



THE Promise.

Lent has a way of stripping things back. The noise, the distractions, the illusions of control. And right here, on the Second Sunday of Lent, we are taken up a mountain.

In the Gospel, Jesus is transfigured before His disciples. His face changes. His clothes shine. For a brief moment, heaven breaks through. Peter, overwhelmed, wants to stay — “Lord, it is good that we are here.” Who wouldn’t? When life feels clear, when prayer feels alive, when God feels close — we want to hold onto it. But the mountain is never the destination. Because down below waits real life: confusion, suffering, the cross. The Transfiguration is not an escape from reality — it is a promise within it. A promise that glory is hidden even in struggle. That light is present even when we cannot see it. That the road to Easter runs straight through Calvary.

How often do we expect God to prove Himself through comfort? Through ease? Through everything “working out”? Yet the voice from the cloud says only this: “This is my beloved Son. Listen to Him.”

Listen — not admire.

Listen — not just believe when it feels good.

Listen — especially when the path is hard.

Lent asks something honest of us:

Will we trust the promise when the light fades?

Will we keep walking when prayer feels dry?

Will we stay when discipleship costs something?

Because the same Jesus who shines on the mountain walks steadily toward the cross. And He invites us to follow — not because suffering is good, but because love is stronger.

This week, perhaps the challenge is simple:

Where is God asking you to listen, not just feel?

Where is He asking you to trust, not just understand?

Where is He asking you to keep walking, not build tents?

The mountain shows us who Jesus is.

The journey shows us who we are becoming.

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

Events and Announcements



Stations of the Cross

At 5pm on Fridays during Lent, we will be doing the Stations of the Cross in the Church before the 5:30pm Healing Mass.

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

Tuesdays, 6:45pm (Week 3)

Wednesdays, 10:30am (Week 3)

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.



Adoration Roster - Current hours to fill

- Monday 9-10am
- Tuesday 9-10am
- Friday 8-9am & 10-11am

If you can fill one of these, please sign up via the QR-Code!



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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 12th of March. This will be the last one for the year!

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Liturgical Training and Formation: PLEASE RSVP!

Saturdays 14 & 21 March | 10am–4pm in the Church

Morning Tea and Lunch will be provided both days.

Please RSVP for registration and catering purposes!



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: Lectors (Readers), Sacristans & Extraordinary Ministers of Holy Communion Training & Formation (Keynote: **Fr Tony Schick MGL**)

21 March: Liturgical Music Training & Formation (Keynote: **Stephen Kirk**)

All are warmly encouraged to attend one or both days as there will be general formation and instruction for the liturgy that will be incredibly rich and fruitful regardless of your involvement in any particular ministry.

Note for Extra-Ordinary Ministers of Holy Communion and Lectors (Readers)

If you are currently or hoping to become a Extra-Ordinary Minister of Holy Communion or a Lector, you must attend on the 14th of March and then in the following weeks, you will be commissioned at your regular Parish Mass where you will be formally made a extraordinary-minister or lector, however you will need to have attended the training to be commissioned and/or recommissioned.

How to connect with our Parish?

KINGDOM KIDS

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

Sheriee 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, 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

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 12:1-4

The call of Abraham, the father of God's people.

The Lord said to Abram, 'Leave your country, your family and your father's house, for the land I will show you. I will make you a great nation; I will bless you and make your name so famous that it will be used as a blessing.

'I will bless those who bless you:
I will curse those who slight you.
All the tribes of the earth
shall bless themselves by you.'

So Abram went as the Lord told him.

Responsorial Psalm

Ps 32:4-5. 18-20. 22. R. v.22

**(R.) Lord, let your mercy be on us,
as we place our trust in you.**

1. The word of the Lord is faithful
and all his works to be trusted.
The Lord loves justice and right
and fills the earth with his love. (R.)
2. The Lord looks on those who
revere him,
on those who hope in his love,
to rescue their souls from death,
to keep them alive in famine. (R.)
3. Our soul is waiting for the Lord.
The Lord is our help and our shield.
May your love be upon us, O Lord,
as we place all our hope in you. (R.)

Second Reading 2 Tm 1:8-10

God has saved us, and called us to be holy.

With me, bear the hardships for the sake of the Good News, relying on the power of God who has saved us and called us to be holy – not because of anything we ourselves have done but for his own purpose and by his own grace. This grace had already been granted to us, in Christ Jesus, before the beginning of time, but it has only been revealed by the Appearing of our saviour Christ Jesus. He abolished death, and he has proclaimed life and immortality through the Good News.

Gospel Acclamation Mt 17:5

Glory and praise to you, Lord Jesus Christ!

From the shining cloud the Father's voice is heard:

this is my beloved Son, hear him.

Glory and praise to you, Lord Jesus Christ!

Gospel Mt 17:1-9

His face shone like the sun.

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order. 'Tell no one about the vision until the Son of Man has risen from the dead.'

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Reflection by Fr Michael Tate

We have to get rid of the idea that the soul is a dot of energy in some hidden core of our body. In fact, the body is in the soul. There is no part of my body which is not immersed in my soul. It is my whole person, bodysoul, which needs to be saved. As Thomas Aquinas says: 'If only my soul is saved, I am not saved.' Today's Gospel does not portray an out-of-body experience of religious ecstasy. Jesus' body was translucent, totally radiant with Divine Light. Further, this transfiguration was not a solitary experience for Jesus. Peter, James and John witnessed it precisely because it told them what our Heavenly Father desired as their destiny beyond martyrdom, if only they would listen to Jesus. Heavenly salvation will involve my whole person, bodysoul, being transformed. But could a person, during their earthly existence, share in the transfiguration experience of Christ? We could pause for a moment to 'Google' or otherwise get hold of my favourite story of a saint – St Seraphim of Sarov – and pray that we may share with his disciple the bodily experience of 'immeasurable wellbeing' – 'infinite joy in our hearts'.

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

SAFEGUARDING OFFICER

Julie Long
Contact: IPSS@cg.org.au