

13<sup>th</sup> July 2025

in the care of the Missionaries of God's Love

# St Benedict's

St Benedict's Catholic Church, Narrabundah

15th Sunday of Ordinary Time



<https://www.narrabundah.org.au/Press%20Releases%20-%20Living%20the%20Faith%20-%20Come%20Follow%20me%20-%20March%20-%20What%20the%20Church%20leaders%20said%20about%20doctrine%20and%20covenants%20-%20Page%204>

Coming up:

**Called and Gifted Series**  
23 July

**Alive: Praise and Worship**  
31 July

**RCIA**  
14 August



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



# Community and Vision

## THE COLLECT: WHAT IS IT?

"Collect" is the official term for what is generally known as the Opening Prayer of the Mass. This term is significant because it suggests how we ought to approach the opening prayer.

The prayer is preceded by the invitation of the priest: "Let us pray." Note that these words do not mean "Bring me the book," or "Please stand," or "Watch while I turn through the pages," or even "Listen to this prayer." The invitation means first and foremost "Let us formulate the intentions we want to offer at this Mass." - The Liturgical Institute

According to the General Instruction of the Roman Missal, it says "Next the Priest calls upon the people to pray and everybody, together with the Priest, observes a brief silence so that they may become aware of being in God's presence and may call to mind their intentions. Then the Priest pronounces the prayer usually called the "Collect." (no. 54)

"It means first and foremost in silence let us formulate our intentions and petitions for this mass and then according to the instruction, the priest delivers the Collect which collects these prayers spoken by everyone in silence and he offers them to God." -The Liturgical Institute

*How might this change your experience of the mass?*

## THE MASS explained.

*NOTE: This is a new bulletin series we will do once a month, breaking down the Mass and gaining a richer understanding of the beauty of the Mass!*

# Events and Announcements



## Adoration Roster -Urgent hours to fill

1. Wednesday 4-5pm
2. Friday 11am-12pm
3. Friday 7-8pm

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



16  
JUL

## Rest In Me: Back on this week!

Rest In Me meditation sessions is back on this Wednesday morning 16<sup>th</sup> of July, 10am-12pm, in the Parish Centre.

17  
JUL

## Alpha Course – Last week!

Alpha is on one last time this **Thursday 17<sup>th</sup>** of July, 6:30pm in the Collins Wing. Everyone is welcome! Alpha is a chance to explore questions around life, faith and meaning! Its not too late to join us!



## Kingdom Kids is Growing- On break during Holidays

Our Children's Ministry program runs during school term and breaks over school holidays and long weekends. **Kingdom Kids will return on Sunday 20 July.** We are seeking 2 new volunteer leaders who can assist with our growing program for the upcoming semester. Leadership volunteers must be aged 18yrs + and hold a current WWVP card. Please contact Sherice 0408 259 502 to learn more.

22  
JUL

## Men's Sharing Group

All men are welcome to Men's Sharing Group that occurs fortnightly in the Parish Centre. The next meeting will be on the Tuesday 22nd of July starting at 7:30pm. For more info, contact John Murray 0480257761

23  
JUL

## Called and Gifted Workshop

Learn about the Charisms of the Holy Spirit and discern your spiritual gifts. The Good Shepherd Catholic prayer group invite you to join us for **5**

**Wednesday evenings from 23 July until 20 August, from 7pm to 9pm.**

Presented by Clara Geoghegan and Adrian Wellspring at St Peter Chanel's parish room in Weston St, Yarralumla. The cost of \$30 covers the course workbook. To register, contact Susanna on 0419 902 293 or Sue 0409 443 268.

31  
JUL

## ALIVE: A Night of Praise and Worship

Young adults (18-35) are invited to ALIVE, an evening of praise, worship, and community. Whether you're seeking renewal, encouragement, or a space to encounter God, this night is for you. Join us on Thursday, 31st July 2025, from 7-9pm at the Collins Wing, St Benedict's Narrabundah (10 Tallara Pkwy, Narrabundah ACT 2604). For any enquiries, please contact Ethan on 0413 545 808.

14  
AUG

## RCIA Course

**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) in 2025. RCIA is an opportunity to come together to learn more about the Catholic faith. Sessions focus on the teachings and experience of the Church and prepare individuals to celebrate the Sacraments of Baptism, Confirmation, and Eucharist during the Easter season. This will be a weekly commitment from August 2025 through to Easter 2026, Thursdays in the Parish Centre run by Fr Samson and his team. To register, scan the QR code or follow the link:

<https://forms.gle/xRh1KPY8kKhbuVe8>



## Praying for the sick

Jindalee & Mt View residents: Pamela Brown and family, Sarah Lisbon, Melissa Dixon, retired Bishop Pat Power, Tony Evans, Caroline Evans, Jackie Carpenter, Mark Ransom, Mary Smith, Gert Fletcher, Anna Pace, Rita Smith, Mattia Wellspring, Wendy Fisher-Hudson, Barry Murphy and all those sick in our parish.

**Recently Deceased:** Veronica Nelmes, Mary Smith

**Anniversaries:** Joan Evans, Pat Evans, Joseph Tremble

## Priests:



## Parish:



## Notices Outside the Parish

### INSTAGRACE- JESUS YOUTH RETREAT

18-20 July | Outward Bound Australia

Instagrace is a 3 day catholic residential program organized by Jesus Youth Canberra for teenagers (high school students) from ages 13 to 17. This program is designed to help teenagers explore themselves and develop a personal relationship with Jesus through inspiring talks, music and life testimonies.

**DATE:** 18<sup>th</sup> July 9:00 am to 20<sup>th</sup> July 4:00 pm.

**LOCATION:** Outward Bound Australia, Naas Rd, Tharwa, ACT

**REGISTER BY:** 10/07/2025.

[https://docs.google.com/forms/d/1gxf6ViR2uP6cFoetpJT-](https://docs.google.com/forms/d/1gxf6ViR2uP6cFoetpJT-iloWIHUAskerKM70achXxQI/edit)

[iloWIHUAskerKM70achXxQI/edit](https://docs.google.com/forms/d/1gxf6ViR2uP6cFoetpJT-iloWIHUAskerKM70achXxQI/edit)

**COST:** \$250

**ENQUIRIES:** Tanya 0431805052, George 0426050065 or Leeba 0403893115

## Sacrament Dates 2025

**First Reconciliation:** 19th of March

**First Communion:** 22nd of June

**Confirmation:** 30th of August

**RCIA** begins 14th of August

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 and register through the Qkr app on the Parish Website.

## Regular Parish Groups

### REST IN ME MEDITATIONS

Each Wednesday  
10am-12pm, Parish Centre  
Ayanthi Perera

### MOTHERS PRAYERS

Each Monday (school term)  
9.30am, Parish Centre  
Rachael Nano 0412472243

### KINGDOM KIDS

Sun 9am Mass  
Contact Sherice 0408 259 502.

### STREET MINISTRY

**Friday Nights**  
After 5:30pm Mass, Civic

### FUSION YOUTH GROUP

Friday Nights (Fortnightly)  
7-9pm (Contact Axel Healey)

## Giving / Stewardship

### Give now using QKR!

1st Collection: supports our parish priests

2nd Collection: helps with the running costs to our parish (wages, loan, 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.



[stbenedicts.canberra](https://www.instagram.com/stbenedicts.canberra)



[St. Benedict's Church and Mission Centre, Canberra](https://www.facebook.com/StBenedictsChurchandMissionCentreCanberra)



First Reading Dt 30:10-14

Let the instruction of the Lord God be near you.

Moses said to the people: ‘Obey the voice of the Lord your God, keeping those commandments and laws of his that are written in the Book of this Law, and you shall return to the Lord your God with all your heart and soul.  
‘For this Law that I enjoin on you today is not beyond your strength or beyond your reach. It is not in heaven, so that you need to wonder, “Who will go up to heaven for us and bring it down to us, so that we may hear it and keep it?” Nor is it beyond the seas, so that you need to wonder, “Who will cross the seas for us and bring it back to us, so that we may hear it and keep it?” No, the Word is very near to you, it is in your mouth and in your heart for your observance.’

Responsorial Psalm

Ps68:14.17.30-31.33-34.36-37. R. see v.33

(R.) Turn to the Lord in your need, and you will live.

- 1. This is my prayer to you, my prayer for your favour.  
In your great love, answer me, O God, with your help that never fails:  
Lord, answer, for your love is kind; in your compassion, turn towards me. (R.)
- 2. As for me in my poverty and pain let your help, O God, lift me up.  
I will praise God’s name with a song; I will glorify him with thanksgiving. (R.)
- 3. The poor when they see it will be glad and God-seeking hearts will revive; for the Lord listens to the needy and does not spurn his servants in their chains. (R.)
- 4. For God will bring help to Zion and rebuild the cities of Judah.  
The sons of his servants shall inherit it; those who love his name shall dwell there.(R.)

Second Reading Col 1:15-20

All things were created through him and for him.

Christ Jesus is the image of the unseen God and the first-born of all creation, for in him were created all things in heaven and on earth: everything visible and everything invisible, Thrones, Dominations, Sovereignities, Powers – all things were created through him and for him.

Before anything was created, he existed, and he holds all things in unity.

Now the Church is his body, he is its head.  
As he is the Beginning, he was first to be born from the dead, so that he should be first in every way; because God wanted all perfection to be found in him and all things to be reconciled through him and for him, everything in heaven and everything on earth, when he made peace by his death on the cross.

Gospel Acclamation See Jn 6:63.68

Alleluia, alleluia!  
Your words, Lord, are spirit and life; you have the words of everlasting life.  
Alleluia!

Gospel Lk 10:25-37

Who is my neighbour?

There was a lawyer who, to disconcert Jesus, stood up and said to him, ‘Master, what must I do to inherit eternal life?’ He said to him, ‘What is written in the Law? What do you read there?’ He replied, ‘You must love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbour as yourself.’ ‘You have answered right,’ said Jesus, ‘do this and life is yours.’

But the man was anxious to justify himself and said to Jesus, ‘And who is my neighbour?’ Jesus replied, ‘A man was once on his way down from Jerusalem to Jericho and fell into the hands of brigands; they took all he had, beat him and then made off, leaving him half dead. Now a priest happened to be travelling down the same road, but when he saw the man, he passed by on the other side. In the same way a Levite who came to the place saw him, and passed by on the other side. But a Samaritan traveller who came upon him was moved with compassion when he saw him. He went up and bandaged his wounds, pouring oil and wine on them. He then lifted him on to his own mount, carried him to the inn and looked after him. Next day, he took out two denarii and handed them to the innkeeper. “Look after him,” he said, “and on my way back I will make good any extra expense you have.” Which of these three, do you think, proved himself a neighbour to the man who fell into the brigands’ hands?’ ‘The one who took pity on him,’ he replied. Jesus said to him, ‘Go and do the same yourself.’

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Reflection by Fr Michael Tate

The lawyer asked a self-serving question: ‘Who is my neighbour?’ He could then set the limits, the boundaries of those close enough to merit his concern. Jesus replies with a story to show that the better question is: ‘To whom should I be neighbourly?’

The answer is: To any person who is wounded in any way – physically, psychologically, socially, economically. And we have to do so overcoming the labelling, even bigotry, which can conveniently put a person outside the range of our concern. When we act like the Samaritan, we deserve the title ‘Catholic’ which means universal. Pope Francis said that Christ is constantly inviting us, as he invited Thomas, to touch His wounds which are to be found in the wounded of our own time.

We could pause for a moment to thank God that we live in an age of technology which can enable us to be truly Catholic global citizens practising Mercy Without Borders. ‘Do this and you will live.’

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 - 10pm

Wed - Thurs:

1pm - 10pm

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 AND DEACON

Fr Chris Eaton MGL (PP)  
Fr Samson Ezemuokwe MGL (APP)  
Deacon Joseph Nivaskaran  
Fr Tony Schick MGL

PARISH OFFICE

(02) 6295 7879  
narrabundah@cg.org.au  
Tue/Thurs/Fri: 9am-12pm

MUSIC COORDINATOR

Ariana Strmota: 0406377887

SAFEGUARDING OFFICER

Julie Long  
Contact: IPPS@cg.org.au

st. benedict's  
narrabundah



DISCIPLES  
OF JESUS  
COVENANT COMMUNITY

# ALIVE

young adults 18-35  
praise and worship

"For where two or three are  
gathered in my name, I am there  
among them." Matthew 18:20

join us

july 31/  
7-9pm