

2nd August 2026

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

Eighteenth Sunday in Ordinary Time



By Mattia Wellspring

Coming up:

Legion of Mary
8 Aug

Archdiocesan Assembly
22 Aug

Alpha Course | Round 2
3 Sept



cg.org.au/narrabundah

Community and Vision



Sanctuaries for the Thirsty

Archdiocesan Assembly | 22 August 2026



Come,
take your place on our
Archdiocesan journey.

Saturday 22nd of August

9am-4pm

St Clare's College

Register and find out more:

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

Events and Announcements

8
AUG

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 8th of August from 10am-11:30am in the Outreach Centre. For more information, contact Rhea via the Parish Office.

22
AUG

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/>

Late
2026

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!

16
AUG

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

3
SEP

ALPHA COURSE | Round 2 starting back in September!

With this 1st round of Alpha coming to an end this coming Thursday, there will be a break for the rest of winter until our 2nd round of Alpha begins in September. This is the perfect opportunity to come if you were not able to be part of the first round, or if you wanted to invite a friend along to! Please register via this link: <https://forms.gle/nWAn56SRjXQx7jbq5>

30
SEP

Explosion Youth Conference: Early Bird ends August 8th!

Registrations are now open for Explosion 2026, a Catholic youth conference for students in years 7 to 12. Hosted by the Disciples of Jesus Covenant Community, Explosion will be held at St Clare's College, Canberra, from **September 30 to October 3**, offering inspiring speakers, powerful prayer and worship, and the opportunity to build lasting friendships while growing in faith. Early bird pricing available until August 8. For more information and to register, visit explosionyouth.com.

Adoration Roster -Current hours to fill

- Tuesday 11am-12pm
- Wednesday 2-3pm, 3-4pm
- Friday 7-8pm

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



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.

Praying for the sick

Jindalee & Mt View residents; Pamela Brown and family, Caroline Evans, Jackie Carpenter, Mark Ransom, Anna Pace, Rita Smith, Wendy Fisher-Hudson, 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: Gert Fletcher, Barry Murphy, May Agnew, Ron Duncan, Pedro Jose Salazar, Tony Evans, Fr Troy Bobbin, Jonathan Hawkins, Fr Raphael Ruzindana

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 Is 55:1-3

Hasten and eat.

Thus says the Lord: Oh, come to the water all you who are thirsty; though you have no money, come! Buy corn without money, and eat, and, at no cost, wine and milk. Why spend money on what is not bread, your wages on what fails to satisfy? Listen, listen to me and you will have good things to eat and rich food to enjoy. Pay attention, come to me; listen, and your soul will live. With you I will make an everlasting covenant out of the favours promised to David.

Responsorial Psalm

Ps 144:8-9. 15-18. R. v.16

(R.) The hand of the Lord feeds us: he answers all our needs.

- 1. The Lord is kind and full of compassion, slow to anger, abounding in love. How good is the Lord to all, compassionate to all his creatures. (R.)
- 2. The eyes of all creatures look to you and you give them their food in due time. You open wide your hand, grant the desires of all who live. (R.)
- 3. The Lord is just in all his ways and loving in all his deeds. He is close to all who call him, call on him from their hearts. (R.)

Second Reading Rom 8:35. 37-39

No creature can separate us from the love of God, which is in Christ.

No creature can separate us from the love of God, which is in Christ. Nothing can come between us and the love of Christ, even if we are troubled or worried, or being persecuted, or lacking food or clothes, or being threatened or even attacked. These are the trials through which we triumph, by the power of him who loved us.

For I am certain of this: neither death nor life, no angel, no prince, nothing that exists, nothing still to come, not any power, or height or depth, nor any created thing, can ever come between us and the love of God made visible in Christ Jesus our Lord.

Gospel Acclamation Mt 4:4

Alleluia, alleluia!
No one lives on bread alone,
but on every word that comes from the mouth of God.
Alleluia!

Gospel Mt 14:13-21

They all ate and were satisfied.

When Jesus received the news of John the Baptist’s death he withdrew by boat to a lonely place where they could be by themselves. But the people heard of this and, leaving the towns, went after him on foot. So as he stepped ashore he saw a large crowd; and he took pity on them and healed their sick. When evening came, the disciples went to him and said, ‘This is a lonely place, and the time has slipped by; so send the people away, and they can go to the villages to buy themselves some food.’ Jesus replied, ‘There is no need for them to go: give them something to eat yourselves.’ But they answered, ‘All we have with us is five loaves and two fish.’ ‘Bring them here to me,’ he said. He gave orders that the people were to sit down on the grass; then he took the five loaves and the two fish, raised his eyes to heaven and said the blessing. And breaking the loaves he handed them to his disciples who gave them to the crowds. They all ate as much as they wanted, and they collected the scraps remaining, twelve baskets full. Those who ate numbered about five thousand men, to say nothing of women and children.

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Reflection by Fr Michael Tate

Note the disciples’ reaction to the plight of the hungry crowd: ‘Send the people away so that they can buy .’ The disciples have gone for the fix which puts no responsibility on them. They are willing to entrust the hungry crowd to market forces. Those with money can eat: those without, can’t. For the disciples, money and commerce are the answers to hunger. Jesus rejects that solution. ‘There is no need for them to go; give them something to eat yourselves.’ The solution to the hunger of that crowd was to give generously what little the disciples had. What they could have kept for themselves was to become gift. Once the disciples were in Jesus’ frame of mind, the hunger of the crowd was satisfied. How did this come about? The answer lay in human cooperation with the impulse of Divine generosity which knows no limits. The story simply says that Jesus blessed and broke the loaves ‘and handed them to his disciples who gave them to the crowd.’ Jesus depended on the disciples to obey him: ‘Give them something to eat yourselves’. Jesus still looks with gut-wrenching compassion on those who are hungry in our own society and throughout the world. If we answer that market forces will suffice, Jesus will reject our answer as decisively as he rejected the answer of his earliest disciples. We have to take responsibility to share what we have, to be generous with what we have. After all, Jesus, Our Lord and Master, commands us: ‘Give them something to eat yourselves’. Note how Jesus blessed those loaves and broke them before they were distributed, which reminds us of the words of Pedro Arrupe, former General of the Jesuits, ‘Eucharist will never be complete so long as people still go hungry in the world.’ We could pause for a moment at Mass to ask: Who are those hungry people crowding in on us, and then pray that we may respond to them as our Lord commanded, so that the hungers of the crowd, and our hunger to really follow our Lord, will be satisfied .

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

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
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Tue/Thurs/Fri: 9am-12pm

SAFEGUARDING OFFICER

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