

# St Benedict's Parish Arcadia



## THE EXALTATION OF THE HOLY CROSS YEAR C

13 & 14 SEPTEMBER 2025

### THE EXALTATION OF THE HOLY CROSS

September 14th

#### 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

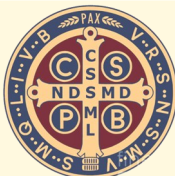
Sundays 7:00am

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

We should glory in the Cross of our Lord Jesus Christ,  
in whom is our salvation, life and resurrection,  
through whom we are saved and delivered.

#### OPENING PRAYER

O God, who willed that your Only Begotten Son  
should undergo the Cross to save the human race,  
grant, we pray,  
that we, who have known his mystery on earth,  
may merit the grace of his redemption in heaven.  
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: ETERNAL LIFE

This Sunday's Gospel, John 3:13-17:

This passage reminds me that Jesus came to save, not  
condemn. It challenges me to trust in His love and show  
that same grace to others.

I reflect:

- Do I truly believe that Jesus came to save me, not condemn me?
- How do I respond to God's love in my daily life?
- Am I quick to judge others, or quick to show grace?
- Do I live with the confidence of being saved through Christ?
- How can I share God's love more openly with those around me?

# Grace

Loving Father, thank You for sending Your Son, not to  
condemn the world, but to bring salvation through  
Him. Help me to trust fully in Your love, to live with  
faith in Your promise of eternal life, and to reflect Your  
grace in how I treat others. May my words and actions  
point people to the hope I have in Christ. Amen

## First Reading: Numbers 21:4-9 (JB)

A reading from the book of Numbers

*When those that were afflicted looked upon it, they were healed.*

On the way through the wilderness the people lost patience. They spoke against God and against Moses, 'Why did you bring us out of Egypt to die in this wilderness? For there is neither bread nor water here; we are sick of this unsatisfying food.'

At this God sent fiery serpents among the people; their bite brought death to many in Israel. The people came and said to Moses, 'We have sinned by speaking against the Lord and against you. Intercede for us with the Lord to save us from these serpents.' Moses interceded for the people, and the Lord answered him, 'Make a fiery serpent and put it on a standard. If anyone is bitten and looks at it, he shall live.' So Moses fashioned a bronze serpent which he put on a standard, and if anyone was bitten by a serpent, he looked at the bronze serpent and lived.

**The word of the Lord.**

**Thanks be to God.**

## Responsorial Psalm: Do not forget the works of the Lord!

## Second Reading: Philippians 2:6-11 (JB)

A reading from the letter of St Paul to the Philippians

*He humbled himself, therefore God had exalted him.*

The state of Jesus was divine, yet he did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are; and being as all men are, he was humbler yet, even to accepting death, death on a cross.

But God raised him high and gave him the name which is above all other names so that all beings in the heavens, on earth and in the underworld, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of the Father.

**The word of the Lord.**

**Thanks be to God.**

## Gospel Acclamation

Alleluia, alleluia!

**We adore you, O Christ, and we praise you,  
because by your cross you have redeemed the world.  
Alleluia!**

## GOSPEL John 3:13-17 (JB)

A reading from the holy Gospel according to John

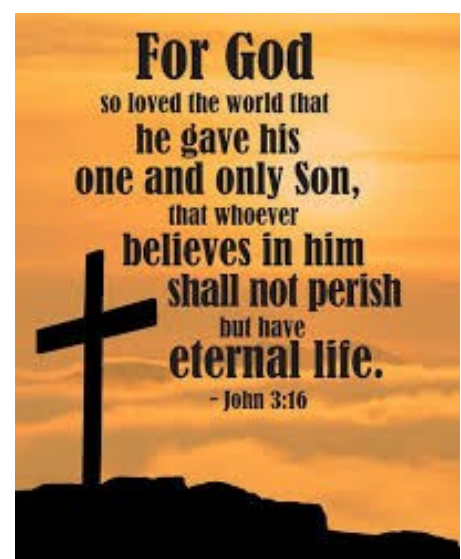
*The Son of Man must be lifted up.*

Jesus said to Nicodemus:

'No one has gone up to heaven except the one who came down from heaven, the Son of Man who is in heaven; and the Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him. Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.'

**The Gospel of the Lord.**

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



## GOSPEL REFLECTION

### FEAST OF THE EXALTATION YEAR C

**Num 21:4-9 / Phil 2:6-11 / John 3:13-17**

Today's feast invites us to see the Cross not simply as a reminder of suffering, but as the very sign of God's love and victory. In the Book of Numbers, the people of Israel, punished by serpents, found healing when they looked upon the bronze serpent lifted up by Moses. This image points us to Christ, who in the Gospel says that He too must be lifted up on the Cross so that all who believe may have eternal life. St. Paul, in his letter to the Philippians, shows us the depth of Christ's humility: though He was in the form of God, He emptied Himself, became human, and accepted even death on a cross—because of this, God exalted Him. The psalm reminds us that despite human sin and forgetfulness, God remains compassionate and merciful.

**Together, these readings reveal the paradox of the Cross: what once symbolized defeat now shines as the instrument of salvation.**

**Key Thought:** The Cross is the meeting place of God's mercy and our hope—through it, suffering is transformed into life, and death into victory.

**Take-Home Challenge:** This week, when you see a cross, pause to remember not only Christ's suffering but also His love that brings healing, hope, and new life.

Source: chatgpt.com

## WEEKDAY LITURGICAL READINGS

### September 2025

Monday 15: Heb 5:7-9. Jn 19:25-27.

**R.** Save me, O Lord, in your steadfast love.

**Our Lady of Sorrows**

Tuesday 16: 1 Tim 3:1-13. Lk 7:11-17.

**R.** I will walk with blameless heart.

**Sts Cornelius, pope, martyr, and Cyprian, bishop, martyr**

Wednesday 17: 1 Tim 3:14-16. Lk 7:31-35.

**R.** How great are the works of the Lord!

**St Hildegard of Bingen, virgin, doctor**

**St Robert Bellarmine, bishop, doctor**

Thursday 18: 1 Tim 4:12-16. Lk 7:36-50.

**R.** How great are the works of the Lord!

Friday 19: 1 Tim 6:2-12. Lk 8:1-3.

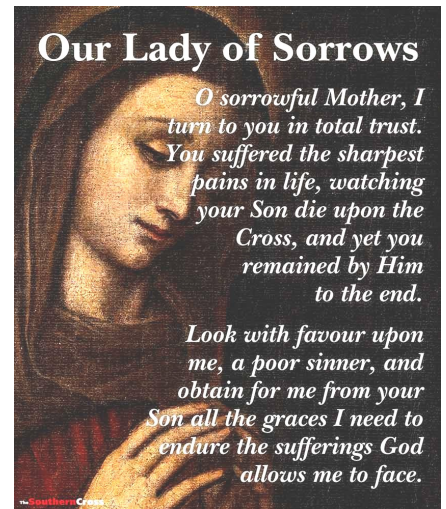
**R.** Happy the poor in spirit; the kingdom of heaven is theirs!

**St Januarius, bishop, martyr**

Saturday 20: 1 Tim 6:13-16. Lk 8:4-15.

**R.** Come with joy into the presence of the Lord.

**Sts Andrew Kim Tae-gon, priest, martyr, Paul Chong Ha-sang & Companion, martyrs**



Source: Ordo 2025



**Pope Leo XIV prayer intention for September 2025:**

**For our relationship with all of creation**

*Let us pray that, inspired by Saint Francis, we might experience our interdependence with all creatures who are loved by God and worthy of love and respect.*

## FEELING LONELY? WANT TO MAKE A DIFFERENCE?

Why not join our parish volunteers! There are so many wonderful ways to get involved:

- Join the **choir** or play the **piano**
- Help at the **working bee**
- Become a **reader**
- **Help with morning tea after Mass**
- **Volunteer in the parish office**
- **Help the fete team**
- Support the **sacramental team**
- Be a **scripture teacher** (training provided)
- Assist with the **youth group and much more!**

Not only will you make a real difference in our parish community, but you'll also make new friends who are welcoming, supportive, and kind.

Come and be part of something life-giving!  
Contact Paula at the parish office.

## MEMORIAL MASS

A **Memorial Mass for Shannon Murray** will be celebrated in our parish on:



**Sunday, 21st September 2025  
at 10.30am**



We gather as a faith community to remember Shannon with love, to pray for the repose of her soul, and to support her family and friends with our presence and prayers. Let us continue to keep Shannon's loved ones in our thoughts and prayers during this time.

## PARISH WORKING BEE

**Saturday, September 27 10.15am to 12pm**

We need your help to keep our parish grounds looking beautiful. Please come along and lend a hand—bring your rakes, gloves, and plenty of energy!

This is a wonderful way to serve our parish community and spend time together in friendship. Every bit of help makes a big difference.

**Sign up sheet at both entrances. Save the date!**

## PARISH NOTICE

### Parish Kitchen Needs

**We are currently in need of the following items for the parish kitchen:**

**Hot Water Kettle (1.7L)  
Microwave  
Hot Water URN large**

**If you are willing to donate any of these items, it would be greatly appreciated. To avoid doubling up, please let Paula know which item you can provide.**

**Thank you for your generosity and support of our parish community!**

## VOLUNTEER OF THE WEEK!

This week volunteer of the week nomination goes to:

### JASON SAKKAL

This week's Volunteer of the Week goes to Jason Sakkal. Jason has generously given his time to mow and care for our parish grounds, helping keep our church surroundings looking beautiful and welcoming for everyone while Joe was away.

We are so grateful for your hard work and dedication, Jason. Your service reminds us that even the simplest acts of care make a big difference in our community. Thank you for your time and effort!

## PARISH PASTORAL COUNCIL MEETING

This Tuesday 16 September at 7pm

In the Parish Meeting Room

All members please attend.

## ANNIVERSARY OF PROFESSION

### FR SHANSANA

**13 SEPTEMBER 2000 - 25 YEARS**

We warmly congratulate Fr Shansana on the 25th Anniversary of his Profession (13 September 2000).

Thank you, Father, for your faithful service, dedication, and witness to our parish and the wider Church. May God continue to bless you in your ministry!

## 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:**

*Shannon Murray, Pellegrino Vaccarella, Najm Azzi, Carmel Russo, Margaret McKinley, Joe Guiana, ~ May they rest in Peace.*





**28th 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.

**St Benedict's Parish, Sun 12 Oct 2025, 12:30pm**  
2 Fagans Road, Arcadia NSW 2159

A 9-day Novena begins at St Benedict's Church, Arcadia on Fri, 3rd Oct at 6:25pm with Rosary followed by Mass. Petition Box available for special requests.

Contact: 0438 521 421

## ST BENEDICT'S MAKER'S TABLE



This month we made beautiful crepe paper flowers to brighten up our homes! There will be no workshop during the school holidays in October but please come and support our Maker's Table stall at the Campion College Festival on October 18th (10am-3pm)!!

Our next workshop will be Wednesday, November 5th.

[themakerstablesydney@gmail.com](mailto:themakerstablesydney@gmail.com)

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

## CATECHISTS' NEWS

*The Spirituality of the Catechist* by Michael Tebbutt continues, "**Openness to the Church**. As catechists, we are the face of Jesus for the children and the face of our local parish community, the Church. We are not going to invite them into a God and me relationship. No, we are presenting something much larger than ourselves. We are representing our parish community.

The Term is quickly coming to an end. Final day of Term 3 is Friday 26<sup>th</sup> September.

Free training continues for all Catechists to be provided by the CCD –

Level 2 training for fully authorised Catechists on "The Church in the 3<sup>rd</sup> Millennium" continues on Friday 19<sup>th</sup> Sep 10am -12:15pm via Zoom. The topic this week is "The New Testament: Jesus the New Covenant"

Training during the Sep/Oct school holidays for all fully authorised Catechists – the topic will be 'Ongoing Safeguarding Training' via Zoom and face-to-face. Various dates have been provided, please contact me if interested.

RSVP [registrations@bbcatholic.org.au](mailto:registrations@bbcatholic.org.au)

Please keep our parish Catechists, and the students that they teach, in prayer. 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](mailto:srearcadia@gmail.com)  
Parish Catechist Co-ordinator



## HEALING MASS

### The First Thursday of each month

A Healing Mass is a regular Catholic Mass with a special focus on prayers for healing. During the celebration, there may also be the Sacrament of the Anointing of the Sick or blessings for those in need, as we open ourselves to the healing love of Christ.

**NEXT DATE: Thursday, October 2 9.30am Mass**

## PIETY SHOP NEWS

Visit Our Piety Shop

Discover religious gifts for Baptism, First Communion, and Confirmation, as well as rosaries, prayer cards, medals, Bibles, missals, and spiritual books for all ages.

## 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

### Saint Hildegard of Bingen Virgin and Doctor of the Church

**Feast Day: September 17**

**c. 1098 - 1179**



#### **Patron Saint of philologists and Esperantists**

**Canonized by Pope Benedict XVI in 2012 (equipollent canonization)**

**Declared a Doctor of the Church by Pope Benedict XVI in 2012**

Saint Hildegard of Bingen was born to parents of lower nobility in Bermersheim vor der Höhe, in Franconia, modern-day Germany. Her father served Count Stephan II of Sponheim. Hildegard, her family's tenth child, was offered to the Church as a tithe by her parents when she was eight years old, as was the custom. She was given to the Benedictine monastery at Disibodenberg, twenty-five miles from her hometown, and cared for by Jutta von Sponheim, Count Stephan II's daughter.

Jutta, later abbess of the women's branch, taught Hildegard basic catechism and enough Latin to pray the Psalms and Divine Office. She formed Hildegard's faith, devotion, and asceticism. Hildegard learned to play the psaltery, a primitive form of the harp. Of noble descent, Jutta and Hildegard inspired other noble girls to join them. After seven years, Hildegard took the Benedictine veil at age fifteen and became abbess in 1136 when Jutta died. By 1150, she had moved her growing community to Rupertsberg, near Bingen, and, in 1165, established a second monastery at Eibingen.

Despite Hildegard's limited education, she was highly intelligent. Her knowledge was infused by what she referred to as "the shadow of the living light." This "living light" came in the form of mystical visions and inspirations from an early age. Until she was in her forties, she mostly kept these mystical experiences to herself—absorbing, pondering, and allowing them to grow and deepen. Her Teacher was the Holy Spirit, giving her a divine infusion of Truth that led to a supernatural understanding of mysteries of the faith and revelation, along with insight into the natural sciences.

In 1142, Abbess Hildegard intensely sensed God commanding her to write her visions and share her divinely infused knowledge. She spent the rest of her life transcribing all that she understood by this infusion of the living light. Her first work, completed in 1151, described twenty-six visions with her commentary, known as *Scivias*—"Know the Ways." These visions and commentaries touch on every aspect of faith, from the creation of the world to the end of time.

Hildegard spent the next twenty-eight years writing, completing two more visionary works in which she dealt with virtue and vice, God's relationship with man, and God's activity in the world. She wrote in detail on natural sciences, medicine, and women's health, despite her lack of formal education. She also wrote on the saints and the Rule of Saint Benedict. She penned numerous letters to popes, emperors, abbots, and abbesses. As an artist and musician, she illustrated and composed beautiful hymns. Many, with their soaring melodies and beautiful harmonies, are still sung today.

The universal Church frequently called upon Abbess Hildegard for counsel. Unusual for women, she preached in public squares and cathedrals. Pope Eugene II and Saint Bernard of Clairvaux examined and approved her writings. Pope Benedict XVI declared Hildegard a saint and Doctor of the Church in 2012, even though she had informally been recognized as a saint since the time of her death.

***Saint Hildegard of Bingen, in your humility and simplicity, God raised you up and gave you the gift of supernatural knowledge about Heaven and earth's deepest mysteries. Please pray that I will be open to the truths God reveals to me and will use that knowledge as the basis of all my choices. Saint Hildegard of Bingen, pray for me. Jesus, I trust in You.***

Source: mycatholic.life



ST BENEDICT'S ARCADIA  
**PARISH ACTIVITIES**  
**CHILDREN & FAMILIES!**



**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!

**ST BENEDICT'S YOUTH GROUP**

**JOIN THE YOUTH GROUP!**

Youth group is back on this term!

**Time: 4pm to 5.30pm**

**each Friday during school term.**

Everyone welcome (8 to 12 year olds)

Thank you, Gabe & Jules!

**FORMATION DAY**

**FOR CLERGY AND PARISH SENIOR SERVERS AND EXTRAORDINARY MINISTERS OF HOLY COMMUNION**

All Clergy, Senior Servers, and Extraordinary Ministers of Holy Communion are warmly invited to join **Bishop Anthony** for a special **Formation Day** following the release of his new Pastoral Letter, *The Mystery of Faith: Encountering Jesus Christ in the Eucharist*.

**Time:** 10am – 1pm

**Date:** Saturday 1 November

**Venue:** The Light of Christ Centre

This day will be a valuable time to grow together in faith, deepen our love for the Eucharist, and strengthen our service within the parish community.

Please register your attendance via email –

[mission@bbcatholic.org.au](mailto:mission@bbcatholic.org.au)

**THE MORE THE MERRIER KIDS MARKETS**

Saturday, 1<sup>st</sup> November, 2025  
St Benedict's Parish  
2 Fagans Rd, Arcadia

10 AM  
-  
3 PM

**CALLING ALL YOUNG ENTREPRENEURS!**  
**COME AND RUN YOUR VERY OWN BUSINESS!**  
**REGISTRATIONS ARE NOW OPEN!**

All stall holders must be under the age of 18  
**\$25 REGISTRATION PER STALL**

Register by 10<sup>th</sup> October, 2025  
<https://forms.gle/iREa68PSrcdLN5Uz8>

For more information please contact  
Clare or Dominic Woodbury  
0425-834-017 / [nerida.woodbury@gmail.com](mailto:nerida.woodbury@gmail.com)

\$25 REGISTRATION WILL ASSIST WITH MARKETING THE EVENT AND TO PROVIDE A DONATION TO ST BENEDICT'S PARISH YOUTH GROUP.

**SAVE THE DATE!**  
**St Benedict's Country Fete**  
**Sunday, March 22, 2026**

Mark your calendars and get ready!

Our much-loved St Benedict's Country Fete will return next year—bigger, brighter, and full of fun for the whole family.

There will be stalls, games, food, entertainment, raffles, and plenty of parish spirit to enjoy.

This is one of the highlights of our parish year, and we can't wait to welcome parishioners, families, and friends from near and far. Stay tuned for more details—and start spreading the word!

Together, let's make this fete a joyful celebration of community and faith!

**THINKING ABOUT THE SACRAMENTS AS AN ADULT?**

If you've been considering receiving the Sacraments whether Baptism, Reconciliation, or Holy Communion, as an adult or a more mature person, we warmly invite you to take the next step in your faith journey. A new Adult Sacramental Program will be starting soon. Please contact Fr Shansana or reach out to the Parish office for more information. We'd love to walk with you on this sacred path.

# Parish Roster

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

## NEXT WEEKEND'S ROSTER

**20/9/2025—21/9/2025  
25TH SUNDAY IN ORDINARY TIME - YEAR C**

	<b>SATURDAY 7.00pm</b>	<b>SUNDAY 9.00am</b>	<b>SUNDAY 10.30am</b>
<b>Acolyte</b>		Paul C	
<b>Reader1</b>	Edyn V	Matt W	Mirko J
<b>Reader2</b>	Daniel V	Mary C	Sandra M
<b>Prayers</b>	Natasha S	Gabrielle W	Sharon O
<b>TV</b>		Jules O	Trey O
<b>Music</b>		Melanie H	Melanie H
<b>Music</b>		Pauline H	Hannah F
<b>Music</b>		Teresa G	Adam F
<b>Music</b>		Keith W	Martina J
<b>Morning Tea</b>		<b>Mary A</b>	
<b>FLOWERS</b>	<b>Souraya K</b>		



**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 UPDATE



### CONFIRMATION

Please pray for all children and their families as they continue the sacramental process for Confirmation.

Confirmation will take place on  
Thursday 23rd October

Presenting of Certificates: Sunday 26th October  
at the 10.30am Mass

### NEXT SACRAMENTAL PROGRAM ENROLMENTS - mid 2026

For any queries please email the parish office:  
[arcadia.parish@bbcatholic.org.au](mailto:arcadia.parish@bbcatholic.org.au)

## DID YOU KNOW...

**On the Feast of the Exaltation of the Holy Cross, we remember that the Cross, once a symbol of death, is now the sign of life and salvation.**



## 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](mailto:arcadia.parish@bbcatholic.org.au)  
**Website:** [www.bbcatholic.org.au/arcadia](http://www.bbcatholic.org.au/arcadia)

**Parish Priest:** Fr Shansana Samarasinghe OSB  
**Email:** [sanshanasamarasinghe@yahoo.com](mailto:sanshanasamarasinghe@yahoo.com)  
**After hours:** 0437 884 233

**Facebook:** 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**