

St Benedict's Parish Arcadia



SIXTH SUNDAY IN ORDINARY TIME YEAR A

FEBRUARY 14 & 15 2026

ENTRANCE ANTIPHON

Be my protector, O God,
a mighty stronghold to save me.
For you are my rock, my stronghold!
Lead me, guide me, for the sake of your name.

OPENING PRAYER

Let us pray.
O God, who teach us that you abide
in hearts that are just and true,
grant that we may be so fashioned by your grace
as to become a dwelling pleasing to you.
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: PURE INTENTIONS

This Sunday's Gospel, Matthew 5:20–22, 27–28, 33–34, 37: Jesus teaches that holiness begins in the heart. We are called to examine our thoughts, intentions, and words. He invites us to let go of anger, choose purity, and speak truthfully, so our lives reflect integrity and love.

I Reflect:

1. What is in my heart that needs healing?
2. Do my thoughts honour others?
3. Are my words honest and kind?
4. Do I hold onto anger?
5. How can I grow in integrity today?

Choose Truth & Love

Prayer

Teach me to live with a pure heart, truthful words, and loving intentions. Help me to let go of anger, choose honesty, and act with integrity. May my thoughts, words, and actions always reflect Your love. Amen.



"Do not be angry with your brother"
Matthew 5:22

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 Eugene: 0499 548 521
Paula: 0423 078 282
Parish Office: 9653 2312



First Reading: Sirach 15:15-20 (JB)

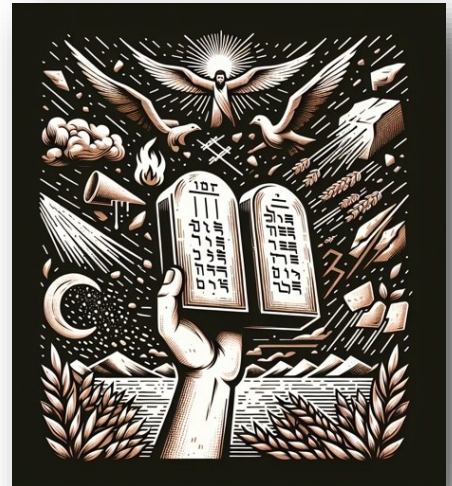
A reading from the book of Ecclesiasticus

He never commanded anyone to be godless.

If you wish, you can keep the commandments,
to behave faithfully is within your power.
He has set fire and water before you;
put out your hand to whichever you prefer.
Man has life and death before him;
whichever a man likes better will be given him.
For vast is the wisdom of the Lord;
he is almighty and all-seeing.
His eyes are on those who fear him,
he notes every action of man.
He never commanded anyone to be godless,
he has given no one permission to sin.

The word of the Lord.

Thanks be to God.



"Keep the Commandments."

Responsorial Psalm: Happy are they who follow the law of the Lord!

Second Reading: 1 Corinthians 2:6-10 (JB)

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

God in his wisdom predestined our glory before the ages began.

We have a wisdom to offer those who have reached maturity: not a philosophy of our age, it is true, still less of the masters of our age, which are coming to their end. The hidden wisdom of God which we teach in our mysteries is the wisdom that God predestined to be for our glory before the ages began. It is a wisdom that none of the masters of this age have ever known, or they would not have crucified the Lord of Glory; we teach what scripture calls: the things that no eye has seen and no ear has heard, things beyond the mind of man, all that God has prepared for those who love him.

These are the very things that God has revealed to us through the Spirit, for the Spirit reaches the depths of everything, even the depths of God.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

**Blessed are you, Father, Lord of heaven and earth;
you have revealed to little ones the mysteries of the kingdom.
Alleluia!**

GOSPEL Matthew 5:20-22, 27-28, 33-34, 37 (JB)

(SHORTENED VERSION)

A reading from the holy Gospel according to Matthew

Such was said to your ancestors; but I am speaking to you.

Jesus said to his disciples: I tell you, if your virtue goes no deeper than that of the scribes and Pharisees, you will never get into the kingdom of heaven.

'You have learnt how it was said to our ancestors: You must not kill; and if anyone does kill he must answer for it before the court. But I say this to you: anyone who is angry with his brother will answer for it before the court.

'You have learnt how it was said: You must not commit adultery. But I say this to you: if a man looks at a woman lustfully, he has already committed adultery with her in his heart.

'Again, you have learnt how it was said to our ancestors: You must not break your oath, but must fulfil your oaths to the Lord. But I say this to you: do not swear at all. All you need say is "Yes" if you mean yes, "No" if you mean no; anything more than this comes from the evil one.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.



"Whoever is angry with his brother will answer for it before the court."

GOSPEL REFLECTION

Readings: *Sirach 15:15-20*, *1 Corinthians 2:6-10*, and *Matthew 5:20-22, 27-28, 33-34, 37*

Today's readings remind us that God gives us both **freedom and responsibility**.

In *Sirach (15:15–20)*, we are told that we are free to choose: life or death, good or evil. God does not force us—He invites us. Our choices matter.

In *1 Corinthians (2:6–10)*, St Paul speaks of God's hidden wisdom, revealed through the Spirit. True wisdom is not worldly success or appearance; it is seeing with God's eyes and living according to His truth.

In *Matthew 5*, Jesus takes this even deeper. He moves beyond external law to the condition of the heart. It is not only about avoiding murder, adultery, or false oaths—but about anger, lust, and dishonesty within us. The heart is where real discipleship begins.

Key Thought:

God gives us the freedom to choose—but Jesus calls us to choose holiness from the inside out.

Take-Home Challenge:

This week, pause before reacting.

Before speaking, deciding, or responding—ask: *Is this coming from love, truth, and a pure heart?* Choose one area (anger, speech, or thoughts) and consciously invite the Holy Spirit to guide you.

Prayer

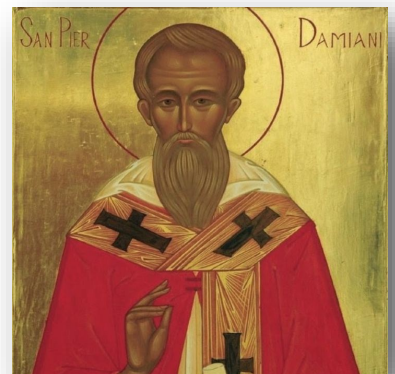
Lord, You place before me life and goodness. Fill me with Your wisdom and purify my heart. Help me choose what is right and live with integrity each day. Amen.

Source: chatgpt

WEEKDAY LITURGICAL READINGS

February 2026

- Monday 16: James 1:1-11. Mk 8:11-13.
R. Be kind to me, Lord, and I shall live.
- Tuesday 17: James 1:12-18. Mk 8:14-21.
R. Happy are those you teach, O Lord.
The Seven Holy Founders of the Servite Order.
- Wednesday 18: Joel 2:12-18. 2 Cor 5:20-6:2. Mt 6:1-6, 16-18.
R. Be merciful, O Lord, for we have sinned.
ASH WEDNESDAY (Fast and abstinence)
- Thursday 19: Deut 30:15-20. Lk 9:22-25.
R. Happy are they who hope in the Lord.
- Friday 20: Is 58:1-9. Mt 9:14-15.
R. A broken humbled heart, O God, you will not scorn.
- Saturday 21: Is 58:9-14. Lk 5:27-32.
R. Teach me your way, O Lord, that I may be faithful in your sight.
St Peter Damian, bishop, doctor.



ST PETER DAMIAN
Feast Day: February 21

*St Peter Damian,
pray that we may have the
courage to seek holiness,
live with integrity, and remain
faithful to Christ in all things.
Through your intercession,
may we grow in wisdom and
love. 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.

Father Robert Rieger from Medjugorje – Lenten Reflection on Eucharistic Adoration

Father Robert Rieger from Medjugorje will be visiting Our Lady of Dolours Chatswood parish on 23 February. Come along and hear Father Robert's Lenten reflection on Eucharistic Adoration.

Father Robert is a Kiwi priest who first visited Medjugorje some 36 years ago – and it changed his life forever. Father Robert now welcomes thousands of pilgrims to Medjugorje every year from all around the world – including our own pilgrims from across the Broken Bay Diocese.

Father Robert leads the Marian Community Oasis of Peace in Medjugorje, and their chapel offers Adoration around the clock, 24 hours a day. But as Father Robert will tell us, Adoration is not about the hours. It's about opening our hearts to the Lord and letting Him do something within us and for us – rather than just assuming that it's all about us doing something for him. It's His work within us that will truly change our lives.

Please join us to meet Fr Robert and hear him speak.



**Monday, 23rd
February 2026**

7:00pm at Magnificat Room,
Kirk St Chatswood NSW 2067
Enquiries: 02 9410 9000

ST BENEDICT'S KIDS YOUTH GROUP

Join the fun! Ages 8–12 years
Our **Kids Youth Group** is back on **Fridays!**

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!

ASH WEDNESDAY

FEBRUARY 18, 2026



Ash Wednesday
— Lent Begins

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.

PIETY SHOP NEWS

Visit Our Parish Piety Shop!

Come and see our small range of “The Beauty of Carmel” products, lovingly made by the Carmelite Nuns of Melbourne.

These beautiful soaps, and lotions are carefully handcrafted within the monastery, reflecting the Carmelite spirit of prayer, simplicity, and devotion.

Your purchase not only brings home a thoughtful and unique gift, but also supports the contemplative life and mission of the Carmelite sisters who faithfully pray for the needs of the Church and the world.

Visit the piety shop to explore the range available.

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.



LENTEN GROUPS

Join us this Lent for our **parish Lenten groups**, a time to grow in faith, reflect on Scripture, and prepare our hearts for Easter. These small groups offer a supportive environment to share, pray, and deepen your relationship with God during this holy season.

Locations and Times:

**WEDNESDAYS
FROM 25TH FEBRUARY 2026**

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

**Benigna Cascun's Place – 7:00pm
led by Gebran Azzi**

Additional Resources:

Lenten books are available at the entrances of the church for your personal reflection, helping you journey through Lent even if you cannot attend the group sessions.

CATECHIST SUNDAY

15th February 9am

Let us give thanks for all our catechists who generously share their time, faith, and wisdom with our children and parish community.

Please keep them in your prayers, asking God to bless them with patience, joy, and guidance as they teach His Word.



The poster features the Marian Catholic College logo on the left, which includes a shield with a cross and the text 'MARIAN CATHOLIC COLLEGE' and 'WALK WITH GRACE'. To the right is a photograph of two smiling students in school uniforms. The text on the poster reads: 'We invite you to our OPEN EVENING WEDNESDAY 25 FEBRUARY 2026 4PM OR 6PM Enrolments for Year 7, 2027 close on Friday 27 March, 2026. marianenrolment@parra.catholic.edu.au Visit the College website: www.mariankenthurst.catholic.edu.au'.

CATHOLIC CARE BROKEN BAY

Volunteer with CatholicCare and have a meaningful impact

There's nothing quite like giving your time and skills to support those in need. Research shows that volunteering not only benefits the people you help but also improves your own wellbeing, supporting better mental health, stronger social connections, and a deeper sense of purpose.

At CatholicCare, our volunteers contribute across a wide range of programs - helping individuals, families, and communities thrive. Every hour you give makes a difference, and in return, you'll find connection, growth, and fulfillment along the way.

Visit www.catholiccaredbb.org.au/careers/volunteer-with-us to find out more about volunteering at CatholicCare or call us today on 1800 324 924.



VALENTINE'S DAY - February 14

"Let all that you do be done in love." – 1 Corinthians 16:14

This Valentine's Day, we are reminded that love is more than a feeling—it is a way of life. Every word we speak, every action we take, and every choice we make can reflect God's love when done with care, compassion, and generosity. Whether in our families, friendships, or communities, love has the power to heal, bring joy, and strengthen bonds.

May this day inspire us to live intentionally in love, letting it guide all that we do and share, and to reflect the boundless love God has for each of us in every encounter.

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!



SAINTS OF THE WEEK

Seven Holy Founders of the Servite Order

Feast Day: February 17

c. Thirteenth Century

Invoked to aid in the imitation of the charity and patience of Our Lady of Sorrows

Quote:

I have chosen you to be my first Servants, and under this name you are to till my Son's Vineyard. Here, too, is the habit which you are to wear; its dark colour will recall the pangs which I suffered on the day when I stood by the Cross of my only Son. Take also the Rule of Saint Augustine, and may you, bearing the title of my Servants, obtain the palm of everlasting life. ~From a vision of the Blessed Virgin Mary

Reflection: Bonfilius, Alexis, Manettus, Amideus, Hugh, Sostene, and Buonagiunta were seven successful cloth merchants from Florence, Italy. As members of a lay organization dedicated to the Blessed Mother, they were each devout in their faith. Their comradery, centred around their faith, not only united them more fully to God, but also to each other with a holy bond and a holy mission.

At that time, Florence was a bustling city wrought with conflicts, due to competition between the noble rulers and the populists who sought to govern by the will of the people. Florence's economy was also booming, due to the new merchant class whose financial worth was counted in coins rather than in the amount of land and servants they possessed. Within this context, these seven holy men of Florence desired an escape from the lust for money and power, and from the conflict that continued to grow.

Around the year 1233, it is reported that all seven of these devout men individually experienced an apparition of the Blessed Virgin Mary, calling them to withdraw from the world and to devote themselves entirely to the service of God. They obeyed, and on September 8, the Feast of the Birth of the Blessed Virgin Mary, they gave up their careers and property and moved into a dilapidated house outside the city wall. They embraced the mendicant life of begging, poverty, and prayer. Many were drawn to them and found in them men of wisdom and virtue. As a result, they received many requests for spiritual counsel and moral guidance. Though they were drawn to this form of charity, they soon discovered that their first calling was to a life of prayer. Their close proximity to the city of Florence hindered the solitude to which they were called, so they moved to a dwelling eleven miles from the city on Monte Senario.

Around the year 1240, at Monte Senario, the seven received a joint vision of the Blessed Virgin Mary who appeared to them surrounded by angels. She instructed them on their mission, clothed them in their habits, presented them with their rule of life, and personally founded their order.

Central to their mission was to spread devotion to the Seven Sorrows of Mary and to be her servants. Within a decade, the order was tentatively approved by the pope and their numbers began to grow. In addition to new foundations in Italy, they quickly spread to Germany, France, and Spain. By the early thirteenth century, final papal approval was given and the order spread to Hungary, Bohemia, Austria, Poland, and modern-day Belgium. Eventually, missions were established in Crete, the Philippines, and India. Today, the Servite order has expanded to all parts of Europe, Africa, Australia, and the Americas.

These holy men were called together by our Blessed Mother as they worked and lived in a growing city. Once united by their faith, they were set apart and drawn by God to a life of prayer. From that prayer, and their commitment to poverty, chastity, and obedience, God drew many others into their companionship. And through their companions, missionaries went forth to the corners of the earth.

As you ponder the lives of these holy men, especially consider the unity they shared by answering the call to pray and serve together. That unity flowed from their love of God and our Blessed Mother. It also flowed from their united obedience to their calling. United as one in Christ, each individual was strengthened and the fruitfulness of their labors grew exponentially.

You, too, are called to holiness and to a holiness that unites you with others who share your mission. Pray to God that you will be able to follow the example of these holy men by joining with those whom God has put in your life to strengthen your faith and expand the mission you have been given.

Prayer: *Dearest Founders of the Servite Order, you were called and you responded. You were given direction by Our Lady herself, and you obeyed. From that obedience, God raised up an army of servants who have spent centuries sharing His love and mercy with the world. Pray for me, that I may always obey God's will and seek to serve Him alongside those whom God has placed in my life. Seven Holy Founders, 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!



Profession Anniversaries

Fr David

13 February 1967 – 59 yrs

Fr Bernard

22 February 1969 – 57 yrs

Fr Michael

27 February – 61 yrs

Congratulations!

Celebrating your holy Profession, we give thanks for your lifelong dedication, faith, and service to God and the Church.

Your steadfast commitment is an inspiration to us all.

May God continue to bless you all with health, joy, and peace in your ministry.



God bless you all!

PROFESSION ANNIVERSARY

Parish Roster

PLEASE JOIN US FOR
MORNING TEA AFTER THE 9AM MASS

NEXT WEEKEND'S ROSTER
21/2/2026 to 22/2/2026
FIRST SUNDAY OF LENT - YEAR A

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Lorraine D	
Reader1	Mary C	Melanie H	Fogarty Family
Reader2	John V	Donna B	Gabrielle W
Prayers	Margaret B	Ann L	Matt W
TV		Roderick R	Fogarty Family
EMHC 		Nigel M	Caterina V
EMHC 		Pam G	Lorna B
Music		Rebecca R	Melanie H
Music		Theresa N	Noelle T
Music		Pauline H	John T
Music		Marisa Q	
Morning Tea		Mary A	
FLOWERS	Gabrielle W		

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

For our current Sacramental Program—the children who were confirmed and enrolled last year—we begin Reconciliation classes:

Wednesday 4th MARCH
and Friday 6th MARCH.

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...

Catholics honour Mary as the Mother of God and model of faith and obedience. Through her obedience and love, Mary points us to Jesus and inspires us to live God's will each day.

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



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.

