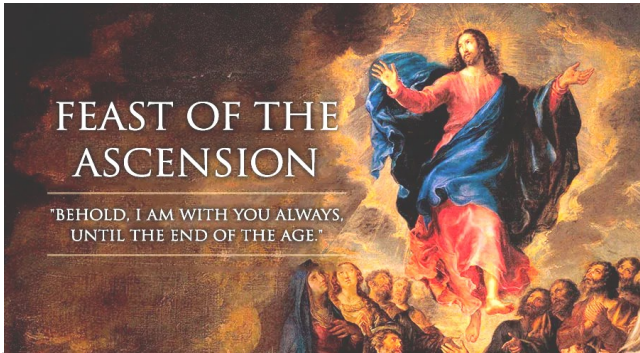


# St Benedict's Parish Arcadia



## THE ASCENSION OF THE LORD YEAR B

11 & 12 MAY 2024

### 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  
(Reconciliation)

Saturdays 10:00am to 11:00am  
Adoration & Confession (Reconciliation)

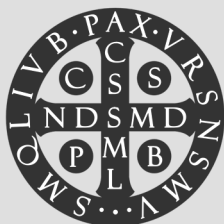
### MONASTERY CHAPEL Masses

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



#### 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.

#### SUNDAY HOLY MASS PRAYER

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.

#### SELF REFLECTION: PROCLAIM

Sundays' Gospel, Mark 16:15-20, Jesus said "Go out to the whole world, proclaim the Good News to all creation. He who believes and is baptised will be saved; he who does not believe will be condemned."

Every person is called to engage in Jesus's ministry in their own distinct way. God assigns specific tasks to each of us, tasks that only our individual efforts can fulfill. In moments of prayer, we ask for the grace to use our talents and gifts to their fullest extent in God's service.

- *Do I believe in Jesus?*
- *Am I willing to go out and tell others of the Good News?*
- *Do I know what my task is?*
- *Am I praying for the grace to use my talent?*



Lord,  
Help me believe in you. Give me strength to go out and proclaim the Good News so they may be saved. I ask you for the grace to use my talents and gifts so I may see Your face. 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.**

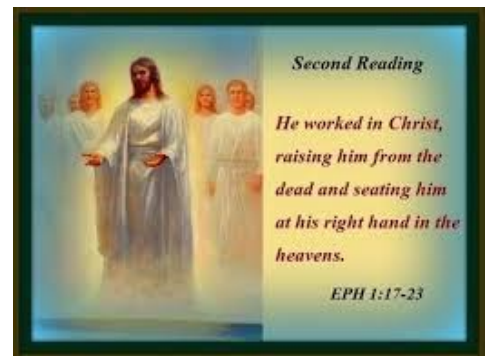
**Responsorial Psalm:**

**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: Mark 16:15-20 (JB)**

A reading from the holy Gospel according to Mark

*The Lord Jesus was taken into heaven and is seated at the right hand of God.*

Jesus showed himself to the Eleven, and said to them, 'Go out to the whole world, proclaim the Good News to all creation. He who believes and is baptised will be saved; he who does not believe will be condemned. These are the signs that will be associated with believers: in my name they will cast out devils; they will have the gift of tongues; they will pick up snakes in their hands, and be unharmed should they drink deadly poison; they will lay their hands on the sick, who will recover.'

And so the Lord Jesus, after he had spoken to them, was taken up into heaven: there at the right hand of God he took his place, while they, going out, preached everywhere, the Lord working with them and confirming the word by the signs that accompanied it.

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

**GOSPEL REFLECTION**  
**Sunday, May 12**  
**The Ascension of the Lord**  
**Acts 1:1-11**  
**Psalm 47:2-3, 6-9**  
**Ephesians 1:17-23**  
**Mark 16:15-20**

*Far above every principality, authority, power, and dominion. . . (Ephesians 1:21)*

As we celebrate the Ascension of the Lord, let's heed the words of St. Augustine: "Today our Lord Jesus Christ ascended into heaven; let our hearts ascend with him" (*Sermo de Ascensione Domini*, 1). So let's lift our hearts and let Jesus give us a glimpse of all that he has accomplished by his ascension to heaven. Let's praise him for his heavenly glory!

"Jesus, you are seated at the Father's right hand (Ephesians 1:20)! As the eternal Son of God, you have glory beyond my wildest imagination. Angels bow before you and sing your praises. Let my voice be one with theirs as I proclaim your praises today!

"When you ascended, Jesus, you gave us access to the Father's house. Now I can have confidence that where you have gone, I can also follow—not just in spirit, but as you did, in bodily form. I praise you, Lord, because your ascension shows me that I can have hope of the resurrection of my own body.

"In your heavenly splendor, Jesus, you continue to love me and give yourself for me. Now I know that you are the eternal high priest. Your glorified body still bears the marks of your crucifixion, and your sacrifice never ceases to bring glory to your Father. Thank you, Jesus, that you are always interceding for me, for my loved ones, and for all people everywhere.

"Jesus, your dominion and glory and heavenly kingdom will never end. You have been enthroned, and all of creation has been placed beneath your feet. Now I can look to you in hope, trusting your power to act. Glory to you, Lord Jesus, who fill all things in every way (Ephesians 1:23)!"

***"Jesus, I lift my heart to you, to worship you and praise your heavenly glory!"***

*Source: Word Among Us India*

**LITURGICAL FEASTS AND EVENTS OF THE WEEK**

**MAY**

- Monday 13      Readings: Acts 19:1-8. Jn 16:29-33.  
**R:** Sing to God, O kingdoms of the earth.  
**Our Lady of Fatima**
  
- Tuesday 14      Readings: Acts 1:15-17, 20-26.  
**R:** The Lord will give him a seat with the leaders  
of his people.  
**St Matthias, apostle**
  
- Wednesday 15      Readings: Acts 20:28-38. Jn 17:11-19.  
**R:** Sing to God, O Kingdoms of the earth.
  
- Thursday 16      Readings: Acts 22:30, 23:6-11. Jn 17:20-26.  
**R:** Keep me safe, O God; you are my hope.
  
- Friday 17      Readings: Acts 25:13-21. Jn 21:15-19.  
**R:** The Lord has set his throne in heaven.
  
- Saturday 18      Readings: Acts 28:16-20, 30-31. Jn 21:20-25.  
**R:** The just will gaze on your face, O Lord.  
**St John I, pope, martyr**



*Source: Ordo 2024*



**POPE FRANCIS' PRAYER INTENTION FOR MAY 2024**

**For the Formation of Religious and Seminarians**

We pray that religious women and men, and seminarians, grow in their own vocations through their human, pastoral, spiritual and community formation, leading them to be credible witnesses to the Gospel.

## MORNING TEA

We need volunteer helpers for Morning tea to be added to the roster after the 9am Mass.

PLEASE IF YOU CAN HELP CONTACT THE PARISH OFFICE ON: 9653 2312

or email: [arcadia.parish@bigpond.com](mailto:arcadia.parish@bigpond.com)

## CHRISTIAN MEDITATION INTRODUCTION & RENEWAL

You are invited to a Christian Meditation Introduction and Renewal Day at St Benedict's Monastery, 121 Arcadia Rd, Arcadia on Sunday, 19th May.

Arrival from 10am to register for a 10:30am start, presentations, introduction to meditation, Middle of the Day Prayer with the monks, Mass at 2pm, conclusion around 3pm.

Book display and morning tea provided, please BYO picnic lunch.

General enquiries: Ann Lomas-  
[atlomas@bigpond.com](mailto:atlomas@bigpond.com) / 0437 340 250

Peace, Fr Michael Kelly.

## HAPPY MOTHER'S DAY TO ALL OUR MUMS, HERE ON EARTH OR IN HEAVEN.



Mothers are powerful. Mary and modern-day women share the same virtues that are timeless and invaluable. Contemplating and celebrating these virtues should be something we all do more often.

*Lord, we pray for and give thanks for our mothers and mother figures. Amen.*

## ENGAGED ENCOUNTER

Engaged Encounter provides couples with deeper insights into each other and into married life. It is an opportunity for couples to spend time together to strengthen and enrich their relationship. For further information visit:

[www.engagedencounter.org.au](http://www.engagedencounter.org.au) Upcoming weekends: May 18-19, Aug 17-18, Nov 09-10

## NEXT SACRAMENTAL PROGRAM ENROLMENTS NOW OPEN

Our next Sacramental Program enrolments is now open, for students in year 3 commencing with Confirmation. Confirmation sessions will be in August 2024. Confirmation Service will be on September 12th 2024. Reconciliation and Holy Communion will be held next year in 2025.

If you would like to send an email from now to be added to the list, please feel free to email [arcadia.parish@bigpond.com](mailto:arcadia.parish@bigpond.com) and we will email you the enrolment form or collect an enrolment form from the Sacristy at the Parish.

For more information contact Paula on 9653 2312 (Mondays & Fridays).



Confirmation Eucharist Reconciliation

**BEGINS MAY**  
TUESDAY  
**14**  
7:00PM - 9:00PM

DO YOU WANT TO DEEPEN YOUR RELATIONSHIP WITH GOD? JOIN US FOR THE JOURNEY INTO TRUTH - A 24 SESSION WEEKLY COURSE THAT EXPLAINS THE PRINCIPLES & TEACHINGS OF THE CATECHISM IN A WAY ANYONE CAN UNDERSTAND, AND SHOWS HOW THESE TEACHINGS CAN BE LIVED OUT IN ORDINARY LIFE

ALL ARE WELCOME TO JOIN THESE WEEKLY SESSIONS  
THE FIRST SESSION IS AN INTRODUCTORY SESSION  
WITH GUEST SPEAKER FR JOHN FLADER  
THE COURSE OFFICIALLY BEGINS ON MAY 21

Magnificat Room of  
Our Lady of Dolours Chatswood  
96 Archer St, Chatswood  
Entry from Kirk St

TO REGISTER YOUR ATTENDANCE &/OR FOR FURTHER QUERIES EMAIL  
CATHARINE AT [JOURNEY\\_TRUTH@YAHOO.COM](mailto:JOURNEY_TRUTH@YAHOO.COM)

FOR ANY QUESTIONS ABOUT OUR LADY OF DOLOURS PARISH CONTACT  
[CHATSWOODOFFICE@BBCATHOLIC.ORG.AU](mailto:CHATSWOODOFFICE@BBCATHOLIC.ORG.AU)

## 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, Father Alberic & Brother Terry.

We remember in our prayers all our dearly beloved who have died especially our dear Helen Facione, *May they rest in Peace.*



## VOLUNTEER OF THE WEEK!

This week volunteer of the week nomination goes to:

*Thank You*

### ADAM FOGARTY & FAMILY

Thank you for all your wonderful singing and your family helping out with the TV and readings amongst other help. God bless you in all you do for our parish!

*Who would you like to nominate for next week's volunteer?*

## SUPPORT ST BENEDICT'S PARISH

### IF YOU ARE SELLING YOUR PROPERTY

We are pleased to inform you, that local real estate agent, Gavan Kohen, sales director at Ray White Dural and proud member of the St Benedict's Parish Church, has generously offered the following:

Any property sales that Gavan is given by St Benedict's parish member, 20% of the sale fee will be donated directly to St Benedict's Parish, Arcadia.

For any real estate enquiries, please contact Gavan Kohen on 0414 911 070.

## CATECHISTS' NEWS

Last week at the Catechist Coordinator's meeting, Ashleigh Donnelly, the Community & Outreach Manager for CatholicCare, spoke to explain the services available through CatholicCare. One of the services highlighted was foster caring. Foster carers may provide respite care, short term care or long term care for children in need through no fault of their own. If you are interested in learning more about becoming a foster carer, leaflets are available near the doors of the church.

Free training available to Catechists with full Authorisation – Level 1 Training commences with "Prayer in the Classroom" this Monday 13<sup>th</sup> May 10-12:15pm via Zoom.

RSVP [registrations@bbcatholic.org.au](mailto:registrations@bbcatholic.org.au)

Also the CCD has organised a Reflection Day on the Sacred Heart of Jesus on Friday 21 June 9:45am – 2:30pm at Our Lady of Dolours, Chatswood. All are invited. Morning tea and lunch will be provided. RSVP [registrations@bbcatholic.org.au](mailto:registrations@bbcatholic.org.au)

God bless,

Miriam Brown [srearcadia@gmail.com](mailto:srearcadia@gmail.com)

Parish Catechist Co-Ordinator



## NEXT DRAFT ROSTER

Now at Sacristy window.  
Please check your names and dates.

## ST BENEDICT'S YOUTH GROUP

Come join our St Benedict's Youth group for **8-12yr olds** will be held **every Friday during school term only**. 4pm to 5.30pm

To register your child please email the parish office: [arcadia.pariah@bigpond.com](mailto:arcadia.pariah@bigpond.com) with your child's name, age and parent's phone number.

**Volunteers aged 14-16yrs** who would like to assist us please email the parish office. Our youth leaders all have Working With Children Checks.

Thank you,  
Gabe & Jules!



## CRAFT GROUP



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

## POPE'S WORLDWIDE PRAYER NETWORK

The theme of the Pope Video for April is For the role of women. Let us pray together "that the dignity and worth of women be recognized in every culture, and for an end to the discrimination they face."

## MAKER'S TABLE

The Maker's Table is a special place, a place where women gather to create, make, craft, pray, listen, share gifts, stories and know-how. A place to create beautiful things. A place to listen, build relationships and cultivate community. A place to encounter a divine spark.

We invite you to take your place at The Maker's Table and embark on a journey with us. On this journey around His table it is our hope that each one of us, side by side is able to craft a life of beauty and wonder.

Creative workshops, times, venues and dates will be advertised on our Facebook page. Please email us if you have any queries or would like us to pop you on our mailing list.

[www.themakerstable.org](http://www.themakerstable.org)  
[themakerstablesydney@gmail.com](mailto:themakerstablesydney@gmail.com)

Martine 0458-533-250

Nerida 0425-834-017

Workshops will be held 7.30-9.30pm on the first Wednesday of each month at St Benedict's Church hall. 2 Fagans Rd, Arcadia.



## 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 on 9652 1358.



# SAINT OF THE WEEK

***Saint Matthias the Apostle***

***Feast Day: May 14***

***First Century***



**Patron Saint of alcoholics, carpenters, and tailors**

Matthias most likely lived in Galilee when Jesus began His public ministry. He fits the description as "...one of the men who accompanied us the whole time the Lord Jesus came and went among us, beginning from the baptism of John until the day on which he was taken up from us..." (Acts 1:21–22).

After Judas betrayed our Lord, he "hanged himself" (Matthew 27:5) according to Matthew's Gospel. In the Acts of the Apostles, Judas dies from a fall that bursts his insides open (Acts 1:18). Regardless of how Judas died, he was one of the Twelve, an important number in the Bible. The twelve sons of Jacob established the twelve tribes of Israel. Therefore, when Judas died, Peter recommended that someone be appointed to replace him. Peter quoted Psalm 109 that prophesied, "May another take his office" (Acts 1:20).

The approximately 120 disciples who were gathered together in Jerusalem, perhaps in the upper room where the Last Supper had been celebrated, elected two who had been with Jesus from the beginning. They were likely among the seventy-two disciples that Jesus had sent out on a mission of evangelization. The Acts of the Apostles describes it this way: "So they proposed two, Joseph called Barsabbas, who was also known as Justus, and Matthias. Then they prayed, 'You, Lord, who know the hearts of all, show which one of these two you have chosen to take the place in this apostolic ministry from which Judas turned away to go to his own place.' Then they gave lots to them, and the lot fell upon Matthias, and he was counted with the eleven apostles" (Acts 1:23–26).

Of the 120 disciples gathered together, the Twelve were singled out as Apostles. The election of Matthias took place prior to Pentecost, so when the Holy Spirit came, it came upon Matthias as an Apostle, and the Twelve as a united body, along with the rest of the disciples.

Since Peter organized the elevation of a disciple to the responsibility of an Apostle, it is clear that the Apostles believed that Jesus intended their ministry to continue and even to expand beyond twelve as the Church expanded beyond Jerusalem. The appointment of Matthias as an Apostle clearly teaches us that the pope, the successor of Saint Peter, has the authority and responsibility to appoint new Apostles—bishops—as needed.

After the election of Matthias in the Acts of the Apostles, nothing more is said about him. We know nothing for certain about his life and ministry after he became one of the first bishops of the Church. According to tradition, Matthias traveled north to Cappadocia, modern-day central Turkey, and then east to the Caspian Sea, modern-day Georgia. He is believed to have died a martyr by crucifixion or may have even been stoned and then beheaded. Other traditions state that he traveled south to modern-day Sudan and Ethiopia.

*Saint Matthias, you heard Jesus calling you from the very beginning of His public ministry. You responded with generosity, fulfilling the humble role of a disciple and missionary. When you were chosen as one of the Twelve and ordained a bishop, you fulfilled your shepherding duty of spreading the Gospel to the ends of the earth. Please pray that I will listen to God's voice and respond to His call generously all the days of my life. Saint Matthias, pray for me. Jesus, I trust in You. Amen.*

Catholic Vocations Broken Bay  
Young Adult Event



# Encounter

ADORATION | FORMATION | COMMUNITY  
FRIDAY MAY 24

JOIN US FOR A GAME OF VOLLEYBALL AT 4 PM ON THE BEACH  
BEFORE OUR USUAL HOLY HOUR AT 6 PM, DINNER & TALK AT 7 PM



Special Guest Speaker  
**Fr Marek Woldan**

‘HOW TO GET STRONG IN RESISTING SIN’

VENUE: ST MARY'S CHURCH MANLY  
6 RAGLAN ST, MANLY NSW 2095

P: 0418 522 449 | 02 8379 1626

E: vocations.ministry@bbcatholic.org.au

## PASTORAL WORKS

The Diocese of Broken Bay Pastoral Works (PWBB) May 2024 Appeal will be running this month of May across our Diocese and in our Parish. Our catechists and hospital chaplains need your help.

Giving generously to the Pastoral Works Broken Bay Appeal during May or beyond gives you the power to connect to the Mission of Jesus Christ and add to the happiness of someone else within our Diocese.

**All donations over \$2  
are 100% tax deductible.**

*Envelopes can be found on the pews.*

“Connecting to the Mission of Jesus Christ!”

### MAY 2024 APPEAL

PASTORAL  
WORKS Broken Bay



Confraternity of  
Christian Doctrine (CCD)



Hospital Chaplaincy  
and Pastoral Care

*Your help will be greatly appreciated.*



**Jason Ever**  
IN THE DIOCESE OF BROKEN BAY

*Finding your soulmate  
without losing your soul*

Catholic husband, father, author & founder of Chastity Project and the host of "Lust is Boring" Podcast.

Wednesday 22 May 2024  
Light of Christ Centre  
Yardley Ave Waitara, NSW  
Food & Activities begin from 6 PM  
Talk begins at 7 PM

**FREE ENTRY**  
\*limited seats. Registration is essential.

Secure a spot by scanning the QR Code. This is an 18+ Event.  
<https://www.trybooking.com/CRFMV>

**REGISTER NOW** →



HAVE A CHAT & SHARE A CUPPA WITH AN OLDER PERSON IN YOUR COMMUNITY  
**ONE HOUR A FORTNIGHT**

*CatholicCare*  
Diocese of Broken Bay

**VOLUNTEERS NEEDED**  
COMMUNITY VISITORS SCHEME  
[www.catholiccareddb.org.au/volunteer](http://www.catholiccareddb.org.au/volunteer)

## WEEK OF PRAYER FOR CHRISTIAN UNITY

God, Who is Spirit Who is Christ, You call us into community.  
A community for the common good, a community of oneness in our diversity.  
People from every nation, tribe, culture, and language.

Unite us as we seek to live out your love.

You call us from the comfort of our familiar circles and call us to be loving neighbours.

To go where our neighbour is, to help them in their need and let them help us in ours.

We are your family a part of your kingdom of humankind, each a beloved sibling to share in grace.

Bless us with your wisdom, that we may walk and work together.

United we pray.

Amen.

(Source: adapted from a prayer by Rev Jon Humphries)



CATHOLIC  
DIOCESE OF  
BROKEN BAY



CATHOLIC  
VOCATIONS  
BROKEN BAY




PAROUSIA  
Proclaiming the Fullness of Truth

# Parish Roster

PLEASE JOIN US FOR MORNING TEA  
AFTER THE 9AM MASS

NEXT WEEKEND'S ROSTER

18/5/2024 TO 19/5/2024  
FEAST OF PENTECOST - YEAR B

	Saturday 7.00pm	Sunday 9.00am	Sunday 10.30am
Acolyte		Lorraine D	
Reader1	Mary C	Judy H	Mirko J
Reader2	Maria G	Ann L	Peter B
Prayers	Kathryn S	Nigel M	Martina J
TV		Maria A	Teresa G
Music		Noelle T	GREGORIAN
Music		Karina S	GREGORIAN
Music		John T	GREGORIAN
Music			
Morning Tea		Lila B	
 FLOWERS	Angela S		

## MONTH OF MAY ROSARY

We will be holding a Rosary at parishioners places in the evenings for the month of May. If you are interested in having your name on the list to have Rosary at your place or you would just like to attend please contact Paula on 0423 078 282.



## PASTORAL WORKS

Our Diocese provides an annual sum for Pastoral Works, which our parish is expected to contribute towards through our envelope collections. In cases where the collected amount falls short of the target, we are asked to transfer the difference to the Diocese.

Our annual amount for the financial year 2023/2024 is:

**\$13,052.00**

We have kindly received envelopes from parishioners so far for the amount of:

**\$1,189.90**

The balance we have left to pay by 30 June 2024 is:

**\$11,862.10**

Envelopes are available in the pews, offering the opportunity for tax-deductible donations.



*Thank you to all our volunteers, we really appreciate it!*

*If anyone would like to join our parish roster please contact the parish office.*

## 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@bbcatholic.org.au

**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](http://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.**