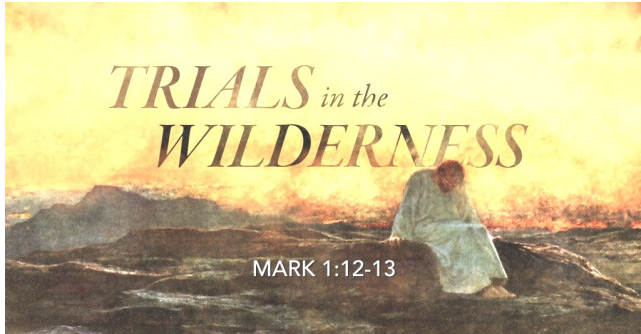


# St Benedict's Parish Arcadia



## PARISH MASS TIMES Weekends:

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

## Weekdays:

Mondays to Thursdays 9:30am

Fridays 6:30pm **STATIONS OF THE CROSS**  
7:00pm Mass & Confession (Reconciliation)

Saturdays 10:00am to 11:00am  
Adoration & Confession (Reconciliation)



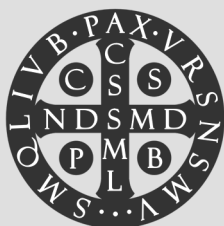
## MONASTERY CHAPEL Masses

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



## FIRST SUNDAY OF LENT YEAR B

17 & 18 FEBRUARY 2024

### ENTRANCE ANTIPHON

When he calls on me, I will answer him;  
I will deliver him and give him glory,  
I will grant him length of days.

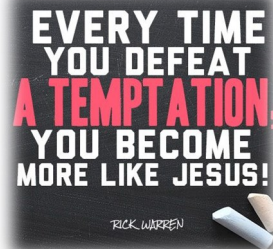
### SUNDAY HOLY MASS PRAYER

Grant, almighty God,  
through the yearly observances of holy Lent,  
that we may grow in understanding  
of the riches hidden in Christ  
and by worthy conduct pursue their effects.  
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: TEMPTATION

Sundays' Gospel, **Mark 1:12-15**, the Spirit drove Jesus out into the desert to be tempted by Satan and surrounded by beasts for 40 days, and the Angels ministered to Jesus.

- Have I know times of temptation when I felt on my own?
- Have I felt tempted off my path and of meeting God?
- When I have felt tested, did I feel God's hand or did I feel desolation and despair?
- Did I see how God was shaping me during that time?
- Do I spend time on my own in prayer?
- Do I feel the Angels ministering to me during my darkest time?



Lord,

**You are my strength and peace. Help me not to be tempted in my darkest hour. Help me be aware of the Angels ministering to me and to bring that reality to others. Amen.**

**First Reading: Genesis 9:8-15 (JB)**

A reading from the book of Genesis

*I will recall the covenant between myself and you ... the waters shall never again become a flood to destroy all flesh.*

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: nothing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'



**The word of the Lord.**

**Thanks be to God.**

**Responsorial Psalm:**

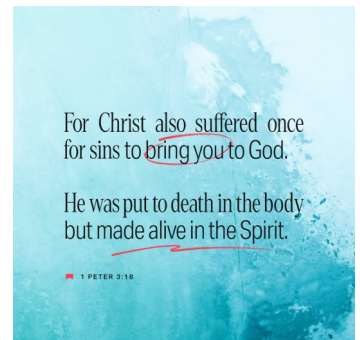
**R. Your ways, O Lord, are love and truth  
to those who keep your covenant.**

**Second Reading: 1 Peter 3:18-22 (JB)**

A reading from the first letter of St Peter

*The water of the flood is a type of the baptism which saves you now.*

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.



**The word of the Lord.**

**Thanks be to God.**

**Gospel Acclamation**

Praise to you, Lord Jesus Christ, king of endless glory!  
No one lives on bread alone,  
but on every word that comes from the mouth of God.  
Praise to you, Lord Jesus Christ, king of endless glory!

**GOSPEL: Mark 1:12-15 (JB)**

A reading from the holy Gospel according to Mark

*He was tempted by Satan, and the angels looked after him.*

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'



**The Gospel of the Lord.**

**Praise to you, Lord Jesus Christ.**

**GOSPEL REFLECTION**  
**First Sunday in Lent, February 18**  
**Genesis 9:8-15**  
**Psalm 25:4-9**  
**1 Peter 3:18-22**  
**Mark 1:12-15**

*The kingdom is at hand. (Mark 1:15)*

Can you imagine the excitement that Jesus must have generated as he began healing people, performing works of wonder, and preaching the good news of the kingdom? Can you picture the hope and expectation evident in the faces of the people who flocked to him? Maybe the time really had been “fulfilled.” Maybe the kingdom really was “at hand” (Mark 1:15).

It certainly was a dramatic way for Jesus to begin his ministry. But today, on the First Sunday of Lent, the Lord reminds us that this exciting new beginning came at the *end* of something not quite so exciting. Just before he burst on the scene, Jesus had endured a grueling forty-day fast and a host of demonic temptations.

This sequence of events wasn't just a coincidence. It was that very fast that helped launch the new kingdom Jesus was announcing. By staying faithful to his Father throughout this ordeal, Jesus began his work of disarming the devil. As the first man who didn't bend to temptation, he reversed the sin of Adam and opened a path for us to follow. Beginning with his time in the wilderness, Jesus demonstrated that his kingdom was indeed at hand—and that the devil's reign was coming to a decisive end.

As your own Lenten journey unfolds this year, keep the story of Jesus' temptation in the wilderness close to your heart. Especially when life gets hard or temptations arise, remind yourself that every desert experience can result in new life as you try your best to stay faithful to the Lord. Even if you fall, remember that you can stand up again and keep moving forward because of Jesus' triumph over the devil. Sin no longer has the final word in your life; Jesus, your Redeemer does!

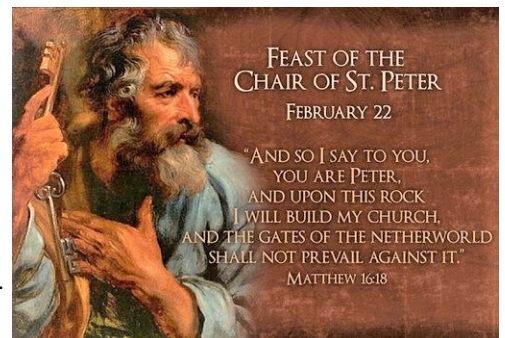
***“Jesus, I'm ready to enter the desert this Lent. I trust in your promise to walk with me and bring me into your kingdom!”***

Source: Word Among Us India

**LITURGICAL FEASTS AND EVENTS OF THE WEEK**

**FEBRUARY**

- |              |  |
|--------------|--|
| Monday 19    | Readings: Lev 19:1-2, 11-18. Mt 25:31-46.<br><b>R:</b> Your words, Lord, are spirit and life.  |
| Tuesday 20   | Readings: Is 55:10-11. Mt 6:7-15.<br><b>R:</b> From all their afflictions God will deliver the just.   |
| Wednesday 21 | Readings: Jonah 3:1-10. Lk 11:29-32.<br><b>R:</b> A broken, humbled heart, O God, you will not scorn.<br><b>St Peter Damian, bishop, doctor.</b>   |
| Thursday 22  | Readings: 1 Pet 5:1-4. Mt 16:13-19.<br><b>R:</b> The Lord is my shepherd; there is nothing I shall want.<br><b>The Chair of St Peter, apostle.</b> |
| Friday 23    | Readings: Ezek 18:21-28. Mt 5:20-26.<br><b>R:</b> If you, O Lord, laid bare our guilt, who would endure it?<br><b>St Polycarp, bishop, martyr.</b> |
| Saturday 24  | Readings: Deut 26:16-19. Mt 5:43-48.<br><b>R:</b> Happy are they who follow the law of the Lord!   |



Source: Ordo 2024

**POPE FRANCIS' PRAYER INTENTION FOR FEBRUARY 2024**



**For the terminally ill**

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.



## FATHER ALBERIC IN NURSING HOME

Our dear Father Alberic has been moved to a nursing home in respite for a month. He would love to see visitors! If anyone would like to visit him he is at:

Our Lady of Grace Nursing Home  
454 Old Northern Road, Dural.



We invite you to our  
**OPEN EVENING**  
WEDNESDAY 21 FEBRUARY 2024  
4PM OR 6PM  
Enrolments for Year 7, 2025  
close on Friday 15 March, 2024.  
marianenrolment@parra.catholic.edu.au



Visit the College website: [www.mariankenthurst.catholic.edu.au](http://www.mariankenthurst.catholic.edu.au)

## SERRA CLUB VOCATIONS MASS & DINNER MEETING

Thursday, 22 February - 6pm

Fr David Ranson, Vicar General and Parish Priest of Chatswood Parish, will celebrate Mass for Serra at Our Lady of Dolours Church in Chatswood on Thursday, February 22nd, 2024.

The evening will begin with Mass at 6:00 PM, followed by a light meal and a brief meeting in the Magnificat Room, located directly across Kirk Street from the Church. Following the meeting, Father David will be our guest speaker. Everyone is welcome. Please "come and see."

Please remember to pray daily for vocations to the priesthood, diaconate, the consecrated life, ecclesial women, all seminarians, novices, and for the perseverance of existing vocations.

For catering purposes, kindly contact Henry or Anna Leung at 0478 083 116 or email [henrywk@yahoo.com.au](mailto:henrywk@yahoo.com.au), or contact Terry Scanlan at 0438 887 295 or email [terry\\_scanlan@bigpond.com](mailto:terry_scanlan@bigpond.com) if you plan to attend.

**Date:** Thursday, February 22nd  
**Venue:** Our Lady of Dolours Church,  
94 Archer Street, Chatswood  
**Time:** 6:00 PM

## ST BENEDICT'S COUNTRY FETE



**St Benedict's  
Country Fete**

STALLS • LIVE MUSIC • RIDES  
2 Fagans road, Arcadia 2159  
Ph: 9653 2312

**Sunday  
7 APRIL  
2024** | **10.00AM  
TO 3PM** | **ST  
BENEDICT'S  
PARISH**

Chocolate Wheel – Raffle – Fruit stall – Rides – Petting animals –  
Food stalls – Coffee – ice cream – Fun family activities

### SAVE THE DATE: SUNDAY 7 APRIL 10AM TO 3PM

If any local businesses or entrepreneurs would like to hold a stall please let us know.

We need **young volunteers** who can assist us in managing the popcorn machine, slushy machine and fairy floss machine.

Also we are looking for a **talented parishioner** who can do face painting and colouring-in.

If you are cleaning out your cupboards, please start putting aside donations for the fete. Only good quality items can be taken. Loose items need to be in boxes. We also need NEW gifts for chocolate wheel.

For more information please contact Fr Shansana.

## WORKING BEE - KERBSIDE CLEAN UP



Robin Barbara would like **young strong people** to help her to do a **clean up from under the church**. We need to throw out many things before the Fete.

**Saturday 24th February 4pm.**

**Many hands make light work.**

## 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 Helen Facione, Greg Lambert, Gina Volpato (John's mum), Brother Mario, Father Alberic & Brother Terry.*

We remember in our prayers all our dearly beloved who have died, *May they rest in Peace.*



## VOLUNTEER OF THE WEEK!

This week volunteer of the week nomination goes to:

### MIRIAM BROWN



Thank you for coordinating the catechists which is such a big job, for the music and powerpoint every Saturday night Mass with Kevin. Also any help we ever need. You do so much for us it is greatly appreciated.

God bless you in all you do for our parish!

*Who would you like to nominate for next week? Please let us know so we can acknowledge their kindness.*

## 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 21st February at 7pm  
(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.)*

## SACRAMENTAL PROGRAM RESUMES

For those already enrolled First Reconciliation Classes begin:

Classes begin:

Group 1 MONDAYS:

February 19 2024 until 11th March 2024 – 4.15pm to 5.15pm

Group 2 WEDNESDAYS:

Wednesdays 21 February 2024 until 13th March 2024 – 5.30pm to 6.30pm

**First Reconciliation on – Saturday 16th March 2024 – 9.00am**

*(our next Sacramental Program will be announced in May, commencing with Confirmation).*



## CCC PRAYER GROUP

Prayer meeting held every  
**Wednesday morning**: after 9.30am Mass.  
Everyone welcome.

**Come and meet new people and have a cuppa!**  
For more details call Mary Camilleri on 0403 116 987.

## CATECHISTS' NEWS

It was wonderful to be back in class with the students this week! Many Catechists had the opportunity to share a lesson regarding Ash Wednesday on our first day.

We are still looking for a couple of people to assist with teaching. If you are retired, semi-retired, studying or working part-time, male, female, younger or older and are free on Wednesdays or Fridays in school term, please consider this rewarding ministry. You will be provided training, support, books and resources to help and you can choose to be a helper if you are uncertain.

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](mailto:srearcadia@gmail.com)

Parish Catechist Co-ordinator

## ST BENEDICT'S YOUTH GROUP

We are excited to announce that St Benedict's Youth group for **8-11yr olds** is in the pipeline!

Our anticipated start is April/May. Further details will follow in the coming weeks.

**Volunteers aged 14-16yrs** who would like to assist us please let Father Shansana know.

If anyone has table tennis or a basketball stand and ring that they would like to donate please notify the Parish office. We would be most grateful.



## STATIONS OF THE CROSS

**Wednesday mornings 9am  
Friday nights 6.30pm**

You are all invited to Stations of the Cross inside the Parish Church every Wednesday morning 9am and Friday nights 6:30pm for prayer, reflection and meditation on Christ's Passion.



## CRAFT GROUP



The quilting group will meet every 4th Tuesday of the month at 10.30am in the parish meeting room. Everyone welcome!

## ITALIAN ROSARY GROUP

Every Monday 2.00pm.  
Everyone welcome.

For more details call  
Angela Egiziano on 9653 2312.

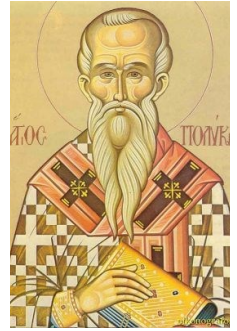


# SAINT OF THE WEEK

***Saint Polycarp, bishop, martyr***

***Feast Day: February 23  
C. 69—155***

***Patron Saint of earache sufferers***



***The dramatic death of a venerable bishop ends the sub-apostolic age***

A Catholic bishop is brutally executed in Turkey. His assassin yells “Allahu Akbar,” stabs his victim repeatedly in the heart, and then cuts his head off. There are witnesses to the act. The few local priests and faithful fear for their lives. The Pope in Rome is shocked and prays for the deceased. Five thousand people attend the solemn funeral Mass. An event from long ago? No.

The murdered bishop was an Italian Franciscan named Luigi Padovese, the mourning Pope was Benedict XVI, and the year was 2010. Turkey is dangerous territory for a Catholic bishop, whether he is Bishop Padovese or today's saint, Bishop Polycarp. For over a millennium, the Anatolian Peninsula was the cradle of Eastern Christianity. That era has long since come to a close. A few hundred miles and one thousand eight hundred years separate, or perhaps unite, Bishop Padovese with Bishop Polycarp. Whether shed by the sharp knife of a modern Muslim fanatic or spilled by a sword swung by a pagan Roman soldier, the blood still ran red from the neck of a Christian leader, puddling in the dirt of a hostile land.

The news of the martyrdom of Saint Polycarp, Bishop of Smyrna, spread far and wide in his own time, making him as famous in the early Church as he is now. He was martyred around 155 A.D., one of the few early martyrs whose death is verified by documentation so precise that it even proves that he was executed on the exact day of his present feast—February 23. Polycarp was 86 years old when a rash of persecution broke out against the local Church. He waited patiently at a farm outside of town for his executioners to come and knock on his door. He was then brought before a Roman magistrate and ordered to reject his atheism. Imagine that. What an interesting twist! The Christian is accused of atheism by the pagan “believer.” Such was the Roman perspective. Christians were atheists because they rejected the ancient civic religion which had been believed by everyone, everywhere, and always.

It required heroic courage for Polycarp, and thousands of other early Christians, to not drop some grains of incense into a flame burning before a pagan god. For the Romans, to not burn such incense was akin to spitting on a flag. But Polycarp simply refused to renounce the truth of what he had heard as a young man from the mouth of Saint John, that a carpenter named Jesus, who had lived a few weeks to the south of Smyrna, had risen from the dead after His decomposing body had been placed in a guarded tomb. And this had happened recently, in the time of Polycarp's own grandparents!

Polycarp was proud to die for a faith he had adopted through hard-earned thought. His pedigree as a Christian leader was impeccable. He had learned the faith from one of the Lord's very own Apostles. He had met the famous Bishop of Antioch, Saint Ignatius, when Ignatius passed through Smyrna on the way to his execution in Rome. One of Saint Ignatius' famous seven letters is even addressed to Polycarp. Polycarp, Saint Irenaeus of Lyon tells us, even travelled to Rome to meet with the Pope over the question of the dating of Easter. Irenaeus had known and had learned from Polycarp when Irenaeus was a child in Asia Minor. Polycarp's own letter to the Philippians was read in churches in Asia as if it were part of Scripture, at least until the fourth century.

It was this venerable, grey-haired man, the last living witness to the apostolic age, whose hands were bound behind him to a stake, and who stood “like a mighty ram” as thousands screamed for his blood. Bishop Polycarp nobly accepted what he had not actively sought. His body was burned after his death, and the faithful preserved his bones, the first instance of relics being so honored. A few years after Polycarp's death, a man from Smyrna named Pionius was martyred for observing the martyrdom of Saint Polycarp. In just this fashion links are added, one after another, to the chain of faith which stretches through the centuries down to the present, where we now honor Saint Polycarp as if we were seated within earshot of the action in the stadium that fateful day.

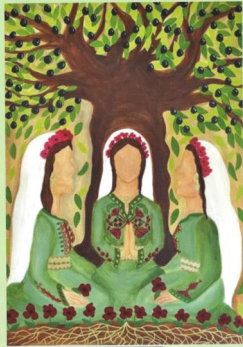
***Great martyr Saint Polycarp, make us steadfast witnesses to the truth in word and deed, just as you witnessed to the truth in your own life and death. Through your intercession, make our commitment to our religion of long duration, a life project, enduring until our life of faith concludes with a death of faith. Amen.***

Source: [mycatholic.life](http://mycatholic.life)



## World Day of Prayer 2024

### Palestine



Date & Time: 1 MARCH, 10-30

Location: St Madeleine's Catholic Church  
29 Annangrove Rd, Renthurst

Contact person: CarryAnne 0438 791813

## WORLD DAY OF PRAYER 2024

"The World Day of Prayer is an international ecumenical Christian laywomen's initiative. It is run under the motto "Informed Prayer and Prayerful Action," and is celebrated annually in over 170 countries on the first Friday in March. The movement aims to bring together women of various races, cultures and traditions in a yearly common Day of Prayer, as well as in closer fellowship, understanding and action throughout the year."

*"I Beg You... Bear With One Another in Love"*  
Ephesians 4:1-3

An ecumenical group of Palestinian Christian women have prayed and reflected together over the past several years to respond to the invitation to write the 2024 program. Their theme is "I Beg You... Bear With One Another in Love," based on Ephesians 4:1-7. This program calls us to bear with each other in love, despite all difficulties and oppression.



**PROJECT  
COMPASSION**  
FOR ALL FUTURE GENERATIONS



## PROJECT COMPASSION

This year, Project Compassion brings you the stories of three resilient women from three different corners of the world. They are facing vastly different challenges, but are all united by one dream: to create a better tomorrow for all future generations.

Meet Ronita from the Philippines. Ronita is a mother of two young boys living in a slum in Quezon City. She went back to school to finish her education so that she could earn income to support her children.

Meet Leaia from Samoa. Not having access to a reliable source of clean water was very difficult for Leaia and her family. But, with the support of Caritas Australia, a water tank was installed at their home, improving their health and living conditions.

Meet Memory from Malawi. Memory, the eldest daughter from a rural Malawian family, trained to become a carpenter and is now a trailblazer for future generations of women in her village.

Throughout Project Compassion, you will get to know the stories of Ronita, Leaia and Memory. Journey with them as they forge a path to a brighter future for all generations.

Please donate to Project Compassion.

You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting [caritas.org.au/project-compassion](https://caritas.org.au/project-compassion) or by calling 1800 024 413.

Photo: Richard Wainwright/Caritas Australia

# Parish Roster

PLEASE JOIN US FOR MORNING TEA  
AFTER THE 9AM MASS

## NEXT WEEKEND'S ROSTER

24/2/2024 to 25/2/2024

## SECOND SUNDAY OF LENT - YEAR B

	Saturday 7.00pm	Sunday 9.00am	Sunday 10.30am
Acolyte		Lorraine D	
Reader1	Maria G	Rebecca R	Mirko J
Reader2	Kathryn S	Ann L	Lorna B
Prayers	Mary C	Teresa G	Leon J
TV		Roderick R	Michael E
Music		Melanie H	Melanie H
Music		Theresa N	Keith W
Music		Pauline H	Don R
Music		Marisa Q	Christian R
Morning Tea		Lila B	
 FLOWERS	NO FLOWERS DURING LENT		

*Thank you to all our volunteers, we really appreciate it!*

*If anyone would like to join our parish roster*

*please contact the parish office.*

*Thank You!*

## ANNIVERSARY OF RELIGIOUS PROFESSION

FATHER BERNARD McGRATH

22/02/1969 - 55 years

Congratulations and best wishes on the Anniversary of your Religious profession commitment.

The parish of St Benedict's give thanks to the Lord for Father Bernard's vocation and his faithful commitment to the Lord. May God continue to bless and accompany him to be a wonderful instrument in proclaiming His mercy and love.

## AID TO THE CHURCH IN NEED

### JOB VACANCIES DIOCESAN OUTREACH ASSISTANTS

*Could you share the stories of suffering Christians? Are you looking for flexible part time work?*

Aid to the Church in Need is recruiting for a number of Diocesan Outreach Assistants who will deliver monthly presentations in parishes across Sydney, Broken Bay, Perth and Maitland-Newcastle.

For more information and to view the full job ad go to  
[www.aidtochurch.org/work](http://www.aidtochurch.org/work)

Or scan QR code:



## 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@bbcatholic.org.au](mailto:arcadia.parish@bbcatholic.org.au)

**Parish Priest:** Fr Shansana Samarasinghe OSB  
**Email:** [sanshanasamarasinghe@yahoo.com](mailto: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](http://www.bbcatholic.org.au/arcadia)

**Facebook:** [stbenedictsarcadia](https://www.facebook.com/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.**