

# St Benedict's Parish Arcadia



## FOURTH SUNDAY IN ORDINARY TIME YEAR B

27 & 28 JANUARY 2024

### PARISH MASS TIMES

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

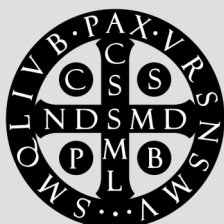
### MONASTERY CHAPEL Masses

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



### 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.**

### SELF REFLECTION: HEALING

This Sunday's Gospel, Mark 1:21-28, Jesus cast an unclean spirit out of a possessed man.

In driving out devils Jesus shows that in the reign of God there is no room for oppressive evil forces which weigh down on God's children. No one should have to live in hell. Jesus is in agony until the end of the world, standing with us against all forms of addiction, exploitation, violence and abuse.

*I have tasted the bitterness of broken dreams;*

*I have known the deadness of my ways.*

*My devouring needs were the god I adored;*

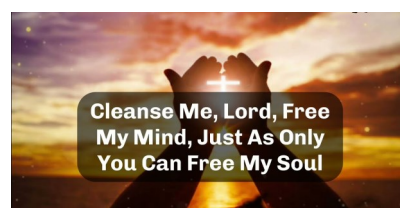
*I spoke the Lord's name with an empty heart.*

*But you, Lord, cannot forget me.*

*You bring me to life through the faithfulness of true friends.*

*You heal me through the courage of their generous love.*

Source: sacredspace.ie



**First Reading: Deuteronomy 18:15-20 (JB)**

A reading from the book of Deuteronomy

*I will put my words into the prophet's mouth, and he will tell them all I command.*

Moses said to the people: 'Your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die."

**The word of the Lord.**

**Thanks be to God.**

**Responsorial Psalm:**

**R. If today, you hear his voice, harden not your hearts.**

**Second Reading: 1 Corinthians 7:32-35 (JB)**

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

*The unmarried woman dedicates herself to the things of the Lord, that she might be holy.*

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

**The word of the Lord.**

**Thanks be to God.**

**Gospel Acclamation**

Alleluia, alleluia!

A people in darkness have seen a great light:  
a radiant dawn shines on those lost in death.

Alleluia!

**GOSPEL: Mark 1:21-28 (JB)**

A reading from the holy Gospel according to Mark

*This is a new kind of teaching that speaks with authority.*

Jesus and his followers went as far as Capernaum, and as soon as the Sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

**The Gospel of the Lord.**

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



## GOSPEL REFLECTION

Sunday, January 28  
Deuteronomy 18:15-20  
Psalm 95:1-2, 6-9  
1 Corinthians 7:32-35  
Mark 1:21-28

*Let us not hear again the voice of the LORD. (Deuteronomy 18:16)*

Addressing the Israelites as they are about to enter the promised land, Moses recalls what happened when God was about to give them the Ten Commandments on Mount Sinai. God announced his presence with lightning, thunder, a deafening shofar blast, and a menacing dark smoke (Exodus 20:18-19). Terrified, the people backed away, saying, "Let us not hear again the voice of the LORD!" (Deuteronomy 18:16). They begged Moses to go and bring God's word back to them!

Now, knowing he was not going to be with them much longer, Moses promises that God will send them someone to take his place, "a prophet like me. . . to whom you shall listen" (Deuteronomy 18:15). What a relief! God promised they would never have to endure the trauma of hearing him directly.

And so it was. In every generation, God raised up prophets for the people. Deborah, Elijah, Isaiah, Jeremiah: these and others heard God directly and proclaimed what they heard.

But now, through Jesus, the living "Word" of God, everything has changed. By destroying sin and death, he has opened the pathway for us sinners to come before the all-holy God. Now, every single person can know God personally. Every single person can hear his voice—in Scripture, through the Church, and most important, in the depths of their hearts.

You don't ever have to be afraid of coming into God's presence! In fact, he is already present in you! Through his Spirit, he is urging you to call out to him, "Abba, Father!" (Romans 8:15). He is waiting to receive you with open arms, to wash you clean in his mercy, and to fill your heart with his joy and consolation.

Your heavenly Father has a message that he wants to speak to you today—a message meant only for you. So quiet your heart, calm your fears, and listen.

***"Here I am, Lord! I long to hear your voice today!"***

*Source: Word Among Us India*

### ITALIAN ROSARY GROUP

Every Monday 2.00pm.  
Everyone welcome.

For more details call  
Angela Egiziano Ph: 9653 2312.



### 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.

### POPE'S INTENTION JANUARY 2024



**For the gift of diversity in the Church**

We pray that the Holy Spirit may help us to recognize the gift of different charisms within the Christian community and to discover the richness of different traditions and rituals in the Catholic Church.

### CATECHIST NEWS

Our first Catechist meeting will be held on Wednesday 7<sup>th</sup> February at 10am. Teacher's Manuals and student workbooks will be handed out at this meeting. I encourage all to attend, thanks.

SRE starting dates –

**Arcadia, Galston and Glenorie:**  
Wednesday 14<sup>th</sup> February

**Hillside:** Friday 16 February

**Middle Dural:** yet to be confirmed

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, books and assistance will be provided.

**Catechist Vacancies – we are looking for 2 people to help in this ministry:**

**Catechist for Middle Dural Public School on Wednesdays 9 – 9:40am**

**Catechist for Arcadia Public School on Wednesdays 12 – 12:30pm**

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



# Parish Roster

**PLEASE JOIN US FOR MORNING TEA AFTER THE 9AM MASS**

## NEXT WEEKEND'S ROSTER

**3/2/2024 to 4/2/2024**

### FIFTH SUNDAY IN ORDINARY TIME - YEAR B

	<b>Saturday 7.00pm</b>	<b>Sunday 9.00am</b>	<b>Sunday 10.30am</b>
<b>Acolyte</b>		Lorraine D	Paul E
<b>Reader1</b>	Sr Carol T	Kath M	CHILDREN'S
<b>Reader2</b>	Maria G	Judy H	CHILDREN'S
<b>Prayers</b>	Kathryn S	Ann L	CHILDREN'S
<b>TV</b>		Nigel M	Mary A
<b>Music</b>		Melanie H	Melanie H
<b>Music</b>		Keith W	Theresa N
<b>Music</b>		Pauline H	Martina J
<b>Music</b>		Teresa G	
<b>Morning Tea</b>		Tania T	Robin B
<b>FLOWERS</b>	Hannah A		

*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!*

## GCEA PRAYER BREAKFAST

Just a reminder that the GCEA prayer breakfast is happening on the 3<sup>rd</sup> of February at 8am.

### Address:

Glenorie Mission Church  
1409 Old Northern Road, Glenorie.

It is a great way to start the year in prayer for the work of the GCEA and for Paul El-Chaar.

Everyone welcome, please come and support this great cause.

## CATHOLIC ENGAGED ENCOUNTER

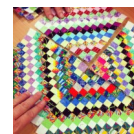
The 2024 Marriage Preparation programme for couples preparing for marriage will be run on:

24-25 Feb, 18-19 May, 17-18 Aug,  
9-10 Nov.

Further information is provided on the website: [engagedencounter.org.au](http://engagedencounter.org.au)

## CRAFT GROUP

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



## 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.**