

St Benedict's Parish Arcadia



PARISH Masses

Weekend:

Saturday 7:00pm Vigil
Sunday 9:00am
Sunday 10:30am

Weekday:

Mondays to Thursdays 9:30am

Fridays 6.30pm Adoration
7:00pm Mass & Confession
(Reconciliation)

Saturdays 10am to 11am
Adoration & Confession
(Reconciliation)

MONASTERY CHAPEL Masses

Sundays 7:00am
Daily 7:00am

Please contact Father Shansana for the following:

BAPTISMS

RECONCILIATION

FOR THE SICK

MARRIAGES

FUNERALS

Fr Shansana: 0437 884 233



THE TRANSFIGURATION OF THE LORD

YEAR A

5 & 6 AUGUST 2023

ENTRANCE ANTIPHON

In a resplendent cloud the Holy Spirit appeared.
The Father's voice was heard: This is my beloved Son,
with whom I am well pleased. Listen to him.

SUNDAY HOLY MASS PRAYER

O God, who in the glorious Transfiguration
of your Only Begotten Son
confirmed the mysteries of faith
by the witness of the Fathers
and wonderfully prefigured our full adoption to sonship,
grant, we pray, to your servants,
that, listening to the voice of your beloved Son,
we may merit to become coheirs with him.
Who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever. **Amen.**

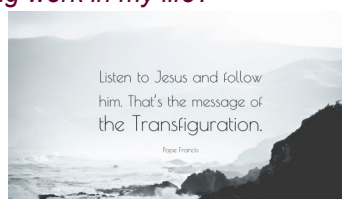
SELF REFLECTION: LISTENING

Sunday's Gospel, Matthew 17:1-9

"Jesus takes Peter, James, and John up onto a high mountain. There he is transformed before them. His face shines like the sun, and his clothes become white as light.....a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' "

The divine voice commands us to listen to Jesus. Listening is more than hearing, it is by acting on his words.

- *Do I listen to Jesus' voice and act upon his words?*
- *Do I obey his words?*
- *Do I believe that focusing on Christ more would increase my spiritual life?*
- *What can I do to make myself more available to His transforming work in my life?*



PRAYER

Dear Lord, help me hear your voice so I may act upon them. Help transform me so I may lead others towards Your way. Amen.

First Reading: Daniel 7:9-10, 13-14 (JB)

A reading from the book of Daniel
His raiment was as white as snow.

As I watched:

Thrones were set in place and one of great age took his seat.
 His robe was white as snow, the hair of his head as pure as wool.
 His throne was a blaze of flames, its wheels were a burning fire.
 A stream of fire poured out, issuing from his presence.
 A thousand thousand waited on him, ten thousand times ten thousand
 stood before him.

A court was held and the books were opened. I gazed into the visions of the night.
 And I saw, coming on the clouds of heaven, one like a son of man.

He came to the one of great age and was led into his presence.
 On him was conferred sovereignty, glory and kingship, and men of all peoples,
 nations and languages became his servants.

His sovereignty is an eternal sovereignty which shall never pass away, nor will his empire ever be destroyed.

The word of the Lord.
Thanks be to God.



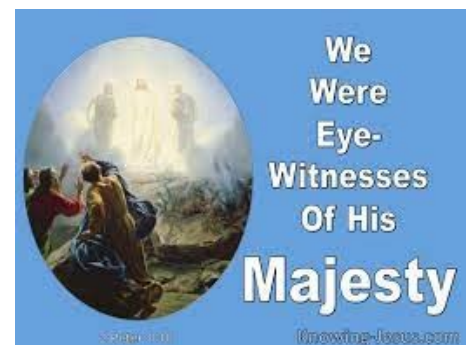
Responsorial Psalm:

R. The Lord is king, the most high over all the earth.

Second Reading: 2 Peter 1:16-19 (JB)

A reading from the second letter of St Peter
We heard this voice from out of heaven.

It was not any cleverly invented myths that we were repeating when we brought you the knowledge of the power and the coming of our Lord Jesus Christ; we had seen his majesty for ourselves. He was honoured and glorified by God the Father, when the Sublime Glory itself spoke to him and said, 'This is my Son, the Beloved; he enjoys my favour.' We heard this ourselves, spoken from heaven, when we were with him on the holy mountain. So we have confirmation of what was said in prophecies; and you will be right to depend on prophecy and take it as a lamp for lighting a way through the dark until the dawn comes and the morning star rises in your minds.



The word of the Lord.
Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!
 This is my Son, my beloved, in whom is all my delight:
 listen to him.
 Alleluia!

GOSPEL: Matthew 17:1-9 (JB)

A reading from the holy Gospel according to Matthew
His face was shining like the sun.

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured: his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order, 'Tell no one about the vision until the Son of Man has risen from the dead.'

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



GOSPEL REFLECTION
Sunday, August 6
Transfiguration of the Lord
Daniel 7:9-10, 13-14
Psalm 97:1-2, 5-6, 9
2 Peter 1:16-19
Matthew 17:1-9

Lord, it is good that we are here. (Matthew 17:4)

Peter, James, and John must have wondered why Jesus called them aside and led them up that mountain. Did he have an important teaching to give them? An exciting mission? A special blessing? Jesus gave them all of this—and so much more. At his transfiguration, he offered these three eyewitnesses a revelation of who he is: the Son of God (Matthew 17:5). He gave them a glimpse of his glory.

We can hardly fault them for their stunned silence. Only Peter could find words to respond to Jesus' glorious appearance—and his desire to build tents for Jesus, Moses, and Elijah only demonstrated just how little he understood (Matthew 17:4)! Peter was just beginning to see that Jesus was no ordinary teacher. He was beginning to see that Jesus was the Lord, the God of Moses and Elijah, the God of the Law and the Prophets. And what he saw filled his heart with joy. So, he said, "Lord, it is good that we are here" (17:4).

It is good to be with the Lord! It's what we were created for. Whether we realize it or not, our hearts long for God and an awareness of his presence. He is our greatest good! And Jesus longs to reveal that goodness to us even more than we long to know him. That's why he took on flesh and became a man. That's why he poured out his Holy Spirit. And that's why he is truly and fully present in the Eucharist at every Mass.

Today, Jesus wants to give *you* a glimpse of his glory. He wants to assure you that he is the Lord: alive, powerful, and close to you. Jesus invites you to lift your eyes and your heart toward heaven and ask the Spirit to give you spiritual eyes to see him. So as the priest holds up the Host and Chalice at Mass today, you can proclaim in faith with Peter. . .

"Lord, it is good that I am here with you!"

Source: Word Among Us India

LITURGICAL FEASTS AND EVENTS OF THE WEEK

AUGUST

Monday 7

Readings: Num 11:4-15. Mt 14:13-21.

R: Sing with joy to God our help.

St Sixtus II, pope, martyr, and companions, martyrs.

St Cajetan, priest.

Tuesday 8

Readings: 1 Kg 17:8-16. Col 3:12-17. Mt 6:25-34.

R: My soul clings to you; your right hand holds me fast.

ST MARY OF THE CROSS, VIRGIN.

Wednesday 9

Readings: Num 13:1-2, 25-14:1,26-29,34-35. Mt 15:21-28.

R: Lord, remember us, for the love you bear your people.

St Teresa Benedicta of the Cross, virgin, martyr.

Thursday 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.

Friday 11

Readings: Deut 4:32-40. Mt 16:24-28.

R: I remember the deeds of the Lord..

St Clare, virgin.

Saturday 12

Readings: Deut 6:4-13. Mt 17:14-20.

R: I love you, Lord, my strength.

St Jane Frances de Chantal, religious.



**ST FRANCES
DE CHANTAL**

**Feast Day:
August 12**

May all our actions, words, thoughts, and spirit be centered in God, on God, and for God!

Let us keep our passions well-disciplined and our spirit pure and faithful. Fidelity to our way of life will help us keep our thoughts centered on God. Then our words will be an inspiration to family, friends, and acquaintances.

St Frances De Chantal

Source: Ordo 2023

POPE FRANCIS' PRAYER INTENTION FOR AUGUST 2023

FOR WORLD YOUTH DAY

We pray the World Youth Day in Lisbon will help young people to live and witness the Gospel in their own lives.



THE RULE OF ST BENEDICT
Chapter 4 - To hate no man.

PARISH FUNDS

Your support as always is much appreciated. For those wanting to make payments directly to our bank account here are the details:

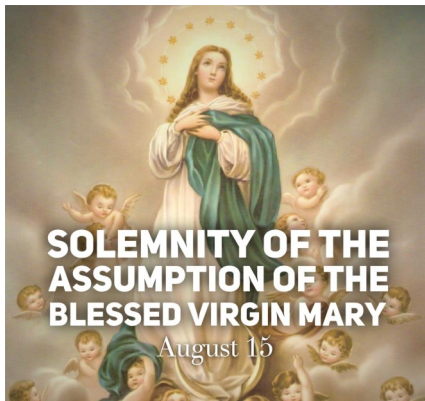
Bank Details for ONLINE only donations:
BSB: 062 784 Acct: 100002141
Name: Catholic Parish of Arcadia Bank:
CBA—Catholic Development Fund

MASS FOR THE ASSUMPTION OF THE BLESSED VIRGIN MARY

Tuesday August 15th 2023

MASSES

7:00am Monastery
9:30am Parish
7:00pm Parish



SACRAMENTAL PROGRAM

OUR NEXT SACRAMENTAL PROGRAM

is now open, commencing with Confirmation (child must be in year 3 or above, this year). Confirmation classes will commence August 7th & 9th 2023.

The forms are available in the sacristy, otherwise please email the parish if you would like your child to be added to the list. The form is also available on the parish website.

In the Diocese of Broken Bay, the order of receiving of the sacraments is:

Confirmation, Reconciliation, then Eucharist. Children are usually prepared for these sacraments in Years 3 and 4.



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 Gina Volpato (John's mum), Brother Mario & Brother Terry, Koana Zouein (Rita Sarkis' mum) and Jenny Taylor.

We remember in our prayers all our dearly beloved who have died, especially Antoinette Nati, Tony Takchi, Rosaria Cali, Carmen Camilleri and Karl Maurer. May they rest in Peace.

REST IN PEACE

It is with a heavy heart that we announce the passing of:



ANTOINETTE NATI
2/2/1928 to 2/8/2023



Antoinette, you will be greatly missed at our parish. You were a ray of sunshine, always bringing flowers to Our Lady every Sunday. Rest in Peace beautiful lady.

*Eternal Rest grant to her O Lord,
And let the Perpetual light shine upon her,
May she Rest in Peace.
Amen*

*Our prayers and thoughts are with
all the Nati families.*

WORLD YOUTH DAY PORTUGAL 2023

Here is a picture of our own lovely young parishioner Isabella enjoying World Youth Day in Lisbon.

Let us pray for all our youth making their pilgrimage to WYD for a blessed journey and pave the way to a brighter future. Amen.



**DIOCESAN FUNDRAISER
CATHOLICARE HOMELESSNESS
5 & 6 AUGUST**

In August (coinciding with Homelessness Week and Mary MacKillop Feast Day) Bishop Anthony has again asked both Catholic Schools and Parishes to fundraise to support CatholicCare's homelessness services across the Diocese.

On any given night, 116,000 people in Australia are experiencing homelessness. Homelessness is not 'rooflessness'. Only 7% of people without a home are sleeping rough. The vast majority of homelessness is hidden – people in crisis accommodation, rooming houses, insecure housing, overcrowded dwellings, or couch surfing. A home means security, stability, privacy, safety, and being able to control your space.*

Homelessness Week runs 7 – 13 August and is a good opportunity to revisit the importance of homelessness and housing supports across the Diocese. The theme this year is 'It's time to end homelessness'.

Envelopes are in the pews this weekend. Thank you in advance for your support.

YOUTH LEADER

Our parish is looking for an enthusiastic youth leader to run youth groups. If you are interested or know anyone who can help out please call the parish or talk to Fr Shansana.

**MEDITATION INTRODUCTION
& RENEWAL DAY**

Invitation to St Benedict's Monastery, 121 Arcadia Rd, Arcadia on Sunday, 20th August for our Christian Meditation Introduction and Renewal Day.

Timetable : Arrival from 10am to register for a 10:30am start, presentations, introduction to meditation, periods of meditation, Mass, information exchange, conclusion around 3pm.

Book display and morning tea provided, BYO picnic lunch.

Enquires :
Ann Lomas atlomas@bigpond.com / 9653 2637

Possible accommodation in the Monastery Guest House: Fr Michael Kelly, 0455 329 607

Peace,
Fr Michael Kelly
mkelly@silvestrini.org

CCC PRAYER GROUP



Prayer meeting held every
Wednesday morning: after 9.30am Mass.
Everyone welcome.

Come and meet new people and have a cuppa!
For more details call Mary Camilleri on 0403 116 987.

CATECHISTS' NEWS

With great foresight, Saint Paul VI issued the Apostolic Letter Ministeria Quaedam with the intention not only of adapting the ministries of Lector and Acolyte to changed historical circumstances (cf. Apostolic Letter Spiritus Domini), but also of encouraging Episcopal Conferences to promote other ministries, including that of Catechist. "In addition to the ministries common to the entire Latin Church, nothing prevents Episcopal Conferences from asking the Apostolic See for the institution of others, which for particular reasons, they consider necessary or very useful in their own region. Among these are, for example, the offices of Porter, Exorcist and Catechist." The same pressing invitation is found in the Apostolic Exhortation Evangelii Nuntiandi; in calling for a discernment of the present needs of the Christian community in faithful continuity with its origins, the Pope encouraged the development of new forms of ministry for a renewed pastoral activity. "Such ministries, apparently new but closely tied up with the Church's living experience down the centuries, such as that of catechists... are valuable for the establishment, life, and growth of the Church, and for her capacity to influence her surroundings and to reach those who are remote from her"
(SAINT PAUL VI, Apostolic Exhortation Evangelii Nuntiandi, 73).

A big thanks to all those who attended the Safeguarding Training this week! This is an important training for all those involved in Children's ministry. We are well supported by the Diocese by having Kristy and Maricel from the CCD come out to the parish to present this training for us.

If you would like to learn more about being a Catechist or a helper, please talk to myself, or one of our parish Catechists or any of our priests. Training, a Teacher's Manual and workbooks are provided free.

God bless,
Miriam Brown srearcadia@gmail.com
Parish Catechist Co-ordinator



VOLUNTEER OF THE WEEK!

Thank you to everyone who helps out our parish making it into the beautiful community we have.

For the nomination this week we would like to thank:

Paul & Mary Camilleri

Thank you for the prayer groups you have been organising the past years and other works and donations you have helped out with. God bless you for everything you both do.

(Is there someone you would like to nominate? Please mention it to Fr Shansana or Paula.)

ITALIAN ROSARY GROUP

Every Monday 2.00pm.
Everyone welcome.
For more details call Angela Egiziano.
Ph: 9653 2312.



SAN LUPO: A TOWN AND A SAINT

– written by Father Alberic Jacovono

Feast day: 29th July

C: 393 to 478

San Lupo is an ancient town near Benevento in Italy; and for centuries the “San-Lupesii” have honoured their Saint and have celebrated their yearly “FESTA” with great solemnity. The name Lupo for a saint may seem strange to say the least, as it means “Wolf”. San Lupo lived in the fifth century at a time when the spoken language was Latin, and there was the great Scourge of invasions and devastations by many hordes of barbarians, like the vandals, the Hunns, the Goths (both as Visigoths and Ostrogoths), the Longboards...and this created the necessity to establish solid Christian Centres and Monasteries, to promote love for learning and desire for God. This is where San Lupo lived, in one of these centres in the south of France.



He was of noble birth, was highly educated, was a great preacher against heretics, a great teacher and became Bishop of Troyes. He has always been venerated as “Sanctus Lupus de Troyes”.

Among the people of his time, St Lupo emerged together with St Hilary, St Prosperous, St Eucherius, St Vincent of Lerin. Further across Europe, Leo the Great became prominent in Rome as pope from 440 to 461, St Patrick became famous in Ireland (385-461), and even the best-known woman-saint of the 5th century is St Brigid of Ireland (450-525 Feast on 1st February).

At the time of St Lupo, there was a philosophy of life, whereby people took or were given the name of a specific animal, to high-light a mystical insight or a Christian virtue. Our saint was given the name of Lupus which is Latin for “wolf” and in Italian becomes Lupo. It is also surprising that as San Lupo became Bishop of Troyes, his predecessor as Bishop in Troyes, was Bishop Ursus (which in English is “Bear”), and his successor was Bishop Camelianus (English for “Camel”).

Of course the writers of the time delighted in discovering in such unusual names, their mystical Christian meaning. So “Sanctus Lupus” becomes the voracious animal about which the Bible speaks in the Book of Genesis 49:27 “Just as St Paul had been proud of belonging in the prophecy that had been expressed by the patriarch Jacob, as it is stated in the above quote from Genesis: “Benjamin is like a voracious wolf (lupus) who in the morning devours his pray and in the evening he shares its spoil. As a “good wolf” Lupo attacked with fervour the Palagian Heresy in Great Britain; but also had the meekness and sweetness of the lamb, taking on himself harsh fasting.

Speaking of St Lupo, christian writers describe the spiritual wolves (Lupi), knowing that there is the “evil” and the “good” wolf. The evil wolf is the devil who enters fraudulently into the sheep-fold of the Lord and kills and scatters. But there is also the good wolf (Lupus) who is the Lord Jesus himself, as he enters the sheep-fold of this world and rescues hi sheep, carrying them on his sacred shoulders.

Similar images are used by the spiritual writers of past centuries, when it came to describe the lives of saints like St Lion (Leo the Great), or St Ursus or Ursula, who as good bears, were renown for their eyes wet with tears, in prolonged prayers and devotions. Saint Camelian on the other hand was a good camel, and as such, was a valuable runner through the desert spaces of spiritual life, capable of long fasting, and harsh modifications in the practice of christian penance. St Leo (Lion) got also his share of biblical connotations. While Christian history recognises and honours many saints that originate from concept of Lupus or Wolf, our St Lupo has his own life. (Similar names are: Lupatius, Lupertius, Luperum, Lupianus, Luicinus, Lupinus, Lupita, Lupus and Lupulus: there is also St Wolf – Wolfgang).



(continued over....)

(continued from previous...)

San Lupo was born in Toul in the south of France, which was called Gallia, around the year 393. In the year 418, he married Pimeniola, who like him was also from a noble family. However after seven years of life together, they both agreed to renounce the world and give their life to God – he as a hermit in a monastery and she as a nun in a convent. His reputation as a holy and learned monk grew quickly and in the year 426, he was made Bishop of Troyes. He was a powerful preacher and in 429 he joined St Germanus in converting people from the Pelagian Heresy. His most courageous deed took place in the year 451 when he confronted and stopped Attila, (who was feared by all as “the scourge of God”), from invading and raiding many lands. It was in that year that the Roman General Ennius defeated in battle Attila; but it was the courage of St Lupo that me Attila and slowly convinced that barbarous invader to stop the cruel plundering to spare his own town of Troyes and to return back to his land. Amazingly, Attila, was angry at first, but then he discovered in San Lupo a great man of God and followed the advice. In exactly the same way there was another great man of God who stopped Attila from being a “scourge of God” in the lives of people through plunder and destruction, and he was St Leo (Lion) the great who was Pope in Rome from 440 to 461. He too confronted Attila and persuaded him to go home: in this way St Leo save Rome and Italy from destruction...It was at that time then, that a saying arose: it went like this: No one was able to stop Attila as “Scourge of God” to our people, except a Wolf (Lupus) and a Lion (Leo).

San Lupo remained a man of profound Christian piety and in 478 he died, having served his people for 52 years as a Bishop. The veneration of this man of God has continued not only in Troyes but in other places, including the place near Benevento called SAN LUPO, with its ancient Church dedicated to San Lupo. From here all the “San-Lupesi” in Australia celebrate their Saint and their history. It is easy to understand how the veneration for San Lupo in Italy could be linked with the period of Lombard Domination, from 568 onwards (they were called “Longo-Bards” by their long spears or beards). These created a link between the monasteries of France and the Benedictine Monasteries in the area of Benevento in whose territory the town of St Lupo started and has prospered over the centuries until now. One thing is for certain: that the veneration for San Lupo has never diminished among all the “San Lupesi” everywhere. In fact, it has grown and is well established among the “San-Lupesi” throughout the world, including us here in Sydney. Let us honour all our ancestors, with their strong veneration towards San Lupo: in times of wars, pestilence, famine, and tragedies. Remember and give thanks, for healings and miracles, and for the joyful crowds in celebration.

Written by Father Alberic Jacovono OSB

POSITION VACANT CLERGY CARE COORDINATOR BROKEN BAY DIOCESE

The Chancery is seeking an experienced Care Coordinator to support our clergy in their health and medical requirements. This role also provides support to our retired clergy to optimise their independence and maintain their quality of life and dignity as they age.

This is a unique and exciting role where you will build and maintain strong relationships with clergy to assist them with their various needs including to age in place, provide information on how to access support services & coordinate those services and providers, provide access to information about aging and the aged care sector to advocate on behalf of sick clergy and retired priests and to ensure access to pastoral and practical support.

The ideal candidate is required to have a good understanding of the Catholic Church coupled with a comprehensive knowledge of, and experience of the principles for Aging in Place, Charter for Aged Care Rights and Positive Aging. You'll also have knowledge of the Australian government aged care funding model and available packages. These skills supported by an understanding of the physiology and psychology underpinning aging and how to identify changes in aging retired clergy and a proactive and practical ability to seek appropriate services will be crucial to your success.

You will be required to have relevant tertiary qualifications in aged care, nursing, social work or equivalent qualifications or experience working in the aged or healthcare sector, along with demonstrated experience cooperatively supporting clients with complex needs, working with those clients, families and carers to achieve positive outcomes.

This is a permanent full-time position.


If the above sounds like you or you would like more information, please apply by sending a CV and brief cover letter addressing role requirements via email to recruitment@bbcatholic.org.au.

Applications close **Friday, 25 August 2023**.

The Diocese of Broken Bay is committed to and promotes a culture of safety and care for all people, especially for children and others in the community who are vulnerable. Our Diocese has no tolerance to child abuse and is committed to ensuring our staff and volunteers understand the joint responsibility to safeguard all those within our community.

Please join us for morning tea after the 9am Mass

Parish Roster

<p align="center">NEXT WEEKEND'S ROSTER 12/8/2023 to 13/8/2023 NINETEENTH SUNDAY IN ORDINARY TIME - YEAR A</p>			
	Saturday 7pm	Sunday 9am	Sunday 10.30am
Acolyte		Lorraine D	Jerry L
Reader1	Margaret B	Ann L	Mirko J
Reader2	Maria G	Peter G	Glenice L
Prayers	Miriam B	Nigel M	Martina J
TV		Jules O	Jamie L
Music		Melanie H	Melanie H
Music		Theresa N	Noelle T
Music		Nigel M	John T
Music		Keith W	
Morning Tea		Rosie S	
 FLOWERS	Gabrielle W		

Thank You! **Thank you to all our volunteers, we really appreciate it!**
If anyone would like to join our parish roster please contact the parish.

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.

PARISH OFFICE HOURS:
Mondays & Fridays: 9.30am to 2.30pm
Parish Office: 02 9653 2312
Email: arcadia.pariah@bigpond.com
Parish Priest: Fr Shansana Samarasinghe OSB
Email: sanshanasamarasinghe@yahoo.com
After hours: 0437 884 233
Address: 2 Fagans Road, Arcadia NSW 2159
Postal address: 121 Arcadia Rd, Arcadia NSW 2159

Website: www.bbcatholic.org.au/arcadia
Facebook: [stbenedict sarcadia](https://www.facebook.com/stbenedict sarcadia)
MONASTERY: 9653 1159 

BANK DETAILS for ONLINE only donations:
BSB: 062 784 Account: 100002141
Account Name: Catholic Parish of Arcadia Bank:
CBA—Catholic Development Fund

For all parish Occupational Health & Safety and Safeguarding Children matters Contact:
Lorraine Dailey on 0416 081 882.