

St Benedict's Parish Arcadia



FOURTH SUNDAY OF LENT YEAR A MARCH 14 & 15 2026



'Lord, I believe' ~ John 9:38 Image: bible.art

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*

Contact:

Fr Shansana 0437 884 233

Parish Office 9653 2312



ENTRANCE ANTIPHON

Rejoice, Jerusalem, and all who love her.
Be joyful, all who were in mourning;
exult and be satisfied at her consoling breast.

OPENING PRAYER

Let us pray.

O God, who through your Word
reconcile the human race to yourself in a wonderful way,
grant, we pray, that with prompt devotion and eager faith
the Christian people may hasten
toward the solemn celebrations to come.
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: SPIRITUAL SIGHT

Jesus opens the eyes of the blind man and brings him not only physical sight but faith and courage to believe. I ask myself whether I truly allow Christ to open my own eyes to His truth and presence in my life.

I reflect:

1. Do notice God working in my life?
2. Am I open to seeing the truth even when it is challenging?
3. Do I judge others without really seeing their heart?
4. How can I share Christ's light to someone who is struggling?
5. What "blind spots" in my life do I need Jesus to heal?

Seeing through God

Prayer:

Lord Jesus, You open the eyes of our hearts. Help me to see your love in every person and to walk courageously in your light each day. Amen.

First Reading: 1 Samuel 16:1, 6-7, 10-13 (Year A) (JB)

A reading from the first book of Samuel

In the presence of the Lord God, they anointed David king of Israel.

The Lord said to Samuel, 'Fill your horn with oil and go. I am sending you to Jesse of Bethlehem, for I have chosen myself a king among his sons.' When Samuel arrived, he caught sight of Eliab and thought, 'Surely the Lord's anointed one stands there before him,' but the Lord said to Samuel, 'Take no notice of his appearance or his height for I have rejected him; God does not see as man sees; man looks at appearances but the Lord looks at the heart.' Jesse presented his seven sons to Samuel, but Samuel said to Jesse, 'The Lord has not chosen these.' He then asked Jesse, 'Are these all the sons you have?' He answered, 'There is still one left, the youngest; he is out looking after the sheep.' Then Samuel said to Jesse, 'Send for him; we will not sit down to eat until he comes.' Jesse had him sent for, a boy of fresh complexion, with fine eyes and pleasant bearing. The Lord said, 'Come, anoint him, for this is the one.' At this, Samuel took the horn of oil and anointed him where he stood with his brothers; and the spirit of the Lord seized on David and stayed with him from that day on.

The word of the Lord.

Thanks be to God.

Responsorial Psalm: The Lord is my shepherd; there is nothing I shall want.**Second Reading: Ephesians 5:8-14 (Year A) (JB)**

A reading from the letter of St Paul to the Ephesians

Rise from the dead, and Christ will shine on you.

You were darkness once, but now you are light in the Lord; be like children of light, for the effects of the light are seen in complete goodness and right living and truth. Try to discover what the Lord wants of you, having nothing to do with the futile works of darkness but exposing them by contrast. The things which are done in secret are things that people are ashamed even to speak of; but anything exposed by the light will be illuminated and anything illuminated turns into light. That is why it is said: Wake up from your sleep, rise from the dead, and Christ will shine on you.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Glory to you, Word of God, Lord Jesus Christ!

**I am the light of the world, says the Lord;
whoever follows me will have the light of life.
Glory to you, Word of God, Lord Jesus Christ!**

GOSPEL John 9:1, 6-9, 13-17, 34-38 (Year A) (JB)

A reading from the holy Gospel according to John

The blind man went off and washed himself and came away with his sight restored.

As Jesus went along, he saw a man who had been blind from birth. He spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him, 'Go and wash in the Pool of Siloam' (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored.

His neighbours and people who earlier had seen him begging said, 'Isn't this the man who used to sit and beg?' Some said, 'Yes, it is the same one.' Others said, 'No, he only looks like him.' The man himself said, 'I am the man.'

They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see, he said, 'He put a paste on my eyes, and I washed, and I can see.' Then some of the Pharisees said, 'This man cannot be from God: he does not keep the sabbath.' Others said 'How could a sinner produce signs like this?' And there was disagreement among them. So they spoke to the blind man again, 'What have you to say about him yourself, now that he has opened your eyes?' 'He is a prophet', replied the man.

'Are you trying to teach us,' they replied 'and you a sinner through and through, since you were born!' And they drove him away.

Jesus heard they had driven him away, and when he found him he said to him, 'Do you believe in the Son of Man?' 'Sir,' the man replied 'tell me who he is so that I may believe in him'. Jesus said, 'You are looking at him; he is speaking to you.' The man said, 'Lord, I believe', and worshipped him.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.



*"If anyone thinks he sees clearly, let him first examine himself, so that he may see more truly."
~ Rule of St Benedict, Chapter 7*

GOSPEL REFLECTION

Readings: 1 Samuel 16:1, 6-7, 10-13 , Ephesians 5:8-14, John 9:1, 6-9, 13-17, 34-38

The readings for the **Fourth Sunday of Lent** share a powerful theme: **God sees differently from the world, and He calls us out of darkness into His light.**

In **First Book of Samuel**, God chooses David as king, not because of outward appearance but because of his heart.

In Letter to the **Ephesians**, Saint Paul the Apostle reminds us that we were once in darkness but are now called to live as children of light.

This theme reaches its fullness in the Gospel from **Gospel of John**, where Jesus Christ heals a man who was blind from birth. While the man gradually comes to see and believe, the religious leaders who think they can see remain spiritually blind. In the end, the healed man recognizes Jesus and worships Him. Physical sight is restored, but more importantly, spiritual sight is awakened.

Together, these readings remind us that **God sees the heart and calls us to walk in His light.** Sometimes we judge by appearances, overlook people, or fail to recognise God's work around us. But Christ opens our eyes so that we can see as God sees.

Key Thought:

God does not judge by outward appearance but by the heart, and He calls us to move from darkness into the light of Christ.

Take-Home Challenge:

During this week, **ask God to open your eyes:**

- *Look beyond appearances when dealing with others.*
- *Bring the light of kindness and truth into one situation where there is darkness or misunderstanding.*

Prayer:

You are the light of the world. Open our eyes to see as you see, open our hearts to follow you faithfully, and help us walk always in your light. Amen.

Source: chatgpt

WEEKDAY LITURGICAL READINGS

March 2026

Monday 16: Is 65:17-21. Jn 4:43-54.
R. I will praise you, Lord, for you have rescued me.

Tuesday 17: Jer 1:4-9. Acts 13:46-49. Lk 10:1-12, 17-20.
R. Go out to all the world, and tell the Good News.
ST PATRICK, bishop.

Wednesday 18: Is 49:8-15. Jn 5:17-30.
R. The Lord is kind and merciful.
St Cyril of Jerusalem, bishop, doctor.

Thursday 19: 2 Sam 7:4-5, 12-14, 16. Rom 4:13, 16-18, 22.
R. The son of David will live for ever.
ST JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY

Friday 20: Wis 2:1, 12-22. Jn 7:1-2, 10, 25-30.
R. The Lord is near to broken hearts.

Saturday 21: Jer 11:18-20. Jn 7:40-52.
R. Lord, my God, I take shelter in you.

ST PATRICK'S PRAYER

*Christ be with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me.*

*May God's strength guide me,
God's wisdom teach me,
God's hand protect me,
And Christ's light shine
through me today and always.
Amen.*

Source: Ordo 2026 image: mycatholic.life



Pope Leo XIV prayer intention for March 2026:

For disarmament and peace.

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

PARISH NOTICES

- On **Fete Day, Sunday 22nd March**, there will be **no 10.30am Mass**. There will only be 7am at the Monastery and 9am only at the parish. Thank you for your understanding, and we look forward to seeing you at the fete.
- **We need more volunteers to help with morning tea after the 9am Masses.**
- **Need Fete volunteers for Gift Boxes Stall as well as relieving other volunteers temporarily so they can take a break and enjoy the fete as well.**

FATHER SHANSANA RETURNS

Welcome back to Father Shansana who has been away for the past month. We are grateful to have him back with us and keep him in our prayers as he resumes his ministry in the parish.



Project Compassion 2026 shares four stories from around the world. We'll meet Sisilia from Tanzania, Monoranjon from Bangladesh, Manaini from Fiji and Ahmad from Gaza.

Each of this year's stories highlights unique challenges, yet they are united by the determination to rise above adversity and to build brighter, more hopeful futures for themselves, their families and their communities.



UNITE 
AGAINST
POVERTY
this Lent

Please donate today.

You can support Project Compassion 2026 through the **donation boxes, envelopes** or by scanning the **QR code**. Or online at:

www.projectcompassion.org.au/donate

Or by calling: 1800 024 413

Thank you for standing with us, as we *Unite Against Poverty this Lent.*

LENTEN GROUPS

WEDNESDAYS DURING LENT

St Benedict's Parish Meeting Room – 1:00pm
led by Miriam Brown

Benigna Cascun's Place – 7:00pm
led by Gebran Azzi
(726 Old Northern Rd Dural)

STATIONS OF THE CROSS

During Lent, we invite all parishioners to walk with Jesus on His journey to the Cross.

Every **Wednesday morning** at
9:00am followed by the 9:30am Mass.

Every **Friday evening** at
6:30pm followed by the 7:00pm Mass.



Aid to the
Church in Need

ACN AUSTRALIA NEW ZEALAND

Middle East Emergency Appeal

Christians in the Middle East are facing untold danger as conflict and bombings escalate.

Aid to the Church in Need is partnering with Catholic Churches on the ground to distribute urgent aid.

Help us provide emergency food packages, medication, and pastoral support to fleeing and sheltering families.

Your gift today can provide vital support to:

- **Provide emergency food, medicine and shelter** to Christians caught in conflict zones.
- **Help religious sisters** run Christian schools in Lebanon.
- **Rebuild homes and churches** destroyed by conflict in Syria.
- **Support seminarians and priests** ministering in the Middle East.
- **Give scholarships to poor Christian students** studying at university in Iraq.

Your gift is a lifeline to the last Christians in the Middle East.

<https://aidtochurch.org/middle-east-emergency-appeal>

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 and for our future Catechumen Nicholas.

We pray for the sick of our Parish, especially:
Brother Mario, and Father Alberic.

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

Anne Pearce, Robert Wallace, Maria Pappalardo, Shannon Murray, Pellegrino Vaccarella, Najm Azzi, Carmel Russo, Margaret McKinley, Joe Guiana ~ May they rest in Peace.



NEXT SACRAMENTAL PROGRAM

SACRAMENTAL PROGRAM ENROLMENTS

Enrolments for the next Sacramental Program will be opening soon.

This year is special, as we celebrate 40 years of the Broken Bay Diocese, and the Confirmation ceremony will be held at the Cathedral in November.

We need to know the numbers in advance, as the Diocese requires this information to organise the celebration.

If you have a child in Year 3 or above, please email the parish office so we can add them to the list of candidates. arcadia.pariah@bbcatholic.org.au

We look forward to guiding your children on their faith journey!

DRAFT ROSTER

The draft roster is now **on the sacristy window**. Please take a moment to **check your name** and make any necessary changes.

EASTER DRAFT ROSTER

The **Holy Week draft roster** is also now available at the **sacristy window**.

Please help us out by **adding your name** where you are able to assist. Your support is greatly appreciated as we prepare for this important week!

HEALING MASS



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

**NEXT HEALING MASS:
THURSDAY 9TH OF APRIL 2026**

ST BENEDICT'S KIDS YOUTH GROUP

Join the fun! Ages 8–12 years
Our Kids Youth Group is back on Fridays!
4.00pm to 5.30pm

**As the Youth Group is growing we need helpers please. 16 years old and over.
Over 18s need to have a Working With Children Check. Please contact the parish office.**

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

Easter is rapidly approaching and Term 1 ends on Thursday 2nd April.

Free Ministry Induction training continues. This week's topic is 'Classroom Management' via face-to-face and Zoom.

Please continue to keep our Catechists and the students they teach, in your prayers. There are prayer cards at the church entrances you may wish to take home.

If you are interested in knowing more about becoming a Catechist or helper, please contact me or the parish office or one of our priests. Training is provided.



God bless,
Miriam Brown
srearcadia@gmail.com
Parish Catechist Co-ordinator

FEEDING THE HOMELESS VOLUNTEERS

I am looking for **10 volunteers** to help feed the homeless.

Date: Saturday, 28th March
Location: 164 Cathedral St, Woolloomooloo
Arrival: 5:30 pm (serving starts at 5:45 pm)

If you would like to help, please contact me and I will add you to the WhatsApp group for coordination.



Thank you for your generosity,
and God bless!

Sam John

PIETY SHOP NEWS

**Support the Carmelite Nuns
Visit the Piety Shop!**

We are excited to let you know that a **wider variety of stock** from the Carmelite nuns is now available in our Piety Shop. You'll find a lovely selection of **soaps, lotions, cologne, perfume, and more** – perfect for gifts or a little treat for yourself.

Please **come in and browse**, knowing that your purchases help **support the Carmelite nuns** in their work and prayer, as well as **our parish community**. Every item you buy makes a difference!

SAINT OF THE WEEK

Saint Joseph Husband of the Blessed Virgin Mary

Feast Day: March 19

First Century

Patron Saint of the Universal Church, fathers, carpenters, and a happy death



The Father in Heaven chose Mary who was the Immaculate Conception to bear His Son in her womb, bring Him into the world, and raise Him from infancy to adulthood. Of all the men in Israel that the Father could have chosen to be Jesus' foster father, He chose Joseph of Nazareth, a carpenter. Today's solemnity honours Joseph and points us to his marital union with the Blessed Virgin Mary and to the effect that their marriage had not only on the Holy Family, but also upon us as members of the Body of Christ.

Joseph was born in the small town of Bethlehem but moved to Nazareth with Mary and Jesus after returning from Egypt in order to keep Jesus safe from Archelaus, the ruler of Judea. Nothing is known about Joseph for certain except what is contained in the Gospels. But the Gospels tell us all we need to know about this holy, obedient, and just man, who was given authority over the Son of God and continues to exercise a holy authority over the entire Church.

Saint Joseph was obedient to the Father in Heaven, and that obedience deepened his union with Mary his spouse, making their marriage the ideal family for the Son of God. Saint Joseph's obedience is clearly seen in his response to four dreams by which an angel instructs Joseph how best to guard and protect the Son of God. Joseph acts immediately, in obedience, to the angel's instructions. His obedience to the Father enables him to become a powerful instrument of the Father's authority on earth, exercised through him.

Saint Joseph exercised the authority of the Father by protecting the Son of God and expecting obedience from the Son as His earthly father. That Jesus was obedient to Joseph is made clear in the Gospels: "He went down with them and came to Nazareth, and was obedient to them..." ([Luke 2:52](#)).

On December 8, 1847, Pope Pius IX declared Saint Joseph to be the Universal Patron and Protector of the Catholic Church. This unique title reflects the same truth that Mary is the Mother of God and the Mother of the entire Church. Since Joseph was the father of the Son of God, His guardian and protector, over whom he was given authority, and from Whom he received obedience, then we, too, can trust in Joseph's guardianship over us. We must have confidence in submitting to his spiritual authority in our lives, for we are members of the Body of Christ.

Saint Joseph was not perfect, but his absolute obedience to the Father's will and his unity in marriage to the Mother of God makes him our father, just as he was the father of Jesus. As a loving father, he will direct us with the authority of God the Father, will protect us in times of trouble, and is the one uniquely chosen to be the father of the family to which we belong.

Saint Joseph, you were obedient to the will of the Father in Heaven as it was revealed to you by an angel. You took Mary as your wife and Jesus as your Son. You raised Him, protected Him, and exercised a fatherly authority over Him. Please exercise that same fatherly authority over my life. I entrust myself to your intercession and authority and pray that you protect me always, guiding me to your Son in Heaven. Saint Joseph, 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 – WE NEED YOU!

Our Parish Fete is jus around the corner, and your help can make it amazing!

- **Raffle Tickets:** Grab some from the Church entrances to sell – let's spread the excitement far and wide!
- **Cow Tickets: Now available – get yours today!**
- **Donations Needed:** Bring **FLOWERS** for the day, **BAKED CAKES, LOLLIES** (need them earlier to put in small bags) for the stalls, and **CRAFT items**, or donate **NEW GIFTS** for the gift stand. **BIG PRIZES** for the chocolate wheel are especially welcome.
- **Volunteers Needed** - for **HELP HANGING UP SIGNS** the week prior to Fete. We also need **RELIEF VOLUNTEERS** on the day to give our hardworking helpers a chance to enjoy the festivities too. Your support will make the day run smoothly—and it's a fun way to be part of the celebration!

Every little bit counts and helps create a fun, memorable day for our whole parish community.

**Let's work together to make this Fete
the best one yet!**

Contact Tania for any information on 0401 597 278



Parish Roster

PLEASE JOIN US FOR
MORNING TEA AFTER THE 9AM MASS

NEXT WEEKEND'S ROSTER
21/3/2026 to 22/3/2026
5TH SUNDAY OF LENT - YEAR A

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Lorraine D	
Reader1	Daniel V	Nigel M	John Family
Reader2	Margaret B	Donna B	Teresa G
Prayers	Edyn V	Thomas T	Fogarty Family
TV		Jules O	Mawhinney's
EMHC 		Pam G	Lorna B
EMHC 		Angela S	Sandra M
Music		Melanie H	Melanie H
Music		Noelle T	Fogarty Family
Music		John T	Fogarty Family
Music			
Morning Tea		Mary A	
FLOWERS	No flowers	during lent	

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.*

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.

HOLY WEEK EASTER MASS TIMES

Holy Thursday - The Lord's Supper

2 April 2026

Parish 7.30pm

(Monastery no morning Mass)

Stations of the Cross - Good Friday

3 April 2026

Parish 10.30am

(Monastery no morning Mass)

Passion of the Lord - Good Friday

3 April 2026

Parish 3.00pm

Easter Vigil Saturday 4 April 2026

Parish 7.30pm

Easter Sunday 5 April 2026

Monastery 7.00am

Parish 9.00am

Latin 10.30am

DID YOU KNOW...

The date of Easter changes every year because it is celebrated on the first Sunday after the first full moon following the March equinox (around 20-21 March).

PARISH OFFICE HOURS:

Mondays & Fridays: 9.00am to 2.00pm

Fr Eugene: 0499 548 521

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](https://www.facebook.com/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

Support our parish!

Scan this QR code to make a donation.

