

23rd August 2026

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

Twenty-first Sunday in Ordinary Time



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

Coming up:

Alpha Course | Round 2
3 Sept

St Lorenzo Feast Day
26 Sept

Explosion Youth Conference
30 Sept- 3 Oct



cg.org.au/narrabundah

Community and Vision



ALPHA: MORE THAN A COURSE

Message from Fr Chris

You may have noticed that we're trying something new this year: running Alpha **twice**. You might be wondering, **why?**

Firstly, Alpha is a core part of our parish strategy and a key way we are putting our Vision into practice. It is both an evangelisation and leadership tool, giving us a simple, natural and enjoyable way to learn how to share our faith and walk alongside someone else — something that can often feel daunting. And we do it together, building community as we go.

What I've loved about Alpha is walking with others as they ask questions, discover faith or go deeper in their relationship with Jesus. Alpha creates a space for people to find community and belonging while giving us the opportunity to accompany them on that journey.

Secondly, running Alpha twice means we can keep inviting. If you know someone who is asking questions about faith, searching for meaning, or just curious about God, you don't have to wait until next year. There is another opportunity to invite your friends.

Thirdly, Alpha isn't just for those new to faith. For those who haven't already done Alpha, it can be an opportunity to be renewed in your own faith, go deeper in your relationship with Jesus and support others through that journey.

Ultimately, Alpha has the potential to shape the culture of our whole parish. As inviting, sharing our faith and accompanying others become a natural part of our parish life, we become the kind of community our Vision calls us to be: one that encounters, unites, empowers and sends.

Alpha isn't just another parish program. It is one way we are becoming a more welcoming, missionary and outward-looking community — together.

Looking forward to seeing you there!



Events and Announcements

31
AUG

Parish Office Hours and Days Changing!

Starting the week of the 31st of August (next week!), 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!



3
SEP

ALPHA COURSE | Round 2 starting back in September!

Our 2nd round of Alpha begins weekly on Thursdays, starting the **3rd of September, 6:30pm in the Collins Wing**. 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>

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.

19
SEP

Vessels | Young Women's Twilight Retreat | MGL Sisters

The Missionaries of God's Love Sisters invite all single young women to participate in a Twilight Retreat at 2pm Saturday 19th September. Be reminded of the beauty of how we are created to be witnesses of God's love and how it is through our brokenness that His light can shine all the more. For more info or to register, scan the QR code.



26
SEP

St. Lorenzo Ruiz Feast Day

Celebrate the Feast of San Lorenzo Ruiz de Manila on 26 September. Join us for 10 a.m. Mass, followed by Filipino cuisine, cultural performances, games, raffles, and delightful prizes. Please wear something red and bring a plate to share as we gather at St. Benedict's School Hall in honour of the first Filipino saint.

5
SEP

Faith and Light - Come and See

Saturday 5 September, 2-4pm at Holy Trinity Parish Centre, Curtin.

Looking to share faith in a meaningful way? Join us at our Come and See afternoon for Faith & Light, a Christian community for people with intellectual disability, their family and friends, where we share the joy of the gospel, prayer, friendship and afternoon tea.

For further details contact Anne Smart via the Parish Office.

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 DOJ 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. For more information and to register, visit explosionyouth.com.

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:

[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 22:19-23

I place the key of the House of David upon his shoulder.

Thus says the Lord of hosts to Shebna, the master of the palace: I dismiss you from your office, I remove you from your post, and the same day I call on my servant Eliakim son of Hilkiah. I invest him with your robe, gird him with your sash, entrust him with your authority; and he shall be a father to the inhabitants of Jerusalem and to the House of Judah. I place the key of the House of David on his shoulder; should he open, no one shall close, should he close, no one shall open. I drive him like a peg into a firm place; he will become a throne of glory for his father's house.

Responsorial Psalm

Ps 137:1-3. 6. 8. R. v.8

Lord, your love is eternal; do not forsake the work of your hands.

- 1. I thank you, Lord, with all my heart, you have heard the words of my mouth. Before the angels I will bless you. I will adore before your holy temple. (R.)
- 2. I thank you for your faithfulness and love which excel all we ever knew of you. On the day I called, you answered; you increased the strength of my soul. (R.)
- 3. The Lord is high yet he looks on the lowly and the haughty he knows from afar. Your love, O Lord, is eternal, discard not the work of your hands. (R.)

Second Reading Rom 11:33-36

From him, through him, and in him are all things.

How rich are the depths of God – how deep his wisdom and knowledge – and how impossible to penetrate his motives or understand his methods! Who could ever know the mind of the Lord? Who could ever be his counsellor?

Who could ever give him anything or lend him anything? All that exists comes from him; all is by him and for him. To him be glory for ever! Amen.

Gospel Acclamation Mt 16:18

Alleluia, alleluia!

You are Peter, the rock on which I will build my Church; the gates of hell will not hold out against it.

Alleluia!

Gospel Mt 16:13-20

You are Peter, to you I will give the keys of the kingdom of heaven.

When Jesus came to the region of Caesarea Philippi he put this question to his disciples, 'Who do people say the Son of Man is?' And they said, 'Some say he is John the Baptist, some Elijah, and others Jeremiah or one of the prophets.' 'But you,' he said 'who do you say I am?' Then Simon Peter spoke up, 'You are the Christ,' he said, 'the Son of the living God.' Jesus replied, 'Simon son of Jonah, you are a happy man! Because it was not flesh and blood that revealed this to you but my Father in heaven. So I now say to you: You are Peter and on this rock I will build my Church. And the gates of the underworld can never hold out against it. I will give you the keys of the kingdom of heaven: whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven.' Then he gave the disciples strict orders not to tell anyone that he was the Christ.



Reflection by Fr Michael Tate

Jesus had a sense of humour! Simon, son of Jonah, was far from being a rock solid supporter of Jesus. So Jesus gave him the nickname 'Rocky' which in the Greek is Petros.

Jesus puns with the nickname: 'You are Rocky and upon this rock I will build my church.' The natural personality of shifting sands was being transformed by the blessing just given (the only blessing bestowed upon an apostle by Jesus).

Notice that Jesus only makes promises about 'my church', not a church shaped by human imagination, e.g. modes of Roman Imperial rule or with a Eurocentric mindset.

We could pause for a moment to pray that the Risen Lord showers the successor of St Peter with every blessing so that the Church of Jesus the Christ continues to prevail over the forces of death which threaten humanity.

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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