

St Benedict's Parish Arcadia



PARISH Masses

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 10am to 11am
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

THE MOST HOLY BODY AND BLOOD OF CHRIST CORPUS CHRISTI YEAR A

10 & 11 JUNE 2023

ENTRANCE ANTIPHON

He fed them with the finest wheat
and satisfied them with honey from the rock.

SUNDAY HOLY MASS PRAYER

O God, who in this wonderful Sacrament
have left us a memorial of your Passion,
grant us, we pray,
so to revere the sacred mysteries of your Body and Blood
that we may always experience in ourselves
the fruits of your redemption.
Who live and reign with God the Father
in the unity of the Holy Spirit,
God, for ever and ever. **Amen.**

SELF REFLECTION: LIVING BREAD

Sunday's Gospel, John 6:51-58

Jesus says "For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him."



"Flesh and blood" means the whole being. Christ's presence at the Eucharist is very hard for us to understand. We are not asked to understand it but to experience it. Jesus asks to take him into ourselves and become one with him. Then we will have real life.

- *Do I believe that Jesus is present in the Eucharist?*
- *Do I embrace Jesus into myself and become one with him?*

PRAYER:

Dear Lord, You are the Living Bread that came down from heaven. Help me to receive your words to the deepest of my heart. Help me not to forget the sacrifice you have made for me that I may have eternal life. Amen.

First Reading: *Deuteronomy 8:2-3, 14-16 (JB)*

A reading from the book of Deuteronomy

He gave you food which you and your ancestors did not know.

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart - whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

The word of the Lord.

Thanks be to God.

Responsorial Psalm:

R. Praise the Lord, Jerusalem.

Second Reading: *1 Corinthians 10:16-17 (JB)*

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

Though we are many, we form a single body because we share this one loaf.

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

I am the living bread from heaven, says the Lord;
whoever eats this bread will live for ever.

Alleluia!

GOSPEL: *John 6:51-58 (JB)*

A reading from the holy Gospel according to John

My flesh is real food and my blood is real drink.

Jesus said to the Jews:

'I am the living bread which has come down from heaven.

Anyone who eats this bread will live for ever;

and the bread that I shall give is my flesh, for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day.

For my flesh is real food and my blood is real drink.

He who eats my flesh and drinks my blood lives in me and I live in him.

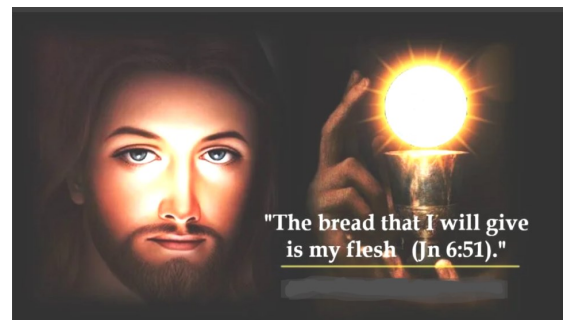
As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me.

This is the bread come down from heaven;

not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

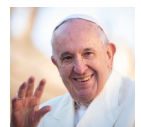


Source: Liturgia Brisbane 2023

POPE FRANCIS' PRAYER INTENTION FOR JUNE 2023

FOR THE ABOLITION OF TORTURE

We pray that the international community may commit in a concrete way to ensuring the abolition of torture and guarantee support to victims and their families.



GOSPEL REFLECTION

Sunday, June 11

BODY AND BLOOD (CORPUS CHRISTI)

Deut 8:2-3,14-16; 1 Cor 10:16-17; John 6:51-58

This feast has its origins in various churches in France in the early thirteenth century and was introduced to the universal church by Urban IV in 1264, with the involvement of St Thomas Aquinas, the great Dominican theologian, in helping to contribute some of the liturgical texts. It originated in the belief that there was not a feast dedicated to the body of Christ. It probably says something about the inadequate way the eucharist was celebrated ritually in the Middle Ages that this was the time when the elevation of the host during the institution narrative (or words of consecration, as it would have been called then) and Corpus Christi processions developed in response to a need to see what was going on. Every eucharist is a celebration of the body and blood of Christ, and so this is another of those feasts whose existence proves that there was a problem somewhere at some time.

Be that as it may, today's celebration provides an opportunity to focus more particularly on the mystery that is celebrated every time Christians come together in thanksgiving to God. John 6 is the feeding of the five thousand, a passage that was written in light of the eucharistic experience of an early Christian community. Indeed, the earliest account of the eucharist is found in chapter 11 of Paul's first letter to the church in Corinth, written at least a generation before John's Gospel was written. The narrative of the miracle of the feeding of the five thousand in John is followed by a series of short discourses directed either to the crowds who followed Jesus or to the Jews who complained at what he said. Today we read from Jesus' response to the grumbling Jews within the synagogue at Capernaum with his 'I am the bread of life' speech.

One of the first accusations made against early Christians by the Romans in the generation or two after the death of Jesus was that they were cannibals. It is easy to see why the Romans thought that when the followers of Jesus were going around saying that they were eating his flesh and drinking his blood. In the passage Jesus connects the experience of Christians in the eucharist with the life of the Trinity itself. 'I live because of the Father, so he who eats me will live because of me.' As we reflected last week, Jesus is begotten of the Father through a total self-emptying. We are begotten of Jesus, through the Spirit poured into us in initiation, through his total self-emptying on the cross. Just as the Son responds to the Father's total self-emptying through total self-giving, we are called to respond to the Son's total self-emptying for us through total self-giving.

That total self-emptying of Jesus on the cross is made real for us in the bread and wine of the eucharist, which becomes his body and blood. The very nature of bread and wine offers us two ways to reflect upon the mystery of the cross. Paul's first letter to the church in Corinth touches upon both of these ways. One is the image of many making one. It takes many grains of wheat to make one loaf of bread and it takes many grapes to make one cup of wine. Paul makes the point 'we who are many are one body'. The eucharist is a sacrament of unity; it is a living symbol of the unity of the Son, the Father, and the Spirit, a living symbol of and call to our unity in Christ. The second image is of one being divided into many. Paul wrote of the bread that is broken and shared. Conversely, he could also have written about the wine that is poured out and shared. The eucharist is a sacrament of sharing; it is a living symbol of the giving of the Son on the cross, a living symbol of and call to our giving in Christ.

We are thankful today for Jesus, who has not left us but remains with us always. We are thankful today for Jesus, who nourishes us with his body and blood that we may be one with him and be welcomed into the life of the triune God. We are thankful today for Jesus, who makes us, the many grains of wheat and the many grapes, into one bread and one cup. We are thankful today for Jesus, whose body is broken and whose blood is poured out that we too are strengthened to give of ourselves for the life of the world.

Geoffrey D Dunn

Source: Liturgia.com.au

LITURGICAL FEASTS AND EVENTS OF THE WEEK

June

Monday 12 Readings: 2 Cor 1:1-7. Mt 5:1-12.
R: Taste and see the goodness of the Lord.

Tuesday 13 Readings: 2 Cor 1:18-22. Mt 5:13-16.
R: Lord, let your face shine on me.
St Anthony of Padua, priest, doctor.

Wednesday 14 Readings: 2 Cor 3:4-11. Mt 5:17-19.
R: Holy is the Lord our God.

Thursday 15 Readings: 2 Cor 3:15 - 4:1, 3-6. Mt 5:20-26.
R: The glory of the Lord will dwell in our land.

Friday 16 Readings: Deut 7:6-11. 1 Jn 4:7-16. Mt 11:25-30.
R: The Lord's kindness is everlasting to those who fear him.
The Most SACRED HEART of Jesus.

Saturday 17 Readings: Is 61:9-11. Lk 2:41-51.
R: My heart rejoices in the Lord my saviour.
The Immaculate Heart of the Blessed Virgin Mary



Source: Ordo 2023

THE RULE OF ST BENEDICT

Chapter 4

To reverence the old.

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**

PROPERTY REQUEST

We are looking to buy a property in the Arcadia Road or Bay Road area, Arcadia.

If anyone knows of a property going up for sale please call:

Matt 0478 228 539

SACRAMENTAL PROGRAM

OUR NEXT SACRAMENTAL PROGRAM

is now open, commencing with Confirmation (child must be in year 3 or above, this year). Confirmation classes will be held in August 2023.

The forms are available in the sacristy, otherwise please email the parish if you would like your child to be added to the list. The form is also available on the parish website.

In the Diocese of Broken Bay, the order of receiving of the sacraments is:

Confirmation, Reconciliation, then Eucharist. Children are usually prepared for these sacraments in Years 3 and 4.



FIRST HOLY COMMUNION

Please pray for the children who will be receiving their First Holy Communion on Sunday 11th June at 10.30am Mass.



Lord Jesus Christ, bless the children coming forward to receive Holy Communion for the first time. May this day be the step toward a life-long love of the Eucharist. Amen.

HELP NEEDED

We need a volunteer to help with children's Masses. Someone who can organise the children to do the readings, Prayer of the faithful and offertory. Please help out if you can. It's only once a month, children's mass which is the first Sunday of every month 10.30am Mass. Contact Fr Shansana or Paula.



St Vincent de Paul Society
NSW
good works

ST.VINCENT DE PAUL WINTER APPEAL

Vinnies Arcadia Conference will be holding our annual Winter Appeal on the weekend of 10/11 June.

This will be an envelope appeal as well as a hamper appeal. We are hoping to collect any **non-perishable food and toiletries** you may be able to donate.

We also want to express our gratitude for the generous donations we have received through the Poor Boxes in the church. These donations and those from our appeals are hugely appreciated as we are helping so many more families suffering hardship in these difficult times.

We take this opportunity to welcome Marie Endicott as a new member of Arcadia Conference. We are delighted to have her on board.

Rita, Lila, Marie & Karen - Vinnies Arcadia.

menALIVE - MEN'S WEEKENDS

menALIVE is a National Catholic Ministry to Men which was founded out of a response to a great need in the hearts and lives of men, and a great need in the life of the Catholic Church.

We invite all men to explore what God would want for their lives and how they might come to experience the fullness of life that God wants for us all.

Dates

Saturday 17 and Sunday 18 June at St Gerard's Church Hall (543 North Rocks Rd, Carlingford).

For more information and to register:

www.menalive.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 **Karl Maurer, Gina Volpato (John's mum), Tony Takchi, Brother Mario & Brother Terry, Koana Zouein (Rita Sarkis' mum) and Jenny Taylor.**

We remember in our prayers all our dearly beloved who have died, especially **Carmen Camilleri.**



WORLD ELDER ABUSE AWARENESS DAY

Raising awareness of this day is one way we can voice our opposition to the abuse of older people. Elder abuse is a problem that exists both in developing and developed countries yet is typically underreported globally. Prevalence rates or estimates exist only in selected developed countries – ranging from 1% to 10% of older people. The Ageing and Disability Abuse Helpline 1800 628 221 was established in NSW to prevent and better protect older people and adults with disability from abuse, neglect and exploitation.

For further information on the prevalence of elder abuse and reports to the Helpline visit <https://public.tableau.com/app/profile/facs.statistics/viz/ElderAbuseHelplineandResourceUnit/Elderabuse>

For access to support with quality living, transport, social supports and domestic assistance, our *Senior Living CatholicCare* team can be contacted on 9488 2488.

For further information on supports provided by CatholicCare to seniors, visit <https://www.catholiccaredbb.org.au/aged-care/>

REST IN PEACE

It is with great sadness we announce the passing of:



CARMEN CAMILLERI

11/8/1951 to 6/6/2023



**Funeral will be held on
Thursday 15th June 2023
10.30am in the Parish Church**

*Eternal Rest grant to her O Lord,
And let the Perpetual light shine upon her,
May she Rest in Peace.
Amen*

Our prayers and thoughts are with all the Camilleri families and friends.

IT TRAINEESHIP OPPORTUNITY FOR SCHOOL LEAVERS 2023

We have introduced an exciting opportunity as part of our "Year 13" initiatives for Catholic Schools Broken Bay students who are interested in a career in IT. The program will be a part of our Secondary Career expos over the coming weeks and additionally, we are providing comprehensive insights and information in lunchtime sessions tailored for small groups. You can find when your school will be [visited here](https://csbb.catholic.edu.au/careers). <https://csbb.catholic.edu.au/careers>

These sessions will serve as invaluable opportunities for students to delve deeper into the world of IT and make well-informed decisions about their future pathways.

Catholic Schools Broken Bay staff look forward to meeting all of our students interested in IT careers and 2023 school leavers are encouraged to attend.

CATECHISTS' NEWS

The history of evangelization over the past two millennia clearly shows the effectiveness of the mission of catechists. Bishops, priests and deacons, together with many men and women in the consecrated life, devoted their lives to catechetical instruction so that the faith might be an effective support for the life of every human being. Some of them also gathered around themselves others of their brothers and sisters sharing the same charism, and founded religious orders wholly dedicated to catechesis. Pope Francis' Apostolic Letter 10 May 2021 Instituting the Ministry of Catechist

Free training available for all Catechists now postponed –

- **Safeguarding Children training for all Catechists this Thursday 15th June has now been postponed due to a funeral at the parish. Date to be advised.**

If you would like to learn more about being a Catechist or a helper, please talk to myself, or one of our parish Catechists or any of our priests. Training, a Teacher's Manual and workbooks are provided free.

God bless,
Miriam Brown srearcadia@gmail.com
Parish Catechist Coordinator



VOLUNTEER OF THE WEEK!

For the nomination this week we would like to thank:

DEAN FAUGHT

Thank you!

Thank you for all your help cleaning all the cobwebs from the outer ceilings of our Church.

Anyone you would like to nominate please contact the office.

PLANNED GIVING ENVELOPES

2023/2024

Envelopes are ready for collection for the year 2023/2024. They are in alphabetical order on the front pew of the church. Please collect them ASAP.

CCC PRAYER GROUP

Prayer meeting held every
Friday nights: after 7pm Mass
Wednesday mornings: after 9.30am Mass.
Everyone welcome. **Come and meet new people.**
For more details call Mary Camilleri on 0403 116 987.



ITALIAN ROSARY GROUP

Every Monday 2.00pm.
Everyone welcome.
For more details call Angela Egiziano.
Ph: 9653 2312.



MUSIC MINISTRY NEWS

As the season of Easter draws to a close for 2023, the Music Ministry of our parish of St Benedict, Arcadia will commence the introduction of a new setting of the sung parts of the mass.

This mass called the **Mass of Saint Benedict** was written by Paul Taylor in 2013.

Why this particular setting?

Paul Taylor has dedicated this composition to the following three Benedictine communities: ***The Monks here at Arcadia***; The Good Samaritan Sisters who have had a long association with our parish community here at Arcadia; and the Benedictine community at St John's Abbey in Collegeville (a leading Catholic university in USA). Paul also includes Pope Benedict XVI in his dedication.

Paul Taylor is also the composer of the **Mass of Saint Francis**, which has been a long time Mass Setting in our parish repertoire.

An Invitation to all parishioners

The singers and musicians will be workshopping the new Mass setting on **Saturday 10th June at 2pm at the parish**. Please feel very welcome to come and join them in learning this new addition to our parish repertoire. We plan on being able to sing it entirely by the weekend of the Feast of St Benedict in July which would be most apt timing indeed.

We assure you that the **Mass of Saint Benedict** will be a very singable addition to our current list of known Mass Settings, and we look forward to its regular use in our future liturgies.

With every blessing,

The Music Ministry

♡ EXPRESSING LOVE ♡

Expressing love and being intimate are beautiful and essential aspects of any relationship. Here are eight points to guide us in expressing love to our loved ones.

1. Express your love verbally: Tell each member of your family how much you love them regularly, using heartfelt words that convey your feelings. Let them know they are cherished and appreciated.
2. Show affection physically: Embrace your loved ones with warm hugs, gentle kisses and tender touches. Physical affection helps reinforce your love and creates a deeper connection.
3. Be attentive and listen: Take the time to truly listen to their thoughts, dreams and concerns. Give them your full attention and show genuine interest in their world and provide a safe space for them to express themselves, responding with empathy and understanding.
4. Surprise them with gestures: Plan thoughtful surprises or acts of kindness that cater to their preferences and make them feel special. It could be a handwritten note, a small gift or planning a surprise date or getaway.
5. Support their dreams and goals: Encourage your loved ones to pursue their passions and be their biggest cheerleader. Show interest in their aspirations and be there to provide guidance and support along the way.
6. Prioritise quality time: Make an effort to spend quality time together, away from distractions. Create opportunities for shared experiences and meaningful conversations.
7. Respect and appreciate their individuality: Embrace each one's uniqueness and celebrate their individual strengths. Respect their opinions, values and boundaries, nurturing a relationship built on mutual respect.

Engage in spiritual activities: Strengthen your spiritual intimacy by participating in shared practices that deepen your connection on a deeper level.

Remember, love is a continuous journey and practising these points consistently will help nourish and strengthen your relationships.

"Dear God, thank you for the gift of love in my life. I pray for the well-being and happiness of my loved ones. Fill our hearts with compassion, patience and understanding. May our love mirror Your love, bringing us closer to You and each other. Amen."

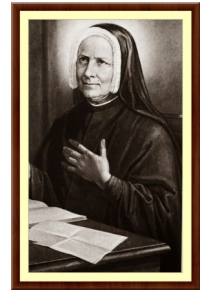
Source: majellan.media

Saint Paula Frassinetti

Feast Day June 11

C. 1809-1882

Patron Saint of sick people



Foundress, also known as Paola Frassinetti. She was born in Genoa. Her brother was a parish priest in the city, and she assisted him by teaching poor children in their parish. From this humble beginning in 1834 began the Congregation of St. Dorothy, which soon spread across Italy and then to the Americas. Beatified in 1930, she was canonized in 1984.

Paula Frassinetti is an Italian saint in the Roman Catholic Church and foundress of the Congregation of the Sisters of Saint Dorothy (aka, Congregazione Suore di S. Dorotea della Frassinetti). Her feast day is June 11.

Paula Frassinetti was born March 3, 1809, in Genoa, Italy to Giovanni Battista Frassinetti, a cloth merchant, and his wife Angela. The third of five children, her four brothers all became priests. When she was nine years old, her mother died and an aunt came to help with the household. Three years later her aunt died, and at the age of twelve, Frassinetti assumed the responsibility.

At the age of nineteen, Frassinetti went to stay with her brother Giuseppe, a priest at the seaside village of Quinto in Liguria. In 1834 she and six other women formed a small community called the "Daughters of Holy Faith". Giuseppe and members of the parish started a small school in a church that had been dedicated to Clare of Assisi. The sisters taught in the school. They went to Genoa to help during a breakout of cholera.

In 1835 Luca Passi, of Bergamo, a friend of her brother Giuseppe, asked Frassinetti if she would assume the Pious Work of Saint Dorothy, a project he had founded to serve the poorest and most needy youth. Thereafter the Daughters of Holy Faith became known as the Sisters of Saint Dorothy. On May 19, 1841, Frassinetti established a house in Rome. The work of the institute expanded beyond Liguria and Rome, to other parts of Italy as new houses, boarding schools, and orphanages were established. Later the sisters established a presence in Malta, Portugal, and Brazil. In the United Kingdom the sisters run an International Student's Residence and are involved in Parish Ministry.

She died on June 11, 1882, after a bout with pneumonia following several strokes. Her body was reported to be found to be incorrupt in 1906.

Quotes:

- *"Work in full simplicity"*
- *"We're in God's hands, and we are so very well"*
- *"Our mission is to educate thru heart and love"*

Source: catholic.org/saints



CATHOLIC VOCATIONS
BROKEN BAY
PRAY, DISCERN & ACT

**DIACONATE
INFORMATION
EVENING**

COULD THE DIACONATE
BE THE WAY GOD IS
CALLING YOU TO SERVE
HIS CHURCH?

Join us at Holy Name
Parish Wahroonga and find
out more about the
Permanent Diaconate.

WED, JULY 5 @ 7:30PM

Holy Name Parish
35 Billyard Ave
Wahroonga NSW 2076

RSVP TO 0418 522 449 or
vocations.ministry@bbcatholic.org.au

Fresco in the Niccolò Chiesa in Genoa, depicting Saint Peter consecrating the Seven Deacons. Saint Stephen is shown kneeling.



CATHOLIC VOCATIONS
BROKEN BAY
PRAY, DISCERN & ACT

Pray, Discern & Act
YOUNG ADULT EVENT
HOLY HOUR
& DISCERNMENT EVENING

FRIDAY JUNE 23
6PM HOLY NAME PARISH
35 BILLYARD AVE WAHROONGA
RSVP TO 0418 522 449 OR
VOCATIONS.MINISTRY@BBCATHOLIC.ORG.AU

Please join us for morning tea after the 10.30am Mass

Parish Roster

DRAFT ROSTER NOW ON SACRISTY WINDOW – PLEASE CHECK

NEXT WEEKEND'S ROSTER

17/6/23 to 18/6/23

ELEVENTH SUNDAY IN ORDINARY TIME - YEAR A

	Saturday 7pm	Sunday 9am	Sunday 10.30am
Acolyte		Lorraine D	Paul C
Reader1	Maria G		Matt W
Reader2	Margaret B	Peter G	Teresa G
Prayers	Miriam B	Kath M	Leon J
TV		Teresa G	Sebastian W
Music		Mark Q	Mark Q
Music		Keith W	Theresa N
Music		Helen F	Martina J
Music		Marisa Q	
Morning Tea		Lila B	
 FLOWERS	Tania T		

Thank You!

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

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

ACKNOWLEDGMENT

We acknowledge the Traditional Owners of country throughout Australia and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.

SAFEGUARDING MISSION STATEMENT

We the people of St Benedict's Parish are committed to fostering a community of safety and care for all people, especially for children and others in the community who are vulnerable. Our commitment is underscored by our faith in Jesus Christ.

If you have a concern for the safety and wellbeing of a child, young person or vulnerable adult, tell someone who can help. These people in our parish can help:

Fr Shansana 0437 884 233 - Lorraine Dailey 0416 081 882 - Office for Safeguarding 8379 1605.

PARISH OFFICE HOURS:

Mondays & Fridays: 9.30am to 2.30pm

Parish Office: 02 9653 2312
Email: arcadia.parish@bigpond.com

Parish Administrator: 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

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.