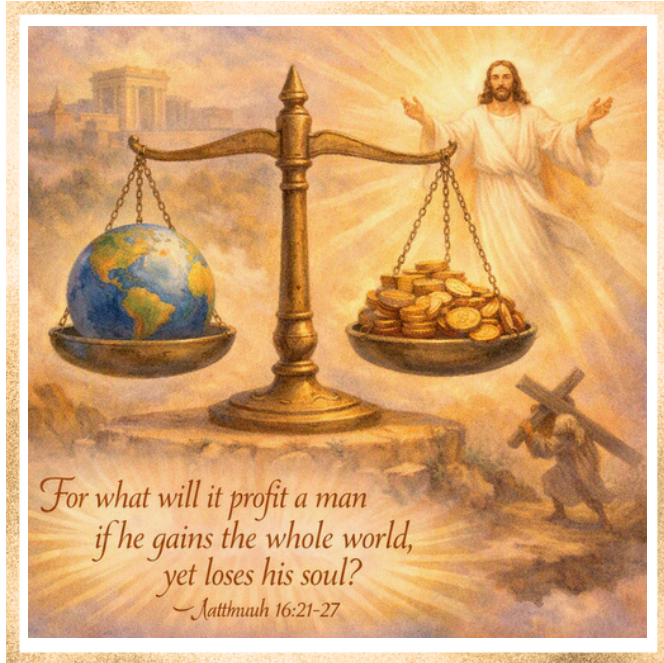




St Benedict's Parish Arcadia



PARISH MASS TIMES

Weekends:

Saturday

Sunday 7:00pm Vigil

Sunday 9:00am

10:30am

Weekdays:

Mondays to Thursdays 9:30am

Fridays

6:30pm Adoration

7:00pm Mass & Confession

Saturdays

9:00am to 10:00am

Adoration & Confession

MONASTERY CHAPEL MASS TIMES

Sundays 7:00am

Daily 7:00am

Please contact Father Shansana or Parish Office for the following:

Baptisms
Reconciliation
For the Sick
Marriages
Funerals



Parish Priest:

Fr Shansana 0437 884 233

Parish Office 9653 2312

22ND SUNDAY IN ORDINARY TIME YEARA AUGUST 29 & 30 2026

ENTRANCE ANTIPHON

Have mercy on me, O Lord, for I cry to you all the day long.
O Lord, you are good and forgiving,
full of mercy to all who call to you.

OPENING PRAYER

Let us pray.

God of might, giver of every good gift,
put into our hearts the love of your name,
so that, by deepening our sense of reverence,
you may nurture in us what is good
and, by your watchful care,
keep safe what you have nurtured.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.
Amen.

SELF REFLECTION: TAKE UP YOUR CROSS

Sunday's Gospel, Matthew 16:21–27, Jesus reminds us that following Him is not always easy. He calls us to put aside our own desires, take up our cross, and faithfully walk with Him. True discipleship means trusting Jesus, even when the path is difficult.

I Reflect...

1. Am I willing to follow Jesus when it is difficult?
2. What cross am I carrying today?
3. Do I trust Jesus with my struggles?
4. What do I need to let go of?
5. Am I putting Jesus before my own wants?

SURRENDER & FOLLOW

Prayer

Lord Jesus, help me to take up my cross with faith and courage. Teach me to trust You, especially in difficult moments, and to follow You faithfully each day. Amen.

First Reading**Jeremiah 20:7-9 (JB)**

A reading from the prophet Jeremiah

The word of the Lord God has meant derision for me.

You have seduced me, Lord, and I have let myself be seduced; you have overpowered me: you were the stronger.

I am a daily laughing-stock, everybody's butt.

Each time I speak the word, I have to howl

and proclaim: 'Violence and ruin!'

The word of the Lord has meant for me

insult, derision, all day long.

I used to say, 'I will not think about him,

I will not speak in his name any more.'

Then there seemed to be a fire burning in my heart, imprisoned in my bones.

The effort to restrain it wearied me,

I could not bear it.

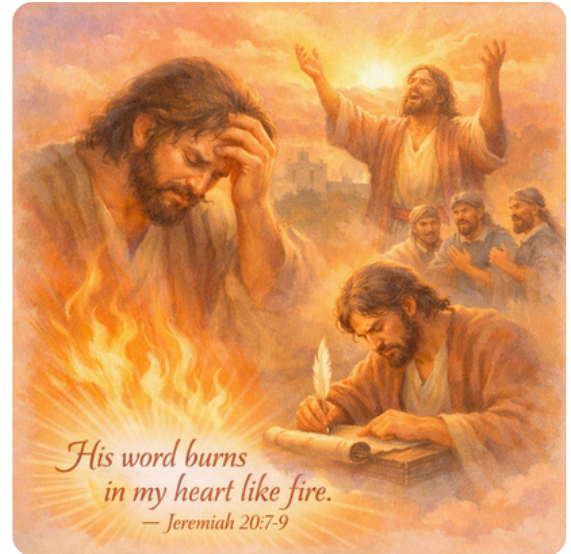
The word of the Lord.

Thanks be to God.

Responsorial Psalm

Ps 62:2-6, 8-9 (JB)

R. My soul is thirsting for you, O Lord my God.

**Second Reading****Romans 12:1-2 (JB)**

A reading from the letter of St Paul to the Romans

May you present your bodies as a living sacrifice.

Think of God's mercy, my brothers, and worship him, I beg you, in a way that is worthy of thinking beings, by offering your living bodies as a holy sacrifice, truly pleasing to God. Do not model yourselves on the behaviour of the world around you, but let your behaviour change, modelled by your new mind. This is the only way to discover the will of God and know what is good, what it is that God wants, what is the perfect thing to do.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

**May the Father of our Lord Jesus Christ
enlighten the eyes of our heart,
that we might see how great is the hope
to which we are called.**

Alleluia!

**GOSPEL****Matthew 16:21-27 (JB)**

A reading from the holy Gospel according to Matthew

Whoever wishes to come after me must deny himself.

Jesus began to make it clear to his disciples that he was destined to go to Jerusalem and suffer grievously at the hands of the elders and chief priests and scribes, to be put to death and to be raised up on the third day. Then, taking him aside, Peter started to remonstrate with him. 'Heaven preserve you, Lord,' he said. 'This must not happen to you.' But he turned and said to Peter, 'Get behind me, Satan! You are an obstacle in my path, because the way you think is not God's way but man's.'

Then Jesus said to his disciples, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake will find it. What, then, will a man gain if he wins the whole world and ruins his life? Or what has a man to offer in exchange for his life?

'For the Son of Man is going to come in the glory of his Father with his angels, and, when he does, he will reward each one according to his behaviour.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

*"Renounce your own will."
~Rule of St Benedict Ch. 5*



READINGS & GOSPEL REFLECTION

Jeremiah 20:7-9 / Romans 12:1-2 / Matthew 16:21-27

LOSE TO GAIN

The readings this Sunday remind us that following God requires surrender, courage and transformation. **Jeremiah** feels the struggle of being called by God, yet he cannot keep silent because God's word burns within him. St **Paul** urges us to offer our lives to God and allow Him to transform the way we think. In the **Gospel**, Jesus takes this even further: we must deny ourselves, take up our cross and follow Him.

The Christian life is not about always choosing what is easy or comfortable. It is about trusting God enough to surrender our own plans and desires. When we give ourselves to Christ, we may feel that we are losing something, but Jesus promises that in giving our lives to Him, we discover what truly matters.

Key Thought

When we surrender to God, we gain true life.

Take-Home Challenge

Today, identify one thing you are holding onto—a worry, desire, resentment or plan—and consciously place it in God's hands. Ask: "Lord, what do You want me to do?"

Prayer

Lord Jesus, help me to surrender my life to You.

Give me courage to carry my crosses, strength to follow Your will, and faith to trust that when I give You everything, I gain what truly matters. Amen.

LITURGICAL FEASTS AND EVENTS OF THE WEEK

AUGUST 2026

Monday 31 Readings: 1 Cor 2:1-5. Lk 4:16-30.

R: Lord, I love your commands.

SEPTEMBER 2026

Tuesday 1 Readings: 1 Cor 2:10-16. Lk 4:31-37.

R: The Lord is just in all his ways.

WORLD DAY OF PRAYER FOR CREATION

Wednesday 2 Readings: 1 Cor 3:1-9. Lk 4:38-44.

R: Happy the people the Lord has chosen to be his own.

Thursday 3 Readings: 1 Cor 3:18-23. Lk 5:1-11.

R: To the Lord belongs the earth and all that fills it.

St Gregory the Great, pope, doctor.

Friday 4 Readings: 1 Cor 4:1-5. Lk 5:33-39.

R: The salvation of the just comes from the Lord.

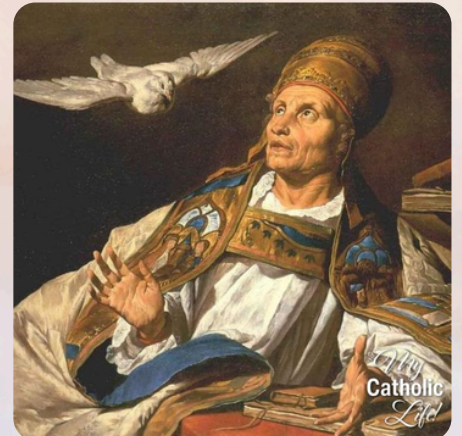
SPRING EMBER DAY

Saturday 5 Readings: 1 Cor 4:6-15. Lk 6:1-5.

R: The Lord is near to all who call him.

St Teresa of Calcutta

Source: Ordo 2026



ST GREGORY THE GREAT
Feast Day September 3

*St Gregory the Great,
faithful servant of God, pray for us.
Help us to lead with humility, serve
with love, and remain faithful to
Christ in all that we do. May we
always seek God's will and place
Him first in our lives.
Amen.*



POPE LEO PRAYER INTENTION FOR SEPTEMBER 2026

FOR THE CARE OF WATER

**Let us pray for a just and sustainable management of water,
a vital resource, so that everyone may have equal access to it.**



PARISH NOTICE

Our parish is currently seeking volunteers to assist in a number of important ministries:

Music Ministry – WE ARE IN DESPARATE need of singers for the choir, and musicians.

Morning Tea – Helpers are needed to assist with morning tea after the 9:00am Mass every 6 weeks.

Flower Ministry – We are looking for volunteers to help arrange flowers for the church approximately once every 6–8 weeks.

Kids Youth Group – Adult volunteers are needed to assist with our Kids Youth Group on Friday evenings.

If you are able to assist in any of these ministries, please contact the Parish Office. Your time and talents are greatly appreciated and help make our parish a welcoming and vibrant community. It's also a great way to meet new people.

THE MAJOR RELIC OF ST CARLO ACUTIS

The major relic of St Carlo Acutis is coming to the Catholic Diocese of Broken Bay!

It will be welcomed into Our Lady of Dolours Church, Chatswood on **Thursday, 3 September** with Solemn Vespers at 6:00pm.

At 7pm there will be a mass to celebrate the 30th Anniversary of Bishop David Walker's installation as Bishop of Broken Bay.

Join young adults (aged 18+) from around the Diocese for an evening of fellowship, prayer and formation at both Chatswood and Gosford, as we reflect on St Carlo Acutis' life and devotion to the Eucharist.

The event will feature food, praise and worship music, an inspiring talk and the opportunity for veneration of the major relic of St Carlo.

Chatswood

Date: Friday, 4 September 2026

Time: 6.30pm – 9.00pm

Location: Our Lady of Dolours Church, Chatswood

Enquiries: mission@bbcatholic.org.au

VOLUNTEERS OF THE WEEK

This week's volunteer of the week nomination goes to:

OUR WORKING BEE GROUP

A big thank you to everyone who came along on Saturday for our working bee!

We are so grateful to all who gave their time and energy to tidy, clean and maintain our parish gardens and grounds. Your hard work, teamwork and willingness to lend a hand help keep our parish looking beautiful and welcoming for everyone.

Thank you for all that you do for our St Benedict's community! May God bless you abundantly for your generosity and service. 🌱🙏

GIFTS

We still have some gifts available in the Meeting Room. Please have a look and see if there is anything you would like to take home. Any gifts remaining at the end of the month will be donated to charity. Please feel free to have a look! 😊

COME CELEBRATE...

☀️ CHILDREN'S MASS — FATHER'S DAY ☀️

💙 Sunday 6th September | 10.30am

Come and celebrate Father's Day with us!

Join us for a special Children's Mass as we give thanks for all fathers, grandfathers and father figures who share their love, guidance and faith with us.

Bring the whole family and celebrate this special Mass together as a parish community!

💙 **Everyone is welcome!**

We look forward to celebrating with you! 🌿

In Our Parish

(please let us know if you would like someone added here)

We welcome into God's family all who were recently baptised.

We pray for the sick of our Parish, especially:

Joe Gallo, Miriam Brown, Pauline Honor, Kath Moran, Brother Mario, and Father Alberic.

We remember in our prayers all our dearly beloved who have died:

Bill Youl, Teresa DeLuca and Patrick DeLuca, Sr Fay Hancock, Tereza Muscat, Bill Pierce, Francesco Merlino, Peter Chedid, Antonio Romeo, Nanna Trani, Anne Pearce, Robert Wallace, Maria Pappalardo and Shannon Murray.

~ May they rest in Eternal Peace.



CATECHIST NEWS

ONGOING SAFE GUARDING TRAINING TIMES AND DATES:

ZOOM – Mon 28 Sept 6.15-8.30pm:
Central Coast - Terrigal Parish
Tues 29 Sept 10am-12.30pm

Northern Beaches – Dee Why Parish
Thurs 1 Oct 10am-12.30pm

North Shore – CCC, Pennant Hills
Fri 2 Oct 10am-12.30pm

To register, please call 02 8379 1643 OR email
registrations@bbcatholic.org.au

God bless,
Martina Jutrisa
srearcadia@gmail.com
Parish Catechist Co-Ordinator
0413 403 767
Parish Office: 9653 2312



OUR LADY OF FATIMA FEAST DAY

Begins with a
short play and rosary in
five languages,
followed by procession
and Mass. Ending
with refreshments
and raffle.

St Benedict's Parish, Sunday 11 Oct 2026 1pm
2 Fagans Road, Arcadia NSW 2159

A Petition Box will be available for special requests to
Our Lady, which will be taken to the Shrine of Fatima.

9-day Novena begins Friday 2 October at 6:25pm with
Holy Rosary, followed by Holy Mass at 7pm each day.

Phone: 0438 521 421 for further details.

PRAY FOR NEPAL & TIBET

We remember in our prayers all those affected by the earthquake in Nepal and the devastating floods in Nepal and Tibet. We pray for those who have lost loved ones, homes and livelihoods, and for those facing hardship and uncertainty. May God bring comfort to the grieving, protection to those in danger, and strength to all who are working to help those affected. 🙏

SOCIAL JUSTICE SUNDAY - 6 SEPTEMBER

This Social Justice Sunday, we are reminded of our call as Christians to stand with those who are vulnerable, forgotten or in need. Our faith calls us to see the dignity of every person and to work for justice, peace and compassion in our communities and throughout the world. May we be inspired to move beyond prayer alone and become people who listen, care, speak up and act for those who need our support.

"Whatever you did for one of the least of these brothers and sisters of mine, you did for me." — Matthew 25:40 🙏

HEALING MASS

Healing Mass is held on the first Thursday of each
Month at 9.30am

**NEXT HEALING MASS:
THURSDAY SEPTEMBER 3**



Create.Share.Encounter
A Creative Women's Ministry



Ribbon roses workshop

Wednesday, 2nd September, 2026
7.30-9.30pm in the meeting room
\$15 per participant

www.facebook.com/makerstable
www.themakersgarden.com.au
Martine Musumeci 0458 533 250
Nerida Woodbury 0425 834 017
themakerstablesydney@gmail.com

ST BENEDICT'S KIDS YOUTH GROUP

Join the fun! Ages 8-12 years
Our Kids Youth Group is held on Fridays
DURING SCHOOL TERM
4.00pm to 5.30pm
*We need adult volunteers to help out.
Please let the parish office know if you
are free to help or
call Jules On 0415 448 797*

ITALIAN ROSARY GROUP



Every **Monday 2.00pm.**
Every one welcome.

For more details call

Angela Egiziano on 9652 1358.



CCC PRAYER GROUP

Prayer meeting held every
Wednesday morning:
after 9.30am Mass. *Come and
meet new people and have a
cuppa!*

For more details call
Mary Camilleri on 0403 116 987.

CRAFTGROUP

The quilting and craft group will
meet every **4th Tuesday** of the
month at 10.30am in the parish
meeting room.

Bring your craft and come and join
us!



SAINT OF THE WEEK

September 5

ST MOTHER TERESA OF CALCUTTA

1910-1997

**Patron Saint of Calcutta
and the Missionaries of Charity**

Canonized by Pope Francis on September 4, 2016

Anjezë Gonxhe Bojaxhiu was born in Skopje, present-day North Macedonia, the youngest of three surviving children. Her devout Catholic parents called her Gonxhe, meaning “rosebud” or “little flower” in Albanian. When Gonxhe was eight, her father died, and her family suffered financially. Feeling called to serve the poor, at eighteen, she traveled to Ireland to join the Loreto nuns. After learning English, the young novice moved to the Loreto House in Darjeeling, India in 1929. In 1931, she made her first profession of vows, taking the name Teresa, after Saint Thérèse of Lisieux. She then taught at a girls’ school in Calcutta. Making final vows in 1937, she became “Mother Teresa.”

On September 10, 1946, Mother Teresa was traveling by train from Calcutta to Darjeeling for an annual retreat and time of rest. During the trip, she heard Jesus’ “call within a call,” to quench His thirst by following Him into the slums to serve the poorest of the poor. She observed September 10 as “Inspiration Day,” the day she believed God founded the future Missionaries of Charity.

Jesus’ thirst on the Cross was the purpose of Mother Teresa’s life and the reason God called her to found the Missionaries of Charity. With no end to the depth of Jesus’ thirst, there was no end to the depth of love she was called to give to Him by loving the poorest of the poor. Mother Teresa would quench Christ’s thirst in those she served and encounter Jesus in the distressing disguise of the poor.

For eighteen months, Mother Teresa heard the “Voice” speak to her, calling her to trust, surrender, and love while her spiritual director and the archbishop tested her. Finally, with the permission of the Loreto Superior and the Holy See, Mother Teresa began her new mission on August 17, 1948.

After completing medical training, Mother Teresa began her life as a Missionary of Charity in the Calcutta slums where countless were homeless, poor, and uneducated. She dressed their wounds, showed compassion for the suffering, listened to their stories, and gave them food, treating them as if they were Jesus. This was a novel approach in India where poverty was viewed as a result of bad karma. In March 1949, one of her former students joined her in the work. A year later, she had twelve companions. Receiving formal papal approval on October 7, 1950, the Missionaries of Charity made the usual three vows and a fourth vow to care for the poor and needy.

Over the next decades, the order spread from India, growing to 4,000 members in 123 countries. In 1976, Mother Teresa received the Nobel Peace Prize, which she accepted “in the name of the hungry, of the naked, of the homeless, of the crippled, of the blind, of the leprous, of all those people who feel unwanted, unloved, uncared, thrown away of the society, people who have become a burden to the society, and are ashamed by everybody.” After that, kings, dictators, presidents, prime ministers, and religious leaders sought her counsel, and she enjoyed an open door from the pope any time she was in Rome. While her international influence was considerable, she remained humble and devoted to her mission of love. Two years after her death, Pope John Paul II opened her cause for canonization. He beatified her in 2003, and she was canonized by Pope Francis in 2016.

Saint Mother Teresa of Calcutta, you experienced Christ’s thirst within the depths of your being. Driven to charity, you searched endlessly to bring satiation to our Lord in the distressing disguise of the poor and suffering. Please pray that I will be freed of every selfish motivation in life so that I can give myself to others, freely and wholeheartedly, as an instrument of the Most Merciful Heart of Jesus. Saint Mother Teresa of Calcutta, pray for me. Jesus, I trust in You.

Source: mycatholic.life

DONATING MEN’S CLOTHING FOR SEAFARERS

Stella Maris Seafarers, a Catholic organisation helping seafarers, would appreciate any **donations of second hand men’s clothing, as well as any personal hygiene items such as soap, shampoo, deodorant, toothbrush, toothpaste etc.**

Please leave the items in the meeting room near the kitchen and they will be picked up weekly and taken to Sr Mary Leahy and I can tell you she will be most excited. She boards every ship that pulls into Botany Bay and checks on the welfare of the sailors, she is also a trained nurse and if she sees sick, injured or suspects abuse etc she is onto it.

Many Thanks for your kind Generosity. Cheers, Cathy Holling Ph: 0403 062 255

Please join us to celebrate
the ministry of GCEA
Galston Christian Education
Association Galston High School

Spring Dinner

Saturday 12 September 2026

6pm at the Galston Club
21 Arcadia Road, Galston

2 Course meal, tea and coffee

Tickets

Adults dinner, 2 course \$70
Concession dinner, 2 course \$60

Contact Paula on 0423 078 282

or:

events.humanitix.com/gcea-spring-dinner-2026

Every Church to decorate their own table competition.

SPRINGDINNER

GCEA

Saturday 12 September

Come along and join us for a wonderful evening at our Spring Dinner in support of the Galston Christian Education Association (GCEA) and our own Paul El-Chaar, who does a fantastic job teaching Scripture to the students of Galston High School each week.

This is always a great night filled with good food, friendship, and community spirit.

It is a wonderful opportunity to catch up with fellow parishioners, enjoy a delicious meal, and support the important work of sharing our faith with young people.

Whether you come with family, friends, or on your own, you are sure to feel welcome. We would love to see you there for what promises to be another enjoyable and memorable evening!

Tickets always sell fast so please see Paula to purchase a ticket

or call on 0423 078 282.

SEOULFEST - WORLD YOUTH DAY 2027

Join us for SeoulFest — the official launch of our pilgrimage to World Youth Day 2027!

Celebrating the Feast of Saint Andrew Kim Taegön, Patron of World Youth Day, we're beginning the countdown to an unforgettable pilgrimage to Japan, Seoul and Incheon in 2027. Come and experience a taste of South Korea with Korean food, music, culture, games and activities, while meeting other young people, young adults and families from across the Diocese.

This is intended for young people, young adults and families.

Date: Sunday 20 September 2026

Time: 3:30pm – 5:30pm

Location: The Light of Christ Centre, 29 Yardley Avenue, Waitara

Enquiries: mission@bbcatholic.org.au



The Grail in Australia



IGNITE Your Spirit

IGNITE YOUR SPIRIT in Nature. Relax, Reflect on your journey, Rejuvenate your body, mind and spirit in the Serene JAMBEROO ABBEY.

Friday 30th^o October (from 3pm for 6.00pm start) to Sunday 1st November 2026 (2pm finish)

Jamberoo Abbey, 695 Jamberoo Mountain Road, Jamberoo NSW

YOUNG ADULTS (aged 18 to mid-30s)

COST: \$400 early bird (shared cottage/own room)

\$550 early bird (Private Hermitage).

After 22nd August prices \$440 and \$590.

Inquiries: admin@grailaustralia.org.au

PARISH ROSTER

NEXT WEEKEND

5/9/2026 to 6/9/2026

23rd Sunday in Ordinary Time - YEAR A

Please join us for ☕ Morning Tea after the 9:00am Mass next Sunday.

	SAT 7PM	SUN 9AM	SUN 10:30AM
Acolyte		Nigel M	Paul E
Reader 1	Natasha S	Judy H	CHILDREN
Reader 2	John V	Ann L	CHILDREN
Prayers	Margaret B	Zachary B	CHILDREN
TV		Jules O	Azzi Family
EMHC		Pam G	Robin B
EMHC		Jessie G	Gebran A
Music		Melanie H	Melanie H
Music		Noelle T	Theresa N
Music		John T	Adam F
Music			Max F
Morning Tea		Mary A	Robin B
Flowers	Gabe Wall		

MONASTERY CHAPEL

Liturgy of the Hours

"Seven times a day I will praise you"

Psalms 119:164

The liturgy of the hours is a set of prayers (psalms, hymns, readings and other prayers). It is recited in the Monastery Chapel daily at the following times:

5.45am Office of Readings

6.30am Morning prayer - Lauds

12.45pm Midday prayer

6.00pm Evening prayer - Vespers

8.00pm Night prayer - Compline

DID YOU KNOW...

Jesus' words "take up your cross" were spoken before the Crucifixion, yet His disciples would later understand the cross as a sign of sacrifice, love and victory over sin.

WYD27 EXPRESSIONS OF INTEREST

We are so excited to announce that Expressions of Interest are now open for our WYD27 Broken Bay Pilgrimage:

26 July – 12 August 2027

Japan – Seoul South Korea

<https://bbwyd27.org.au/>

ACKNOWLEDGMENT

We acknowledge the Traditional Owners of this land and their enduring connection to country, waters, and culture. We pay respect to their Elders past, present, and emerging.

Above all we give thanks to **God our Father**, who blesses this land, its people, and all creation. May we live in harmony, justice, and peace, guided by His love.

SAFEGUARDING MISSION STATEMENT

St Benedict's Parish is committed to the safety of all, especially children and vulnerable people.

Concerns? Contact Fr Shansana 0437 884 233, or the Office for Safeguarding 8379 1605.

For all parish **OH&S and Safeguarding Children** matters Contact Lorraine Dailey on 0416 081 882 or the parish office on 9653 2312.

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PARISH OFFICE HOURS

Mondays & Fridays: 9.00am to 2.00pm

(During School Holidays closed on Mondays)

Parish Office: 02 9653 2312

Address: 2 Fagans Road, Arcadia 2159

Email: arcadia.parish@bbcatholic.org.au

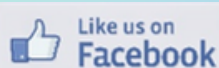
Website: www.bbcatholic.org.au/arcadia

Parish Priest: Fr Shansana Samarasinghe OSB

Email: sanshanasamarasinghe@yahoo.com

After hours: 0437 884 233

Facebook: [stbenedict sarcadia](https://www.facebook.com/stbenedict sarcadia)



PARISH BANK DETAILS for

ONLINE only donations:

BSB: 062 784 Account: 100002141

Account Name: Catholic Parish of Arcadia

Bank:

CBA—Catholic Development Fund



Support our parish!

Scan this QR code to make a donation.

MONASTERY: 02 9653 1159

121 Arcadia Rd, Arcadia 2159