

St Benedict's Parish

Arcadia



CORPUS CHRISTI



"He who eats my flesh and drinks my blood lives in me and I live in him."

(John 6:56)

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

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



THE MOST HOLY BODY & BLOOD OF CHRIST CORPUS CHRISTI

YEAR A

JUNE 6 & 7 2026

ENTRANCE ANTIPHON

He fed them with the finest wheat
and satisfied them with honey from the rock.

OPENING PRAYER

Let us pray.
O God, who in this wonderful Sacrament
have left us a memorial of your Passion,
grant us, we pray,
so to revere the sacred mysteries of your Body and Blood
that we may always experience in ourselves
the fruits of your redemption.
Who live and reign with God the Father
in the unity of the Holy Spirit,
God, for ever and ever. Amen.

SELF REFLECTION: EUCHARISTIC LOVE

This Sunday's Gospel, John 6:51-58, Jesus tells us that He is the living Bread come down from heaven. In the Eucharist, He gives us His very self so that we may have life in Him. Each time we receive Holy Communion, we are invited to grow closer to Jesus and to live as His faithful disciples.

I Reflect...

1. Do I believe Jesus is truly present in the Eucharist?
2. Do I receive Holy Communion with faith and reverence?
3. How is Jesus nourishing my spiritual life?
4. What distracts me from growing closer to Him?
5. How can I share Christ's love with others this week?

Bread of Life

Prayer

Lord Jesus, You are the Bread of Life and the source of our strength. Help me to receive You with faith, reverence, and love. May the gift of the Eucharist draw me closer to You and transform my heart so that I may reflect Your presence to others. Amen.

First Reading Deuteronomy 8:2-3, 14-16 (JB)

A reading from the book of Deuteronomy

He gave you food which you and your ancestors did not know.

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart - whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

The word of the Lord.

Thanks be to God.

Responsorial Psalm:

R. Praise the Lord, Jerusalem.

Second Reading 1 Corinthians 10:16-17 (JB)

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

Though we are many, we form a single body because we share this one loaf.

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever.

Alleluia!

GOSPEL John 6:51-58 (JB)

A reading from the holy Gospel according to John

My flesh is real food and my blood is real drink.

Jesus said to the Jews:

'I am the living bread which has come down from heaven.

Anyone who eats this bread will live for ever;

and the bread that I shall give is my flesh, for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly,

if you do not eat the flesh of the Son of Man

and drink his blood, you will not have life in you.

Anyone who does eat my flesh and drink my blood has eternal life,

and I shall raise him up on the last day.

For my flesh is real food and my blood is real drink.

He who eats my flesh and drinks my blood lives in me

and I live in him.

As I, who am sent by the living Father,

myself draw life from the Father,

so whoever eats me will draw life from me.

This is the bread come down from heaven;

not like the bread our ancestors ate:

they are dead,

but anyone who eats this bread will live for ever.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.



"Let all guests who arrive be received as Christ, for He is going to say: 'I came as a guest, and you received Me.'"
— The Rule of Saint Benedict chapter 53

READINGS & GOSPEL REFLECTION

Deuteronomy 8:2-3, 14-16 / 1 Corinthians 10:16-17 / John 6:51-58

LIVING BREAD

In today's readings, we are reminded that God nourishes His people. In Deuteronomy, God fed the Israelites with manna in the desert, teaching them to trust in Him.

St Paul reminds us that through the Eucharist we become one body in Christ.

In the Gospel, Jesus reveals that He is the Living Bread come down from heaven, offering Himself so that we may have eternal life.

The Eucharist is more than a sacred meal; it is Christ's gift of Himself. Every time we receive Holy Communion, we are united more deeply with Jesus and with one another. The Eucharist strengthens us to live as His disciples and to share His love with the world.

Key Thought:

The Eucharist nourishes us with the very life of Christ and unites us as one family in Him.

Take-Home Challenge:

Spend a few moments in prayer before or after Mass this week, thanking Jesus for the gift of the Eucharist and asking Him to help you live what you receive.

Prayer:

Lord Jesus, Living Bread from Heaven, thank You for the gift of the Eucharist. Nourish us with Your love and help us to become one in You. May the Body and Blood we receive inspire us to love others generously, serve those in need, and live as faithful witnesses to Your Gospel. Draw us ever closer to You and unite us as one family in Your Church. Amen.

LITURGICAL FEASTS AND EVENTS OF THE WEEK

JUNE

- Monday 8 Readings: 1Kgs 17: 1-6; Mt 5: 1-12.
R: Our help is from the Lord who made heaven and earth.
- Tuesday 9 Readings: 1Kgs 17: 7-16; Mt 5: 13-16.
R: Lord, let your face shine on us.
St Ephrem, deacon, doctor.
- Wednesday 10 Readings: 1Kgs 18: 20-39; Mt 5: 17-19.
R: Keep me safe, O God; you are my hope.
- Thursday 11 Readings: Acts 11: 21b-26, 13: 1-3; Mt 5: 20-26.
R: The Lord has revealed to the nations his saving power.
St Barnabas, apostle.
- Friday 12 Readings: Dt 7: 6-11; 1Jn 4: 7-16; Mt 11: 25-30.
R: The Lord loves you and has chosen you.
MOST SACRED HEART OF JESUS.
- Saturday 13 Readings: 1Kgs 19: 19-21; Mt 5: 33-37.
R: You are my inheritance, O Lord.



ST BARNABAS APOSTLE FEAST DAY 11 JUNE

St Barnabas, faithful Apostle and encourager of the early Church, pray for us. Help us to share the Gospel with joy, strengthen those in need, and remain faithful to Christ in all we do. Amen.

Source: Ordo 2026

POPE LEO PRAYER INTENTION FOR JUNE 2026

For the value of sports

Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.



PARISH NOTICES

- **PLANNED GIVING ENVELOPES FOR JULY 2026 TO JUNE 2027 ARE NOW AVAILABLE FOR COLLECTION IN ALPHABETICAL ORDER AT THE CHURCH SACRISTY ENTRY ON THE PEW.**

SAVE THE DATE ST BENEDICT FEAST DAY FESTIVAL

We are already looking forward with great excitement to celebrating **the Feast Day of St Benedict Festival on Sunday, 12 July**, with a very special parish celebration!

This will be a wonderful opportunity for our parish community to come together in faith, fellowship and celebration. During this special event, we will also be drawing both our **Major Raffle** and **Calf Raffle**. Tickets for both raffles are still on sale, and we are deeply grateful for the ongoing support and generosity of our parishioners.

There will be plenty to enjoy on the day, including:

- The **Kazzi Family** with their wonderful fresh fruit and veggie pre-pack boxes
- The **Sakkal Family** serving their famous and delicious BBQ specials
- The **Camilleri Family** running the always-popular Chocolate Wheel
- Piety shop
- Plants
- Coffee/tea
- Gifts and crafts etc.



There will be fun, delicious food, and something for everyone to enjoy.

Please stay tuned for more details about this very special celebration, and be sure to **mark Sunday, 12 July in your calendar**. This will be on RAIN OR SHINE!

Thank you for your continued support of our parish community. We look forward to celebrating together!

VOLUNTEER OF THE WEEK

This week's volunteer of the week nomination:



LEONIE MILLER

Leonie has been a dedicated and active parishioner for many years. She served as a Catechist for an incredible 40 years, helping to pass on the faith to generations of children. Each year, she generously gives her time at our parish fete, assisting with the popular Devonshire Tea stand, and is always willing to lend a hand in the kitchen whenever needed.

Thank you, Leonie, for your years of faithful service, generosity, and commitment to our parish community. Your dedication is greatly appreciated and an inspiration to us all. May God bless you abundantly.

THE MOST SACRED HEART OF JESUS



Friday, 13 June
Adoration: 6:30pm
Mass: 7:00pm

Join us as we celebrate the Solemnity of the Most Sacred Heart of Jesus, a feast that reminds us of Christ's boundless love, mercy, and compassion for all people. Come and spend time in prayer before the Blessed Sacrament and entrust your intentions to the loving Heart of Jesus. All are welcome.

PIETY SHOP NEWS

Visit our Piety Shop after Mass and browse our beautiful range of religious gifts, prayer books, rosaries, medals, cards, and devotional items.

You'll find meaningful keepsakes for First Holy Communion, Baptism, Confirmation, weddings, and all the sacraments. Whether for yourself or a loved one, there is something special for every occasion.

Thank you for supporting our parish Piety Shop!

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:

Maryanne Maurer, Lucia Bisoglio, Frank Gauci, Joe Gallo, Miriam Brown, Pauline Honor, Kath Moran, Peter Bellew, Brother Mario, and Father Alberic.

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

Peter Chedid, Antonio Romeo, Nanna Trani, Anne Pearce, Robert Wallace, Maria Pappalardo.

~ May they rest in Eternal Peace.



CONGRATULATIONS MELANIE HUME!

Congratulations to our own **Melanie Hume** on receiving a **Diocesan Award** last week by Bishop Anthony Randazzo in recognition of her outstanding dedication and service to our parish and outside community.

Melanie has generously given her time, talents, and energy over many years, contributing to parish life in countless ways as well as volunteering for St Vincent De Paul. Her commitment, faith, and willingness to serve have been a blessing to our community and an inspiration to many.

We thank Melanie for all she does and congratulate her on this well-deserved recognition. May God continue to bless her and her family abundantly.



MESSAGE FROM MELANIE:

Dear Parishioners of St Benedict's,

I would like to sincerely thank everyone for the kind acknowledgement of the Award I recently received from Bishop Anthony. I feel truly humbled and blessed to be able to serve our parish in a variety of roles. Being part of such a caring and faith-filled community is a privilege that brings me great joy.

The flowers, speeches, and generous words of appreciation last Sunday were a complete and unexpected surprise! Had I known beforehand, I would have worn my designer dress, put on some bling, and prepared a speech worthy of the occasion!

Thank you for your kindness, friendship, encouragement, and support over the years. I am grateful to be part of the St Benedict's family and look forward to continuing to serve alongside you all.

With heartfelt thanks and gratitude, Melanie Hume

ST BENEDICT'S KIDS YOUTH GROUP

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



We need TEENAGE helper volunteers. Please let the parish office know if you are free to help.

GAS LIGHTERS NEEDED!



Our votive candles are burning brightly, but unfortunately our gas lighters are not! We seem to be running out of gas faster than a parish morning tea runs out of cake. If anyone is able to donate a gas lighter (or two), it would be greatly appreciated. Thank you for helping us keep the candles glowing and our acolytes smiling!

HEALING MASS

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

**NEXT HEALING MASS:
THURSDAY 2ND JULY 2026**

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

ST EPHREM, DEACON AND DOCTOR

Feast Day: June 9

c. 306-373

Patron Saint of spiritual directors and spiritual leaders

Pre-Congregation canonization

Declared a Doctor of the Church by Pope Benedict XV in 1920

Ephrem was born in Nisibis, near Syria's border with present-day Turkey. At the time of his birth, Nisibis was a diverse city of Syrians, Arameans, Arabs, Greeks, Jews, Parthians, Romans, and Iranians within the Roman Empire. Among the religious beliefs were Judaism, Christianity, and polytheism. Aramaic was commonly spoken and, to a lesser extent, Greek and Latin.

When Ephrem was a boy, Emperor Constantine the Great issued the Edict of Milan, legalizing Christianity throughout the empire. Though Ephrem likely learned the faith at an early age, he failed to practice it. One day when Ephrem was walking through a field and saw a cow, he threw rocks at it, forcing the beast to run. Ephrem pursued the cow, pelting it until the poor animal died. He later denied to the cow's owner that he had ever seen the animal, a double sin that he would later regret.

Months later, Ephrem was with a shepherd friend. Having had too much to drink, the shepherd lost the flock to thieves or wolves. The shepherd and Ephrem were arrested and imprisoned for stealing the sheep. In prison, an angel visited Ephrem, explaining that though he was innocent of the crime against the sheep, he was not innocent of other crimes, such as the cow's death. Upon his release two months later, filled with remorse and repentance, Ephrem vowed to turn his life around.

Ephrem asked the local bishop-monk, Bishop (later, Saint) James of Nisibis, for spiritual direction. The bishop took Ephrem under his wing, mentoring him in the ways of monastic life. In northern Syria, monasticism was lived out within the community of believers. The ascetics did penance and prayed devoutly, but they also served the local church community. Ephrem took vows of poverty and celibacy, living in caves and the wilderness, while performing good works in the community.

Over the next forty to fifty years, Ephrem lived an ascetic life of prayer, penance, and service. He was a prolific writer of hymns, poems, biblical commentaries, and homilies. During his lifetime, he composed as many as 400 hymns and 3,000 poems that were tools for catechetics and worship. Some were composed in honor of the sacraments or the Blessed Virgin, while others defended the faith. Over the centuries, he has been referred to as the "Harp of the Holy Spirit." Ephrem also assisted Bishop James in teaching at the School of Nisibis, an education center in the Syriac Church.

In 363, after the Persians defeated the Romans, all Christians were expelled from Nisibis. Ephrem settled in Edessa, about 125 miles to the west. There, he taught, wrote, founded a school, and served the community. Ephrem became known as the saint of daily living because he often emerged from solitude to teach people how to live the faith in a practical way. Ordained a deacon, he distributed food to the poor during a famine. When a plague struck, he cared for the sick. In 373, Ephrem contracted the plague and became a martyr of charity.

Pope Benedict XV declared Ephrem a Doctor of the Church in 1920. He is the only Syrian Doctor of the Church and is highly revered in the Eastern Catholic Church and in the Orthodox Church.

Saint Ephrem, God used you as an instrument to lead many to glorify Him. Please pray that I may become the Holy Spirit's instrument, giving all my gifts for God's greater honor and glory. Saint Ephrem, pray for me. Jesus, I trust in You.

Pastoral Works Broken Bay (PWBB) Appeal — Give with Purpose



23.14%

Raised: \$4,166 | Target: \$18,005 | Still Needed: \$13,839

Our parish is part of something bigger. Through the Pastoral Works Broken Bay (PWBB) May 2026 Appeal, we support life-changing ministries across our Diocese — from faith formation in schools, to hospital chaplaincy, to care for the vulnerable and those on the margins.

So far, we've raised **\$4,166 (23.14%)** towards our **\$18,005 goal**. Thank you. But **\$13,839 is still needed** — and your support today can make the difference.

PWBB is our pastoral charity in Broken Bay — not just a collection, but our shared mission in action.



ENVELOPES ON PEWS

VOCATIONS BROKEN BAY

FOR PRIESTS
PRAYING TOGETHER UNITING THE WORLD
SUPPORTING OUR PRIESTS

ADORATION & ROSARY
FRIDAY 12 JUNE 2026 7 PM
ST. AGATHA'S CHURCH
20 BOUNDARY RD. PENNANT HILLS

livestream: <https://www.facebook.com/BrokenBayVocationsMinistry>

BOOK NOW!

One Sydney

TOGETHER IN CHRIST

SYDNEY OPERA HOUSE
CONCERT HALL: SUN 14 JUNE 2026 / 2pm & 7pm

DON'T MISS OUT!

"By this everyone will know that you are my disciples, if you love one another"
John 13:35

BOOK NOW

VARIETY CONCERTS FEATURING
MATT MAHER – TARRYN STOKES – STAN WALKER – BUDJERAH – DAMI IM
ST ANDREWS CATHEDRAL CHOIR – BELLA TAYLOR SMITH – FR ROB GALEA
BEN FIELDING & REUBEN MORGAN – DR MARY HEALY – BYZANTINE CHOIR
RAPPING PSTR BLAKE YOUNG – THE FIRST HYMN (COMMONS WORSHIP)
MARK VINCENT – PACIFIC ISLANDS CHOIR & SO MUCH MORE!

Dear unity *A Historic Celebration as One* Christian Alliance Council

CATECHIST NEWS

Do you have an hour to spare once a week? Are you interested in Becoming a Catechist?

Short zoom courses are available throughout the year to become certified to teach Scripture at our local public schools. It only requires you to have a Working with Children's check number and love for your Faith. The work is all done for you in a simple to use Teacher's manual, all you need to do is show up each week with a smile on your face and Jesus in your heart!

We are always in need of casual fill-in teachers so please contact me or the Parish office for more information if you are interested!

God bless,

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

Parish Roster

PLEASE JOIN US FOR
MORNING TEA AFTER THE 9AM MASS

NEXT WEEKEND'S ROSTER

13/6/26 to 14/6/26
11th Sunday in Ordinary Time - YEAR A

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Paul E	
Reader1	Natasha S	Nigel M	John family
Reader2	John V	Ann L	Teresa G
Prayers	Margaret B	Zachary B	Fogarty family
TV		Jules O	Azzi family
EMHC		Pam G	Lorna B
EMHC		Angela S	Sandra M
Music		Melanie H	Melanie H
Music		Keith W	Noelle T
Music		Teresa G	John T
Music			
Morning Tea		Mary A	
FLOWERS	Angela S		

ACKNOWLEDGMENT

*We acknowledge God as our Creator and giver of all life. We also acknowledge the Traditional Custodians of this land, and pay our respects to Elders past and present.
May we walk together in peace, respect, and unity.*

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: Parish Office 9653 2312*

PARISH OFFICE HOURS:

Mondays & Fridays: 9.00am to 2.00pm
Parish Office: 02 9653 2312
Address: 2 Fagans Road, Arcadia 2159
Email: arcadia.pariah@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)



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

SACRAMENTAL PROGRAM UPDATE

Congratulations to all the children receiving their First Holy Communion this Sunday. May the Lord Jesus bless them abundantly as they receive Him in the Eucharist, and may they continue to grow in faith, hope, and love throughout their lives.



OUR NEXT SACRAMENTAL PROGRAM ENROLMENTS NOW OPEN!

Commencing with Confirmation (child must be in year 3 or above, this year). Confirmation classes will be held in October 2026.

Forms will be given to all public school students. For other schools please collect a form from the sacristy office or email the parish for a form.

DID YOU KNOW...

The word "Eucharist" comes from a Greek word meaning "thanksgiving." Every time we celebrate Mass, we are giving thanks to God for His many blessings and for the gift of Jesus Christ.

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.