

St Benedict's Parish

Arcadia



PARISH MASS TIMES

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 10:00am to 11:00am
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

THIRD SUNDAY OF ADVENT

YEAR B

16 & 17 DECEMBER 2023

ENTRANCE ANTIPHON

Rejoice in the Lord always; again I say, rejoice.
Indeed, the Lord is near.

SUNDAY HOLY MASS PRAYER

O God, who see how your people
faithfully await the feast of the Lord's Nativity,
enable us, we pray,
to attain the joys of so great a salvation
and to celebrate them always
with solemn worship and glad rejoicing.
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 - FAITH

Sunday's Gospel John 1:6-8, 19-28: John knew that his role was to bring people to Christ. So is ours. We try to live our lives right so that people will be able to know through us that faith in Christ makes all the difference.

- What questions do I have for Jesus?
- Am I hungry to know more about Jesus?
- Am I anxious about His coming?
- Do I recognize the ways He comes to me each day?



PRAYER:

Dear Lord,

Answer the questions I have for you in my heart. Help me hunger to know more about you. Open my eyes and heart to you today and always. Amen.

First Reading: Isaiah 61:1-2, 10-11 (JB)

A reading from the prophet Isaiah

I exult for joy in the Lord.

The spirit of the Lord has been given to me,
for the Lord has anointed me.
He has sent me to bring good news to the poor,
to bind up hearts that are broken;

to proclaim liberty to captives,
freedom to those in prison;
to proclaim a year of favour from the Lord.

'I exult for joy in the Lord,
my soul rejoices in my God,
for he has clothed me in the garments of salvation,
he has wrapped me in the cloak of integrity,
like a bridegroom wearing his wreath,
like a bride adorned in her jewels.

'For as the earth makes fresh things grow,
as a garden makes seeds spring up,
so will the Lord make both integrity and praise
spring up in the sight of the nations.'

The word of the Lord.

Thanks be to God.

Responsorial Psalm:**R. My soul rejoices in my God.****Second Reading: 1 Thessalonians 5:16-24 (JB)**

A reading from first letter of St Paul to the Thessalonians

May you all be kept blameless, spirit, soul and body, for the coming of our Lord Jesus Christ.

Be happy at all times; pray constantly; and for all things give thanks to God, because this is what God expects you to do in Christ Jesus.

Never try to suppress the Spirit or treat the gift of prophecy with contempt; think before you do anything - hold on to what is good and avoid every form of evil.

May the God of peace make you perfect and holy; and may you all be kept safe and blameless, spirit, soul and body, for the coming of our Lord Jesus Christ. God has called you and he will not fail you.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

The Spirit of the Lord is upon me;
he sent me to bring Good News to the poor.
Alleluia!

GOSPEL: John 1:6-8, 19-28 (JB)

A reading from the holy Gospel according to John

There stands among you, unknown to you, the one who is coming after me.

A man came, sent by God. His name was John. He came as a witness, as a witness to speak for the light, so that everyone might believe through him.

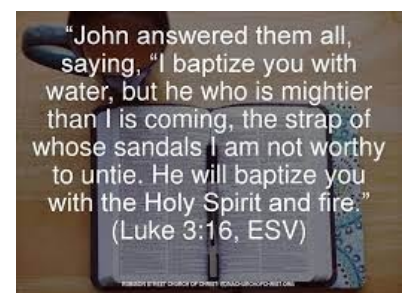
He was not the light, only a witness to speak for the light. This is how John appeared as a witness. When the Jews sent priests and Levites from Jerusalem to ask him, 'Who are you?' he not only declared, but he declared quite openly, 'I am not the Christ.' 'Well then,' they asked 'are you Elijah?' 'I am not' he said. 'Are you the Prophet?' He answered, 'No.' So they said to him, 'Who are you? We must take back an answer to those who sent us. What have you to say about yourself?' So John said, 'I am, as Isaiah prophesied:

a voice that cries in the wilderness: Make a straight way for the Lord.'

Now these men had been sent by the Pharisees, and they put this further question to him, 'Why are you baptising if you are not the Christ, and not Elijah, and not the prophet?' John replied, 'I baptise with water; but there stands among you unknown to you the one who is coming after me; and I am not fit to undo his sandal-strap.' This happened at Bethany, on the far side of the Jordan, where John was baptising.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.



GOSPEL REFLECTION
3rd Sunday of Advent, December 17
Isaiah 61:1-2, 10-11
(Psalm) Luke 1:46-50, 53-54
1 Thessalonians 5:16-24
John 1:6-8, 19-28

Rejoice always. (1 Thessalonians 5:16)

When St. Paul tells us to “rejoice always” (1 Thessalonians 5:16), it might seem that he is asking the impossible. How can we *always* feel joyful? Isn't this too much to ask, even today, on Gaudete (or “Rejoice”) Sunday?

Not according to St. Thomas Aquinas! He taught that “joy is caused by love” (*Summa Theologiae* II-II, q. 28). As we experience God's love for us, we grow in love for him—and this exchange of love is what produces joy in us. St. Paul also knew that God's love was the secret to joy, which is why he follows up his exhortation to “rejoice always” with specific steps that we can take to experience his love more deeply:

First, *pray without ceasing* (1 Thessalonians 5:17). When we open our heart to God throughout the day, he fills it with his very self. The experience of his unconditional love and unending mercy ignites our love in return.

Second, *in all circumstances give thanks* (1 Thessalonians 5:18). Gratitude also deepens our love for God, especially when we reflect on who he is and what he has done for us. And in this Advent season, whatever our circumstances, we can thank God for sending his Son to earth to become one of us.

Finally, *do not quench the Spirit* (1 Thessalonians 5:19). In his Letter to the Romans, St. Paul tells us that “the love of God has been poured into our hearts through the Holy Spirit” (5:5). If we want more joy in our lives, we can ask the Spirit to stir up the love of God in our hearts. And when he does, we can express it by praising him—which will, in turn, increase our joy.

Joy is not just for Gaudete Sunday; it's for every day. So each day, follow Paul's advice: turn to the Lord in prayer, thank him for all he has done for you, and ask him to fill you with more of his Spirit. Then praise him—and let your spirit soar!

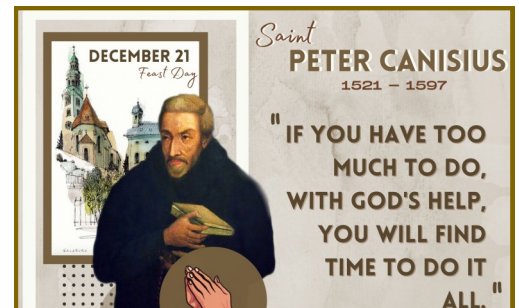
“Lord, shower me with your love today so that my heart swells with joy!”

Source: Word Among Us India

LITURGICAL FEASTS AND EVENTS OF THE WEEK

DECEMBER

- Monday 18 Readings: Jer 23:5-8. Mt 1:18-24.
R: Justice shall flourish in his time,
and fullness of peace for ever.
- Tuesday 19 Readings: Judges 13:2-7, 24-25. Lk 1:5-25.
R: Fill me with your praise and I will sing your glory!
- Wednesday 20 Readings: Is 7:10-14. Lk 1:26-38.
R: Let the Lord enter; he is king of glory.
- Thursday 21 Readings: Song 2:8-14. Lk 1:39-45.
R: Cry out with joy in the Lord, you holy ones; sing a new song to him.
St Peter Canisius, priest, doctor
- Friday 22 Readings: 1 Sam 1:24-28. Lk 1:46-56.
R: My heart rejoices in the Lord, my Saviour.
- Saturday 23 Readings: Mal 3:1-4, 23-24. Lk 1:57-66.
R: Lift up your heads and see; your redemption is near at hand.
St John of Kanty, priest

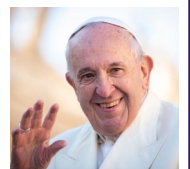


Source: Ordo 2023

POPE FRANCIS' PRAYER INTENTION FOR DECEMBER 2023

For persons with disabilities

We pray that people living with disabilities may be at the centre of attention in society, and that institutions may offer inclusive programs which value their active participation.



THE RULE OF ST BENEDICT

Chapter 4 - To make peace with one's adversary before sundown.

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**

PARISH NOTICES

- Draft Roster as well as draft Christmas roster is now available on the sacristy window please check and add your names.
- Pastoral Works collection for the next few weeks.

PASTORAL WORKS

There will be a collection for Pastoral Works for the next few weeks if you can please help out by filling in the envelopes in the pews. Your help will be appreciated.

"My prayer is **Pastoral Works Broken Bay**, the pastoral charity of our Catholic community, enables us to reach further and wider in helping our local community, and more deeply connects us to the mission of Jesus." *Most Rev Anthony Randazzo DD JCL, Bishop of Broken Bay*



MESSAGE FROM GASTON & MARGARET

Gaston & Margaret Florian would like to inform everyone that they have now moved to Mark Donaldson VC house in Rowland Village.

They would also like you to wish everyone a very happy Christmas!

ST BENEDICT'S FETE 2024

The Parish fete will be held on **Sunday 7th April, 2024**. Please save this date in your calendars.

If you are cleaning out your cupboards, please start putting aside donations for the fete. Only good quality items can be taken.

For more information please contact Fr Shansana.

VOX POPULI

14 December 2023

This Sunday is the Third Sunday of Advent, traditionally known as Gaudete Sunday.

Gaudete is the Latin word for rejoice. We continue to prepare in our hearts a sense of holy participation for the celebration of the birth of Jesus as well as His promised second coming.

Although the year has presented turmoil and challenges, both here and overseas, taking the time to pray and reflect will help us focus on the hope, joy and peace God gives us in the gift of his Son.

The Advent candle we light this Sunday is rose coloured, a symbol of joy, and the priest will wear rose vestments. As people who put our hope in God's love and promises, we are all called to adopt an attitude of joy, and it is in joy we find the ability to anticipate the future within our present reality.

Bishop Anthony Randazzo has prepared a Christmas Message for all those within the Diocese of Broken Bay which will be presented during mass.

CATHOLIC CARE BROKEN BAY

It's true! CatholicCare is here to help and offers a range of services for people in need including emergency relief, financial supports, homelessness and housing assistance, domestic violence support, counselling supports including financial counselling, disability and seniors supports and more.

Call us today on 1800 324 924

or visit www.catholiccaredbb.org.au

for more information.

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 **Brother Mario & Brother Terry and Jenny Taylor**.

We remember in our prayers all our dearly beloved who have died, especially **Cornelius Woodbury (Matt's father), Luigi Bisoglio, Peter Sullivan & Mary Hackett**.
May they rest in Peace.



VOLUNTEER OF THE WEEK!

This week volunteer of the week nomination goes to:



NEDA

Thank You!



Thank you for polishing the Monstrance and Ciborium. We really appreciate your help!

Who would you like to nominate for next week? Please let us know so we can acknowledge their kindness.

CATECHISTS' NEWS

Wishing all Catechists and families a very blessed and safe Christmas and New Year!

Due to retirements we are in need of a Catechist for Middle Dural PS next year – classes are held on Wednesdays 9am – 9:40am. Student class number would be 6 or less, if you are available and interested, please let me know!

If you are interested in knowing more about being a Catechist (Scripture teacher) or helper please feel free to talk to me, or Paula in the parish office or our priests, or any parish Catechist.

God bless,

Miriam Brown (email: srearcadia@gmail.com)
Parish Catechist Co-ordinator

CHRISTMAS & NEW YEAR PARISH MASS TIMES



PARISH:

Saturday Vigil 23rd Dec 2023: 7.00pm

Sunday Mass 24th Dec 2023: 9.00am & 10.30am
4.30pm (Latin)

Christmas EVE Vigil

Sunday 24th Dec 2023: 7.00pm
11.30pm (Midnight Mass)

CHRISTMAS DAY

Monday 25th Dec 2023: 9.00am & 10.30am (Latin Mass)

FEAST OF HOLY FAMILY

Saturday Vigil 30th Dec 2023: 7.00pm

Sunday 31st Dec 2023: 9.00am & 10.30am
4.30pm (Latin Mass)

NEW YEAR'S DAY

Feast Mary the Holy Mother of God

Monday 1st Jan 2023: 9.30am

EPIPHANY OF THE LORD

Saturday Vigil 6th Jan 2024: 7pm

Sunday 7th Jan 2024: 9.00am & 10.30am
4.30pm (Latin Mass)

FEAST BAPTISM OF THE LORD

Monday 8th Jan 2023: 9.30am

MONASTERY:

Daily as usual 7.00am

SAVE THE DATE

17TH DEC

5PM

GLENORIE COMMUNITY Carols

BRING YOUR PICNIC BLANKET, OUTDOOR CHAIRS, FOOD AND DRINK
AND ENJOY YOUR FAVOURITE CHRISTMAS CAROLS IN THE PARK!

Where: Les Shore Reserve

When: Sunday 17th Dec 5pm

Special Guest: SANTA

Hills Pumas FC will be selling a sausage sizzle and drinks on the night as a fundraiser for the club.

Featuring: Local Irish dancers, Rewi, local singers and performers. Performers from 5pm, Carols from 6pm.

Get your FREE tickets at



<https://events.humanitix.com/glenorie-community-carols-2023/>



CRAFT GROUP

The quilting group will meet every 4th Tuesday of the month at 10.30am in the parish meeting room. Everyone welcome!



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.

ITALIAN ROSARY GROUP

Every Monday 2.00pm.
Everyone welcome.

For more details call
Angela Egiziano Ph: 9652 1358.



SAINT OF THE WEEK

SAINT JOHN OF KANTRY (CANTIUS), PRIEST

Feast Day: December 23

C. 1390-1473

Patron Saint of teachers, students, priests, pilgrims, Lithuania, and Poland

Quote:

Fight all false opinions, but let your weapons be patience, sweetness and love. Roughness is bad for your own soul and spoils the best cause. ~Saint John of Kanty



Reflection: Jan Kanty (John Cantius in English) was born in 1390 in the small town of Kęty, in the Kingdom of Poland. Kęty is about ten miles south of Oświęcim, which the Nazis renamed Auschwitz, the location of the largest and most horrific concentration camp in World War II. Kęty is also thirteen miles west of Wadowice, where Pope Saint John Paul II was born 530 years later.

As a youth, John proved to be both intelligent and devout, receiving his early education in his hometown. Around the age of twenty-three, he enrolled in the Kraków Academy where he studied philosophy. Kraków Academy was the only university in the Kingdom of Poland at that time, being founded in 1364 by King Casimir III the Great. In 1817 it was renamed the Jagiellonian University and is where Pope John Paul II studied. During John Cantius' studies, he was introduced to the spiritual movement called *Devotio Moderna* (Modern Devotion), which emphasized personal devotion, humility, and interior conversion, especially through the meditation upon Sacred Scripture and personal prayer.

Around the year 1418, John earned his doctorate in philosophy, taught philosophy classes at the Kraków Academy, and studied theology for three years. Upon completing his theological studies, John was ordained a priest and became

the rector at the school of the Canons Regular of the Most Holy Sepulcher in Miechów, about twenty-five miles north of Kraków, where he served for about eight years. The Canons Regular of the Most Holy Sepulcher followed the Rule of Saint Augustine. One of Father John's duties was to work as a copyist of Scripture and books, since the printing press had not yet been invented. As a copyist, Father John grew in an intimate knowledge of Sacred Scripture. He also copied the works of Saint Augustine, inspiring within him a deep love of Augustinian philosophy and theology. Throughout his life, Father John copied more than 18,000 pages of text that still exist, and most likely many more that do not.

In 1429, Father John happily accepted a position at Kraków Academy. He became a beloved professor of Sacred Scripture, philosophy, and theology. His disposition was always humble, cheerful, serious, and godly. Most notably, Father John had a reputation for making complex philosophical and theological concepts accessible to his students, combining depth with clarity and practical application. He also continued his theological studies at the Kraków Academy, earning a doctorate in theology, and later fulfilled additional administrative responsibilities as the head of the Philosophy Department, and eventually as head of the Theology Department.

In addition to being an excellent professor, Father John took care of the spiritual needs of his students with compassion and concern. In the pulpit, Father John was known as a powerful preacher and a defender of orthodoxy. At that time, one of the raging debates within the Church was conciliarism, an assertion that the pope should submit to the authority of Church councils. Father John became a staunch defender of the papacy, which had a profound effect upon his colleagues and students.

Father John also became well known and well loved within the city of Kraków for his exceptional generosity and love of the poor. Whatever he had was theirs, minus the meager amount he needed to provide for his own needs. His clothing, money, and food were not off limits. One story relates that one time he even gave away his shoes to a poor person. When asked why he was going barefoot, he replied that a poor person needed his shoes more than he did.

Father John's prayer life was greatly enhanced by his penitential life. He slept on the floor and ate very little. He made an 1,800-mile pilgrimage on foot to the Holy Land, carrying with him his one sack of belongings. He made four such pilgrimages to Rome, a mere 900-mile walk each way.

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As with many saints, miracles are also attributed to him. One legend relates that he came upon a poor young lady who was a servant to a strict and severe woman. While on an errand to fetch some milk, she accidentally dropped her jar, breaking it and spilling the milk. Father John had compassion for her, prayed over the jar, and miraculously fixed it. Even the milk was returned. Other stories relate miraculous healings of the sick and the recovery of stolen money. Many more miracles were attributed to his intercession by those who visited his tomb after his death. These later miracles drew pilgrims from across Europe to the university's Collegiate Church of Saint Anne, where he was buried.

As we honor Saint John Cantius, ponder the fact that his attributes that made him so beloved were his humility, generosity, simplicity, concern for others, and diligence in his daily duty. These are qualities that we can all imitate in our own lives and are qualities that can produce saints. Consider any ways that you struggle with these qualities, and seek to imitate this humble servant of God.

Prayer: *Saint John Cantius, though you were a great intellectual, your humility and deep faith, coupled with your genuine love for those whom you ministered to, had a lasting effect upon the people of your community, and upon all of Poland. Please pray for me, that I will learn from your life and imitate your virtues so that I, too, will one day be counted among the saints. Saint John Cantius, pray for me. Jesus, I trust in You.*

Source: mycatholic.life

HOPE

As the year concludes, let us look back at the highs and lows with a heart open to learning. Trust that whatever happened is part of a bigger plan, guided by a force beyond our control. Let go of worries, find strength in surrender and step into the future with hope.

Life's journey is a mix of joy and challenges, shaping us into who we are meant to be. Embrace the simplicity of letting go, placing ourselves in God's hands to guide us on our path, in all situations.



"Dear God,

guide us on this journey of life.

Illuminate our path with Your wisdom,

fill our hearts with love and grant us strength in challenges.

May we find purpose in each step and may Your grace lead us to joy and fulfillment.

Amen."

Source: majellan.media



CatholicCare is a registered provider of Support Coordination for the NDIS

When you have a NDIS plan you can choose the providers that you want. However, it can be a bit tricky getting things organised. That's where Support Coordination can help to connect you to mainstream and specialist services that are funded under your plan. Support Coordination is allocated as part of a funded plan.

We can support you to get the most out of your plan and help you understand how your plan works.

For more information call us today on (02) 9488 2500 or visit www.catholiccaredbb.org.au.

DONATING MEN'S CLOTHING FOR SEAFARERS

Stella Maris Seafarers, a Catholic organisation helping seafarers, would appreciate any donations of second hand men's clothing, Puzzles (with all pieces) etc. as well as any personal hygiene items such as soap, shampoo, deodorant, toothbrush, toothpaste etc. Please leave the items in the meeting room near the kitchen and they will be picked up weekly and taken to Sr Mary Leahy and I can tell you she will be most excited. Many Thanks for your kind Generosity.

Sr Mary boards every ship that pulls into Botany Bay and checks on the welfare of the sailors, she is also a trained nurse and if she sees sick, injured or suspects abuse she reports it.

Cathy Holling 0403 062 255

Please join us for morning tea after the 9am Mass

NEXT WEEKEND'S ROSTER

23/12/2023 to 24/12/2023

FOURTH SUNDAY OF ADVENT - YEAR B

DRAFT ROSTER & CHRISTMAS ROSTER NOW AVAILABLE SACRISTY WINDOW

	Saturday 7pm	Sunday 9am	Sunday 10.30am
Acolyte		Nigel M	
Reader1	Mary C	Ann L	Fogarty's
Reader2	Sr Carol T	Lorraine D	Forgarty's
Prayers	Miriam B	Judy H	Adam J
TV		Teresa G	Xavier F
Music		Melanie H	Mark Q
Music		Marisa Q	Adam F
Music		Helen F	Martina J
Music		Keith W	
Morning Tea		Mary A	
 FLOWERS	Mona		

Parish Roster

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.parish@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: [stbenedictsarcadia](https://www.facebook.com/stbenedictsarcadia)

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.