

29th March 2026

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

Palm Sunday



Coming up:

Easter Sunday
5 Apr

2026 Alpha Course
16 Apr

2026 Parish Assembly
2 May



cg.org.au/narrabundah

Community and Vision

THE Exchange

Holy Week begins with a strange and powerful contrast.

On Palm Sunday, we watch Jesus enter Jerusalem to shouts of “Hosanna!” — welcomed, praised, celebrated.

And yet, only moments later in the Passion, the cries turn: “Crucify him!”

It is confronting because Palm Sunday reveals something true about the human heart: *we can love God, want God, even follow God... and still carry places in us that resist Him.* That is why this week is such a gift.

Before Easter joy, the Church invites us to honesty. To pause. To look within. To make an examination of conscience — not to drown in guilt, but to let Jesus show us what needs healing, what needs surrender, what needs to be brought into the light. Holy Week is not about pretending we have it all together. It is about bringing Jesus the truth.

Our pride for *His* humility.
Our fear for *His* peace.
Our sin for *His* mercy.
Our woundedness for *His* healing.

*That is **the exchange.***

In the Passion, Jesus takes upon Himself everything we would rather hide. He carries betrayal, shame, weakness, failure, and sin — not to condemn us, but to free us. That is why Confession matters so deeply this week.

Confession is not about humiliation. It is about coming face to face with the mercy of God. It is where we stop hiding and allow Christ to meet us personally. It is where the Cross becomes real in our own life.

If you have been away for a long time, come. If you are unsure where to begin, come. If your heart feels heavy, come. Come before Easter. Come and let Him lift what you were never meant to carry alone.

Holy Week Challenge

Set aside 10 quiet minutes this week to make a simple examination of conscience.

Ask: *Where have I shut God out? Where do I need His mercy most?*

Then take the next step: go to Confession.

Because Easter is not just something we attend.

It is something we are meant to enter — with open hearts, made new.

..... St Benedict's

Events and Announcements



Holy Week Mass Times

- Wednesday - Reconciliation (1 April) - 4:00pm-8:00pm
- Holy Thursday (2 April) - 7:00pm
- Good Friday - Stations of the Cross (3 April) - 10:30am
- Good Friday - Passion of Our Lord (3 April) - 3:00pm
- Easter Vigil (4 April) - 7:30pm
- Easter Sunday (5 April) - 9:00am, 6:00pm



30
MAR

Chrism Mass - Holy Week

The Chrism Mass will be held at 5pm on 30th of March at St Christopher's Cathedral.

5
APR

Mass Times Easter Weekend - NO Sat 6pm Mass

Due to the Easter Vigil occurring at 7:30pm on the 4th of April, there will be **no regular 6pm Saturday Mass**. Sunday 9am and 6pm will remain the same.

11
APR

Regular Saturday Night Mass Time Change (Due to Daylight Savings)

With daylight savings ending, our Saturday Night Mass will be changing from 6pm to **5pm beginning on the 11th of April** until daylight resumes again.

12
APR

Divine Mercy Sunday!

The Sunday following Easter is Divine Mercy Sunday! This is a beautiful day instituted by Pope John Paul II inspired by St Faustina's encounter with Christ. On this Sunday, there will be 1:30pm Adoration and Confession, 2:30pm Divine Mercy Chaplet and at 3pm Divine Mercy Mass.

13-19
APR

Kingdom Kids: On Break due to School Holidays!

Kingdom Kids will be on break for 3 weeks over the Easter school holidays from 5 April-19 April and will resume again on Sunday 26 April. If you are feeling called to bring your talents to this important ministry in 2026, please reach out to discuss ways you can join us.

16
APR

Alpha Course: STARTING IN A MONTH!

Curious about life, faith, and meaning? St Benedict's is running the Alpha course this year starting **Thursday 16 April 2026, in the Parish Centre**. 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.

2
MAY

2026 Parish Assembly

All parishioners are invited to our Parish Assembly 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! You will have an opportunity to engage with the vision of the Parish and be part of shaping it!



Adoration Roster - Current hours to fill

- Tuesday 9-10am
- Wednesday 3-4pm
- Friday 8-9am

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



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

Priests:



Parish:



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.

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.

Gospel Mt 21:1-11

Blessed is he who comes in the name of the Lord.

When they drew near to Jerusalem and came to Bethphage, to the Mount of Olives, Jesus sent two disciples, saying to them, 'Go into the village opposite you, and immediately you will find an ass tied, and a colt with her; untie them and bring them to me. If anyone says anything to you, you shall say, "The Lord has need of them," and he will send them immediately'. This took place to fulfil what was spoken by the prophet, saying, 'Tell the daughter of Zion, Behold, your king is coming to you, humble and mounted on an ass, and on a colt, the foal of an ass'. The disciples went and did as Jesus had directed them; they brought the ass and the colt, and put their garments on them, and he sat thereon. Most of the crowd spread their garments on the road, and others cut branches from the trees and spread them on the road. And the crowds that went before him and that followed him shouted, 'Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest!' And when he entered Jerusalem all the city was stirred, saying, 'Who is this?' And the crowds said, "This is Jesus the prophet, from Nazareth in Galilee."

First Reading Is 50:4-7

I did not cover my face against insult and I know I will not be ashamed.

The Lord has given me a disciple's tongue. So that I may know how to reply to the wearied he provides me with speech. Each morning he wakes me to hear, to listen like a disciple. The Lord has opened my ear. For my part, I made no resistance, neither did I turn away. I offered my back to those who struck me, my cheeks to those who tore at my beard; I did not cover my face against insult and spittle. The Lord comes to my help, so that I am untouched by the insults. So, too, I set my face like flint; I know I shall not be shamed.

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Responsorial Psalm

Ps 21:8-9.17-20.23-24.R. v.2

(R.) My God, my God, why have you abandoned me?

1. All who see me deride me.
They curl their lips, they toss their heads. 'He trusted in the Lord, let him save him; let him release him if this is his friend.' (R.)
2. Many dogs have surrounded me, a band of the wicked beset me. They tear holes in my hands and my feet. I can count every one of my bones. (R.)
3. They divide my clothing among them. They cast lots for my robe. O Lord, do not leave me alone, my strength, make haste to help me! (R.)
4. I will tell of your name to my brethren and praise you where they are assembled. 'You who fear the Lord give him praise; all sons of Jacob, give him glory. Revere him, Israel's sons.' (R.)

Second Reading Phil 2:6-11

He humbled himself to become like us and God raised him on high.

His state was divine, yet Christ Jesus did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are, and being as all men are, he was humbler yet, even to accepting death, death on a cross. But God raised him high and gave him the name which is above all other names so that all beings in the heavens, on earth and in the underworld, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of God the Father.

Gospel Acclamation Phil 2:8-9

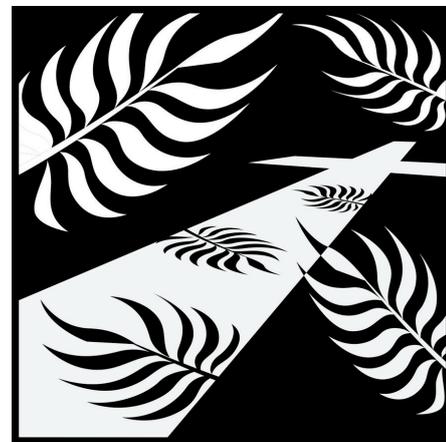
Praise to you, Lord Jesus Christ, king of endless glory!

Christ became obedient for us even to death dying on the cross. Therefore God raised him on high and gave him a name above all other names.

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

Gospel Matthew 26:14 – 27:66

The Full Passion Play will be read aloud.



Reflection by Fr Michael Tate

Jesus entered Jerusalem, not as a warrior in the tradition of King David as many had hoped for, but riding simply on a donkey. The disciples and the crowd applauded him, but they proved fickle in their support. On the other hand, Jesus remained steadfast in his commitment to non-violent revolutionary change of the religious and political systems so as to establish the reign of God. Why did he renounce marshalling human and angelic warriors to further his cause? First, Jesus embodied God-for-us, and God does not want the destruction of those he has created out of love. Second, Jesus had a premonition that an armed revolt would lead to the destruction of Jerusalem and the dispersal of the Jewish people (as occurred in 70AD). Third, another Gospel (Luke) recounts that as Jesus laboured up Mount Calvary he turned to some wailing women and said, 'Daughters of Jerusalem, do not weep for me, weep rather for yourselves and for your children.' He knew that they suffer grievously in armed uprising. This is seen in barbaric reality in our own time with women being tortured and raped in campaigns of terror, trafficked into sexual slavery, suffering the loss of sons, husband and lovers. We could take a moment to pray that the Church of the 21st century, successor of the pacifist Church of the first three centuries, may enter on a new period of reflection on these issues, grappling with the desire to protect the innocent, yet always challenged by the man on a donkey, Divine Prince of Peace.

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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
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Tue/Thurs/Fri: 9am-12pm

SAFEGUARDING OFFICER

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