

7th June 2026

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

The Most Holy Body and Blood of Christ



Coming up:

Coffee at Gryphons
11 Jun

Vinnies Winter Appeal
June-July

First Holy Communion
21 June



cg.org.au/narrabundah



Proposal of

Our Vision

In a Nutshell!

At our Parish Assembly, we asked our parishioners to pray with and discuss our proposed vision of St Benedict's. Below is our proposed vision in a nutshell as presented and discussed at the Assembly.

The essence of our Vision is:

ENCOUNTER | UNITE | EMPOWER | SEND

The reason for the present tense
(*Encounter, Unite, Empower, Send*)
is to express that it is **God's action**.

Encounter: That every person encounters God's love.

Unite: That we are one community where everyone feels they belong, are valued, and deeply cared for. As Jesus prayed that "*they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me...*" Jn 17:22-23

Empower: That we have pathways for growth, equipping people to deepen their faith and step out confidently into mission, living in the power of the Holy Spirit.

Send: That we go beyond St Benedict's, living out our faith and bearing witness in our homes, workplaces, and the world.

In short:

*"Our vision is that every person at St Benedict's **encounters** the love of God, that we are **united** as one, that we are **empowered** in our faith and **sent** on mission in our everyday life."*

The **Vision Team** has been during some initial work on the feedback from the Assembly and will continue, letting the community know the outcome and fruits from the Assembly in the coming months.

Please keep them in your prayers!

Events and Announcements

11
JUN

Coffee at Gryphons

All parishioners are invited to meet at Gryphon's, Griffith shops at 10.30 am on the second Thursday of each month, the next catch up will be **Thursday 11th of June**.

11
JUN

Alpha Course: WEEK 9-Why and How Should I Tell Others?

Thursdays, in the Collins Wing at 6:30pm. Alpha is an 12-week series that creates a space for honest conversations in a warm, welcoming environment—no pressure, no judgment. Everyone is welcome. Come for the conversation, stay for the community. Interested? **Please register via the QR code or** via this link: <https://forms.gle/nWAn56SRjXQx7jbq5>



13 Tuesday Novena of St. Anthony of Padua

For the next 13 Tuesdays, after our 5:30pm Mass, we will be starting the St. Anthony of Padua 13 Tuesday Novena, after the Rosary. This will be happening weekly until **St Anthony's Feast day on the 13th of June**. All are most welcome to join!



First Holy Communion - Pray for Our Recipients

Our First Holy Communion recipients from both our Parish and School are receiving the Eucharist for the first time on the **21st of June at our 9am Mass**. Please keep them in your prayers as they prepare for their special day!



Want to be a welcomer?

Hospitality is one of the most simple yet powerful ways we can share the love of Christ to those who we meet. One way you might be able to exercise this gift is through becoming a welcomer at Mass. Greeting parishioners and visitors as they come to mass on a Sunday can be beautiful way to build up our community. If this is a ministry you'd like to be involved in, please contact the Parish office via email (narrabundah@cg.org.au). We'd love to have you on board!



St Vinnies Winter Appeal - Donations and Joining local Conference

St Vincent de Paul is conducting their Winter Appeal over the next few weeks. Your contribution to this important work would be much appreciated. Additionally, joining Vinnies as a member of the Inner South Conference which covers the suburbs of Narrabundah, Manuka, Kingston, Griffith, Red Hill, Deakin, Yarralumla and Symonston means donating your time to help deliver our services in those areas and you can be sure you're making a difference in people's lives. Our volunteers help anyone in need, regardless of their background, culture, religion or political opinion. If you are interested, and for more information, check out our website vinnies.org.au/get-involved/volunteering.

11
JUL

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

On the 11th of July is St Benedict's Feast Day. To celebrate this as one community, we will be having **only one mass that weekend: the 5pm Saturday Night Vigil Mass**. We would like everyone to attend this mass to celebrate as one parish!



Adoration Roster -Current hours to fill

- Monday 8-9am
- Tuesday 6-7pm
- Friday 7-8pm

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



Praying for the sick

Jindalee & Mt View residents; Pamela Brown and family, Caroline Evans, Jackie Carpenter, Mark Ransom, Gert Fletcher, Anna Pace, Rita Smith, Wendy Fisher-Hudson, Barry Murphy, Helen French, Sagar Julie O'Brien, Oscar.S, Michael and Rita, Peter Robinson, May Agnew and all those sick in our parish.

Recently Deceased: Tony Evans, Catherine Clift

Anniversaries: Don Martin

How to connect with our Parish?

KINGDOM KIDS

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

Sherice Kazzi (Contact Parish Office)

FUSION YOUTH GROUP

Friday Nights (Fortnightly)

7-9pm Collins Wing

Axel Healey (Contact Parish Office)

MOTHER'S PRAYERS

Each Monday (school term)

9.30am, Parish Centre

Rachael Nano (Contact Parish Office)

MEN'S SHARING GROUP

Tuesday Nights (Fortnightly)

7:30pm, Parish Centre

John Murray (Contact Parish Office)

REST IN ME MEDITATIONS

Wednesdays (Fortnightly)

10am-12pm, Parish Centre

Ayanthi Perera (Contact Parish Office)

STREET MINISTRY

Friday Nights

After 5:30pm Mass, Civic

(Contact Parish Office)

Sacrament Dates 2026

First Reconciliation: 25th of March

First Communion: 21st of June

Confirmation: Not happening next year.

RCIA begins TBD

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.

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 Dt 8:2-3, 14-16

He gave you food which you and your ancestors did not know.

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord. 'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

Responsorial Psalm

Ps 147:12-15. 19-20. R. v.12

(R.) Praise the Lord, Jerusalem.

1. O praise the Lord, Jerusalem!
Zion, praise your God!
He has strengthened the bars of your gates,
he has blessed the children within you(R.)
2. He has established peace on your borders,
he feeds you with finest wheat.
He sends out his word to the earth
and swiftly runs his command. (R.)
3. He makes his word known to Jacob,
to Israel his laws and decrees.
He has not dealt thus with other nations;
he has not taught them his decrees. (R.)

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Second Reading 1 Cor 10:16-17

Though we are many, we form a single body because we share this one loaf.

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

Gospel Acclamation Jn 6:51-52

Alleluia, alleluia!

I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever.

Alleluia!

Gospel Jn 6:51-58

My flesh is real food and my blood is real drink.

Jesus said to the Jews: '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.' Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied: 'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'



Reflection by Fr Michael Tate

I once saw a young mother discreetly breastfeeding her baby during Mass, and thought ... 'What a wonderful thing!' There could not be a better illustration, a better acting out of what Jesus says in today's Gospel: 'The one who eats me will live.' Of course, even mothers who find they cannot breastfeed offer the same gift for nine months as the baby draws its life from the mother's body in the womb. This is a good analogy for what Our Lord was teaching in today's Gospel. 'Those who eat my flesh and drink my blood abide in me and I in them.' Notice the very maternal language. The risen Lord truly abides in us, we truly abide in the risen Lord. This is as intimate as the baby dwelling in the womb of its mother. Moreover, it is a Holy communion which is both a present reality and a foretaste and promise about our place in God's future: 'The one who eats this bread will live forever.' We could pause for a moment to pray with St Thomas Aquinas: 'Oh Sacred Banquet in which Christ is received and a pledge of future glory is given to us.'

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
5pm - 5.30pm



SPIRITUAL DIRECTION & PERSONAL VOCATION

Adrian Wellspring

OUR PRIESTS

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

PARISH OFFICE

Parish Secretary & Communications:
Isabelle Seselja
(02) 6295 7879
narrabundah@cg.org.au
Tue/Thurs/Fri: 9am-12pm

SAFEGUARDING OFFICER

Julie Long
Contact: Narrabundah.Safeguarding@cg.org.au