

31st May 2026

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

The Most Holy Trinity



<https://www.godroom.com/npPsaE8urleptt3%3A%2Fwww.thechurchnews.com%2Fliving-faith%2F2025%2F02%2F23%2Fcome-follow-me-february-24-march-2-what-have-church-leaders-said-about-doctrine-and-covenants-18%2F2%2Fcaig=AOyWw0skdyFnPaing85UjT1KOKs2inst=174378978R44000&source=images&cd=Vfa&onj=B997R449&vndE00BMCjEkgEwoTCPTL93SVowDFOAAAAAdAAAAABFO>

Coming up:

Commissioning Masses
30-31 May

Vinnies Winter Appeal
June-July

First Holy Communion
21 June



cg.org.au/narrabundah



Safeguarding

Here at St Benedict's we value the wellbeing and safety of all our parishioners, especially our children.

St Benedict's is actively committed to fostering communities of safeguarding that recognise and uphold the dignity and rights of all children.

We encourage open communication whereby families and communities are informed of relevant issues and participate in decisions about the safety of children. It is particularly important to us to look for avenues to empower children to have a say and be listened to.

We actively seek to become and remain informed of the causes and signs of child abuse and neglect.

When we receive information about concerns or witness any matter relating to abuse of a child, we respond appropriately and report any such concerns to the appropriate authority. This includes contacting the police immediately where there may be immediate risk of harm to any person, especially a child.

Every person within St Benedict's who comes into contact, or works, with children seeks to uphold the dignity of all children and commits to establishing safe and supportive relationships.

St Benedict's has documented **policies and procedures** to prevent risks to children and build a strong culture of safeguarding. All priests, brothers, sisters, staff and volunteers are expected to follow these policies and procedures and contribute to the culture of care and protection of all children.

We plan, organise and review all activities with children, proactively considering potential risks and strive to ensure risks are reduced, and eliminated where possible. Everyone is encouraged to communicate any area of concern or where you think our approach may need improvement.

Anyone who brings forward a suspicion, concerns, knowledge or allegation of current or past abuse of a child to St Benedict's will be responded to sensitively, respectfully, actively and in a timely manner, in line with our lawful obligations and our own Complaints Handling Policy.

We regularly undertake internal and external auditing of our safeguarding policies and practices to make sure that they always support a culture and practice that puts the safety of children at the centre of our thinking and action. We listen to the voices of children as we constantly strive to remain vigilant and make improvements.

For more information or to raise a concern, please contact Julie Long, our Safeguarding officer via this email: Narrabundah.Safeguarding@cg.org.au

Events and Announcements

30-31
MAY

Commissioning Masses

On the weekend of 30th-31st of May, at all Sunday Masses, we will be commissioning our new Lectors and Extraordinary Ministers of Communion.

31
MAY

Jericho Prayer Walk (Intercession)

On Sunday 31st of May at 7.30pm after the 6pm Charismatic Mass, we will be holding a Jericho Prayer Walk in the church. This involves a simple procession of the Blessed Sacrament around the church with praise, interceding for particular intentions. Our prayer intention for the event will be responding to Dr Joanna Howe's call to pray for support for an act that is to be debated in NSW Parliament to ban sex selective abortion.

4
JUN

Alpha Course: WEEK 8-How Can I Resist Evil?

Thursdays, in the Collins Wing at 6:30pm. 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? **Please register via the QR code or** via this link: <https://forms.gle/nWAn56SRjXQx7jbq5>



13 Tuesday Novena of St. Anthony of Padua

For the next 13 Tuesdays, after our 5:30pm Mass, we will be starting the St. Anthony of Padua 13 Tuesday Novena, after the Rosary. This will be happening weekly until **St Anthony's Feast day on the 13th of June.** All are most welcome to join!



St Vinnies Winter Appeal - Donations and Joining local Conference

St Vincent de Paul is conducting their Winter Appeal over the next few weeks. Your contribution to this important work would be much appreciated. Additionally, joining Vinnies as a member of the Inner South Conference which covers the suburbs of Narrabundah, Manuka, Kingston, Griffith, Red Hill, Deakin, Yarralumla and Symonston means donating your time to help deliver our services in those areas and you can be sure you're making a difference in people's lives. Our volunteers help anyone in need, regardless of their background, culture, religion or political opinion. If you are interested, and for more information, check out our website vinnies.org.au/get-involved/volunteering.



Wanting to be a Sacristan? - Trial Runs

For those who came to our liturgical training back in March who were seeking to become Sacristans, but perhaps lack the confidence, we encourage you to make yourself known to one of the priests. From there, you can organise with them potentially doing assisted trial runs. That would involve coming to mass roughly 30mins earlier to observe and learn from the current sacristans themselves, where you can ask questions and get comfortable with the process.



First Holy Communion - Pray for Our Recipients

Our First Holy Communion recipients from both our Parish and School are receiving the Eucharist for the first time next month. Please keep them in your prayers as they prepare for their special day!



Adoration Roster -Current hours to fill

- Monday 8-9am
- Tuesday 6-7pm
- Friday 7-8pm

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, May Agnew and all those sick in our parish.

Recently Deceased: Anthony Wright, Dragica Jagodic.

Anniversaries: Paul Richardson

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.

First Reading Exodus 34:4-6, 8-9

The Lord God, ruler of all, merciful and loving.

With the two tablets of stone in his hands, Moses went up the mountain of Sinai in the early morning as the Lord had commanded him. And the Lord descended in the form of a cloud, and Moses stood with him there.

He called on the name of the Lord. The Lord passed before him and proclaimed, 'Lord, Lord, a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness.' And Moses bowed down to the ground at once and worshipped. 'If I have indeed won your favour, Lord,' he said 'let my Lord come with us, I beg. True, they are a headstrong people, but forgive us our faults and our sins, and adopt us as your heritage.'

Responsorial Psalm

Daniel 3:52-56

(R.) Glory and praise for ever!

You are blest, Lord God of our fathers.

(R.)

Blest your glorious holy name.

(R.)

You are blest in the temple of your glory.

(R.)

You are blest on the throne of your kingdom.

(R.)

You are blest who gaze into the depths.

(R.)

You are blest in the firmament of the heaven.

(R.)

Second Reading 2 Corinthians 13:11-13

The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

Brothers, we wish you happiness; try to grow perfect; help one another. Be united; live in peace, and the God of love and peace will be with you.

Greet one another with the holy kiss. All the saints send you greetings.

The grace of the Lord Jesus Christ, the love of God and the fellowship of the holy Spirit be with you all.

Gospel Acclamation

Alleluia, alleluia!

Glory to the Father, the Son, and the Holy Spirit: to God who is, who was, and who is to come.

Alleluia!

Gospel John 3:16-18

God sent his Son to save the world through him.

Jesus said to Nicodemus, 'God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life.

For God sent his Son into the world not to condemn the world, but so that through him the world might be saved. No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son.'

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Reflection by Fr Michael Tate

When he was crucified Jesus uttered: 'It is finished.' What had finished? His earthly ministry during which he painted a picture of the most intimate communion between Himself, the Father, and the Holy Spirit, so intimate that the Church needed a new word: 'TriUnity' or 'Trinity' for short. God is pulsating, shimmering light, dancing in threefold exchange of love, each being simultaneously poured into the other. God is 'Being-In-Love' and love is always relational. You are made in the image and likeness of God. Because of the ministry of Jesus Christ, we know what that really means. We are made to live in relationship – not in solitary. If we think that the ultimate good is to be self-sufficient/autonomous, that leads to a hellish existence. When we live with as much selfgiving as is possible, we are on the way to a heavenly existence. We could pause for a moment to give thanks for the revelation of the nature of God, and consequently of the true nature of human beings.

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
5pm (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: Narrabundah.Safeguarding@cg.org.au