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) Reminder - no Adoration next weekend, Saturday 15th July

MONASTERY CHAPEL Masses

Sundays Daily 7:00am 7:00am

Please contact Father Shansana for the following:

BAPTISMS

RECONCILIATION

FOR THE SICK

MARRIAGES

FUNERALS

Fr Shansana: 0437 884 233

FOURTEENTH SUNDAY IN ORDINARY TIME

YEAR A

8 & 9 JULY 2023

ENTRANCE ANTIPHON

Your merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice.

SUNDAY HOLY MASS PRAYER

O God, who in the abasement of your Son have raised up a fallen world, fill your faithful with holy joy, for on those you have rescued from slavery to sin you bestow eternal gladness. 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: SIMPLE KINDNESS

Sunday's Gospel, Matthew 10:37-42

Jesus said to the disciples, 'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

Jesus' concerns are for all in need. All who feel burdens weighing them down. Jesus asks us to be as children, trusting in his Father to provide.

- Do I turn to Jesus in my troubles?
- Do I look for rest in Jesus?
- Do I follow Jesus in being gentle and humble of heart?
- Do I help others to carry their burdens or am I a burden to others?

PRAYER Dear Lord, help me to turn to you in times of need and be as a child in my trust in you.

FOURTEENTH SUNDAY IN ORDINARY TIME

First Reading: Zechariah 9:9-10 (JB) A reading from the prophet Zechariah See how humbly your king comes to you!

The Lord says this: 'Rejoice heart and soul, daughter of Zion! Shout with gladness, daughter of Jerusalem! See now, your king comes to you; he is victorious, he is triumphant, humble and riding on a donkey, on a colt, the foal of a donkey. He will banish chariots from Ephraim and horses from Jerusalem; the bow of war will be banished. He will proclaim peace for the nations. His empire shall stretch from sea to sea, from the River to the ends of the earth.'

The word of the Lord. Thanks be to God.

Responsorial Psalm:

R. I will praise your name for ever, my king and my God.

Second Reading: Romans 8:9, 11-13 (JB)

A reading from the letter of St Paul to the Romans If by the Spirit you put an end to the misdeeds of the body, you will live.

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

The word of the Lord. Thanks be to God.

Gospel Acclamation

Alleluia, alleluia! Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the kingdom. Alleluia!

GOSPEL: Matthew 11:25-30 (JB)

A reading from the holy Gospel according to Matthew I am gentle and humble of heart.

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

The Gospel of the Lord. Praise to you, Lord Jesus Christ.



THE SPIRIT OF HIM WHO RAISED JESUS FROM THE DEAD DWELLS IN YOU ROMANS 8:11

O daughter of Zion! Shout, O daughter of Jerusalem! Behold your IIII is coming to you; He is just [having salvation, Lowly [riding on a donkey; a colt, the foal of a donkey.

BEJOICE GREATLY

Source: Liturgia Brisbane 2023

GOSPEL REFLECTION Sunday, July 9 Zechariah 9:9-10 Psalm 144:1-2, 8-11, 13-14 Romans 8:9, 11-13 Matthew 11:25-30

Jesus extends to his disciples a way of coming to know God more intimately. Jesus's purpose is to reveal to those who follow him the true nature of God the Father. As a believer's faith in God deepens, he or she seeks to understand God more fully. This growth process is ongoing throughout the life of a believer. God is so large that God is beyond any one person's understanding. But the search to know God more fully expands our knowledge and understanding of God. Jesus promises to all who profess belief in him and become his followers that he will be part of that process.

Jesus is the revelation of God that took on human flesh. Therefore, Jesus is the model of how an individual enriches her or his relationship with God the Father. In the Incarnation, Jesus accepted the will of the Father and took the form of a human being so that he could more effectively reveal the true nature of God to humankind. As "God made man," Jesus became the way to a more intimate relationship with God the Father - a relationship that God the Father strongly desired from the beginning of creation (see *CCC*, number 459).

Jesus guarantees the certainty of faith. Faith in Jesus is faith in God the Father. And God the Father is the essence of pure truth. The truth revealed to Jesus by the Father is the same truth Jesus has revealed to us. As believers in God as revealed to us by Jesus Christ, we know the word of God is truth and life (see CCC, number 157).

Matthew's community was mainly comprised of Jews that had converted to Christianity. As Jews, they had to be obedient to all the rules and regulations the Pharisees had set forth. This sometimes was referred to as the yoke of the Law. It was a very disciplined life, and observing all the precepts was often a yoke that was impossible to bear. With all the precise rules and restrictions imposed by the Pharisees' interpretation of the Law, salvation seemed far away or even impossible to obtain. Matthew wants his community to know that Jesus came to give them a new yoke of discipline for their lives. Jesus's yoke is easy, and his burden is light. Jesus shows Christians the way to live - to be gentle and humble of heart.

The image of a yoke is also a sign of hope for Christian converts, reminding them they do not walk alone - they are yoked to Jesus. Jesus walks with them, showing them the way. If they learn to synchronize their actions (movements) with those of Jesus, the yoke makes following the precepts of Jesus easy. The yoke can be perceived as a tool that helps the believer walk more easily with Jesus. It speaks of an intimate relationship between Jesus and his disciples, a relationship between the student and the master. This is how we find peace - working as a team with Jesus.

LITURGICAL FEASTS AND EVENTS OF THE WEEK						
<i>July</i> Monday 10	Readings: Gen 28:10-22. Mt 9:18-26. R: In you, my God, I place my trust.	Help me, O great St. Benedict, to live and die as a faithful child of God,				
Tuesday 11	Readings: Gen 32:23-33. Mt 9:32-38. R: In my justice, I shall see your face, O Lord. <i>St Benedict, abbot</i>	to be ever submissive to His holy will, and to attain the eternal happiness of heaven. Amen.				
Wednesday 12	Readings: Gen 41:55-57, 42:5-7, 17-24. Mt 10:1-7. R: Lord, let your mercy be on us, as we place our trust in you.	o ang. Bene care				
Thursday 13	Readings: Gen 44:18-21, 23-29,45:1-5. Mt 10:7-15. R: Remember the marvels the Lord has done. <i>St Henry</i>					
Friday 14	Readings: Gen 46:1-7, 28-30. Mt 10:16-23. R: The salvation of the just comes from the Lord. <i>St Camillus de Lellis, priest</i>					
Saturday 15	Readings: Gen 49:29-33, 50:15-26. Mt 10:24-33. R: Turn to the Lord in your need and you will live. <i>St Bonaventure, bishop, doctor</i>					

POPE FRANCIS' PRAYER INTENTION FOR JULY 2023

FOR A EUCHARISTIC LIFE

We pray that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and opening to the encounter with God and all their brothers and sisters.



THE RULE OF ST BENEDICT

Chapter 4

To reverence the old.

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

ORDINATION ANNIVERSARIES

Fr Alberic Jacovone 15 July 1961 - 62 years

Father Michael Kelly 11 July 1970 - 53 years

Congratulations and best wishes on your Anniversaries of Priesthood.

Your holy service to the Lord touches

so many hearts and inspires so many lives. May God's goodness and kindness be with you on this special day and all the days of your life. God bless you and may He keep you safe in the palm of His hand.



FEAST OF ST BENEDICT

We will celebrate the Feast of St Benedict's next Sunday (16th July) during the 9am Mass.

SACRAMENTAL PROGRAM

OUR NEXT SACRAMENTAL PROGRAM

is now open, commencing with Confirmation (child must be in year 3 or above, this year). Confirmation classes will be held in August 2023.

The forms are available in the sacristy, otherwise please email the parish if you would like your child to be added to the list. The form is also available on the parish website.

In the Diocese of Broken Bay, the order of receiving of the sacraments is:

Confirmation, Reconciliation, then Eucharist. Children are usually prepared for these sacraments in Years 3 and 4.





St Vincent de Paul Society NSW good works

ST.VINCENT DE PAUL WINTER APPEAL

We are hoping to collect any **non-perishable food and toiletries** you may be able to donate.

We also want to express our gratitude for the generous donations we have received through the Poor Boxes in the church. These donations and those from our appeals are hugely appreciated as we are helping so many more families suffering hardship in these difficult times.

We take this opportunity to welcome Marie Endicott as a new member of Arcadia Conference. We are delighted to have her on board.

Rita, Lila, Marie & Karen - Vinnies Arcadia.





This month *Aid to the Church in Need* is raising money to build a parish house in Sierra Leone. The parishioners of the parish of Our Lady of Perpetual Succour have been trying to help their priest who is living in a house that is decaying due to heavy rainfall and salt-laden sea



air but they themselves are poor and have little to give. ACN has promised to help but we need your help to make this possible. To learn more and to make an offering visit <u>www.aidtochurch.org/</u> <u>monthlyprojector</u> or scan the QR code.

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 Gina Volpato (John's mum), Tony Takchi, Brother Mario & Brother Terry, Koana Zouein (Rita Sarkis' mum) and Jenny Taylor.



We remember in our prayers all our dearly beloved who have died, especially Rosaria Cali, Carmen Camilleri and Karl Maurer, and Lyla Abood (first anniversary). May they rest in Peace.

TRI-DIOCESAN SOCIAL JUSTICE EVENING 2023





WEDNESDAY 26TH JULY, 2023

This year's Tri-Diocesan social justice event is on the topic of the current Australian Catholic Bishop's statement on domestic violence: 'Respect: Confronting Violence and Abuse.'

This is an annual event organised by the Diocese of Broken Bay, the Diocese of Parramatta and the Archdiocese of Sydney, with Sydney hosting the event this year as follows:

- Date: Wednesday 26 July 2023
- Time: 6:00pm 8:30pm

Venue: Catholic Institute of Sydney, Strathfield Presenters on the evening include the organisers of a photographic exhibition recently held on the Central Coast to draw attention to this issue, which includes Commander Sharon Marshall from the NSW Police.

For other speakers and further details, please see flyer below.

This is a free event, and includes dinner. All most welcome to be part of this important conversation. Registration is essential at: https://tinyurl.com/2wwy3ajm

Enquiries: Email <u>pina.bernard@bbcatholic.org.au</u> or phone 0432 682 238



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

Without prejudice to the Bishop's mission as the primary catechist in his Diocese, one which he shares with his presbyterate, or to the particular responsibility of parents for the Christian formation of their children (cf. CIC can. 774 §2; CCEO can. 618), recognition should be given to those lay men and women who feel called by virtue of their baptism to cooperate in the work of catechesis (cf. CIC can. 225; CCEO cans. 401 and 406). This presence is all the more urgently needed today as a result of our increasing awareness of the need for evangelization in the contemporary world (cf. Apostolic Exhortation Evangelii Gaudium, 163-168), and the rise of a globalized culture (cf. Encyclical Letter <u>Fratelli Tutti</u>, <u>100</u>, <u>138</u>). This requires genuine interaction with young people, to say nothing of the need for creative methodologies and resources capable of adapting the proclamation of the Gospel to the missionary transformation that the Church has undertaken. Fidelity to the past and responsibility for the present are necessary conditions for the Church to carry out her mission in the world. Pope Francis' Apostolic Letter 10 May 2021 Instituting the Ministry of Catechist

Wishing all a safe and enjoyable holiday break!

The Safeguarding Children training for all Catechists has been rescheduled for Thursday 3rd August 9:30am - 12:30pm at the parish.

If you would like to learn more about being a Catechist or a helper, please talk to myself, or one of our parish Catechists or any of our priests.

Catechists or any of our priests. Training, a Teacher's Manual and workbooks are provided free.



God bless,

Miriam Brown srearcadia@gmail.com

PRAYER OF THE FAITHFUL BOOKS





We would like to purchase the above two hardcover books for our parish, they are \$40 each. If anyone is interested in donating to purchase them, it would be greatly appreciated. Please contact Fr Shansana or the parish office.



Saint Camillus de Lellis, Priest

1550-1614

Patron Saint of the sick, hospitals, hospital workers, nurses, and nursing associations Invoked against the vice of gambling

Canonized by Pope Benedict XIV on June 29, 1746

Because without doubt within a few days I will go to another life, given that I am most

grave because of my long infirmities...it appears to me that I would fail in my duty if, before this life ends, I did not tell you with all simplicity and rectitude what I have heard and hear in me about our holy Order, so that everyone may walk with the rectitude and faithfulness that God wants of us. He asks us that we do not bury the very valuable talent that God has placed in our hands so that we may achieve holiness in life and then in eternal glory. There is also another reason: speaking in conscience and in truth, one can almost say that this foundation was done in a miraculous way with a view to the glory of his Divine Majesty and of such a great good for the souls and bodies of our neighbors... ~Letter from his deathbed

Camillus was born in the Kingdom of Naples. His mother was in her late forties when he was born, and his father was a soldier who was often away from home. Before his birth, his mother had a dream that she would give birth to a son who would wear a red cross on his chest and lead others with the same cross. However, Camillus' mother died when he was young, leaving him mostly on his own. In his teenage years, Camillus joined his father on military campaigns where he fell into the vice of gambling and constantly experienced destitution. He wounded his leg on one campaign, which never properly healed.

In Camillus' mid-twenties, his military regiment was disbanded, and he found his way to a Franciscan friary where he obtained menial work. One day, a saintly friar spoke with him, saying, "God is everything. The rest is nothing. One should save one's soul which does not die." This had a profound impact on Camillus. Shortly afterward, he fell on his knees and prayed, "Lord, I have sinned. Forgive this great sinner! How unhappy I have been for so many years not to have known you and not to have loved you. Lord, give me time to weep for my sins for a long time." After this initial conversion, he applied to the friars for admission as an apprentice, but his application was rejected due to his unhealed leg wound.

Since the wound on his leg was deemed incurable, Camillus traveled to Rome and found work at Saint James Hospital for the Incurable. There, he received treatment while caring for the sick and dying. He also began living a life of deep prayer and penance.

At that time, hospitals for the dying were not as they are today. Many hospital workers were society's rejects. Caring for the sick and dying was considered a lowly and undesirable task, and many did it only to make a meager living, not as a sincere act of mercy. Camillus's newfound faith and penitential life made him stand out in the hospital. He became such an inspiration that he was made the hospital's director. As director, he tried to form a lay association of charitable hospital workers, but his efforts proved fruitless. Fortunately for him, he met Saint Philip Neri, who became his spiritual director. Saint Philip encouraged him in his work and suggested that he become a priest to bring his calling to fruition. Thus, with the help of Saint Philip, he found a benefactor, completed his theological studies, and was ordained a priest at the age of thirty-four.

As a priest, he and his group of merciful hospital workers began serving the sick at Holy Spirit Hospital in Rome. They made quite an impression. They served not for money or because they could find no other work. They served out of charity, according to the vocation given to them by God. In addition to caring for those at the hospital, they ministered to the homebound and to everyone they found sick or dying. In 1586, after Camillus had been a priest for only two years, Pope Sixtus V formally approved his new congregation, named the Order of Clerks Regular, Ministers of the Infirm (M.I.), later known as the Camillians. In addition to taking the traditional three vows of poverty, chastity, and obedience, they took a fourth vow of "service to the sick poor, including the plague-ridden, in their corporeal and spiritual needs, even at risk to their own life, having to do this out of sincere love for God." In 1591, Pope Gregory XV raised the congregation to the level of a Religious Order. They wore a black habit with a large red cross over their chest, just as his mother had dreamt before he was born.

In the years that followed, Father Camillus and his new order of ministers to the infirm expanded to other hospitals and towns, cared for those suffering from various plagues, and tended to soldiers wounded in battle. By the time of Camillus' death, the order had expanded throughout Italy and even into Hungary. Though his wounded leg remained a source of much suffering throughout his life, he never allowed it to deter him from his work, even if he had to crawl to a patient's bedside. His holiness was evident, as were the gifts of prophecy and healing. After his death, religious sisters were formed according to his order's charism, as were lay associations.

(continued from previous...)

In his service of the poor and sick, Saint Camillus was serving Christ. When he ministered to those who were suffering the most, with the most repulsive infirmities, he was drawn to them as he was drawn to the suffering Christ. His tenderness and compassion did much for their physical well-being, but it did much more for their eternal souls.

As we honor this great founder and saintly convert, consider the contrast we find in his life. He was mostly abandoned and fell into grave sin as a youth, but God touched him and transformed him, doing great things through his life. As you consider his life, consider also your own weaknesses and sins and know that there is always hope for you and for others, and that God can transform your life in glorious ways, doing great things in and through you.

Saint Camillus de Lellis, you suffered as a young man from an addiction to gambling and lived a destitute life. God called you out of that darkness and you responded. Please pray for me, that the light of Christ will enter into my own darkness and sin, and from that place of suffering, transform me into a living saint, fully devoted to the service of God and others. Saint Camillus, pray for me. Jesus, I trust in You... Source: mycatholic.life

FRAGMENTED FAMILIES

Interfering family members is an age-old problem and is an area that couples struggle with in their relationships. It's a real challenge, particularly for couples in the early years of their relationship. They struggle to work out the right balance because they care and love their families. They also care and love the person that they're in a relationship with. It could be the longest existing problem in couple relationships' history.

There is this beautiful phrase in the bible. In the book of Genesis, it says, "for this reason, a man will leave his mother and father and joined with his wife and the two shall become one body."

Generally, family members meddle because of personality differences. Families also come with different 'norms' and ways of doing things, such as how they manage their money, leisure time and time off and how they express affection, like hugs, cuddles, kisses. It must be said that change is often difficult. And marrying into a different culture, whether it's heritage or religion can be both a blessing and a curse.

Approaching differences from a perspective of openness and curiosity to learn new ways can be a real blessing in family life. However, it becomes very difficult when families become gridlocked into believing their way is the best way. Finding a way forward can therefore be problematic. Traditions and cultural things of value can be a reason why families interfere. For example, how a family celebrates Christmas and other culturally important occasions. Sometimes it's due to loneliness. For single parent families and the children who find someone they love and start a new relationship.

There are things that stand out that are helpful for couples to keep in mind. When we're stuck in a situation where a partner or spouse sees something one way and the extended family has another view, it can make you feel like you are the meat in the sandwich. You are trying to make everyone happy but not succeeding in making anybody happy. Step one is to realise there is no sandwich. You have chosen your partner and if you're married you stood at an altar and you said, "I choose to put you before all other people." That doesn't mean you don't care about your family but ultimately when it comes to a difficult decision, you prioritise your partner and his/her needs. You don't have to make financial or parenting decisions with anyone else. It is up to you and the person you are in this relationship with. The second thing for couples to remember is to take responsibility for their own family and negotiate with their own extended family. They obviously have a much deeper history with their own family than they do with their partner's family.

For example, take the grandparent who loves to give his grandchildren lollies. That in itself is not a problem but it may be an issue if it occurs just before dinner. In this situation, it is much easier for the son or daughter to say to their (respective) parent not to give the children lollies before dinner because they have a better understanding of their own family. It is easier to negotiate on behalf of the couple because they probably know the best way to get what they want from their family.

It is also very important for couples to develop 'we' language. When we use the word 'we' it puts us in a position to ask our spouse when we are dealing with other family members. For example, my mum says, "Why don't you, Karen and the kids come over on Saturday?" Now I could say, "Look, I'll check with Karen and get back to you.' The problem with that is that without meaning to, it can sound like 'Derek wants to come for morning tea, but Karen's the one who always holds him back'. It's much safer for me to say, "I'm not sure what we are doing Saturday, so we'll get back to you." Then it's not me or Karen, it's us. 'We' as a couple make these decisions together. Source: maiellan.media

Please join us for morning tea after the 9am Mass

ROSTER NOW AVAILABLE IN SACRISTY – PLEASE COLLECT										
Your name is marked on your copy										
NEXT WEEKEND'S ROSTER 15/7/2023 to 16/7/2023 FIFTEENTH SUNDAY IN ORDINARY TIME - YEAR A										
								Saturday 7pm	Sunday 9am	Sunday 10.30am
							Acolyte		Nigel M	Paul E
Reader1	Maria G	Rebecca R	Melanie H							
Reader2	Mary C	Lorraine D	Judy H							
Prayers	Margaret B	Kath M	Gebran A							
τν		Roderick R	Teresa G							
Music		Mark Q	Mark Q							
Music		Pauline H	Keith W							
Music		Theresa N	Martina J							
Music		Marisa Q	Adam F							
Morning Tea		Tania T	Parish Council							
FLOWERS	Rose G									

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.

Website:

Easabaak

www.bbcatholic.org.au/arcadia

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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	Гасероок:	stbenedictsarcadia	a
Parish Office: Email:	, 02 9653 2312 arcadia.parish@bigpond.com	MONASTERY:	9653 1159	Facebook
Parish Priest: Email: After hours:	Fr Shansana Samarasinghe OSB sanshanasamarasinghe@yahoo.com 0437 884 233	BANK DETAILS for ONLINE only donations: BSB: 062 784 Account: 100002141 Account Name: Catholic Parish of Arcadia Bank: CBA—Catholic Development Fund		
Address: Postal address:	2 Fagans Road, Arcadia NSW 2159 121 Arcadia Rd, Arcadia NSW 2159	For all parish Occupational Health & Safety and Safeguarding Children matters Contact: <i>Lorraine Dailey on 0416 081 882.</i>		