

St Benedict's Parish

Arcadia



14TH SUNDAY IN ORDINARY TIME YEAR A JULY 4 & 5 2026



PARISH MASS TIMES

Weekends:

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

Weekdays:

Mondays to Thursdays 9:30am

Fridays

6:30pm Adoration
7:00pm Mass & Confession

Saturdays

9:00am to 10:00am
Adoration & Confession

MONASTERY CHAPEL MASS TIMES

Sundays 7:00am
Daily 7:00am

Please contact Father Shansana or Parish Office for the following:

**Baptisms
Reconciliation
For the Sick
Marriages
Funerals**

Parish Priest:
Fr Shansana 0437 884 233
Parish Office 9653 2312



ENTRANCE ANTIPHON

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.

OPENING PRAYER

Let us pray.
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: FINDING REST

This Sunday's Gospel, Matthew 11:25-30, Jesus invites us to come to Him with all our worries, burdens, and fears. He promises rest for those who trust in Him. His way is not one of heavy demands but of love, mercy, and peace. When we place our lives in His hands, we discover that we never carry our burdens alone.

I Reflect...

1. What burden do I need to hand over to Jesus today?
2. Do I trust Jesus to guide me through life's challenges?
3. Am I open to learning from His gentle and humble heart?
4. How can I bring peace to someone this week?
5. Where do I most need God's rest in my life?

Trust. Peace. Rest

Prayer

Lord Jesus, help me to trust You with all that weighs on my heart. Give me the peace that only You can give, and teach me to walk each day in Your love. Amen.

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.



**"See now, your king comes to you;
he is victorious, he is triumphant"**
Zechariah 9:9

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!

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.



**"Come to me, all you who labour
and are overburdened, and I will
give you rest"**
Matthew 11:28

"What, dear brothers, is more delightful than this voice of the Lord calling to us? See how the Lord in His love shows us the way of life." — Rule of St. Benedict, Prologue, verse 19

READINGS & GOSPEL REFLECTION

Zechariah 9:9-10 / Romans 8:9, 11-13 / Matthew 11:25-30

Peace Through Christ

Today's readings reveal a God who comes to us with humility, peace, and life. **Zechariah** foretells a King who arrives not in power or violence, but riding on a donkey, bringing peace to all nations. In the **Gospel**, Jesus fulfils this prophecy as He invites the weary to come to Him and find rest. **St Paul** reminds us that the same Spirit who raised Christ from the dead lives within us, giving us the strength to live according to God rather than the ways of the world.

Together, these readings remind us that true peace is not found in control, success, or comfort, but in surrendering our lives to Christ. When we walk with Him and allow the Holy Spirit to guide us, our burdens become lighter, our hearts find rest, and we become instruments of His peace.

Key Thought

True strength is found in humble trust, and true peace is found in Christ.

Take-Home Challenge

This week, bring one burden to Jesus each day in prayer and ask the Holy Spirit to help you carry it with faith and peace.

Prayer

Lord Jesus, You are our gentle King and our source of peace. Help us to trust You with every burden and to follow the guidance of Your Spirit each day. Fill our hearts with Your peace so that we may bring hope and love to those around us. **Amen.**

LITURGICAL FEASTS AND EVENTS OF THE WEEK

JULY

- | | |
|-------------|--|
| Monday 6 | Readings: Hosea 2:16-18, 21-22. Mt 9:18-26.
R: The Lord is kind and merciful.
St Maria Goretti, virgin, martyr. |
| Tuesday 7 | Readings: Hosea 8:4-7, 11-13. Mt 9:32-38.
R: The house of Israel trusts in the Lord.
St Peter To Rot, martyr. |
| Wednesday 8 | Readings: Hosea 10:10-13, 7-8, 12.
R: Seek always the face of the Lord. |
| Thursday 9 | Readings: Hosea 11:1-4, 8-9. Mt 10:7-15.
R: Let us see your face, Lord, and we shall be saved.
St Augustine Zhao Rong, priest, and companions, martyrs |
| Friday 10 | Readings: Hosea 14:2-10. Mt 10:16-23.
R: My mouth will declare your praise. |
| Saturday 11 | Readings: Is 6:1-8. Mt 10:24-33.
R: The Lord is king; he is robed in majesty.
St Benedict, abbot. |



St Maria Goretti,
*pray for us, that we may
love God with pure hearts,
forgive those who hurt us,
and remain faithful to
Christ each day. Amen.*

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

NEXT SUNDAY THE FEAST DAY THE 10.30AM MASS WILL BE CANCELLED. SO THERE'S ONLY THE 9AM MASS FOLLOWED BY THE FEAST DAY.

FINAL ROSTER IS READY TO BE COLLECTED FROM THE SACRISTY WITH YOUR NAMES ON IT.

HELPERS NEEDED FOR 9AM MORNING TEA.

PETER'S PENCE COLLECTION

This week we join with Parishes across the world in taking up the Vatican's annual Peter's Pence Collection. The Peter's Pence Collection provides for the charitable works of mercy identified by His Holiness, Pope Leo XIV, including emergency assistance to those in need due to natural disaster, war, oppression and disease.

Your generosity allows the Holy Father to respond to those suffering with love and compassion.

You can make a gift using the Peter's Pence collection **envelopes available in the pews.**
May God bless your generosity.

DIOCESAN ADMINISTRATOR

The Very Rev Dr David Ranson has been elected the Diocesan Administrator of the Diocese of Broken Bay by the College of Consultors.

Very Rev Dr David Ranson will assume the role of Diocesan Administrator immediately while also maintaining his role of Parish Priest at Chatswood.

PIETY SHOP NEWS

NEW IN THE PIETY SHOP!

Be sure to check out the wonderful new items that have arrived in our Piety Shop.

Next Sunday, at our Feast Day celebrations, we are also delighted to welcome **Temple Clothing**, who will have a beautiful range of **faith-inspired apparel** and spiritual clothing available.

We encourage everyone to come along, browse their collection, and support this wonderful venture. We look forward to seeing you there!

VOLUNTEERS OF THE WEEK

This week's volunteers of the week nomination:



**DONNA BODDY
ZACH BODDY**

Thank you both for your faithful and generous service to our parish assisting in our various ministries, lending a helping hand at parish events, or quietly serving wherever needed, your willingness to give your time and talents is a wonderful blessing to our parish community. Your dedication and commitment are deeply appreciated.

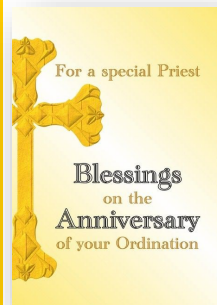
May God bless you both abundantly for all that you do.

ANNIVERSARY OF ORDINATION

FR MICHAEL KELLY

11 JULY 1970 - 56 YEARS

Our warmest congratulations to **Fr Michael** as he celebrates the **56th anniversary of his priestly ordination.**



Aid to the
Church in Need

ACN AUSTRALIA NEW ZEALAND

Two powerful earthquakes have devastated Venezuela, leaving hundreds dead, thousands injured and homeless, and reduced churches and homes to rubble.

[Please make an emergency gift today to help earthquake-stricken Venezuelans.](#)

More than 1,700 people have died and 5,000 are injured. Thousands more are still feared trapped, as search and rescue efforts become more desperate with each passing day.

Those who survived are living outdoors to avoid risking further injuries from unsound buildings. Thousands need shelter, food and basic necessities.

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, Lucia Bisoglio, Frank Gauci, Joe Gallo, Miriam Brown,
Pauline Honor, Kath Moran, Peter Bellew, 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 Pappallardo.*
~ May they rest in Eternal Peace.



CATECHIST NEWS

Term 2 has now concluded. Thank you to all our catechists for your faithful dedication and service throughout the term.

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



PARISH FINANCE UPDATE PASTORAL WORKS

To date:

Parish Quota:	\$18,005.00
Payment (parishioner donations):	\$ 5,881.00
Balance we owe Diocese:	\$12,124.00

If you're able to support our Parish Pastoral Works, your donation would be a great help — and it's tax deductible. Contributions made before the end of June can be claimed this financial year.

Thank you for your generosity and care for our parish community.

NATIONAL ABORIGINAL AND TORRES SRAIT ISLANDER SUNDAY SUNDAY 5TH JULY 2026

This Sunday, we join Catholics across Australia in celebrating **National Aboriginal and Torres Strait Islander Sunday**.

We give thanks for the rich cultures, enduring faith, and invaluable contributions of Aboriginal and Torres Strait Islander peoples to the life of the Church and our nation. Let us pray for healing, reconciliation, justice, and unity, that together we may walk in the spirit of Christ, respecting the dignity and gifts of every person.

PRAY FOR VENEZUELA

Heavenly Father, we pray for the people of Venezuela, especially those affected by the recent earthquake. Comfort the suffering, protect those in need, and strengthen all who are bringing aid and hope.

Through Christ our Lord. Amen.



Create.Share.Encounter
A Creative Women's Ministry

Please join us for our upcoming
Maker's Table workshop
at St Benedict's!

Wednesday 5th August
7.30-9.30pm

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

Martine Musumeci 0458-533-250
Nerida Woodbury 0425-834-017

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!



SAINT OF THE WEEK

Feast Day: July 11

SAINT BENEDICT, ABBOT

c. 480-547

Patron Saint of Europe, monks and religious orders, architects, dying people, cave explorers, schoolchildren, agricultural workers, civil engineers, and coppersmiths.

Invoked against erysipelas, fever, gallstones, inflammatory diseases, kidney disease, nettle rash, poison, temptations, and witchcraft

**Canonized by Pope Honorius III in 1220
Declared Patron Saint of Europe by Pope Paul VI in 1964**

Benedict was born in Nursia, about 100 miles northeast of Rome. From a comfortable childhood as a member of the nobility, Benedict pursued a holy life with far-reaching implications for the Church. At age twenty, Benedict left his studies in Rome to seek a life of virtue. After living in the Church of Saint Peter in Affile, he donned a monastic habit to live in a cave near Subiaco. As a hermit, he spent three years prayerfully rooting out his sin, especially the most common temptations: "the temptation of self-affirmation and the desire to put oneself at the center, the temptation of sensuality and, lastly, the temptation of anger and revenge" (Pope Benedict XVI, General Audience, April 9, 2008).

Over the next two decades, he served as abbot to a group of local monks and founded twelve small monasteries around Subiaco. Numerous miracles were said to take place through his intervention, and while his radical way of living attracted followers, it so angered others that they tried to kill him.

At age fifty, Benedict moved sixty miles southeast to the mountaintop of Monte Cassino. There, Benedict destroyed a temple built to the Roman god Apollo, building two chapels in its place, and then constructed a monastery. Rather than loosely associated hermits living independently, numerous monks could live in his large monastery. His "Rule of Saint Benedict" guided the monks at Monte Cassino and became the normative rule for Western monasticism for the next 1,500 years.

The "Rule" consists of seventy-three short chapters that lay out guidelines for stability, conversion of life, obedience, prayer, work, community life, hospitality, and humility. Most monks did not engage in extreme penances or other radical charisms. Instead, the Rule fosters a balanced community life in which each monk can discover a daily rhythm of prayer, work, and study conducive to a deeper and personal call to holiness.

While Benedict set up his community at Monte Cassino, he likely played a role as his twin sister, Scholastica, helped found a monastery for women, with his Rule guiding their daily life. The two remained close until her death when Benedict had a vision of Scholastica being taken to Heaven. He brought her body to Monte Cassino to be buried in his future grave that the two now share.

After less than ten years at Monte Cassino, Benedict died, but his influence on the Church and all of Europe had just begun. European monasteries, guided by his Rule, developed into centers for education, medicine, culture, and social development, later giving birth to universities. The monasteries preserved ancient texts, stabilized communities, influenced nobility, and drew many to Christ. Their flourishing liturgies made the monasteries the central teachers of prayer and worship. Many have referred to Saint Benedict as not only the "Father of Monasticism," but also the father of modern Europe. Fittingly, Pope Paul VI declared Saint Benedict the Patron Saint of Europe in 1964.

Saint Benedict, you fled moral corruption to seek God's will. Through your prayerful obedience to God, inestimable good fruit has been borne. Please pray that I will always seek God's will, leaving behind the many temptations that I encounter, so that God can use me in ways known only to Him. Saint Benedict, pray for me. Jesus, I trust in You.

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

**11/7/26 to 12/7/26
15th Sunday in Ordinary Time - YEAR A**

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Nigel M	ST BENEDICT FEAST 10.30am MASS CANCELLED
Reader1	Daniel V	Ann L	
Reader2	Edyn V	Teresa G	
Prayers	Margaret B	Lorraine D	
TV		Jules O	
EMHC		Catherine C	
EMHC		Ann L	
Music		Melanie H	
Music		Adam F	
Music		Max F	
Music			
Morning Tea			
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



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...

The Church encourages us to spend time in Eucharistic Adoration, quietly praying before Jesus truly present in the Blessed Sacrament.

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.

