



St Benedict's Parish Arcadia



20TH SUNDAY IN ORDINARY TIME YEARA AUGUST 15 & 16 2026



PARISH MASS TIMES

Weekends:

Saturday

Sunday 7:00pm Vigil

Sunday 9:00am

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 MASS TIMES

Sundays 7:00am

Daily 7:00am

Please contact Father Shansana or Parish
Office for the following:

Baptisms
Reconciliation
For the Sick
Marriages
Funerals



Parish Priest:
Fr Shansana 0437 884 233
Parish Office 9653 2312

ENTRANCE ANTIPHON

Turn your eyes, O God, our shield;
and look on the face of your anointed one;
one day within your courts
is better than a thousand elsewhere.

OPENING PRAYER

Let us pray.

O God, who have prepared for those who love you
good things which no eye can see,
fill our hearts, we pray, with the warmth of your love,
so that, loving you in all things and above all things,
we may attain your promises,
which surpass every human desire.
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: COURAGE

Gospel Reflection – Matthew 15:21–28

The Canaanite woman never gives up asking Jesus for help. Her deep faith and persistence remind us to trust God, even when our prayers seem unanswered. Jesus sees the faith in our hearts and never abandons us.

I Reflect:

1. Do I trust Jesus in difficult times?
2. Do I persevere in prayer?
3. Is my faith strong when I am tested?
4. Do I pray for those in need?
5. What do I need to place in Jesus' hands?

FAITH & PERSISTENCE

Prayer:

Lord Jesus, strengthen our faith and help us to trust in
Your mercy. May we never lose hope, but continue to turn
to You in prayer. Amen.

First Reading**Isaiah 56:1, 6-7 (JB)**

A reading from the prophet Isaiah

I will lead the foreigners to my holy mountain.

Thus says the Lord: Have a care for justice, act with integrity, for soon my salvation will come and my integrity be manifest. Foreigners who have attached themselves to the Lord to serve him and to love his name and be his servants - all who observe the sabbath, not profaning it, and cling to my covenant - these I will bring to my holy mountain. I will make them joyful in my house of prayer. Their holocausts and their sacrifices will be accepted on my altar, for my house will be called a house of prayer for all the peoples.

The word of the Lord.**Thanks be to God.****Responsorial Psalm**

Ps 66:2-3, 5-6, 8 (JB)

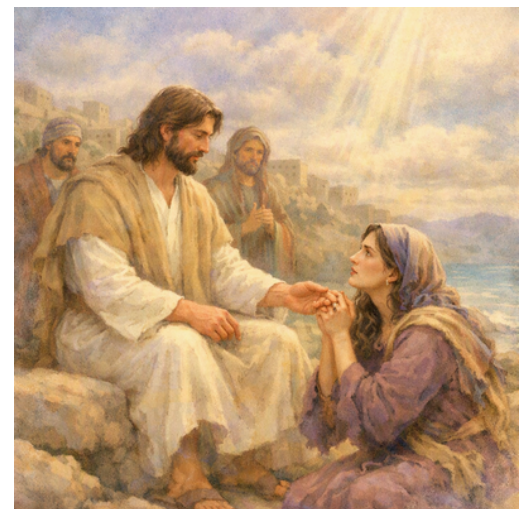
R. O God, let all the nations praise you!**Second Reading****Romans 11:13-15, 29-32 (JB)**

A reading from the letter of St Paul to the Romans

The gifts and call of God are irrevocable.

Let me tell you pagans this: I have been sent to the pagans as their apostle, and I am proud of being sent, but the purpose of it is to make my own people envious of you, and in this way save some of them. Since their rejection meant the reconciliation of the world, do you know what their admission will mean? Nothing less than a resurrection from the dead! God never takes back his gifts or revokes his choice.

Just as you changed from being disobedient to God, and now enjoy mercy because of their disobedience, so those who are disobedient now - and only because of the mercy shown to you - will also enjoy mercy eventually. God has imprisoned all men in their own disobedience only to show mercy to all mankind.

The word of the Lord.**Thanks be to God.****Gospel Acclamation****Alleluia, alleluia!****Jesus preached the Good News of the kingdom and healed all who were sick.****Alleluia!****GOSPEL****Matthew 15:21-28 (JB)**

A reading from the holy Gospel according to Matthew

Woman, you have great faith.

Jesus left Gennesaret and withdrew to the region of Tyre and Sidon. Then out came a Canaanite woman from that district and started shouting, 'Sir, Son of David, take pity on me. My daughter is tormented by a devil.' But he answered her not a word. And his disciples went and pleaded with him. 'Give her what she wants,' they said 'because she is shouting after us.' He said in reply, 'I was sent only to the lost sheep of the House of Israel.' But the woman had come up and was kneeling at his feet. 'Lord,' she said 'help me.' He replied, 'It is not fair to take the children's food and throw it to the house-dogs.' She retorted, 'Ah yes, sir; but even house-dogs can eat the scraps that fall from their master's table.' Then Jesus answered her, 'Woman, you have great faith. Let your wish be granted.' And from that moment her daughter was well again.

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



READINGS & GOSPEL REFLECTION

Isaiah 56:1, 6-7 Romans 11:13-15, 29-32 Matthew 15:21-28

GOD'S HOUSE IS FOR ALL

Today's readings remind us that God's love, mercy and salvation are offered to all people.

Isaiah speaks of God's house as a house of prayer for every nation, showing that no one is outside God's loving embrace. In the second reading, **St Paul** recognises that God's mercy is not limited to one people, but reaches out to the whole world. In the **Gospel**, the Canaanite woman approaches Jesus with great faith and persistence, pleading for her daughter. Although she faces obstacles, she refuses to give up. Jesus recognises her faith and grants her request. Her example challenges us to remain faithful when our prayers seem unanswered and to trust that God hears the deepest cries of our hearts. It also reminds us to look beyond differences and welcome others with the same mercy and compassion that God shows us.

Key Thought

God's mercy welcomes everyone, and faith helps us trust Him even when the answer is not immediate.

Take-Home Challenge

This week, reach out to someone who may feel excluded, forgotten or different, and make them feel welcomed and valued.

Prayer

Lord Jesus, strengthen our faith when we face difficulties and teach us to trust in Your mercy. Open our hearts to welcome and love everyone, just as You welcome us. Amen.

Liturgical Feasts and Events of the week

AUGUST 2026

Monday 17 Readings: Ezek 24:15-24. Mt 19:16-22.

R: You have forgotten God who gave you birth.

Tuesday 18 Readings: Ezek 28:1-10. Mt 19:23-30.

R: It is I who deal death give life.

Wednesday 19 Readings: Ezek 34:1-11. Mt 20:1-16.

R: The Lord is my shepherd; there is nothing I shall want.

St John Eudes, priest.

Thursday 20 Readings: Ezek 36:23-28. Mt 22:1-14.

R: I will pour clean water on you and wash away all your sins.

St Bernard, abbot, doctor.

Friday 21 Readings: Ezek 37:1-14. Mt 22:34-40.

R: Give thanks to the Lord, his love is everlasting.

St Pius X, pope.

Saturday 22 Readings: Ezek 43:1-7. Mt 23:1-12.

R: The glory of the Lord will dwell in our

The Queenship of the Blessed Virgin Mary.

Source: Ordo 2026



The Queenship of the Blessed Virgin Mary Feast August 22

Mary, Queen of Heaven and Earth, pray for us and lead us closer to your Son, Jesus.

Help us to follow your example of faith, humility and love.

May your gentle care guide our families and our parish, and may we always place our trust in God. Amen.

POPE LEO PRAYER INTENTION FOR AUGUST 2026

For evangelization in the city

Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.



PARISH NOTICE

Our parish is currently seeking volunteers to assist in a number of important ministries:

Morning Tea – Helpers are needed to assist with morning tea after the 9:00am Mass every 6 weeks.

Flower Ministry – We are looking for volunteers to help arrange flowers for the church approximately once every 6–8 weeks.

Kids Youth Group – Adult volunteers are needed to assist with our Kids Youth Group on Friday evenings.

Music Ministry – We are seeking a piano player who would be willing to be included on the music roster.

If you are able to assist in any of these ministries, please contact the Parish Office. Your time and talents are greatly appreciated and help make our parish a welcoming and vibrant community. It's also a great way to meet new people.

THE MAJOR RELIC OF ST CARLO ACUTIS

The major relic of St Carlo Acutis is coming to the Catholic Diocese of Broken Bay!

It will be welcomed into Our Lady of Dolours Church, Chatswood on Thursday, 3 September with Solemn Vespers at 6:00pm.

At 7pm there will be a mass to celebrate the 30th Anniversary of Bishop David Walker's installation as Bishop of Broken Bay.

Join young adults (aged 18+) from around the Diocese for an evening of fellowship, prayer and formation at both Chatswood and Gosford, as we reflect on St Carlo Acutis' life and devotion to the Eucharist.

The event will feature food, praise and worship music, an inspiring talk and the opportunity for veneration of the major relic of St Carlo.

Chatswood

Date: Friday, 4 September 2026

Time: 6.30pm – 9.00pm

Location: Our Lady of Dolours Church, Chatswood

Enquiries: mission@bbcatholic.org.au

VOLUNTEER OF THE WEEK

This week's volunteer of the week nomination goes to:

CATHY HOLLINGS

We are so grateful to Cathy for generously helping out in the parish office whenever needed, often putting in many hours behind the scenes. Cathy also goes above and beyond by collecting men's clothing to be distributed to seafarers.

Thank you, Cathy, for your generosity, kindness and willingness to always lend a helping hand. Your time and care are truly appreciated by our parish community.

God bless you, Cathy! ❤️

BORN ALIVE, LEFT TO DIE HORNSBY CATHEDRAL PARISH

We invite you to a special screening of Born Alive, Left to Die, a powerful documentary produced by the Australian Christian Lobby. The film confronts the heartbreaking reality of babies born alive after failed abortions and left to die.

It features the moving testimonies of abortion survivors. It is a sobering but important watch that calls us to greater compassion and action.

It will be a time to watch the documentary together, reflect, pray, and explore practical ways we can better protect life in our community.

This is intended for all interested parishioners.

Date: 22 August 2026

Time: 6:00pm

Location: The Light of Christ Centre, Waitara

Cost: Free

www.trybooking.com/DOGRP

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:

Joe Gallo, Miriam Brown, Pauline Honor, Kath Moran, Brother Mario, and Father Alberic.

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

Teresa DeLuca and Patrick DeLuca, Sr Fay Hancock, Tereza Muscat, Bill Pierce, Francesco Merlino, Peter Chedid, Antonio Romeo, Nanna Trani, Anne Pearce, Robert Wallace, Maria Pappallardo and Shannon Murray.
~ May they rest in Eternal Peace.



CATECHIST NEWS

SRE Catechists who have completed their CCD Ministry Induction training are invited to join our Level 1 'Tools for the Classroom' Course. This is an optional course that covers the topics 'Prayer in the Classroom', 'Miracles & Parables', 'Listening & Questioning', as well as a full day Workshop 'Music, Stories and Drama in the Classroom'.

To register, please email registrations@bbcatholic.org.au
call 02 8379 1643

God bless,
Martina Jutrisa
srearcadia@gmail.com
Parish Catechist Co-Ordinator
0413 403 767
Parish Office: 9653 2312



Create.Share.Encounter
A Creative Women's Ministry

The 'grannies at heart' were busy crocheting granny squares at the Makers Table workshop on Wednesday evening - it was lovely to learn a new skill (or refresh the memory 🧶).

Save the date for our next workshop on Wednesday 2nd September where we will be making cute Spring Roses out of ribbons!



www.facebook.com/makerstable
www.themakersgarden.com.au
Martine Musumeci 0458 533 250
Nerida Woodbury 0425 834 017
themakerstablestsydney@gmail.com

HEALING MASS

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

**NEXT HEALING MASS:
THURSDAY SEPTEMBER 3**

ITALIAN ROSARY GROUP



Every **Monday 2.00pm.**
Every one welcome.

For more details call

Angela Egiziano on 9652 1358.



CCC PRAYER GROUP

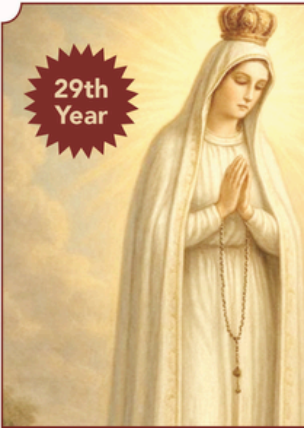
Prayer meeting held every **Wednesday morning:**
after 9.30am Mass. *Come and meet new people and have a cuppa!*

For more details call
Mary Camilleri on 0403 116 987.

CRAFTGROUP

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!



29th Year

OUR LADY OF FATIMA FEAST DAY

Begins with a short play and rosary in five languages, followed by procession and Mass. Ending with refreshments and raffle.

St Benedict's Parish, Sunday 11 Oct 2026 1pm
2 Fagans Road, Arcadia NSW 2159

A Petition Box will be available for special requests to Our Lady, which will be taken to the Shrine of Fatima.

9-day Novena begins Friday 2 October at 6:25pm with Holy Rosary, followed by Holy Mass at 7pm each day.

Phone: 0438 521 421 for further details.

ANNIVERSARY OF ORDINATION



Fr David Orr
19th August 1972
54 years!



Congratulations Fr David on the anniversary of your Ordination.

We thank God for his faithful commitment to the Benedictine way of life and for his devoted service to our parish and community.

May God continue to bless Fr David with good health, joy, and many graces as he continues his vocation of prayer and service. Please keep him in your prayers as he celebrates this special milestone.

ST BENEDICT'S KIDS YOUTH GROUP

Join the fun! Ages 8-12 years
Our Kids Youth Group is held on Fridays
DURING SCHOOL TERM
4.30pm to 5.30pm

*We need adult volunteers to help out.
Please let the parish office know if you
Are free to help or call Jules
On 0415 448 797*



SAINT OF THE WEEK

August 20

Saint Bernard of Clairvaux, Abbot & Doctor of the Church

c. 1090-1153

Patron Saint of beekeepers, bees, candlemakers, chandlers, Cistercians, and Knights Templar

Canonized by Pope Alexander III on January 18, 1174

Declared a Doctor of the Church (Doctor Mellifluus, "Honey-Sweet Doctor") by Pope Pius VIII in 1830

Bernard was born into a noble family in Fontaines, France, the third of seven children. His parents instilled in him a deep faith, and he received a comprehensive education. He excelled at Scripture study and was devoted to the Blessed Virgin. Bernard's mother's death when he was nineteen sparked his resolve to live solely for God. He decided to enter the newly formed Cistercian monastery in Cîteaux, the Abbey of Notre Dame. His virtue, clarity of purpose, and evident holiness then inspired thirty young noblemen to join him, including all of his brothers except the youngest, who would join him later, as would his father. His sister would become a Benedictine nun.

The Cistercian order, established in 1098, returned to the ideals of the Rule of Saint Benedict that prescribed a balanced life of prayer and work for all monks. They would not involve themselves in societal and political affairs or accumulate significant land and wealth. In 1113, Bernard, his brothers, and their noble companions journeyed to the Abbey of Notre Dame where Abbot Stephen Harding joyfully admitted them. Abbot Stephen, now a saint, spent twenty-five years as abbot. Committed to a more faithful living of the Rule of Benedict, his holiness and administrative skills enabled the new Cistercian order to grow rapidly. Numerous men joined, resulting in the establishment of many new monasteries. Abbot Stephen appointed Bernard as abbot at the monastery in Clairvaux.

Abbot Bernard earned respect for his holiness and leadership in monastic reform. A prolific writer, he left behind roughly 530 letters and 300 sermons, including a series of eighty-six sermons on the Song of Songs. Additionally, he wrote more than twenty longer works. His treatise "On Loving God" passionately and rationally articulates the reasons we should love God. In all his works, Abbot Bernard taught the mind and drew the heart to conversion and love. He emphasized God's personal nature, our call to mystical union with Him, the need for humility, the benefits of asceticism, and the central role that the Blessed Virgin must play in our lives. A theologian, contemplative, and mystic, Bernard's central goals were to love God and to draw others into that same love.

Bernard founded many monasteries, assisted popes and bishops with Church needs, was an eloquent apologist in defense of the faith, defended persecuted Jews, assisted at Church councils, preached at the second Crusade, and helped resolve many disputes. Many miracles were attributed to him, including healing the sick, casting out demons, multiplying food, calming storms, and raising the dead. With spiritual discernment, he was able to read people's inner thoughts and intentions. He saw Mary as our Mediatrix and as the Star of the Sea who guides us through the darkness of life.

When Abbot Bernard died, his monastery in Clairvaux numbered about 700 monks; he founded at least sixty-eight monasteries. He has since been given the title the mellifluous Doctor of the Church, meaning that his words were like honey—convincing, forthcoming, elegant, sweet, and effective.

Saint Bernard of Clairvaux, you navigated the weaknesses of your age, inspired countless others to love God, and made a lasting impact upon the world. Please pray that I will never waver in my love of God and will firmly believe that profound holiness is achievable. Please pray for the whole Church, that we will love Mary in our hearts and allow her to lead us through the darkness we encounter. Saint Bernard of Clairvaux, pray for me. Jesus, I trust in You.

Source: mycatholic.life

DONATING MEN'S CLOTHING FOR SEAFARERS

Stella Maris Seafarers, a Catholic organisation helping seafarers, would appreciate any **donations of second hand men's clothing, 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. She 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 etc she is onto it.

Many Thanks for your kind Generosity. Cheers, Cathy Holling Ph: 0403 062 255

Please join us to celebrate
the ministry of GCEA
Galston Christian Education
Association Galston High School

Spring Dinner

Saturday 12 September 2026

6pm at the Galston Club
21 Arcadia Road, Galston

2 Course meal, tea and coffee

Tickets

Adults dinner, 2 course \$70
Concession dinner, 2 course \$60

Contact Paula on 0423 078 282

or:

events.humanitix.com/gcea-spring-dinner-2026

Every Church to decorate their own table competition.

SPRINGDINNER

GCEA

Saturday 12 September

Come along and join us for a wonderful evening at our Spring Dinner in support of the Galston Christian Education Association (GCEA) and our own Paul El-Chaar, who does a fantastic job teaching Scripture to the students of Galston High School each week.

This is always a great night filled with good food, friendship, and community spirit.

It is a wonderful opportunity to catch up with fellow parishioners, enjoy a delicious meal, and support the important work of sharing our faith with young people.

Whether you come with family, friends, or on your own, you are sure to feel welcome. We would love to see you there for what promises to be another enjoyable and memorable evening!

Tickets always sell fast so please see Paula to purchase a ticket

or call on 0423 078 282.

CALLING FOR YOUTH SUPPORT VOLUNTEERS

St Benedict's Church Youth Group



We're looking for adults 18+ who are willing to give some time to support our Church Youth Group.

Fridays

4:00pm – 5:30pm

✓ Requirement: Current Working With Children Check (WWCC)

You don't need to commit every week — just 1 Friday a month would make a huge difference and help us continue providing a great program for our young people.

♥ Your time, encouragement and support can make a real difference. ♥

If you're interested in helping, please contact Jules or the Parish Office to register your interest.

We'd love to hear from you!

LIVE THE MISSION WEEKEND

Hosted by the Sisters of the Holy Family of Nazareth, this weekend experience welcomes women ages 18–35 to step into the daily life of the Consecrated Women. Participants stay with the community, join their rhythm of prayer, share meals and conversations, and accompany them in their ministries. Day one also includes a full day retreat with Mass, Adoration, and a spiritual input offered by an inspiring guest speaker.

Date: 9am Saturday, 22 August 2026 – 4pm Sunday, 23 August 2026

Location:

116–132 Quakers Road, Marayong NSW 2148

Cost: Free

RSVP by: 17 August 2026

For more information, contact Sr Christine Ramada at vocationscsfn@gmail.com

PARISH ROSTER

NEXT WEEKEND

22 to 23 August 2026

21st Sunday in Ordinary Time - YEAR A

Please join us for ☕ Morning Tea after the
9:00am Mass next Sunday.

	SAT 7PM	SUN 9AM	SUN 10:30AM
Acolyte		Paul C	
Reader 1	Mary C	Ann L	John Family
Reader 2	Sr Carol T	Mary C	Jutrisa Family
Prayers	Daniel V	Sharon O	Azzi Family
TV		Trey O	Jutrisa Family
EMHC		Angela S	Caterina V
EMHC		Jessie G	Marisa Q
Music		Melanie H	Melanie H
Music		Theresa N	Martina J
Music		Mary A	Natalie M
Music			Adam F
Morning Tea		Mel/Teresa M	
Flowers	Hannah A		

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

DID YOU KNOW...

Did you know? The woman in today's Gospel was a Canaanite, meaning she was a Gentile and not part of the Jewish people. Yet Jesus praised her great faith, showing that God's mercy and love are open to everyone, regardless of their background.

WYD27 EXPRESSIONS OF INTEREST

We are so excited to announce that Expressions of Interest are now

open for our WYD27 Broken Bay Pilgrimage:

26 July – 12 August 2027

Japan – Seoul South Korea

<https://bbwyd27.org.au/>

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.

*For all parish **OH&S and Safeguarding Children** matters Contact Lorraine Dailey on 0416 081 882 or the parish office on 9653 2312.*

Images sourced from Canva and other royalty-free resources.

PARISH OFFICE HOURS

Mondays & Fridays: 9.00am to 2.00pm

(During School Holidays closed on Mondays)

Parish Office: 02 9653 2312

Address: 2 Fagans Road, Arcadia 2159

Email: arcadia.parish@bbcatholic.org.au

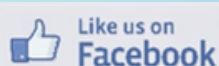
Website: www.bbcatholic.org.au/arcadia

Parish Priest: Fr Shansana Samarasinghe OSB

Email: sanshanasamarasinghe@yahoo.com

After hours: 0437 884 233

Facebook: [stbenedict sarcadia](https://www.facebook.com/stbenedict sarcadia)



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.

MONASTERY: 02 9653 1159

121 Arcadia Rd, Arcadia 2159