

St Benedict's Parish

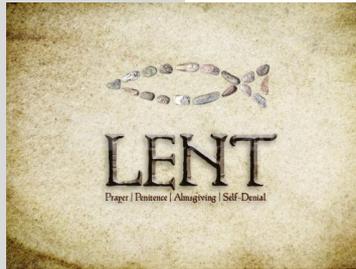
Arcadia



To listen gladly to Holy reading.
Rule of St Benedict, Chapter 4

COVID-19 RESTRICTIONS UPDATE:

Church Attendance:
One person per 2sqm,
maximum 300 people.



Please use QR CODE provided or
write your name and phone number when you
enter Church after sanitizing.
Contact Paula on 0423 078 282.

PARISH MASSES

Weekend Mass:

Saturday 7:00pm
Sunday 9:00am
Sunday 10:30am
Sunday Latin 4.30pm

Weekday Mass:

Mondays to Thursdays 9:30am
Fridays 7:00pm followed by Confession
First Friday of the month 6.30pm Adoration

MONASTERY CHAPEL Mass

Sundays 7:00am
Daily 7:00am

Please contact Father Bernard for the following:

**BAPTISMS
RECONCILIATION
FOR THE SICK
MARRIAGES
FUNERALS**

Fr Bernard: 0416 032 497

First Sunday of Lent Year B

20 & 21 February 2021

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.

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.*

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.*

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.

Communion Antiphon

The Lord will conceal you with his pinions,
and under his wings you will trust.

Gospel reading for this Week**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.

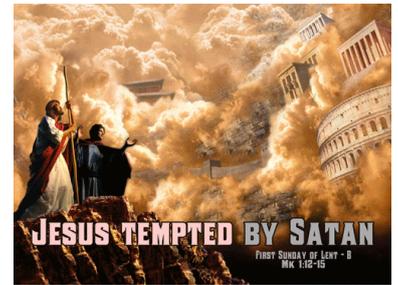
The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

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.

The Jerusalem Bible translation of Scripture is used in the Australian Lectionary for Mass, Vols I, II and III (London: Collins Liturgical, 1981). Acknowledgement: The Scripture Readings are taken from the Jerusalem Bible © 1966, 1967, 1968 Darton, Longman & Todd Ltd and Doubleday and Co. Inc. Used by permission of the publishers. Liturgia Copyright 2020

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

Christ in the desert revealed the new Adam, the One who would vanquish the Tempter. Unlike Adam (and, later, the Israelites in the desert), Jesus did not fall to whims of selfish ambition. No, Jesus remained the faithful Son. And in his fidelity, he claimed victory over Satan. He also foreshadowed his obedient acceptance of the cross.

His fidelity was not only pointed toward his Father. When he answered "NO!" to Satan, he answered "YES!" for us. He would be a faithful servant to us. We who turn away from God find ourselves pursued and served by God in the person of Jesus. When we become his followers, his "NO!" becomes our rejection of evil. His "YES!" becomes our battle cry of hope for the Father.

With his victory over evil, Christ can now proclaim the coming of the Kingdom, for he can announce that which he possesses. When we are bonded to him (and each other) we can taste the Kingdom. As he was lifted up in obedience on the cross, we are lifted up with him, so we can share in the relationship of the Father and the Son, the very essence of the Kingdom.

What plans do you have for this Lent?

How can you turn away from self-centered interests of the world, the flesh, and the devil?

How can you turn toward God this Lenten season?

Modern conveniences have made life easier. For those of us with computers, the comfortable life is the norm, not the exception. Yet, would we be ready to make a few sacrifices, to make life just a little uncomfortable, so we could realize a taste of the Kingdom? Let us take these next forty days and reduce our comfort level a little bit. It may help us open our eyes and realize how precarious our existence is. It may help us realize how dependent we really are on the Lord. And how much we need the life he offers us in Christ.

Reflect on past Lenten seasons.

Which one has changed you?

Which ones were wastes of time?

How can your plans for this Lent make a difference in your life and the lives of others?

Source of Content: www.word-sunday.com

In Our Parish

We remember in our prayers, all our dearly beloved who have died.

We welcome into God's family to all who were recently baptised.

We pray for the sick of our Parish.

SAINT OF THE WEEK
Saints Francisco & Jacinta Marto

Feast Day: February 20th



Francisco de Jesus Marto (11 June 1908 – 4 April 1919)
Jacinta de Jesus Marto (11 March 1910 – 20 February 1920)

Patron Saint of bodily ills; captives; people ridiculed for their piety; prisoners; sick people; against sickness

On a beautiful Sunday afternoon, May 13, 1917, three children were laughing and chatting as they kept watch over their families' sheep. This afternoon they were building a playhouse out of brush and rocks. Suddenly a bright light flashed. They thought it was lightning. Then it flashed again. They saw a ball of light descend upon a little green evergreen tree. Within the light was a beautiful woman dressed in white.

The children were Lucia dos Santos, who was 10 years old, and her cousins Francisco Marto (9) and his sister Jacinta (7). These children lived in Portugal, in a small village near Fatima. The shining woman told them not to be afraid and that she was from heaven. She told them she would return on the 13th day of each month for 6 months, and she asked them to meet her at this place, Cova da Iria. Many people including Lucia's family did not believe the children. People laughed, ridiculed, harassed, threatened them and put them in jail for two days. But nothing could change the truth.

During the summer, on the 13th day of each month, the Blessed Mother Mary appeared to the children. More and more people accompanied to the Cova. Each time Mary told them to pray the Rosary for peace in the world and to sacrifice for sinners. On October 13, the last day of apparition, more than 70,000 were waiting. This time the Lady of the Rosary asked them to build a chapel on the rocky hillside. The entire crowd saw a remarkable sight. The sun seemed to dance in the sky. It was spinning like a top and shooting off brilliant colours of the rainbow. Suddenly the sun dropped treacherously close to earth. People dropped to their knees, and the sun just as quickly returned to its play in the sky.

You might think that if the Blessed Mother of God appears to you and speaks to you, you are a saint. But that is not necessarily true. What is true is that Mary chose to come to children who the year before had been visited by the Angel of Peace, children who had listened to the angel's message and prayed the prayer the angel taught them. They responded to Mary in the same way and prayed the Rosary and offered sacrifices for sinners and for the conversion of the world. They were children who wanted to please God.

Francisco and Jacinta died within a short time, as the Lady had said they would. They were beatified on May 13, 2000. At that time Lucia dos Santos was a Carmelite nun in Portugal. Sister Lucia died February 13, 2005 at age 97. Pope Francis canonized Francisco and Jacinta during a May 13, 2017 Mass in Fatima.

*O God who granted to our two little Shepherds
the grace to become little burning bushes on fire
with love for the Holy Father and for sinners,
and burning with love for Our Lady
and the "hidden" Jesus,
grant that we, too,
may be other Franciscos and other Jacintas,
so that we, too,
may burn with the same love and,
with them, all meet together again in Heaven
around Our Lady in adoration of the Blessed Trinity.
Through Jesus Christ.*

AMEN.

THE RULE OF ST BENEDICT

Chapter 4

*In the first place, to love the Lord God with all one's heart, all one's soul, and all one's strength.
Then, one's neighbour as oneself.*

PARISH LENTEN GROUPS

Lenten groups will be meeting in homes or at Church for about an hour reading and reflecting together on the Sunday Gospel readings during Lent.

Miriam Brown:

Wednesdays 1pm at the Parish,
commencing 24th of February.



Benigna Cascun with Gebran Azzi:

Friday nights 6pm

commencing 19th of February.

Address: 726A Old Northern Road, Dural (Benigna's house).

If you are interested in hosting a Lenten Group at home or Church during Lent starting the week after Ash Wednesday 17th February please contact the office for more information and for booklets on: 9653 2312.

If you cannot attend a Lenten Group, booklets are available in Church for your own reflection.

ST BENEDICT'S LENTEN RETREAT

*The 15 Stations of the Cross
and What It Means to Me*

RETREAT DAY:

Date: Saturday 20th of March 2021

Where: St Benedict's Parish

Time: 9am to 2pm

Morning tea and light lunch provided.

Cost: FREE

Please join us for a day of prayer and reflection. Together with Fr Hilarion, we will explore each of the 15 stations of the cross and what it means to us in our daily life. Booking for this event is strictly required.

Seats are limited so please book early through:

<https://www.trybooking.com/BOTXG>

For more information or to book, you can also call Glenice on 0428 859 568 or parish office.



STATIONS OF THE CROSS

Fridays 6.30pm during Lent

During Lent, commencing Friday 19th of February 2021, we will be holding the Stations of the Cross in our Parish on Friday nights at 6.30pm and take a few moments at each station to pray or meditate. This tradition continues until Good Friday. Mass will be afterwards at 7pm as usual every Friday night followed by Reconciliation.



PRAY FOR VANUATU

World Day of Prayer Service 2021

Date: Friday 5th March 2021

Time: 10.30am

Location: Galston Uniting Church,
11 School Road, Galston.

Contact: Pauline Honor 0490025759

The World Day of Prayer is a global ecumenical movement led by Christian women who welcome you to join in prayer and action for peace and justice.

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 people 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.

Please join us for this service, everyone welcome.



PROJECT COMPASSION

Please take home a Project Compassion box and/or a set of donation envelopes and support Caritas Australia this Lenten season themed "Be More".

As Saint Oscar Romero said, "Aspire not to have more, but to be more."

Through your generosity and by aspiring to "Be More", you are assisting some of the world's most vulnerable people build better futures for themselves, their families and their communities.

Thank you for being more!

You can donate through Parish boxes and envelopes, or by visiting www.caritas.org.au/projectcompassion or phoning 1800 024 413.



ROSTER FOR NEXT WEEKEND

Copy of the complete roster is available in the sacristy.

27/2/21 to 28/2/21

Second Sunday of Lent Year B

	Saturday 7pm	Sunday 9am
Acolyte	Need help	Paul El-Chaar
Reader1	Margaret Bensley	Judy Horton
Reader2	Mary Cascun	Peter Goodwin
Prayers	Miriam Brown	Helen Facione
Music		Melanie Hume
Music		Keith Wallace
Music		Theresa Neely

**We really need an Acolyte for Saturday night Masses
Please contact the office if you can help out.**

GCEA MEETING

(Galston Christian Education Association)

With term 1 now in full swing, we'll be having our first GCEA Committee Meeting for the year.

After a difficult year last year, we're hopeful 2021 will provide more opportunities to continue to serve, in partnership with one another, to see the gospel go forth in our local community, and in particular, at Galston High School.

Details:

What: GCEA Committee Meeting for term 1

When: Monday 1st March @ 7.30pm

Where: Galston Uniting Church - 11 School Rd, Galston

Please RSVP for planning and catering purposes.

Grace and peace,
Roger Hokin
Youth and Young Adults Minister
Dural District Anglican Churches
GCEA Secretary
roger@duralanglican.org.au
0413 067 770

CCC PRAYER GROUP

Prayer meeting held every

Friday nights:

after 7pm Mass

Wednesday mornings:

after 9.30am Mass.



Everyone welcome.

For more details call Mary Camilleri on 0403 116 987.

CATECHIST NEWS

Free Ministry induction training continues this week on Monday as a morning course 10am-12pm OR an afternoon course 1pm-3pm via Zoom. Please contact me for further information.

Catechist Vacancies:

Helper for Glenorie PS
Wednesdays 10:10am – 10:50am

Hillside PS
Fridays 8:50am-9:45am

If you are available and interested to know more, please give me a call. Training and manual will be provided.

God bless,
Miriam Brown 9652 0558 or srearcadia@gmail.com
Parish Catechist Co-ordinator

PLAYGROUP

Great news! Playgroup at St Benedict's parish will be recommencing this Monday:

22nd of February from 10am to 12pm.

This is a gathering for parents and carers with children under school age. It's perfect for children to learn and develop through play and interaction with others. It's also great for parents and carers to chat, socialize and make new friends! We usually meet regularly every Monday during school terms 10am to 12pm. No need to book just turn up.

Everyone welcome!

PARISH LENTEN STALL

Thank you so much to everyone who supported the Sweets Stall and the donations. We really appreciate this!



The next weekend for the Parish Lenten Stall will be **5th to the 7th March 2021** (after Mass on Friday 7pm, Saturday 7pm, Sunday 7am Chapel, 9am and 10.30am, and 4.30pm Latin Mass). This time the items will not be sweet due to Lent. There will be savoury food, books and DVDs. Come and support our Church.

Please feel free to bring items for sale to help the parish. For any queries or donations please call Lila Bacha on 96521113 or 0418360024.

ITALIAN ROSARY GROUP

Every Monday 2.30pm. Everyone welcome.



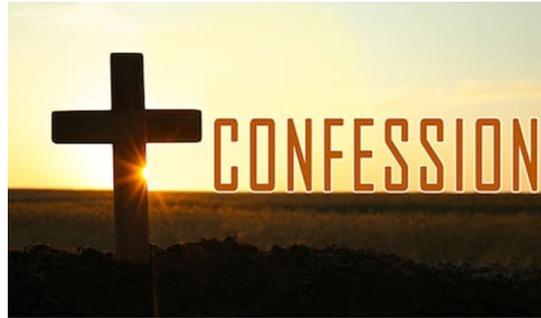
For more details call Angela Egiziano. Ph: 9653 2312.

In Our Parish

We remember in our prayers, all our dearly beloved who have died.

We welcome into God's family to all who were recently baptised.

We pray for the sick of our Parish.



QUESTIONS ON CONFESSION

Q. Why do we have confession? If God knows everything, why can't we just tell him that we're sorry when we do something wrong?

A. Confession may be one of the most difficult parts of our faith for some. But for others, Confession is something they deeply look forward to. Your question is a good one. Let me offer some thoughts.

First of all, it's very true that "God knows everything." We call that omniscience. So, yes, He knows everything you've done and He knows whether you are sorry for that or not. But there is a big difference between God "knowing" what you did and His act of forgiveness.

For example, if you sinned against a friend with whom you were very close and then you felt sorry for that it's possible that your friend would realize, just by knowing you, that you were truly sorry. But that doesn't mean that you can just presume on your friend's goodness and forgiveness. The best thing to do, in this situation, is to actually sit down and tell your friend you are sorry and to have your friend tell you that you are forgiven. This very human exchange brings about reconciliation.

So it is with God. God is all merciful and wants to forgive us all our sins. But for true reconciliation to take place God wants you to actually say those words and then to hear the words, spoken by the priest, that you are forgiven. So Confession is not only about God forgiving us, it is also about reconciliation with God on a human level.

What's important to understand is that God offers us forgiveness in His way. He forgives us through a human being. Who is that human being? It's the Father's Son who became one of us. Jesus is the one who offers the forgiveness of God and Jesus is both fully God and human. But how does Jesus do that now that He has ascended back into Heaven? Well, before He ascended He gave His divine power of forgiveness to His first priests, the apostles. They, in turn, passed that power onto others who passed it on to others down through the ages all the way to our present age. Priests, despite the fact that they are imperfect themselves, have the spiritual power of Jesus to actually speak His words of forgiveness to others. Therefore, when a priest says, "I absolve you" we must hear Jesus Himself, as the human face of God, saying to us those same words.

Why did God choose to use priests to dispense His forgiveness? Honestly, we really don't have a perfect answer to that question. Sure there have been wonderful writings and reflections and teachings on this subject throughout the history of the Church. But, in the end, we will only fully understand this mystery of how God gives us His forgiveness when we are in Heaven. For now, we must simply follow what Jesus taught and receive His forgiveness in the way we know He offers it.

And on a psychological level, I, as a priest, have seen so many people benefit from actually hearing those words spoken from my mouth. So many times I have seen people come into the confessional scared and ashamed and walk out freed and at peace. So it really works. Make sure you give it a try soon!

ACT OF CONTRITION

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin. Amen.



PLEADING FOR MERCY AND FORGIVENESS OF SIN

From Psalm 51

O loving and gracious God, have mercy.
Have pity upon me and take away the awful stain of my sin.
Oh, wash me, cleanse me from this guilt. Let me be pure again.
For I admit my shameful deed-it haunts me day and night.
It is a sin against You and Your infinite mercy.

Create in me a new, clean heart, O God.
Purify me and make me white as snow.
Cleanse my thoughts and desires.
Restore to me again the joy of your salvation and make me willing to obey you.

Jesus, have mercy on me.
Jesus, have mercy on me.
Jesus, have mercy on me.

Jesus, I trust in You.
Jesus, I trust in You.
Jesus, I trust in You.

Amen.

Now do not be afraid of the glorious Sacrament of Reconciliation!

ST LUCY'S SCHOOL
OPEN DAYS




St Lucy's is a special primary school and high school for children with disabilities located in Wahroonga on Sydney's North Shore, with satellite classes in Wahroonga and on the Northern Beaches.

We invite you to one of our Open Days to see how your child will benefit from St Lucy's intensive instruction in: literacy, numeracy, social competence and independence skills in a dynamic and creative environment.
For more information contact the Registrar on 8355 3157 or enrol@stlucys.nsw.edu.au.
Applications close 15 May 2021 for Commencement in 2022.

ST LUCY'S OPEN DAY SESSIONS:

WAHROONGA CAMPUS St Lucy's School, 21 Cleveland Street, Wahroonga			
Tuesday 09 March	K-6 Open Day	9:15am	SESSION FULL
Wednesday 10 March	K-6 Open Day	9:15am	
Thursday 25 March	K-6 Open Day	9:15am	
Friday 30 April	High School Open Day	9:15am	

NARRABEEN CAMPUS St Joseph's Primary School, 108 Ocean St, Narrabeen
Thursday 18 March • Narrabeen Satellite Class Open Day • 9:15am

To book a session, visit:

<https://www.stlucys.nsw.edu.au/enrolment-open-day-special-needs-school/>

JOY | COMMUNITY | COURAGE | TRUTH

POPE FRANCIS' INTENTIONS FOR FEBRUARY 2021

VIOLENCE AGAINST WOMEN

We pray for women who are victims of violence,
that they may be protected by society and have their sufferings
considered and heeded.

AMEN



COVID 19 RESTRICTIONS

**Please use QR CODE or write your name and phone number on the sheets provided at both entries.
Please adhere to social distancing guidelines of 2sqms and sanitize your hands at the door.
Also wipe seats down afterwards with wipes provided at both entries.**

**IF YOU ARE NOT WELL OR EXPERIENCING FLU-LIKE SYMPTOMS,
PLEASE STAY HOME, ISOLATE AND GET TESTED.**

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.

Office Hours: Mondays & Fridays:
10.30am to 2.30pm
Parish Office: 9653 2312
Parish Priest: Fr. Bernard McGrath OSB
After hours: 0416 032 497
Email: arcadia.parish@bigpond.com

Website: www.bbcatholic.org.au/arcadia
Facebook: [stbenedictsarcadia](https://www.facebook.com/stbenedictsarcadia)
Address: Cnr Fagans & Arcadia Rd,
Arcadia 2159
Monastery: 9653 1159
Good Samaritan Sisters: 9653 1231

Postal address: 121 Arcadia Rd, Arcadia 2159

**For all parish Occupational Health & Safety and
Safeguarding Children matters
Contact: Lorraine Dailey on 0416 081 882.**

Bank Details for ONLINE only donations:
BSB: 062 784
Acct: 1446 8001