

St Benedict's Parish

Arcadia



THIRD SUNDAY OF EASTER

YEAR A

APRIL 18 & 19 2026



He walks with us.

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

Saturdays

9:00am to 10:00am
Adoration & Confession

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 O437 884 233
Parish Office 9653 2312



ENTRANCE ANTIPHON

Cry out with joy to God, all the earth:
O sing to the glory of his name.
O render him glorious praise, alleluia.

OPENING PRAYER

Let us pray.
May your people exult for ever, O God,
in renewed youthfulness of spirit, so that, rejoicing
now in the restored glory of our adoption, we may
look forward in confident hope to the rejoicing of
the day of resurrection. 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: WALK WITH JESUS

Luke 24:13-35 – The Road to Emmaus

The disciples walked away discouraged, confused,
and disappointed. Yet Jesus came near and walked
with them, even though they did not recognise Him.
He listened to their pain, opened the Scriptures, and
was finally made known in the breaking of the
bread. Their sorrow turned to hope, and they
hurried back to share the Good News. Jesus meets
us on our journey too – especially in moments of
doubt, in Scripture, and in the Eucharist.

I Reflect...

1. When do I feel discouraged?
2. Do I notice Jesus with me?
3. Do I listen to Scripture?
4. Do I recognise Him at Mass?
5. Do I share hope with others?



Prayer

Lord Jesus, walk with me on my journey. Open my
eyes to recognise Your presence in my life,
especially in Your Word and in the Eucharist. When I
am discouraged, fill my heart with hope. Help me to
share Your love and joy with others. Amen.

First Reading Acts 2:14, 22-33 (JB)

A reading from the Acts of the Apostles

It was impossible for him to be held by the power of Hades.

On the day of Pentecost Peter stood up with the Eleven and addressed the crowd in a loud voice: 'Men of Israel, listen to what I am going to say: Jesus the Nazarene was a man commended to you by God by the miracles and portents and signs that God worked through him when he was among you, as you all know. This man, who was put into your power by the deliberate intention and foreknowledge of God, you took and had crucified by men outside the Law. You killed him, but God raised him to life, freeing him from the pangs of Hades; for it was impossible for him to be held in its power since, as David says of him:

I saw the Lord before me always, for with him at my right hand nothing can shake me. So my heart was glad and my tongue cried out with joy:

my body, too, will rest in the hope that you will not abandon my soul to Hades nor allow your holy one to Experience corruption. You have made known the way of life to me, you will fill me with gladness through your presence.'

'Brothers, no one can deny that the patriarch David himself is dead and buried: his tomb is still with us. But since he was a prophet, and knew that God had sworn him an oath to make one of his descendants succeed him on the throne, what he foresaw and spoke about was the resurrection of the Christ: he is the one who was not abandoned to Hades, and whose body did not experience corruption. God raised this man Jesus to life, and all of us are witness to that. Now raised to the heights by God's right hand, he has received from the Father the Holy Spirit, who was promised, and what you see and hear is the outpouring of that Spirit.'

The word of the Lord.

Thanks be to God.

Responsorial Psalm:

R. Lord, you will show us the path of life.

Second Reading 1 Peter 1:17-21 (JB)

A reading from the first letter of St Peter

The ransom that was paid to free you was the blood of the Lamb, Jesus Christ.

If you are acknowledging as your Father one who has no favourites and judges everyone according to what he has done, you must be scrupulously careful as long as you are living away from your home. Remember, the ransom that was paid to free you from the useless way of life your ancestors handed down was not paid in anything corruptible, neither in silver nor gold, but in the precious blood of a lamb without spot or stain, namely Christ; who, though known since before the world was made, has been revealed only in our time, the end of the ages, for your sake. Through him you now have faith in God, who raised him from the dead and gave him glory for that very reason - so that you would have faith and hope in God.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

**Lord Jesus, make your word plain to us:
make our hearts burn with love when you speak.
Alleluia!**

GOSPEL Luke 24:13-35 (JB)

A reading from the holy Gospel according to Luke

They recognised him at the breaking of the bread.

Two of the disciples of Jesus were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. Now as they talked this over, Jesus himself came up and walked by their side; but something prevented them from recognising him. He said to them, 'What matters are you discussing as you walk along?' They stopped short, their faces downcast.

Then one of them, called Cleopas answered him, 'You must be the only person staying in Jerusalem who does not know the things that have been happening there these last few days.' 'What things?' he asked. 'All about Jesus of Nazareth' they answered 'who proved he was a great prophet by the things he said and did in the sight of God and of the whole people; and how our chief priests and our leaders handed him over to be sentenced to death, and had him crucified. Our own hope had been that he would be the one to set Israel free. And this is not all: two whole days have gone by since it all happened; and some women from our group have astounded us: they went to the tomb in the early morning, and when they did not find the body, they came back to tell us they had seen a vision of angels who declared he was alive. Some of our friends went to the tomb and found everything exactly as the women had reported, but of him they saw nothing.'

Then he said to them, 'You foolish men! So slow to believe the full message of the prophets! Was it not ordained that the Christ should suffer and so enter into his glory?' Then, starting with Moses and going through all the prophets, he explained to them the passages throughout the scriptures that were about himself.

When they drew near to the village to which they were going, he made as if to go on; but they pressed him to stay with them. 'It is nearly evening' they said 'and the day is almost over.' So he went in to stay with them. Now while he was with them at the table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?'

They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions, who said to them, 'Yes it is true, The Lord has risen and has appeared to Simon.' Then they told their story of what had happened on the road and how they had recognised him at the breaking of bread.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.



READINGS & GOSPEL REFLECTION

Acts 2:14, 22-33 / 1 Peter 1:17-21 / Luke 24:13-35

Today's readings together form a powerful proclamation of the Resurrection and its meaning for our daily lives. They move us from proclamation, to identity, to encounter.

In **Acts**, Peter stands with courage and clarity, announcing that Jesus — crucified, rejected, and yet raised by God — is truly Lord and Messiah. The Resurrection is not an idea but a saving event that changes everything. God has acted in history, and the apostles are witnesses to this living truth.

In **1 Peter**, we are reminded of what this means for us personally: we have been redeemed not with passing things, but with the precious blood of Christ. Because of this, our lives are no longer empty or aimless — we are called to live in reverent faith, rooted in hope and shaped by the knowledge that we belong to God.

In the **Gospel** of *Luke*, we see this truth unfold in a deeply human way. The disciples on the road to Emmaus are confused, grieving, and unable to recognise Jesus walking beside them. Yet Jesus does not abandon them. He walks with them, listens to them, opens the Scriptures, and finally reveals Himself in the breaking of the bread. Their hearts are transformed from despair to burning hope, and they return to Jerusalem as witnesses.

Together, these readings show that the risen Christ is both proclaimed in truth, known in faith, and encountered in the journey of life — especially in Scripture and the Eucharist.

Key Thought:

The risen Christ walks with us, reveals Himself in the Word, and is recognised in the breaking of the bread.

Take-home Challenge:

This week make a deliberate effort each day to read a short passage of Scripture (especially the Gospel), and spend a few quiet minutes asking, "Lord, what are You saying to me today?"

Prayer:

Risen Lord Jesus, You walk with us even when our hearts are heavy and our eyes are slow to see. Open our minds to understand Your Word, and open our eyes to recognise You in the breaking of the bread. Strengthen our faith when we are uncertain, and rekindle our hope when we feel discouraged. May we, like the disciples, be sent out with joyful hearts to proclaim that You are truly risen. Amen.

Source: chatgpt

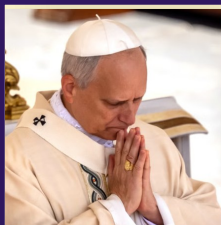
LITURGICAL FEASTS AND EVENTS OF THE WEEK

- Monday 20 Readings: Acts 6:8-15. Jn 6:22-29.
R: Blessed are they who walk in the way of the Lord.
- Tuesday 21 Readings: Acts 7:51-8:1. Jn 6:30-35.
R: Into your hands, O Lord, I entrust my spirit.
St Anselm, bishop, doctor.
Anniversary of death of Pope Francis, 2025.
- Wednesday 22 Readings: Acts 8:1-8. Jn 6:35-40.
R: Let all the earth cry out to God with joy.
- Thursday 23 Readings: Acts 8:26-40. Jn 6:44-51.
R: Let all the earth cry out to God with joy.
St George, martyr. St Adalbert, bishop, martyr.
- Friday 24 Readings: Acts 9:1-20. Jn 6:52-59.
R: Go out to all the world, and tell the Good News.
St Fidelis of Sigmaringen, priest, martyr.
- Saturday 25 **ANZAC DAY** Readings: Wis 3:1-9. 1 Cor 1:18-25. Jn 12:23-28
R: I will walk in the presence of the Lord, in the land of the living.



St George, faithful martyr and witness to Christ, pray for our parish. Give us courage to live our faith with strength and love. Amen.

Source: Ordo 2026



POPE LEO PRAYER INTENTION FOR APRIL 2026

For Priests in crisis

Let us pray for priests going through moments of crisis in their vocation, that they may find the accompaniment they need and that communities may support them with understanding and prayer.

PARISH ANNOUNCEMENT

We warmly congratulate **Fr Shansana**, who has been appointed by Fr Araliya, (Conventual Prior of St Sylvester's Monastery Ampitiya, Kandy, Sri Lanka), as **Superior of the Benedictine Monks** community of Arcadia, effective Monday 13 April 2026.

Fr Shansana will continue in his role as Parish Priest for the time being.

Please keep Fr Shansana in your prayers as he takes on this additional responsibility in service to the community.

*Dear Lord,
As Fr Shansana continues to serve as Parish Priest, may You bless him with wisdom, strength, and humility. Guide him in this new responsibility, and may he be supported by Your grace in all he undertakes. Amen.*

A few words from Fr Shansana:

I am deeply grateful for your prayers and support as I take on this new responsibility. I remain committed to serving you as Parish Priest, and I ask for your continued prayers as I begin this additional role. May we continue to grow together in faith and in the love of Christ.

ANZAC DAY 25TH APRIL

On ANZAC Day, we pause as a parish and as a nation to honour the courage, sacrifice, and service of all those who have served in times of war and peacekeeping. We remember especially those who gave their lives so that others may live in freedom.

In the light of Christ, we pray for peace in our world and for healing wherever there is division and suffering. We give thanks for the spirit of mateship, courage, and self-giving love that continues to inspire us today.

May we never forget their sacrifice, and may we commit ourselves anew to building a future grounded in peace, justice, and respect for all.



VOLUNTEERS OF THE WEEK!

This week volunteer of the week nomination:



**DANNY KAZZI
JASON SAKKAL**

This week's Volunteers of the Week are **Jason Sakkal and Danny Kazzi** for their generous work in mowing and caring for the parish lawn. We sincerely thank them for their time, effort, and ongoing support in keeping our parish grounds looking beautiful and welcoming.

May God bless them abundantly for their service.

PIETY SHOP NEWS

Visit the Piety Shop!



We are excited to introduce **Temple Clothing** this Sunday. Please visit the Piety Shop between 8:00am and 12:00pm to view the new range of clothing available.

All profits from sales and orders support our parish. We also have a new selection of religious and practical items, including seat belt covers, pill boxes for daily tablets, thermal cups, brain game books, and much more. We look forward to seeing you there.



HEALING MASS



Healing Mass is held on the first Thursday of each month at 9.30am

**NEXT HEALING MASS:
THURSDAY 7TH OF MAY 2026**

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:

Kath Moran, Brother Mario, and Father Alberic.

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

Paul Cascun, Nanna Trani, Anne Pearce, Robert Wallace, Maria Pappallardo, Shannon Murray, Pellegrino Vaccarella ~ May they rest in Peace.



SACRAMENTAL PROGRAM UPDATE

OUR NEXT SACRAMENTAL PROGRAM will be announced in May, commencing with Confirmation (child must be in year 3 or above, this year). Confirmation classes will be held in October 2026.

Please email the parish if you would like your child to be added to the list for the next program as we are taking names now.

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 Year 3 and 4.

PARISH MEETINGS:

PARISH COUNCIL MEETING TUESDAY APRIL 28TH

PARISH FINANCE MEETING TUESDAY MAY 5TH

CHILDREN'S MASS

NEXT CHILDREN'S MASS

SUNDAY 3RD MAY 10.30AM

Followed by morning tea for everyone!



St Benedict's Country Fete
Sunday 31 May 2026
2 FAGANS ROAD ARCADIA PH: 9653 2312

10am to 3pm

Fruit & Veggie Stall • Chocolate Wheel • Raffle
Dev Tea • BBQ • Gifts • Coffee • Cakes • Lolly Stall
Hot Dogs • Pop Corn • Gelato • Face Painting
Flowers • Crafts • Plants • Rides & lots more...

ST BENEDICT'S KIDS YOUTH GROUP

Join the fun! Ages 8–12 years
Our Kids Youth Group is back on **Fridays**
DURING SCHOOL TERM
4.00pm to 5.30pm

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!

CATECHISTS' NEWS

Term 2 will resume the week of the 20th April. Wishing all families and Catechists a blessed and holy Easter and holiday break.

If you are interested in knowing more about becoming a Catechist or helper, please contact myself, the parish office or Fr Shansana. Training is available.

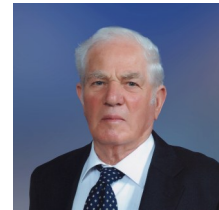
God bless,

Martina Jutrisa martina@eiprojects.com
Parish Catechist Co-ordinator



PRAYER REQUEST

In Memorium



Paul Cascun

7/2/1930 - 16/4/2016

10th Anniversary of death.

He is greatly missed in our Parish community.
We remember Paul in our prayers and ask;

Eternal rest grant to Paul, O Lord,
Let perpetual light shine upon him.
May he rest in peace, Amen.

Our thoughts and prayers are with the Cascun family.

MEMORIAL MASS

Nanna Trani

(The late sister of Angela Scotti)

One year anniversary 25th April 2025

Memorial Mass will be held

on the 26th April 2026 9am

Eternal Rest grant to her O Lord,
Let the perpetual light shine upon her,
May she rest in peace. Amen

Our thoughts and prayers are with Angela and the family.

SAINT OF THE WEEK

Anselm of Canterbury, Bishop and Doctor of the Church

C. 1033-1109

Feast Day: April 21



**Invoked by scholastic philosophers and in Canterbury
Possibly canonized prior to 1170; canonization confirmed by Pope Alexander VI on October 4, 1494**

Declared a Doctor of the Church by Pope Clement XI in 1720

Saint Anselm—a Doctor of the Church and the “Father of Scholasticism”—was born into a noble family in the town of Aosta in the Italian Alps. As a youth, he followed his mother’s pious example, but his father would not consent to his entering monastic life at age fifteen. Several years later, Anselm pursued studies in France and eventually arrived at the Benedictine Abbey of Bec around the age of twenty-six. He quickly became close to and a devoted student of the prior, Lanfranc. Upon his father’s death, Anselm chose to enter religious life, becoming a monk at age twenty-seven.

After three years, Anselm was chosen as prior under the abbot Herluin when Lanfranc was appointed abbot of another abbey. Despite Anselm’s youth, his wisdom, personality, heartfelt kindness, and holiness won the friars over, and he remained the prior for the next fifteen years.

As prior, Anselm studied, prayed, taught, and administered the abbey well. Under him, the Abbey of Bec earned respect throughout Europe. At Bec, Anselm wrote seven of his thirteen works, including two of his most famous ones: *Monologion* and *Proslogion*, in which he developed his much discussed and contested ontological argument for the existence of God. Intense prayer and a profound faith directed Anselm’s thinking and writing. He believed that unless God first revealed Himself, our minds could never grasp Him, could never grasp Truth. Beyond philosophy, Anselm was a profound spiritual writer, theologian, and composer of beautiful prayers. His spiritual writings are theoretical but also personal and intimate. His deep love for God and for our Blessed Mother shines through.

In 1078, the monks unanimously elected Anselm as abbot, a role he would valiantly fulfill for the next fifteen years. As abbot, he traveled across the English Channel to see properties that had been donated to the abbey. The English king and Lanfranc, then the Archbishop of Canterbury, regularly sought his counsel. When Lanfranc died, Anselm succeeded him as archbishop at the age of sixty.

Anselm would have regular conflicts with King William II and his son, King Henry, over both kings’ attempts to appoint bishops without papal approval. Twice exiled, Anselm continued writing beautiful and profound theology, defended the nature of the Trinity at a Church council in Rome, and acted as a counselor to the pope. Anselm’s final years were more peaceful after he and the king worked out a compromise, and he returned to his see in Canterbury.

Saint Anselm fiercely defended the Church’s autonomous spiritual authority and refused to participate in financial abuses. His explanation of the Trinity, grace, truth, and the Incarnation have provided a firm foundation for a deeper understanding of our faith. His prayers inflame hearts with deep devotion. Above all, we can ponder Saint Anselm’s deep conviction that when faith in God comes first, understanding follows.

Saint Anselm, your love of God arose from your fervent life of prayer. From that prayer, faith was enkindled within you, and understanding poured forth to inspire others and teach them the way to God. Please pray that I may always turn to God through prayer so that prayer will be the foundation of all I do and all I am. Saint Anselm, pray for me. Jesus, I trust in You.



Please join us for our upcoming Maker's Table workshop at St Benedict's!

Rosary Making Workshop
Wednesday, May 6th, 2026
7.30-9.30pm

Cost: \$15 (covers materials, refreshments and donation for room hire)
RSVP by 3/5/26 so we can set a special place at the Table for you!

For this month of Mary, we will be making Rosary Beads (a simpler style than what we made last year 😊). One pair for you to treasure and a second pair to gift to a friend!

themakerstablesydney@gmail.com

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



CORPUS CHRISTI PARISH
ST IVES

YOUNG ADULTS NIGHT

Open to Young Adults aged 18-35

Thursday 23rd April 2026

7pm- Dinner

7:30pm- Guest presenters from Ignite Youth

Corpus Christi Church Hall

263 Mona Vale Rd, St Ives
NSW 2075

RSVP via the QR code by Monday 20th April



In promotion of:



Prayer for Peace in the world:

Lord God, bring peace to our world. Calm every heart filled with fear, heal division, and guide all people in the way of justice and love. May Your peace reign in every nation. Amen.

Rosary Making Workshop

ST MADELEINE SOPHIE BARAT PARISH,
KENTHURST

Feast of Our Lady of Fatima

LEARN HOW TO MAKE ROSARIES TO BE
DONATED TO THOSE IN NEED

WEDNESDAY
MAY 13TH 2026

AT 7:00 PM - 8:30 PM

\$ 5.00
PER PERSON

REGISTER NOW

OFW@PARRACATHOLIC.ORG
0460 037 795



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and Printed

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0438 521 421

Please phone for a
Free Quote

FUNERAL MASS BOOKS

Parish Roster

PLEASE JOIN US FOR
MORNING TEA AFTER THE 9AM MASS

NEXT WEEKEND'S ROSTER

25/4/26 TO 26/4/26

4th SUNDAY OF EASTER YEAR A

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Nigel M	George A
Reader1	Sr Carol T	Judy H	Leeann A
Reader2	Mary C	Melanie H	Mirko J
Prayers	Natasha S	Volunteer	Fogarty Family
TV		Roderick R	Fogarty Family
EMHC		Jessie G	Caterina V
EMHC		Lorraine D	Volunteer
Music		Rebecca R	Melanie H
Music		Keith W	Fogarty Family
Music		Teresa G	Marisa Q
Music			
Morning Tea		Tania T	
FLOWERS	Hannah A		

ACKNOWLEDGMENT

We acknowledge the Traditional Owners of this land and their enduring connection to country, waters, and culture. We pay respect to their Elders past, present, and emerging.

*Above all we give thanks to **God our Father**, who blesses this land, its people, and all creation. May we live in harmony, justice, and peace, guided by His love.*

SAFEGUARDING MISSION STATEMENT

St Benedict's Parish is committed to the safety of all, especially children and vulnerable people. Concerns? Contact Fr Shansana 0437 884 233, or the Office for Safeguarding 8379 1605.

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

LONELY? YOU'RE NOT ALONE COME AND MAKE A DIFFERENCE!

Join our parish volunteers and get involved in a meaningful way:

- Choir / music ministry
- Readers at Mass
- Morning tea after Mass
- Working bee & maintenance help
- Parish office support
- Fete team
- Prayer group
- Makers Table & craft group
- Sacramental team support
- Scripture teaching (training provided)
- Piety shop
- Youth group

You'll make a real difference in the parish and find a welcoming community of friendship and faith.

Contact Paula at the parish office:
9653 2312

DID YOU KNOW...

Did you know that the Road to Emmaus (Luke 24:13-35) is often seen as the model for the Mass? Jesus is first revealed in the Liturgy of the Word, where He explains the Scriptures, and then recognised in the breaking of the bread, the Eucharist.

PARISH OFFICE HOURS:

Mondays & Fridays: 9.00am to 2.00pm
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: [stbenedict sarcadia](https://www.facebook.com/stbenedict sarcadia)



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

Support our parish!
Scan this QR code to make a donation.

