

9th August 2026

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

Nineteenth Sunday in Ordinary Time



<https://stjameschurchtiverton.org.uk/imaginative-contemplation-matthew-1422-33-do-not-be-afraid/>

Coming up:

Feast of the Assumption
15 Aug

Archdiocesan Assembly
22 Aug

Alpha Course | Round 2
3 Sept



cg.org.au/narrabundah

SAFEGUARDING

Here at St Benedict's we value the wellbeing and safety of all our parishioners, especially our children.

1.COMMITTED LEADERSHIP, GOVERNANCE AND CULTURE

The safeguarding of children and adults is embedded in St Benedict's leadership, governance and culture.

2.CHILDREN AND ADULTS ARE SAFE, INFORMED AND PARTICIPATE

Children and adults are informed about their rights, participate in decisions affecting them and are taken seriously.

3.PARTNERING WITH FAMILIES, CARERS AND COMMUNITIES

Families, carers and communities are informed and involved in promoting the safeguarding of children and adults.

4.EQUITY IS PROMOTED AND DIVERSITY IS RESPECTED

Equity is upheld and diverse needs respected in policy and practice.

5.ROBUST HUMAN RESOURCE MANAGEMENT

People working with children and adults are suitable and supported to reflect safeguarding values in practice.

6.EFFECTIVE COMPLAINTS MANAGEMENT

Processes for raising concerns and complaints are responsive, understood, accessible and used by children, adults, families, carers, communities, and personnel.

7.ONGOING EDUCATION AND TRAINING

Personnel are equipped with knowledge, skills and awareness to keep children and adults safe through information, ongoing education and training.

8.SAFE PHYSICAL AND ONLINE ENVIRONMENTS

Physical and online environments promote safety and contain appropriate safeguards to minimise the opportunity for children and adults to be harmed.

9.CONTINUOUS IMPROVEMENT

St Benedict's regularly reviews and improves implementation of their systems for keeping children and adults safe.

10.POLICIES AND PROCEDURES SUPPORT THE SAFETY OF CHILDREN AND ADULTS

Policies and procedures document how the entity is safe for children and adults.

ACTION:

Julie Long is our Child Safeguarding Volunteer here at St Benedict's. You contact her via Narrabundah.Safeguarding@cg.org.au for any enquiries.

Events and Announcements

13
AUG

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 13th of August!

15
AUG

Feast of the Assumption- Holy Day of Obligation

Next Saturday, 15th of August is the Feast of the Assumption. This is a Holy Day of Obligation. To cater for this, we have our usual Saturday 8am morning Mass or alternatively the Cathedral has a 9am or a 12:15pm Mass.

31
AUG

Parish Office Hours and Days Changing!

Starting the week of the 31st of August, the Parish Office hours and days will be as follows:

- **Wednesday 1-4pm** (New day and time!)
- **Thursday 9am-12pm** (As usual)
- **Friday 9am-12pm** (As usual)

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!

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>



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!



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

Recently Deceased: Rita Reid, Gert Fletcher, Barry Murphy, May Agnew, Ron Duncan, Pedro Jose Salazar, Tony Evans, Fr Troy Bobbin, Jonathan Hawkins, Fr Raphael Ruzindana, Fe Tarrega de Roxas

Priests:



Parish:



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)

LEGION OF MARY

Weekly Saturday Mornings
10am-12pm, Outreach Centre
(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.

First Reading 1 Kgs 19:9.11-13

Go out and stand on the mountain before the Lord God.

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, ‘Go out and stand on the mountain before the Lord.’ Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

Responsorial Psalm

Ps 84:9-14. R. v.8

(R.) Lord, show us your mercy and love, and grant us your salvation.

- 1. I will hear what the Lord God has to say, a voice that speaks of peace. His help is near for those who fear him and his glory will dwell in our land. (R.)
- 2. Mercy and faithfulness have met; justice and peace have embraced. Faithfulness shall spring from the earth and justice look down from heaven. (R.)
- 3. The Lord will make us prosper and our earth shall yield its fruit. Justice shall march before him and peace shall follow his steps. (R.)

Second Reading Rom 9:1-5

I would willingly be condemned if it could help my people.

What I want to say is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood.

They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises weremade to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

Gospel Acclamation Lk 19:38

Alleluia, alleluia!

I hope in the Lord,

I trust in his word.

Alleluia!

Gospel Mt 14:22-33

Command me to come to you over the water.

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. ‘It is a ghost’ they said, and cried out in fear. But at once Jesus called out to them, saying, ‘Courage! It is I! Do not be afraid.’ It was Peter who answered. ‘Lord,’ he said ‘if it is you, tell me to come to you across the water.’ ‘Come’ said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. ‘Lord! Save me!’ he cried. Jesus put out his hand at once and held him. ‘Man of little faith,’ he said ‘why did you doubt?’ And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, ‘Truly, you are the Son of God.’

The psalm responses are from the English Translation of the Lectionary for the Mass ©1981 International Committee on English in the Liturgy Inc.(ICEL). All rights reserved. The psalm texts, from The Psalms, A New Translation, ©1963 by The Grail, England and used by permission of the publishers. The scriptural quotations are taken from the Jerusalem Bible, published and copyright 1966, 1967 and 1968 by Darton Longman and Todd Ltd and Doubleday & Co Inc, and used by permission of the publishers. © 2017 Creative Ministry Resources Pty Ltd All use must be in accordance with your user licensing agreement.



Reflection by Fr Michael Tate

The disciples had started off from the Jewish side of the Sea of Galilee, familiar territory. Jesus guided them through the stormy situation to ‘the other side’, the pagan side, unfamiliar territory where they would not have felt at home. Buffeted by storms, the Church is in the midst of a journey from familiar to unfamiliar territory. Some of the storms include a new attitude to authority, to gender roles. There is anger and suspicion at sexual abuse and its cover up. Many of our contemporaries are openly hostile or contentedly indifferent. In all these situations and many more, Our Lord will not allow us the indulgence of nostalgic yearning for the safety of the past country inhabited by the Church. We are not to throw Tradition with a capital ‘T’ overboard. To jettison the spirited experience of the Church over two millennia will not help us. Discerning tradition from nostalgia, we must make our way to the other shore. We could pause for a moment, resolving to row with courage because we know we are in the same boat as Peter whom our Risen Lord assures: ‘Do not be afraid.’

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

SAFEGUARDING OFFICER

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