

St Benedict's Parish

Arcadia

To listen gladly to Holy reading.

Rule of St Benedict, Chapter 4



**COVID-19
RESTRICTIONS UPDATE:**

**MASSES SUSPENDED
UNTIL 30TH OF JULY 2021**

*Please use QR CODE provided
or write your name and phone
number when you enter Church
after sanitizing.*



**Sixteenth Sunday
in Ordinary Time
Year B**

17 & 18 July 2021

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 Hilarion for the following:

**BAPTISMS
RECONCILIATION
FOR THE SICK
MARRIAGES
FUNERALS**

Fr Hilarion: 0478 909 541

Entrance Procession

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.

First Reading

Jeremiah 23:1-6 (JB)

A reading from the prophet Jeremiah
*The remnant of the flock I will gather to me,
and bring them back to their pastures.*

Responsorial Psalm

R. The Lord is my shepherd;
there is nothing I shall want.

Second Reading

Ephesians 2:13-18 (JB)

A reading from the letter of St Paul to the Ephesians
Christ, our peace, has made us one.

Gospel Acclamation

Alleluia, alleluia!
My sheep listen to my voice, says the Lord;
I know them, and they follow me.
Alleluia!

Gospel

Mark 6:30-34 (JB)

A reading from the holy Gospel according to Mark
They were as sheep without a shepherd.

Communion Antiphon

Behold, I stand at the door and knock, says the Lord.
If anyone hears my voice and opens the door to me,
I will enter his house and dine with him, and he with me.

Gospel reading for this Week**Mark 6:30-34 (JB)**

A reading from the holy Gospel according to Mark

They were as sheep without a shepherd.

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, 'You must come away to some lonely place all by yourselves and rest for a while'; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

**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 6:30-34 (JB)

Do you have a hard time saying "No" to other people? Have you ever felt overwhelmed by others in need? Have you ever wanted a few moments peace? What happened?

"If you want something done, ask someone who is busy."

With the ever-increasing pace of life, family and friends, business associates and community groups ask more and more of our time. This is especially true if we have talents or treasures these groups desire. It seems the more we have to offer, the more people want from us.

The time soon comes to get away, to refresh the body and soul. As with us, so too did the apostles need a quiet time and place to renew their spirits and their relationship with Jesus.

Just like his followers, we, too, are invited to find a quiet place to spend time with the Lord. We can pray before the Blessed Sacrament in a reservation chapel. We can create and use prayer corners in our homes, centered around icons and the Scriptures. We can visit places of prayer like monasteries, and partake in communal celebrations (like the Liturgy of the Hours). Even the travel to and from churches and shrines can invite us to prayer, creating an atmosphere of "pilgrimage." All times and all places invite us to prayer. But, there are quiet times and places to "come and rest" in the Lord.

Remember a special time of quiet you spent with the Lord. Why was it special?

Escape and relax. Don't those words sound inviting? There are times and places those words mean more than vacation. They mean prayer. After all, prayer is not mere work. It is an encounter with the Lord. What better partner can we have to share times of pause, places of refreshment.

What places and times invite you to spend time with the Lord? Reread the Catechism theme paragraph and use these ideas to create a space or plan a trip for prayer.

SAINT OF THE WEEK

ST FREDERICK, MARTYR

c. 815 - 838

Feast Day: July 18

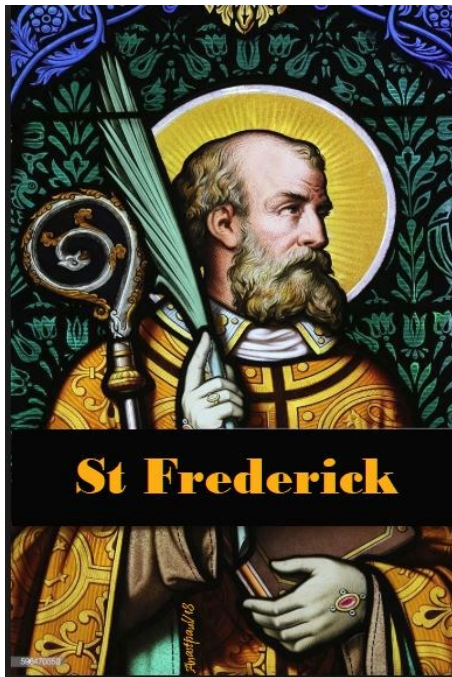
St Frederick was a Martyr, Bishop – died on 18 July 838 by being stabbed to death just after saying Mass.

Frederick was born around 780 in Friesland and was a grandson of the Frisian King Radboud. At a young age he was taught at Utrecht by the clergy, including Bishop Ricfried. He was trained in piety and sacred learning among the clergy of the Church of Utrecht. Being ordained priest, he was charged by Bishop Ricfried with the care of instructing converts and about 825 he was chosen to succeed him as Bishop of Utrecht. The new bishop at once began to establish order everywhere and sent St Odulf and other zealous and virtuous labourers, into the northern parts, to dispel the paganism which still subsisted there.

Given his reach and reputation, Saint Frederick was soon embroiled in the political matters of the times. Saint Frederick found himself in the position to admonish the Empress Judith, after her sons raised charges against her, citing immorality. While Frederick spoke to her with patience, prudence and charity, she became irate and worked to undermine him. Similarly, he raised the ire of many of those throughout the land who did not ascribe to the Christian faith, enforcing marriages and spreading the Gospel. Through his labours, he found himself greatly disliked by many dangerous and powerful individuals. Saint Frederick refused to be intimidated, however, certain in the power of the Lord.

On 18 July 838, following celebration of the Mass, Saint Frederick was stabbed by two assassins. He died only minutes later, reciting Psalm 144, ***"I will praise the Lord in the land of the living."*** It is unclear as to who had ordered the assassination but historians agree it was due to his preaching and enforcing of the tenets of the faith. As such, the Church considers Saint Frederick a holy Martyr, having given his life to the faith and suffered death as a consequence.

St Frederick composed a prayer to the Blessed Trinity which for many ages was used in the Netherlands. The reputation of his sanctity appears from a poem of Rabanus Maurus, his contemporary, in praise of his virtues.



PRAYER TO THE HOLY TRINITY BY ST. FREDERICK

*Glory be to the Father,
Who by His almighty power and love created me,
making me in the image and likeness of God.*

*Glory be to the Son,
Who by His Precious Blood delivered me from hell,
and opened for me the gates of heaven.*

*Glory be to the Holy Spirit,
Who has sanctified me in the sacrament of Baptism,
and continues to sanctify me
by the graces I receive daily from His bounty.*

*Glory be to the Three adorable Persons of the Holy Trinity,
now and forever.*

Amen.

PRAYER FOR FRIENDSHIP

"This is my commandment: Love each other in the same way I have loved you. There is no greater love than to lay down one's life for one's friends. You are my friends if you do what I command... Now you are my friends, since I have told you everything the Father told me." - John 15:12-15

Dear Lord,

teach me to love others the way you first loved me. As I build relationships with others, let them see you in the extent of my generosity, the authenticity of my kindness, and the depths of my love. All of those things are only possible through you, the God who abides with me and calls me friend.

Amen.



POPE FRANCIS' INTENTIONS FOR JULY

"SOCIAL FRIENDSHIP"

**We pray that, in social, economic and political situations of conflict, we may be courageous and passionate architects of dialogue and friendship.
AMEN.**



COVID 19 RESTRICTIONS—ALL MASSES SUSPENDED UNTIL FURTHER NOTICE

PLEASE WEAR MASKS.

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.**

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 Hilarion 0478 909 541, Lorraine Dailey 0416 081 882, Office for Safeguarding 83791605.*

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.

**Office Hours: Mondays & Fridays:
10.30am to 2.30pm**

Parish Office: 9653 2312

Parish Priest: Fr. Hilarion Fernando OSB

After hours: 0478 909 541

Email: arcadia.parish@bigpond.com

Website: www.bbcatholic.org.au/arcadia

Facebook: stbenedictsarcadia

**Address: Cnr Fagans & Arcadia Rd,
Arcadia 2159**

Monastery: 9653 1159

Postal address: 121 Arcadia Rd, Arcadia NSW 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
Name: Catholic Parish of Arcadia Bank:
CBA—Catholic Development Fund**