22nd November 2026

in the care of the Missionaries of God's Love

St Benedict's

St Benedict's Catholic Church, Narrabundah

Our Lord Jesus Christ, King of the Universe



https://www.sjs.edu/blog/solemnity-of-our-lord-jesus-christ-king-of-the-universe-sunday-reflection

Coming up:

Working Bee	1st Sunday of Advent	Freedom in Christ
28 Nov	29 Nov	4-6 Dec

cg.org.au/narrabundah



Coming before Christ our King

As we celebrate the Feast of Christ the King, we are reminded of who Jesus is — not simply a figure we follow, but the King of our hearts and of all creation. His kingship looks different from that of the world. He reigns not from a throne of power, but from the Cross, giving Himself completely out of love for us. And it is this same Jesus whom we encounter each time we gather for Mass.

There is something extraordinary happening at Mass, perhaps far more than we sometimes realise. We come bringing the ordinary things of life with us — our joys, our struggles, our distractions, the things we are grateful for and the things weighing on our hearts. Yet the Mass is not simply a gathering of people, nor is it simply a prayer service. We enter into Jesus' offering to the Father.

At Mass, we enter into the mystery of Jesus' death and resurrection. His sacrifice on the Cross is made present to us, and we are invited to unite our own lives to His offering to the Father. The Mass is not about what we receive but rather what we give. We make a gift of our ourselves with Jesus to the Father.

What a gift it is that we are invited into this! We come before Christ our King, not merely as spectators, but as His people. We bring our lives to the altar — our work, our relationships, our sufferings, our hopes, and even the parts of ourselves we find difficult to surrender. In the Eucharist, Christ draws us into His own offering, unites us to Himself, and makes us one body. We are nourished by Him and sent out to live under His reign, allowing His love to shape the way we live, serve and love others.

Perhaps this Feast of Christ the King is an invitation to pause and ask ourselves: **Is Jesus truly King of my life?** How am I entering into Mass? Am I simply going through the motions, or am I coming with an open heart, ready to offer my life with Him? What am I bringing to the altar this week? What might I need to surrender to Him, or where might I be inviting Him to reign more fully in my life?

Events and Announcements

23-27 NOV

Major electrical work in the Church and Parish Centre - THIS WEEK!
This week, we will be doing some major electrical works in the Church and Parish Centre. During this time, the church will be out of action. Therefore, **Adoration and all weekday masses will be in the Collins Wing. Sunday Masses will be back in the Church!**

28 NOV

WORKING BEE | Trees and Shrubs Removal around the Church
Saturday 28th November starting at 9am: We are having another working Bee to remove shrubs and trees around the church before mid Dec for insurance purposes. We need volunteers to assist in this process. We need mainly hands for putting leaves and branches in trailers. If you have a trailer or Ute please bring it along. Please email the Parish office to let us know if you can assist.

Adoration Roster - NEW HOURS NEEDED!
ALL Adoration Hours need at least two people at all times!
In particular, we are looking to fill:

- **Tuesday: 11am-12pm**
- **Tuesday 3pm-4pm**
- **Wednesday 3-4pm**

If you can fill **one** of these hours, please sign up via the QR-Code!
Adoration will be on break from the **12th of December until Monday 1st of February.**

4-6 DEC

Freedom in Christ – Advent Retreat
Join us for the Freedom in Christ Advent Retreat, a weekend of teaching and prayer for healing and freedom in Christ. Explore keys to freedom, forgiveness, renouncing the enemy's lies, and listening to the Father's voice. The retreat runs Friday 4 December, 6pm, to Sunday 6 December, 2pm, at St Benedict's Church, Narrabundah. Lunch and dinners provided. Early bird prices end 15 November; registrations close 26 November. Register at trybooking.com/DPQOM.

St Benedict's Christmas Masses are as follows:
December 24 – (5:30pm Carols) 6:00pm Family Mass
December 24 – 8:00pm Charismatic Mass
December 24 – (11:30pm Carols) 12:00am Midnight Mass
December 25 – 9:00am Christmas Day Mass

13 DEC

MGL Brothers Inital Vows and Promises
Join us for a special celebration as members of the Missionaries of God's Love make their Initial Vows and Promises, marking a beautiful step in their journey of commitment to God and mission.

- When: Sunday 13 December, 11:00am
- Where: St Benedict's Church, Narrabundah

All are warmly invited. Please bring a plate to share for lunch!

13 DEC

Morning Tea & Kingdom Kids – Final Date for 2026
Our final Morning Tea after the 9.00am Mass and Kingdom Kids session for the year will be held on Sunday 13 December 2026.
Both Morning Tea and Kingdom Kids will take a break over the Christmas holidays, returning on Sunday 7 February 2027.

Vinnies Giving Tree
Each year we arrange to deliver around 60 hampers to the poor and needy in Narrabundah. We rely on donations of food and toys to fill the hampers . We will place a giving tree in the church and would appreciate donations of non perishable food . There are also tags with names / sex / age for donation of toys .There is no need to wrap gifts. For older children who can be difficult to buy presents for, gift vouchers are appreciated.

How to connect with our Parish?

Contact the Parish Office for any enquiries.

KINGDOM KIDS | PRE-YR 6
Sunday 9am Mass
(except school holidays & long weekends)
REGISTRATION & CONSENT FORM

FUSION YOUTH GROUP | YR 7-12
Friday Nights (Fortnightly)
7-9pm Collins Wing

YOUNG ADULTS GROUP | 18-25
Monday Nights Fortnightly
6-8pm, Outreach Centre

MOTHER'S PRAYERS
Each Monday (school term)
9.30am, Parish Centre

MEN'S SHARING GROUP
Tuesday Nights (Fortnightly)
7:30pm, Parish Centre

REST IN ME MEDITATIONS
Wednesdays (Fortnightly)
10am-12pm, Parish Centre

STREET MINISTRY
Friday Nights
After 5:30pm Mass, Civic

LEGION OF MARY
Weekly Saturday Mornings
10am-12pm, Outreach Centre

ALPHA COURSE
Weekly Thursday Nights*
6:30pm-9pm, Collin Wing
*(2 x 12 week program throughout year)

Complaint / Concern Form

We take safeguarding our community very seriously here at St Benedict's.

This is a QR-code to an Archdiocesan Form of any safeguarding complaints and concerns that goes straight to the IPSS Manager of the Archdiocese.

SCAN ME!

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, Deirdre O'Brien, Sagar Julie O'Brien, Oscar S, Luke S, Michael Reid, Peter Robinson, George Stosic, and all those sick in our parish.

Recently Deceased: Maria Ransom, Ernestina Ballivian, Kay Juilette Honner, Nellie Cook, Bill McMaster (Bronwyn's father), Edward Oriel, Rita Reid, Gert Fletcher

Anniversaries:

stbenedicts.canberra St. Benedict's Canberra

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 Ez 34:11-12.15-17

You, my flock, I judge between sheep and sheep.

The Lord says this: I am going to look after my flock myself and keep all of it in view. As a shepherd keeps all his flock in view when he stands up in the middle of his scattered sheep, so shall I keep my sheep in view. I shall rescue them from wherever they have been scattered during the mist and darkness. I myself will pasture my sheep, I myself will show them where to rest – it is the Lord who speaks. I shall look for the lost one, bring back the stray, bandage the wounded and make the weak strong. I shall watch over the fat and healthy. I shall be a true shepherd to them. As for you, my sheep, the Lord says this: I will judge between sheep and sheep, between rams and he-goats.

Responsorial Psalm

Ps 22:1-3. 5-6. R. v.1
(R.) The Lord is my shepherd; there is nothing I shall want

1. The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the pastures where he gives me repose. (R.)(R.)

2. Near restful waters he leads me,
to revive my drooping spirit.
He guides me along the right path;
he is true to his name. (R.)

3. You have prepared a banquet for me
in the sight of my foes.
My head you have anointed with oil;
my cup is overflowing. (R.)

4. Surely goodness and kindness shall follow me
all the days of my life.
In the Lord's own house shall I dwell for ever and ever. (R.)

Second Reading 1 Cor 15:20-26.28

He will hand over the kingdom to God the Father, so that God may be all in all.

Christ has been raised from the dead, the first-fruits of all who have fallen asleep. Death came through one man and in the same way the resurrection of the dead has come through one man. Just as all men die in Adam, so all men will be brought to life in Christ; but all of them in their proper order: Christ as the firstfruits and then, after the coming of Christ, those who belong to him. After that will come the end, when he hands over the kingdom to God the Father, having done away with every sovereignty, authority and power. For he must be king until he has put all his enemies under his feet and the last of the enemies to be destroyed is death. And when everything is subjected to him, then the Son himself will be subject in his turn to the One who subjected all things to him, so that God may be all in all.

Gospel Acclamation Mk 11:9-10

Alleluia, alleluia!
Blessings on him who comes in the name of the Lord! Blessings on the coming kingdom of our father David!
Alleluia!

Gospel Mt 25:31-46

He will take his seat on his throne of glory, and he will separate men one from another.

Jesus said to his disciples: 'When the Son of Man comes in his glory, escorted by all the angels, then he will take his seat on his throne of glory. All the nations will be assembled before him and he will separate men one from another as the shepherd separates sheep from goats. He will place the sheep on his right hand and the goats on his left. Then the King will say to those on his right hand, "Come, you whom my Father has blessed, take for your heritage the kingdom prepared for you since the foundation of the world. For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you made me welcome; naked and you clothed me, sick and you visited me, in prison and you came to see me." Then the virtuous will say to him in reply, "Lord, when did we see you hungry and feed you; or thirsty and give you drink? When did we see you a stranger and make you welcome; naked and clothe you; sick or in prison and go to see you?" And the King will answer, "I tell you solemnly, in so far as you did this to one of the least of these brothers of mine, you did it to me." Next he will say to those on his left hand, "Go away from me, with your curse upon you, to the eternal fire prepared for the devil and his angels. For I was hungry and you never gave me food; I was thirsty and you never gave me anything to drink; I was a stranger and you never made me welcome, naked and you never clothed me, sick and in prison and you never visited me." Then it will be their turn to ask, "Lord, when did we see you hungry or thirsty, a stranger or naked, sick or in prison, and did not come to your help?" Then he will answer, "I tell you solemnly, in so far as you neglected to do this to one of the least of these, you neglected to do it to me." And they will go away to eternal punishment, and the virtuous to eternal life.'



Reflection by Fr Michael Tate

The eternal destiny of every human being of a certain maturity is determined by decisions made in relation to food and drink for the famished, clothing and housing for those without decent clothing or shelter, visiting those in circumstances which cut them off from life-giving contact with others (the sick and prisoners). Those who provide such assistance, in the words of Pope Francis, touch the wounds of Christ! A Christian can be fully conscious of this, but for non Christians it is possible to do so without any of our awareness or belief. Christ is completely incognito to them: 'When did we ever see you hungry and feed you …?'. We know the doctrine of the Real Presence in the poor and marginalised. Woe betide those of us who ignore this fact of faith. We are on the way to a Hellish state of existence. That is equally possible for those who do not share our faith, but who ignore the plight of the marginalised and continue in a self-absorbed way. We could pause for a moment to pray that we, and many billions of non-Christians, may hear the invitation: 'Come you blessed of my Father, inherit the Kingdom prepared for you from the foundation of the world.'

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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)

EUCHARISTIC 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
narrabundah@cg.org.au
Wed: 1-4pm | Thurs & Fri: 9am-12pm

SAFEGUARDING OFFICER

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