

16th August 2026

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

Twentieth Sunday in Ordinary Time



<https://stjameschurchtiverton.org.uk/imaginative-contemplation-matthew-1422-33-do-not-be-afraid/>

Coming up:

Archdiocesan Assembly
22 Aug

Alpha Course | Round 2
3 Sept

St Lorenzo Feast Day
26 Sept



cg.org.au/narrabundah

Community and Vision

JULIE DOUGLAS - ON BEHALF OF THE SENIOR LEADERSHIP TEAM

UPDATES FROM..

OUR SENIOR ✨ LEADERSHIP ✨ TEAM

"It has been about three months since our Parish Assembly, and I wanted to share a little update on where we are at – as well as why this process has become quite personal for me.

My family first came to Narrabundah from England in 1968, and I attended St Benedict's School from Year 4. I even remember attending Mass in the parish hall before our current church was built! After many years away, I returned to St Benedict's when I began bringing my parents to Mass. It didn't take long for me to realise that this parish, and the Missionaries of God's Love clergy, was where I needed to be. I had come home. Since then, I have become involved in many areas of parish life. So, when I was invited to join the Vision Team in March, I jumped at the opportunity to contribute more specifically to shaping the future of a community I have come to love. One of the highlights for me since joining the team was our Parish Assembly. It was so exciting to bring the Vision we had been discerning to the wider parish and see how positively our community responded. Hearing people share their hopes, ideas and dreams for St Benedict's made it clear that this is something we are building together." **-Julie Douglas**



"I HAD COME HOME."

"Since the Assembly, the Senior Leadership Team (previous known as the Vision Team) has been working through the feedback and carefully considering three key areas of our Vision: Community, Worship and Evangelisation. We are now working through the remaining areas of Charisms, and Leadership & Ministry, with the aim of having a final Vision document ready in the coming weeks. It has been a privilege to be part of this process alongside such a gifted group of people. We are working hard to ensure that the heart and identity of St Benedict's is reflected in where we are heading. Thank you to everyone who contributed at the Parish Assembly. Your input has helped shape this journey, and I look forward to seeing where God leads us next." **-Julie Douglas**



"...I JUMPED AT THE OPPORTUNITY TO CONTRIBUTE ...TO SHAPING THE FUTURE..."

Please continue to keep vision of St Benedict's, and the team in your prayers. Excited to share more with you in the coming months!!

ST BENEDICT'S PARISH UPDATES

Events and Announcements

17
AUG

CARPARK CLOSED THIS MONDAY DUE TO SCHOOL DEMOUNTABLES

This coming **Monday 17th of August**, the School is having three temporary demountables installed to provide temporary classroom anticipating the upcoming school building works. This will mean the entire carpark will not be accessible all of Monday. It will be open again Tuesday.

31
AUG

Parish Office Hours and Days Changing!

Starting the week of the 31st of August, the Parish Office hours and days will be as follows:

- **Wednesday 1-4pm** (New day and time!)
- **Thursday 9am-12pm** (As usual)
- **Friday 9am-12pm** (As usual)



ADORATION ROSTER -CALL TO FILL ALL THE HOURS!

ALL Adoration Hours need at least two people at all times!

- Monday/Tuesday - 7am-10pm
- Wednesday/Thursday - 1pm-10pm
- Friday 7am- Saturday 8am (Overnight)

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



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!

Our 2nd round of Alpha begins in September. Please come along and bring that person you have in mind who might be curious about faith!

Please register via this link: <https://forms.gle/nWAn56SRjXQx7jbq5>

26
SEP

St. Lorenzo Ruiz Feast Day

Join us as we celebrate the Feast of San Lorenzo Ruiz de Manila, the first Filipino saint and martyr. Celebrate with us at the Filipino Mass on Saturday 26th of September at 10:00 AM at St Benedict's, followed by a festive parish reception in the School Hall. Everyone is warmly invited to enjoy a day of faith, fellowship, and Filipino hospitality. Experience the richness of Filipino culture through a shared meal featuring traditional Filipino cuisine, cultural presentations, games, singing, dancing, and rapping. Please bring a plate to share as we gather as one parish family to honour St. Lorenzo Ruiz and celebrate the gifts of our faith, culture, and community. All are welcome!

7-9
SEP

CHARISM RETREAT | 7-9 SEPTEMBER

Come and discover, receive and live the gifts of the Holy Spirit at our Charism Retreat, led by renowned Catholic evangelist, author and preacher Br Thomas Paul. Monday-Wednesday, 9:30am-7:30pm at Collins Wing, St Benedict's. For more information, contact Niju Varghese via the Parish Office.

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)

LEGION OF MARY

Weekly Saturday Mornings

10am-12pm, Outreach Centre

(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, Anna Pace, Rita Smith, Wendy Fisher-Hudson, Helen French, Deirdre O'Brien, Sagar Julie O'Brien, Oscar.S, Michael Reid, Peter Robinson, George Stosic, Maria S, and all those sick in our parish.

Recently Deceased: Rita Reid, Gert Fletcher, Barry Murphy, May Agnew, Ron Duncan, Pedro Jose Salazar, Tony Evans, Fr Troy Bobbin, Jonathan Hawkins, Fr Raphael Ruzindana, Fe Tarrega de Roxas

Anniversaries: Marc Gobbin, Jonathan Crowley

[stbenedicts.canberra](https://www.instagram.com/stbenedicts.canberra) [St. Benedict's Canberra](https://www.facebook.com/St.Benedict's.Canberra)

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 Is 56:1.6-7

I will lead the foreigners to my holy mountain.

Thus says the Lord: Have a care for justice, act with integrity, for soon my salvation will come and my integrity be manifest. Foreigners who have attached themselves to the Lord to serve him and to love his name and be his servants – all who observe the sabbath, not profaning it, and cling to my covenant – these I will bring to my holy mountain. I will make them joyful in my house of prayer. Their holocausts and their sacrifices will be accepted on my altar, for my house will be called a house of prayer for all the peoples.

Responsorial Psalm

Ps 66:2-3 5-6. 8. R. v.4

(R.) O God, let all the nations praise you!

- 1. O God, be gracious and bless us and let your face shed its light upon us. So will your ways be known upon earth and all nations learn your saving help. (R.)
- 2. Let the nations be glad and exult for you rule the world with justice. With fairness you rule the peoples, you guide the nations on earth. (R.)
- 3. Let the peoples praise you, O God; let all the peoples praise you. May God still give us his blessing till the ends of the earth revere him. (R.)

Second Reading Rom 11:13-15. 29-32

The gifts and call of God are irrevocable.

Let me tell you pagans this: I have been sent to the pagans as their apostle, and I am proud of being sent, but the purpose of it is to make my own people envious of you, and in this way save some of them. Since their rejection meant the reconciliation of the world, do you know what their admission will mean? Nothing less than a resurrection from the dead! God never takes back his gifts or revokes his choice. Just as you

changed from being disobedient to God, and now enjoy mercy because of their disobedience, so those who are disobedient now – and only because of the mercy shown to you – will also enjoy mercy eventually. God has imprisoned all men in their own disobedience only to show mercy to all mankind.

Gospel Acclamation Lk 19:38

Alleluia, alleluia!

Jesus preached the Good News of the kingdom and healed all who were sick.

Alleluia!

Gospel Mt 15:21-28

Woman, you have great faith.

Jesus left Gennesaret and withdrew to the region of Tyre and Sidon. Then out came a Canaanite woman from that district and started shouting, ‘Sir, Son of David, take pity on me. My daughter is tormented by a devil.’ But he answered her not a word. And his disciples went and pleaded with him. ‘Give her what she wants,’ they said ‘because she is shouting after us.’ He said in reply, ‘I was sent only to the lost sheep of the House of Israel.’ But the woman had come up and was kneeling at his feet. ‘Lord,’ she said ‘help me.’ He replied, ‘It is not fair to take the children’s food and throw it to the house-dogs.’ She retorted, ‘Ah yes, sir; but even house-dogs can eat the scraps that fall from their master’s table.’ Then Jesus answered her, ‘Woman, you have great faith. Let your wish be granted.’ And from that moment her daughter was well again.

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Reflection by Fr Michael Tate

A pagan woman approaches a Jewish man and she begs Jesus to heal her daughter. Jesus gives a dismissive answer to the woman: ‘It is not fair to take the children’s bread and throw it to the house dogs.’ The children are obviously the Jewish people. This remarkable pagan woman stands her ground and engages in a verbal joust with Jesus! She argues: ‘Yes, Lord, but even the house dogs get the crumbs that fall from their master’s table.’ Jesus recognises her faith and the daughter was healed. This story was put in the Gospels to show how Jesus extended his saving mission to non-Jews in Pagan territory. That is Good News for billions of non-Jewish people over the course of history since then and into the future. That is why we are truly ‘Catholic’, which, as you know, is the Greek for ‘world-wide’. We could pause for a moment to celebrate this Canaanite woman as the first ‘Catholic’!

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