

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)

**(next Saturday only February 4th
Adoration will be on at 8am to 9am
NOT 10am)**

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



Blessed are the
pure in heart,
for they will
see God.

Matthew 5:8

FOURTH SUNDAY IN ORDINARY TIME YEAR A

28 & 29 JANUARY 2023

ENTRANCE ANTIPHON

Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.

SUNDAY HOLY MASS PRAYER

Grant us, Lord our God,
that we may honour you with all our mind,
and love everyone in truth of heart.
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: HAPPINESS

Sunday's Gospel, Matthew 5:1-12, Jesus tells us with the Beatitudes that there are so many blessings to our problems in life. When you are suffering you are experiencing God's Grace. The meaning of 'Beatitudes' is "the state of utmost bliss".

- **Am I poor in spirit? Helpless or lost?**
- **Am I gentle? Meek or humble?**
- **Do I hunger and thirst for what is right? That which drives me, sustains me and keeps me going?**
- **Do I try to be merciful? Compassionate with pure and unselfish motive?**
- **Am I pure in heart? Confessing and putting my faith in God having good thoughts of others?**
- **Am I a peacemaker? Having peace of heart with Jesus, having good morals?**
- **Am I willing to be persecuted for my faith? Others who stop talking to me because of my faith, or not participating in their sinful activities?**
- **Do I sometimes get abused or persecuted because of my faith in Jesus?**



**Dear Lord Jesus,
Help me to be happy by meeting God's standards and experience each one of the blessings that You have offered to us in the beatitudes. Amen.**

First Reading**Zephaniah 2:3; 3:12-13 (JB)**

A reading from the prophet Zephaniah

In your midst I will leave a humble and a lowly people.

Seek the Lord all you, the humble of the earth,
who obey his commands.

Seek integrity, seek humility: you may perhaps find shelter on the day of the anger of the Lord.

In your midst I will leave a humble and lowly people, and those who are left in Israel will seek refuge in the name of the Lord. They will do no wrong, will tell no lies; and the perjured tongue will no longer be found in their mouths. But they will be able to graze and rest with no one to disturb them.

The word of the Lord.**Thanks be to God.****Responsorial Psalm:****R. Happy the poor in spirit; the kingdom of heaven is theirs!****Second Reading****1 Corinthians 1:26-31 (JB)**

A reading from the first letter of St Paul to the Corinthians

God has chosen what is weak by human reckoning.

Take yourselves, brothers, at the time when you were called: how many of you were wise in the ordinary sense of the word, how many were influential people, or came from noble families? No, it was to shame the wise that God chose what is foolish by human reckoning, and to shame what is strong that he chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones that God has chosen - those who are nothing at all to show those who are everything. The human race has nothing to boast about to God, but you, God has made members of Christ Jesus and by God's doing he has become our wisdom, and our virtue, and our holiness, and our freedom. As scripture says: if anyone wants to boast, let him boast about the Lord.

The word of the Lord.**Thanks be to God.****Gospel Acclamation**

Alleluia, alleluia!

Rejoice and be glad;

Your reward will be great in heaven.

Alleluia!

GOSPEL**Matthew 5:1-12 (JB)**

A reading from the holy Gospel according to Matthew

Happy are the poor in spirit.

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

'How happy are the poor in spirit;
theirs is the kingdom of heaven.

Happy the gentle:
they shall have the earth for their heritage.

Happy those who mourn:
they shall be comforted.

Happy those who hunger and thirst for what is right:
they shall be satisfied.

Happy the merciful:
they shall have mercy shown them.

Happy the pure in heart:
they shall see God.

Happy the peacemakers:
they shall be called sons of God.

Happy those who are persecuted in the cause of right:
theirs is the kingdom of heaven.

'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'

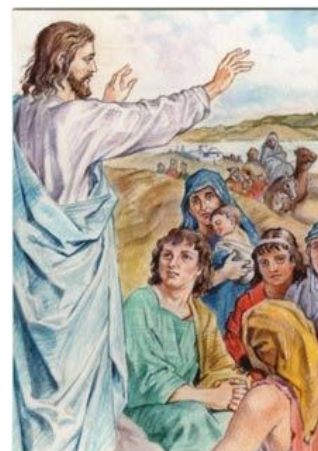
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'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'

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

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are they who mourn,
for they shall be comforted.

Blessed are the meek,
for they shall possess the earth.

Blessed are they who hunger and thirst
for justice, for they shall be satisfied.

Blessed are the merciful,
for they shall obtain mercy.

Blessed are the pure of heart,
for they shall see God.

Blessed are the peacemakers,
for they shall be called sons of God.

Blessed are they who suffer
persecution for justice sake,
for theirs is the kingdom of heaven.

— (Matthew 5: 3-12)

#3642 www.ChurchSupplier.com

GOSPEL REFLECTION

Sunday, January 29

Zephaniah 2:3; 3:12-13 Psalm 146:6-10 1 Corinthians 1:26-31 Matthew 5:1-12

Blessed are the meek. (Matthew 5:5)

If someone called you meek, would you consider it a compliment or an insult? Are you being described as humble and patient or overly submissive and weak?

In today's Gospel reading, Jesus called the meek "blessed," so clearly, he thought it was something worth striving for. He also called himself "meek and humble of heart" (Matthew 11:29). And he was: he was submissive, but only according to the will of his heavenly Father.

This is what it means to be meek: to bend our will to God's. This kind of meekness requires strength, not weakness, and a willingness to trust and obey the Lord.

In today's first reading from the prophet Zephaniah, it seems that meekness was exactly what the people of Jerusalem were lacking. The northern kingdom of Israel had already been overrun by the Assyrians just a generation or two before Zephaniah wrote these words. A similar fate awaited the southern kingdom because they were worshipping other gods and breaking the Lord's commandments.

And who would survive the "day of the LORD's anger" (Zephaniah 2:3)? Only a "remnant" of people "humble and lowly," who would observe God's laws and seek "justice" and "humility" (2:3; 3:12). They would be blessed for their willingness to be meek before the Lord.

And so will we. When we follow God's commandments, even when our passions and desires push us in the opposite direction, we will enjoy freedom from sin. When we seek the Lord's will in all that we do—especially when we are faced with an important decision—we will feel peaceful and secure that we are following the right path.

Is there an area in your life that you are struggling to submit to the Lord? If so, repent and ask for the grace to give it to him. And even if you don't see the blessings right away, believe that they will come, just as Jesus promised.

"Lord, help me to be like you, meek and humble of heart."

(Source: Word Among Us India Dec22-Jan23 Pg 60)

LITURGICAL FEASTS AND EVENTS OF THE WEEK

Monday 30 Readings: Heb 11:32-40. Mk 5:1-20.
R: Let your hearts take comfort, all who hope in the Lord.

Tuesday 31 Readings: Heb 12:1-4. Mk 5:21-43.
R: They will praise you, Lord, who long for you.
St John Bosco, priest.

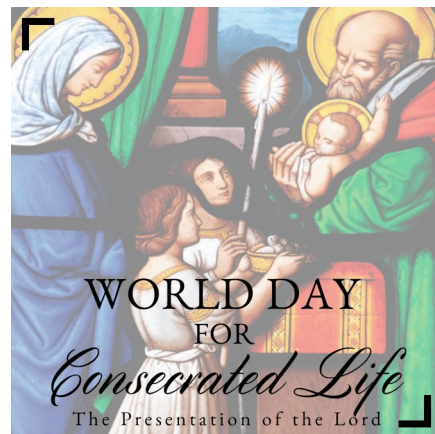
February

Wednesday 1 Readings: Heb 12:4-7, 11-15. Mk 6:1-6.
R: The Lord's kindness is everlasting to those who fear him.

Thursday 2 Readings: Mal 3:1-4 or Heb 2:14-18. Lk 2:22-40.
R: Who is this king of glory? It is the Lord!
The Presentation of the Lord
WORLD DAY OF PRAYER FOR CONSECRATED LIFE

Friday 3 Readings: Heb 13:1-8. Mk 6:14-29.
R: The Lord is my light and my salvation.
St Blaise, bishop, martyr. St Ansgar, bishop.

Saturday 4 Readings: Heb 13:15-17, 20-21.
R: The Lord is my shepherd; there is nothing I shall want.

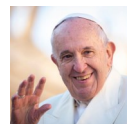


Source: Ordo 2023

POPE FRANCIS' PRAYER INTENTION FOR JANUARY 2023

FOR EDUCATORS

We pray that educators may be credible witnesses, teaching fraternity rather than competition and helping the youngest and most vulnerable above all. Amen.



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!

SATURDAYS ADORATION & CONFESSION

**Next Saturday February 4th Adoration and
Confession will be on at 8am to 9am NOT 10am)**

REST IN PEACE

It is with great sadness we announce the passing of:
Michela Scotti (Guido Scotti's sister).

on Monday 26th of January 2023

MICHELA SCOTTI



*Eternal Rest grant to her O Lord,
And let the Perpetual light shine upon her,
May she Rest in Peace.
Amen*

***Our prayers and thoughts are with
Guido and Angela Scotti and family.***

FAREWELL FATHER HILARION



Father Hilarion will be flying back to Sri Lanka on the 3rd of February. We will be having a morning tea in his honour after the 9am Mass Sunday 29th of January.



Dear Father Hilarion, we were so sad to hear the news that you were leaving to go back to Sri Lanka. It was sad as we only had you for such a short time since you first came to us as our Administrator.

Spiritually, you were very active with the regular scheduling of the Mass sacraments and adoration. You arrived during Covid and it was a struggle to work out how things worked yet you made sure we were all spiritually fulfilled.

Your care and attention to us, your parish family, your visitation of our sick and elderly, the provision of the Mass and sacraments, your energy, enthusiasm, skill and organisational ability, these are so very much appreciated by your parishioners.

Father Hilarion, you leave us knowing that your job is done. You can be proud of what you have achieved as Administrator to our parish. We can't thank you enough and we wish you all the best in the future. Please always keep us in your prayers.

From Paul El-Chaar, the chair of the Parish Pastoral Committee on behalf of all the Parishioners.

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 MONTH!

A big thank you to **ROBIN BARBARA** for cleaning out the kitchen and tidying the church every month. What a difference it makes! We really appreciate it!



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

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

WEDDING PLANS

GOT YOUR WEDDING PLANS UNDER CONTROL?

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

Choose any of the coming Weekends:

Feb 25-26, May 6-7, Aug 5-6, Nov 11-12

If Covid-19 restrictions prevent a face-to-face seminar, the CEE weekend will be held via Zoom.

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

Our first Catechist meeting will be held this Wednesday 1st February at 10:00am. Teacher's Manuals and workbooks will be handed out at the meeting, could I please encourage all to attend, thanks.

SRE (Scripture) starting dates:

Arcadia, Glenorie and Middle Dural: Wed 15th February

Hillside: Friday 17th February

Galston: Wednesday 22nd February

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.

Catechist Vacancies:

Catechist at Glenorie Public School

on Wednesdays 10:10 – 10:50am

Catechist for Hillside Public School

on Fridays 8:50am – 9:40am

Thanks to Denise Youl for offering to teach at Arcadia Primary School.

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

JOSEPH HOUSE - 2023 APPLICATIONS NOW OPEN!

Are you looking for an opportunity to discern your vocation in a supportive, faith-filled community? Joseph House in Willoughby is the perfect place for you!

Joseph House is a house of discernment for young men, located in the Parish of Lower North Shore and close to St Thomas church. It offers an exciting living space for Catholic men to explore their call to holiness.

Residents will have the chance to reflect and pray, while also taking part in the world through work and study. With convenient access to public transport, Joseph House is the perfect place for young men in the Diocese of Broken Bay to discern their vocation.

This special space has the capacity to accommodate up to six men and features a chapel and various common areas to create community. If you're looking for an opportunity to discover the man that Christ is calling you to be, apply to Joseph House today!

[Apply in the link](#)

For more information email:
josephhouse@bbcatholic.org.au [Video Link](#)

ITALIAN ROSARY GROUP

Every Monday 2.00pm.
Everyone welcome.
For more details call Angela Egiziano.
Ph: 9653 2312.



Book Launch Invitation

You are warmly invited to attend the book launch of
As Cedars Grow The Bane Diaspora to Thornleigh.

As Cedars Grow is the story of the young Baynie family who migrate to Australia in 1925 from Bane.

The story is told to Richard Broome by David Brown, the eldest son of Mary and Frank Brown and the eldest grandson of Anthony and Alma Baynie. The book charts the Baynie family's journey from Lebanon by ship to Australia, describing the many travails and wonderful support they encountered. David shares with his readers vivid, heartfelt and, at times, funny memories that demonstrate the exceptional altruistic works of the Baynie family and in particular, his mother Mary Brown.

As Cedars Grow also includes many stories about other Bane families and how they immigrated and settled in Australia.

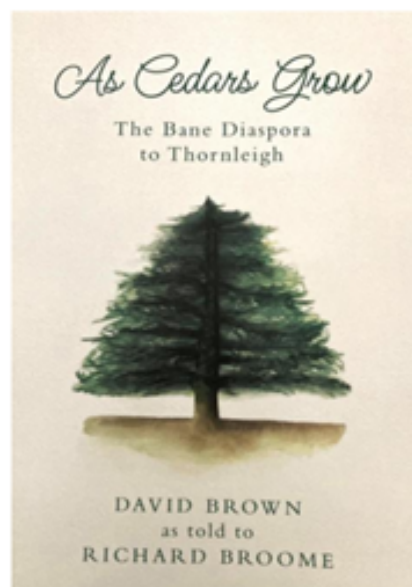
At the launch, the book will be available for purchase and signing by the authors David and Richard.

We are delighted to have Monsignor Joseph Takchi attending as Guest of Honour and he will launch the book.

It will be held on
Wednesday evening 8th Feb 2023 at 6:30 pm
at the St George Church Hall, in Wells St Thornleigh.
Supper and refreshments will be provided.

Please RSVP by 3rd Feb '23 to
Adele Saliba on 0417228929 or Elizabeth O'Brien on 0412335690

All proceeds from the sale of the first edition (400 books) will be donated to the St George Charity Association Bane.





Saint Ansgar, Bishop

c. 801 - 865

Feast Day: February 3

**Patron Saint of Scandinavia, Denmark, Sweden, and various locations in Germany
Declared a saint by Pope Nicolas I c. 865**

Ansgar was born into a noble Germanic family in the town of Amiens, modern-day France. When he was only about five years old, his mother died and his father sent him to live at the Benedictine Monastery of Corbie where he received his early education. In his early years at the monastery, Ansgar acted in childish ways, always joking around with the other boys. He didn't take his faith or studies very seriously. However, one night he had the first of many visions that would set the course of his future. He saw the Blessed Mother coming to him with many other women behind her. Among the others was his own mother. The Blessed Mother asked him if he wanted to come to his mother and be with her, to which he responded that he did. At that, the Blessed Mother said to him, "If you desire to share our companionship, you must flee from every kind of vanity, and put away childish jests and have regard to the seriousness of life; for we hate everything that is vain and unprofitable, nor can anyone be with us who has delight in such things." This was the beginning of a new journey of faith for Ansgar.

When Ansgar became a teenager, he began to slip in his devotion. He then had another vision that caused him to be both "terrified and comforted." He experienced death, followed by what seemed to be 1,000 painful years in Purgatory, and then, once purified, entered into the celestial glories of Heaven. In Heaven he saw the angels and saints and, in the center, the Son of God Whom he adored. Jesus spoke to him in the most distinct voice that filled the whole world saying, "Go and return to Me crowned with martyrdom."

In 822, at the age of twenty-one, Ansgar, professed as a monk, was sent to modern-day Germany as a missionary to help found the Abbey of Corvey and, from there, continued to move north into the pagan territory of modern-day Denmark. In 829, after returning to Germany for a couple of years, Ansgar was sent even farther north into Sweden to preach and win over converts to the faith. Two years later, in 831, Ansgar was named Archbishop of Hamburg-Bremen, a new diocese in northern Germany tasked with sending missionaries into what is modern-day Denmark, Norway, and Sweden.

For the next thirty-five years, Bishop Ansgar worked tirelessly to stabilize his own diocese and to evangelize the pagans in the north. He built churches, hospitals, schools, and monasteries and endured wars, invasions, and the confiscation and destruction of his churches. He worked with other bishops, befriended kings, was threatened by the pagans and Vikings, but pressed on with his work. He devotedly reached out to the poor, lived a holy life according to his monastic rule, mortified his flesh, and regularly fasted on bread and water. Because he longed for the crown of martyrdom, he offered himself sacrificially to God and to unwavering evangelization.

In the thirty-fourth year of his episcopacy, at the age of 64, Bishop Ansgar endured months of intense suffering from an intestinal infection. Throughout that illness, he often quoted Job who said, "We accept good things from God; should we not accept evil?" ([Job 2:10](#)). Before his death, he made arrangements for the proper administration of his diocese and missions. When all was prepared and he was on his deathbed, he prayed until his last breath, quoting various Scriptures, including, "O God, be merciful to me a sinner" ([Luke 18:13](#)), and "Father, into your hands I commend my spirit" ([Luke 23:46](#)).

Saint Ansgar did not become a martyr in blood, but he did lay his life down for others, carrying the heavy crosses of mortification, selfless evangelization, tireless administration, courageous travels, and fidelity to his monastic calling. He returned to his Lord as a true martyr who gave his life for his sheep. As we ponder Saint Ansgar, reflect upon the ways that you are called to live a sacrificial life in wholehearted service of our Lord. What attachments do you need to let go of? What sufferings do you need to willingly embrace? What cross do you need to pick up and carry? Imitate this great saint by losing yourself for Christ, for that is the only way to find that which is eternally more.

Saint Ansgar, you heard God calling you and responded to that call with great fervor and courage. Through your labors, God brought about the conversion of many to the faith. Please pray for me, that I may imitate your fervor by laying my life down sacrificially for others. May I, like you, become a true martyr in spirit, carrying my cross to the very end. Saint Ansgar, pray for me. Jesus, I trust in You. Amen.

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

4/2/23 to 5/2/23

FIFTH SUNDAY OF ADVENT YEAR A

	Saturday 7pm	Sunday 9am	Sunday 10.30am
Acolyte		Nigel M	Paul E / Jerry L
Reader1	Maria G	Ann L	CHILDREN'S MASS
Reader2	Sr Carol T	Lorraine D	CHILDREN'S MASS
Prayers	Mary C	Roza N	CHILDREN'S MASS
TV		Roderick R	Tyrone E
Music		Melanie H	Melanie H
Music		Marisa Q	Martina J
Music		Theresa N	Keith W
Music		Helen F	
Morning Tea		Teresa G	
 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

(Closed from 26th December, reopens 13th January.

During the month of January only open Fridays from the 13th.

For anything urgent please contact Fr Hilarion 0478 909 541).

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](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.