occurring at 7:30pm on the 19<sup>th</sup> of April, there will be **no regular 5pm Saturday Mass**. Sunday 9am and 6pm will remain the same.

27  
APR

## Divine Mercy Sunday!

The Sunday following Easter is Divine Mercy Sunday! This is a beautiful day instituted by Pope John Paul II inspired by St Faustina's encounter with Christ. On this Sunday, there will be 1:30pm Adoration and Confession, 2:30pm Divine Mercy Chaplet and at 3pm Divine Mercy Mass

25-26  
APR

## 40 hour Adoration Vigil- Praying for the Election

We are hosting a 40hr Adoration Vigil praying for the upcoming Federal Election from Friday 25<sup>th</sup> of April 7am until Saturday 26<sup>th</sup> of April Midnight (regular weekday mass will still occur during the vigil). This is an opportunity to pray for our country, its leaders and its people that they will be moved by the Holy Spirit to uphold the good of all. Please come join us for prayer!

1  
MAY

## ALPHA Course - GET READY!

St Benedict's is conducting an Alpha course this year in May. Alpha is a 12 week course that gives people an opportunity to explore faith in a non-threatening environment; ask questions and experience hospitality and welcome.

To register or to find out more, go to:  
<https://alphastbenedictscanberra2025.eventbrite.com/>

14  
AUG

## Open RCIA Course - WANTING TO BECOME CATHOLIC?

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.

**For more information contact the parish office: (02) 6295 7879**

13-27  
APR

## Kingdom Kids: On Break due to School Holidays!

Kingdom Kids will be on break for 3 weeks over the Easter school holidays from 13 April-27 April and will resume again on Sunday 4 May. If you are feeling called to bring your talents to this important ministry in 2025, please reach out to discuss ways you can join us. Contact Sherice 0408259502



## Volunteers wanted! Flowers and Altar Cleaning

Each week volunteers prepare St Benedict's church for the weekend Masses and ceremonies. A roster of two people is set up for the arrangement of flowers and a little cleaning, not vacuuming the church. Could you please consider helping the Parish in this way, it would involve giving an hour every 4-5 weeks usually on a Saturday morning around 9.00. If you think you could help and would like to know what is involved please feel free to call the Parish office or text Sue on 0407 269 193.

12  
APR

## Regular Saturday Night Mass Time Change (Due to Daylight Savings)

With daylight savings ending, our Saturday Night Mass will be changing from 6pm to **5pm beginning the 12th of April** until daylight resumes again.

## 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, Mary Smith, Gert Fletcher, Anna Pace, Rita Smith, Mattia Wellspring, Wendy Fisher-Hudson, Barry Murphy and all those sick in our parish.

**Recently Deceased:** Fr Kevin Flynn (Previous Parish Priest before the MGLs), Mike Parer, Sergio Dalla Pozzo, Luis Eduardo Mendoza (Maria Mendoza's Father)

### Priests:



### Parish:



## Notices Outside the Parish

### GOOD FRIDAY HOLY LANDS APPEAL FRIDAY 13 APRIL

The annual Good Friday Holy Lands Appeal is now available within the Parish Qkr! App. Please help our sisters and brothers in the Holy Lands by donating to the appeal. There will be a collection on the day for this appeal.

### NATIONAL ANZAC DAY MASS

25 APR | St Christopher's Cathedral  
National Anzac Day Mass at St Christopher's Cathedral will on the Friday 25<sup>th</sup> of April starting at 8am.

### VOCATIONS DISCERNMENT SILENT RETREAT

3-5 MAY | St Clement's Galong NSW  
For men interested in discerning a call to the Priesthood. Two days of insightful input within a retreat centre of noted deep spiritual ambience. To RSVP please contact Vocations Director Fr Emil [emil.milat@cg.org.au](mailto:emil.milat@cg.org.au) 0414 523 036.

## Sacrament Dates 2025

**First Reconciliation:** 19th of March

**First Communion:** 22nd of June

**Confirmation:** 30th of August

**RCIA** begins 14th of August  
Marriage and Baptisms by request.

Before each sacrament there is an information evening, a sacramental program, a retreat then the date of the sacrament itself. If you would like your child to receive the sacraments, please contact the parish office for more information and register through the Qkr app on the Parish Website.

## Regular Parish Groups

### 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)

## 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.



## First Reading Ex 12:1-8, 11-14

The law for the passover meal.

The Lord said to Moses and Aaron in the land of Egypt, 'This month is to be the first of all the others for you, the first month of your year. Speak to the whole community of Israel and say, "On the tenth day of this month each man must take an animal from the flock, one for each family: one animal for each household. If the household is too small to eat the animal, a man must join with his neighbour, the nearest to his house, as the number of persons requires. You must take into account what each can eat in deciding the number for the animal. It must be an animal without blemish, a male one year old; you may take it from either sheep or goats. You must keep it till the fourteenth day of the month when the whole assembly of the community of Israel shall slaughter it between the two evenings. Some of the blood must then be taken and put on the two doorposts and the lintel of the houses where it is eaten. That night, the flesh is to be eaten, roasted over the fire; it must be eaten with unleavened bread and bitter herbs. You shall eat it like this: with a girdle round your waist, sandals on your feet, a staff in your hand. You shall eat it hastily; it is a passover in honour of the Lord. That night, I will go through the land of Egypt and strike down all the first-born in the land of Egypt, man and beast alike, and I shall deal out punishment to all the gods of Egypt, I am the Lord. The blood shall serve to mark the houses that you live in. When I see the blood I will pass over you and you shall escape the destroying plague when I strike the land of Egypt. This day is to be a day of remembrance for you, and you must celebrate it as a feast in the Lord's honour. For all generations you are to declare it a day of festival, for ever."

## Responsorial Psalm

**Ps 115:12-13. 15-18. R. cf. 1 Cor 10:16**

**(R.) Our blessing-cup is a communion with the blood of Christ.**

1. How can I repay the Lord for his goodness to me?  
The cup of salvation I will raise;  
I will call on the Lord's name. (R.)
2. O precious in the eyes of the Lord is the death of his faithful.  
Your servant, Lord, your servant am I;  
you have loosened my bonds. (R.)
3. A thanksgiving sacrifice I make:  
I will call on the Lord's name.  
My vows to the Lord I will fulfil  
before all his people. (R.)

## Second Reading 1 Cor 11:23-26

Until the Lord comes, every time you eat this bread and drink this cup, you proclaim his death.

This is what I received from the Lord, and in turn passed on to you: that on the same night that he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said, 'This is my body, which is for you; do this as a memorial of me.' In the same way he took the cup after supper, and said, 'This cup is the new covenant in my blood. Whenever you drink it, do this as a memorial of me.' Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming his death.

## Gospel Acclamation Jn 13:34

**Praise and honour to you,  
Lord Jesus Christ!**

**I give you a new commandment:**

**love one another as I have loved you.**

**Praise and honour to you,  
Lord Jesus Christ!**

## Gospel Jn 13:1-15

To the end he showed his love for them.

It was before the festival of the Passover, and Jesus knew that the hour had come for him to pass from this world to the Father. He had always loved those who were his in the world, but now he showed how perfect his love was.

They were at supper, and the devil had already put it into the mind of Judas Iscariot son of Simon, to betray him. Jesus knew that the Father had put everything into his hands, and that he had come from God and was returning to God, and he got up from table, removed his outer garment and, taking a towel, wrapped it round his waist; he then poured water into a basin and began to wash the disciples' feet and to wipe them with the towel he was wearing.

He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'At the moment you do not know what I am doing, but later you will understand.' 'Never!' said Peter. 'You shall never wash my feet.' Jesus replied, 'If I do not wash you, you can have nothing in common with me.' 'Then, Lord,' said Simon Peter, 'not only my feet, but my hands and my head as well!' Jesus said, 'No one who has taken a bath needs washing, he is clean all over. You too are clean, though not all of you are.' He knew who was going to betray him, that was why he said, 'though not all of you are.'

When he had washed their feet and put on his clothes again he went back to the table. 'Do you understand' he said 'what I have done to you? You call me Master and Lord, and rightly; so I am. If I, then, the Lord and Master, have washed your feet, you should wash each other's feet. I have given you an example so that you may copy what I have done to you.'



## Reflection by Fr Michael Tate

Jesus is the body language of God. He is Who God is living a fully human life. Stripped of his tunic with a towel girding his waist, his disciples could see his heart beating, divine energy pulsing into the world – as menial service.

Our Lord knows who we really are, not our imaginary self-portrait, our face to the world, but who we are at ground level where our feet can be somewhat dirty and embarrassing. He wants to wash us clean, soothe and refresh us, so that we can better follow him on the Way.

And he commands us, if we purport to be his followers, to wash and soothe and refresh the feet of others so they may better journey through life. Pope Francis memorably did this by washing the feet of prisoners, two of whom were women, one of whom was Muslim. Can we doubt that this helped their rehabilitation?

The further gift of the Last Supper, recorded in the other gospels, is the food necessary to nourish and sustain us on our journey. The Risen Lord in his glorified body enters into the most intimate communion with our bodies down to our very toes.

We could take a moment to pray that we might, like Pope Francis, be the presence of the serving, soothing, refreshing God in the lives of those who need us, setting their feet on the path to a happier and fuller life.

mtate@bigpond.com

## 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 - 10pm

### Wed - Thurs:

1pm - 10pm

### 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 Ezemuowke MGL (APP)  
Deacon Joseph Nivaskaran  
Fr Tony Schick MGL

## PARISH OFFICE

(02) 6295 7879  
narrabundah@cg.org.au  
**Tue: 1pm-4pm Thurs/Fri: 9am-12pm**

## MUSIC COORDINATOR

Ariana Strmota: 0406377887

## SAFEGUARDING OFFICER

Julie Long: 0434583946  
bpl21n@gmail.com