

30th November 2025

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

1st Sunday of Advent



Coming up:

Coffee at Gryphons
11 Dec

The Nativity of Our Lord
25 Dec



cg.org.au/narrabundah

Community and Vision



We wait with Hope!

What is it about Advent?

Bishop Robert Barron describes it as:

*...there's a sort of permanent Advent quality to the Christian life. **Adventus**, the "coming" of the Lord. He came in time, that's true, and he's coming into our hearts now, but we're also longing for his coming at the end of time. That means all of Christian history... there's always a vigil quality to it. **We're waiting. We're watching.** There's something unfulfilled about this life. We want something we don't fully have. And I think the Advent season calls all this to mind. Brings all this to consciousness...*

How to enter into Advent well:

Advent is not simply a countdown to Christmas—it is a season that invites us to reconnect with the deep desire within us for God. If Advent is about getting in touch with our longing for God, we need to still ourselves to get in touch with this reality. In the midst of shopping lists, school concerts, end-of-year deadlines, and festive planning, Advent gently whispers: Slow down. Make space. Christ is coming.

Here are simple ways to enter the season intentionally:

- *Create moments of quiet in your day—however small.*
- *Pray with the Scriptures, particularly the daily readings.*
- *Light the Advent wreath at home and reflect with family.*
- *Try a Advent Program*

Advent reminds us that we are always waiting for the Lord—but not with anxiety or fear, with hope, with expectation, with love. May this Advent season awaken in us a renewed longing for Christ and a deeper openness to his coming.

Events and Announcements



WANTED: Christmas Mass Volunteers

Christmas is a beautiful and busy time in our parish — and with many people travelling or attending different Mass times, it can be tricky to know who's available to help!

To ensure all our Christmas liturgies run smoothly, we've created a special sign-up roster for each Mass. We're seeking readers, collectors, offertory helpers, Extraordinary Ministers of Holy Communion, and welcomers.

If you'll be here for Christmas and are able and would like to assist, please add your name to the roster in the foyer.



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 has been placed in the church.

- You are invited to take a tag from the tree—each tag lists a name, age, and sex—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. 🙌



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 11th of December. This will be the last one for the year!



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!



Christmas Mass Times

St Benedict's Christmas Masses are as follows:

Christmas Eve

- 12:30pm Wednesday Usual Weekday Mass.
- 5:30pm- Carols | **6pm- Family Mass.**
- 7:30pm Carols | **8pm- Charismatic Mass.**
- 11:30pm Carols | **Midnight Mass.**

Christmas Day

- 9am Mass (no carols before the Mass)

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

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 Is 2:1-5

The Lord will gather all nations in eternal peace in the kingdom of God.

The vision of Isaiah son of Amoz, concerning Judah and Jerusalem. In the days to come the mountain of the Temple of the Lord shall tower above the mountains and be lifted higher than the hills. All the nations will stream to it, peoples without number will come to it; and they will say: 'Come, let us go up to the mountain of the Lord, to the Temple of the God of Jacob that he may teach us his ways so that we may walk in his paths; since the Law will go out from Zion, and the oracle of the Lord from Jerusalem.' He will wield authority over the nations and adjudicate between many peoples; these will hammer their swords into ploughshares, their spears into sickles. Nation will not lift sword against nation, there will be no more training for war. O House of Jacob, come, let us walk in the light of the Lord.

Responsorial Psalm

Ps 121:1-2. 4-5.6-9.R. see v.1.

(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. It is there that the tribes go up, the tribes of the Lord. 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.)
3. For the peace of Jerusalem pray: 'Peace be to your homes! May peace reign in your walls, in your palaces, peace!' (R.)
4. For love of my brethren and friends I say: 'Peace upon you!' For love of the house of the Lord I will ask for your good. (R.)

Second Reading Rom 13:11-14

The time has come, our salvation is near.

You know 'the time' has come: you must wake up now: our salvation is even nearer than it was when we were converted. The night is almost over, it will be daylight soon – let us give up all the things we prefer to do under the cover of the dark; let us arm ourselves and appear in the light. Let us live decently as people do in the daytime: no drunken orgies, no promiscuity or licentiousness, and no wrangling or jealousy. Let your armour be the Lord Jesus Christ.

Gospel Acclamation Ps 84:8

Alleluia, alleluia!

Lord, show us your mercy and love, and grant us your salvation.

Alleluia!

Gospel Mt 24:37-44

Stay awake, you must be ready.

Jesus said to his disciples: 'As it was in Noah's day, so will it be when the Son of Man comes. For in those days before the Flood people were eating, drinking, taking wives, taking husbands, right up to the day Noah went into the ark, and they suspected nothing till the Flood came and swept all away. It will be like this when the Son of Man comes. Then of two men in the fields one is taken, one left; of two women at the millstone grinding, one is taken, one left.

'So stay awake, because you do not know the day when your master is coming. You may be quite sure of this that if the householder had known at what time of the night the burglar would come, he would have stayed awake and would not have allowed anyone to break through the wall of his house. Therefore, you too must stand ready because the Son of Man is coming at an hour you do not expect.'

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Reflection by Fr Michael Tate

Our Lord loved to unfurl the scroll of the Prophet Isaiah in his local synagogue. The poetic image of swords being hammered into ploughshares reverberated into his renouncing violence against the Roman occupying army in his own time. When will this picture come true for all human beings for all time?

Only God knows! We don't know any more than we know when a burglar might target our home. But our ignorance of God's timetable is no excuse for being fatalistic and sleepy. We have our own span of life providing the timetable for our own contribution to the hammering of swords into ploughshares.

Recent Popes, especially St John Paul II, have taken up this theme for our times, teaching more restrictive criteria for using armed force, even dropping the term 'just war' to very small print in the Catechism.

We could pause for a moment to pray to be awake to our opportunities to shape society in the light of the vision of Isaiah and the practice of Jesus the Prince of Peace.

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