



WHAT IS ALPHA?

Alpha is an opportunity to explore faith and deepen in it. No matter if you've never encountered faith or you've been in the pews all your life, Alpha is for you!

Alpha is a series of interactive sessions that create a safe and honest space, where people can explore life, faith and meaning.

CONNECTION

Every Alpha session includes time to connect. At Alpha, loving people well is more important than winning arguments. Every Alpha starts with a cooked meal and time to connect with others on your table.

CONTENT

The videos will be exploring topics like...

Is There More to Life Than This?

Who is Jesus?

Why Did Jesus Die?

How Can I Have Faith?

Why and How Should I Pray?

Why and How Should I Read the Bible?

How Does God Guide Us?

Who is the Holy Spirit?

What Does the Holy Spirit Do?

How Can I Be Filled with the Holy Spirit?

How Can I Make the Most of the Rest of My Life?

How Can I Resist Evil?

Why and How Should I Tell Others?

Does God Heal Today?

What About the Church?



CONVERSATION

Alpha is all about creating spaces for open and honest discussion. You're welcome at Alpha, no matter your background or beliefs.

Will we see you at Alpha this year?

Events and Announcements

28
JAN

Seeking New Weekend Rosters Volunteers for Feb-Apr Roster!

We're reaching out to invite you to be a part of the beautiful work happening in our parish. We are eager to put some new names and faces on our ministry rosters—and there are plenty of ways you can get involved: Readers (for all masses), Welcomers, Eucharistic Ministers, Offertory Procession, Church Cleaning, Music Ministry, Mass Setup, Flowers and Altar Cleaning. If you feel called to contribute in any of these areas, we'd love to hear from you. Whether you're a familiar face or new to volunteering, your time and talents will be a blessing to our community. To express your interest or find out more, please contact the Parish Office before the **28th of January** at narrabundah@cg.org.au or call 02 6295 7879 during office hours.

14/21
MAR

Liturgical Training: Readers, Musicians, Sacristans, Eucharistic Ministers

If you are a current volunteer or wanting to volunteer in the future, we are running a training/formation day for all things Liturgy in March! From being a reader at mass or eucharistic minister, to liturgical music training, we were be offering training and formation. Stay tune for more information.

OPEN

Parish Office Open + Priest Movements

The Parish office is open once again as usual:

Tuesday, Thursday and Friday from 9am-12pm.

Fr Chris will be away on break until the 1st of February.

Fr Samson will be away on break until the 10th of February.



Adoration To Start Once Again in 1 Week!

Adoration will recommence on **February 2 (Monday)**. Thanks to all Adorers who have kept our dear Lord company in 2025. Hope to see you back again in 2026. **Adoration hours can be found at the back of the bulletin.**



Parish Morning Teas To Recommence

Usually throughout the year, after Sunday morning 9am Mass, we have a Parish Morning Tea in the Parish Centre. This is a great chance to connect as our parish community. This will recommence **Sunday the 8th of February!**

19
FEB

First Reconciliation 2026: SAVE THE DATE!

This is initial key information regarding First Reconciliation 2026. The Reconciliation Information Night will be happening on the **Thursday 19th of February in the Collins Wing from 6pm-7pm**. There will be a sacramental program (more details to come) and the date of the Sacrament itself will be **Wednesday 25th of March at 5pm at St Benedict's Church**. Contact the Parish office for more details and registration.

APR
2026

2026 Alpha Course: SAVE THE DATE!

Curious about life, faith, and meaning? St Benedict's is running the Alpha course next year starting in April 2026 (details to be confirmed). Alpha is an 12-week series that creates a space for honest conversations in a warm, welcoming environment—no pressure, no judgment. Everyone is welcome. Come for the conversation, stay for the community. Interested? Stay tuned for more details to come in the new year!

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!

How to connect with our Parish?

KINGDOM KIDS

Sun 9am Mass (except school holidays & long weekends)

Sherice Kazzi (Contact Parish Office)

FUSION YOUTH GROUP

Friday Nights (Fortnightly)

7-9pm Collins Wing

Axel Healey (Contact Parish Office)

MOTHER'S PRAYERS

Each Monday (school term)

9.30am, Parish Centre

Rachael Nano (Contact Parish Office)

MEN'S SHARING GROUP

Tuesday Nights (Fortnightly)

7:30pm, Parish Centre

John Murray (Contact Parish Office)

REST IN ME MEDITATIONS

Each Wednesday

10am-12pm, Parish Centre

Ayanthi Perera (Contact Parish Office)

STREET MINISTRY

Friday Nights

After 5:30pm Mass, Civic

(Contact Parish Office)

Sacrament Dates 2026

First Reconciliation: 25th of March

First Communion: 21st of June

Confirmation: Not happening next year.

RCIA begins TBD

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.

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: Rosemary De Bear

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 8:23-9:3

In the Galilean country, the people have seen a great light. In days past the Lord humbled the land of Zebulun and the land of Naphtali, but in days to come he will confer glory on the Way of the Sea on the far side of Jordan, province of the nations.

The people that walked in darkness has seen a great light; on those who live in a land of deep shadow a light has shone. You have made their gladness greater, you have made their joy increase, they rejoice in your presence as men rejoice at harvest time, as men are happy when they are dividing the spoils. For the yoke that was weighing on him, the bar across his shoulders, the rod of his oppressor, these you break as on the day of Midian.

Responsorial Psalm

Ps 26:1. 4.13-14. R.v.1

(R.) The Lord is my light and my salvation.

- 1. The Lord is my light and my help; whom shall I fear? The Lord is the stronghold of my life; Before whom shall I shrink? (R.)
- 2. There is one thing I ask of the Lord, for this I long, to live in the house of the Lord, all the days of my life, to savour the sweetness of the Lord, to behold his temple. (R.)
- 3. I am sure I shall see the Lord's goodness in the land of the living. Hope in him, hold firm and take heart. Hope in the Lord! (R.)

Second Reading 1 Cor 1:10-13, 17

I appeal to you, my brothers and sisters, make up the differences between you. I appeal to you, brothers, for the sake of our Lord Jesus Christ, to make up the differences between you, and instead of disagreeing among yourselves, to be united again in your belief and practice. From

what Chloe's people have been telling me, my dear brothers, it is clear that there are serious differences among you. What I mean are all these slogans that you have, like: 'I am for Paul', 'I am for Apollos', 'I am for Cephas', 'I am for Christ'. Has Christ been parcelled out? Was it Paul that was crucified for you? Were you baptised in the name of Paul? For Christ did not send me to baptise, but to preach the Good News, and not to preach that in the terms of philosophy in which the crucifixion of Christ cannot be expressed.

Gospel Acclamation Mt 4:23

Alleluia, alleluia!

Jesus preached the Good News

of the kingdom and healed all who were sick. Alleluia!

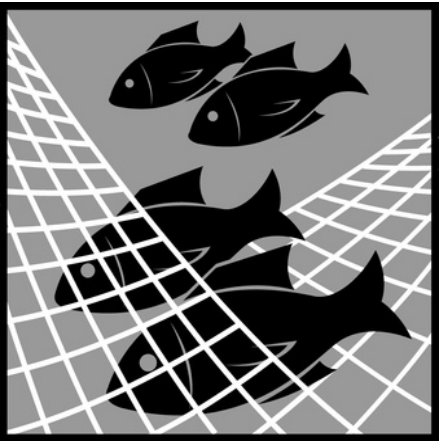
Gospel Mt 4:12-17

He went to Capernaum, that the prophecy of Isaiah be fulfilled. Hearing that John had been arrested Jesus went back to Galilee, and leaving Nazareth he went and settled in Capernaum, a lakeside town on the borders of Zebulun and Naphtali. In this way the prophecy of Isaiah was to be fulfilled:

Land of Zebulun! Land of Naphtali! Way of the sea on the far side of Jordan, Galilee of the nations! The people that lived in darkness has seen a great light; on those who dwell in the land and shadow of death a light has dawned.

From that moment Jesus began his preaching with the message, 'Repent, for the kingdom of heaven is close at hand.'

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Reflection by Fr Michael Tate

Two sets of two brothers were running successful family businesses. But once Jesus passed by and called them, the Gospel says, at once they left their boats and followed him. I think because, hearing his voice, they realised that Jesus was the true vocalist of God. Irish author and mystic, John O'Donohue, once wrote, 'Something in us senses and knows how perfectly the contours of the soul fit the divine embrace.' * Maybe Simon Peter, Andrew, James and John sensed that, in this Jesus, there was a Soul whose contours perfectly fitted the divine embrace. They were prepared to risk everything for the chance to have their souls contoured along the same lines. The call: 'Follow me ...', was not to an isolated individual promising to save his soul, but to two brothers and then another two brothers. Immediately, a community was being formed and its task was to bring others into that Jesus following community. We could pause for a moment to hear the brothers beckoning us to follow the call of that voice sounded by Our Lord Jesus Christ. *John O'Donohue, Divine Beauty: The Invisible Embrace, Bantam Press, 246.

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

SAFEGUARDING OFFICER
Julie Long
Contact: IPSS@cg.org.au