

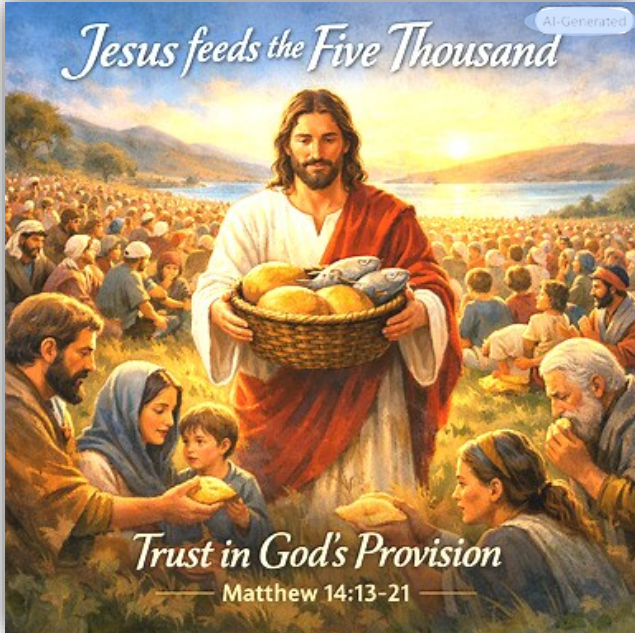
St Benedict's Parish Arcadia



18TH SUNDAY IN ORDINARY TIME

YEAR A

AUGUST 1 & 2 2026



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



ENTRANCE ANTIPHON

O God, come to my assistance;
O Lord, make haste to help me!
You are my rescuer, my help;
O Lord, do not delay.

OPENING PRAYER

Let us pray.

Draw near to your servants, O Lord,
and answer their prayers with unceasing kindness,
that, for those who glory in you as their Creator and
guide, you may restore what you have created
and keep safe what you have restored.
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: GOD PROVIDES

This Sunday's Gospel, Matthew 14:13-21

Jesus sees the needs of the crowd and responds with compassion. Even though the disciples feel they do not have enough, Jesus takes their small offering of five loaves and two fish, blesses it, and provides abundantly for everyone. Jesus reminds us that when we place what we have in God's hands, He can do far more than we imagine.

I Reflect...

- Do I trust God with what I have?
- How can I help someone in need?
- Am I willing to share with others?
- Do I thank God for His blessings?
- How can I show God's love this week?

Trust.Share.Serve

Prayer

Lord Jesus, thank You for Your compassion and generosity. Help me to trust You with all that I have and all that I am. Teach me to share willingly with others and to be a sign of Your love in the world. Amen.

First Reading Isaiah 55:1-3 (JB)

A reading from the prophet Isaiah

Hasten and eat.

Thus says the Lord:

Oh, come to the water all you who are thirsty;
though you have no money, come!

Buy corn without money, and eat,
and, at no cost, wine and milk.

Why spend money on what is not bread,
your wages on what fails to satisfy?

Listen, listen to me and you will have good things to eat
and rich food to enjoy.

Pay attention, come to me;
listen, and your soul will live.

With you I will make an everlasting covenant
out of the favours promised to David.



The word of the Lord.

Thanks be to God.

Responsorial Psalm:

R. The hand of the Lord feeds us: he answers all our needs.

Second Reading Romans 8:35, 37-39 (JB)

A reading from the letter of St Paul to the Romans

No creature can separate us from the love of God, which is in Christ.

Nothing can come between us and the love of Christ, even if we are troubled or worried, or being persecuted, or lacking food or clothes, or being threatened or even attacked. These are the trials through which we triumph, by the power of him who loved us.

For I am certain of this: neither death nor life, no angel, no prince, nothing that exists, nothing still to come, not any power, or height or depth, nor any created thing, can ever come between us and the love of God made visible in Christ Jesus our Lord.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

**No one lives on bread alone,
but on every word that comes from the mouth of God.
Alleluia!**

GOSPEL**Matthew 14:13-21 (JB)**

A reading from the holy Gospel according to Matthew

They all ate and were satisfied.

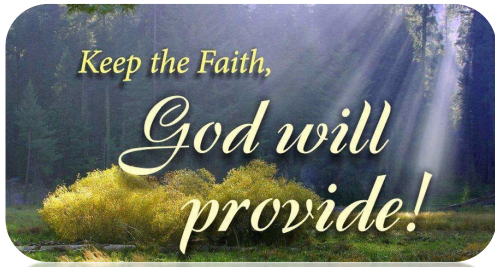


When Jesus received the news of John the Baptist's death he withdrew by boat to a lonely place where they could be by themselves. But the people heard of this and, leaving the towns, went after him on foot. So as he stepped ashore he saw a large crowd; and he took pity on them and healed their sick.

When evening came, the disciples went to him and said, 'This is a lonely place, and the time has slipped by; so send the people away, and they can go to the villages to buy themselves some food.' Jesus replied, 'There is no need for them to go: give them something to eat yourselves.' But they answered, 'All we have with us is five loaves and two fish.' 'Bring them here to me,' he said. He gave orders that the people were to sit down on the grass; then he took the five loaves and the two fish, raised his eyes to heaven and said the blessing. And breaking the loaves he handed them to his disciples who gave them to the crowds. They all ate as much as they wanted, and they collected the scraps remaining, twelve baskets full. Those who ate numbered about five thousand men, to say nothing of women and children.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.



READINGS & GOSPEL REFLECTION

Isaiah 55:1-3 | Romans 8:35, 37-39 | Matthew 14:13-21

GOD'S ABUNDANT LOVE PROVIDES

Today's readings reveal a God who generously provides for His people.

Through **Isaiah**, God invites all who are hungry and thirsty to come and receive His gifts freely.

St **Paul** reminds us that nothing can separate us from the love of Christ, a love that continually nourishes and sustains us.

In the **Gospel**, Jesus has compassion on the crowd and feeds thousands with only five loaves and two fish, showing that God's abundance is far greater than our limitations.

When we feel we do not have enough—enough time, energy, resources, or faith—Jesus asks us to place what we have into His hands. He can take our small offerings and use them for great good. God's love is abundant, His care is constant, and His generosity never runs dry.

Key Thought:

God's love is abundant and His generosity exceeds all our expectations.

Take-Home Challenge:

Offer one act of generosity this week—whether through your time, kindness, prayer, or practical help—and trust God to multiply its impact.

Prayer:

Lord Jesus, thank You for Your abundant love and care. Help us to trust in Your provision, share generously with others, and remember that nothing can separate us from Your love. Amen.

LITURGICAL FEASTS AND EVENTS OF THE WEEK

AUGUST

Monday 3

Readings: Jer 28: 1-17; Mt 14: 22-36

R: Teach me your laws, O Lord.

St Dominic, priest.

Tuesday 4

Readings: Jer 30: 1-2, 12-15, 18-22; Mt 15: 1-2, 10-14.

R: The Lord will build up Zion again, and appear in all his glory.

St John Vianney, priest.

Wednesday 5

Readings: Jer 31: 1-7; Mt 15: 21-28.

R: The Lord will guard us, like a shepherd guarding his flock.

Dedication of the Basilica of St Mary Major.

Thursday 6

Readings: Dn 7: 9-10, 13-14; Mt 17: 1-9.

R: The Lord is king, the most high over all the earth.

The Transfiguration of the Lord.

Friday 7

Readings: Na 2: 1, 3 & 3: 1-3, 6-7; Mt 16: 24-28.

R: It is I who deal death and give life.

St Sixtus II, pope, martyr, and companions, martyrs.

St Cajetan, priest.

Saturday 8

Readings: 1 Kg 17:8-16. Col 3:12-17. Mt 6:25-34.

R: My soul clings to you; your right hand holds me fast.

St MARY OF THE CROSS, virgin.



TRANSFIGURATION OF THE LORD

*Lord Jesus,
on the mountain You revealed
Your glory to Your disciples.*

*Open our hearts to listen to Your
voice, strengthen our faith, and
help us to follow You each day.*

*May Your light shine in our lives
and lead us closer to You. Amen.*

Source: Ordo 2026

POPE LEO PRAYER INTENTION FOR AUGUST 2026

For evangelization in the city

Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.



PARISH NOTICE

Our parish is currently seeking volunteers to assist in a number of important ministries:

- **Morning Tea** – Helpers are needed to assist with morning tea after the 9:00am Mass every 6 weeks.
- **Flower Ministry** – We are looking for volunteers to help arrange flowers for the church approximately once every 6–8 weeks.
- **Kids Youth Group** – Adult volunteers are needed to assist with our Kids Youth Group on Friday evenings.
- **Music Ministry** – We are seeking a piano player who would be willing to be included on the music roster.

If you are able to assist in any of these ministries, please contact the Parish Office. Your time and talents are greatly appreciated and help make our parish a welcoming and vibrant community. It's also a great way to meet new people.

FEAST OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY SATURDAY 15TH AUGUST

The Feast of the Assumption of Our Lady is a

HOLY DAY OF OBLIGATION

and Mass will be celebrated as follows:

Parish Vigil Mass 7pm FRIDAY 14th August

Monastery 7am Saturday 15th August

Please note the Saturday night Vigil Mass 7pm on the 15th August is the Vigil Mass for the 20th Sunday in Ordinary time not the Feast of the Assumption.

All Catholics are encouraged to attend Mass on this important feast day as we honour Mary, who was assumed body and soul into heavenly glory.



VOLUNTEERS OF THE WEEK

This week's volunteers of the week nomination:

SOPHIE REBULA and BROTHER PETER OCSO

A big thank you to **Sophie** for the generous donation of the beautiful framed image of Our Lady of Mount Carmel, adorned with stunning large glass rosary beads. It is a truly wonderful gift to our parish and much appreciated. You will find this at the Sacristy entrance of the Church.

We would also like to thank **Brother Peter**, who has been working tirelessly in the Sacristy, cleaning, tidying, and scrubbing. His dedication and hard work have made a remarkable difference, and the Sacristy looks amazing thanks to his efforts.



COMBATING HOMELESSNESS TOGETHER

Please donate to CatholicCare's homelessness services across the Diocese. Donor envelopes will be available at Mass 8 & 9 August.

FEAST OF ST MARY OF THE CROSS MASS TIMES

**Friday 7th August
Parish 7pm**

**Saturday 8th August
Monastery 7am**



Please note Saturday night Vigil Mass 7pm is the Mass for 19th Sunday in Ordinary time not the Feast day.

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:

Joe Gallo, Miriam Brown, Pauline Honor, Kath Moran, Brother Mario, and Father Alberic.

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

Sr Fay Hancock, Tereza Muscat, Bill Pierce, Francesco Merlino, Peter Chedid, Antonio Romeo, Nanna Trani, Anne Pearce, Robert Wallace, Maria Pappalardo.

~ May they rest in Eternal Peace.



CATECHIST NEWS

Term 3 has now commenced, and we thank all our Catechists and helpers for their continued dedication in sharing the faith with the children in our local schools.

Glenorie Catechists: Please note that there will be no SRE classes on Wednesday, 5 August, due to Grandparents' Day celebrations at the school.

We are always in need of casual relief Catechists and helpers to assist when needed. If you are interested in this rewarding ministry, please contact me or the Parish Office for more information.

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



Create.Share.Encounter

A Creative Women's Ministry

Whether you're an experienced crocheter or an absolute beginner (or somewhere in between), we'd love you to join us for our Granny Squares Workshop! We will be learning to crochet a basic 'granny square' for the beginners and a patterned square for the more experienced. If you'd like to leave any squares with us, we will stitch them together to make a blanket or two to donate to the needy. Alternatively, you can continue your crocheting at home and make your own blanket! All materials will be provided for you on the night so please come along for a lovely evening of crafting, friendship and a glass of wine!

Wednesday, 5th August, 2026 7.30 - 9.30pm

\$15 per participant

(which covers all materials, refreshments and a donation for room hire)

St Benedict's Parish meeting room, Arcadia
RSVP by 2/8/26

www.facebook.com/makerstable/

www.themakersgarden.com.au

Martine Musumeci 0458-533-250

Nerida Woodbury 0425-834-017

themakerstablesydney@gmail.com



OUR LADY OF FATIMA FEAST DAY

Begins with a short play and rosary in five languages, followed by procession and Mass. Ending with refreshments and raffle.

Here at St Benedict's Sun 11 Oct 2026 12:30pm

We are inviting young children to take part in the Fatima Play on the Feast Day. Please phone 0438 521 421 for further details.

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

ON HOLIDAYS
Return on Friday 31st of July



We are in need of adult volunteers to help out.
Please let the parish office know if you are free to help or call Jules on 0415 448 797.

HEALING MASS

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

NEXT HEALING MASS:
Thursday 6th August 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!

Instead of Saint of the Week, we have this article as Sr Fay could be another Saint. She was truly a Good Samaritan!



SISTER FAY HANCOCK

Margaret Fay Hancock (known as Fay) was born on 12 March 1941 in Gordon, Sydney, the middle of three children and only daughter to Kevin Vincent and Muriel Margaret (nee Fahey) Hancock. Her brothers were Peter cfc (who became a Christian Brother and is now deceased) and Desmond. In those early years the family resided at Earlwood, and Fay received her primary education first at the local Catholic school, Our Lady of Lourdes. Later she attended St Joseph's Moora (WA). On their return to Sydney, the family moved to Gordon, and Fay travelled daily by public transport to Santa Sabina College at Strathfield for her secondary school years.

While awaiting her call-up to do nursing, Fay was asked by an aunt to assist with teaching religion in a State School. As a result of this experience, her aunt recommended her to "help out" in a nearby Catholic school when a teacher had become ill. Word must have spread because when the Good Samaritan Principal of St Agatha's School, Pennant Hills, needed someone to stand in for a Sister facing surgery, she asked for Fay's help. The call-up for Fay to do nursing finally came, but by then Fay realized she had grown to like teaching children and was aware that an earlier desire to join a religious congregation had re-surfaced. Hence her decision to enter the Good Samaritan Congregation.

This she did on 2 February 1962 and was given the name, Sister M. Rose Philippine. Three years later, on 7 January 1965, Fay made her First Profession. Her formal teacher training followed at St Scholastica's Training College Glebe, after which she was sent to teach in primary schools in country NSW and then in north and south Queensland.

But a change of ministry lay ahead for her. The Congregation had been asked by Bishop Bede Heather to open a Holiday Centre for people with disabilities and their families, so in 1983 the Santa Maria Convent site at Lawson was re-purposed. For five years Fay led a small team of Sisters and dedicated volunteers in this compassionate ministry.

But, hampered by her hearing impairment, community life had become increasingly difficult for Fay. So, in 1989 when there was need for someone to manage the Guest House of the Benedictine Monks at Arcadia, Fay was invited to assist. Thus began a precious 24-year period of involvement with the Monastery, spiritual nourishment from her participation in its daily round of liturgies, and meaningful connections with parishioners in St Benedict's Parish.

Ever practical and down-to-earth, when Fay foresaw the need to be amongst others where she could get assistance when needed, she chose to move to the Rowland Retirement Village at Galston. This move allowed her to remain close to the Monastery. For most of the thirteen plus years there, Fay ministered to the sick in its Nursing Home, took part in Village activities, and made lasting friendships with many of the residents. Her open-hearted hospitality to any who called on her was well known and appreciated throughout the Village. In a 'Resident Profile' from Rowland Village, Fay was aptly said to "bring a ray of sunshine, hope and friendship to the residents." Over the years Fay had come through many physical setbacks, never making a fuss about them or feeling sorry for herself. She took them in her stride, but eventually that stride became less and less, until she was finally called to give up her spirit – so peacefully – on 22 July 2026. Fay will certainly be missed by her brother, Desie, her nieces Lana and Sara and their families, the residents of Rowland Village, and especially by her Good Samaritan Sisters.

Rest in Peace dear Sr Fay, you are truly missed!
(Thanks to Ann Lomas providing us with this biography of Sr Fay)

DONATING MEN'S CLOTHING FOR SEAFARERS

Stella Maris Seafarers, a Catholic organisation helping seafarers, would appreciate any

donations of second hand men's clothing, as well as any personal hygiene items such as soap, shampoo, deodorant, toothbrush, toothpaste etc.

Please leave the items in the meeting room near the kitchen and they will be picked up weekly and taken to Sr Mary Leahy and I can tell you she will be most excited. She boards every ship that pulls into Botany Bay and checks on the welfare of the sailors, she is also a trained nurse and if she sees sick, injured or suspects abuse etc she is onto it.

Many Thanks for your kind Generosity. Cheers, Cathy Holling Ph: 0403 062 255

FEAST OF SAINT MARY OF THE CROSS MACKILLOP

Join the Sisters of Saint Joseph and Mary MacKillop Place as they celebrate the Feast of Saint Mary of the Cross MacKillop. Intended for all clergy, parishioners, youth and young adults

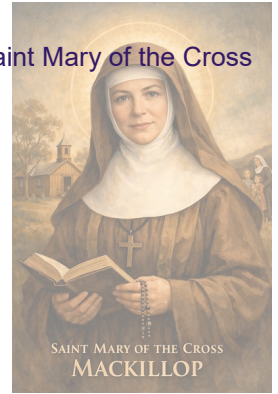
Date: Saturday, 8 August

Feast Day Masses Times:

- 8:00am & 6:00pm – Chapel
- 10:00am & 1:00pm – Glen Roy Green (outdoors), AusLan interpreted.
- Holy Hour for Young People, with music and Adoration of the Blessed Sacrament:
- 4:30pm-5:45pm

Cost: Free

Contact: ministries@mmp.org.au



ANNIVERSARY OF PROFESSION



Fr Eugene DeSilva

8th August 1992

34 years!



Congratulations Fr Eugene on the anniversary of your profession.

We thank God for his faithful commitment to the Benedictine way of life and for his devoted service to our parish and community.

May God continue to bless Fr Eugene with good health, joy, and many graces as he continues his vocation of prayer and service.

Please keep him in your prayers as he celebrates this special milestone.



INVITATION TO CHRISTIAN MEDITATION INTRODUCTION AND RENEWAL DAY

To be held at St Benedict's Monastery,
121 Arcadia Road, Arcadia

Sunday, 16th August

Arrival from 10am for registration,
10:30 Presentations

Introduction to Christian Meditation

Book Display

Period of Meditation

BYO Picnic Lunch

Mass at 2pm in the Monastery Chapel

Conclusion around 3pm

Enquiries:

Fr Michael Kelly: 0455 329 607

From 12th August, Ann Lomas: 0437 340 250

PIANO TO BE REHOMED

The family of the late **Colleen Bennett** would like to donate Colleen's piano to a good home within our parish community.

Colleen cherished this piano from her childhood, learning to play on it before later sharing her musical talents with our parish. The piano is a Robert Beanland upright piano in a brown finish. If you are interested or would like more information, please contact the Parish Office or speak with Paula.

DURAL & DISTRICT HISTORICAL SOCIETY

June Roughley Annual Memorial Lecture Saturday 8 August 2pm

Galston Uniting Church, 11 School Road Galston

Speaker: Dr Michael Griffith - The Life and Poetry of Francis Webb

Les Murray described Francis Webb as 'one of Australia's greatest poets'. Judith Wright also praised his work.

Francis Webb spent some time in the 1950s living with his sister in Galston and came to love our bushland and history. He wrote a quartet of poems set in the area that immortalise memories such as the Black's horse-drawn bus rushing through the Gorge, the horrors of bush fire and the beauty of Foster's Waterhole.

Dr Michael Griffith taught Australian, English and American literature at the Australian Catholic University for many years. His PhD on Francis Webb was published in a book *God's Fool*.

Free entry, gold coin donation for afternoon tea. All welcome. Information Michael Bell 96531365

Parish Roster

PLEASE JOIN US FOR
MORNING TEA AFTER THE 9AM MASS

NEXT WEEKEND'S ROSTER

8/8/2026 TO 9/8/2026
18th Sunday in Ordinary Time - YEAR A

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Nigel M	
Reader1	Edyn V	Teresa G	Fogarty family
Reader2	Daniel V	Donna B	Gabrielle W
Prayers	John V	Ann L	Matt W
TV		Zac B	Fogarty family
EMHC		Angela S	Caterina V
EMHC		Pam G	Lorna B
Music		Melanie H	Melanie H
Music		Noelle T	Martina J
Music		John T	Natalie M
Music			Adam F
Morning Tea		Sophie R	
FLOWERS	Gabrielle W		

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

PARISH E-BULLETIN

The Parish is offering the Parish bulletin electronically in addition to the printed version.

If you would like to receive the bulletin by email, please send your email address to the parish office arcadia.parish@bbcatholic.org.au

SACRAMENTAL PROGRAM UPDATE

OUR NEXT SACRAMENTAL PROGRAM ENROLMENTS NOW OPEN!

CALLING ALL CHILDREN YEAR 3 OR ABOVE THIS YEAR.



Confirmation classes will be held in October 2026.

Please collect a form from the sacristy office or email the parish for a form.

DID YOU KNOW...

The feeding of the five thousand is the only miracle of Jesus, apart from the Resurrection, that is recorded in all four Gospels.

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 the parish office on 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.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)



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.

MONASTERY: 02 9653 1159
121 Arcadia Rd, Arcadia 2159