

# St Benedict's Parish Arcadia



## FIFTH SUNDAY IN ORDINARY TIME YEAR A

FEB 7 & 8 2026

### ENTRANCE ANTIPHON

O come, let us worship God  
and bow low before the God who made us,  
for he is the Lord our God..

### OPENING PRAYER

Let us pray.  
Keep your family safe, O Lord, with unfailing care,  
that, relying solely on the hope of heavenly grace,  
they may be defended always by your protection.  
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: GUIDING LIGHT

**This Sunday's Gospel, Matthew 5:13-16,** Jesus calls us to be *salt of the earth* and *light of the world*. Salt gives flavour and preserves what is good, while light guides others and removes darkness. Our faith is not meant to be hidden; it is meant to be lived through our words, actions, kindness, and witness so that others may see God's goodness through us.

#### I reflect:

1. In what ways am I bringing "flavour" — kindness, hope, or encouragement — into the lives of others?
2. When do I hide my faith instead of living it openly and confidently?
3. How can my daily actions reflect Christ's light at home, work, or school?
4. Who in my life needs the light of compassion or forgiveness right now?
5. What one simple act this week can help me shine God's love more clearly?

## Let your light shine

#### Prayer

Lord Jesus, help me to be the salt that brings goodness to the world and the light that shines Your love to others. May my words and actions always reflect You. Amen.



*"your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven." Matt 5:16*

### 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



**First Reading: Isaiah 58:7-10 (JB)**

A reading from the prophet Isaiah  
*Your light will shine like the dawn.*

Thus says the Lord:  
 Share your bread with the hungry,  
 and shelter the homeless poor,  
 clothe the man you see to be naked  
 and turn not from your own kin.  
 Then will your light shine like the dawn  
 and your wound be quickly healed over.  
 Your integrity will go before you  
 and the glory of the Lord behind you.  
 Cry, and the Lord will answer;  
 call, and he will say, 'I am here.'  
 If you do away with the yoke,  
 the clenched fist, the wicked word,  
 if you give your bread to the hungry,  
 and relief to the oppressed,  
 your light will rise in the darkness,  
 and your shadows become like noon.

**The word of the Lord.**  
**Thanks be to God.**

**Responsorial Psalm: A light rises in the darkness for the upright.**

**Second Reading: 1 Corinthians 2:1-5 (JB)**

A reading from the first letter of St Paul to the Corinthians  
*I came to you to proclaim Christ crucified.*

When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

**The word of the Lord.**  
**Thanks be to God.**

**Gospel Acclamation**

Alleluia, alleluia!  
 I am the light of the world, says the Lord;  
 the man who follows me  
 will have the light of life.  
 Alleluia!

**GOSPEL Matthew 5:13-16 (JB)**

A reading from the holy Gospel according to Matthew  
*You are the light of the world.*

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.  
 'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

**The Gospel of the Lord.**  
**Praise to you, Lord Jesus Christ.**



**"Share your bread with the hungry."**



**"A town built on a hill cannot be hidden."**

*"That in all things God may be glorified."  
(Rule of St Benedict, 57:9)*

## GOSPEL REFLECTION

**Readings:** Isaiah 58:7-10 , 1 Corinthians 2:1-5, and Matthew 5:13-16

Today's readings remind us that faith is not only something we believe — it is something we live.

**Isaiah** teaches that true worship is shown through acts of compassion: feeding the hungry, caring for the poor, and standing with those in need.

**St Paul** reminds us that the power of faith does not come from impressive words, but from God working through us.

In the **Gospel**, Jesus calls us to be the *salt of the earth* and the *light of the world*, meaning that our lives should bring goodness, hope, and direction to others. When we live with kindness, generosity, humility, and courage, our lives quietly shine. People may not always notice our words, but they always notice our actions. Through simple daily acts of love, God's light becomes visible in the world.

### Key Thought:

Faith shines brightest through loving actions.

### Take-Home Challenge:

Choose one concrete act of kindness this week — help someone in need, encourage a person who is struggling, or offer your time to someone who feels alone — and do it intentionally as a way of being Christ's light.

### Prayer:

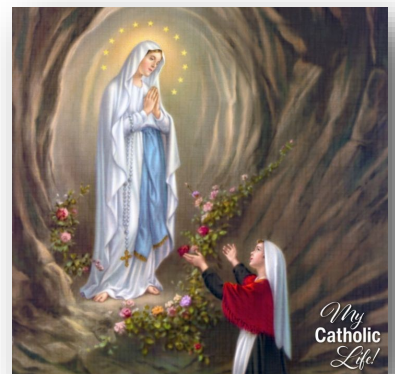
*Lord, help me to be salt that brings goodness and light that brings hope. May my daily actions reflect Your love so that others may see Your presence in the world. Amen.*

Source: chatgpt

## WEEKDAY LITURGICAL READINGS

### February 2026

- Monday 9: 1 Kg 8:1-7, 9-13. Mk 6:53-56.  
**R.** Lord, go up to the place of your rest!
- Tuesday 10: 1 Kg 8:22-23, 27-30.  
**R.** How lovely is your dwelling-place, Lord, mighty God!  
**St Scholastica, virgin.**
- Wednesday 11: 1 Kg 10:1-10. Mk 7:14-23.  
**R.** The mouths of the just murmur wisdom.  
**WORLD DAY OF PRAYER FOR THE SICK**
- Thursday 12: 1 Kg 11:4-13. Mk 7:24-30.  
**R.** Lord, remember us, for the love you bear your people.
- Friday 13: 1 Kg 11:29-32; 12:19. Mk 7:31-37.  
**R.** I am the Lord, your God: hear my voice.
- Saturday 14: 1 Kg 12:26-32. 13:33-34. Mk 8:1-10.  
**R.** Lord, remember us, for the love you bear your people  
**Sts Cyril, monk, and Methodius, bishop**



### OUR LADY OF LOURDES

**Feast day: 11 February**

**Blessed Virgin Mary,  
Our Lady of Lourdes,  
heal our bodies,  
comfort our hearts,  
and guide us closer to  
Your Son, Jesus.  
Amen.**

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.

## FATHER SHANSANA AWAY

From **8 February** until **8 March 2026**.

During this time, please contact the  
**Parish Office on 9653 2312 or**  
**Fr Eugene on 0499 548 521**  
or Paula on 0423 078 282  
for any urgent pastoral needs.

## WORLD DAY OF THE SICK

**FEBRUARY 11, 2026**

### MESSAGE FROM POPE LEO

Let us raise our prayers to the Blessed Virgin Mary, Health of the Sick, asking her to assist all who suffer and are in need of compassion, consolation and a listening ear. Let us seek her intercession with this ancient prayer, that has been invoked in families for those living with illness and pain:

*Sweet Mother, do not part from me.  
Turn not your eyes away from me.  
Walk with me at every moment  
and never leave me alone.  
You who always protect me  
as a true Mother,  
obtain for me the blessing of the Father,  
Son and Holy Spirit.*

I cordially impart my Apostolic Blessing to all who are sick, to their families and to those who care for them – healthcare workers and pastoral workers alike – and in a special way to all participating in this World Day of the Sick.

*From the Vatican, 13 January 2026 LEO PP. XIV*

## 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!**

## 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.



**CatholicCare**  
DIOCESE OF BROKEN BAY

**Our Memory Innovations  
Centre helps seniors stay  
connected, active and  
mentally sharp.**



**1800 324 924**

[www.catholiccaredbb.org.au](http://www.catholiccaredbb.org.au)

## 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!

## HEALING MASS

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

Next Mass: Thursday 5th March.



## 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, Kath Moran, Vincent Bacha, Brother Mario, and Father Alberic.*

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

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



## ASH WEDNESDAY

FEBRUARY 18, 2026



Mass Times:

7:00am Monastery

9:30am & 7:00pm Parish

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.**

## LENTEN GROUPS

WEDNESDAYS FROM 25TH FEBRUARY 2026

St Benedict's parish meeting room

Time: 1:00pm held by Miriam Brown.

Benigna Cascun's place

Time: 7:00pm held by Gebran Azzi

## AUSTRALIAN CATHOLIC HISTORICAL SOCIETY 60TH ANNIVERSARY OF VATICAN II *DEI VERBUM*

The next event for the Australian Catholic Historical  
Society will be held in the crypt of Saint Patrick's,  
Church Hill at 2:00 PM on Sunday 15 February.

The Topic:

The 60th Anniversary of Vatican II *Dei Verbum* - Its  
influence on the history of Biblical Scholarship

Presenter: Archbishop Mark Coleridge

Members, their guests, and visitors are most welcome  
and there is no charge.

Details of the programme of the ACHS as well as  
resources on church history and YouTube videos are  
on the website:

<https://australiancatholichistoricalsociety.com.au/>

## CATECHISTS' NEWS

Thanks to all those who were able to attend this  
week's meeting. It was lovely to be able to meet and  
prepare for the new year.

### SRE starting dates –

Arcadia and Middle Dural PS – Wednesday  
11<sup>th</sup> February

Hillside PS – Friday 13<sup>th</sup> February

Galston and Glenorie PS – Wednesday  
18<sup>th</sup> February

If you are free on Wednesday or Friday mornings  
during school terms and love being with children,  
please consider joining this worthwhile ministry.  
Reserve Catechists are always required. Training,  
support and books are provided.

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.

### 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

God bless,  
Miriam Brown [srearcadia@gmail.com](mailto:srearcadia@gmail.com)  
Parish Catechist Co-ordinator



## 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!

## SAINT OF THE WEEK

### Saint Scholastica, Virgin

Feast Day: February 10

c. 480–543

Patron Saint of nuns, school, tests, reading, convulsive children  
Invoked against storms and rain



#### Quote:

*The holy nun said to her brother: "Please do not leave me tonight; let us go on until morning talking about the delights of the spiritual life." "Sister," he replied, "what are you saying? I simply cannot stay outside my cell."*

*When she heard her brother refuse her request, the holy woman joined her hands on the table, laid her head on them and began to pray. As she raised her head from the table, there were such brilliant flashes of lightning, such great peals of thunder and such a heavy downpour of rain that neither Benedict nor his brethren could stir across the threshold of the place where they had been seated. ~Dialogues, Saint Gregory the Great*

Saint Scholastica was born into a wealthy family around the year 480 AD, in Nursia, central Italy, during the political chaos after the fall of the Western Roman emperor. She and her brother, Benedict—likely her twin—are now honored as great saints as the mother and father of Western monasticism.

As a child, Scholastica dedicated herself to God's service, living modestly despite the family's wealth. When Benedict left home to become a hermit and eventually to found a monastery with a new monastic rule, she marveled at his hidden life of prayer and work. His vocation called out to her, and she received permission from the local bishop to enter a home of virgins who adopted Benedict's new monastic rule. Benedict assisted them and made Scholastica the abbess of the home.

Benedict's new rule of monasticism focused on forming permanent, self-contained, and self-supporting monasteries that followed a strict regimen of prayer and work. After aspirants' callings were tested for a period of time, they made vows, permanently committing themselves to God and the community. Their lives were structured and ordered under the direction of an abbot or abbess to whom the monks and nuns vowed obedience. Soon after Benedict's humble monastery on Monte Cassino began to bloom, Scholastica received permission to adopt his rule with a group of virgins, making them the first convent of Benedictine nuns. In the following centuries, their way of life spread far and wide across the Western world.

Though Scholastica's convent was only a few miles from Benedict's monastery, the two met just once a year, in keeping with their strict rule of life. Each year, they met at a nearby house and spent the day conversing on holy topics. When the twins were around the age of sixty-three, they met for what would be their final conversation on earth. They spent the day praising God and engaged in spiritual talk. After a light dinner, Benedict announced that he and his companions needed to return to the monastery. Scholastica begged Benedict to stay so that they could continue conversing about God. Benedict responded, "Sister, what are you saying? I simply cannot stay outside my cell." Scholastica bowed her head in prayer, and God sent forth a lightning storm so powerful that Benedict and his brothers could not leave. The siblings parted the next day, and three days later, Benedict had a vision of his sister's soul being taken to Heaven in the form of a dove. He had his brothers bring her body to the monastery where she was buried in the grave intended for Benedict. Four years later, Benedict died and was buried with his sister. United by grace and a shared mission in this life, Benedict and Scholastica share a grave from which they will rise together on the last day.

Scholastica and Benedict teach us the value of holy friendships that build each other up and give glory to God. We are made for communion with God, and for communion with one another.

***Saint Scholastica, you and your brother shared the same family and were deeply united in a spiritual friendship. Please pray for me, that I may discover friends who assist me on my journey through this world and that I may be such a friend to others. Saint Scholastica and Saint Benedict, pray for me. Jesus, I trust in You.***

Source: mycatholic.life



# 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 to bring in on 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 on 0401 597 278**

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!**



**CatholicCare**  
DIOCESE OF BROKEN BAY

**TURN COMPASSION  
INTO A CAREER**

1800 324 924  
[www.catholiccaredbb.org.au](http://www.catholiccaredbb.org.au)



### Turn compassion into a career with CatholicCare Broken Bay

Are you ready to make a real difference in people's lives every day? At CatholicCare, we're looking for passionate, caring individuals to join our team across a range of roles - from disability support and counselling to case management and youth work.

Here, your work has purpose. You'll be part of a supportive, values-driven team that helps people, strengthens families, and builds community. Your skills can change lives, including your own. Start your journey with CatholicCare today.

To find out more about a career at CatholicCare visit  
[www.catholiccaredbb.org.au/careers](http://www.catholiccaredbb.org.au/careers)

# Parish Roster

PLEASE JOIN US FOR  
MORNING TEA AFTER THE 9AM MASS

**NEXT WEEKEND'S ROSTER**  
**14/2/2026 to 15/2/2026**  
**SIXTH SUNDAY IN ORDINARY TIME - YEAR A**

	<b>SATURDAY</b> 7.00pm	<b>SUNDAY</b> 9.00am	<b>SUNDAY</b> 10.30am
<b>Acolyte</b>		Paul C	George A
<b>Reader1</b>	Edyn V	Mary C	Leeann A
<b>Reader2</b>	Daniel V	Thomas T	Sandra M
<b>Prayers</b>	Mary C	Judy H	Lorna B
<b>TV</b>		Nigel M	Max F
<b>EMHC</b> 		Sophie R	Caterina V
<b>EMHC</b> 		Catherine C	Marisa Q
<b>Music</b>		Melanie H	Melanie H
<b>Music</b>		Keith W	Adam F
<b>Music</b>		Theresa N	Sandra M
<b>Music</b>			
<b>Morning Tea</b>		<b>Mandah V</b>	
<b>FLOWERS</b>	<b>Angela S</b>		

## 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.

## SACRAMENTAL PROGRAM UPDATE



### NEXT NEW SACRAMENTAL PROGRAM ENROLMENTS - mid year

For any queries please email the parish office:  
[arcadia.parish@bbcatholic.org.au](mailto: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...

The Bible was originally written in three languages — Hebrew, Greek, and Aramaic.

## 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](mailto:arcadia.parish@bbcatholic.org.au)

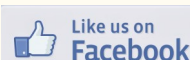
**Website:** [www.bbcatholic.org.au/arcadia](http://www.bbcatholic.org.au/arcadia)

**Parish Priest:** Fr Shansana Samarasinghe OSB

**Email:** [sanshanasamarasinghe@yahoo.com](mailto: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**

**Support our parish!**

**Scan this QR code to make a donation.**

