

25<sup>th</sup> October 2026

in the care of the Missionaries of God's Love

# St Benedict's

St Benedict's Catholic Church, Narrabundah

*Thirtieth Sunday in Ordinary Time*



<https://www.facebook.com/canvaschurch.ca/posts/deuteronomy-65-love-the-lord-your-god-with-all-your-heart-and-with-all-your-soul/1344000851098855/>

*Coming up:*

**All Saints Day**  
1 Nov

**Christ the King**  
22 Nov

**Walk with Christ**  
22 Nov



[cg.org.au/narrabundah](http://cg.org.au/narrabundah)

# Upcoming Competition...



## Christmas Cover Competition

School students of all ages across the Archdiocese of Canberra and Goulburn are invited to create an artwork for the **2026 Christmas** cover of Catholic Voice.

THEME

Everyone is  
Invited



Full details  
and how to  
enter are  
available  
online



Open to school  
students of  
**ALL AGES**



Winning artwork  
featured on the Christmas  
cover of *Catholic Voice*



Entries close  
**Monday 16 November  
2026**



# Events and Announcements

28-30 OCT

## Parish Office Closed ALL WEEK | 28<sup>th</sup> - 30<sup>th</sup> of October

Apologies for the inconvenience but the Parish office will be closed all of next week due to Secretary on Leave. In this time, phone messages and emails will not be monitored. If you need to contact the Parish office for an inquiry, please email [narrabundah@cg.org.au](mailto:narrabundah@cg.org.au) and we will get back to you when the office reopens the following week. **Due to sheer volumes of enquiries, they could take up to a week or more to be addressed, thank you in advance for your patience.**



## Kingdom Kids | NEW REGISTRATION FORM!

To formalise our processes and ensure safeguarding of our children, we have a new registration and parent consent form for Kingdom Kids. This is a one-time form. It is one form per family and should take no more than 5 mins to complete! Current families and new families of Kingdom kids, can we ensure you register your family via the QR Code!



22 NOV

## Feast of Christ the King – Walk with Christ

Come and join us as we celebrate the Feast of Christ the King! Following the 6pm Charismatic Mass on Sunday, 22 November, we'll gather for a Eucharistic Procession around the grounds of St Benedict's Church. Everyone is warmly welcome to come along, pray together and walk with Christ!



## St Vincent De Paul | Blessed Ozanam Appeal 2026

Many of you will know that St Vincent de Paul works to support people in need—both here in our local community and overseas. One way we do this internationally is through twinning. Twinning is where one local area (Conference) directly supports another somewhere in the world walking alongside our fellow members in developing countries—offering spiritual support, financial assistance, and mutual encouragement. Here in the Canberra/Goulburn region, we have 57 “twin” Conferences in Indonesia, India, Thailand, and the Solomon Islands. Your support and financial assistance is paramount to the ongoing of this part of the work of SVdP. Donations may be via the web link <https://www.vinnies.org.au/act-surrounds> - reference 1423Twinning. There are also envelopes available in the Church. Of course, as always, we ask for your prayers to give strength and assistance to those working in these under resourced areas.



## Adoration Roster -Call to fill ALL the hours!

ALL Adoration Hours need at least two people at all times! In particular, we are looking to fill:

- **Tuesday: 10am-12pm**
- **Wednesday: 2pm-4pm**
- **Friday: 2-3pm**

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



## How to connect with our Parish?

Contact the Parish Office for any enquiries.

### KINGDOM KIDS | PRE-YR 6

Sunday 9am Mass  
(except school holidays  
& long weekends)

**REGISTRATION & CONSENT FORM**



### FUSION YOUTH GROUP | YR 7-12

Friday Nights (Fortnightly)  
7-9pm Collins Wing

### YOUNG ADULTS GROUP | 18-25

Monday Nights Fortnightly  
6-8pm, Outreach Centre

### MOTHER'S PRAYERS

Each Monday (school term)  
9.30am, Parish Centre

### MEN'S SHARING GROUP

Tuesday Nights (Fortnightly)  
7:30pm, Parish Centre

### REST IN ME MEDITATIONS

Wednesdays (Fortnightly)  
10am-12pm, Parish Centre

### STREET MINISTRY

Friday Nights  
After 5:30pm Mass, Civic

### LEGION OF MARY

Weekly Saturday Mornings  
10am-12pm, Outreach Centre

### ALPHA COURSE

Weekly Thursday Nights\*  
6:30pm-9pm, Collin Wing  
\*(2 x 12 week program throughout year)

## Complaint / Concern Form

We take safeguarding our community very seriously here at St Benedict's.

This is a QR-code to an Archdiocesan Form of any safeguarding complaints and concerns that goes straight to the IPSS Manager of the Archdiocese.



SCAN ME!

## 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, Luke S, Michael Reid, Peter Robinson, George Stosic, and all those sick in our parish.

**Recently Deceased:** Maria Ransom, Ernestina Ballivian, Kay Juliette Honner, Nellie Cook, Bill McMaster (Bronwyn's father), Edward Oriel, Rita Reid, Gert Fletcher

**Anniversaries:**

### 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 Ex 22:20-26**

*If you are harsh with the widow or the orphan, my anger will rage against you.*

The Lord said to Moses, ‘Tell the sons of Israel this, “You must not molest the stranger or oppress him, for you lived as strangers in the land of Egypt. You must not be harsh with the widow, or with the orphan; if you are harsh with them, they will surely cry out to me, and be sure I shall hear their cry; my anger will flare and I shall kill you with the sword, your own wives will be widows, your own children orphans. “If you lend money to any of my people, to any poor man among you, you must not play the usurer with him: you must not demand interest from him. “If you take another’s cloak as a pledge, you must give it back to him before sunset. It is all the covering he has; it is the cloak he wraps his body in; what else would he sleep in? If he cries to me, I will listen, for I am full of pity.”’

**Responsorial Psalm**

**Ps 17:2-4. 47. 51. R. v.2**  
**(R.) I love you, Lord, my strength.**

- 1. I love you, Lord, my strength,  
my rock, my fortress, my saviour.  
My God is the rock where I take refuge;  
my shield, my mighty help, my stronghold.  
The Lord is worthy of all praise:  
when I call I am saved from my foes. (R.)
- 2. Long life to the Lord, my rock!  
Praised be the God who saves me.  
He has given great victories to his king  
and shown his love for his anointed. (R.)

**Second Reading 1 Thes 1:5-10**

*You turned away from idols to serve God and await his Son.*  
You observed the sort of life we lived when we were with you, which was for your instruction, and you were led to become imitators of us, and of the Lord; and it was with the joy of the Holy Spirit that you took to the gospel, in spite of the great opposition all round you.

This has made you the great example to all believers in Macedonia and Achaia since it was from you that the word of the Lord started to spread – and not only throughout Macedonia and Achaia, for the news of your faith in God has spread everywhere. We do not need to tell other people about it: other people tell us how we started the work among you, how you broke with idolatry when you were converted to God and became servants of the real, living God; and how you are now waiting for Jesus, his Son, whom he raised from the dead, to come from heaven to save us from the retribution which is coming.

**Gospel Acclamation Jn 14:23**

**Alleluia, alleluia!**  
**All who love me will keep my words, and my Father will love them and we will come to them.**  
**Alleluia!**

**Gospel Mt 22:34-40**

*You shall love the Lord your God and your neighbour as yourself.*

When the Pharisees heard that Jesus had silenced the Sadducees they got together and, to disconcert him, one of them put a question, ‘Master, which is the greatest commandment of the law?’ Jesus said, ‘You must love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second resembles it: you must love your neighbour as yourself. On these two commandments hang the whole Law, and the Prophets also.’

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**Reflection** by Fr Michael Tate

Did you notice that Jesus does not command us to love ‘God’? No, we are to love ‘the Lord your God’, the One who rescued the Jewish people from slavery. The resurrection of Jesus Christ reveals the Lord God as the liberator from the apparent final dominance of death. Loving such a liberator is the natural response. So, ‘Love the Lord your God’. Then Jesus does not command us to love our neighbour! Rather, ‘Love your neighbour as yourself.’ But who is ‘yourself’? In the wonderful story-telling of Genesis, we are told that Adam, an earthen statue, had Divine Breath breathed into the nostrils, creating him as a human being. We earthlings are conceived with the Divine Breath at the core of our being. The challenge for you and for me is to see ‘yourself’ in that way, and thereafter every human being whose lives we can affect: the neighbour. And in today’s global world, the neighbour can be a person in a society geographically or culturally distant. We could pause for a moment to see the true dimensions of God, self and the other, to more easily fulfil the dual command.

**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.

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| <p><b>MASS TIMES</b></p> <p><b>Weekdays</b><br/>5:30pm (Tues, Thurs)<br/>12:30pm (Wed)<br/>5.30pm Friday Healing Mass</p> <p><b>Saturday</b><br/>8am<br/>5pm (Vigil)</p> <p><b>Sunday</b><br/>9am<br/>6pm (Charismatic)</p>  | <p><b>EUCCHARISTIC ADORATION</b></p>  <p>Come adore Jesus in the Blessed Sacrament.</p> <p><b>Mon - Tue:</b><br/>7am - 9pm<br/><b>Wed - Thurs:</b><br/>1pm - 9pm<br/><b>Friday</b><br/>7am - Sat 8am</p> | <p><b>ROSARY</b></p> <p>After each weekday mass except Fridays.<br/>After Sat 8am Mass.</p> <p><b>RECONCILIATION</b></p> <p><b>Friday</b><br/>6:15pm - 7pm<br/><b>Saturday</b><br/>4pm - 4.30pm</p>  <p><b>SPIRITUAL DIRECTION &amp; PERSONAL VOCATION</b><br/>Adrian Wellspring</p> | <p><b>OUR PRIESTS</b></p> <p>Fr Chris Eaton MGL (PP)<br/>Fr Samson Ezemuokwe MGL (APP)<br/>Fr Joseph Nivaskaran MGL (APP)<br/>Fr Tony Schick MGL</p> <p><b>PARISH OFFICE</b><br/>Parish Secretary &amp; Communications:<br/>Isabelle Seselja<br/>(02) 6295 7879<br/>narrabundah@cg.org.au<br/><b>Wed: 1-4pm   Thurs &amp; Fri: 9am-12pm</b></p> <p><b>SAFEGUARDING OFFICER</b><br/>Julie Long<br/>Contact: Narrabundah.Safeguarding@cg.org.au</p> |
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