

St Benedict's Parish Arcadia



THIRTIETH SUNDAY IN ORDINARY TIME YEAR A

28 & 29 OCTOBER 2023

ENTRANCE ANTIPHON

Let the hearts that seek the Lord rejoice;
turn to the Lord and his strength;
constantly seek his face.

SUNDAY HOLY MASS PRAYER

Almighty ever-living God,
increase our faith, hope and charity,
and make us love what you command,
so that we may merit what you promise.
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 - LOVE

Sunday's Gospel, Matthew 22:34-40, Jesus says:

"You must love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second resembles it: You must love your neighbour as yourself."

Jesus is saying two important things: Love God and love your neighbour. This is the only commandment of Jesus.

- *Do I love God with all my heart and obey His teachings?*
- *Do I love in my marriage, family and friendships without wanting anything in return?*
- *Do I love in the wider world by showing kindness when the needs are great?*



PRAYER

Lord, I love you with all my heart and soul. Help me show this love by obeying your teachings. Help me be kind, understanding and loving to others, especially those in need. Amen.



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

First Reading: Exodus 22:20-26 (JB)

A reading from the book of Exodus

If you are harsh with the widow or the orphan, my anger will rage against you.

The Lord said to Moses, 'Tell the sons of Israel this, "You must not molest the stranger or oppress him, for you lived as strangers in the land of Egypt. You must not be harsh with the widow, or with the orphan; if you are harsh with them, they will surely cry out to me, and be sure I shall hear their cry; my anger will flare and I shall kill you with the sword, your own wives will be widows, your own children orphans.

"If you lend money to any of my people, to any poor man among you, you must not play the usurer with him: you must not demand interest from him.

"If you take another's cloak as a pledge, you must give it back to him before sunset. It is all the covering he has; it is the cloak he wraps his body in; what else would he sleep in? If he cries to me, I will listen, for I am full of pity."

The word of the Lord.

Thanks be to God.

Responsorial Psalm:

R. I love you, Lord, my strength.

**Second Reading: 1 Thessalonians 1:5-10 (JB)**

A reading from the first letter of St Paul to the Thessalonians

You turned away from idols to serve God and await his Son.

You observed the sort of life we lived when we were with you, which was for your instruction, and you were led to become imitators of us, and of the Lord; and it was with the joy of the Holy Spirit that you took to the gospel, in spite of the great opposition all round you. This has made you the great example to all believers in Macedonia and Achaia since it was from you that the word of the Lord started to spread - and not only throughout Macedonia and Achaia, for the news of your faith in God has spread everywhere. We do not need to tell other people about it: other people tell us how we started the work among you, how you broke with idolatry when you were converted to God and became servants of the real, living God; and how you are now waiting for Jesus, his Son, whom he raised from the dead, to come from heaven to save us from the retribution which is coming.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

All who love me will keep my words,
and my Father will love them and we will come to them.

Alleluia!

**GOSPEL: Matthew 22:34-40 (JB)**

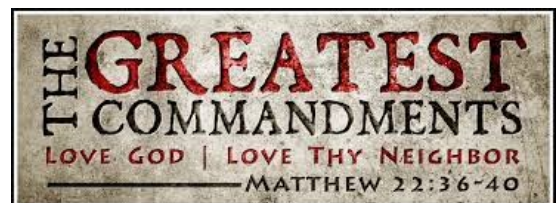
A reading from the holy Gospel according to Matthew

You shall love the Lord your God and your neighbour as yourself.

When the Pharisees heard that Jesus had silenced the Sadducees they got together and, to disconcert him, one of them put a question, 'Master, which is the greatest commandment of the Law?' Jesus said, 'You must love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second resembles it: You must love your neighbour as yourself. On these two commandments hang the whole Law, and the Prophets also.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.



GOSPEL REFLECTION

Sunday, October 29

Exodus 22:20-26

Psalm 18:2-4, 47, 51

1 Thessalonians 1:5-10

Matthew 22:34-40

You shall love the Lord. . . . You shall love your neighbor. (Matthew 22:37, 39)

Why are these two commandments the greatest? Because they encapsulate everything that God had spoken to Moses and the Israelites. As Jesus told the Pharisees, "The whole law and the prophets depend" on them (Matthew 22:40).

As important as these two commandments are, however, we might be tempted to think they're impossible to follow. That's because too often, we associate love only with warm and fuzzy feelings. But love goes beyond emotion and is sometimes even independent of it. In other words, it's not so much what we feel as how we act.

Today's first reading shows us that to love our neighbor, especially the most vulnerable among us, we must act justly toward them (Exodus 22:20-26). These laws, given to Moses by God himself, may have been what Jesus had in mind when he was talking to the Pharisees that day. Jesus knew that in order to love someone, we don't have to necessarily feel an emotional connection. We don't even have to know them personally. But we do need to care for them and make sure they are being treated justly.

The same is true in our relationship with the Lord. We might be going through a dry spell in our prayer time. Maybe we don't even have the desire to pray. But when we make time to be with Jesus, whatever our feelings at that moment, we are loving him.

Each day, whether you wake up feeling energetic and cheerful or tired and cross, you will be presented with opportunities to love God and your neighbor in concrete ways. Don't pass them up! By itself, each specific action you take might not seem particularly noteworthy. Maybe you don't feel any love as you do them. But in fact, when you extend yourself for another time and again, you are doing exactly what God has called you to do.

"Jesus, help me to see how I can love you and my neighbor today."

Source: Word Among Us India

LITURGICAL FEASTS AND EVENTS OF THE WEEK

OCTOBER

Monday 30 Readings: Rom 8:12-17. Lk 13:10-17.
R: Our God is the God of salvation.

Tuesday 31 Readings: Rom 8:18-25. Lk 13:18-21.
R: The Lord has done marvels for us.

NOVEMBER

Wednesday 1 Readings: Rev 7:2-4, 9-14. Jn 3:1-3.
R: Lord, this is the people that longs to see your face.
ALL SAINTS

Thursday 2 Readings: From Masses for the Dead.
**The COMMEMORATION of ALL the FAITHFUL DEPARTED
(All Souls' Day)**

Friday 3 Readings: Rom 9:1-5. Lk 14:1-6.
R: Praise the Lord, Jerusalem.
St Martin de Porres, religious

Saturday 4 Readings: Rom 11:1-2. 11-12, 25-29. Lk 14:1, 7-11.
R: The Lord will not abandon his people.
St Charles Borromeo, bishop.

All Saints' Day Prayer

Bless the many parted souls
who lived their lives with grace.
Bless the saints in heaven,
gathered in that special place.

May we tell their stories
and remember all the ways
they lived their faith
and spent their days.

There is glory and reward,
even if at first there's strife.
Oh, blessed saints, you help us see
a path that's to eternal life.

May we always hold them dear
and know their life and place.
May we know their inspiration
and aspire to their grace.

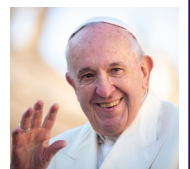
**ALL SAINTS FEAST DAY
NOVEMBER 1**

Source: Ordo 2023

POPE FRANCIS' PRAYER INTENTION FOR NOVEMBER 2023

For The Pope

**We pray for the Holy Father; as he fulfills his mission,
may he continue to accompany the flock entrusted to him, with the help of the Holy Spirit.**



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

ALL SAINTS & ALL SOULS' DAY MASSES



November is a special time to pray for the dead. A plenary indulgence may be gained for the dead, once only, by visiting a church on 2 November and praying the Lord's Prayer and the Creed. Three conditions are required for gaining the indulgence: sacramental confession, eucharistic communion, and prayer for the pope's intentions. (*Ordo 2023 - Norms 15.7*)

We invite you to send the names of your loved ones to us with the envelopes provided at both entries of the church so they may be included in our remembrance prayers during the month of November.

• All Saints' Day Mass - Wednesday 1st November:



7:00am Mass at Monastery chapel.

9:30am Parish Church (**children are invited to dress in their favourite Saint outfit.**)

• All Souls' Day Mass - Thursday 2nd November:

7:00am Monastery Chapel

9:30am Parish Church

7:00pm Parish Church

CHILDREN'S MASS

NEXT SUNDAY 5TH NOVEMBER 2023 10.30AM

Followed by morning tea, sweets, coffee & tea!

ROOF UPDATE

The roof replacement is nearly done. We apologise for the inconvenience for the next couple of weeks. **Please ensure children or anyone to stay away from the scaffolding for safety reasons.**



URGENT HELP NEEDED

WE NEED A VOLUNTEER TO PRESSURE CLEAN THE BRICK WALLS UP HIGH AT THE FRONT AND SIDES. WOULD ANYONE BE AVAILABLE TO HELP US OUT PLEASE.

THIS IS URGENT AS THE SCAFFOLDS WILL BE TAKEN DOWN ON THE 6TH OF NOVEMBER.

HAPPY BIRTHDAY FATHER BERNARD!

30th October

You are a blessing not only to our generation but to the coming generation. May God continue to make your faith stronger and stronger, and may He grant all your heart's desires as you continue to grow in mind and spirit.

May God's love and peace be with you always!



Happy birthday from all of us!



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 **Charlie Micallef, Gina Volpato (John's mum), Brother Mario & Brother Terry, Jenny Taylor and baby Hugo.**

We remember in our prayers all our dearly beloved who have died, especially **Koana Zouein, Charlie Camilleri and John Hourigan.** *May they rest in Peace.*



VOLUNTEER OF THE WEEK!

This week volunteer of the week nomination goes to:

BERNADETTE WATT

Thank you Bernadette for being a catechist for so many years and also previously being a coordinator for the catechists for a few years. Your beautiful sweets you always donate to our parish for fetes or functions and your hard work in previous years whenever we need it. God bless you in all you do for our parish.



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

CATHOLIC WOMEN SELF-CARE WEEK

FREE 5-day training
with Catholic Coach Monica Elias
Nov 13-17

Are you perpetually on the edge of burnout? Whether you are overwhelmed with the demands of a large family, juggling work and home, or pouring yourself out in service in ministries or volunteering, **Catholic women are in a constant state of stress, overwhelm, and exhaustion.**

Day 1: Self-care through Self-talk
Day 2: Self-care through your Ideal Conditions
Day 3: Self-care through your Strengths
Day 4: Self-care through your Motivations
Day 5: Q&A and open coaching

Learn the secret to taking better care of yourself so that you can do the work God has for you in the world.

Join us at tinyurl.com/catholicselfcare2023.

Email Monica Elias: mjelias17@gmail.com for queries.

Monica Elias Coaching

presents

**CATHOLIC
SELF-CARE
WEEK**

November 13-17 2023



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

This Saturday we celebrated, at the Diocesan Cathedral in Waitara, our Annual Diocesan Catechist Mass. At this Mass, we remembered the time and commitment given by past Catechists who have passed away this year – **Chris Singleton and Carmen Camilleri**. May they rest in peace. We also recognised the years of service provided by **Rose Granata and Josephine Letteri**, who both received Papal blessings for their 20 years of service as Catechists. A big thanks to Rose and Josephine for their time and commitment and congratulations on their awards!

Current training available for all Catechists who have completed the induction training – 'Level 2 Certificate – The Church in the 3rd Millennium' – Fridays 10am – 12:15pm via Zoom. This week's session - Friday 3rd November, the topic will be 'The New Testament: Jesus the New Covenant'.

To register email registrations@bbcatholic.org.au, or for further information please contact me.

The CCD is also holding an Advent Reflection Day on Friday 1st December 10am-1pm at Chatswood. RSVP registrations@bbcatholic.org.au or for further information please contact me.

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 srearcadia@gmail.com
Parish Catechist Co-ordinator



MAGI PILGRIMAGES

Fr Maria Raju would like to invite you for an 18-day pilgrimage, departing on 23rd September 2024.

This pilgrimage features Fatima, Lourdes, Turin, Milan, Padua, Venice, Florence, Assisi, Rotondo and Rome for an all-inclusive price of \$8790 (including airfare).

The fare includes Return Economy Airfares + Local Transfers in Deluxe coaches + Stay in Premium Hotels + All Breakfasts & Dinners + Catholic Priest + English speaking professional guides.

For enquiries & bookings call 03 8839 6615
or 1300 721 561 or
email us pilgrimage@magiholidays.com.au.

CRAFT GROUP



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

ITALIAN ROSARY GROUP

Every Monday 2.00pm.
Everyone welcome.

For more details call
Angela Egiziano Ph: 9653 2312.





SAINT OF THE WEEK

ST MARTIN DE PORRES, Religious

Feast Day: November 3

C. 1579 - 1639

Patron Saint of African-Americans, biracial people, barbers, innkeepers, the poor, Peru, public health workers, public schools, television, and interracial and social justice.

Certain that he deserved more severe punishment for his sins than others did, he would overlook their worst offenses. He was tireless in his efforts to reform the criminal, and he would sit up with the sick to bring them comfort. For the poor he would provide food, clothing and medicine. He did all he could to care for poor farmhands, blacks, and mulattoes who were looked down upon as slaves, the dregs of society in their time. Common people responded by calling him, "Martin the charitable." He excused the faults of others. He forgave the bitterest injuries, convinced that he deserved much severer punishments on account of his own sins. ~From the canonization homily of Saint John XXIII

In 1532, Spanish explorers arrived in modern-day Peru and captured the Incan Emperor, Atahualpa, marking the beginning of Spanish control in the region. Just five years later, Pope Paul III issued a papal bull lamenting the reports that many Spanish generals were acting as tyrants and plunderers, cruelly oppressing the indigenous peoples. They were stealing their silver and gold, taking their lands, forcing them into slave labor, and treating them as subhuman. In 1542, Spain established the Viceroyalty of Peru, formalizing political control over the region. Though some arriving missionaries defended the rights of the natives, much of the cruelty continued. King Philip II of Spain was also aware of the chaos and tried to intervene but had little success. In 1581, King Philip decided to send his best bishop to Peru. He chose the future Saint Turibius of Mogrovejo, who would help transform the new nation over the next twenty-five years. Saint Turibius was one of five saints who emerged from Peru in the late sixteenth to early seventeenth centuries. The others were Saints Rose of Lima, Juan Macías, Francis Solano, and the saint we honor today, Martin de Porres.

Martín de Porres y Velázquez was born in Lima, Viceroyalty of Peru, just two years before Saint Turibius of Mogrovejo arrived as the new archbishop and thirty-seven years after the Spanish-controlled Viceroyalty of Peru was established. Martin's father was a Spaniard, and his mother was a freed slave of either African or native descent. According to the custom of the time, this made Martin an illegitimate child of mixed race, earning him the demeaning label of "mulatto." He had one sister two years younger.

After Martin's sister was born, their father, ashamed of his dark-skinned children, abandoned the family, leaving their mother, Ana, to raise the children on her own. Ana earned a meager living washing clothes, so the family was quite poor. Because the Spanish settlers brought with them missionaries, there had been a concerted effort over the previous decades to catechize and baptize both the natives and the African slaves. Though there is little documentation about Martin and his sister's early faith formation, it is clear that Martin developed a profound love of God from an early age and a love for the poor and suffering. One story relates that when Ana sent Martin to the market to purchase food for the family, he often gave the food away to the poor on the way home. By the time Martin was twelve years old, his mother could no longer afford to feed him, so she sent him to a school where he was able to live and study for a couple of years. Afterwards, a barber-surgeon took him in and taught him his trade. Though "barbers" and "surgeons" might not seem to be of the same trade, these were among the most common medical practitioners at the time. Because barbers became skilled with blades for haircutting, they were also called upon for surgeries and learned other basic medical techniques. Martin soon fell in love with this trade, because it gave him an opportunity to not only support himself but also to be of service to others.

During his internship as a barber-surgeon, Martin's prayer life deepened. He often spent hours every night in prayer, entering deeper and deeper into divine union. He always had an admiration for the Dominican friars in Lima, but it was against Spanish law for those of mixed race to become a professed religious. Since he had a deep desire to share in the Dominican life, he went to the Holy Rosary friary in Lima and petitioned the superior to admit him as a non-professed lay brother. Permission was granted.

For the next eight years, Martin lived and dressed as a Dominican but worked as a servant of the community. He cut the friars' hair, cooked, cleaned, did laundry, and used his medical knowledge to care for the sick. Eventually, he did his duties so well that he was put in charge of the alms that the community distributed to the poor. Those eight years were a time of profound humility. Martin never complained but eagerly served the friars and local community in the most menial ways, with the most tender compassion and concern. Though some still looked down on him as "mixed-breed" and as an "illegitimate child," those with a Christian soul couldn't help but notice the extraordinary virtue Martin manifested. As a result, after eight years of humble service, the superior of the community of 300 friars decided to ignore the Spanish law and asked Martin to take formal vows as a Dominican at the age of twenty-four, which he did out of obedience.

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Over the next ten years, Brother Martin continued his humble service and grew deeper in prayer every year, spending countless hours before the Blessed Sacrament and developing a deep devotion to our Blessed Mother. He also submitted himself to severe penances, and his humility exponentially increased. One day, when the friary was struggling with finances and the superior was looking for things he could sell to raise money, Brother Martin exclaimed with sincerity, "I am only a poor mulatto, sell me!"

At the age of thirty-four, Brother Martin was placed in charge of the infirmary, a duty he would fulfill for the next twenty-five years until his death. As the infirmarian, Brother Martin used the skills he had learned as a barber-surgeon to help heal many people. People started to notice, however, that his medical remedies appeared to be backed by supernatural power. Miracles began to be reported. Though this was impressive to many, Brother Martin's profound humility, compassion, and spiritual wisdom made an even greater impact. He cared not only for the Dominicans, but regularly sought out the poor and sick within the community, sometimes bringing the most diseased and emaciated into the friary and even providing his own bed. Though some brothers complained, Brother Martin's depth of love was so convincing that the complaints quickly vanished.

Little by little, Brother Martin began to have a profound effect upon not only the friars but on all of Lima. His miracles increased. Sometimes he miraculously appeared in the room of a sick friar to care for him without even opening the door. Bi-locations were reported, and those arriving from Europe and Africa even claimed that he had appeared to them there, before they arrived in Peru. He founded a home for orphans. He continuously begged for alms throughout the city, distributing all he received to the other friars and the poor of the city. While in prayer, some saw him enveloped in light or levitating. He could read souls and was given miraculous wisdom and knowledge that led the most learned of men to seek his counsel. Miraculous cures were abundant, and his charity never ceased. He was even loving to stray animals, treating them with dignity as God's creatures, some claiming he was even able to miraculously communicate with them. After his death, the miracles increased as people sought his intercession. Twenty-five years after his death, Martin's body was exhumed and found to be incorrupt.

Saint Martin de Porres began his life in poverty and rejection. These sufferings, however, did not negatively affect his soul but only led to the increase of his virtue. His soul was so deeply united to God that God worked miracles through him. As we honor this saintly humble Dominican brother, ponder anything in your life that leaves you angry and discouraged. Saint Martin had many such temptations, but he turned them all into opportunities of grace. Allow Saint Martin to inspire you to do the same, so that God can use every cross in your life to bring forth an abundance of His love.

Source: mycatholic.life

HOW TO TALK TO SOMEONE ABOUT DEPRESSION

Sometimes it is hard to know what to say when speaking to someone about depression. You might fear that if you bring up your worries the person will get angry, feel insulted, or ignore your concerns. You may be unsure what questions to ask or how to be supportive.

If you don't know where to start, the following suggestions may help. But remember that being a compassionate listener is much more important than giving advice. You don't have to try to "fix" your friend or family member; you just have to be a good listener. Often, the simple act of talking face to face can be an enormous help to someone suffering from depression. Encourage the depressed person to talk about their feelings, and be willing to listen without judgment.

Finding a way to start a conversation about depression with your loved one is always the hardest part. You could try saying:

- "I have been feeling concerned about you lately."
- "Recently, I have noticed some differences in you and wondered how you are doing."
- "I wanted to check in with you because you have seemed pretty down lately."
- "When did you begin feeling like this?"
- "Did something happen that made you start feeling this way?"
- "How can I best support you right now?"
- "Have you thought about getting help?"

Remember, being supportive involves offering encouragement and hope. Very often, this is a matter of talking to the person in language that they will understand and can respond to while in a depressed state of mind.

What you CAN say that helps:

- "You're not alone. I'm here for you during this tough time."
- "It may be hard to believe right now, but the way you're feeling will change."
- "Please tell me what I can do now to help you."
- "Even if I'm not able to understand exactly how you feel, I care about you and want to help."
- "You're important to me. Your life is important to me."

Source: helpguide.org

Please join us for morning tea after the 9am Mass


NEXT WEEKEND'S ROSTER

4/11/2023 to 5/11/2023

THIRTY-FIRST SUNDAY IN ORDINARY TIME - YEAR A

CHILDREN'S MASS NEXT SUNDAY 5TH NOVEMBER 10.30AM

Parish Roster

	Saturday 7pm	Sunday 9am	Sunday 10.30am
Acolyte		Lorraine D	?
Reader1	Mary C	Ann L	CHILDREN'S
Reader2	Margaret B	Peter G	CHILDREN'S
Prayers	Miriam B	Kath M	CHILDREN'S
TV		Jules O	?
Music		Melanie H	Karina S
Music		Keith W	Noelle T
Music		Nigel M	John T
Music		Theresa N	
Morning Tea		Sophie R	
 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: [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.