

12th July 2026

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

Fifteen Sunday in Ordinary Time



Coming up:

St Benedict's Feast Day
11 Jul

Archdiocesan Assembly
22 Aug

Alpha Course | Round 2
3 Sept

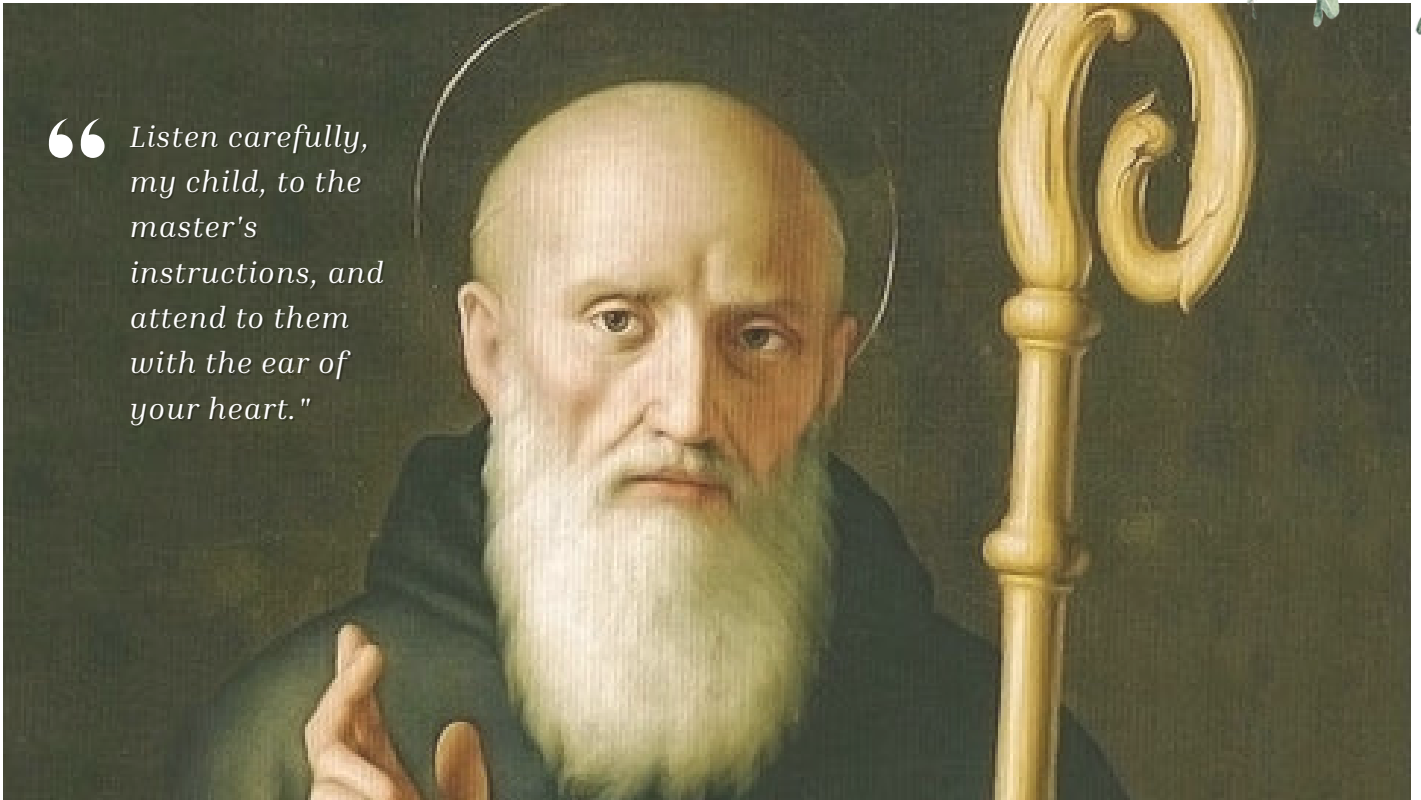


cg.org.au/narrabundah

Community and Vision



“ Listen carefully,
my child, to the
master's
instructions, and
attend to them
with the ear of
your heart.”



ST BENEDICT ~ PATRON OF OUR PARISH

A SAINT FOR EVERYDAY LIFE

On 11 July, the Church celebrates the Feast of St Benedict of Nursia, the patron saint of our parish and one of the most influential saints in Christian history.

Born in Italy around 480 AD, St Benedict sought to follow Christ wholeheartedly in a world marked by uncertainty and change. He eventually founded a number of monasteries and wrote the Rule of St Benedict, a practical guide for Christian living that has shaped communities for over 1,500 years.

St Benedict, pray for us.

At the heart of St Benedict's teaching is a simple but profound vision: **to seek God in every aspect of life**. His spirituality is often summed up by the phrase *Ora et Labora* –Pray and Work–reminding us that prayer and daily responsibilities are not separate, but together form the path to holiness.

The Rule encourages virtues that remain just as relevant today as they were in the sixth century: humility, hospitality, listening, community, peace, and balance. St Benedict believed that every person should be welcomed as Christ Himself, and that ordinary, faithful living is where God transforms our hearts.

As the patron of our parish, St Benedict offers us a beautiful model for living our own vision. He invites us to encounter Christ in prayer, build communities of belonging, use our gifts in service of others, and be sent into the world as missionary disciples.

As we celebrate his feast day, may we ask for St Benedict's intercession, that our parish may continue to grow as a community where every person encounters God's love and is empowered to live their baptismal call.

“ Almighty God, give me wisdom to perceive You,
intelligence to understand You, diligence to seek
You, patience to wait for You, eyes to behold You,
a heart to meditate upon You and life to proclaim
You, through the power of the Spirit of our Lord
Jesus Christ. Amen. - St Benedict of Nursia

Events and Announcements

18
JUL

Legion of Mary | Re-Opening at Our Parish!

Legion of Mary is re-opening at our parish. Legionaries are simply Mary's means of action in the world today! Find out more at the Legion Information session on Sat, 18 July 2026 at 10:00 am at the Parish's Outreach Centre. For more information, contact Rhea via the Parish Office.



Thank you on Behalf of Narrabundah Vinnies Conference

Thank you for your incredible generosity during the recent St Vincent de Paul Winter Appeal. Together, the communities of St Christopher's, St Peter Chanel's and St Benedict's raised an amazing \$8,583. Your compassionate support ensures that local families facing homelessness and hardship receive vital warmth, food, and assistance this winter. May God bless you for your ongoing kindness and care for those in need.

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.cgevangalisation.org.au/assembly/>

3
SEP

ALPHA COURSE | Round 2 starting back in September!

With this 1st round of Alpha coming to an end this coming Thursday, there will be a break for the rest of winter until our 2nd round of Alpha begins in September. This is the perfect opportunity to come if you were not able to be part of the first round, or if you wanted to invite a friend along to! Please register via this link: <https://forms.gle/nWAn56SRjXQx7jbq5>

Late
2026

RCIA Course | Expression of Interest

Interested in becoming Catholic or want to know more about the Catholic faith? St Benedict's is running an RCIA Program (Rite of Christian Initiation for Adults) end 2026-beginning 2027. We are seeking Expression of Interest for those who are interested in participating in the program. It is a 4-6 month commitment. More information to come. If interested, please contact the Parish office directly!



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.



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!



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, Maria S and all those sick in our parish.

Recently Deceased: Ron Duncan (Rachael Nano's Father), Pedro Jose Salazar (Jesus Salazar's Father), Tony Evans (Caroline Evan's Father), Fr Troy Bobbin

Anniversaries: Joseph Tremble, Joan Evans

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.

Priests:



Parish:



First Reading **Isaiah 55:10-11**

The rain makes the earth fruitful.

Thus says the Lord: ‘As the rain and the snow come down from the heavens and do not return without watering the earth, making it yield and giving growth to provide seed for the sower and bread for the eating, so the word that goes from my mouth does not return to me empty, without carrying out my will and succeeding in what it was sent to do.’

Responsorial Psalm

Psalm 64:10-14 R. Lk 8:8

(R.)The seed that falls on good ground will yield a fruitful harvest.

1. You care for the earth, give it water, you fill it with riches.
Your river in heaven brims over to provide its grain. (R.)
2. And thus you provide for the earth; you drench its furrows, you level it, soften it with showers, you bless its growth. (R.)
3. You crown the year with your goodness. Abundance flows in your steps, in the pastures of the wilderness it flows. (R.)
4. The hills are girded with joy, the meadows covered with flocks, the valleys are decked with wheat. They shout for joy, yes, they sing. (R.)

Second Reading **Romans 8:18-23**

All creation is waiting for the revelation of the children of God.

I think that what we suffer in this life can never be compared to the glory, as yet unrevealed, which is waiting for us. The whole creation is eagerly waiting for God to reveal his sons. It was not for any fault on the part of creation that it was made unable to attain its purpose, it was made so by God; but creation still retains the hope of being freed, like us, from its

slavery to decadence, to enjoy the same freedom and glory as the children of God. From the beginning till now the entire creation, as we know, has been groaning in one great act of giving birth; and not only creation, but all of us who possess the first-fruits of the Spirit, we too groan inwardly as we wait for our bodies to be set free.

Gospel Acclamation

Alleluia, alleluia!

The seed is the word of God, Christ is the sower; all who come to him will live for ever.

Alleluia!

Gospel (shorter form Mt 13:1-9)

A sower went out to sow.

Jesus left the house and sat by the lakeside, but such crowds gathered round him that he got into a boat and sat there. The people all stood on the beach, and he told them many things in parables. He said, ‘Imagine a sower going out to sow. As he sowed, some seeds fell on the edge of the path, and the birds came and ate them up. Others fell on patches of rock where they found little soil and sprang up straight away, because there was no depth of earth; but as soon as the sun came up they were scorched and, not having any roots, they withered away. Others fell among thorns, and the thorns grew up and choked them. Others fell on rich soil and produced their crop, some a hundredfold, some sixty, some thirty. Listen, anyone who has ears!’

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Reflection by Fr Michael Tate

Here is Jesus telling another story about nature, in this case about soil good enough to bear a crop. Is he just a keen observer of the farmers of his time? No. Throughout the Gospels there is a harmony between Jesus and the natural creation of a profound kind. But St Paul intuited that link at a profound level in the case of the Risen Lord. This led him to make the most amazing claim that: ‘The creation itself would be set free from its slavery to decay in order to share the freedom associated with the glory of the children of God.’ We, and the whole cosmos, share the legacy of a common destiny brought about by the powerful victory of Christ over the final instance of decay, destruction and every type of death. We could pause a moment to pray with the angels as we do at every Mass: ‘Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest.’

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

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