

27th July 2025

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

17th Sunday of Ordinary Time



Coming up:

Called and Gifted Series
30 July

Alive: Praise and Worship
31 July

RCIA
14 August



cg.org.au/narrabundah

Community and Vision



STAGES OF EVANGELISATION

As Catholics, we are called to continual conversion in our own lives and to bring others to the love of God and a life with Him. *This is what it means to evangelise and to be evangelised.*

Evangelisation, simply put, is the act of proclaiming the Gospel message, making Jesus Christ known and loved, and inviting others into a deeper relationship with God. This is not just a one-time thing or for some, but a way of life for *all*. According to Pope Paul VI in *Evangelii Nuntiandi*, he states:

“Evangelizing is in fact the grace and vocation proper to the Church, her deepest identity. She exists in order to evangelize..” We are the Church. This is

not just an institutional vocation and mission, but a personal mission to each and every follower of Christ, our mission here at St Benedict's. But in order to evangelise and be an instrument of God's love in the world, we first need to be evangelised; won over by God and his deep love for us, formed, disciplined and sent out. This is what is called the *Stages of Evangelisation*. The stages are as follows: ***Witness, Encounter, Formation, Equip, Send.*** This is not linear but a cyclical process. Over the next few months, we are going to take a deep-dive into each of the stages, so we, ourselves, can go through these stages (deeper conversion) but also take others through this process!

UP NEXT: WITNESS

WHAT DOES THIS STAGE
LOOK LIKE?

Events and Announcements



Adoration Roster - Current hours to fill

1. Wednesday 4-5pm
2. Friday 9am-10am
3. Friday 7-8pm

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



24
AUG

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.

30
JUL

Called and Gifted Workshop - Week 2 this week!

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

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.

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 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/xRh1KPY8kkihbuVe8>



8-11
OCT

Explosion Youth Conference: Registration Open!

EXPLOSION is a Catholic Youth Conference coordinated by the Disciples of Jesus Community in Canberra. Open to students in **years 7-12** who want to seek to answer the big questions about life and faith, form you in your faith intellectually and encourage you to deepen your relationship with God. This year we will be looking at the question that Jesus poses to His disciples in John 6, "Have I not chosen You?" **October 8-11, St. Clare's College, Canberra.** For more information - <https://www.explosionyouth.com/>

Notices Outside the Parish

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 or scan the QR Code. <https://gofund.me/056ac515>



**"Go Fund Me" Page for
Deacon Joseph and Fr Samson**

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)

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

Anniversaries: Kevin Brogan, Andy Kelso, Pollie Crowley



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



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

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, 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.

First Reading Gn 18:20-32

Lord, do not be angry if I speak.

The Lord said, ‘How great an outcry there is against Sodom and Gomorrah! How grievous is their sin! I propose to go down and see whether or not they have done all that is alleged in the outcry against them that has come up to me. I am determined to know.’

The men left there and went to Sodom while

Abraham remained standing before the Lord. Approaching him he said, ‘Are you really going to destroy the just man with the sinner? Perhaps there are fifty just men in the town. Will you really overwhelm them, will you not spare the place for the fifty just men in it? Do not think of doing such a thing: to kill the just man with the sinner, treating just and sinner alike! Do not think of it! Will the judge of the whole earth not administer justice?’ The Lord replied, ‘If at Sodom I find fifty just men in the town, I will spare the whole place because of them.’

Abraham replied, ‘I am bold indeed to speak like this to my Lord, I who am dust and ashes. But perhaps the fifty just men lack five: will you destroy the whole city for five?’ ‘No’, he replied ‘I will not destroy it if I find forty-five just men there.’ Again Abraham said to him, ‘Perhaps there will only be forty there.’ ‘I will not do it’ he replied ‘for the sake of the forty.’

Abraham said, ‘I trust my Lord will not be angry,

but give me leave to speak: perhaps there will only be thirty there.’ ‘I will not do it’ he replied ‘if I find thirty there.’ He said, ‘I am bold indeed to speak like this, but perhaps there will only be twenty there.’ ‘I will not destroy it’ he replied ‘for the sake of the twenty.’ He said, ‘I trust my Lord will not be angry if I speak once more: perhaps there will only be ten.’ ‘I will not destroy it’ he replied ‘for the sake of the ten.’

Responsorial Psalm

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

(R.) Lord, on the day I called for help, you answered me.

- 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. Though I walk in the midst of affliction you give me life and frustrate my foes. (R.)
- 4. You stretch out your hand and save me, your hand will do all things for me. Your love, O Lord, is eternal, discard not the work of your hands. (R.)

Second Reading Col 2:12-14

He has made you alive with Christ for he has forgiven all our sins.

You have been buried with Christ, when you were baptised; and by baptism, too, you have been raised up with him through your belief in the power of God who raised him from the dead. You were dead, because you were sinners and had not been circumcised: he has brought you to life with him, he has forgiven us all our sins.

He has overridden the Law, and cancelled every record of the debt that we had to pay; he has done away with it by nailing it to the cross.

Gospel Acclamation Rom 8:15

Alleluia, alleluia! You have received the Spirit which makes us God's children, and in that Spirit we call God our Father. Alleluia!

Gospel Lk 11:1-13

Ask, and it will be given to you.

Once Jesus was in a certain place praying, and when he had finished, one of his disciples said, ‘Lord, teach us to pray, just as John taught his disciples.’ He said to them, ‘Say this when you pray:

“Father, may your name be held holy, your kingdom come; give us each day our daily bread, and forgive us our sins, for we ourselves forgive each one who is in debt to us. And do not put us to the test.”

He also said to them, ‘Suppose one of you has a friend and goes to him in the middle of the night to say, “My friend, lend me three loaves, because a friend of mine on his travels has just arrived at my house and I have nothing to offer him”; and the man answers from inside the house, “Do not bother me. The door is bolted now, and my children and I are in bed; I cannot get up to give it to you.” I tell you, if the man does not get up and give it him for friendship’s sake, persistence will be enough to make him get up and give his friend all he wants. ‘So I say to you: Ask, and it will be given to you; search, and you will find; knock, and the door will be opened to you. For the one who asks always receives; the one who searches always finds; the one who knocks will always have the door opened to him. What father among you would hand his son a stone when he asked for bread? Or hand him a snake instead of a fish? Or hand him a scorpion if he asked for an egg? If you then, who are evil, know how to give your children what is good, how much more will the heavenly Father give the Holy Spirit to those who ask him!’



Reflection by Fr Michael Tate

People often imagine huge distance between Earth and a Heaven beyond the horizon of the universe. But Jesus Christ taught us to pray ‘Thy will be done on Earth as it is in Heaven.’

How can this come about? Jesus identified two areas on which we need to focus to help make Heaven and Earth share the same space.

‘Give us this day our daily bread.’ This petition is very real for most inhabitants of the world – a plea for the necessities of life to stave off real hunger. If we respond to this plea, we can change a Hellish situation to a place where Heaven and Earth coincide.

‘Forgive us our trespasses as we forgive those who trespass against us.’ But, first to Shakespeare: ‘The quality of Mercy is not strained. It falleth as the gentle rain of Heaven on to the place beneath.’

If we develop a hardness of heart which refuses to show forgiveness, then we are like earth concreted over and are unable to absorb God’s forgiveness into our own lives. When we forgive someone, we become more able to absorb the gentle rain of heavenly mercy and forgiveness.

So, Heaven and Earth need not be as distant as supposed. Our Lord has shown us how we can help make these dimensions of existence coincide.

We could take a moment to resolve to pray the ‘Our Father’ by our lives, helping to provide evidence for our acclamation:

‘Holy, Holy, Holy Lord God of Hosts, Heaven and Earth are full of your Glory’

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 - 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 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

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