

First Holy Communion Registration

Parents are advised that registration for the Sacrament of First Holy Communion is now open. Students wishing to participate in the sacrament must be at least grade three or older. Registration for this sacrament can be done through either the Qkr! app or by contacting the parish office directly.

Adoration Notice:

Dear St Benedict’s Community, due to winter illness and family commitments, many adorers are away. If you are able to help short term (2-3weeks) with the following vacancies much appreciated.

Monday 8-11am & 2-3pm
Tuesday 9-1pm
Friday 9-10am & 2-3pm

When we spend time in Adoration, God’s grace poured out upon our individual lives, family, communities & world is astonishing. Even if you are unable to commit with your physical presence, Please pray for more Adorers - the harvest is rich but the labourers are few so let’s ask the Lord of the harvest to provide for our needs...

26 September | Encountering God in Lectio Divina

Lectio Divina is Sacred Reading. It is a way of prayer whereby we allow the Word of God to touch our hearts and change our lives. It is a dialogue of love between the person and God as heart speaks to heart through the Word. This weekend retreat focusses on the process of lectio divina by engaging participants in the ancient art of reading and praying with the Word of God in scripture.

For more details ring 0242360011 Ext. 114
Cost: \$150

Invitation to the Ordinations of Brothers Samson & Vijay

The parish would like to invite any interested parishioners to the ordinations of Brother Samson & Brother Vijay MGL. The ordination will be held on **13th September at 7:30pm** in St Christopher’s Cathedral, with refreshments afterwards at the cathedral hall. Please bring a plate to share.

Masses of Thanksgiving will be celebrated by Brother Vijay on **14 September at 11am**, and by Brother Samson on **15 September at 11am**, both at St Benedict’s.

ROSTER FOR THIS WEEKEND
10th & 11th August 2024

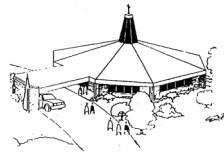
	Sat 5 pm	Sun 9am
Welcomers	Carmel & Peter Pistor	Robert Henry
Readers	BA Daly, Louise Gaudry	Maria Mendoza. Josephus Bumaat
Offertory	Volunteers	Young family
Eucharistic Ministers	Nhung Booth	Julie Douglas
Flowers, Altar Clean	Grace De Silva	
Church Cleaners	Santhosh Jose	
Visitation	MGL Garran (Mt View & Jindalee)	
Sun 6pm Mass Readers	Sarah Liston & Natasha	

ROSTER FOR NEXT WEEKEND
17th & 18th August 2024

1ST READING 1 KINGS 19: 4-8	2ND READING EPHESIANS 4: 30-5: 2	GOSPEL JOHN 6: 41-51
	Sat 5 pm	Sun 9am
Welcomers	Marlene Keir	Alma Burg
Readers	Robert Booth, Louise Gaudry	Loreena D’Silva, Shiru Kinyanjui
Offertory	Volunteers	Jose family
Eucharistic Ministers	Louise Gaudry	Josephus Bumaat
Flowers, Altar Clean	Ann Hill & Anne Sutherland	
Church Cleaners	Nhung Booth, John Murray	
Visitation	Jonavie & Grace (Jindalee)	
Sun 6pm Mass Readers	Anne Sutherland & Adrian Wellspring	

St Benedict’s Catholic Parish acknowledge the **Ngunnawal People**, the Traditional Owners who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander peoples to this country and commit ourselves to the ongoing journey of Reconciliation.

St Benedict’s Catholic Church



In the care of the Missionaries of God’s Love

Parish Team:

Parish Office Hours: Tues—Friday, 9am—12pm
Corner of Sturt Ave & Jerrabomberra Ave
(PO Box 55)
Narrabundah ACT 2604
Tel: +61 (02) 6295 7879/ Parish Office
Emergency Number: (02) 6239 6772
Email: Narrabundah@cg.org.au

Fr Chris Eaton, MGL (Parish Priest & Mission Centre Director)
Fr Rembert Fernando, MGL (Priest)
Fr Tony Schick, MGL (Priest)
Deacon Samson, MGL
Adrian Wellspring (Spiritual Direction & Personal Vocation)
Isabel Roberts (Parish Secretary)

Nineteenth Sunday of Ordinary Time
10th & 11th August 2024

Reflection on Gospel

On this Sunday, we continue to read from the “Bread of Life discourse” found in the sixth chapter of John’s Gospel. Recall that we have been reading from this chapter for the past two weeks and will continue to read from it for another two. Last week, the crowd asked for a sign that would show that Jesus came from God. Jesus replied by saying that he is the sign and the bread of life sent by God. At this point, our Lectionary omits six verses in which Jesus predicts the unbelief of the crowd and further develops his connection with God the Father. In these verses, Jesus says that he was sent by God to do the Father’s will. Jesus promises that those who look upon the Son with faith will find eternal life. Some of these themes are repeated in today’s Gospel reading.

Today’s Gospel begins with a report that the Jews complained about Jesus’ claims regarding his identity. They knew his family, and they knew he was the son of Joseph. They could not comprehend what Jesus meant when he said that he came down from heaven. Jesus responds to the complaints by saying that only those who are chosen by God will recognize him as the one that God sent. This is a recurring theme in John’s Gospel, that God has chosen those who will have faith in Jesus.

In the verses that follow, Jesus talks more about his unity with the Father. He is the one who has seen the Father and, therefore, knows the Father. Those who listen to God will recognize that Jesus is the one sent from God. Those who believe will have eternal life. Jesus concludes with the central element of our eucharistic theology. He promises that the bread of life will bring eternal life to those who partake of it, and he tells us that the bread of life will be his own flesh, given for the life of the world.

In today’s reading, we hear Jesus say again, as he did in last week’s Gospel, that he is the bread of life. We also hear Jesus add that he is the living bread. Both of these statements help us understand better the gift that Jesus gives us in the Eucharist. We celebrate this gift of Jesus each time we gather for Mass. We believe that receiving Jesus in the Eucharist will lead us to eternal life.

Request for Help Regarding Parish Flowers

Each week volunteers prepare St Benedict’s church for the weekend Masses and ceremonies. A roster of two people is set up for the arrangement of flowers and a little cleaning, not vacuuming the church. Could you please consider helping the Parish in this way, it would involve giving an hour every 4 -5 weeks, usually on a Saturday morning around 9.00. If you think you could help and would like to know what is involved please feel free to call the Parish office or contact Sue on sueneimanis@gmail.com.



Planned Giving Envelopes

Could the parishioner with Envelope Number 10 please contact the parish office as a matter of urgency.

To help the parish save money and reduce waste, some paper envelope givers have had their giving numbers changed, therefore it is EXTREMELY important that envelope givers only use the CURRENT/NEW envelopes from July onwards. If you have any envelopes left over from last year, please do not donate with them as there is a risk that your generous contribution may be allocated to someone else.

St Benedict’s parish would like to thank all parishioners who donate for their generous contributions. Your support in the parish is invaluable.

First reading

Elijah went into the wilderness, a day’s journey, and sitting under a furze bush wished he were dead. ‘O Lord,’ he said ‘I have had enough. Take my life; I am no better than my ancestors.’ Then he lay down and went to sleep. But an angel touched him and said, ‘Get up and eat.’ He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, ‘Get up and eat, or the journey will be too long for you.’ So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

Psalm 33 (34): 2-9 R. Taste and see the goodness of the Lord.

Second reading

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ. Try, then, to imitate God as children of his that he loves and follow Christ loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

Gospel Acclamation

Alleluia, alleluia!
I am the living bread from heaven, says the Lord;
Whoever eats this bread will live for ever.
Alleluia!

Gospel

The Jews were complaining to each other about Jesus, because he had said, ‘I am the bread that came down from heaven.’ ‘Surely this is Jesus son of Joseph’ they said. ‘We know his father and mother. How can he now say, “I have come down from heaven”?’ Jesus said in reply, ‘Stop complaining to each other.’ ‘No one can come to me Unless he is drawn by the Father who sent me, And I will raise him up at the last day. It is written in the prophets: *They will all be taught by God,* And to hear the teaching of the Father, And to learn from it, Is to come to me. Not that anybody has seen the Father, Except the one who comes from God: He has seen the Father. I tell you most solemnly, Everybody who believes has eternal life.’

‘I am the bread of life,
Your fathers ate the manna in the desert
And they are dead;
But this is the bread that comes down from heaven,
So that a man may eat it and not die.
I am the living bread which has come down from heaven.
Anyone who eats this bread will live for ever;
And the bread that I shall give is my flesh,
For the life of the world.’

1 Kings 19: 4-8

Ephesians 4: 30-5: 2

John 6: 51

John 6: 41-51

NEEDS OF LAY CATHOLICS TODAY

What do adult lay Catholics need today to help them live a committed Catholic life amid the circumstances of modern society? To find out and to help improve their services to our Archdiocese, the Canberra Circle of The Catenians, an international association of lay Catholics, is conducting an Archdiocesan-wide online survey. Please help by completing this brief, anonymous, tick-box survey via this URL or QR code. Thank you. <https://www.surveymonkey.com/r/CLTZGMW>
Contact: Phil Murray, President, Canberra Catenians 0419 695 927 or



New Quest Machines

The parish would like to inform all parishioners who donate via the Tap-and-Go machines that they will be replaced some time in the coming months by new Quest machines. There will be two in the church operating as a collection for both parish and priest, as well as a third machine to be used as a plate for parishioners without cash. More information will be provided once the machines arrive. Thank you to all who generously give to the parish.

17 August | Marriage Preparation Courses

Upcoming Marriage Preparation courses for engaged couples: *Engaged Encounter*- Sydney, Sat 17 & Sun 18 August. *SmartLoving* – online, 9 lessons, learn at your own pace when suits you. For more information or to register go to www.marriagefamily.org.au
Enquiries: Text Helena Zobec on **0405 440**

Men’s Sharing Group

The St Benedict’s Men’s Sharing group meets every **second Tuesday in the Parish Centre**, from 7:30pm. Next meeting is on the **20th August**.

For more details, please phone John Murray on 0480 257 761.

Donating to the parish

To deposit directly into the Parish account, please use the following details:
BSB: 062 786
Account number: 000014992
Please include your Planned Giving (envelope) number in the reference if you have one, otherwise your surname and ‘Donation’.

Please pray for the sick and deceased of the parish

Our Deceased: Elaine French, Joan Evans, Antoinette Martin, Louis Pini, Thomas Fernando, Barbara Parsons, Lorna & Stanley Evans, Noanie Kelly, Leita Barron, Rathesh Fernando, Ray Pasard, Catherine Cleary, Frank Fulop, Ronnie Van Belkom, Tom French, Agnes Calvert, Clare Connell, Pat Connors, Doris Flaherty, Maud Inch, Monica Knight, Mario Krajina, Leonard Legge-Wilkinson, Kenneth Lentell, Lorna Ludwig, Antonia Martin, Fred Martin, Ronald & Marilyn Molyneux, Marie Morgan, Joan Parker, Alice Smith, Stephanie Stoddard, Monica Thomas, Fr Richard Daly, Fr Bill Keating, Fr Francis Hartigan, Fr Thomas Hilly, Fr Joseph Keating.
Our Sick: Jindalee & Mt View residents, Brian Barron, Jackie Carpenter, Sagar Julie O’Brien, Tony Sealy, Tony Evans, Rose Mason, Clem Dick, Julia Brown, Mitchell White, Germaphi, Pat Atkins, Lorraine Davis, Mathew, Lyn Walker, Anthony, Helen French, Flora Arias, Mark Ransom, Ben Melbourne, Pamela Brown, Anne Rosewarne; Carol Rees, Monica Boyton, Mary Smith, Colin Paley, Janice Paley, Caroline Evans, Gert Fletcher, Anna Pace, Edwina Gundelach, Daniel Collins, Rita Smith, Andrea Bernabey.

Parish Office Hours

9am—12pm, Tuesday—Friday

Weekend Mass Times

Saturday: 5pm (Vigil)
Sunday: 9am; 6pm (*Charismatic Mass*);
Fourth Sunday of the Month: 6pm (*Youth Mass*)

Weekday Mass Times

Tuesday: 5.30pm; Wednesday: 12.30pm; Thursday: 5.30pm; Friday: 5.30pm (*Healing Mass*); Saturday 8.00am

Reconciliation

Friday following Healing Mass from 6.15pm-7pm;
Saturday: 4pm-4:30pm or by appointment

Prayer of the Church

Saturday: 7.30am 3rd Friday Padre Pio: 5pm

Baptisms: During weekend Masses or by appointment. See parish website for booking information.

Weddings: by appointment

Anointing of the Sick

During the 5.30pm Mass on first Fridays
10.30am at Jindalee 1st Thursday of the month,
10.30am at Mt View 3rd Thursday of the month

Adoration of the Blessed Sacrament

Monday & Tuesday: 6am-10pm
Wednesday & Thursday: 1pm-10pm
Friday 6am to Saturday 8am

Vacant hours that urgently need filling:

Monday: 8-9am
Tuesday: 11am-10pm
Friday: 2-3pm
Contact: Anne Sutherland (0413203901) or Parish office for more information.

Hearing Loop is located in the right center rows of the church. Please ensure your hearing aid is tuned to make the best use of this facility.