

St Benedict's Parish

Arcadia



FOURTH SUNDAY IN ORDINARY TIME

YEAR A

JAN 31 & FEB 1 2026



*"Happy the pure in heart:
they shall see God."*

PARISH MASS TIMES

Weekends:

Saturday 7:00pm Vigil

Sunday 9:00am

Sunday 10:30am

Weekdays:

Mondays to Thursdays 9:30am

Fridays 6:30pm Adoration

**7:00pm Mass & Confession
(Reconciliation)**

Saturdays 9:00am to 10:00am

Adoration & Confession (Reconciliation)

MONASTERY CHAPEL Masses

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



ENTRANCE ANTIPHON

Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.

OPENING PRAYER

Let us pray.
Grant us, Lord our God,
that we may honour you with all our mind,
and love everyone in truth of heart.
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: PEACEFUL HEART

This Sunday's Gospel, Matthew 5:1-12, Jesus shows that true happiness is found in humility, mercy, and peace. The Beatitudes invite me to trust God more deeply and to live with love, compassion, and courage each day.

I reflect:

1. Where is God asking me to be more humble?
2. How can I show mercy today?
3. Do my words bring peace?
4. What do I truly seek in life?
5. How do I live my faith each day?

True Happiness

Prayer

Lord Jesus,
Teach me to live the Beatitudes with a humble and
generous heart. Help me to seek your ways above all else
and to find true joy in loving and serving others. Amen.

First Reading: Zephaniah 2:3; 3:12-13 (JB)

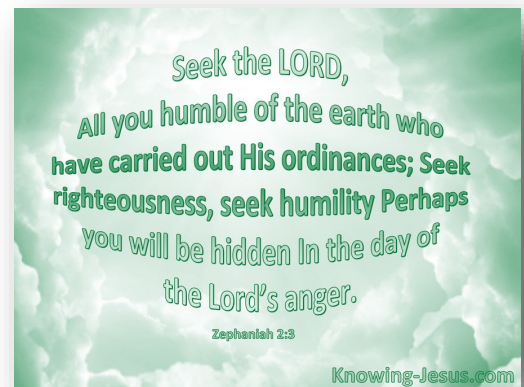
A reading from the prophet Zephaniah

In your midst I will leave a humble and a lowly people.

Seek the Lord all you, the humble of the earth, who obey his commands. Seek integrity, seek humility: you may perhaps find shelter on the day of the anger of the Lord. In your midst I will leave a humble and lowly people, and those who are left in Israel will seek refuge in the name of the Lord. They will do no wrong, will tell no lies; and the perjured tongue will no longer be found in their mouths. But they will be able to graze and rest with no one to disturb them.

The word of the Lord.

Thanks be to God.

**Responsorial Psalm: Happy the poor in spirit; the kingdom of heaven is theirs!****Second Reading: 1 Corinthians 1:26–31 (JB)**

A reading from the first letter of St Paul to the Corinthians

God has chosen what is weak by human reckoning.

Take yourselves, brothers, at the time when you were called: how many of you were wise in the ordinary sense of the word, how many were influential people, or came from noble families? No, it was to shame the wise that God chose what is foolish by human reckoning, and to shame what is strong that he chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones that God has chosen - those who are nothing at all to show those who are everything. The human race has nothing to boast about to God, but you, God has made members of Christ Jesus and by God's doing he has become our wisdom, and our virtue, and our holiness, and our freedom. As scripture says: if anyone wants to boast, let him boast about the Lord.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!
Rejoice and be glad;
Your reward will be great in heaven.
Alleluia!

GOSPEL Matthew 5:1-12 (JB)

A reading from the holy Gospel according to Matthew

Happy are the poor in spirit.

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

'How happy are the poor in spirit;
theirs is the kingdom of heaven.

Happy the gentle:
they shall have the earth for their heritage.

Happy those who mourn:
they shall be comforted.

Happy those who hunger and thirst for what is right:
they shall be satisfied.

Happy the merciful:
they shall have mercy shown them.

Happy the pure in heart:
they shall see God.

Happy the peacemakers:
they shall be called sons of God.

Happy those who are persecuted in the cause of right:
theirs is the kingdom of heaven.

'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'



The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

GOSPEL REFLECTION

Readings: Zephaniah 2:3; 3:12-13, 1 Corinthians 1:26–31, and Matthew 5:1-12

Today's readings reveal a God who consistently chooses humility over pride and trust over self-reliance. The prophet Zephaniah speaks of a "humble and lowly people" who seek refuge in the Lord and live without deceit or fear. This promise finds its echo in St Paul's words to the Corinthians, reminding them that God did not choose them because they were powerful or impressive by the world's standards, but so that all boasting might be in the Lord alone.

In the Gospel, Jesus proclaims the Beatitudes, revealing the heart of God's kingdom. Those the world often overlooks—the poor in spirit, the meek, the merciful, the peacemakers—are called blessed. These are not signs of weakness, but of deep faith and courage. Together, the readings invite us to let go of pride and self-importance and to place our trust fully in God, who alone is our true source of joy and strength.

Key Thought

God's kingdom belongs to the humble who place their trust in him.

Take-Home Challenge

Reflect on where you rely on your own strength rather than God's, and practice one Beatitude in your daily life this week.

Prayer

Lord God,
draw my heart away from pride and self-reliance. Help me to trust in you, and to live with humility, mercy, and peace each day. Amen.

WEEKDAY LITURGICAL READINGS

February 2026

- Monday 2: Mal 3:1-4. Lk 2:22-40.
R. Who is this king of glory? It is the Lord!
The Presentation of the Lord
World Day of Prayer for Consecrated life.
- Tuesday 3: 2 Sam 18:9-10, 14, 24-25, 30-19:3.
R. Listen, Lord, and answer me.
St Blaise, bishop, martyr. St Ansgar, bishop.
- Wednesday 4: 2 Sam 24:2, 9-17. Mk 6:1-6.
R. Lord, forgive the wrong I have done.
- Thursday 5: 1 Kg 2:1-4, 10-12. Mk 6:7-13.
R. Lord, you are exalted over all.
St Agatha, virgin, martyr.
- Friday 6: Sirach 47:2-11. Mk 6:14-29.
R. Blessed be God my salvation!
St Paul Miki and companions, martyrs.
- Saturday 7: 1 Kg 3:4-13. Mk 6:30-34.
R. Lord, teach me your decrees.



PRESENTATION OF THE LORD

Feast day: 2 February

Dear Jesus,
thank you for coming into
the world. Help us to love
you with our hearts,
see you in others, and
share your light every day.

Source: Ordo 2026 image: mycatholic.life



Pope Leo XIV prayer intention for February 2026:

For children with incurable diseases.

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

PARISH FINANCE MEETING

Our next Parish finance meeting is this Monday, 2nd February, at 7:15pm.

PARISH COUNCIL MEETING

Our next **Parish Council meeting** is this **Tuesday, 3rd February 2026, at 7:15 pm.**

We look forward to sharing our plans for the year and hearing from you. If you have ideas or suggestions, please drop them in the **'Dear Parish Council' box** at the church entry – your input helps shape our parish community.

St Benedict's Parish Council is excited to support **Parish Pastoral Care** and the wider community throughout 2026.

Peace

WE NEED A PIANO PLAYER!

Our parish is looking for a piano player to help lead music at Mass. If you can play and would like to share your gift with our community, we would love to hear from you!

Please contact the parish office for more details.

Parish Personnel Lenten Retreat and volunteers

"Make me a channel of your peace"
St Francis of Assisi



Wed, March 4th 2026

9am - 3pm

Mary Mackillop Spirituality Centre

33 Barina Downs Rd, Norwest

All parish staff are welcome to the annual retreat event. For catering purposes, please RSVP using the QR code by 18th Feb.



forms.office.com/r/VnnS1U8Tn3



PIETY SHOP NEWS

Visit Our Parish Piety Shop!

Looking for gifts, cards, or religious items? Our Piety Shop has something for everyone!

Come in and browse a wide range of items perfect for birthdays, special occasions, or just to treat yourself. Your support helps our parish continue its ministries.

Open during parish office hours and after Mass – come and check it out today!

World Interfaith Harmony



World Interfaith Harmony Week is a worldwide initiative held in the first week of February that encourages people of different religions and beliefs to work together for peace, mutual understanding and the common good.

It runs from **Sunday February 1 through to Saturday February 7.**

It focuses on two simple ideas: *love of the good and love of neighbour*. These themes are wide-ranging enough to include many traditions—religious and secular—and to inspire people into action.

"Love of neighbour" can look like everyday kindness, standing up to discrimination, or learning how other people understand life's big questions. "Love of the good" can mean committing to justice, protecting the vulnerable, caring for the environment, or serving the community.

Source: majellan.media

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:

Fr Bernard, Vincent Bacha, Brother Mario, and Father Alberic.

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

Maria Pappallardo, Shannon Murray, Pellegrino Vaccarella, Najm Azzi, Carmel Russo, Margaret McKinley, Joe Guiana ~ May they rest in Peace.



ASH WEDNESDAY – FEBRUARY 18, 2026

Are you ready to begin the journey of Lent?
Join us as we mark the start of this holy season with
Ash Wednesday Masses and receive the ashes as a
sign of repentance and renewal.

Come with an open heart and step into 40 days of
prayer, fasting, and charity.

**Please bring in your palms from last year to
prepare the ashes for this year. Please place them
near the sacristy.**



PRAYER FOR OUR BROTHERS AND SISTERS IN NIGERIA

We pray for our Christian brothers and sisters in
Nigeria, especially priests, religious, and those facing
persecution.

May they be strengthened in faith, protected from
harm, and comforted in their trials.
Let us stand with them in prayer and solidarity.

ST BENEDICT'S KIDS YOUTH GROUP

Join the fun! Ages 8–12 years

Our **Kids Youth Group** is back on **Friday, 13th
February 2025!**

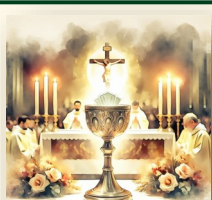
A wonderful opportunity for children to **grow in faith,
make friends, and enjoy fun activities** in a safe
and welcoming environment. A big **thank you to
Gabe & Jules for helping make this possible!**

Come along and be part of the fun!

HEALING MASS

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

Next Mass: Thursday 5th February.



ITALIAN ROSARY GROUP

Every **Monday 2.00pm.**
Everyone 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.

CRAFT GROUP

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!

CATECHISTS' NEWS

All schools reopened last week although for public
schools, school students return this coming week.
Our first Catechist meeting will be held
this **Wednesday 4th February at 10am.** Teacher's
Manuals and student workbooks will be handed out
at this meeting. I encourage all to attend, thanks.

SRE starting dates –

Arcadia and Middle Dural PS –

Wednesday 11th February

Galston and Glenorie PS –

Wednesday 18th February

Hillside PS – yet to be confirmed

If you are free on Wednesday or Friday mornings
during school terms and love being with children,
why not consider joining this worthwhile ministry.
Reserve Catechists are always required. Training,
support and books are provided.

SRE (Scripture) lesson days and times –

Galston Public School

on Wednesdays 9am – 9:30am

Middle Dural Public School

on Wednesdays 9 – 9:30am

Glenorie Public School

on Wednesdays 10:50am – 11:30am

Arcadia Public School

on Wednesdays 12 – 12:30pm

Hillside Public School

on Fridays 8:50am – 9:35am

Please keep our Catechists and students in your
prayers as the school year begins.

If you are interested in learning more about being a
Catechist or helper, please contact myself or Paula
at the parish office or any of our priests.

God bless,

Miriam Brown srearcadia@gmail.com

Parish Catechist Co-ordinator



SAINT OF THE WEEK

Saint Agatha, Virgin and Martyr

Feast Day: February 5



Saint Agatha was born in either Palermo or Catania, Sicily around the year 231 and died a martyr's death in Catania around the year 251 during the persecution of Christians ordered by the Roman emperor Decius. Early devotion to her is attested to by the fact that she is one of the seven virgin martyrs listed in the Roman Canon (Eucharistic Prayer I in today's Missal). Much of what is written about her life emerged centuries later, leaving its historical accuracy in question.

According to those later traditions, Agatha was born into a wealthy noble family. At the age of fifteen, she made a vow of virginity, choosing to devote herself and her wealth solely to Christ, her divine Spouse. The local Roman Prefect Quintianus's unholy desire to possess Agatha's beauty and wealth led him to propose marriage, but Agatha consistently refused him.

Capitalizing on the Emperor Decius' decree in 250 that all citizens must offer sacrifice to the Roman gods, Quintianus had Agatha arrested and threatened her with torture and death, hoping she would renounce her Catholic faith and accept his offer of marriage. Instead, she deepened her devotion to Christ and once again refused him.

Quintianus next imprisoned Agatha in the local brothel, thinking she would lose her virginity and then change her mind. Agatha, however, remained steadfast in her purity and faith.

Deeply angered, Quintianus had Agatha stretched on a rack, her flesh torn with iron hoods, burned with torches, and whipped. He then ordered that Agatha's breasts be twisted and torn and then be cut off. After being sent back to prison in this mutilated state, Agatha saw Saint Peter appear to her and miraculously heal her wounds.

When Agatha appeared before Quintianus four days later, healed of her wounds, the prefect was shocked but his heart remained obstinate. This time he stripped Agatha of her clothing and made her roll over burning coals and sharp stones. An earthquake occurred, killing two of Quintianus' companions. The people of the town were outraged at what Quintianus had done and blamed him for the earthquake. Again, Quintianus did not budge. After being sent back to prison, Agatha prayed and surrendered her spirit to the Lord, Who received her into her heavenly home.

Saint Agatha, you offered your life to Christ and were faithful to your last breath. Please pray for me, that I may be single-hearted in my fidelity to the will of God and devoted to Him above all earthly fears and evils, trusting in Him until the end. Saint Agatha, pray for me. Jesus, I trust in You.



St Benedict's Country Fete

Sunday 22 March 2026

10am to 3pm

2 FAGANS ROAD ARCADIA PH: 9653 2312

Fruit & Veggie Stall • Chocolate Wheel • Raffle
Dev Tea • BBQ • Gifts • Coffee • Cakes • Lolly Stall
Hot Dogs • Pop Corn • Gelato • Face Painting
Flowers • Crafts • Plants • Rides & lots more...

FETE NEWS – GET INVOLVED!

Our Parish Fete is coming, and we need YOU to make it a success!

- Raffle Tickets: Available now – grab some to sell and help us spread the word!
- Donations Needed: Flowers for the day, cakes for the stalls, and new gifts for the gift stand. Big prizes are especially needed for the chocolate wheel.
- Businesses Welcome: Own a business? Donate to the chocolate wheel or hold a stall – contact Tania today!

Every contribution counts and helps create a fun, memorable day for our whole parish community. Let's make this Fete the best yet!

Next FETE Meeting: Tuesday, 3rd March, 7:00 pm – come along and join the excitement!



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Parish Roster

PLEASE JOIN US FOR
MORNING TEA AFTER THE 9AM MASS

NEXT WEEKEND'S ROSTER
7/2/2026 to 8/2/2026
FIFTH SUNDAY IN ORDINARY TIME - YEAR A

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Paul E	
Reader1	John V	Teresa G	Mirko J
Reader2	Natasha S	Gabrielle W	Fogarty family
Prayers	Sr Carol T	Sharon O	Fogarty family
TV		Trey O	Jutrisa family
EMHC 		Ann L	Lorna B
EMHC 		Lorraine D	Bernadette W
Music		Melanie H	Melanie H
Music		Keith W	Martina J
Music		Marisa Q	Theresa N
Music		Pauline H	
Morning Tea		Teresa G	
FLOWERS	Mona M		

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.

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.



MONASTERY CHAPEL

Liturgy of the Hours

"Seven times a day I will praise you"

Psalm 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
ALL are welcome to attend any time.

SACRAMENTAL PROGRAM UPDATE



NEXT NEW SACRAMENTAL PROGRAM ENROLMENTS - mid year

For any queries please email the parish office:
arcadia.parish@bbcatholic.org.au

For our current Sacramental Program—the children who were confirmed and enrolled last year—we begin Reconciliation classes this Wednesday 4th February and Friday 6th February.

Please keep these children, their families, and their teachers in your prayers as they take this important step in their faith journey. May they experience God's love, forgiveness, and joy as they prepare to receive the Sacrament of Reconciliation.

DID YOU KNOW...

St. Augustine loved to write prayers to God in the middle of the night! He believed even sleepless nights could be turned into moments of prayer and reflection.

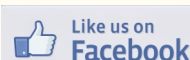
PARISH OFFICE HOURS:

Mondays & Fridays: 9.00am to 2.00pm
(PARISH OFFICE CLOSED IN JANUARY)

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: stbenedictsarcadia



MONASTERY: 02 9653 1159
121 Arcadia Rd, Arcadia 2159

PARISH BANK DETAILS for ONLINE only donations:
BSB: 062 784 **Account:** 100002141
Account Name: Catholic Parish of Arcadia Bank:
CBA—Catholic Development Fund

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