

20th July 2025

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

16th Sunday of Ordinary Time



Coming up:

Called and Gifted Series
23 July

Alive: Praise and Worship

31 July

RCIA
14 August



cg.org.au/narrabundah

Discover your **CHARISMS**

Discovering your charisms is both a personal and communal call. These unique gifts deepen your connection with God, clarify your vocation, and empower you to serve the Church and the world.

Not sure what a Charism is?

We will be doing this series once a month to deepen our understanding and grow in our personal charisms.

What is a Charism?

Charism is simply the Greek word used in the New Testament for "favor" or "gratuitous gift". Charisms, or spiritual gifts, are special abilities given to Christians by the Holy Spirit to enable them to be powerful channels of God's love and redeeming presence in the world. Whether extraordinary or ordinary, charisms are to be used in charity and service to build up the Church (CCC, 2003).

ACTION: SEE THE CALLED AND GIFTED WORKSHOP NOTICE.

UP NEXT: HOW DO CHARISMS DIFFER FROM NATURAL TALENTS?

Events and Announcements



All MGL Brothers and Priests are away this week!

The MGL Brothers and Priests have their MGL Charisms Conference in Melbourne this coming week from 21st -25th July. We have organised priests Fr Bernie and Fr Praveen to fill in for the masses during that time. Please keep the MGL Conference in your prayers. Fr Chris will also be away in New Zealand on ministry and his annual leave from the 26th of July to August 11th.



Adoration Roster - Current 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!



St Benedict's Feast Day Celebration: SAVE THE DATE!

St Benedict's Actual Feast day was the 11th of July; however, we didn't celebrate due to school holidays. Nevertheless, **we are going to have our St Benedict's Feast Day Celebration on the 24th of August after the 9 am Mass.** This will be bringing a cultural plate to share, and we will have a cultural day celebrating the diversity of our beloved community with fellowship, food and dancing! A very generous parishioner has donated a large Hamper and other goodies as prizes and tickets will be sold after Masses in August.



Kingdom Kids is Growing!

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.



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



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.



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 6:30pm-8pm in the Parish Centre run by Fr Samson and his team. To register, scan the QR code or follow the link: <https://forms.gle/xRh1KPY8kkhibuVe8>



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, 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



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



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

Notices Outside the Parish

ALIVE: A NIGHT OF PRAISE AND WORSHIP

31st July | Collins Wing

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.

ORDINATION TO THE PRIESTHOOD

5th Sept | 6:00pm

Deacon Joseph Nivaskaran MGL & Deacon Michael Last MGL.

The ceremony will be presided over by Most Reverend Archbishop Christopher Prowse on Friday, 5 September 2025, at 6:00 p.m., at St Christopher's Cathedral, Canberra. You are most welcome to join the faithful in this solemn celebration as these deacons are ordained to serve as priests in the Church.

DONATION FOR PRIEST'S FAMILIES

Deacon Joseph is getting ordained, and it would be ideal to have his family be here with us. Fr Samson would love to visit his family back home. Santosh has set up a "GoFundMe" page to help raise funds for both Fr. Samson and Deacon Joseph.

If you would like to donate and support them in seeing their families, you can go ahead and do so through the link below.

<https://gofund.me/056ac515>

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.

Priests:



Parish:



First Reading Gn 18:1-10

Lord, do not bypass your servant.

The Lord appeared to Abraham at the Oak of Mamre while he was sitting by the entrance of the tent during the hottest part of the day. He looked up, and there he saw three men standing near him. As soon as he saw them he ran from the entrance of the tent to meet them, and bowed to the ground. ‘My lord,’ he said, ‘I beg you, if I find favour with you, kindly do not pass your servant by. A little water shall be brought; you shall wash your feet and lie down under the tree. Let me fetch a little bread and you shall refresh yourselves before going further. That is why you have come in your servant’s direction.’ They replied, ‘Do as you say.’ Abraham hastened to the tent to find Sarah. ‘Hurry,’ he said, ‘knead three bushels of flour and make loaves.’ Then running to the cattle Abraham took a fine and tender calf and gave it to the servant, who hurried to prepare it. Then taking cream, milk and the calf he had prepared, he laid all before them, and they ate while he remained standing near them under the tree. ‘Where is your wife Sarah?’ they asked him. ‘She is in the tent,’ he replied. Then his guest said, ‘I shall visit you again next year without fail and your wife will then have a son.’

Responsorial Psalm

Ps 14:2-5. R.v.1

(R.) The just will live in the presence of the Lord.

- 1. Lord, who shall dwell on your holy mountain?
He who walks without fault;
he who acts with justice
and speaks the truth from his heart;
he who does not slander with his tongue. (R.)
- 2. He who does no wrong to his brother,
who casts no slur on his neighbour,
who holds the godless in disdain,
but honours those who fear the Lord. (R.)
- 3. He who keeps his pledge, come what may;
who takes no interest on a loan
and accepts no bribes against the innocent.
Such a man will stand firm for ever. (R.)

Second Reading Col 1:24-28

The mystery hidden for centuries has now been revealed to his saints.

It makes me happy to suffer for you, as I am suffering now, and in my body to do what I can to make up all that has still to be undergone by Christ for the sake of his body, the Church. I became the servant of the Church when God made me responsible for delivering God’s message to you, the message which was a mystery hidden for generations and centuries and has now been revealed to his saints. It was God’s purpose to reveal it to them and to show all the rich glory of this mystery to pagans. The mystery is Christ among you, your hope of glory: this is the Christ we proclaim, this is the wisdom in which we thoroughly train everyone and instruct everyone, to make them all perfect in Christ.

Gospel Acclamation Lk 8:15

Alleluia, alleluia!
Happy are they who have kept the word with a generous heart and yield a harvest through perseverance.

Alleluia!

Gospel Lk 10:38-42

Martha took up the duties in the house. Mary chose the better part.

Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord’s feet and listened to him speaking. Now Martha who was distracted with all the serving said, ‘Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me.’ But the Lord answered: ‘Martha, Martha,’ he said, ‘you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her.’

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Reflection by Greg Sunter

Like so much of the Gospel of Luke, this week’s passage is, at its heart, all about hospitality. This theme has featured in the gospel readings for the last couple of weeks. It is a theme that the writer returns to over and over again throughout the gospel to reinforce not only the importance of welcoming the message of Jesus, but also the extravagantly generous hospitality and welcome that God extends to all people. Taken at a literal level, this week’s gospel passage can be a problematic one. Jesus is dining at the house of Martha and she busies herself trying to be a good host and serving her guest, while her sister, Mary, simply sits and enjoys the company of Jesus. Martha complains about her sister’s apparent laziness and finds herself chastised by Jesus. On the surface, Martha is doing the right thing: providing hospitality for her guest. Yet Mary is the one whose actions are affirmed. Like in the parable of the Good Samaritan last week, the gospel writer reminds us that being preoccupied with one’s duty – even in service of God – is not what God desires. Martha has forgotten that the guest is also a gift! Having welcomed and shown appropriate hospitality to her guest, Martha should have then accepted the gift of the guest, that is, the company and presence of the welcome guest. Instead she continues to busy herself with serving while her sister shows true welcome: accepting the gift of the guest’s company. When we welcome a guest into our house, we can be too worried about impressing the guest with lavish hospitality and our best serving ware, rather than relaxing and enjoying the company of the guest. Like Martha, we can overlook the fact that God is present when we welcome a guest.

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
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