

19th July 2026

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

Sixteenth Sunday in Ordinary Time



Coming up:

Legion of Mary
1 Aug

Archdiocesan Assembly
22 Aug

Alpha Course | Round 2
3 Sept



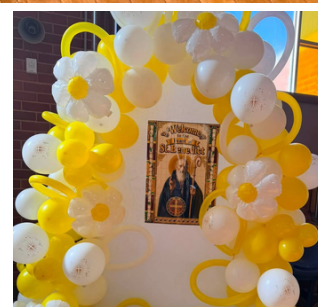
cg.org.au/narrabundah

Community and Vision



Highlights
2026

St Benedict Feast Day!



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.

Events and Announcements



Thank you for Celebrating Our St Benedict's Feast Day!

It was a marvelous celebration last Saturday night, coming together as one Parish to celebrate our Patron Saint, St Benedict! From a beautiful vigil mass to the feast festivities in the School Hall, it was a wonderful night! With a live band, plenty of food and many wonderful faces of our Parish. Thank you sincerely to all those who were involved in making the night one to remember and thank you to all came to celebrate the feast, it wouldn't have been the same without you!



Raffle results from our St Benedict's Feast Day

Whiskey | Green C69 **A Bennett**
Hamper | Black C65 **Jovi**
Wine 1 | Blue B47 **R Jeffery**
Wine 2. | Blue B60 **C Rey**
Quilt | Green C82 **M Reynolds**
Hamper | Green C27 **J Losanno**



Legion of Mary | Re-Opening at Our Parish!

Legion of Mary is re-opening at our parish. Legionaries are simply Mary's means of action in the world today! The weekly meeting will begin Saturday 1st of August from 10am-11:30am in the Outreach Centre. For more information, contact Rhea via the Parish Office.



THE ARCHDIOCESAN 2026 ASSEMBLY

"How might God be calling your community to become a sanctuary for the thirsty?" On Saturday, 22nd August, from 9am-4pm, Catholics from across the Archdiocese will gather in prayer, reflection and discernment as we seek to listen to the Holy Spirit and consider how Christ is calling us forward in mission. Held across seven regional hubs throughout the Archdiocese, it will be an opportunity for us, as an Archdiocesan community, to prayerfully discern how we continue bringing Jesus Christ to the people of our time. Register and find out more:

<https://www.cgevangalisation.org.au/assembly/>



RCIA Course | Expression of Interest

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) end 2026-beginning 2027. We are seeking Expression of Interest for those who are interested in participating in the program. It is a 4-6 month commitment. More information to come. If interested, please contact the Parish office directly!



SOUTHSIDE HYMN FESTIVAL | (Our Choir is Performing!)

Choirs and musicians from 6 parishes in the Southern Deanery (Curtin, Gowrie, Kambah, Yarralumla, Pearce and Narrabundah) have accepted the invitation to play and sing at the Southside Hymn Festival from 2.00-4.30pm at the Holy Trinity Catholic Church, Curtin ACT on Sunday, 16 August 2026. Parishioners and families from all parishes are invited to attend. FREE admission and afternoon tea. Organised by the Knights of the Southern Cross and now supported by the Canberra Southern Cross Club. For information e-mail Bob Perkins at perkins.family@aapt.net.au



Adoration Roster -Current hours to fill

- Mon 8am-9am
- Tues 11am-12pm
- Wed 2-3pm
- Thurs 3-4pm

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, George Stosic, Maria S, Fr. Raphael R. and all those sick in our parish.

Recently Deceased: May Agnew, Ron Duncan, Pedro Jose Salazar, Tony Evans, Fr Troy Bobbin, Jonathan Hawkins

Anniversaries: Sem Anthony Cabardo

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.

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.

Priests:



Parish:



First Reading Wisdom 12:13-16-19

In the place of sin, you give repentance.

There is no god, other than you, who cares for everything, to whom you might have to prove that you never judged unjustly. Your justice has its source in strength, your sovereignty over all makes you lenient to all. You show your strength when your sovereign power is questioned and you expose the insolence of those who know it; but, disposing of such strength, you are mild in judgement, you govern us with great lenience, for you have only to will, and your power is there. By acting thus you have taught a lesson to your people how the virtuous man must be kindly to his fellow men, and you have given your sons the good hope that after sin you will grant repentance.

Responsorial Psalm

Ps 85:5-6. 9-10. 15-16. R. v.5

(R.)Lord, you are good and forgiving.

- 1. O Lord, you are good and forgiving, full of love to all who call. Give heed, O Lord, to my prayer and attend to the sound of my voice. (R.)
- 2. All the nations shall come to adore you and glorify your name, O Lord: for you are great and do marvellous deeds, you who alone are God (R.)
- 3. But you, God of mercy and compassion, slow to anger, O Lord, abounding in love and truth, turn and take pity on me. (R.)

Second Reading Romans 8:26-27

The Spirit himself pleads for us in a way that could never be put into words.

The Spirit comes to help us in our weakness. For when we cannot choose words in order to pray properly, the Spirit himself expresses our plea in a way that could never be put into words, and God who knows everything in our hearts knows perfectly well what he means, and that the pleas of the saints expressed by the Spirit are according to the mind of God.

Gospel Acclamation Matthew 11:25

Alleluia, alleluia!

Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the kingdom.

Alleluia!

Gospel Matthew 13:24-43

Let them grow together until the harvest.

Jesus put a parable before the crowds, ‘The kingdom of heaven may be compared to a man who sowed good seed in his field. While everybody was asleep his enemy came, sowed darnel all among the wheat, and made off. When the new wheat sprouted and ripened, the darnel appeared as well. The owner’s servants went to him and said, “Sir, was it not good seed that you sowed in your field? If so, where does the darnel come from?” “Some enemy has done this” he answered. And the servants said, “Do you want us to go and weed it out?” But he said, “No, because when you weed out the darnel you might pull up the wheat with it. Let them both grow till the harvest; and at harvest time I shall say to the reapers: First collect the darnel and tie it in bundles to be burnt, then gather the wheat into my barn.”’ He put another parable before them, ‘The kingdom of heaven is like a mustard seed which a man took and sowed in his field. It is the smallest of all the seeds, but when it has grown it is the biggest shrub of all and becomes a tree so that the birds of the air come and shelter in its branches.’ He told them another parable, ‘The kingdom of heaven is like the yeast a woman took and mixed in with three measures of flour till it was leavened all through.’ In all this Jesus spoke to the crowds in parables; indeed, he would never speak to them except in parables. This was to fulfill the prophecy: I will speak to you in parables and expound things hidden since the foundation of the world. Then, leaving the crowds, he went to the house; and his disciples came to him and said, ‘Explain the parable about the darnel in the field to us.’ He said in reply, ‘The sower of the good seed is the Son of Man. The field is the world; the good seed is the subjects of the kingdom; the darnel, the subjects of the evil one; the enemy who sowed them, the devil; the harvest is the end of the world; the reapers are the angels. Well then, just as the darnel is gathered up and burnt in the fire, so it will be at the end of time. The Son of Man will send his angels and they will gather out of his kingdom all things that provoke offences and all who do evil, and throw them into the blazing furnace, where there will be weeping and grinding of teeth. Then the virtuous will shine like the sun in the kingdom of their Father. Listen, anyone who has ears!’



Reflection by Fr Michael Tate

One loves someone so much – a child, a parent, a spouse or partner – yet when one tries to pray for that person the words seem only a pale shadow of the intensity of feeling and total love one feels. Stop! Simply put the person or situation before God and say nothing. The Holy Spirit will express our heartfelt prayer for us. One’s heart is breaking with grief for someone close who is very ill or dying. Or one feels a terrible anxiety or anguish. Words don’t come easily even though one wants to pray. Stop! Put the person or situation before God and say nothing. The Holy Spirit will express our heartfelt prayer for us. Perhaps accentuated by the constant messaging of social media, when trying to pray we can get anxious when there is a lull in the noise and no words come. We could pause for a moment to relax and to allow the Spirit to express our plea in a way which could never be put into words.

mtate@bigpond.com

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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

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
narabundah@cg.org.au
Tue/Thurs/Fri: 9am-12pm

SAFEGUARDING OFFICER

Julie Long
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