

23rd November 2025

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

Our Lord Jesus Christ, King of the Universe



Coming up:

ALIVE BBQ + Praise Night
27 Nov

1st Sunday of Advent
30 Nov



cg.org.au/narrabundah



The Eucharistic Prayer

The Heart of the Mass

Now the centre and summit of the entire celebration begins: namely, the Eucharistic Prayer, that is, the prayer of thanksgiving and sanctification. The priest invites the people to lift up their hearts to the Lord in prayer and thanksgiving; he unites the congregation with himself in the prayer that he addresses in the name of the entire community to God the Father through Jesus Christ in the Holy Spirit. Furthermore, the meaning of the Prayer is that the entire congregation of the faithful should join itself with Christ in confessing the great deeds of God and in the offering of Sacrifice. The Eucharistic Prayer demands that all listen to it with reverence and in silence.

The chief elements making up the Eucharistic Prayer may be distinguished in this way:

1.Thanksgiving (expressed especially in the Preface): In which the priest, in the name of the entire holy people, glorifies God the Father and gives thanks for the whole work of salvation or for some special aspect of it that corresponds to the day, festivity, or season.

3.Epiclesis: In which, by means of particular invocations, the Church implores the power of the Holy Spirit that the gifts offered by human hands be consecrated, that is, become Christ's Body and Blood, and that the spotless Victim to be received in Communion be for the salvation of those who will partake of it.

5.Anamnesis: In which the Church, fulfilling the command that she received from Christ the Lord through the Apostles, keeps the memorial of Christ, recalling especially his blessed Passion, glorious Resurrection, and Ascension into heaven.

7.Intercessions: By which expression is given to the fact that the Eucharist is celebrated in communion with the entire Church, of heaven as well as of earth, and that the offering is made for her and for all her members, living and dead, who have been called to participate in the redemption and the salvation purchased by Christ's Body and Blood.

2.Acclamation: In which the whole congregation, joining with the heavenly powers, sings the Sanctus. This acclamation, which is part of the Eucharistic Prayer itself, is sung or said by all the people with the priest.

4.Institution narrative and consecration: In which, by means of words and actions of Christ, the Sacrifice is carried out which Christ himself instituted at the Last Supper, when he offered his Body and Blood under the species of bread and wine, gave them to his Apostles to eat and drink, and left them the command to perpetuate this same mystery.

6.Offering: By which, in this very memorial, the Church and in particular the Church here and now gathered offers in the Holy Spirit the spotless Victim to the Father. The Church's intention, however, is that the faithful not only offer this spotless Victim but also learn to offer themselves, and so day by day to be consummated, through Christ the Mediator, into unity with God and with each other, so that at last God may be all in all.

8.Final doxology: By which the glorification of God is expressed and which is confirmed and concluded by the people's acclamation, Amen.

From the The General Instruction of the Roman Missal: Chapter II, Paragraph 78-79

THE MASS
explained.

FOR REFLECTION

- *During the Consecration, do I recognise that Christ is truly giving Himself to me? How does this truth shape the way I live?*
- *How can I more intentionally "offer myself" with Christ during the Eucharistic Prayer this week?*

Events and Announcements



VINNIES GIVING TREE

Each year our parish works with Vinnies to deliver around 60 Christmas hampers to individuals and families in need here in Narrabundah. To make this possible, we rely on your generous donations of non-perishable food items and gifts.

A Giving Tree will be placed in the church.

- You are invited to take a tag from the tree—each tag lists a name, age, and gender—and purchase a suitable gift or toy.
- Gifts do not need to be wrapped.
- For older children (who can be a little tricky to buy for!), gift vouchers are especially appreciated.

Thank you for helping us share Christ's love and bring joy to local families this Christmas. Your generosity truly makes a difference. 🙏



ALIVE BBQ + Praise Night | 7:00pm

Join us for our Final ALIVE Praise Night for the year- to celebrate the year that's been, please join us from 6:30pm for a BBQ dinner! 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 27th November 2025 Time: 7pm - 9pm Location: Collins Wing, St Benedict's Narrabundah (10 Tallara Pkwy, Narrabundah ACT 2604)



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!



Have You Seen Our Socials Yet?

We're sharing more stories, celebrations, and behind-the-scenes glimpses of parish life — and we'd love you to be part of it!

Follow us on Facebook and Instagram to stay connected, grow in faith, and never miss what's happening at St Benedict's. See our socials at the bottom of the page! 🙏



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

BUS PILGRIMAGE TO ST CLEMENS RETREAT CENTRE, GALONG

6 December | 7:45am-5:30pm

Our Lady of the Annunciation Parish invites you to travel with us to the beautiful St Clements Retreat & Conference Centre in Galong, which has been named as a pilgrim site this "Pilgrims of Hope" Jubilee year.

Avoid the hassle of driving and enjoy the fellowship! Departs 7.45AM from Waramanga and returns approx. 5.30PM. Cost is \$65 per person. Registrations, full itinerary and enquiries:

westoncreek@cg.org.au. Or register via Qkr! app (under Our Lady of the Annunciation Parish)

CHRISTMAS PARK

5-14 December | 6:00pm

Join your church community at Christmas Park, 262 Beasley St. Farrer from 5 -15 December after 6 PM!

Support St. Anthony's Bread, help families in need, decorate trees, or perform on stage. Together, with your performance and support, we'll bring merriment and joy throughout the night.

See Canberra's 17m Christmas tree and over 400 festive trees!

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, 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, Peter Robinson and all those sick in our parish.

Recently Deceased: Xanthe Jones

Anniversaries: Joan Evans

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.

First Reading 2 Sm 5:1-3

They anointed David king of Israel.

All the tribes of Israel came to David at Hebron. 'Look' they said 'we are your own flesh and blood. In days past when Saul was our king, it was you who led Israel in all their exploits; and the Lord said to you, "You are the man who shall be shepherd of my people Israel, you shall be the leader of Israel."' So all the elders of Israel came to the king at Hebron, and King David made a pact with them at Hebron in the presence of the Lord, and they anointed David king of Israel.

Responsorial Psalm

Ps 121:1-5. R. seev.2

(R.) Let us go rejoicing to the house of the Lord.

1. I rejoiced when I heard them say:
'Let us go to God's house.'
And now our feet are standing
within your gates, O Jerusalem. (R.)
2. Jerusalem is built as a city
strongly compact.
It is there that the tribes go up,
the tribes of the Lord. (R.)
3. For Israel's law it is,
there to praise the Lord's name.
There were set the thrones of
judgement
of the house of David. (R.)

Second Reading Col 1:12-20

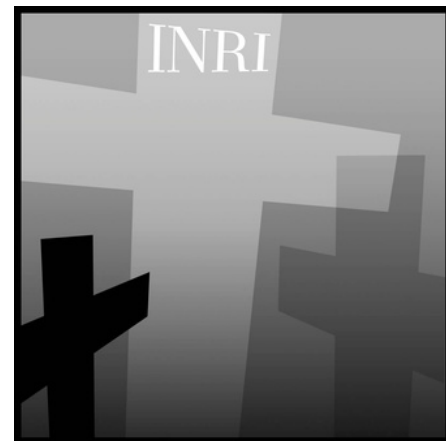
He has taken us into the kingdom of his beloved Son.

We give thanks to the Father who has made it possible for you to join the saints and with them to inherit the light.

Because that is what he has done: he has taken us out of the power of darkness and created a place for us in the kingdom of the Son that he loves, and in him, we gain our freedom, the forgiveness of our sins.

He is the image of the unseen God and the first-born of all creation, for in him were created all things in heaven and on earth: everything visible and everything invisible,
Thrones, Dominations, Sovereignities, Powers –
all things were created through him and for him.

Before anything was created, he existed, and he holds all things in unity.
Now the Church is his body,
he is its head.
As he is the Beginning,
he was first to be born from the dead,
so that he should be first in every way;
because God wanted all perfection
to be found in him
and all things to be reconciled through
him and for him,
everything in heaven and everything on
earth,
when he made peace
by his death on the cross.



Gospel Acclamation Mk 11:9. 10

Alleluia, alleluia!

**Blessed is he who inherits the kingdom of David our Father;
blessed is he who comes in the name of the Lord.**

Alleluia!

Gospel Lk 23:35-43

Lord remember me when you come into your kingdom.

The people stayed there before the cross watching Jesus. As for the leaders, they jeered at him. 'He saved others,' they said, 'let him save himself if he is the Christ of God, the Chosen One.' The soldiers mocked him too, and when they approached to offer him vinegar they said, 'If you are the king of the Jews, save yourself.' Above him there was an inscription: 'This is the King of the Jews.'

One of the criminals hanging there abused him. 'Are you not the Christ?' he said. 'Save yourself and us as well.' But the other spoke up and rebuked him. 'Have you no fear of God at all?' he said. 'You got the same sentence as he did, but in our case we deserved it: we are paying for what we did. But this man has done nothing wrong. Jesus,' he said, 'remember me when you come into your kingdom.' 'Indeed, I promise you,' he replied, 'today you will be with me in paradise.'

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Reflection by Fr Michael Tate

If you memorise a tune or your 'times tables', you are said to 'know it by heart'. The sort of person who will always remember me is someone who 'knows me by heart'.

Here, a tortured criminal starts his plea: 'Jesus . . .'. This is one of only two instances where Jesus is addressed by his name which means 'The Lord saves'. The good thief went on: 'remember me when you come into Your Kingdom'. Jesus 'knows him by heart' and promises that He will re-member him in Paradise.

This is an exercise of sovereignty which befits 'Christ the King'. This is all the Kingly power which you or I will ever need, but to confidently invoke it we need to position ourselves alongside Jesus, like the 'good thief'. We do this by our practical concern for the poor and by coming to Mass which remembers the Body of Christ.

We could pause for a moment to pray: 'Jesus, remember me, know me by heart, for when you do I will be in Paradise.'

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 Nivakaran 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