

St Benedict's Parish Arcadia

*To listen gladly to Holy reading.
Rule of St Benedict, Chapter 4*



**COVID-19
RESTRICTIONS UPDATE:**

**MASSES SUSPENDED
UNTIL FURTHER NOTICE.**

*Please use QR CODE provided
or write your name and phone
number when you enter Church
after sanitizing.*

PARISH MASSES

Weekend Mass:

Saturday	7:00pm
Sunday	9:00am
Sunday	10:30am
Sunday Latin	4.30pm

Weekday Mass:

Mondays to Thursdays 9:30am
Fridays 7:00pm followed by Confession
First Friday of the month 6.30pm Adoration

MONASTERY CHAPEL Mass

Sundays	7:00am
Daily	7:00am

Please contact Father Hilarion for the following:

**BAPTISMS
RECONCILIATION
FOR THE SICK
MARRIAGES
FUNERALS**

Fr Hilarion: 0478 909 541

Twenty-First Sunday in Ordinary Time Year B

21 & 22 August 2021

Sunday Holy Mass Prayer

Let us pray,

O God, who cause the minds of the faithful to unite in a single purpose, grant your people to love what you command and to desire what you promise, that, amid the uncertainties of this world, our hearts may be fixed on that place where true gladness is found. 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.

My dear friends of Arcadia Community,

It is almost 6 weeks since we last gathered for our Sunday Eucharist (Holy Mass). You are deprived of spiritual nourishment, due to unavoidable circumstances. Still the Lord invites you to nourish yourselves with the Word of God and spiritual holy communion. Please use these Sunday readings & prayers for 10 or 15 minutes to get in touch with the Lord for His blessings.

As we 6 monks, celebrate daily Divine Office & Holy Mass at the monastery for you, be assured of providential grace pouring upon you, your family and loved ones.

May the blessing of Almighty God, the Father, the Son and the Holy Spirit come down upon you to guide, nourish and protect you! Amen.

*Yours in Jesus,
Fr.Hilarion osb.*

PRAYER FOR THE PANDEMIC

Dear Lord,
At this time of pandemic,
Let us foster respect and solidarity with others, especially those who are weak or poor.
Let us remain calm and ignore unsubstantiated rumours.
Let us take advantage of living together as a family.
Let us attend to moments of prayer.
Let us cultivate responsibility, patience and hope.
Amen.

First Reading

Joshua 24:1-2, 15-18 (JB)

A reading from the book of Joshua

We will serve the Lord God, because he is our God.

Joshua gathered all the tribes of Israel together at Shechem; then he called the elders, leaders, judges and scribes of Israel, and they presented themselves before God. Then Joshua said to all the people: 'If you will not serve the Lord, choose today whom you wish to serve, whether the gods that your ancestors served beyond the River, or the gods of the Amorites in whose land you are now living. As for me and my House, we will serve the Lord.'

The people answered, 'We have no intention of deserting the Lord our God who brought us and our ancestors out of the land of Egypt, the house of slavery, who worked those great wonders before our eyes and preserved us all along the way we travelled and among all the peoples through whom we journeyed. We too will serve the Lord, for he is our God.'

The word of the Lord.

Thanks be to God.

Second Reading

Ephesians 5:21-32 (JB)

A reading from the letter of St Paul to the Ephesians

This is the great mystery, it applies to Christ and the Church.

Give way to one another in obedience to Christ. Wives should regard their husbands as they regard the Lord, since as Christ is head of the Church and saves the whole body, so is a husband the head of his wife; and as the Church submits to Christ, so should wives submit to their husbands, in everything. Husbands should love their wives just as Christ loved the Church and sacrificed himself for her to make her holy. He made her clean by washing her in water with a form of words, so that when he took her to himself she would be glorious, with no speck or wrinkle or anything like that, but holy and faultless. In the same way, husbands must love their wives as they love their own bodies; for a man to love his wife is for him to love himself. A man never hates his own body, but he feeds it and looks after it; and that is the way Christ treats the Church, because it is his body - and we are its living parts. For this reason, a man must leave his father and mother and be joined to his wife, and the two will become one body. This mystery has many implications; but I am saying it applies to Christ and the Church.

The word of the Lord.

Thanks be to God.

Gospel

John 6:60-69 (JB)

A reading from the holy Gospel according to John

Lord, whom shall we go to? You have the words of everlasting life.

After hearing his doctrine many of the followers of Jesus said, 'This is intolerable language. How could anyone accept it?' Jesus was aware that his followers were complaining about it and said, 'Does this upset you? What if you should see the Son of Man ascend to where he was before?'

'It is the spirit that gives life,
the flesh has nothing to offer.

The words I have spoken to you are spirit
and they are life.

'But there are some of you who do not believe.' For Jesus knew from the outset those who did not believe, and who it was that would betray him. He went on, 'This is why I told you that no one could come to me unless the Father allows him.' After this, many of his disciples left him and stopped going with him.

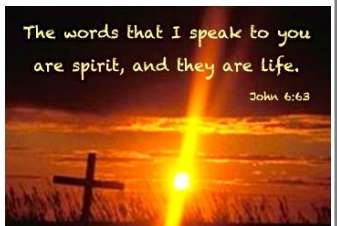
Then Jesus said to the Twelve, 'What about you, do you want to go away too?' Simon Peter answered, 'Lord, who shall we go to? You have the message of eternal life, and we believe; we know that you are the Holy One of God.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

The words that I speak to you
are spirit, and they are life.

John 6:63



The Jerusalem Bible translation of Scripture is used in the Australian Lectionary for Mass, Vols I, II and III (London: Collins Liturgical, 1981). Acknowledgement: The Scripture Readings are taken from the Jerusalem Bible © 1966, 1967, 1968 Darton, Longman & Todd Ltd and Doubleday and Co. Inc. Used by permission of the publishers. Liturgia Copyright 2020

HOMILY - story:

There is a story often repeated about the Christian Community during the height of persecution of all Christians in Russia. A group of Christians were gathered for a secret prayer meeting. Suddenly the door was broken down by the boot of a soldier, who entered the room, and faced the group with a machine gun in his hand. They all feared the worst. He spoke up, "If there is any one of you who does not really believe in Jesus, then, get out now while you have a chance." There was a rush to the door as most of the group left. A small group remained, fearing for their lives, trembling and in trepidation of the expectant doom that awaited them. This was a group that chose to commit themselves to Jesus no matter what lay in store for them. The soldier closed the door after the others, and once again, he stood in front of the small group of people who remained, machine gun poised. Finally, after quite a few tense moments and looking at each one in the eye, a smile appeared on his lips as he turned to leave the room. He whispered to the group. "you can go on praying. Actually, I believe in Jesus too and am a silent follower of Jesus. You are much better off without those others!"

My dear Brothers and Sister, I often reflect on this incident and wonder if that should ever occur and play out again today and I was present in the group would I rush for the exit and save my life or would I stay on in terror but in commitment to Jesus? This is a question that we must ask and face realistically and honestly.

Gospel Reflection

John 6:60-69 (JB)

The disciples could be slow on the uptake; they could be dull and passive, and they often misunderstood and missed the point. Today, however, they are spot on and show that they have indeed understood what Jesus was teaching. In fact, so clear and crisp is their grasp of Jesus' teaching on the Eucharist that many turned back and no longer followed him. In fact, as if in unison they declared in protest, 'This is a hard teaching; who can listen to it?'.

The Catechism of the Catholic Church sheds light on this reaction: 'The first announcement of the Eucharist divided the disciples, just as the announcement of the Passion scandalized them: 'This is a hard saying; who can listen to it?' The Eucharist and the Cross are stumbling blocks. It is the same mystery and it never ceases to be an occasion of division. 'Will you also go away?' The Lord's question echoes through the ages, as a loving invitation to discover that only He has the words of eternal life and that to receive in faith the gift of the Eucharist is to receive the Lord himself' (CCC. 1336).

The Holy Spirit helps us comprehend the miracle of the Eucharist. Perhaps we receive the Eucharist week after week without pondering and reflecting on the awesome privilege it is to receive Christ in this way? What is truly shocking and scandalous about the Eucharist is that the gift held out to us is that of the whole Christ. The body and blood, soul and divinity of our Lord Jesus Christ and therefore, the whole Christ, is truly, really and substantially made present to us. In other words, Jesus is made real and present in the most full and complete sense. Jesus' presence in the Eucharist is substantial in that he himself is wholly and entirely present. What a gift! What a blessing! What a grace!

'In the most holy sacrament of the Eucharist, in this sacrament of love, we have true life, a blessed life, and true happiness. Because in it we receive not only those graces that perfect us but the very author of these graces.'
(St Pio of Pietrelcina).

Source: 'Bible Alive' U.K. Daily Mass Reflections.

LITURGICAL FEASTS AND EVENTS OF THE WEEK

Monday 23 August 2021:	St Rose of Lima, Virgin
Tuesday 24 August 2021:	St Bartholomew, Apostle. Episcopal ordination of Most Rev. Anthony Randazzo, 2016
Wednesday 25 August 2021:	St Louis and St Joseph Calasanz, Priest. Anniversary of dedication of cathedral of Broken Bay Diocese.
Friday 27 August 2021:	St Monica
Saturday 28 August 2021:	St Augustine, Bishop, doctor



SAINT OF THE WEEK

Saint Rose of Lima, Virgin

c. 1586 - 1617

Feast Day: August 23

Patron Saint of Peru, florists, and gardeners

Born at Lima (Peru) in 1586. Died there on 24 August 1617. Chose not to marry, joined the Dominican Third Order and modelled herself on Saint Catherine of Siena (29 April). A recluse and mystic. Remembered for her radiant love of God and for the severe penance and hardships she endured during serious illness.

Rose died in the perfume of holiness at the age of thirty-one. Her funeral was held in Lima's Cathedral with all local dignitaries in attendance. She was beatified in 1667 and canonized in 1671. She is interred in the same church as Saint Martin de Porres in central Lima. Her pre-Vatican II feast day of August 30 is a national holiday in Peru and her image graces that country's highest denomination currency. She is known as a powerful miracle worker credited with numerous physical healings unto today.

Saint Rose of Lima, you were young and holy. You dedicated your body and soul to God while still a child. Through your example and through your heavenly intercession, help all Catholics, especially the young, to dedicate their lives to God from the very start. AMEN.

SOURCE: mycatholic.org

THE RULE OF ST BENEDICT

Chapter 4

Not to render cursing for cursing, but rather blessing.

PARISH FUNDS

THANK YOU to everyone who has supported the parish by helping out in the past few weeks. We really appreciate it.

With the suspension of Liturgies and Masses, our parish income has been severely affected. Planned Giving, Donations and Electronic Transfers can keep us going during this difficult time. If you are in a position to do so, please consider maintaining your Planned Giving donations.

Your support as always is much appreciated. For those wanting to make payments directly to our bank account here are the details:

PLEASE NOTE NEW BANK DETAILS

Bank Details for ONLINE only donations:

BSB: 062 784

Acct: 100002141

**Name: Catholic Parish of Arcadia Bank:
CBA—Catholic Development Fund**

God bless you all!

National Day of Prayer in this Time of Pandemic Sunday 22 August



An ecumenical National Day of Prayer has been organised for Sunday 22 August, calling Australia to come together in prayer in light of the current COVID-19 crisis.

The theme is 'Lord have mercy', as we make this verse from Ps. 123 our own: **"Our eyes look to the Lord our God till He shows us His mercy"** (Ps. 123:2).

A Prayer Call on Zoom, from 9am to 9pm on Sunday 22 August, will feature Church leaders and Indigenous Christian Leaders. Participants can join for as long as they wish.

In addition, daily prayers will be offered in the week prior, from 16 August.

For more information and to register, please visit:
<http://www.nationaldayofprayer.org.au/LordHaveMercy/>

NATURAL FERTILITY AWARENESS WEEK August 23-29

Tracking Fertility: Tracking Health

Would you like to discover a way of tracking your cycles and understand a method of family planning in which both members of the couple share this awesome responsibility?

This knowledge is something every woman should have and every man can learn!

The Billings Ovulation Method® is based on sound science and has been proven an effective Method to achieve or postpone a pregnancy and to monitor reproductive health.

More info can be found on our website:

<https://billings.life/en/>

OR Contact our Billings Area Administrator NSW
Maria 0408 402 059

An information session about the Billings Ovulation Method® will be held on
Monday 23rd August @ 7.30pm - 8.30pm AEST.

To register please go to:

<https://www.eventbrite.com.au/e/free-webinar-tracking-fertility-tracking-health-tickets-163000285241>

Further information about natural fertility awareness can be found at the Billings LIFE website:

<https://billings.life/en/>



Aid to the
Church in Need
ACN AUSTRALIA

A message from *Aid to the Church in Need Australia*:

Emergency Aid for Haiti. *Aid to the Church in Need (ACN International)* has expressed its solidarity in prayer with Haiti and immediately approved an emergency aid package of half a million Euros (\$800,000 AUD) for the Haitian people.

In response to this, ACN Australia has set up an emergency appeal to provide help for our brothers and sisters in Haiti who are going through a very hard time. To donate visit www.aidtochurch.org/haiti

In Our Parish

We remember in our prayers, all our dearly beloved who have died,
especially Moussa Moussa (Nancy Kazzi's dad)...may he rest in Peace.
We pray for the sick of our Parish,
especially Brother Mario, and Theresa Gittany (Lila Bacha's mum).



CATHOLIC CARE BROKEN BAY

Are you struggling to pay the bills? CatholicCare can help with Coles or Woolworths vouchers.

Times are tough. You might have lost work due to the lockdown, or you might be finding it hard to put food on the table. Please call CatholicCare on (02) **9481 2600** or email them at info@catholiccaredbb.org.au. They are here to help our parish families.

Please note this support is able to be offered due to Government funding so they will require ID and some documentation to access assistance but they can walk you through the requirements.

Are you a
Migrant

(TEMPORARY VISA/INT'L STUDENT)

who badly needs
Basic Help
in this **COVID19** Crisis?



to avail grocery voucher, register now:

Scalabrinian.org/helpme



St Vincent de Paul Society
good works

NOBODY SHOULD HAVE TO GO HUNGRY



900 snack packs
250 self-care packs
130 hampers

Distributed to locals in need

While some of our critical outreach services are unable to get out within communities to provide their usual support, we've been finding new ways to ensure help is there for those who need it.

Our staff and volunteers have recently distributed 900 snack packs, 250 self-care packs and 130 hampers through a range of services, including [Redfern Youth Connect](#), [Parramatta Mission Meals Plus](#) and many of our own local support hubs.

Help is here for those who need it right now, to find out more about what support is available head to vinnies.org.au/covidsupportnsw

PRAYERS NEEDED

Let us pray for the **WORLD**:

May this pandemic end and bring peace to all. AMEN.

Let us pray for **AFGHANISTAN**:

So many people who have called this place their home have been displaced because of this event. Remind them, Lord, that their true home is in Heaven with you. Give those who believe in you the courage to stand strong in their faith and be a strong witness for you. Also, be with those who do not believe in you – help them to see the peace in your followers and allow the Holy Spirit to stir in their hearts as they witness this. AMEN.

Let us pray for **HAITI**:

Lord, send forth your Spirit to encourage and strengthen the people of Haiti in these difficult times. We pray especially for those impacted by the recent earthquake. Encourage and strengthen those who help and support others. AMEN.

Let us pray for **LEBANON**:

We pray Lord, please give hope to the hopeless, shelter to those who are homeless, give food and nutrition to those who lack it, give patience to those who have lost everything. AMEN.

If you would like to add prayers here please email:
arcadia.parish@bigpond.com

Jamberoo Abbey Online Retreat a retreat about Hope

Van Gogh - Tower in the fields

Meet me in the Middle

ABOUT

This retreat is based on Charles Peguy's Little Girl Hope from the book: "The Portal of the Mystery of Hope". Hope is both a virtue and a mystery. It is desirable yet elusive. Many dismiss it, misunderstand it, shrug it off and turn their backs on it, extolling faith and charity instead. Whilst faith and charity are absolutely critical in these times of uncertainty and fear in society, there is now a need for hope as never before since World War II.

DATE

Retreat begins Sunday, September 5, 2021.
All videos and texts will be available on our website for as long as you need access.

DETAILS

There are 6 conferences with two being uploaded each week. There are also questions for reflection. Take your time as there is no need to complete the two conferences within the one week.

COST

The cost of the retreat is \$250
Pensioners can apply for a reduced price- see website for details

CONTACT

Register online at:
jamberooabbey.org.au/retreats/online-retreats

PRAYER FOR FRIENDSHIP

"This is my commandment: Love each other in the same way I have loved you. There is no greater love than to lay down one's life for one's friends. You are my friends if you do what I command... Now you are my friends, since I have told you everything the Father told me." - John 15:12-15

Dear Lord,

Teach me to love others the way you first loved me. As I build relationships with others, let them see you in the extent of my generosity, the authenticity of my kindness, and the depths of my love. All of those things are only possible through you, the God who abides with me and calls me friend.

Amen.



POPE FRANCIS' INTENTIONS FOR AUGUST 2021

The Church

Let us pray for the Church,
that she may receive from the Holy Spirit
the grace and strength to reform herself in the light of the Gospel.

AMEN.



COVID 19 RESTRICTIONS—ALL MASSES UNTIL FURTHER NOTICE

PLEASE WEAR MASKS.

Please use QR CODE or write your name and phone number on the sheets provided at both entries.

Please adhere to social distancing guidelines of 2sqms and sanitize your hands at the door.

Also wipe seats down afterwards with wipes provided at both entries.

IF YOU ARE NOT WELL OR EXPERIENCING FLU-LIKE SYMPTOMS,
PLEASE STAY HOME, ISOLATE AND GET TESTED.

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 Hilarion 0478 909 541, Lorraine Dailey 0416 081 882, Office for Safeguarding 83791605.

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.

Office Hours: Mondays & Fridays:
10.30am to 2.30pm (CLOSED)
Parish Office: 9653 2312
Parish Priest: Fr. Hilarion Fernando OSB
After hours: 0478 909 541
Email: arcadia.parish@bigpond.com

Website: www.bbcatholic.org.au/arcadia
Facebook: stbenedictsarcadia
Address: Cnr Fagans & Arcadia Rd,
Arcadia 2159
Monastery: 9653 1159

Postal address: 121 Arcadia Rd, Arcadia NSW 2159

For all parish Occupational Health & Safety and
Safeguarding Children matters
Contact: Lorraine Dailey on 0416 081 882.

Bank Details for ONLINE only donations:
BSB: 062 784
Acct: 100002141 (NEW BANK DETAILS)
Name: Catholic Parish of Arcadia Bank:
CBA—Catholic Development Fund