

St Benedict's Parish Arcadia



PARISH Masses

Weekend:

Saturday 7:00pm Vigil
Sunday 9:00am
Sunday 10:30am

Weekday:

Mondays to Thursdays 9:30am

Fridays 6.30pm Adoration
7:00pm Mass & Confession
(Reconciliation)

Saturdays 10am to 11am
Adoration & Confession
(Reconciliation)

MONASTERY CHAPEL Masses

Sundays 7:00am
Daily 7:00am

Please contact Father Shansana for the following:

**BAPTISMS
RECONCILIATION
FOR THE SICK
MARRIAGES
FUNERALS**

Fr Shansana: 0437 884 233



FIFTH SUNDAY IN ORDINARY TIME YEAR A 4 & 5 FEBRUARY 2023

ENTRANCE ANTIPHON

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

SUNDAY HOLY MASS PRAYER

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. **Amen.**

REFLECTION: SHINE

Sunday's Gospel, Matthew 5:13-16 Jesus tells us 'You are the salt of the earth.... You are the light of the world.' Salt is essential for us for our life and was also very valuable back in those days, and light for us is important to shine to light the way.

- **Am I influencing those around me with my testimony of Christ to give them a fulfilling life in a positive way?**
- **Do I help others who are struggling by showing them the way to Christ?**
- **How can I shine brighter, lighting the world around me?**
- **Am I shining brightly for Christ for others to see Our Lord?**



Dear Lord,
I know you are calling me to be the salt and light. Help me make it easier to have enough salt and not to overshadow the light as sometimes I have nothing to show. Please give power to my lamp that it will shine with all its strength. Sometimes I may only have a dim light and that is okay and you will make sure even with the dim light Your work will be seen to those who need it. Amen.

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

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

Thus says the Lord:

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

The word of the Lord.

Thanks be to God.

Responsorial Psalm:

R. A light rises in the darkness for the upright.

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

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

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

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

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

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

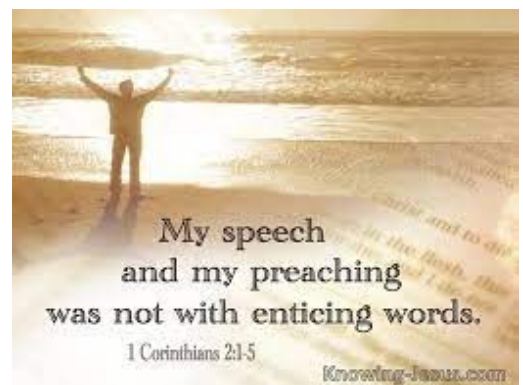
A reading from the holy Gospel according to Matthew
You are the light of the world.

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.

'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.



GOSPEL REFLECTION

Sunday, February 5

Isaiah 58:7-10

Psalms 112:4-9

1 Corinthians 2:1-5

Matthew 5:13-16

Your light must shine before others, that they may see your good deeds and glorify your heavenly Father. (Matthew 5:16)

How are our good deeds like a shining light? And why do they bring glory to God? A key to understanding Jesus' words lies in today's first reading from Isaiah.

The reading describes what have come to be called the corporal works of mercy: feeding the hungry, clothing the naked, sheltering the homeless, giving to the poor (Isaiah 58:7, 10). By performing these works, we imitate our heavenly Father, whose mercy knows no bounds. So, when people see these "good deeds" (Matthew 5:16), they see how God loves them: with generosity, mercy, and faithfulness. We believe that God himself reaches out to people through our actions. He is helping us display a "family likeness" to him, and it points anyone who sees us back to him.

In a broader way, our works of mercy can also contribute toward the kind of society that reflects God's priorities. How? The mercy we show people changes our own hearts. We see other people as beloved children of God, and that affects the way we act. And people notice. When, for instance, we sacrifice a night out so that we can give time or money to the needy, our corner of the world begins to look a little more like God's kingdom. When his generosity starts to overcome our selfishness or materialism, we help the people around us see that something different, something better, is possible. And, as Isaiah says, our "light shall break forth like the dawn" (58:8).

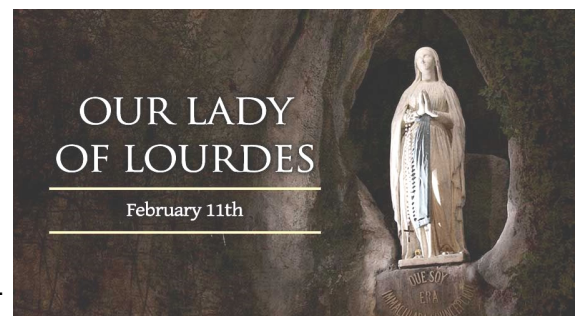
What concrete ways can God show his mercy through you? Start at your parish. It likely has programs to serve the poor or reach out to those in need. Maybe you could work at a homeless shelter or even start an outreach like serving lunches at a soup kitchen. Get involved, and let the light of God's likeness shine forth.

"Father, I want my actions to glorify you!"

(Source: Word Among Us India Feb-Mar Pg 4)

LITURGICAL FEASTS AND EVENTS OF THE WEEK

- Monday 6 Readings: Gen 1:1-19. Mk 6:53-56.
R: May the Lord be glad in his works.
St Paul Miki and companions, martyrs.
- Tuesday 7 Readings: Gen 1:20-2:4. Mk 7:1-13.
R: O Lord our God, how wonderful your name in all the earth!
- Wednesday 8 Readings: Gen 2:4-9, 15-17. Mk 7:14-23.
R: Bless the Lord, my soul!
St Jerome Emiliani. St Josephine Bakhita, virgin.
- Thursday 9 Readings: Gen 2:18-25. Mk 7:24-30.
R: Happy are those who fear the Lord.
- Friday 10 Readings: Gen 3:1-8. Mk 7:31-37.
R: Happy are those whose sins are forgiven.
St Scholastica, virgin.
- Saturday 11 Readings: Gen 3:9-24. Mk 8:1-10.
R: In every age, O Lord, you have been our refuge.
Our Lady of Lourdes.
WORLD DAY OF PRAYER FOR THE SICK.



Source: Ordo 2023

POPE FRANCIS' PRAYER INTENTION FOR FEBRUARY 2023

FOR PARISHES

We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.



THE RULE OF ST BENEDICT

Chapter 4

Daily in one's prayer, with tears and sighs, to confess one's past sins to God.

PARISH FUNDS

Your support as always is much appreciated. For those wanting to make payments directly to our bank account here are the details:

Bank Details for ONLINE only donations:
BSB: 062 784 Acct: 100002141
Name: Catholic Parish of Arcadia Bank:
CBA—Catholic Development Fund

LENTEN GROUP

Lenten Group is held during Lent for everyone encouraging our community to make Lent much more meaningful and spiritual. Reflecting on God's Word together and applying the Sunday readings to daily life. Seeking God together and praying for one another.

**Commencing Wednesday 1st of March at 7pm
(every Wednesday thereafter until Good Friday)**

Address: 726A Old Northern Road, Dural.
Ph: Benigna 0450 311 951

Program led by Gebran Azzi.

Everyone welcome!

(If you would like to hold a Lenten group at your place during Lent on another night or day please contact the parish office or Father Shansana.)

MEDITATION DAYS ST BENEDICT'S MONASTERY, ARCADIA

Invitation to St Benedict's Monastery, 121 Arcadia Rd, Arcadia for 2023:
Sundays - 19th February, 21st May, 20th August and 19th November. For our Introduction and Renewal Days for Christian Meditation.
Timetable : Arrival from 10am to register for a 10:30am start, presentations, introduction to meditation, periods of meditation, Mass, information exchange, conclusion around 3pm.
Book display and morning tea provided, BYO picnic lunch.

Masks are optional, recommend social distancing and vaccination for one's own personal protection.

Enquires : Ann Bergman,
anniebergman@hotmail.com or
Ann Lomas , atlomas@bigpond.com / 9653 2637
Possible accommodation in the Monastery Guest House:
Fr Michael Kelly, 0455 329 607 mkelly@silvestrini.org

FAREWELL FATHER HILARION

Thank you to everyone who joined us farewelling Father Hilarion last Sunday. We will really miss him!





"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." Matthew 11:28

FEBRUARY 2023 PROGRAMS

3rd (Friday)	1ST FRIDAY HEALING SERVICE, CHATSWOOD Our Lady of Dolours Catholic Church, 94 Archer St, Chatswood NSW 2067, Tel 02 9410 9000 6:30pm - 8:30pm	
4th (Saturday)	ONE DAY MALAYALAM RETREAT 10:00am - 2:30pm	
17th-19th (Fri-Sun)	LENTEN GROWTH RETREAT (LIVE-IN) "Rend your heart and not your garments." Joel 2:13 with Fr. Roni George VC and Fr. Joby Varghese VC Friday 5:30pm - Sunday 4:00pm BOOKING: drsyd@gmail.com	
20th (Monday)	SPIRITUAL RETREAT AT ST. PATRICK WALLSEND 7:00pm - 9:00pm, 11 Macquarie St, Walsend 2287	
21st (Tuesday)	SPIRITUAL RETREAT AT ST. LUKE'S REVESBY 7:00pm - 9:00pm, 1 Beaconsfield St, Revesby, NSW 2212	
26th (Sunday)	ONE DAY PILGRIMAGE (LAST SUNDAY RETREAT) 9:00am - 4:00pm with Fr. Roni George VC and Fr. Joby Varghese VC • Praise and Worship • Preaching The Word • Eucharistic Adoration • Holy Mass	
KID'S MINISTRY FOR CHILDREN AGED BETWEEN 5 - 8 YEARS	CHILDREN'S MINISTRY FOR CHILDREN AGED BETWEEN 9 - 12 YEARS	TEENAGER'S MINISTRY FOR TEENAGERS AGED BETWEEN 13 - 17 YEARS



DIVINE RETREAT CENTRE
160 Hensons Road, Somersby, SYDNEY-NSW 2250,
Tel: 02 4372 1598, email drsydney@gmail.com
• www.divineretreatcentre.org • www.facebook.com/divineretreatcentersomersby

The Divine Retreat Centre promotes the safety and protection of children and other vulnerable persons in its care.

In Our Parish

We welcome into God's family, all who were recently baptised.

We pray for the sick of our Parish, *especially Brother Mario and Koana Zouein (Rita Sarkis' mum).*

We remember in our prayers all our dearly beloved who have died,
especially Michela Scotti, Tim Hewitt and Denise Perry....may they Rest in Peace.



MEN'S MEET & GREET

Men's Meet & Greet group commencing:
Monday February 13th 2023.

Time: 7pm to 8pm.

Venue: St Benedict's parish meeting room.

Help us grow together in community of St Benedict's. Do you know all the men in our parish? This is an opportunity to get together and meet the other men in our parish community and have a chat. Bring a friend if you wish.

EVERYONE WELCOME.

For further information please contact the parish office on 9653 2312.

PARISH PASTORAL COUNCIL MEETING

Next Parish Pastoral Council Meeting will be held on **Monday February 8th 2023 7pm to 8pm** in the meeting room.

VOLUNTEER OF THE WEEK!

There are so many people we need to thank for helping out by volunteering. So many work behind the scenes and not many parishioners know what they do for our beautiful parish. This time we would like to thank **SOPHIE REBUA** for washing the purifiers and altar linens every week. Also in the past Sophie used to help the cleaner which was very kind of her. Sophie is also on the roster for morning tea every now and then. God bless you Sophie for all that you do!

We also would like to acknowledge our staff members **MARY CASCUN** and **JOE GATT** who both go above and way beyond their duties. We are so blessed to have you both and definitely notice the difference you both make to our parish! Thank you for making our parish so beautiful!

Is there someone you would like to nominate? Please mention it to Fr Shansana or Paula.

NEW ROSTER NOW AVAILABLE IN SACRISTY. PLEASE PICK UP A COPY.

From the 28/1/2023 to 15/4/2023

SACRAMENTAL PROGRAM RESUMES

First Reconciliation Classes begin:

Mondays 6th March 2023 until 27th March 2023 – 4.15pm to 5.15pm

Wednesdays 8th March 2023 until 29th March 2023 – 5.30pm to 6.30pm

1st Reconciliation on – Saturday 1st April - 10am

CCC PRAYER GROUP

Prayer meeting held every

Friday nights: after 7pm Mass

Wednesday mornings: after 9.30am Mass.

Everyone welcome. **Come and meet new people.**

For more details call Mary Camilleri on 0403 116 987.



CATECHISTS' NEWS

Thanks to all who were able to attend the meeting this week and collect their workbooks.

SRE (Scripture) starting dates:

Arcadia, Glenorie and Middle Dural –
Wednesday 15th February

Galston: Wednesday 22nd February

Hillside: Friday 24th February – **note changed date**

After rearranging and discussing, it is wonderful that we now have enough Catechists to teach all our classes! Thanks to Sally Souma, Delel Touma and Fr Bernard!

It is still important that we have reserve Catechists or helpers, so if you are free on Wednesday or Friday mornings during school terms and love being with children, why not consider joining this worthwhile ministry. Training, support and books are provided.

If you are interested, please contact myself or Paula at the parish office or any of our priests.

God bless,
Miriam Brown srearcadia@gmail.com
Parish Catechist Coordinator

WORD OF GOD SUNDAY

The Church in Australia celebrates the Sunday of the Word of God on the first Sunday in February – February 5 in 2023 (Fifth Sunday in Ordinary Time, Year A). Pope Francis established the day, which is devoted to “the celebration, study and dissemination” of the Word of God.

Visit www.catholic.org.au/wordofgod sunday to access resources to help commemorate the day and for suggestions on how to better engage with Sacred Scripture in various ways and settings.



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ITALIAN ROSARY GROUP

Every Monday 2.00pm.

Everyone welcome.

For more details call Angela Egiziano.

Ph: 9653 2312.



CHASUBLES FOR OUR PARISH

We are in need of five decent Chasubles (vestments) for the Priests to be used during Mass (the five Liturgical colours: Green, purple, white, red and pink).

If someone would like to donate a vestment in memory of a loved one we would really appreciate it. They are approximately \$160 each.

Please contact the parish office if you would like to donate a vestment as soon as possible.

God bless you all.



NOTICE: PARISH CARPET CHANGE

The Church carpet will be changed on Wednesday 15th of February 2023 at 7am. That day morning Mass will be held in the Church Hall.

We are also removing the carpet in the office and having it changed on the same day.

We need help removing all the office furniture and equipment on Tuesday 14th February late afternoon.

We also need help returning the furniture and equipment as well as the pews on Wednesday afternoon around 3pm.

Your help would be appreciated!

If you are available to help on either of those days please call Paul on 0408 277 718.



Saint Jerome Emiliani, Priest

c. 1486-1537

Feast Day: February 8

Patron Saint of orphans and abandoned children

One morning, we were twenty-eight at St. Magdalene Hospital and we were praying. Since we had nothing to eat, father Jerome told us, "Do not doubt, my sons, the Lord will take care!" And while he was still praying, we heard the doorbell ring. They went to open the door. A person wanted to see father Jerome. He went to the door and came back with four loaves of bread...he fed all twenty-eight of us with only those four loaves and fresh water because he did not have anything else. And everybody had enough. And the father kept saying we had to eat cheerfully because the Lord would never abandon us. ~Eyewitness testimony

Jerome was born into an upper-class ruling family in Venice. When Jerome was around the age of ten, his father died. Jerome continued to grow in virtue and pursue his studies. He was not known for excelling, but for being sociable, friendly, cheerful, strong-minded, and enthusiastic.

When he was a teenager, Jerome joined the military, as was common in his family. While in the military, Jerome became more ambitious about obtaining honors than growing in virtue. His ambitions were realized as he was honored with promotions in rank. At the age of twenty-five, he participated in the War of the League of Cambrai and was given command of the fortress of Castelnuovo, just west of Venice. In 1511, after many of his soldiers abandoned him, he and three others were captured and imprisoned.

At first, Jerome perceived his capture as a defeat, but it would be the beginning of his lasting victory in Christ. While chained from head to foot and imprisoned, Jerome had time to reflect upon his life. Though his imprisonment lasted only a month, it was a powerful and transforming month. He returned to the faith of his youth, opened his heart to Christ, and especially turned to the intercession of the Mother of God. He vowed to her that if she were to set him free, he would change his life and devote himself to the will of God. And that's what happened, to an extraordinary degree.

On September 27, 1511, Jerome encountered the Mother of God in his cell as a woman clothed in white. She accepted his promise, gave him the keys to his chains, and then led him through the compound and out of the city without being noticed by the guards. By her inspiration, he walked to the town of Treviso where he entered the church, presented himself before a statue of Our Lady, and his life began to change. Jerome remained in military service for the next few years but then abandoned his worldly ambitions and began to study theology. In 1518 he was ordained a priest.

By the year 1526, Father Jerome's mother and two of his brothers had died, leaving him to care for one of his brother's orphaned sons. By then, Father Jerome had a heart for charity; just like his imprisonment, this tragedy became the beginning of his future calling to care for abandoned and orphaned children. Of this period in his life, a close friend would later write, "By often listening to the word of God, he started to recall his ingratitude. He remembered his sins against the Lord. He wept often and, at the foot of the Crucified Lord, prayed to him not to be his judge, but his savior."

In 1528, a severe famine and plague struck Venice, and many children were left orphaned. In addition to caring for his nephews, Father Jerome began to care for other orphans, providing for them out of his own means. He was a man energized by love and tireless in his care of the poor, abandoned, sick, and orphaned. He even took care of those who had died by ensuring their proper burial. In the years to follow, his warm and energetic personality, coupled with his faith and devotion to the suffering Christ, enabled him to build hospitals, orphanages, and places of refuge for reformed prostitutes.

In 1532, Father Jerome moved to Somasca, a city between Venice and Milan, and with two other priests, founded the "Company of the Servants of the Poor" (later called the Order of the Somascan Fathers). These priests committed themselves to a life of poverty and service of the poor, sick, and especially orphaned children. Father Jerome devoted himself to the wholehearted proclamation of the Gospel in both his words and deeds. He organized his brothers and their homes with great skill. Many converted and grew fervent in their faith. His devotion to those suffering from the plague was so great that he himself contracted the disease and died a martyr of the plague in early February, 1537.

Saint Jerome was, at first, seduced by the glory and honor one can attain from the world. Apparent tragedy, for him, turned into glory. His imprisonment and suffering opened his eyes; he repented and turned his life toward Christ. He found his Lord in the poor, suffering, sick, and orphaned. He loved His Lord in them and became single-minded in his service.

Ponder your own ambitions in life. It is easy to become seduced by the passing "glory" of this world. But that false glory is fleeting. Seek to imitate this holy man by discovering the presence of God in those most in need of your love. Love them. See their dignity. Become an instrument of God's mercy for them, and you, like Saint Jerome, will have discovered your purpose in life.

Saint Jerome, you had a desire for greatness within your heart. Though you first sought to fulfill that desire by worldly and passing honors, God opened your eyes and helped you to discover that the greatest honor is found in the wholehearted service of His holy will. Please pray for me, that I may imitate your generosity and devote myself to the service of the Gospel and the care of those in need. Saint Jerome, pray for me. Jesus, I trust in You.

Source: mycatholic.life

Please join us for morning tea after the 9am Mass

NEW ROSTER NOW AVAILABLE IN SACRISTY. PLEASE PICK UP A COPY.

NEXT WEEKEND'S ROSTER

11/2/23 to 12/2/23

SIXTH SUNDAY OF ADVENT YEAR A

	Saturday 7pm	Sunday 9am	Sunday 10.30am
Acolyte		Paul E / Jerry L	
Reader1	Matt W	Kath M	Isabella M
Reader2	Mary C	Judy H	Emma M
Prayers	Roza N	Teresa G	Steve M
TV		Sebastian W	Mirko J
Music		Melanie H	Melanie H
Music		Keith W	David Y
Music		Helen F	Theresa N
Music		Marisa Q	
Morning Tea		Rosie S	
 FLOWERS	Hannah A		

Parish Roster

Thank You!

*Thank you to all our volunteers, we really appreciate it!
If anyone would like to join our parish roster please contact the parish.*

ACKNOWLEDGMENT

We acknowledge the Traditional Owners of country throughout Australia and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.

SAFEGUARDING MISSION STATEMENT

We the people of St Benedict's Parish are committed to fostering a community of safety and care for all people, especially for children and others in the community who are vulnerable. Our commitment is underscored by our faith in Jesus Christ.

If you have a concern for the safety and wellbeing of a child, young person or vulnerable adult, tell someone who can help. These people in our parish can help:

Fr Shansana 0437 884 233 - Lorraine Dailey 0416 081 882 - Office for Safeguarding 8379 1605.

PARISH OFFICE HOURS:

Mondays & Fridays: 9.30am to 2.30pm

Parish Office: 02 9653 2312
Email: arcadia.parish@bigpond.com

Parish Administrator: Fr Shansana Samarasinghe OSB
Email: sanshanasamarasinghe@yahoo.com
After hours: 0437 884 233

Address: 2 Fagans Road, Arcadia NSW 2159
Postal address: 121 Arcadia Rd, Arcadia NSW 2159

Website: www.bbcatholic.org.au/arcadia
Facebook: stbenedictsarcadia

MONASTERY: 9653 1159



BANK DETAILS for ONLINE only donations:
BSB: 062 784 **Account:** 100002141
Account Name: Catholic Parish of Arcadia Bank:
CBA—Catholic Development Fund

For all parish Occupational Health & Safety and Safeguarding Children matters Contact:
Lorraine Dailey on 0416 081 882.