



St Benedict's Parish Arcadia



19TH SUNDAY IN ORDINARY TIME YEARA AUGUST 8 & 9 2026

ENTRANCE ANTIPHON

Look to your covenant, O Lord,
and forget not the life of your poor ones for ever.
Arise, O God, and defend your cause,
and forget not the cries of those who seek you.

OPENING PRAYER

Let us pray.

Almighty ever-living God,
whom, taught by the Holy Spirit,
we dare to call our Father,
bring, we pray, to perfection in our hearts
the spirit of adoption as your sons and daughters,
that we may merit to enter into the inheritance
which you have promised.

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.

PARISH MASS TIMES

Weekends:

Saturday

Sunday 7:00pm Vigil

Sunday 9:00am

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

SELF REFLECTION: COURAGE

This Sunday's Gospel, **Matthew 14:22-33**, As the disciples struggle against the wind and waves, Jesus comes to them and says, "Do not be afraid." Peter steps out in faith but begins to sink when he focuses on the storm instead of Jesus. This Gospel reminds us that when we keep our eyes on Christ, He gives us the strength to face life's challenges with courage and trust.

I Reflect...

1. What is causing me fear or worry at the moment?
2. Do I trust Jesus in difficult times?
3. What helps me keep my focus on Christ?
4. When have I experienced God's help in my life?
5. How can I grow in faith and courage this week?

WALK WITH JESUS

Prayer:

Lord Jesus, help me to trust You in every storm of life.
Strengthen my faith, calm my fears, and keep my eyes fixed
on You. Amen.

First Reading**1 Kings 19:9, 11-13 (JB)**

A reading from the first book of the Kings

Go out and stand on the mountain before the Lord God.

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

The word of the Lord.

Thanks be to God.

**Responsorial Psalm**

Ps 84:9-14 (JB)

R. Lord, show us your mercy and love, and grant us your salvation.

Second Reading**Romans 9:1-5 (JB)**

A reading from the letter of St Paul to the Romans

I would willingly be condemned if it could help my people.

What I want to say is no pretence; I say it in union with Christ - it is the truth - my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Ps 129:5 (JB)

Alleluia, alleluia!

I hope in the Lord,

I trust in his word.

Alleluia!

GOSPEL**Matthew 14:22-33 (JB)**

A reading from the holy Gospel according to Matthew

Command me to come to you over the water.



Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord', he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

READINGS & GOSPEL REFLECTION

1 Kings 19:9, 11-13 Romans 9:1-5 Matthew 14:22-33

CHRIST CALMS FEAR



Today's readings reveal a God who generously provides for His people.

Today's readings remind us that God is often found not in dramatic displays of power, but in quiet trust and faithful presence. In the **first reading**, Elijah encounters God not in the wind, earthquake, or fire, but in a gentle whisper. **Second reading**, St Paul expresses his deep love and concern for his people, trusting in God's saving plan. In the **Gospel**, as the disciples struggle against the storm, Jesus comes to them walking on the water and says, "Do not be afraid."

Together, these readings teach us that when life is difficult and uncertain, God remains close. He speaks gently to our hearts, strengthens us in our struggles, and invites us to trust Him. Like Peter, we may falter when we focus on our fears, but Jesus is always ready to reach out His hand and lift us up.

Key Thought: God is with us in every storm.

Take-Home Challenge

When you face a worry or difficulty this week, pause and pray: "Jesus, I trust in You."

Take a few moments each day to listen quietly for God's voice and place your confidence in His care.

Prayer

Lord Jesus, help us to recognise Your presence in every storm of life. Strengthen our faith, calm our fears, and teach us to trust in You always. Amen.

Liturgical Feasts and Events of the week

AUGUST

Monday 10 Readings: 2 Cor 9:6-10. Jn 12:24-26.

R: Happy the merciful who give to those in need.

St Lawrence, deacon, martyr.

Tuesday 11 Readings: Ezek 2:8-3:4. Mt 18:1-5, 10, 12-14.

R: How sweet to my taste is your promise!

St Clare, virgin.

Wednesday 12 Readings: Ezek 9:107; 10-18-22.

R: The glory of the Lord is higher than the skies.

St Jane Frances de Chantal, religious.

Thursday 13 Readings: Ezek 12:1-12. Mt 18:21-19:1.

R: Do not forget the works of the Lord!

Sts Pontian, pope, martyr and Hippolytus, priest, martyr.

Friday 14 Readings: Ezek 16:1-15, 60, 63. Mt 19:3-12.

R: You have turned from your anger to comfort me.

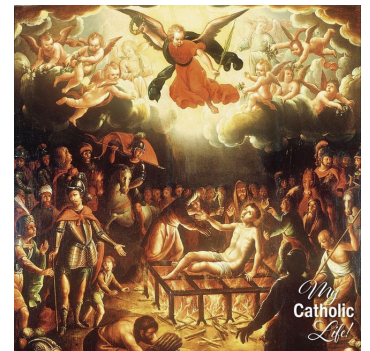
St Maximilian Mary Kolbe, priest, martyr.

Saturday 15 Readings: 1 Chr 15:3-4, 15-16, 16:1-2. 1 Cor 15:54-57. Lk 11:27-28.

R: Lord, go up to the place of your rest, you and the ark of your holiness.

The ASSUMPTION of the BLESSED VIRGIN MARY.

Source: Ordo 2026



St Lawrence Feast August 10

St Lawrence, faithful martyr and servant of the poor, pray for us. Help us to follow Christ with courage, generosity, and love. Amen.

POPE LEO PRAYER INTENTION FOR AUGUST 2026

For evangelization in the city

Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.



PARISH NOTICE

Our parish is currently seeking volunteers to assist in a number of important ministries:

Morning Tea – Helpers are needed to assist with morning tea after the 9:00am Mass every 6 weeks.

Flower Ministry – We are looking for volunteers to help arrange flowers for the church approximately once every 6–8 weeks.

Kids Youth Group – Adult volunteers are needed to assist with our Kids Youth Group on Friday evenings.

Music Ministry – We are seeking a piano player who would be willing to be included on the music roster.

If you are able to assist in any of these ministries, please contact the Parish Office. Your time and talents are greatly appreciated and help make our parish a welcoming and vibrant community. It's also a great way to meet new people.

FEAST OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY SATURDAY 15TH AUGUST

The Feast of the Assumption of Our Lady is a

HOLY DAY OF OBLIGATION

and Mass will be celebrated as follows:

Parish Vigil Mass 7pm FRIDAY 14th August

Monastery 7am Saturday 15th August

Please note the Saturday night Vigil Mass 7pm on the 15th August is the Vigil Mass for the 20th Sunday in Ordinary time not the Feast of the Assumption.

All Catholics are encouraged to attend Mass on this important feast day as we honour Mary, who was assumed body and soul into heavenly glory.



VOLUNTEER OF THE WEEK

This week's volunteers of the week nomination:

MARY CAMILLERI

A special thank you to Mary Camilleri for her dedication in leading our parish prayer group.

Through her commitment and encouragement, Mary has brought many people together in prayer, faith, and fellowship. Her efforts help strengthen our parish community and provide a welcoming space where people can grow closer to God and one another.

Thank you, Mary, for your generous service and for helping to build a spirit of prayer and community within our parish.



VINNIES THANKS YOU

The Arcadia Conference of St. Vincent de Paul would like to thank all the parishioners for their generosity in supporting our Winter Appeal. We raised \$7,300 from donations in envelopes and the Poor Box, as well as a large amount of groceries which will be used for food parcels for people in need in this district. We are so grateful for the ongoing support of the Parish and the community.

Rita, Lila, Marie and Karen Vinnies Arcadia Conference.

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:

Joe Gallo, Miriam Brown, Pauline Honor, Kath Moran, Brother Mario, and Father Alberic.

We remember in our prayers all our dearly beloved who have died:

Sr Fay Hancock, Tereza Muscat, Bill Pierce, Francesco Merlino, Peter Chedid, Antonio Romeo, Nanna Trani, Anne Pearce, Robert Wallace, Maria Pappalardo.

~ May they rest in Eternal Peace.



CATECHIST NEWS

Term 3 has now commenced, and we thank all our Catechists and helpers for their continued dedication in sharing the faith with the children in our local schools.

We are always in need of casual relief Catechists and helpers to assist when needed. If you are interested in this rewarding ministry, please contact me or the Parish Office for more information.

God bless,
Martina Jutrisa

srearcadia@gmail.com
Parish Catechist Co-Ordinator
0413 403 767
Parish Office: 9653 2312



Create.Share.Encounter

A Creative Women's Ministry

The 'grannies at heart' were busy crocheting granny squares at the Makers Table workshop on Wednesday evening - it was lovely to learn a new skill (or refresh the memory 🧶).

Save the date for our next workshop on Wednesday 2nd September where we will be making cute Spring Roses out of ribbons!



www.facebook.com/makerstable
www.themakersgarden.com.au
Martine Musumeci 0458 533 250
Nerida Woodbury 0425 834 017
themakerstablesydney@gmail.com

HEALING MASS

Healing Mass is held on the first Thursday of each Month at 9.30am

**NEXT HEALING MASS:
THURSDAY SEPTEMBER 3**

ITALIAN ROSARY GROUP

Every **Monday 2.00pm.**
Everyone welcome.

For more details call

Angela Egizianoon 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.

CRAFTGROUP

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!

29th
Year



OUR LADY OF FATIMA FEAST DAY

Begins with a short play and rosary in five languages, followed by procession and Mass. Ending with refreshments and raffle.

Here at St Benedict's Sunday 11 Oct 2026 1pm

We are inviting young children to take part in the Fatima Play on the Feast Day. Please phone 0438 521 421 for further details.

Next meeting 7.15pm Tue 11 August at the Parish

THANK YOU

Thank you to the following for their kind donations for the
FETE / FEAST DAY

- **Juritsa family** — for their generosity in donating three prizes for the major raffle
- **Mandah and Daniel Vella family** — for donating over six prizes towards the major raffle and the chocolate wheel
- **Fatima committee** — for donating a prize towards the raffle
- **Souraya & Roger Kazzi** — for donating a prize towards the major raffle
- **Envoyage Ryde** — for their generous gift of a premium Harbour experience

YOUR KINDNESS IS GREATLY APPRECIATED!

ST BENEDICT'S KIDS YOUTH GROUP

Join the fun! Ages 8-12 years
Our Kids Youth Group is held on Fridays
DURING SCHOOL TERM
4.30pm to 5.30pm

*We need adult volunteers to help out.
Please let the parish office know if you
Are free to help or call Jules
On 0415 448 797*

SAINT OF THE WEEK

August 11

Saint Clare, Virgin

c. 1193–1253



Patron Saint of the Poor Clares, embroiderers, goldworkers, laundry workers, needleworkers, telephones, and television

Clare Offreduccio, born to a noble family in the Italian town of Assisi, was the eldest of three daughters. Raised in luxury, the girls led lives of prayer and were nurtured in their faith by their devout Catholic parents. When Clare was twelve, she persuaded her parents to postpone arranging a marriage for her to a wealthy nobleman.

As Clare neared age eighteen, she attended a Lenten mission at the church of San Giorgio in Assisi. The preacher, Brother Francis, had undergone a radical conversion after being captured in battle and imprisoned for a year. After being ransomed by his father, Francis renounced his inheritance and received papal approval for himself and a small group of followers to live lives of poverty, prayer, penance, and itinerant preaching. During the mission, Clare felt God calling her to form a women's branch of Francis' new order. Aware that her family would not approve, Clare spoke to Brother Francis in secret. With the local bishop's approval, Francis agreed to welcome her on Palm Sunday evening at the chapel of the Portiuncula. Accompanied by her aunt and a friend, Clare arrived at the chapel that night dressed as a bride. She surrendered her noble attire for a coarse habit, allowed Brother Francis to cut her long hair, and covered her head with a veil.

Clare's family tried to convince her to return home, promising wealth and all the privileges of nobility, but she refused. When they attempted to force her to return, she clung to the altar and showed them her cut hair, a symbol of her dedication to God. Her family reluctantly backed down, marking a pivotal moment in Clare's life and the birth of a new women's order. Soon, Clare's sister Caterina joined her, was accepted into the order, and took the name Agnes. In time, even their other sister and mother joined Clare and Agnes at the small house that Brother Francis had built for them next to the church of San Damiano. Brother Francis provided the rule for their new life, and they became known as the Poor Ladies of San Damiano, later, the Poor Clares.

The Poor Ladies of San Damiano led a life of extreme poverty, manual labor, and almost complete silence. The Poor Ladies remained cloistered, instead of traveling and preaching as the friars did. At the time, their austerity was new to religious women; most convents were wealthy, with large tracts of land tended by others for their needs. Clare became the community's abbess. Humble and shy, she found giving orders challenging and often took up the most menial and unwanted chores. God's protection shielded the new order. When Muslim invaders surrounded the convent and prepared to attack Assisi, Clare went to the chapel and took the monstrance with the Blessed Sacrament to confront them. Overwhelmed, the invaders retreated and never returned.

After Francis died, Mother Clare wrote a rule for her sisters that received Pope Innocent IV's approval days before her death in 1256 at age fifty-nine. This marked the first time that a pope approved a rule for religious life written by a woman. Despite her hidden life, Clare's holiness was well known, and the pope came to Assisi to celebrate her funeral. She was canonized two years later.

Saint Clare, God called you into poverty where your true nobility was found. God called you to live radically, and you never turned back. Please pray that I will respond to God's calling in my life with radical fidelity. May nothing stand in the way of my willing adherence to the will of God. Saint Clare of Assisi, pray for me. Jesus, I trust in You.

Source: mycatholic.life

DONATING MEN'S CLOTHING FOR SEAFARERS

Stella Maris Seafarers, a Catholic organisation helping seafarers, would appreciate any **donations of second hand men's clothing, as well as any personal hygiene items such as soap, shampoo, deodorant, toothbrush, toothpaste etc.**

Please leave the items in the meeting room near the kitchen and they will be picked up weekly and taken to Sr Mary Leahy and I can tell you she will be most excited. She boards every ship that pulls into Botany Bay and checks on the welfare of the sailors, she is also a trained nurse and if she sees sick, injured or suspects abuse etc she is onto it.

Many Thanks for your kind Generosity. Cheers, Cathy Holling Ph: 0403 062 255

Please join us to celebrate
the ministry of GCEA
Galston Christian Education
Association Galston High School

Spring Dinner

Saturday 12 September 2026

6pm at the Galston Club
21 Arcadia Road, Galston

2 Course meal, tea and coffee

Tickets

Adults dinner, 2 course \$70
Concession dinner, 2 course \$60

Contact Paula on 0423 078 282

or:

events.humanitix.com/gcea-spring-dinner-2026

Every Church to decorate their own table competition.

SPRINGDINNER GCEA

Saturday 12 September

Come along and join us for a wonderful evening at our Spring Dinner in support of the Galston Catholic Education Association (GCEA) and our own Paul El-Chaar, who does a fantastic job teaching Scripture to the students of Galston High School each week.

This is always a great night filled with good food, friendship, and community spirit.

It is a wonderful opportunity to catch up with fellow parishioners, enjoy a delicious meal, and support the important work of sharing our faith with young people.

Whether you come with family, friends, or on your own, you are sure to feel welcome. We would love to see you there for what promises to be another enjoyable and memorable evening!

Tickets always sell fast so please see Paula to purchase a ticket

or call on 0423 078 282.



**ALL-NIGHT
EUCCHARISTIC
ADORATION
FOR
VOCATIONS
AUGUST 14-15
ASSUMPTION OF
OUR LADY**

OUR LADY OF DOLOURS
94 ARCHER ST CHATSWOOD

	Fri 14	Sat 15	
	6:30 PM	7:00 PM	VESPERS
	7:00 PM	7:30 PM - 8:30 AM	VIGIL MASS
		8:30 AM	NOCTURNAL ADORATION
		8:45 AM	BENEDICTION
		9:00 AM	MORNING PRAYER
			MASS

ZOOM ROSARY FOR VOCATIONS : AUGUST 15 8 PM
MEETING ID: 89128242753 NO PASSWORD REQUIRED

VOCATIONS
LOCAL COUNCIL OF PARISHES

INVITATION TO CHRISTIAN MEDITATION INTRODUCTION AND RENEWAL DAY

To be held at St Benedict's Monastery,
121 Arcadia Road, Arcadia

Sunday, 16th August

Arrival from 10am for registration,
10:30 Presentations

Introduction to Christian Meditation

Book Display

Period of Meditation

BYO Picnic Lunch

Mass at 2pm in the Monastery Chapel Conclusion
around 3pm

Enquiries:

Fr Michael Kelly: 0455 329 607

From 12th August, Ann Lomas: 0437 340 250

PARISH ROSTER

NEXT WEEKEND

15 to 16 August 2026

20th Sunday in Ordinary Time - YEAR A

Please join us for ☕ Morning Tea after the
9:00am Mass next Sunday.

	SAT 7PM	SUN 9AM	SUN 10:30AM
Acolyte		Paul E	George A
Reader 1	Natasha S	Nigel M	Azzi family
Reader 2	Margaret B	Zachary B	Lorna B
Prayers	Sr Carol T	Matt W	Leeann A
TV		Jules O	Teresa G
EMHC		Ann L	Gebran A
EMHC		Lorraine D	Lorna B
Music		Melanie H	Melanie H
Music		Theresa N	Adam F
Music		Teresa G	Martina J
Music		Marisa Q	Natalie M
Morning Tea		Marisa Q	
Flowers	Souraya K		

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

DID YOU KNOW...

Peter is the only person in the Bible, apart from Jesus, who walked on water—but he began to sink when he took his eyes off the Lord

WYD27 EXPRESSIONS OF INTEREST

We are so excited to announce that Expressions of Interest are now

open for our WYD27 Broken Bay Pilgrimage:

26 July – 12 August 2027

Japan – Seoul South Korea

<https://bbwyd27.org.au/>

ACKNOWLEDGMENT

We acknowledge the Traditional Owners of this land and their enduring connection to country, waters, and culture. We pay respect to their Elders past, present, and emerging.

*Above all we give thanks to **God our Father**, who blesses this land, its people, and all creation. May we live in harmony, justice, and peace, guided by His love.*

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 the parish office on 9653 2312.

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PARISH OFFICE HOURS

Mondays & Fridays: 9.00am to 2.00pm

(During School Holidays closed on Mondays)

Parish Office: 02 9653 2312

Address: 2 Fagans Road, Arcadia 2159

Email: arcadia.parish@bbcatholic.org.au

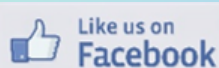
Website: www.bbcatholic.org.au/arcadia

Parish Priest: Fr Shansana Samarasinghe OSB

Email: sanshanasamarasinghe@yahoo.com

After hours: 0437 884 233

Facebook: [stbenedict sarcadia](https://www.facebook.com/stbenedict sarcadia)



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.

MONASTERY: 02 9653 1159

121 Arcadia Rd, Arcadia 2159