

St Benedict's Parish Arcadia



THE MOST HOLY TRINITY YEAR A MAY 30 & 31 2026

ENTRANCE ANTIPHON

Blest be God the Father, and the Only Begotten Son of God, and also the Holy Spirit, for he has shown us his merciful love.

OPENING PRAYER

Let us pray.
God our Father, who by sending into the world the Word of truth and the Spirit of sanctification made known to the human race your wondrous mystery, grant us, we pray, that in professing the true faith, we may acknowledge the Trinity of eternal glory and adore your Unity, powerful in majesty.
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: ETERNAL LIFE

This Sunday's Gospel, John 3:16–18, God loves us so deeply that He gave us His Son, Jesus, to save us. This Gospel reminds us to trust in His love and live with faith each day.

I Reflect...

1. Do I trust in God's love for me?
2. How do I show my faith in Jesus?
3. Do I turn to God in difficult times?
4. Am I living in God's light?
5. How can I share His love this week?

Trust in Him

Prayer:

Loving Father,
Thank You for the gift of Your Son, Jesus.
Help me to trust in Your love each day, to walk in faith,
and to reflect Your light in all I do.
Guide me to share Your love with others
and live as a witness to Your mercy.
Amen.



'God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life.' (John 3:16)

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



First Reading Exodus 34:4-6, 8-9 (JB)

A reading from the book of Exodus

The Lord God, ruler of all, merciful and loving.

With the two tablets of stone in his hands, Moses went up the mountain of Sinai in the early morning as the Lord had commanded him. And the Lord descended in the form of a cloud, and Moses stood with him there. He called on the name of the Lord. The Lord passed before him and proclaimed, 'Lord, Lord, a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness.' And Moses bowed down to the ground at once and worshipped. 'If I have indeed won your favour, Lord,' he said 'let my Lord come with us, I beg. True, they are a headstrong people, but forgive us our faults and our sins, and adopt us as your heritage.'

The word of the Lord.
Thanks be to God.

Responsorial Psalm:

R. Glory and praise for ever!

Second Reading 2 Corinthians 13:11-13 (JB)

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

The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

Brothers, we wish you happiness; try to grow perfect; help one another. Be united; live in peace, and the God of love and peace will be with you.

Greet one another with the holy kiss. All the saints send you greetings.
The grace of the Lord Jesus Christ, the love of God and the fellowship of the holy Spirit be with you all.

The word of the Lord.
Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

**Glory to the Father, the Son, and the Holy Spirit:
to God who is, who was, and who is to come.
Alleluia!**

GOSPEL John 3:16-18 (JB)

A reading from the holy Gospel according to John

God sent his Son to save the world through him.

Jesus said to Nicodemus,
'God loved the world so much
that he gave his only Son,
so that everyone who believes in him may not be lost
but may have eternal life.
For God sent his Son into the world
not to condemn the world,
but so that through him the world might be saved.
No one who believes in him will be condemned;
but whoever refuses to believe is condemned already,
because he has refused to believe
in the name of God's only Son.'

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



*“Prefer nothing whatever to Christ, and may He bring us all together to everlasting life.”
— The Rule of Saint Benedict chapter 72*

READINGS & GOSPEL REFLECTION

Exodus 34:4-6, 8-9 / 2 Corinthians 13:11-13 / John 3:16-18
Living in the Love of the Holy Trinity

Today's readings draw us into the mystery of God who is Father, Son, and Holy Spirit — a God who is not distant, but deeply involved in our lives with mercy and love.

In Exodus 34:4–6, 8–9, God reveals His name to Moses as “a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness.” This moment shows us that at the heart of God is not punishment, but forgiveness and faithful love.

In 2 Corinthians 13:11–13, St Paul invites the community to live in unity: to rejoice, aim for perfection, encourage one another, and live in peace. He blesses them with the words that have become familiar to us: “The grace of the Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you all.” This is the clearest glimpse of the Trinity at work in the life of the Church — grace, love, and communion.

In John 3:16–18, we hear the central message of the Gospel: God loved the world so much that He gave His only Son, not to condemn the world, but to save it. Through Jesus, we are offered light, life, and salvation. The Trinity is revealed as self-giving love — the Father sends, the Son saves, and the Spirit draws us into belief and new life.

Together, these readings show that the Holy Trinity is love poured out for us and calling us into relationship with God and one another.

Take-Home Challenge:

This week, choose one practical way to live Trinitarian love:

- Be more patient with someone who tests you and reconcile with someone you are distant from.

Prayer:

God of mercy and love, Father, Son, and Holy Spirit, draw us deeper into Your life. May our lives reflect Your unity and peace, and may we bring Your love to everyone we meet. Amen.

Source: chatgpt

LITURGICAL FEASTS AND EVENTS OF THE WEEK

JUNE

Monday 1

Readings: 2Pt 1:2-7; Mk 12:1-12.
R: In you, my God, I place my trust.
St Justin, martyr.

Tuesday 2

Readings: 2Pt 3:12-15a, 17-18; Mk 12:13-17.
R: In every age, O Lord, you have been our refuge.
Sts Marcellinus and Peter, martyrs.

Wednesday 3

Readings: 2Tm 1: 1-3, 6-12; Mk 12: 18-27.
R: To you, O Lord, I lift up my eyes.
Sts Charles Lwanga & companions, martyrs.

Thursday 4

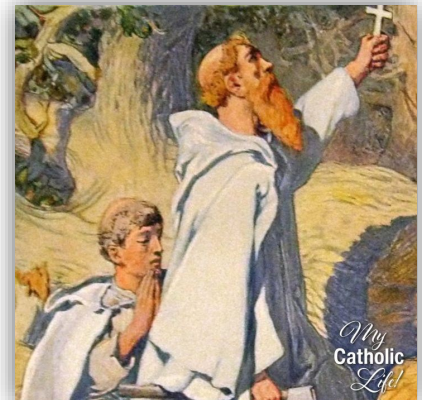
Readings: 2Tm 2: 8-15; Mk 12: 28b-34.
R: Teach me your ways, O Lord.

Friday 5

Readings: 2Tm 3: 10-17; Mk 12: 35-37.
R: O Lord, great peace have they who love your law.
St Boniface, bishop, martyr.

Saturday 6

Readings: 2Tm 4: 1-8; Mk 12: 38-44.
R: I will sing of your salvation.
St Norbert, bishop & St Marcellin Champagnat, religious



**O God,
strengthen us to follow the
example of St Boniface.
Make us faithful and
courageous in sharing Your
Word.**

Source: Ordo 2026

POPE LEO PRAYER INTENTION FOR JUNE 2026

For the value of sports

Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.



PARISH NOTICES

- **HOLY COMMUNION WILL BE AT THE 10.30AM MASS NEXT SUNDAY 6TH JUNE.**
- **PLANNED GIVING ENVELOPES FOR JULY 2026 TO JUNE 2027 ARE NOW AVAILABLE FOR COLLECTION IN ALPHABETICAL ORDER AT THE CHURCH SACRISTY ENTRY ON THE PEW.**

PARISH FETE UPDATE & SAVE THE DATE ST BENEDICT FEAST DAY CELEBRATION

Due to wet weather and wet grounds, our Parish Fete scheduled for 31 May has been cancelled.

While we are disappointed, we are already looking forward with great excitement to celebrating the **Feast Day of St Benedict on Sunday, 12 July**, with a very special parish celebration!

This will be a wonderful opportunity for our parish community to come together in faith, fellowship and celebration. During this special event, we will also be drawing both our **Major Raffle** and **Calf Raffle**. Tickets for both raffles are still on sale, and we are deeply grateful for the ongoing support and generosity of our parishioners.

There will be plenty to enjoy on the day, including:

- The **Kazzi Family** with their wonderful fresh fruit and veggie pre-pack boxes
- The **Sakkal Family** serving their famous and delicious BBQ specials
- The **Camilleri Family** running the always-popular Chocolate Wheel
- Piety shop
- Coffee/tea
- Gifts and crafts etc.



There will be fun, delicious food, and something for everyone to enjoy.

Please stay tuned for more details about this very special celebration, and be sure to **mark Sunday, 12 July in your calendar**. This will be on RAIN OR SHINE!

Thank you for your continued support of our parish community. We look forward to celebrating together!

VOLUNTEER OF THE WEEK

This week's volunteer of the week nomination:

Thank
You

WORKING BEE

This week's Volunteer of the Week goes to our **Working Bee Group** who generously helped with our parish grounds.

We sincerely thank you for your time, effort, and dedication in caring for and maintaining our parish spaces. Your hard work helps keep our grounds welcoming and beautiful for all who visit.

God bless you and thank you for your wonderful service to our parish community.

40 DAY MEMORIAL MASS

PETER CHEDID

40 day Memorial to be held at St Benedict's Parish

Date: Sunday 28th June 2026

Time: 9:00am



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

*Our prayers and thoughts are with the
Chedid family.*

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:

Maryanne Maurer, Lucia Bisoglio, Frank Gauci, Joe Gallo, Miriam Brown, Pauline Honor, Kath Moran, Peter Bellew, Brother Mario, and Father Alberic.

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

Peter Chedid, Antonio Romeo, Nanna Trani, Anne Pearce, Robert Wallace, Maria Pappallardo.

~ May they rest in Eternal Peace.





Create.Share.Encounter

A Creative Women's Ministry

Please join us for our upcoming
Maker's Table workshop
at St Benedict's!

The Tree of Life's Treasures Workshop
Wednesday, June 3rd, 2026
7.30-9.30pm

Cost: \$15 (covers materials, refreshments and donation for room hire)
RSVP by 31/5/26 so we can set a special place at the Table for you!

Bring along all your unwanted trinkets and treasures (in any condition) and collage them to make your very own Tree of Life's Treasures frame! Some suggestions are jewellery items, pins, watches, small metal items, necklaces / chains / bracelets, key chains, brooches, pendants, rings, decorations, medals, lockets, coins, broken bits of toys, lego or anything else you can find that reflects the treasures in your life!!!



www.facebook.com/makerstable/
www.themakersgarden.com.au

Martine Musumeci 0458-533-250
Nerida Woodbury 0425-834-017
themakerstablesydney@gmail.com

PIETY SHOP NEWS

Visit our Piety Shop after Mass and browse our beautiful range of religious gifts, prayer books, rosaries, medals, cards, and devotional items.

You'll find meaningful keepsakes for First Holy Communion, Baptism, Confirmation, weddings, and all the sacraments. Whether for yourself or a loved one, there is something special for every occasion.

We will also be at the Fete. Hope to see you there.

Thank you for supporting our parish Piety Shop!

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
Parish Catechist Co-Ordinator
0413 403 767 Parish Office: 9653 2312

VINNIES WINTER APPEAL

Next weekend we will be launching the Vinnies Winter Appeal in our Parish. We are hoping to collect donations of non-perishable food for our pantry as well as cash donations in the Vinnies envelopes. Any assistance you can give would be hugely appreciated. We will be collecting donations until the end of June.

Thank you in anticipation,

Rita, Lila, Marie and Karen
Arcadia Conference
St.Vincent de Paul.

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

SAINT OF THE WEEK

STS MARCELLINUS AND PETER, MARTYRS

Feast Day: June 2

c. Mid-third Century - c. 304

Invoked by those enduring hardships in life



On February 23, 303, Roman Emperor Diocletian issued an edict that mandated the destruction of Christian churches and scriptures, revoked all legal rights of Christians, and called for the confiscation of their property. In 304, Diocletian ordered the arrest of clergy, forcing them to offer sacrifices to the Roman gods or face imprisonment, torture, and death. These abuses continued under Diocletian and his co-emperors until 311 when Galerius issued an edict of toleration toward Christians. While the exact number is unknown, thousands of Christians might have suffered martyrdom during this period. Two who were martyred were Saint Marcellinus, believed to have been a priest, and Peter, who is believed to have been an exorcist. Both are included in the Roman Canon of the Mass, alongside other early martyrs and saints.

Saint Damasus I, who served as pope from 366–384, provides the little we know of the two martyrs. As a child, Damasus heard the story of Marcellinus' and Peter's martyrdom from one of the executioners who later became a Christian. After their arrest, Marcellinus and Peter were likely given a sham trial and found guilty. When they were offered the chance to gain freedom by burning incense to the Roman gods, they refused. In prison, the two men preached the Gospel to other prisoners and jailers. To put an end to their evangelizing, orders were given to take them to a nearby forest, where they were ordered to dig their graves. They did so joyfully, and were then beheaded and buried in that secret location to prevent Christians from venerating their tombs.

After Marcellinus' and Peter's deaths, their stories became well known. Some time later, through divine providence, two holy women named Lucilla and Firmina were directed to the burial site. They took the saints' bodies and buried them in what is today the Catacombs of Marcellinus and Peter. These catacombs hold thousands of graves, primarily of Christians, and also once served as a secret place of Christian worship.

In 313, Emperor Constantine the Great issued the Edict of Milan, legalizing Christianity and calling for benevolent treatment of Christians. To help Christianity grow, Constantine built many churches in various holy places. One of those churches is the Basilica of Saints Marcellinus and Peter, built over their catacombs. Constantine's mother, Saint Helena, was buried in a mausoleum next to the basilica. As a result, devotion to Saints Marcellinus and Peter became widespread.

At the start of the ninth century, Pope Gregory sent relics of Saints Marcellinus and Peter to Germany. A monastery was constructed in their honour in Seligenstadt. After they were buried there, many miracles were said to have taken place.

Although we know little about the details of their lives, the veneration of these early saints has been widespread, and their names are invoked today every time the Roman Canon is used in the Mass. What is certain is that the courage of these saints in the face of death has inspired countless Christians for many centuries.

Saints Marcellinus and Peter, you bravely laid down your lives for the sake of the Gospel, spiritually befriending all those inspired by your witness. Please pray that I may have the courage to bear witness to Christ by living selflessly and sacrificially for others, so that God's grace and mercy may be poured out on them through my witness. Saints Marcellinus and Peter, pray for me. Jesus, I trust in You.

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



23.14%

Raised: \$4,166 | Target: \$18,005 | Still Needed: \$13,839

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 **\$4,166 (23.14%)** towards our **\$18,005 goal**. Thank you. But **\$13,839 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

SERRA WEEKLY VOCATIONS PRAYER CALENDAR

Please pray for those in formation or already serving the Church

1/6	Fr Paul Finucane & Fr Paul Durkin
2/6	Fr Bogdan Skupien & Fr Eliseus Shin
3/6	Fr Chima Ofor & Fr Marek Woldan
4/6	Sister Agnes Dinh
5/6	Fr Philip Thottam MSFS
6/6	Fr Pawel (Paul) Szczur SDS
7/6	Fr Bronislaw (Bronek) Pietreusewicz SDS

DAILY PRAYER FOR VOCATIONS

Heavenly Father, we praise You for Your goodness and thank You for Your gifts. Help us respond to and live out our mission in the Church. Assist all Your people to know their vocation in life and help them to prepare for it. Call many to be priests, deacons and consecrated men and women for Your greater glory, and for the service of Your people. Give those whom You call the grace to respond generously and to persevere faithfully. We ask this through Christ Our Lord. Amen

PARISH E-BULLETIN

The Parish is offering the Parish bulletin electronically in addition to the printed version.

If you would like to receive the bulletin by email, please send your email address to the parish office arcadia.parish@bbcatholic.org.au

WHAT WE CARRY WITHIN

There are times when we find ourselves thinking about what has happened in the past or worrying about what may lie ahead, but there is something that can help ease the weight of it all. What we carry inside – our courage, our kindness and our ability to keep going – often matters more than anything else in difficult moments. Even on days when we feel unsure or a bit overwhelmed, there is still strength within us that only becomes clear in hindsight.

Our mental health is part of this, part of how we understand ourselves and care for our wellbeing. It is shaped not only by what is going on around us, but also by how we respond, how we look after ourselves and how we reach out when we need support.

It's also worth remembering that many people we meet are carrying a burden of their own, even if it isn't always visible. Some are dealing with worries, pressure, loss or quiet struggles in their lives. So it is important to be kind, because a bit of patience and understanding can go a long way. We never really know what someone else is going through.

It's okay not to have everything worked out. Sometimes it's enough to take things one step at a time and trust that we are stronger than we think. And, on the days when it feels difficult, we can gently remind ourselves that we are still growing, still changing and still finding our way through life, as best we can.

Dear God,

Help us to be gentle with ourselves and patient with others. On the hard days, remind us we are not alone and help us to keep going with hope.

Amen.

Parish Roster

PLEASE JOIN US FOR
MORNING TEA AFTER THE 9AM MASS

NEXT WEEKEND'S ROSTER

6/6/2026 TO 7/6/2026
The Body & Blood of Christ - YEAR A
HOLY COMMUNION 10.30AM

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Lorraine D	Paul E
Reader1	Margaret B	Gabrielle W	HOLY COM
Reader2	Sr Carol T	Donna B	HOLY COM
Prayers	Mary C	Matt W	HOLY COM
TV		Nigel M	Fogarty Fam
EMHC		Pam G	Robin B
EMHC		Sophie R	Bernadette W
Music		Melanie H	Melanie H
Music		Mary A	Fogarty Fam
Music		Marisa Q	Martina J
Music		Keith W	
Morning Tea			Robin B
FLOWERS	<i>Gabrielle W</i>		

ACKNOWLEDGMENT

We acknowledge God as our Creator and giver of all life. We also acknowledge the Traditional Custodians of this land, and pay our respects to Elders past and present.
May we walk together in peace, respect, and unity.

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: Parish Office 9653 2312

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
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)



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.

CATHOLIC THEOLOGICAL COLLEGE

Invites you to our

Engaging Your Faith online presentations

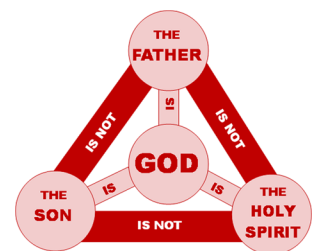
From \$25 per session.

For more information:

ctc.edu.au/engaging-your-faith/

DID YOU KNOW...

The **Holy Trinity** is not a single word in the Bible, but it is revealed through Scripture. At Jesus' baptism, the Father speaks, the Son is baptised, and the Holy Spirit descends like a dove.



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.