

# St Benedict's Parish Arcadia



## THE MOST HOLY TRINITY YEAR C

14 & 15 JUNE 2025

### ENTRANCE PROCESSION

Blest be God the Father,  
and the Only Begotten Son of God,  
and also the Holy Spirit,  
for he has shown us his merciful love.

### COLLECT

God our Father, who by sending into the world  
the Word of truth and the Spirit of sanctification  
made known to the human race your wondrous mystery,  
grant us, we pray, that in professing the true faith,  
we may acknowledge the Trinity of eternal glory  
and adore your Unity, powerful in majesty.  
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: GUIDANCE

This Sunday's Gospel, **John 16:12-15**, speaks of Jesus preparing His disciples for what's to come. He promises the Holy Spirit, who will guide them into all truth, speak only what He hears, and glorify Christ by revealing His teachings.

*I ask myself:*

- *Am I open to hearing God's truth, even if I don't understand it fully yet?*
- *Do I make space to listen to the Holy Spirit in my daily life?*
- *How do I respond when God's guidance feels slow or unclear?*
- *In what ways am I glorifying Christ through my actions and choices?*

*Guidance Truth  
Revelation Trust*

*Holy Spirit, guide me into Your truth.  
Help me trust what I don't yet understand.  
Speak to my heart, reveal Jesus to me,  
and lead me in a way that honours Him. Amen.*



### 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



**First Reading: Proverbs 8:22-31 (JB)**

A reading from the book of Proverbs

*Wisdom was born before the earth was made.*

The Wisdom of God cries aloud:  
The Lord created me when his purpose first unfolded,  
before the oldest of his works.  
From everlasting I was firmly set,  
from the beginning, before earth came into being.  
The deep was not, when I was born,  
there were no springs to gush with water.  
Before the mountains were settled,  
before the hills, I came to birth;  
before he made the earth, the countryside,  
or the first grains of the world's dust.  
When he fixed the heavens firm, I was there,  
when he drew a ring on the surface of the deep,  
when he thickened the clouds above,  
when he fixed fast the springs of the deep,  
when he assigned the sea its boundaries  
- and the waters will not invade the shore -  
when he laid down the foundations of the earth,  
I was by his side, a master craftsman,  
delighting him day after day,  
ever at play in his presence,  
at play everywhere in his world,  
delighting to be with the sons of men.

**The word of the Lord.**

**Thanks be to God.**

**Responsorial Psalm:**

**R. O Lord, our God, how wonderful your name in all the earth!**

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

A reading from the letter of St Paul to the Romans

*To God through Christ in the love which is poured out through the Spirit.*

Through our Lord Jesus Christ, by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. But that is not all we can boast about; we can boast about our sufferings. These sufferings bring patience, as we know, and patience brings perseverance, and perseverance brings hope, and this hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us.

**The word of the Lord.**

**Thanks be to God.**

**Gospel Acclamation**

**Alleluia, alleluia!**

**Glory to the Father, the Son, and the Holy Spirit:  
to God who is, who was, and who is to come.**

**Alleluia!**

**GOSPEL John 16:12-15 (JB)**

A reading from the holy Gospel according to John

*Whatever the Father has is mine. The Spirit will receive what I give and tell you about it.*

Jesus said to his disciples:

'I still have many things to say to you but they would be too much for you now.

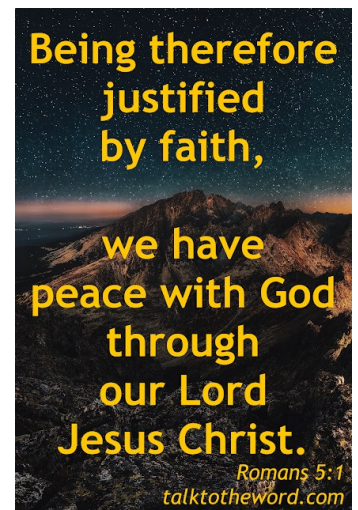
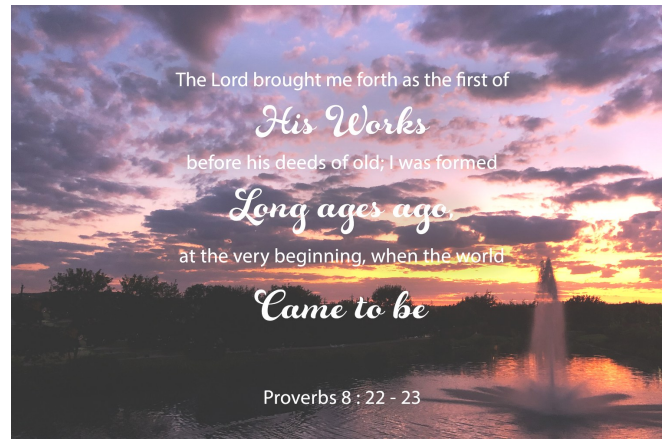
But when the Spirit of truth comes he will lead you to the complete truth,  
since he will not be speaking as from himself but will say only what he has learnt;  
and he will tell you of the things to come.

He will glorify me since all he tells you will be taken from what is mine.

Everything the Father has is mine; that is why I said: All he tells you will be taken from what is mine.'

**The Gospel of the Lord.**

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



**GOSPEL REFLECTION**

**Sunday, June 15**

**The Most Holy Trinity**

**Proverbs 8:22-31 / Psalm 8:4-9 / Romans 5:1-5 / John 16:12-15**

*The Spirit of truth . . . will guide you to all truth. (John 16:13)*

It's no coincidence that we celebrate Trinity Sunday on the Sunday after Pentecost. The mystery of the Holy Trinity is so deep that we need the Holy Spirit, the “Spirit of truth” (John 16:13), to help us understand it. And even more important, it's only through the Spirit, who was poured out on Pentecost, that we can enter into an ever-deepening relationship with our awesome, Triune God!

It's the Spirit who moves us to pray and worship God. He both puts that desire in our hearts and teaches us to pray. He opens our ears so we can hear God speaking to us, and he opens our heart so we can come to know the Father, Son, and Holy Spirit in a personal way.

The Spirit also opens up the Scriptures for us, revealing to us who God is. He illuminates our minds through God's word and helps us to grasp his sweeping plan of salvation. He makes real to us God's constant desire to make us his own sons and daughters.

Perhaps most amazing, it's the Spirit who pours “the love of God . . . into our hearts” (Romans 5:5). We know intellectually that God is love (1 John 4:8), but the Spirit helps us *experience* the immensity of that love. He shows us that we are the apple of God's eye, beloved from before time began. He shows us the love that moved the Father to give us his Son, so that we might live with him forever.

Jesus reassured his disciples that the Spirit “will speak what he hears” (John 16:13). On this special feast, let the Spirit speak a word of reassurance to you about our mysterious, awe-inspiring God. You will never fully grasp the mystery of the Trinity, but you *can* be grasped by it. You can know God and the love he is pouring out into your heart—today!

***“Father, Son, and Holy Spirit, I will praise you forever!”***

*Source: Word Among Us India*

**WEEKDAY LITURGICAL READINGS**

**JUNE 2025**

Monday 16: 2 Cor 6:1-10. Mt 5:38-42.  
**R.** The Lord has made known his salvation.

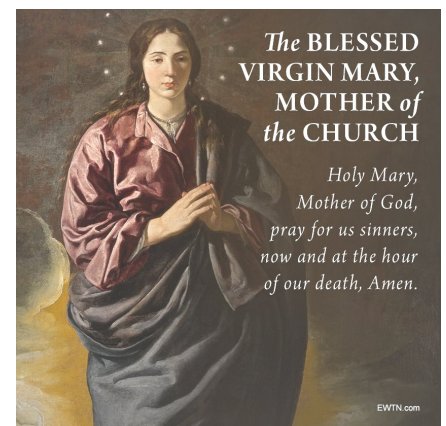
Tuesday 17: 2 Cor 8:1-9. Mt 5:43-48.  
**R.** Praise the Lord, my soul!

Wednesday 18: 2 Cor 9:6-11. Mt 6:1-6, 16-18.  
**R.** Happy are those who fear the Lord.

Thursday 19: 2 Cor 11:1-11. Mt 6:7-15.  
**R.** Your works, O Lord, are justice and truth.  
**St Romuald, abbot.**

Friday 20: 2 Cor 11-18, 21-30. Mt 6:19-23.  
**R.** From all their afflictions God will deliver the just.

Saturday 21: 2 Cor 12:1-10. Mt 6:24-34.  
**R.** Taste and see the goodness of the Lord.  
**St Aloysius Gonzaga, religious**



*Source: Ordo 2025*



**POPE LEO XIV**  
**8 MAY 2025**

*Pope Leo XIV prayer intention for June 2025:*

*“Let us pray that each one of us might find consolation in a personal relationship with Jesus, and from his heart, learn to have compassion on the world.”*



## HOLY COMMUNION CEREMONY

WILL BE HELD ON SUNDAY 22ND JUNE 10.30AM

## BIRTHDAY WISHES



FATHER SHANSANA

JUNE 21

Happy Birthday, Father Shansana! May your day be filled with peace, prayers, and the love of those you serve so generously.

## FINANCE COMMITTEE MEETING

Tuesday 17 June at 7:00pm  
in the Parish Meeting Room.

## VOLUNTEER OF THE WEEK!

This week volunteers of the week nomination goes to:

Thank  
You

**PAUL EL-CHAAR  
MICHAEL RAISH  
RAPHAEL RAISH  
TYRONE EL-CHAAR**

A heartfelt thank you to Paul for generously supplying the beautiful new desk for the parish office — it looks absolutely fantastic and has made such a difference to the space!

We're also incredibly grateful to Michael, Raphael, and Tyrone for lending their strength and teamwork in transporting and setting it up. Your help didn't go unnoticed, and your efforts are truly appreciated.

## IGNITE 2025

**Parish Youth Music Ministers** – It's your time to take the Stage!

Ignite Youth are looking for talented individuals to perform on the Conference festival stage. Whether you are a solo artist or part of a group, they would love you to join them. To apply, simply click the link below and fill out the application.

[Ignite Conference 2025 - Festival Stage submission](#)

## ST ANTHONY'S FEAST DAY BLESSING OF THE BREAD



Join us on **Tuesday, 17th June** at the 9:30 AM Mass as we celebrate the Feast of St. Anthony of Padua with the traditional Blessing of the Bread.

The Blessing of the Bread is a beautiful tradition rooted in St. Anthony's deep care for the poor and hungry. It recalls a miracle attributed to his intercession, where food was multiplied to feed those in need. Blessed bread is shared as a symbol of charity, hope, and God's providence—reminding us to care for others, especially those who are struggling. All are welcome to attend this special celebration and to take home some blessed bread as a sign of St. Anthony's protection and God's generous love.

## 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:**

Joseph El-Chaar, His Holiness POPE FRANCIS, Marilyn Deguara (George Arcella's mother in law), Domenico Fusca, Pellegrino Vaccarella, Najm Azzi, Waffa Moussa, 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.

## PARISH PASTORAL COUNCIL MEETING

Tuesday 1 July at 7:00pm  
in the Parish Meeting Room.

## ST BENEDICT'S YOUTH GROUP

**JOIN THE YOUTH GROUP!**

- **Fridays SCHOOL TERM**
- Time: 4:00 PM - 5:30 PM
- Ages: 8-12 years old



If you are aged 14-16 and would like to be a Youth Leader, please email the parish office.

Our Youth Coordinators have Working With Children Checks. Thank you,  
Gabe & Jules!

## CATECHISTS' NEWS

We are approaching the end of term. Term 2 finishes on Friday 4<sup>th</sup> July and Term 3 will commence the week of Monday 21<sup>st</sup> July.

Free training being provided by the CCD –

- Ministry Induction training for new Catechists this Monday 16 June at 6:15-8:30pm via Zoom. This topic will be 'Classroom Management'.
- Training during the July school holidays for all fully authorised Catechists – the topic will be 'Teaching Discipleship in the 21<sup>st</sup> Century, Australia' via Zoom and face-to-face. Various dates have been provided, please contact me if interested.
- Skills in the Classroom training for all Catechists on Tuesday 22 July 6:15pm – 8:30pm via Zoom on 'Prayer in the Classroom'
- 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 me or the parish office or one of our priests.

God bless,

Miriam Brown [srearcadia@gmail.com](mailto:srearcadia@gmail.com)

Parish Catechist Co-ordinator



## 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 MAKER'S TABLE

At our June workshop, we learnt the beautiful craft of crocheting squares and Remembrance Day poppies.



Our next workshop  
Wednesday, 2nd July 2025  
7.30-9.30pm in the  
Parish meeting room

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

RSVP 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

## Saint Romuald, Abbot

***Feast Day: June 19***

***c. 951-1027***

**Invoked for reformation of the Church and monastic life  
Canonized by Pope Gregory XIII in 1582**



Saint Romuald was born into a noble family in Ravenna, located in modern-day northern Italy. When Romuald was twenty, his father killed a relative in a duel to resolve a conflict over land ownership. Horrified by his father's actions, Romuald fled to the Benedictine monastery of San Apollinare-in-Classe, just south of Ravenna. After a forty-day retreat of prayer and penance to atone for his father's sin, Romuald decided to stay and become a monk.

In Romuald's day, many European monasteries, which had relaxed their emphasis on prayer and had become political in nature, were undergoing reform. While reforms had started at the Monastery of San Apollinare-in-Classe, Romuald lost his temper and lashed out at his fellow monks for their lax lifestyle. Unpopular among the more worldly monks, Romuald received permission from the abbot to move to Venice and live as a hermit under the spiritual direction of another hermit named Marinus. For several years, Romuald lived a strict life of solitude, silence, prayer, and penance and developed his own monastic lifestyle.

Around 978, Romuald and Marinus built a hermitage at the border of France and Spain near the Monastery of Saint-Michel-de-Cuxa. After living a hermit's life for nearly two decades and possessing a new theological and practical understanding of monasticism, Romuald began traveling across Europe. He founded hermitages and monasteries and provided spiritual direction to existing ones in need of reform. He visited his father, who had repented of his former lifestyle and became a monk himself. Before his father died, Romuald helped him more fully embrace his monastic vocation. Holy Roman Emperor Otto III asked Romuald to become the abbot of Otto's first monastery, San Apollinare-in-Classe. However, the monks resisted Romuald's reform efforts so vehemently that he left in frustration within a year.

In 1012, Romuald used donated land in Camaldoli, near Arezzo in Tuscany, to build five hermitages, marking the beginnings of the Camaldolese Hermits of Mount Corona. His new form of monasticism harmonized the silence and solitude of hermits with the shared meals and shared prayer of monks. Over the next fifteen years, Romuald founded several more monastery-hermitages, firmly establishing his new form of monastic life within the broader life of the Church.

The "Brief Rule" that Saint Romuald left his brothers directed them to love their cells, be detached, self-observant, attentive to praying the Psalms, reverent before God, intense in asceticism, and become childlike in their receptivity to grace.

Saint Romuald passed away in the solitude of his cell, a place he referred to as "paradise." Those who prayed at his tomb reported numerous miracles. One account states that Romuald's body remained incorrupt and was relocated to Fabriano, Italy, where his order had constructed another monastery. Today, this church is known as Saint Romuald's.

*Saint Romuald, God called you to a glorious vocation as a gift to the Church. You responded generously and left a legacy of holy men. Please pray that I will more fully commit myself to a life of silence, solitude, and prayer in order to discover the beautiful life that will more fully prepare my soul for Heaven. Saint Romuald, pray for me. Jesus, I trust in You.*





# Incredible SRI LANKA

13 NIGHTS/14 DAYS  
DEPARTING AUSTRALIA  
22 SEPTEMBER 2025

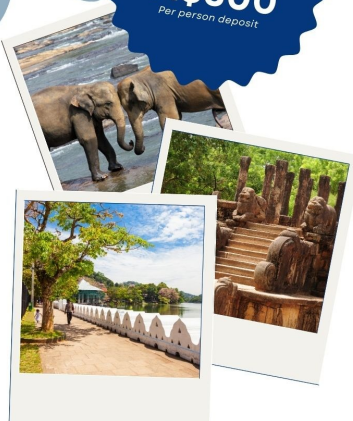
With your host  
Fr. Michael Kelly O.S.B.  
Abbot General Emeritus

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@ettravel.com.au for more details  
Single supplement available upon request.  
Land only price available.  
Price subject to availability and currency fluctuations.

## JUBILEE OF SPORTS 14-15 JUNE

The Jubilee of Sport celebrates the opportunities within sport for evangelisation and encounter with Jesus Christ, recognising the many ways that sport can foster the full development of the human person.

## CATHOLIC EVANGELISATION LEADERS GATHERING

**9 July 2025**

An invitation is extended to all who work and serve in evangelisation to gather for Mass, lunch and shared conversation and facilitation on topics such as evangelisation inputs, workshops, fellowship, wisdom walks and building a new vision.

**Time:** 12.30pm Mass in the Chapel of the Caroline Chisholm Centre, Pennant Hills followed by lunch and gathering.

**Date:** Wednesday 9 July

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

## 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](#)

## THE SYDNEY ARCHDIOCESAN COMMITTEE OF THE WORLD APOSTOLATE OF FATIMA

Invite you to attend a "Night of Prayer & Reparation" taking place  
at St. St. Mel's Parish - 7 Evaline Street, Campsie,  
on the 27th of June  
(Solemnity of the Sacred Heart of Jesus)  
& the Feast of the Immaculate Heart of Mary,  
Saturday 28th of June.  
Doors open at 8.15pm  
with Solemn Mass at 9pm (Celebrant will be Fr. Jose Alirio Gutierrez C.S.),  
Rosary at 10pm Re-dedication & Reparation  
to the Sacred Heart before the Blessed Sacrament Exposed,  
followed with a short break.  
Rosary, 12.15am, Morning  
Mass to be Celebrated by Rev. Fr. Roberto Keryakos.  
Prayers for the Feast of the Immaculate Heart of Mary 12.30am.

We look forward to you joining us as we intercede together for World Peace and the welfare of Australia.

For further details please call us on 0403578994

# Parish Roster

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

## NEXT WEEKEND'S ROSTER

**21/6/2025 to 22/6/2025  
THE BODY & BLOOD OF CHRIST - YEAR C**

	<b>SATURDAY 7.00pm</b>	<b>SUNDAY 9.00am</b>	<b>SUNDAY 10.30am</b>
<b>Acolyte</b>		Nigel M	George A
<b>Reader1</b>	Daniel V	Fogarty Fam	FIRST
<b>Reader2</b>	Edyn V	Fogarty Fam	HOLY
<b>Prayers</b>	Mary C	Ann L	COMMUNION
<b>TV</b>		Fogarty Fam	Azzi Family
<b>Music</b>		Karina S	Melanie H
<b>Music</b>		Noelle T	Marisa Q
<b>Music</b>		John T	Keith W
<b>Music</b>			Martina J
<b>Morning Tea</b>		<b>NIL</b>	
<b>FLOWERS</b>	<b>Gabrielle W</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 NOTICE

### FIRST HOLY COMMUNION UPDATE

Our Holy Communion preparation has now come to a joyful close. After weeks of learning, praying, and growing in faith, our children are ready to receive Jesus in the Eucharist for the very first time. With hearts full of excitement and gratitude, we now wait patiently for the special day:

**June 22nd - Sunday at 10:30 a.m.**

when they will meet Jesus in a most beautiful and sacred way.

Let us keep them in our prayers as they take this important step in their journey of faith.

### NEXT SACRAMENTAL PROGRAM ENROLMENTS NOW OPEN

Enrolments for the next Sacramental Program are now open. Forms will be distributed through public schools in the coming weeks.

For children not attending public schools, please contact the parish office or collect a form from the Church Sacristy or email:

[arcadia.parish@bbcatholic.org.au](mailto:arcadia.parish@bbcatholic.org.au)

### DID YOU KNOW...

Catholics believe that the pope is the successor of Peter who Jesus appointed as the first head of the church.



## 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](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**