

# St Benedict's Parish

## Arcadia



### THE ASCENSION OF THE LORD

#### YEAR A

#### MAY 16 & 17 2026

#### ENTRANCE ANTIPHON

Men of Galilee, why gaze in wonder at the heavens?  
This Jesus whom you saw ascending into heaven  
will return as you saw him go, alleluia.

#### OPENING PRAYER

Let us pray.  
Gladden us with holy joys, almighty God,  
and make us rejoice with devout thanksgiving,  
for the Ascension of Christ your Son  
is our exaltation,  
and, where the Head has gone before in glory,  
the Body is called to follow in hope.  
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.

*"Know that I am with you always;  
yes, to the end of time" (Matthew 28:20)*

#### 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 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



#### GOSPEL SELF REFLECTION: LIVING MISSION

This Sunday's Gospel, Matthew 28:16-20, Jesus sends His disciples out to share His love with the world and promises to remain with them always. Even in moments of doubt, Jesus still calls us to follow Him and be witnesses of His love through our daily actions.

#### I Reflect...

1. Do I trust that Jesus is always with me?
2. How do I share God's love with others?
3. Do I turn to Jesus in times of doubt?
4. Am I living as a witness of the Gospel?
5. How can I bring kindness to someone this week?

## Following Christ

Lord Jesus,  
help me to follow You with faith and courage.  
May I share Your love with others each day  
and always trust that You are with me.  
Amen.

**First Reading Acts 1:1-11 (JB)**

A reading from the Acts of the Apostles

*Why are you standing here looking into the sky? Jesus has been taken into heaven.*

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is' he had said 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.'

Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.'

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

**Responsorial Psalm:**

**R. God mounts his throne to shouts of joy: a blare of trumpets for the Lord.**

**Second Reading Ephesians 1:17-23 (JB)**

A reading from the letter of St Paul to the Ephesians

*He made Jesus to sit at his right hand in heaven.*

May the God of our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full knowledge of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercised for us believers. This you can tell from the strength of his power at work in Christ, when he used it to raise him from the dead and to make him sit at his right hand, in heaven, far above every Sovereignty, Authority, Power, or Domination, or any other name that can be named, not only in this age, but also in the age to come. He has put all things under his feet, and made him as the ruler of everything, the head of the Church; which is his body, the fullness of him who fills the whole creation.

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

**Gospel Acclamation**

**Alleluia, alleluia!**  
**Go and teach all people my gospel.**  
**I am with you always, until the end of the world.**  
**Alleluia!**

**GOSPEL Matthew 28:16-20 (JB)**

A reading from the holy Gospel according to Matthew

*All authority in heaven and on earth has been given to me.*

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.'

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



*"Let them prefer nothing whatever to Christ."  
— The Rule of Saint Benedict, Chapter 4*

## READINGS & GOSPEL REFLECTION

**Acts 1:1-11 / Ephesians 1:17-23 / Matthew 28:16-20**

Today's readings remind us that Jesus does not leave His followers alone. Before ascending into heaven, He commissions His disciples to continue His mission and promises to remain with them always. In **Acts**, the disciples are told to wait in hope and trust for the power of the Holy Spirit. In **Ephesians**, St Paul prays that our hearts may be enlightened so we may know the greatness of Christ's power and love. In the **Gospel**, Jesus sends His disciples out to make disciples of all nations.

Together, these readings remind us that we are called to live with faith, courage, and purpose. Jesus entrusts His mission to ordinary people and strengthens them with His presence. We are invited to be witnesses of Christ in our homes, workplaces, schools, and community through love, kindness, forgiveness, and hope.

### Key Thought

Jesus calls us to continue His mission with faith, knowing He is always with us.

### Take Home Challenge

This week, be a witness of Christ by showing kindness, encouragement, or compassion to someone who may need hope.

### Prayer

*Lord Jesus,  
help us to trust in Your presence  
and follow Your call with courage.  
Fill our hearts with the Holy Spirit  
so we may share Your love with others each day.  
Amen.*

Source: chatgpt

## LITURGICAL FEASTS AND EVENTS OF THE WEEK

### MAY

- Monday 18 Readings: Acts 19: 1-8; Jn 16: 29-33.  
**R:** Sing to God, O kingdoms of the earth.  
**St John I, Pope, Martyr**
- Tuesday 19 Readings: Acts 20: 17-27; Jn 17: 1-11a.  
**R:** Sing to God, O kingdoms of the earth.
- Wednesday 20 Readings: Acts 20: 28-38; Jn 17: 11b-19.  
**R:** Sing to God, O kingdoms of the earth.  
**St Bernardine of Siena, Priest, Religious, Missionary**
- Thursday 21 Readings: Acts 22: 30, and 23: 6-11; Jn 17: 20-26.  
**R:** Keep me safe, O God; you are my hope.  
**St Christopher Magallanes, Priest, Martyr,  
and Companions, Martyrs**
- Friday 22 Readings: Acts 25: 13b-21; Jn 21: 15-19.  
**R:** The Lord has set his throne in heaven.  
**St Rita of Cascia, religious.**
- Saturday 23 Readings: Acts 28: 16-20, 30-31; Jn 21: 20-25.  
**R:** The just will gaze on your face, O Lord.



### ST RITA OF CASCIA 22 MAY

*St Rita,  
patron saint of impossible causes,  
pray for us in our times of need.*

*Help us to trust in God's mercy and  
love, even in difficult moments.*

*Teach us to live with patience,  
faith, and peace.  
Amen.*

Source: Ordo 2026



### POPE LEO PRAYER INTENTION FOR MAY 2026

**That everyone might have food**

Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food.

## MAY - MONTH OF MARY



### ROSARY AFTER WEEKDAY MASS

The month of May is traditionally dedicated to Our Lady.

During this special month, the Rosary will be prayed after the weekday Masses from Monday to Thursday.

All parishioners are warmly invited to stay and join in this beautiful prayer as we ask for Mary's intercession and grow closer to Jesus through her Son.



### HOME ROSARY EVENINGS

We will also be holding the Rosary in different homes in the evenings throughout May, inviting Our Lady to visit and bring her motherly presence into our homes and families.

If you would like to join or would like to host and book a date, please contact the Parish Office or Paula on 0423 078 282. Even if you do not wish to host you are welcome to visit and pray with us! Roster at Sacristy window.

## WORLD COMMUNICATIONS DAY

This Sunday we also celebrate **World Communications Day**, a reminder of the Church's call to use all forms of media and communication to spread truth, hope, and love.

In today's world, words travel quickly — through conversations, social media, emails, and news. The Church invites us to reflect on how we communicate: are our words building others up, or do they sometimes cause harm or division?

Let us pray for all who work in communications, that they may promote truth, respect, and understanding. May we also be mindful in our own daily communication, choosing words that reflect Christ's love.

## OUR LADY OF FATIMA COMMITTEE MEETING

**TUESDAY 26TH MAY 4PM  
IN THE PARISH MEETING ROOM.**

**EVERYONE WELCOME TO JOIN US.**

## VOLUNTEERS OF THE WEEK

This week volunteer of the week nomination:

### TANYA & TIM JOHN & FAMILY

A huge thank you to them for putting up all the banners for our upcoming Country Fete — a very big job that takes time, effort, and plenty of hard work.

We are so grateful for their generosity, support, and willingness to always help our parish community.

Thank you for helping spread the word and bringing excitement to our parish fete!

May God bless the John Family for their kindness and service.



St Anthony in the Fields  
Terrey Hills

**God in Creation Camp**  
Saturday 6th - Sunday 7th June  
2026



Have you ever been interested in spending time in reflection outdoors? Or wanting to learn how to give back to the world around us? Join us for 2 days of outdoor activities and games, amazing opportunities to care for God's creation, and connecting with one another and Earth.

God in creation camp is for students between the ages of 14 - 18.

**Saturday 6th June 2026 9:00am - 7:00pm:**  
Explore concepts of Laudato Si' experientially  
Deep listening activities outside  
Cosmic walk universe story reflection  
Evening star-gazing

**Sunday 7th June 2026 9:00am - 4:00pm:**  
Mass (9am with the parish)  
Landclearing and stream watch  
Film screening  
Closing reflection



Location: St Anthony in the Fields Church Terrey Hills  
Cost: \$132 per student  
To express interest in your young person's attendance [click here](#). Full registration information will be emailed to parents in the following weeks. Registration close and payment due May 1<sup>st</sup> 2026.

### Meet the facilitators!

Alice Carwardine - Alice has 8 years of experience running formation programs on the topic on Integral Ecology. She is a trained teacher and has previously worked on a number of youth initiatives in Parishes. Alice is passionate about supporting young people in developing their ecological ministry and eco-spirituality.



Adrian Brannan - Adrian is an experienced retreat facilitator who has worked for the Christian Brothers Oceania Province for a number of years. He is now director of the Chevalier institute at the Missionaries of the Sacred Heart. Adrian has a deep connection with First Nations peoples and has prior experience working in youth engagement in the Church.

## 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:**

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

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

*Nanna Trani, Anne Pearce, Robert Wallace, Maria Pappalardo, Shannon Murray, Pellegrino Vaccarella ~ May they rest in Peace.*





Create.Share.Encounter

A Creative Women's Ministry

### TREE OF LIFE'S TREASURES

At our workshop next month (3rd June) we will be making beautiful 'Tree of Life's Treasures' frames (see photo) and we'd really appreciate any donations of **old jewellery, chains or trinkets etc** you want rid of! Please leave these with Paula in the parish office or in the box at the front of the church. Thank you!

OLD Jewellery items / Pins / Watches / Small metal items / Necklaces / chains / bracelets / Key chains / Brooches Pendants / Rings / Decorations Medals / Locketts / Coins or Anything else!!!



[www.facebook.com/makerstable/](http://www.facebook.com/makerstable/)  
[www.themakersgarden.com.au](http://www.themakersgarden.com.au)  
[themakerstablestsydney@gmail.com](mailto:themakerstablestsydney@gmail.com)

Martine Musumeci 0458-533-250  
Nerida Woodbury 0425-834-017

### PIETY SHOP NEWS

The Piety Shop now has a lovely selection of items available.

We also have a new range of religious and practical items in store, including seat belt covers, pill boxes for daily tablets, thermal cups, brain game books, and much more.

We warmly invite you to visit the Piety Shop and have a look at what's new and support our parish. We look forward to seeing you there!

### 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!

## CATECHIST NEWS

Do you have an hour to spare once a week? Are you interested in Becoming a Catechist?

Short zoom courses are available throughout the year to become certified to teach Scripture at our local public schools. It only requires you to have a Working with Children's check number and love for your Faith. The work is all done for you in a simple to use Teacher's manual, all you need to do is show up each week with a smile on your face and Jesus in your heart!

We are always in need of casual fill-in teachers so please contact me or the Parish office for more information if you are interested!

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

### GUIDING OUR CHILDREN

A safe and caring environment is something every child deserves. Children should be able to grow up feeling protected, respected and loved, without fear of harm or neglect. It is the responsibility of all adults – parents, teachers, relatives, neighbours and the wider community, to help provide this sense of security.

*Dear God,*

*please watch over every child and keep them safe in Your care. Help us to treat them with kindness, patience and understanding, and to be a positive example in their lives. Amen.*

## 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

**We need helper volunteers.**  
Please let the parish office  
know if you are free to help.

### HEALING MASS



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

**NEXT HEALING MASS:**  
**THURSDAY 4TH OF JUNE 2026**

# Pastoral Works Broken Bay (PWBB) Appeal – Give with Purpose



# 21.3%

Raised: \$3,846 | Target: \$18,005 | Still Needed: \$14,159

Our parish is part of something bigger. Through the Pastoral Works Broken Bay (PWBB) May 2026 Appeal, we support life-changing ministries across our Diocese – from faith formation in schools, to hospital chaplaincy, to care for the vulnerable and those on the margins.

So far, we've raised **\$3,846 (21.3%)** towards our **\$18,005** goal. Thank you. But **\$14,159** is still needed – and your support today can make the difference.

PWBB is our pastoral charity in Broken Bay – not just a collection, but our shared mission in action. **ENVELOPES ON PEWS AND ENTRIES.**



**CATHOLIC DIOCESE OF BROKEN BAY**  
Invites you to  
**40 Years Celebration and Awards Dinner**  
Hosted by Most Rev Anthony Randazzo  
Prefect, Dicastery for Legislative Texts  
Apostolic Administrator Diocese of Broken Bay

**Two new dioceses approved**  
A proposal, carefully designed and thoroughly considered to provide more effective pastoral care for the people, has been approved by Pope John Paul II, creating two new dioceses within the Archdiocese of Sydney.  
This is one of the most significant developments in the development of Sydney since the appointment of its first Archbishop in 1962. It means that Sydney's one million Catholics are now local throughout the three dioceses.  
The two new dioceses are:  
• BROKEN BAY, which, in general terms, largely encompasses what was formerly the Northern Region, and which will now also include the Carlingford Parish.  
• PARAMATTA, which, again in general terms, encompasses the area previously classified as the Outer Western Region and which will now also include the parishes of Dundas Valley, East Gran-

**40 YEARS**  
One in Christ. One Community.

**FRIDAY, 29 MAY 2026 6:30 PM**  
EPPING CLUB, 5-47 RAWSON ST, EPPING

BOOKINGS UNTIL 18<sup>th</sup> of MAY >>>>>>

BOOK HERE:

## 40 Years Celebration & Awards Dinner

**Parishioners** are warmly encouraged to attend the **40 Years Celebration and Awards Dinner** as we celebrate the wonderful service and dedication of members within our community.

We are especially proud that our own **Melanie Hume** will be receiving an award in recognition of her outstanding dedication and commitment to our parish as well as the community through the volunteer work of **St Vincent de Paul**.

This is a wonderful opportunity for us to come together in support and celebration of Melanie and all those who faithfully serve others with compassion and generosity.

We congratulate Melanie on this well-deserved recognition and thank her for the many ways she reflects Christ's love through service to our community.

On the left are the details of the Gala Dinner and a QR code which links to the invitation. Tickets for this event are \$150.00 per person. This includes pre-dinner drinks, three course dinner, raffles with some amazing prizes, and the opportunity to celebrate with the recipients of our Papal and Diocesan Awards.

Archbishop Anthony Randazzo will host the night before he departs for his new ministry at the Vatican next month.

# St Benedict's Country Fete

## Sunday 31 May 2026

**10am to 3pm**

**2 FAGANS ROAD ARCADIA PH: 9653 2312**

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...

### PARISH FETE – LET'S BEGIN THE EXCITEMENT! COUNTDOWN: 2 WEEKENDS TO GO!

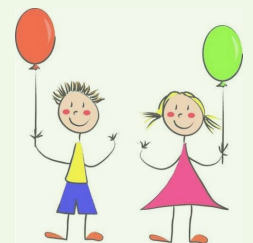
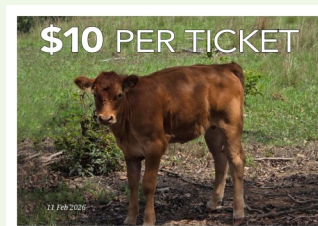
The excitement is building for our upcoming Parish Fete! Only **2 weekends to go**, so now is the time to get involved, spread the word, and help make this year's fete a wonderful success for our parish community.

Please collect your **raffle tickets from the church entrances**. Don't forget that **cow tickets are available separately** as well.

We kindly ask everyone to **share the new date with family and friends** and invite them to join us on this special parish day.

We are still in need of:

- Brand new items for the **Chocolate Wheel**
- Lollies for the **lolly stand**
- More **craft items**
- **Cakes baked on the day of the fete** for our stalls



Your generosity in donating items is greatly appreciated!

We also need **volunteers** to help on the day. Even a little time makes a big difference—please consider helping to **relieve stall holders so they can have a short break** during the day.

Thank you for your support, generosity, and parish spirit. Let's make this fete a joyful and successful celebration for everyone!

# Parish Roster

PLEASE JOIN US FOR  
MORNING TEA AFTER THE 9AM MASS

NEXT WEEKEND'S ROSTER

23/5/26 TO 24/5/26  
Feast of Pentecost - YEAR A

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
<b>Acolyte</b>		Nigel M	George A
<b>Reader1</b>	Natasha S	Melanie H	Maria G
<b>Reader2</b>	Margaret B	Zachary B	Lorna B
<b>Prayers</b>	Sr Carol T	Lorraine D	Leeann A
<b>TV</b>		Roderick R	Teresa G
<b>EMHC</b>		Ann L	Paul E
<b>EMHC</b>		Angela S	Robin B
<b>Music</b>		Rebecca R	GREGORIAN
<b>Music</b>		Keith W	CHOIR
<b>Music</b>		Pauline H	
<b>Music</b>		Marisa Q	
<b>Morning Tea</b>		<b>Melanie H</b>	
<b>FLOWERS</b>	<b>Souraya K</b>		

## 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.*

## 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](mailto:arcadia.parish@bbcatholic.org.au)  
**Website:** [www.bbcatholic.org.au/arcadia](http://www.bbcatholic.org.au/arcadia)  
**Parish Priest:** Fr Shansana Samarasinghe OSB  
**Email:** [sanshanasamarasinghe@yahoo.com](mailto:sanshanasamarasinghe@yahoo.com)  
**After hours:** 0437 884 233  
**Facebook:** [stbenedict sarcadia](https://www.facebook.com/stbenedict sarcadia)



## 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

## SACRAMENTAL PROGRAM UPDATE

### OUR NEXT SACRAMENTAL PROGRAM ENROLMENTS NOW OPEN!

Commencing with Confirmation (child must be in year 3 or above, this year). Confirmation classes will be held in October 2026.

Forms will be given to all public school students. For other schools please collect a form from the sacristy office or email the parish for a form.

## ENGAGED ENCOUNTER WEEKENDS 2026

How prepared are you for marriage? Engaged Encounter provides you with deeper insights into each other and into married life.

We give you a chance to spend time together to strengthen and enrich your relationship. For further information visit our web site: [www.engagedencounter.org.au](http://www.engagedencounter.org.au)

Choose any of the coming Weekends:  
**May 23-24, Aug 8-9**

## DID YOU KNOW...

The Ascension of Jesus is the only mystery of Christ's life that is commemorated in all three major Christian creeds — the Apostles' Creed, the Nicene Creed, and the Athanasian Creed.

**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.

