

15th February 2026

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

6th Sunday in Ordinary Time



Coming up:

Ash Wednesday
18 Feb

First Reconciliation Info
19 Feb

Liturgical Training
14 & 21 Mar



[cg.org.au/narrabundah](https://www.cg.org.au/narrabundah)



PREPARING FOR Lent 2026

Lent invites us, once again, into a sacred journey — not of gloom, but of grace. It is a season where God gently calls us to slow down, to listen more deeply, and to return to what truly matters. Beginning with Ash Wednesday, we receive ashes traced in the sign of the cross, a humble reminder: *“Remember you are dust, and to dust you shall return.”* These words are not meant to discourage us, but to awaken us — to refocus our hearts on the eternal.

The purpose of Lent is simple yet profound: prayer, fasting, and almsgiving. These are not religious chores, but pathways to freedom. Prayer reorients us toward God. Fasting loosens the grip of habits that dull our spiritual hunger. Almsgiving stretches our hearts toward compassion and generosity. As we prepare, consider choosing practices that are both realistic and meaningful:

Prayer: Set aside a few quiet minutes daily. Read Scripture, sit in silence, or pray the Psalms, or take up a holy hour of Adoration.

Fasting: Go beyond food — fast from noise, screens, negativity, or impatience.

Almsgiving: Offer time, kindness, forgiveness, or practical help to someone in need.

Lent is not about perfection, but intention. It is not about proving something to God, but making space for Him. Perhaps the deeper challenge is this: ***What is God inviting me to release? Where is He asking me to grow?***

Enter Lent with courage and hope. God does not wait for us at the finish line — He walks with us every step of the way.

St Benedict's

Events and Announcements

18
FEB

Ash Wednesday Mass Times

Lent is coming up! The 12.30pm Week day Mass will include and be led by the primary school for Ash Wednesday, plus an additional 5.30pm evening mass.

17
FEB

Lenten Program 2026 – Visio Divina Group Beginning Tuesday 17 February, 6:45pm

This Lent, enter into the heart of compassio—to “suffer with”—through a prayerful Visio Divina Lenten Group. Using sacred art and guided reflection, Visio Divina invites us to listen deeply to the Holy Spirit and renew our faith.

Tuesdays for 6 weeks at Mattia & Adrian’s home in Narrabundah (address provided on registration). Sessions run for approx. 1 hr 45 mins and include a cuppa. Cost: \$10 (book provided). All welcome.

Register or enquire via Mattia Wellspring at the Parish Office.

19
FEB

First Reconciliation 2026: Information & Formation Night

The Reconciliation Information Night will be happening on the **Thursday 19th of February in the Collins Wing from 6pm-8pm**. 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.

25
FEB

Wednesday Meditation with Sr Ayanthi

Sr Ayanthi’s Wednesday Meditation sessions will recommence on **Wednesday 25 February** and will now be held **fortnightly in the Parish Centre**. These reflective prayer sessions continue to be a beautiful opportunity to pause, pray, and deepen our awareness of God’s presence. All are warmly welcome to attend.

14/21
MAR

St Benedict’s Liturgical Training & Formation Saturdays 14 & 21 March | 10am–4pm

Be formed and equipped to serve in the liturgy with confidence, reverence, and faith. These sessions combine spiritual formation with practical training and are open to all current and prospective ministers.

14 March: Readers, Sacristans & Extraordinary Ministers of Holy Communion

21 March: Liturgical Music Training & Formation

All are warmly encouraged to attend as we continue to grow and serve together as one parish.

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

Wednesdays (Fortnightly)

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

Recently Deceased: Isabel 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 Eccl 15:15-20

He never commanded anyone to be godless.

If you wish, you can keep the commandments, to behave faithfully is within your power. He has set fire and water before you; put out your hand to whichever you prefer. Man has life and death before him; whichever a man likes better will be given him. For vast is the wisdom of the Lord; he is almighty and all-seeing. His eyes are on those who fear him, he notes every action of man. He never commanded anyone to be godless, he has given no one permission to sin.

Responsorial Psalm

Ps 118:1-2.4-5.17-18. 33-34. R. v.1

(R.) Happy are they who follow the law of the Lord!

1. They are happy whose life is blameless, who follow God's law!
They are happy those who do his will, seeking him with all their hearts. (R.)
2. You have laid down your precepts to be obeyed with care.
May my footsteps be firm to obey your statutes. (R.)
3. Bless your servant and I shall live and obey your word.
Open my eyes that I may consider the wonders of your law. (R.)
4. Teach me the demands of your statutes and I will keep them to the end.
Train me to observe your law, to keep it with my heart. (R.)

Second Reading 1 Cor 2:6-10

God in his wisdom predestined our glory before the ages began.

We have a wisdom to offer those who have reached maturity: not a philosophy of our age, it is true, still less of the masters of our age, which are coming to their end. The hidden wisdom of God which we teach in our mysteries is the wisdom that God predestined to be for our glory before the ages began. It is a wisdom that none of the masters of this age have ever known, or they would not have crucified the Lord

of Glory; we teach what scripture calls: the things that no eye has seen and no ear has heard, things beyond the mind of man, all that God has prepared for those who love him.

These are the very things that God has revealed to us through the Spirit, for the Spirit reaches the depths of everything, even the depths of God.

Gospel Acclamation See Mt 11:25

Alleluia, alleluia!

Blessed are you, Father, Lord of

**heaven and earth;
you have revealed to little ones the
mysteries of the kingdom.**

Alleluia!

Gospel Mt 5:20-22. 27-28. 33-34. 37

Such was said to your ancestors; but I am speaking to you.

Jesus said to his disciples: I tell you, if your virtue goes no deeper than that of the scribes and Pharisees, you will never get into the kingdom of heaven.

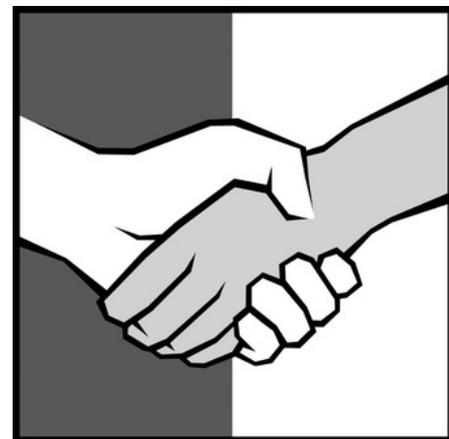
'You have learnt how it was said to our ancestors: You must not kill; and if anyone does kill he must answer for it before the court. But I say this to you: anyone who is angry with his brother will answer for it before the court.

'You have learnt how it was said: You must not commit adultery. But I say this to you: if a man looks at a woman lustfully, he has already committed adultery with her in his heart.

'Again, you have learnt how it was said to our ancestors: You must not break your oath, but must fulfil your oaths to the Lord. But I say this to you: do not swear at all. All you need say is "Yes" if you mean yes, "No" if you mean no; anything more than this comes from the evil one.'

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Reflection by Fr Michael Tate

We have just heard the least observed command of Our Lord in the Sermon on the Mount. Referring to oaths he taught, 'Do not swear at all ... instead let your "yes" mean yes and your "no" mean no. Whatever goes beyond these simple words is from the Evil One.' This is strong language. Why does Our Lord say this? In the same Sermon on the Mount, he teaches us the proper use of God's name: 'Our Father'. It is our privilege as adopted children of God to use God's name in that way. The use of God's name for oathswearing is an abuse. Our Lord was trying to establish a new sort of society (The Kingdom) within which truth-telling was of paramount importance, where there is no two-tiered way of speaking the truth. Truth telling should issue simply from the character of the person – the truthful person truthes. We know this at the very private level of intimate relationships. As a Church, we need to heed this passage and listen to the epistle of St James recalling this passage almost verbatim. (James 5:12-13) We could pause for a moment to pray that the Church herself heeds the Great Commission: 'Teach them to keep all that I have commanded you.' (Matthew 28:20)

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

Parish Secretary & Communications:
Isabelle Seselja
(02) 6295 7879
narrabundah@cg.org.au
Tue/Thurs/Fri: 9am-12pm

SAFEGUARDING OFFICER

Julie Long
Contact: IPSS@cg.org.au