

St Benedict's Parish Arcadia



15TH SUNDAY IN ORDINARY TIME YEAR A JULY 11 & 12 2026

ENTRANCE ANTIPHON

There was a man of venerable life,
Benedict, blessed by grace and by name,
who, leaving home and patrimony
and desiring to please God alone,
sought out the habit of holy living.

OPENING PRAYER

Let us pray.

O God, who made the Abbot Saint Benedict
an outstanding master in the school of divine service,
grant, we pray, that, putting nothing before love of you,
we may hasten with a loving heart
in the way of your commands.

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: HUMBLE SERVICE

This Sunday's Gospel, Luke 22:24-27:

Jesus reminds us that true greatness is not found in
power or recognition, but in humble service. He himself
became the servant of all and invites us to follow his
example each day.

I Reflect...

- Do I seek recognition, or do I serve quietly?
- How can I be more humble in my daily life?
- Am I willing to put the needs of others before my own?
- Do my actions reflect the servant heart of Jesus?
- Where is God calling me to serve this week?

Serve.Humble.Love

Prayer

Lord Jesus,
you came among us as one who serves. Teach me to be
humble, generous, and willing to serve others with love.
May my words and actions reflect your compassion, and
may I always prefer your will above my own.
Amen.



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

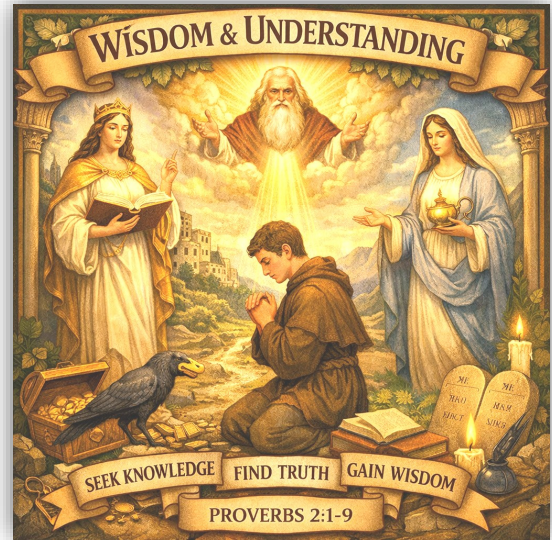


SOLEMNITY OF ST BENEDICT 11TH JULY**First Reading Proverbs 2:1-9 (JB)**

A reading from the book of Proverbs

Apply your heart to learn wisdom.

My son, if you take my words to heart,
if you set store by my commandments,
turning your ear to wisdom,
and applying your heart to truth:
yes, if your plea is for clear perception,
if you cry out for discernment,
if you look for it as if it were silver,
and search for it as for buried treasure,
you will then understand what the fear of the Lord is,
and discover the knowledge of God.
For the Lord himself is giver of wisdom,
from his mouth issue knowledge and discernment.
He keeps his help for honest men,
he is the shield of those whose ways are honourable;
he stands guard over the paths of justice,
he keeps watch on the way of his devoted ones.
Then you will understand what virtue is, justice, and fair dealing,
all paths that lead to happiness.



The word of the Lord.

Thanks be to God.

Responsorial Psalm:

R. Taste and see the goodness of the Lord.

Second Reading Ephesians 4:1-6

A reading from the letter of St Paul to the Ephesians

There is one body, one Lord, one faith, one baptism.

I, the prisoner in the Lord, implore you to lead a life worthy of your vocation. Bear with one another charitably, in complete selflessness, gentleness and patience. Do all you can to preserve the unity of the Spirit by the peace that binds you together. There is one Body, one Spirit, just as you were all called into one and the same hope when you were called. There is one Lord, one faith, one baptism, and one God who is Father of all, over all, through all and within all.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

**I call you my friends, says the Lord,
For I have known to you all that the Father has told me.
Alleluia!**

Luke 22:24-27 (JB)

A reading from the holy Gospel according to Luke

I confer a kingdom on you, just as my Father conferred one on me.



A dispute arose between the apostles about which should be reckoned the greatest, but Jesus said to them, 'Among pagans it is the kings who lord it over them, and those who have authority over them are given the title Benefactor. This must not happen with you. No; the greatest among you must behave as if he were the youngest, the leader as if he were the one who serves. For who is the greater: the one at table or the one who serves? The one at table, surely? Yet here am I among you as one who serves!

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

*"No one is to pursue what he judges better for himself, but instead, what he judges better for someone else."
— Rule of St. Benedict, Ch 72*

READINGS & GOSPEL REFLECTION

Proverbs 2:1-9 / Ephesians 4:1-6 / Luke 22:24-27

In the first reading from **Proverbs**, we are encouraged to seek wisdom as though searching for hidden treasure. True wisdom is not simply knowledge; it is learning to see life through God's eyes. Those who seek the Lord with sincere hearts discover what is right, just and good.

St Paul, in **Ephesians**, tells us what a life shaped by God's wisdom looks like. We are called to live with humility, gentleness, patience and love, making every effort to preserve the unity that Christ has given us. The Church is one body because we have one Lord, one faith and one baptism.

In the **Gospel**, the disciples argue about who is the greatest. Jesus gently corrects them by turning worldly values upside down. Greatness is not measured by power or status but by service. He points to himself as the perfect example: "I am among you as one who serves."

These readings beautifully reflect the **life of St Benedict**. His Rule teaches that the Christian life begins by listening to God, grows through humility and reaches its fulfilment in loving service. His monasteries became places where prayer, work, hospitality and community flourished because Christ was placed at the centre of everything.

In a world that often rewards success, influence and recognition, Jesus invites us to a different way. Every act of kindness, every quiet sacrifice and every moment of humble service builds God's Kingdom.

Key Thought

True greatness is found not in being served, but in serving others with the wisdom, humility and love of Christ.

Take-Home Challenge

This week, perform one hidden act of service for someone without expecting thanks or recognition. Let your actions quietly reflect the servant heart of Jesus.

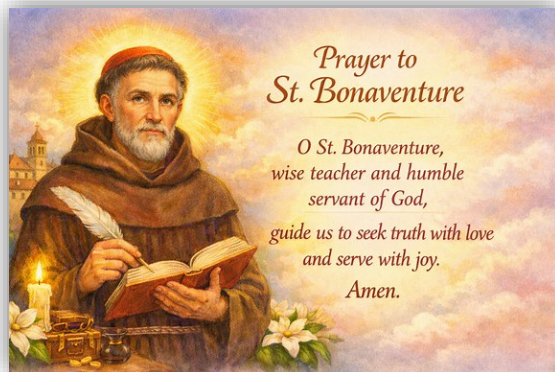
Prayer

Lord Jesus, teach us the wisdom that comes from you. Help us to walk in humility, preserve unity and serve others with generous hearts. Through the example of St Benedict, may we prefer nothing to your love and faithfully follow you each day. Amen.

LITURGICAL FEASTS AND EVENTS OF THE WEEK

JULY

- | | |
|--------------|---|
| Monday 13 | Readings: Is 1:10-17. Mt 10:34-11:1.
R: To the upright I will show the saving power of God.
St Henry. |
| Tuesday 14 | Readings: Is 7:1-9. Mt 11:20-24.
R: God upholds his city for ever.
St Camillus de Lellis, priest. |
| Wednesday 15 | Readings: Is 10:5-7, 13-16. Mt 11:25-27.
R: The Lord will not abandon his people.
St Bonaventure, bishop, doctor. |
| Thursday 16 | Readings: Is 26:7-9, 12, 16-19. Mt 11:28-30.
R: From heaven the Lord looks down on the earth.
Our Lady of Mount Carmel. |
| Friday 17 | Readings: Is 38:1-6, 21-22, 7-8. Mt 12:1-8.
R: You saved my life, O Lord, I shall not die. |
| Saturday 18 | Readings: Micah 2:1-5. Mt 12:14-21.
R: Do not forget the poor, O Lord! |



Source: Ordo 2026

POPE LEO PRAYER INTENTION FOR JULY 2026

For respect for human life

Let us pray for the respect and protection of human life in all its stages, recognising it as a gift from God.



PARISH NOTICE

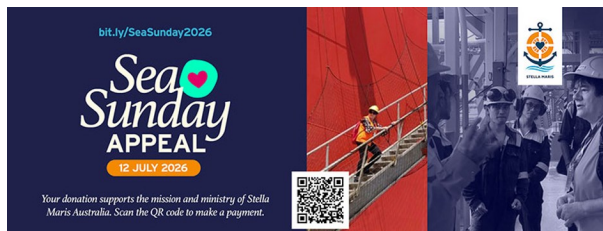
- **10.30am Mass cancelled this Sunday 12th due to Feast Day celebrations.**
- **Next Roster is ready to be collected from the Sacristy with your names on it.**
- **We need volunteers for morning tea after the 9am Mass.**
- **We also need helpers to do flowers once every 6 to 8 weeks.**

SEAFARERS SUNDAY 12TH JULY

This weekend we celebrate **Sea Sunday**, a day when we remember and pray for the thousands of seafarers who work tirelessly to transport the goods we rely on every day. Often spending many months away from their families, they face isolation, difficult working conditions and many challenges at sea.

Let us keep all seafarers, fishers and their families in our prayers, giving thanks for their dedication and asking God to keep them safe. We also acknowledge the work of chaplains and volunteers who bring pastoral care, friendship and practical support to those working at sea. Please help by donating:

[Sea Sunday Appeal 2026 – Stella Maris, Australia](https://bit.ly/SeaSunday2026)



PIETY SHOP NEWS

THANK YOU FOR SUPPORTING OUR PIETY SHOP!

A sincere thank you to all our parishioners for your wonderful support of the Piety Shop. We are pleased to share that the **profit** for the financial year ending 30 June 2026 was approximately **\$6,000**.

Thank you also to our dedicated Piety Shop volunteers for generously giving their time and to everyone who continues to support our parish through their purchases. Your support is greatly appreciated.

VOLUNTEERS OF THE WEEK

This week's volunteers of the week nomination:

MATT WALL

A sincere thank you to Matt for his faithful and generous service to our parish. Matt is always willing to lend a hand before the weekday Masses, assisting Father with preparations and serving as a reader when needed. His quiet dedication, reliability and readiness to help in so many ways are a wonderful example of humble service to our parish community.

Thank you, Matt, for your generosity and commitment. Your willingness to serve is truly appreciated. May God bless you abundantly.

INTERNATIONAL EUCHARISTIC CONGRESS 2028 – SYDNEY

In **2028**, Sydney will have the great privilege of hosting the **54th International Eucharistic Congress**, bringing together Catholics from Australia and around the world to celebrate and deepen their faith in the Eucharist.

This historic event, marking **100 years since Sydney last hosted an International Eucharistic Congress in 1928**, will be a time of prayer, worship, Eucharistic Adoration, inspiring speakers, catechesis and joyful celebration. It is an invitation for all Catholics to renew their love for Jesus Christ truly present in the Blessed Sacrament and to be strengthened as missionary disciples.

The Congress is expected to attract thousands of pilgrims from across the globe and will be a wonderful opportunity for individuals, families and parish communities to experience the richness and unity of our Catholic faith. Please keep this important event in your prayers and consider making a pilgrimage to Sydney in 2028. More information will be shared as it becomes available.

"Be renewed. Be transformed. Be sent."

LOST AND FOUND

AirPods were found in the car park after 10:30 mass last Sunday. Please contact the office if they are yours. We also have a Lost and Found box in the Church entry near the sacristy.

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:

Sister Fay, 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:

Francesco Merlino, Peter Chedid, Antonio Romeo, Nanna Trani, Anne Pearce, Robert Wallace, Maria Pappalardo.
~ May they rest in Eternal Peace.



CATECHIST NEWS

A heartfelt thank you to all our catechists for your dedication and faithful service throughout Semester 1. Your commitment to sharing the catholic faith with our students is deeply appreciated.

Term 3 will commence on:

- **All Schools except Middle Dural** - Wednesday, 22 July and Friday, 24 July.
- **Middle Dural** will commence Term 3 in Week 2, on Wednesday, 29 July.

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



Create.Share.Encounter

A Creative Women's Ministry



The ladies created some lovely masterpieces at our recent Makers Table workshop!

Next month we will be crocheting granny squares (beginner and advanced designs).

**Wednesday 5th August
7.30-9.30pm in the meeting room**

www.facebook.com/makerstable/
www.themakersgarden.com.au

Martine Musumeci 0458-533-250
Nerida Woodbury 0425-834-017
themakerstablesydney@gmail.com



IGNITE YOUTH CONFERENCE 2026

**Ascend proudly hosted by the Diocese of Broken Bay Light of Christ Centre, Waitara
Thursday 9 July – Sunday 12 July 2026**

Please keep all participants attending Ignite Conference 2026 in your prayers. May the Holy Spirit continue to inspire, guide, strengthen and transform each young person as they gather together in faith, fellowship and joyful celebration.

Visit igniteconference.ocm.au for more information

Mission Broken Bay is delighted to be hosting **BB Cafe** again this year.

*If you are attending Ignite, we warmly invite you to visit **BB Cafe**, share a conversation, enjoy a coffee and a moment of connection with the MBB team.*

MGL SISTERS: HOMECOMING SILENT RETREAT

28-30th August, Carmel House, Varroville

"His father saw him, ran to his son, threw his arms around him and kissed him." Lk 15: 20

This retreat is for men and women aged 18+. Hosted by the MGL Sisters.

Choose from a weekend retreat or extend your time with a 5 day retreat option.

w/e: <https://www.trybooking.com/DIDBK>
extended: <https://www.trybooking.com/DIDBU>

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

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!

FEAST OF THE WEEK

Feast Day: July 16

OUR LADY OF MOUNT CARMEL c. 1226

Patron Saint of Bolivia and the Carmelite Order
Invoked for those in Purgatory



Reflection: At the base of Mount Carmel, on the northwest coast of Israel, lies a Carmelite monastery named *Stella Maris*, Latin for “Star of the Sea.” This monastery is built over a cave believed to have been where the prophet Elijah, inspired by God, challenged 450 prophets of Baal in a contest to the death. Elijah triumphed. Shortly after, Elijah prophesied the end of a three-year drought when, in the passage above, his servant reported to him that he saw a “cloud as small as a man’s hand rising from the sea.” That small cloud quickly transformed into a heavy rainfall over the parched earth. Later Carmelites interpreted Elijah’s vision as a prefiguration of the Blessed Virgin Mary. She was seen as the small cloud rising from the sea, a true “Star of the Sea,” and the rain that would emerge from her to end the three-year drought was perceived as the grace and mercy poured out by her Son, Jesus.

It is believed that following the time of Elijah, other hermits emulated Elijah and his successor, Elisha, by becoming hermits in the caves of Mount Carmel. Although some traditions hold that these holy hermits embraced Christ and lived on this sacred mountain from the time of Christ, written records only confirm their presence from the thirteenth century onwards. It was then, in 1209, that a group of hermits asked Bishop Albert, the Latin Patriarch of Jerusalem, to provide them with a rule of life. Bishop Albert did so, and the Order of Brothers of The Blessed Virgin Mary of Mount Carmel, later known as the Carmelites, was formed. One of their first acts was to erect a chapel dedicated to Mary, Star of the Sea, *Stella Maris*. In 1226, their rule was approved by Pope Honorius.

Shortly after the order’s founding on Mount Carmel, Muslim invaders conquered nearby territories, leading some of the hermits to flee from the Holy Land to other parts of Europe, including Aylesford, England. Though records are uncertain, it is believed that one of the first men to join the Carmelite hermits in England was a man named Simon Stock. The Carmelites were a new form of religious life, living as hermits rather than as a more ordered community like the Benedictines, Cistercians, and Augustinians. As a result, they found it challenging to gain wide acceptance. In 1247, Simon Stock is believed to have been elected Superior General of the Carmelites at the age of eighty-two. In an attempt to help the new order gain wider acceptance within the Church, Simon and his fellow hermits sought out the intercession of the Blessed Virgin Mary. She responded and, in 1251, appeared to Simon while holding the Christ Child in one arm and a brown scapular in the other. She said to him, “Receive, my beloved son, this habit of thy order: this shall be to thee and to all Carmelites a privilege, that whosoever dies clothed in this shall never suffer eternal fire...It shall be a sign of salvation, a protection in danger, and a pledge of peace.”

In the centuries that followed, the Carmelites continued to develop a deep devotion to the Blessed Virgin Mary, especially clothing themselves in the scapular habit and developing liturgies in her honor. In the fifteenth century, the Carmelite order expanded to include women in religious service and also developed into a lay third order. In 1726, Pope Benedict XIII placed this Carmelite devotion to our Blessed Mother on the universal calendar of the Church under the title of Our Lady of Mount Carmel.

Throughout the centuries, many popes have spoken in favor of the scapular and devotion to Our Lady of Mount Carmel. In 1908, the Congregation for Indulgences at the Vatican issued a summary of this devotion as follows:

It is permitted to the Carmelite Fathers to preach that the Christian people may piously believe in the help which the souls of brothers and members, who have departed this life in charity, have worn in life the scapular, have ever observed chastity, have recited the Little Hours of the Blessed Virgin, or, if they cannot read, have observed the fast days of the Church, and have abstained from flesh meat on Wednesdays and Saturdays (except when Christmas falls on such days), may derive after death—especially on Saturdays, the day consecrated by the Church to the Blessed Virgin—through the unceasing intercession of Mary, her pious petitions, her merits, and her special protection.

As we honor Our Lady of Mount Carmel, we honor not only our Blessed Mother but also her central role in the Carmelite orders and the devotions to her that they have promoted, especially the devotion of the scapular. Reflect on your own devotion to our Blessed Mother. If you wear the scapular, renew your faith in her motherly intercession that is obtained through this holy devotion. If you do not wear the scapular, consider doing so as an outward sign of your interior devotion to her and your trust in her intercession.

Prayer: Our Lady of Mount Carmel, your arrival was prophesied by the vision of Elijah the prophet when he saw the small cloud rising from the sea. From that cloud, rain quenched the arid earth. Through you, the true rain of mercy continues to fall upon us in the form of your divine Son. Please pray for me, that my thirst from the dryness of my soul will always seek satisfaction only in your Son and the mercy He pours forth. Our Lady of Mount Carmel, pray for me. Jesus, I trust in You.

Source: mycatholic.life

RAIN OR SHINE ST BENEDICT'S FEAST DAY

**SUNDAY 12 JULY 9AM
MASS FOLLOWED BY
FESTIVAL UNTIL 1PM**

A wonderful opportunity to our parish community to come together in faith, fellowship and celebration!

During this special even we will also be drawing the Major Raffle and Cow Raffle with an opportunity to buy more tickets.

We are deeply grateful for your ongoing support!

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

- **Fresh fruit and veggie pre-pack boxes** by the awesome Kazzi Family.
- **BBQ specials** by the wonderful Sakkal Family.
- **Chocolate Wheel** run by the terrific Camilleri Family.
- **Piety Shop.**
- **Coffee and Devonshire Tea.**
- **Gifts and Crafts etc.**

There will be fun, delicious food, and something for everyone! **RAIN OR SHINE!**

For any further information contact the Parish Office on 9653 2312.

10.30am Mass Cancelled that day.

**St Benedict's Parish Church
2 Fagans Road
ARCADIA NSW 2159**

Parish Roster

**PLEASE JOIN US FOR
MORNING TEA AFTER THE 9AM MASS**

NEXT WEEKEND'S ROSTER

**18/7/26 to 19/7/26
16th Sunday in Ordinary Time - YEAR A**

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Paul E	George A
Reader1	Margaret B	Judy H	Leeann A
Reader2	Mary C	Lorraine D	Matt W
Prayers	Natasha S	Marisa Q	Azzi family
TV		Nigel M	Joshua A
EMHC		Jessie G	Gebran A
EMHC		Lorraine D	Lorna B
Music		Melanie H	Karina T
Music		Keith W	Noelle T
Music		Teresa G	John T
Music		Mary A	
Morning Tea		Mel Teresa	
FLOWERS	Souraya K		

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.*

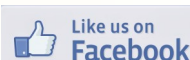
SAFEGUARDING MISSION STATEMENT

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.parish@bbcatholic.org.au
Website: www.bbcatholic.org.au/arcadia
Parish Priest: Fr Shansana Samarasinghe OSB
Email: sanshanasamarasinghe@yahoo.com
After hours: 0437 884 233
Facebook: [stbenedictsarcadia](https://www.facebook.com/stbenedictsarcadia)



MONASTERY 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

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.

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

ENGAGED ENCOUNTER WEEKENDS 2026

How prepared are you for marriage? Engaged Encounter provides you with deeper insights into each other and into married life.

We give you a chance to spend time together to strengthen and enrich your relationship. For further information visit our web site:

www.engagedencounter.org.au

Aug 8-9

DID YOU KNOW...

St Benedict is known as the **Father of Western Monasticism**. His **Rule of St Benedict**, written over 1,500 years ago, is still followed by Benedictine communities today.

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.

