

St Benedict's Parish Arcadia



SIXTEENTH SUNDAY IN ORDINARY TIME

YEAR C

19 & 20 JULY 2025



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
(Reconciliation)

Saturdays 9:00am to 10:00am
Adoration & Confession (Reconciliation)

MONASTERY CHAPEL Masses

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

See, I have God for my help.
The Lord sustains my soul.
I will sacrifice to you with willing heart,
and praise your name, O Lord, for it is good.

OPENING PRAYER

Show favour, O Lord, to your servants
and mercifully increase the gifts of your grace,
that, made fervent in hope, faith and charity,
they may be ever watchful in keeping your commands.
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.

SELF REFLECTION: Presence

In this Sunday's Gospel Luke 10:38-42, Jesus visits the home of Martha and Mary. While Martha is busy with all the preparations, Mary sits at Jesus' feet, listening to His words. Martha becomes frustrated and asks Jesus to tell Mary to help her. But Jesus gently reminds Martha that Mary has chosen what is better—being present with Him.

I ask myself:

- *When I feel overwhelmed or busy, do I turn to Jesus or try to manage everything on my own?*
- *How often do I make time to sit in stillness and listen to God's word?*
- *In my daily life, what are the "distractions" that pull me away from what really matters?*

Hospitality Distraction
Listening Presence

Lord Jesus, In the busyness of my days, help me not to forget what truly matters. Teach me to be still, to sit at Your feet, and to listen to Your voice. Like Mary, may I choose the better part—time with You—over endless distractions. Calm my restless heart and draw me closer to You each day. Amen

First Reading: Gen 18:1-10**A reading from the book of Genesis***Lord, do not bypass your servant.*

The Lord appeared to Abraham at the Oak of Mamre while he was sitting by the entrance of the tent during the hottest part of the day. He looked up, and there he saw three men standing near him. As soon as he saw them he ran from the entrance of the tent to meet them, and bowed to the ground. 'My Lord,' he said 'I beg you, if I find favour with you, kindly do not pass your servant by. A little water shall be brought; you shall wash your feet and lie down under the tree. Let me fetch a little bread and you shall refresh yourselves before going further. That is why you have come in your servant's direction.' They replied, 'Do as you say.'

Abraham hastened to the tent to find Sarah. 'Hurry,' he said 'knead three bushels of flour and make loaves.' Then running to the cattle Abraham took a fine and tender calf and gave it to the servant, who hurried to prepare it. Then taking cream, milk and the calf he had prepared, he laid all before them, and they ate while he remained standing near them under the tree.

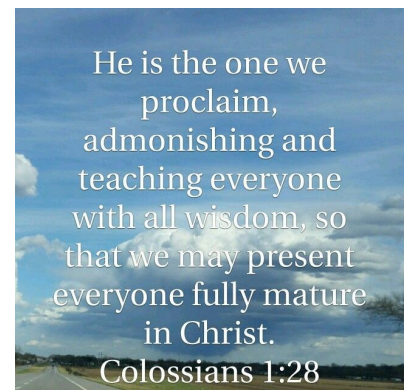
'Where is your wife Sarah?' he asked him. 'She is in the tent' he replied. Then his guest said, 'I shall visit you again next year without fail, and your wife will then have a son.'

The word of the Lord.**Thanks be to God.****Responsorial Psalm:****R. The just will live in the presence of the Lord.****Second Reading: Col 1:24-28****A reading from the letter of St Paul to the Colossians***The mystery hidden for centuries has now been revealed to his saints.*

It makes me happy to suffer for you, as I am suffering now, and in my own body to do what I can to make up all that has still to be undergone by Christ for the sake of his body, the Church. I became the servant of the Church when God made me responsible for delivering God's message to you, the message which was a mystery hidden for generations and centuries and has now been revealed to his saints. It was God's purpose to reveal it to them and to show all the rich glory of this mystery to pagans. The mystery is Christ among you, your hope of glory: this is the Christ we proclaim, this is the wisdom in which we thoroughly train everyone and instruct everyone, to make them all perfect in Christ.

The word of the Lord.**Thanks be to God.****Gospel Acclamation****Alleluia, alleluia!****Happy are they who have kept the word with a generous heart and yield a harvest through perseverance.****Alleluia!****GOSPEL Luke 10:38-42****A reading from the holy Gospel according to Luke***Martha took up the duties in the house. Mary chose the better part.*

Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord's feet and listened to him speaking. Now Martha who was distracted with all the serving said, 'Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me.' But the Lord answered: 'Martha, Martha,' he said, 'you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her.'

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

GOSPEL REFLECTION
16th Sunday in Ordinary Time
Genesis 18:1-10/ Psalm 14:2-5/ Colossians 1:24-28 / Luke 10:38-42

The Lord appeared to Abraham. (Genesis 18:1)

Isn't it mysterious? Genesis 18:1 tells us that "the Lord appeared to Abraham." But then Abraham sees "three men" (18:2). The visitors are later identified as angels, but one seems to be the Lord himself (18:20-22). It's hard to know exactly what Abraham saw and at what point he realised that he was in the presence of Almighty God.

Here's another mystery: this same Lord will be with everyone gathered at every Mass today. We will hear his voice in the readings and see him in the Host and Chalice. So let's take a look at how Abraham responded to God's presence to see how we can respond to him today.

First, Abraham gave God his full attention. He stopped what he was doing and "ran" to meet him (Genesis 18:2). As Mass begins, you can imitate Abraham as you try to put aside any distractions and be attentive to the Lord. Next, he bowed down (Genesis 18:2). While this might have been a traditional greeting, it also showed that Abraham recognised his visitors' dignity. Imagine yourself bowing low as you pray the Gloria and praise God in the responsorial psalm. Then, Abraham offered to God the best he had—fine flour and a choice steer (Genesis 18:6-7). When the gifts are brought to the altar, you can offer your life to the Lord. Give him your love and fidelity. Finally, Abraham waited on his guests (Genesis 18:8). That's something you can do after Holy Communion, as you pray quietly in adoration. Enjoy your time with the Lord and listen to him. So remember Abraham when you come into God's mysterious, surprising presence today. Let the promise of his love fill your heart with reverence. Generously offer him your attention, your worship, the best of who you are. As you do, you'll come to see him more and more clearly. Just like Abraham.

"Lord, thank you for revealing yourself to me in mystery. Help me to respond to you wholeheartedly!"

Source: Word Among Us India

WEEKDAY LITURGICAL READINGS

- Monday 21: Ex 14:5-18. Mt 12:38-42
R. Let us sing to the Lord; he has covered himself in glory.
St Lawrence of Brindisi, Priest, Doctor.
- Tuesday 22: Song 3:1-4. Jn 20:1-2, 11-18
R. My soul is thirsting for you, O Lord, my God.
St Mary Magdalene
- Wednesday 23: Ex 16:1-5. Mt 13:1-9
R. The Lord gave them bread from heaven.
St Bridget, Religious.
- Thursday 24: Ex 19:1-2, 9-11, 16-20. Mt 13:10-17
R. Glory and praise for ever.
St Sharbel Makhluf, Priest.
- Friday 25: 2 Cor 4:7-15. Mt 20:20-28.
R. Those who sow in tears, shall reap with shouts of joy.
St James, Apostle
- Saturday 26: Ex 24:3-8. Mt 13:24-30.
R. Offer to God a sacrifice of praise.
Sts Joachim and Anne, Parents of Blessed Virgin Mary



Source: Ordo 2025



Pope Leo XIV prayer intention for July 2025:

For formation in discernment

Let us pray that we might again learn how to discern, to know how to choose paths of life, and reject everything that leads us away from Christ and the Gospel.

PARISH PASTORAL COUNCIL MINUTES & PARISH FINANCE MINUTES

MINUTES ARE AVAILABLE IN THE PARISH OFFICE
UPON REQUEST.

Any suggestions to Parish Pastoral Council or Parish
Finance can be given to Fr Shansana.

DRAFT ROSTER NOW AVAILABLE

The next draft roster is displayed on the sacristy
window. Please check and edit if required. It will be
removed on 27th July.

If you would like to join any of the ministries listed,
please speak to Father Shansana.

Your help is essential. Together, we can bring
compassion and care to those in need.

Please contact the parish office.

ST.VINCENT DE PAUL WINTER APPEAL

Vinnies Winter Appeal will be collecting donations until
the end of July. Envelopes for donations of money are
in the Church today and can be returned anytime in the
next month.

At the Church entrances we have our red buckets in
which we are hoping to receive donations of non-
perishable food and toiletries. We would be so grateful
for any donations from our Community at this time.

THANK YOU FOR ATTENDING LAST SUNDAY'S FEAST DAY CELEBRATION!

It was a joy to come together as a parish
community in prayer, fellowship, and celebration.

Your presence made the day even more special.

May God continue to bless you
and your loved ones

THANK YOU FOR SUPPORTING PASTORAL WORKS BROKEN BAY

Over the past two months, we have witnessed the
generosity and faith-filled spirit of our parishes across
the Diocese as they rallied in support of Pastoral
Works Broken Bay.

We offer our heartfelt thanks to every parish,
community group, and individual who contributed to
this essential mission.

Your support directly sustains five key ministries that
bring hope, compassion, and the love of Christ to
those who need it most:

**HOSPITAL CHAPLAINCY & PASTORAL CARE
PRACTITIONERS** – providing spiritual and emotional
care to over 3,000 patients each year in local
hospitals.

CONFRATERNITY OF CHRISTIAN DOCTRINE (CCD) –
enabling over 700 volunteer catechists to teach the
faith to more than 12,000 Catholic students in public
schools.

ST LUCY'S SCHOOL AND ST EDMUND'S COLLEGE –
offering specialised education for children with
disabilities.

EPHPHETA CENTRE – serving the Catholic deaf
community through sacraments, pastoral care, and
connection.

Your kindness makes all this possible.

Through your prayers and financial support, you are
truly supporting the mission of Broken Bay.

PARISH E-BULLETIN

The Parish is offering the Parish bulletin electronically
in addition to the printed version.

If you would like to receive the bulletin by email, please
send your email address to the parish office at:
arcadia.parish@bigpond.com

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 Vincent Bacha, Charlie Micallef, Brother Mario,
and Father Alberic.

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

Luke Manassa, Pellegrino Vaccarella, Najm Azzi, Carmel Russo, Margaret McKinley, Joe Guiana,
Vanessa Papandrea, Biagio Abignano, Phil Dailey, Brother Peter Hancock, Brother Terry,
Colleen Bennett & Helen Facione. ~ **May they rest in Peace.**



PARISH ACTIVITIES

Calling All Children and Families!

We invite all children and families who are interested in getting involved in upcoming parish activities and children Masses to reach out!

If your child would like to participate, please **send an email to the parish office** with the **child's name and a contact number**. We look forward to welcoming more young faces into our parish life!

OUR LADY OF FATIMA DAY



**We will be celebrating "Our Lady of Fatima Day"
On 12 October 2025**

Please keep this day in your diary.

We invite everyone from St Benedict's to attend this beautiful celebration. Details to come.

We invite children to be part of the Fatima Play and the Procession. Please contact Teresa on 0438 521 421.

Our next Fatima meeting will be on Tuesday 24 June 2025 at 7pm. In the Parish Meeting Room. All committee members are to attend and guests are welcome.

PIETY SHOP NEWS

We invite you to take a moment to explore our Piety Shop. It offers a wonderful selection of items to support and enrich your spiritual life, including: Religious gifts for sacraments like Baptism, First Communion, and Confirmation. Rosaries, prayer cards, and medals Bibles, missals, and spiritual books for adults and children.

Come and see what's new!

ST BENEDICT'S YOUTH GROUP

JOIN THE YOUTH GROUP!

Youth group has finished this term! Thank you to all the children who participated. Will let you know when next term is open. Have a wonderful holiday!

Thank you,

Gabe & Jules!



CATECHISTS' NEWS

Week 1 for Term 3 commences this week with SRE classes resuming for all schools except Galston PS which will return in Week 2.

Free training being provided by the CCD –

- Skills in the Classroom training for all Catechists on Tuesday 22 July 6:15pm – 8:30pm via Zoom on 'Prayer in the Classroom'

- Level 2 training for fully authorised Catechists on "The Church in the 3rd Millennium" commencing on Friday 25th July 10am -12:15pm via Zoom

RSVP registrations@bbcatholic.org.au

Please keep our parish Catechists, and the students that they teach, in prayer as schools return. If you are interested in knowing more about becoming a Catechist or helper, please contact myself or the parish office or one of our priests.

God bless,

Miriam Brown srearcadia@gmail.com

Parish Catechist Co-ordinator



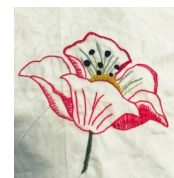
ST BENEDICT'S MAKER'S TABLE

Save the date for our next workshop on

**Wednesday,
6th August 7.30-9.30pm**



More details coming soon



themakerstablesydney@gmail.com

Martine 0458-533-250 / Nerida 0425-834-017

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

Saints Joachim and Anne - Memorial

Feast Day: July 26

Late First Century B.C.–Early First Century A.D.

**Saint Anne—Patron Saint of grandparents, grandmothers, mothers, roommakers, cabinetmakers, carpenters, dressmakers, equestrians, expectant mothers, homemakers, housewives, lace workers, seamstresses, miners, old-clothes dealers, Canada, and France
Invoked against sterility and poverty and to find lost articles**

**Saint Joachim—Patron Saint of grandparents, grandfathers, fathers, married couples, cabinetmakers, and linen traders
Pre-Congregation canonization**



Today we honor the Blessed Virgin Mary's parents and Jesus' grandparents. Their names are not recorded in the Gospels but come from a mid-second-century apocryphal document, the Gospel of James. Though this "gospel" has been deemed inauthentic, it is the earliest record of the Blessed Mother's parents. We can at least presume that the names Joachim and Anne are correct. Other apocryphal literature also contains uncertain information about these holy parents and grandparents.

According to tradition, Joachim was a wealthy and generous man. He and his wife, Anne, were advanced in years and childless. One day, Joachim arrived at the Temple to make an offering that Rubim, most likely a Levitical priest, rejected because Joachim was childless, which was understood as a sign of God's disfavor. Distressed, Joachim left the Temple and studied the Scriptures to see if he could find anyone of importance who was childless. When he came upon Abraham, he recalled that Abraham was only given a child in his old age. Rather than returning home, Joachim embarked on a forty-day period of fasting and prayer in the desert, beseeching God for a child. Anne also prayed, asking God for a child. An angel appeared to both Joachim and Anne, promising that the couple would conceive a child. Nine months later, Anne bore a daughter whom the couple named Mary. Because of a vow they had made, Joachim and Anne brought three-year-old Mary to the Temple where she lived until it was time for her to be married. She was educated by the priests and holy women and spent her days in prayer and union with God.

The Presentation of Mary in the Temple is a liturgical feast celebrated in the Eastern Church as early as the sixth century and in the Western Church in the eleventh century, giving credence to a lived faith and liturgical acceptance of her presentation by her parents. In the old city of Jerusalem, an ancient church still stands next to the Temple Mount in which it is believed that the Blessed Virgin Mary was born and might have lived during her early days after being presented in the Temple.

As early as the sixth century, churches were built in Saint Anne's honor, prayers were offered for her intercession, devotions were formulated, and patronages were attributed to her. In the sixteenth century, devotion to Saint Joachim's feast day was placed on the General Roman Calendar.

Regardless of the veracity of the legends about Saints Joachim and Anne, we know that the Blessed Virgin Mary, the Immaculate Conception, had parents. They loved her, raised her, and offered her to God. Today the faithful seek their intercession as Saints Joachim and Anne. They are especially called upon for their intercession for grandparents. On a spiritual level, just as the Blessed Virgin is our mother, so also are Saints Joachim and Anne our grandparents in the order of grace.

Saints Joachim and Anne, you were given the incredible privilege and responsibility to give birth to and raise the Immaculate Conception, the Mother of God. Her presence in your lives left you in awe of God's grace. Please pray that I may love your daughter and your Grandson with the same love you bore for each of them, so that I will enjoy their company with you in Heaven one day.

Saints Joachim and Anne, pray for me. Jesus, I trust in You .

Incredible SRI LANKA

13 NIGHTS/14 DAYS
DEPARTING AUSTRALIA
22 SEPTEMBER 2025

With your host
Fr. Michael Kelly OSB
Abbot General Emeritus

Colombo, Kandy, Haputale, Yala,
Galle, Key ancient sites &
Benedictine Communities

A\$5,945
Per person twin share
A\$500
Per person deposit

INCLUSIONS

- Economy class flights on Singapore Airlines
- 5 star accommodation for 13 nights
- Daily Breakfast & Dinner
- Dinner from day 2 to Day 14
- Our own Airconditioned 24- seater coach
- First Class train tickets from Kandy to Ella including box lunch
- English speaking guide / Driver throughout the tour
- Entrance tickets to places we visit as in the itinerary.
- A visit to St. Anthony's Shrine
- Visit Benedictine Communities and Anglican sites

Book Now

Terms & Conditions apply - contact johanne@etravel.com.au for more details
Single supplement available upon request.
Land only price available.
Price subject to availability and currency fluctuations.

**WE WILL BE COMMENCING A
HEALING MASS
THE FIRST THURSDAY OF EACH MONTH**

**DATE: Thursday, 7 August
9.30am Mass**

GAZA URGENT HELP NEEDED

As the humanitarian crisis in Gaza worsens, Caritas Australia is urgently advocating for safe and unhindered humanitarian access and the protection of all civilians. In solidarity with our global Caritas partners, we are supporting the delivery of life-saving aid — including food, medical supplies, hygiene items, and trauma care — despite extremely challenging conditions on the ground.

Pope Leo XIV has also renewed calls for an immediate end to hostilities and increased humanitarian aid, reminding us of our shared responsibility to uphold the dignity of every human life. [Donate to Gaza | Support Gaza Emergency Appeal](#)



Our Lady OF DOLOURS

PRAISE AND WORSHIP

FRIDAY, 1ST AUGUST, 2025
DOORS OPEN 6.45PM FOR 7PM START
94 ARCHER ST, CHATSWOOD NSW 2067

REGISTER

WE HAVE THIS HOPE, A SURE AND STEADFAST ANCHOR OF THE SOUL, A HOPE THAT ENTERS THE INNER SHRINE BEHIND THE CURTAIN, HEBREWS 6: 19

GUEST SPEAKER
CARDINAL PABLO VIRGILIO DAVID

AUSTRALIAN CATHOLIC YOUTH FESTIVAL

MELBOURNE 2025

DIOCESE OF BROKEN BAY PILGRIMAGE

SAT 29 NOV- WED 3 DEC
FLIGHTS + 4 NIGHTS ACCOMODATION + REGO
\$1,630 PER PERSON, INCL GST

Limited opportunity for \$500 subsidy
Reducing cost to \$1,130

REGISTER YOUR INTEREST HERE

CATHOLIC DIOCESE OF BROKEN BAY
mission@bbcatholic.org.au

Parish Roster

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

NEXT WEEKEND'S ROSTER

**26/7/2025—27/7/2025
17TH SUNDAY IN ORDINARY TIME - YEAR C**

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Paul C	
Reader1	Natasha S	Teresa G	Azzi Family
Reader2	Miriam B	Ann L	John Family
Prayers	Mary C	Mary C	Fogarty Family
TV		Roderick R	Trey O'C
Music		Rebecca R	Melanie H
Music		Marisa Q	John T
Music		Keith W	Noelle T
Music		Teresa N	
Morning Tea		Tania T	
FLOWERS	Angela S		



Thank you to all our wonderful volunteers!

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.

**For all parish OH&S and Safeguarding Children matters Contact:
Lorraine Dailey on 0416 081 882.**

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 NOTICE

NEXT SACRAMENTAL PROGRAM ENROLMENTS NOW OPEN

Enrolments for the next Sacramental Program are now open. Program commences with Confirmation in October with lessons in August.

Please contact the parish office or collect a form from the Church Sacristy or email:

arcadia.parish@bbcatholic.org.au

PLANNED GIVING ENVELOPES

1 July 2025 – 30 June 2026

Planned Giving Envelopes are now ready for collection. They can be found on the front pew in the church, arranged in alphabetical order.

A sincere thank you to all who have already opted in to this important program. If you would like to join the Planned Giving Program, please contact the parish office.

Your generosity and support are greatly appreciated.

DID YOU KNOW...

The Catholic Church is the largest non-government charitable

organisation in the world



PARISH OFFICE HOURS:

Mondays & Fridays: 9.30am to 2.30pm
(School holidays only open Fridays)

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](https://www.facebook.com/stbenedictsarcadia)



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