

14th December 2025

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

3rd Sunday of Advent - (Gaudete Sunday)



Coming up:

The Nativity of our Lord
25 Dec

2026 Alpha Course
16 Apr

2026 Parish Assembly
2 May



cg.org.au/narrabundah

Community and Vision



WHAT IS

The Gloria?

The Gloria is an ancient Christian hymn of praise that we usually sing or recite at Sunday Mass (outside Advent and Lent) and on major feast days. It begins with the words the angels proclaimed at Jesus' birth: "Glory to God in the highest, and on earth peace to people of good will." The rest of the prayer is a joyful outpouring of praise to the Father, the Son, and the Holy Spirit. It's one of the oldest parts of the Mass, dating back to the early centuries of the Church.

Dr Edward Sri, author of *The Catholic Mass Explained: A Biblical Walk Through the Mass*, states this about the Gloria:



*The Gloria. Do you know where the Gloria came from? Do you know who wrote the Gloria? **The Angels.** The angels who appeared to the shepherds over Bethlehem. They're the ones shouting out "Glory to God in the Highest and peace to people of goodwill." It comes from the angels. It's a beautiful hymn and it's the first Christmas song. So then, why are we singing Christmas songs throughout the year? Do you know why? Because in a sense, the mystery of Christmas is reenacted at every mass. The same God that came into our midst in Bethlehem in the manger and the angels welcomed him with those words "Glory to God in the highest". **That same God is coming in our midst, on our altars, on our tongues, and in our souls.** And so its fitting that all the things I could say in this moment, I echo the words of the angels welcoming Jesus 2,000 years ago."*

Dr Edward Sri

From his Live Teaching of *The Catholic Mass Explained- A Biblical Walk Through The Mass.*

Why We Don't Sing the Gloria in Advent?

During Advent, the Church invites us into a season of quiet expectation as we prepare for Christ's coming. One of the ways we enter this spirit is by omitting the Gloria. It's not a sign of sadness, but a way of creating space — a gentle pause of longing and anticipation. When Christmas arrives, the Gloria returns with full joy, echoing the song of the angels on that holy night. This contrast helps us feel the season more deeply and celebrate the birth of Christ with renewed wonder.

THE MASS
explained.

FOR REFLECTION

Watch the full recorded teaching of Dr Edward Sri's
- *A Biblical Walk Through the Mass*
<https://www.youtube.com/watch?v=EJxdiol9u5A>

Events and Announcements

25
DEC

Parish Office Closed Over the New Year + Priest Movements

During the Holiday period, the Parish Office will be closed from the 25th of December and will reopen on the 20th of January, 2026.

Fr Chris will be away on break from the 4th of January until the 1st of February (Summer School 4-11th of Jan, then 3-week break).



Adoration ON BREAK over the Summer

The Adoration roster for 2025 will end on **December 13 (Saturday)**.

Adoration will recommence on **February 2 (Monday)**.

Thanks to all Adorers who have kept our dear Lord company in 2025. May your Christmas break be blessed. Hope to see you back again in 2026.

24
DEC

6pm Family Christmas Eve Mass — Kids, Come Dressed for the Nativity!

This Christmas Eve, we're inviting all children to come dressed as someone from the Nativity story! Mary, Joseph, shepherds, wise men, angels — whoever your little one chooses, we can't wait to fill the church with the joy and wonder of Christmas. After Mass, we'll share a simple supper together. If you're able, please bring a light plate if you can. Let's make it a beautiful night of community, celebration, and Christmas cheer! 🎄🌟



WANTED: Volunteers for Supper Set-Up for Christmas Eve Masses

After all Christmas Eve Masses we are hoping to put on a light supper. We are looking for some additional volunteers to assist in set-up and pack-up for the supper. If you want to volunteer for this, please add your name to the sign up sheet in the foyer and what mass you'll assist with.



VINNIES GIVING TREE

Our parish is once again supporting Vinnies with Christmas hampers for local families in need. The Giving Tree is in the church—please take a tag and purchase a suitable gift or toy (no wrapping needed). Gift vouchers are especially appreciated for older children. Thank you for helping share Christ's love with our community this Christmas. 🙌

2
MAY

2026 Parish Assembly: SAVE THE DATE!

All parishioners are invited to our Parish Assembly happening next year on Saturday 2nd of May. This will be a whole day event where we will be sharing the vision of the Parish, you won't want to miss it!



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

THE 19th ANNUAL NEW YEAR'S EVE

PRAYER VIGIL

31 December | 8:00pm

Hosted by: The Marian Movement of Priests

Where: Mary Help of Christians Parish

Address: 115 Hodgson Crescent PEARCE, South Woden

Date: Wednesday 31st December 2025

Time: 8.00pm | First Cenacle is prayed at

8.00pm (Joyful Mysteries) | Second Cenacle

is prayed at 9.00pm (Luminous Mysteries) |

Third Cenacle is prayed at 10.00pm

(Sorrowful Mysteries) | Fourth Cenacle is

prayed at 11.00pm (Glorious Mysteries)

Exposition from 8.00pm until Benediction

just before midnight. For more information –

visit the website: mmp-oceania.net

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 35:1-6, 10

God himself will come and save us.

Let the wilderness and the dry-lands exult, let the wasteland rejoice and bloom, let it bring forth flowers like the jonquil, let it rejoice and sing for joy. The glory of Lebanon is bestowed on it, the splendour of Carmel and Sharon; they shall see the glory of the Lord, the splendour of our God. Strengthen all weary hands, steady all trembling knees and say to all faint hearts, 'Courage! Do not be afraid. 'Look, your God is coming, vengeance is coming, the retribution of God; he is coming to save you.' Then the eyes of the blind shall be opened, the ears of the deaf unsealed, then the lame shall leap like a deer and the tongues of the dumb sing for joy, for those the Lord has ransomed shall return. They will come to Zion shouting for joy, everlasting joy on their faces; joy and gladness will go with them and sorrow and lament be ended.

Responsorial Psalm

Ps 145:6-10.R. see Is35:4

(R.) Lord, come and save us.

1. It is the Lord who keeps faith for ever, who is just to those who are oppressed. It is he who gives bread to the hungry, the Lord, who sets prisoners free. (R.)
2. It is the Lord who gives sight to the blind, who raises up those who are bowed down, the Lord, who protects the stranger and upholds the widow and orphan. (R.)
3. It is the Lord who loves the just but thwarts the path of the wicked. The Lord will reign for ever, Zion's God, from age to age. (R.)

Second Reading Jas 5:7-10

You also must be patient; do not lose heart, the Lord's coming will be soon.

Be patient, brothers, until the Lord's coming. Think of a farmer: how patiently he waits for the precious fruit of the ground until it has had the autumn rains and the

spring rains! You too have to be patient; do not lose heart, because the Lord's coming will be soon. Do not make complaints against one another, brothers, so as not to be brought to judgement yourselves; the Judge is already to be seen waiting at the gates. For your example, brothers, in submitting with patience, take the prophets who spoke in the name of the Lord.

Gospel Acclamation Is 61:1 (Lk 4:18)

Alleluia, alleluia!

The Spirit of the Lord is upon me;

he sent me to bring Good News to the poor.

Alleluia!

Gospel Mt 11:2-11

Are you the one who is to come, or must we wait for someone else?

John in his prison had heard what Christ was doing and he sent his disciples to ask him, 'Are you the one who is to come, or have we got to wait for someone else?' Jesus answered, 'Go back and tell John what you hear and see; the blind see again, and the lame walk, lepers are cleansed, and the deaf hear, and the dead are raised to life and the Good News is proclaimed to the poor; and happy is the man who does not lose faith in me.'

As the messengers were leaving, Jesus began to talk to the people about John: 'What did you go out into the wilderness to see? A reed swaying in the breeze? No? Then what did you go out to see? A man wearing fine clothes? Oh no, those who wear fine clothes are to be found in palaces. Then what did you go out for? To see a prophet? Yes, I tell you, and much more than a prophet: he is the one of whom scripture says: Look, I am going to send my messenger before you; he will prepare your way before you. I tell you solemnly, of all the children born of women, a greater than John the Baptist has never been seen; yet the least in the kingdom of heaven is greater than he is.'

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Reflection by Fr Michael Tate

John was languishing in prison, held captive by the local agent of the Roman Empire. Perhaps he was looking for evidence that Jesus was the One who would throw off Roman despotism. In answer to his questing, Jesus replied that John should rather look at what was happening on the ground in His healing ministry and orientation to the poor. Those are the signs that the reign of God has begun.

I admire John the Baptist because he was prepared to seek and accept the answer to the question which was crucial to him, even though the answer might upset his preconceptions. He was a true seeker after Truth.

All our activities as a parish in building community, forming faith, serving the poor, participating in the liturgy, should be undertaken so that a seeker after Truth might see and hear the evidence of the presence and mission of the risen Lord Jesus Christ amongst us.

We could pause for a moment to simply pray in the spirit of Advent: 'Come, Lord Jesus' to satisfy the restlessness of the questing heart.

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

5pm - 5.30pm



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: IPSS@cg.org.au