

Community and Vision

ANH TRAN - OUR INITIAL EVANGELISATION COORDINATOR

UPDATES FROM.

OUR INITIAL ✨ EVANGELISATION ✨ COORDINATOR!



“WHAT AN AMAZING FEW MONTHS IT HAS BEEN!”

“We journeyed with 8 children this year for their First Holy Communion. Louisa Mitchell (St Benedict’s Primary REC), St Benedict’s Staff, and I worked together to run two formation nights which consisted of prayer, conversations between parent and child, reflections, and teachings. Our retreat looked deeper at sharing what we have received, Jesus in the Eucharist, with others through love and actions. The children were quite nervous on the day but were beautifully reverent. There was a wonderful celebration with multiple cakes in the Parish Centre afterwards! We are very proud of and want to congratulate Makalya, Mikayla, Myra, Kyra, Ash, Joseph, Lawrence, and Shenuk. Special thanks to Louisa for her amazing ideas and leadership, and Fr. Joseph for his thoughtful teaching and resources and providing reconciliation on our retreat day.” - Anh

“What an amazing few months it has been! I started in my role in April on the first night of our Alpha program. I remember realising how much I needed Alpha personally and what a gift it was to be in this position. Now we have just finished the program- 12 weeks have gone so fast! It’s been a joy to witness the transformation of participants and the team, their hunger for more, and finding a home and family here at St Benedict’s. Thank you to our amazing Alpha team for their commitment and heart for this very special ministry. We are excited for our next Alpha starting in September.” - Anh



“WHAT A GIFT IT IS TO BE IN THIS POSITION...”

Thank you Anh for all you do with the Sacramental Program and the Alpha Program. Excited to hear more from you in the coming months!!

ST BENEDICT’S PARISH UPDATES

Events and Announcements

11
JUL

St Benedict's Feast Day Celebration – SAVE THE DATE!

Mark your calendars! On **Saturday 11 July**, we will celebrate the Feast Day of our patron, St Benedict, as one parish family. To mark this special occasion, there will be **one parish Mass only** that weekend: **the 5:00pm Saturday Vigil Mass**. We warmly encourage everyone to come together for this joyful celebration of our parish community. After Mass, the festivities will continue **with a parish feast and celebration** in the **School Hall**. Bring along **a plate of food to share**, your family and friends, and don't forget your dancing shoes! There will be plenty of food, fellowship, laughter, and celebration as we give thanks for the gift of St Benedict and the community we share. This is a wonderful opportunity to meet new people, reconnect with old friends, and celebrate all that God is doing in our parish. We hope to see you there!

9
JUL

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 9th of July!



Seeking Additional Helpers for Flower and Altar-Cleaning Roster

Parishioners are invited to volunteer to assist with the church preparation by arranging flowers and light cleaning, this does not include vacuuming the church. If interested, please contact Parish Office.

22
AUG

THE ARCHDIOCESAN 2026 ASSEMBLY

"How might God be calling your community to become a sanctuary for the thirsty?" On Saturday, 22nd August, from 9am-4pm, Catholics from across the Archdiocese will gather in prayer, reflection and discernment as we seek to listen to the Holy Spirit and consider how Christ is calling us forward in mission. Held across seven regional hubs throughout the Archdiocese, it will be an opportunity for us, as an Archdiocesan community, to prayerfully discern how we continue bringing Jesus Christ to the people of our time. Register and find out more:

<https://www.cgevangelisation.org.au/assembly/>

30
SEP

Explosion Youth Conference

Registrations are now open for Explosion 2026, a Catholic youth conference for students in years 7 to 12. Hosted by the Disciples of Jesus Covenant Community, Explosion will be held at St Clare's College, Canberra, from **September 30 to October 3**, offering inspiring speakers, powerful prayer and worship, and the opportunity to build lasting friendships while growing in faith. Early bird pricing available until August 8. For more information and to register, visit explosionyouth.com.



Adoration Roster -Current hours to fill

- Tuesday 2-3pm
- Thursday 3-4pm

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



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, 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, George Stosic and all those sick in our parish.

Recently Deceased: Jose Maria Canizares, Tony Evans, Catherine Clift

Anniversaries: Joan Evans, Eva Cabardo Arado

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 Zec 9:9-10

See how humbly your king comes to you!

The Lord says this: 'Rejoice heart and soul, daughter of Zion! Shout with gladness, daughter of Jerusalem! See now, your king comes to you; he is victorious, he is triumphant, humble and riding on a donkey, on a colt, the foal of a donkey. He will banish chariots from Ephraim and horses from Jerusalem; the bow of war will be banished. He will proclaim peace for the nations. His empire shall stretch from sea to sea, from the River to the ends of the earth.'

Responsorial Psalm

Ps 144:1-2. 8-11. 13-14. R. v.1

(R.) I will praise your name for ever, my king and my God.

1. I will give you glory, O God my King,
I will bless your name for ever.
I will bless you day after day
and praise your name for ever. (R.)
2. The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures.(R.)
3. All your creatures shall thank you, O
Lord, and your friends shall repeat their
blessing. They shall speak of the glory of
your reign and declare your might, O
God. (R.)
4. The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all who fall
and raises all who are bowed down. (R.)

Second Reading Rom 8:9.11-13

If by the Spirit you put an end to the misdeeds of the body, you will live.

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you.

In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you. So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

Gospel Acclamation 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 11:25-30

I am gentle and humble of heart.

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him. 'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

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Reflection by Fr Michael Tate

In the Jewish story of the creation of Adam, the author has God fashion a figure of a human being out of damp earth, and then breathes into the nostrils of this clay figure. It becomes 'Adam'. In Hebrew, the word for breath, wind or Spirit is the same, so this story tells us that we become human when the Holy Spirit is breathed into our very being.

St Paul tells the early converts in Rome, those recently baptised, and therefore tells us who are baptised: 'The Spirit of God has made his home in you.'

Since your baptism, the Holy Spirit, the Breath of God, dwells in you in a special way. Baptism re-creates us, sharing in the life of the true Adam.

We could pause for a moment to pray: Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love.

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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
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
4pm - 4.30pm



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