

22<sup>nd</sup> February 2026

in the care of the Missionaries of God's Love

# St Benedict's

St Benedict's Catholic Church, Narrabundah

1<sup>st</sup> Sunday of Lent



<https://www.google.com/img/psa&imgref=https%3A%2F%2Fwww.thechurchnews.com%2Fliving-faith%2F2025%2F02%2F28%2Fecclia-follow-me-february-24-march-2-what-have-church-leaders-said-about-the-alm-and-covenants-18%2F2%2FpageAOvww0sk4vEnRahc85UMTKOKsv&inst=1749299178R241000&source=images&cd=16&con=EB90/R449&vaHE00BMOjEgqEvaT0PPTV3SVrowDfVAAAAAHAAAHBQ>

Coming up:

**Liturgical Training**  
14 & 21 Mar

**2026 Alpha Course**  
16 Apr

**2026 Parish Assembly**  
2 May



[cg.org.au/narrabundah](http://cg.org.au/narrabundah)



## THE desert & garden .....

The First Sunday of Lent leads us into the desert — that place of testing, truth, and encounter. The Gospel recalls Jesus being tempted after forty days of fasting. Hungry, weary, and alone, He faces the subtle voice that whispers: take the easy way, choose yourself, grasp control. Yet Christ stands firm. Not through strength of will alone, but through trust in the Father.

*Lent invites us into this same inner landscape.*

The readings remind us that faith is not merely spoken but lived. We are called to remember who we are and whose we are. Temptation often meets us not in dramatic moments, but in ordinary compromises: impatience instead of mercy, distraction instead of prayer, comfort instead of generosity.

*Like a garden, the heart must be tended.*

Prayer anchors us when voices compete for our attention.

Fasting reveals what truly holds power over us.

Almsgiving loosens the grip of self-centredness.

The desert strips away illusions. It exposes both our weakness and God's faithfulness. This is not a season of gloom, but of clarity. God does not lead us into the desert to abandon us, but to speak to us, strengthen us, and renew us.

### **Lenten Challenge**

This week, notice your "desert moments":

- When do you feel stretched, impatient, or spiritually dry?
- What temptation quietly returns?
- Which practice — prayer, fasting, or almsgiving — might God be inviting you to deepen?

Walk gently. Begin simply. Trust completely.

*The Gardener is already at work.*

.....  
**St Benedict's**

# Events and Announcements

24|25  
FEB

## Lenten Program 2026 – Visio Divina Group (Two weekly groups!)

**Tuesday 24 February, 6:45pm (Week 2)**

**Wednesday 25 February 10:30am (Week 2)**

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.



## Narrabundah Vinnies Conference - Update

At Christmas we delivered 63 hampers of food and toys to needy families in the Narrabundah area, we assisted the MGL sisters with their mission at the Long Stay Van Park with food and hampers also. Thank you to all parishioners for your generous donations to the Giving Tree Christmas appeal. On an ongoing basis we visit up to 10 companions per week and assist them with food, clothing, furniture, Whitegoods and utility bills. The companions call the Vinnies’s help line at Yarralumla requesting assistance. We pick up unsold bread from Woolworths once a week and distribute it throughout Narrabundah also providing some bread to the Vinnies store to be given away. **Our conference meets fortnightly from 6.30 to 7.30 pm on a Monday evening.** If you would like any further information, please contact Santhosh Jose or Don Jeffery via the Parish Office.

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 2<sup>nd</sup> 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!

## 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, Michael and Rita, Peter Robinson and all those sick in our parish.

**Recently Deceased:** Lorraine Davis

**Anniversaries:** Luis Eduardo Mendoza, Michael Slee, Mike Parer, Lorna Evans, Wal “Harry” Stuchbury

## 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.

### 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 Gn 2:7-9; 3:1-7

*Creation of our first parents, and sin.*

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being. The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden. The serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, 'Did God really say you were not to eat from any of the trees in the garden?' The woman answered the serpent, 'We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, "You must not eat it, nor touch it, under pain of death".' Then the serpent said to the woman, 'No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil.' The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the eyes of both of them were opened and they realised that they were naked. So they sewed fig-leaves together to make themselves loin-cloths..

## Responsorial Psalm

**Ps 50:3-6.12-14. 17.R. see v.3**

**(R.) Be merciful, O Lord, for we have sinned.**

1. Have mercy on me, God, in your kindness. In your compassion blot out my offence. O wash me more and more from my guilt and cleanse me from my sin. (R.)
2. My offences truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done. (R.)
3. A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit. (R.)
4. Give me again the joy of your help; with a spirit of fervour sustain me. O Lord, open my lips and my mouth shall declare your praise. (R.)

## Second Reading Rom 5:12-19

*Where sin increased, there grace abounded all the more.*

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. The results of the gift also outweigh the results of one man's sin: for after one single fall came judgement with a verdict of condemnation, now after many falls comes grace with its verdict of acquittal. If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous

## Gospel Acclamation Mt 4:4

**Praise to you, Lord Jesus Christ, king of endless glory!**

**No one lives on bread alone, but on every word that comes from the mouth of God.**

**Praise to you, Lord Jesus Christ, king of endless glory!**

## Gospel Mt 4:1-11

*Jesus fasted for forty days and nights.*

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says: Man does not live on bread alone but on every word that comes from the mouth of God.' The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said, 'throw yourself down; for scripture says: He will put you in his angels' charge, and they will support you on their hands in case you hurt your foot against a stone.' Jesus said to him, 'Scripture also says: You must not put the Lord your God to the test.' Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these', he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says: You must worship the Lord your God, and serve him alone.' Then the devil left him, and angels appeared and looked after him.



**Reflection** by Fr Michael Tate

Jesus was offered three shortcuts for his ministry. Firstly, exceptional powers to satisfy his own needs (bread out of stones). Secondly, when he needed to take risks, angels to keep him safe. Thirdly, when he wanted to change the world, absolute political power. These were the Temptations of Christ, but also for us. If you or I are tempted to sin, we will find the marks of this threefold pattern. We want the whole world to change to satisfy us, or we want to take stupid risks and come out unscathed, or we want to exercise total power over others. How can we try to follow Jesus without the shortcuts of the fantasy world which the Devil may offer? Note that Jesus resisted each temptation with: 'It is written'. The forty days of Lent are a perfect opportunity to read what 'is written' in the Gospels about the episodes and pattern of the life of Jesus Christ. We could pause for a moment to find what is written and to imitate what we find. That is how the Devil is defeated.

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## 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:  
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**Tue/Thurs/Fri: 9am-12pm**

### SAFEGUARDING OFFICER

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