

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 contact Father Hilarion for the following:

**BAPTISMS
RECONCILIATION
FOR THE SICK
MARRIAGES
FUNERALS**

Fr Hilarion: 0478 909 541

**Twenty-Third Sunday
in Ordinary Time
Year B**

4 & 5 September 2021

PASTOR'S MESSAGE

Dear friends,

Julian of Norwich wrote,
"I look at God; I look at you; I keep looking at God."

I look at God: Begin by fixing your attention on the Lord. You can use your imagination to picture him enthroned in Heaven—glorious, radiant, and filled with love for his people. You may feel praise or gratitude begin to well up in your heart.

I look at you: In this posture of worship, try to visualise the person you want to pray for. Instead of immediately offering a prayer, take a moment to be still. Try to recognise any words or prayers that seem to be "bubbling up" within you. That may be the Spirit giving you a heavenly perspective on the person or situation you are praying for. But don't worry, even if you don't sense anything, you're still interceding. You're still being present to God on their behalf. And you can still pray God's blessing upon them and mention any specific needs.

I keep looking at God: Take a moment to thank the Lord for what he has already done in that person's life—and what he's going to do. Remember that he hears your prayers.

Have a wonderful week with the Lord!

May the good Lord bless you, protect you and guide you!

Yours in Jesus,
Dom Hilarion OSB.

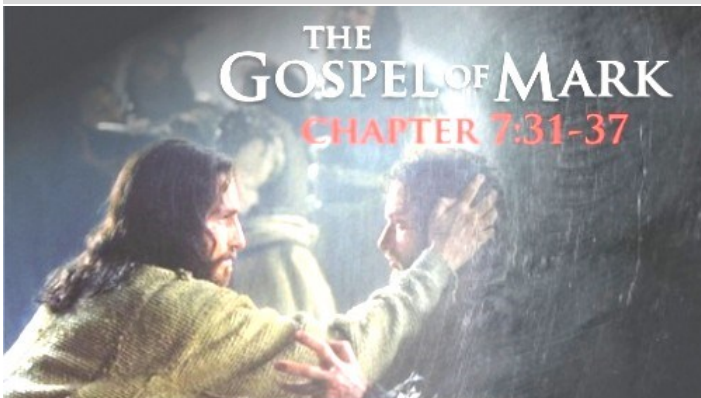
Look at God

SUNDAY HOLY MASS PRAYER

Let us pray.

*O God, by whom we are redeemed and receive adoption,
look graciously upon your beloved sons and daughters,
that those who believe in Christ
may receive true freedom
and an everlasting inheritance.
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.



First Reading**Isaiah 35:4-7 (JB)**

A reading from the prophet Isaiah

Then the ears of the deaf shall be opened and the tongues of the dumb speak.

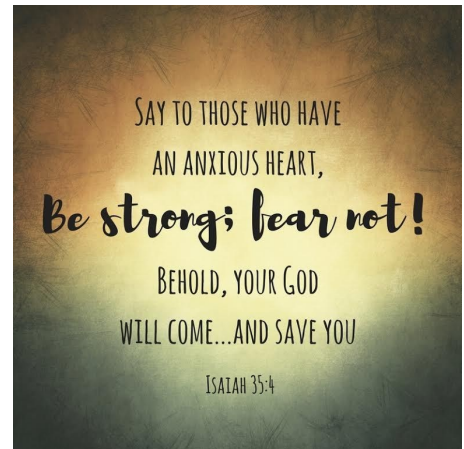
Say to all faint hearts,
'Courage! Do not be afraid.

'Look, your God is coming,
vengeance is coming,
the retribution of God;
he is coming to save you.'

Then the eyes of the blind shall be opened,
the ears of the deaf unsealed,
then the lame shall leap like a deer
and the tongues of the dumb sing for joy;

for water gushes in the desert,
streams in the wasteland,
the scorched earth becomes a lake,

the parched land springs of water.

The word of the Lord.**Thanks be to God.****Second Reading****James 2:1-5 (JB)**

A reading from the letter of St James

Has not God chosen the poor of the world to inherit the kingdom?

My brothers, do not try to combine faith in Jesus Christ, our glorified Lord, with the making of distinctions between classes of people. Now suppose a man comes into your synagogue, beautifully dressed and with a gold ring on, and at the same time a poor man comes in, in shabby clothes, and you take notice of the well-dressed man, and say, 'Come this way to the best seats;' then you tell the poor man, 'Stand over there' or 'You can sit on the floor by my foot-rest.' Can't you see that you have used two different standards in your mind, and turned yourselves into judges, and corrupt judges at that?

Listen, my dear brothers: it was those who are poor according to the world that God chose, to be rich in faith and to be the heirs to the kingdom which he promised to those who love him.

The word of the Lord.**Thanks be to God.****GOSPEL****Mark 7:31-37 (JB)**

A reading from the holy Gospel according to Mark

He makes the deaf hear and the dumb speak.

Returning from the district of Tyre, Jesus went by way of Sidon towards the Sea of Galilee, right through the Decapolis region. And they brought him a deaf man who had an impediment in his speech; and they asked him to lay his hand on him. He took him aside in private, away from the crowd, put his fingers into the man's ears and touched his tongue with spittle. Then looking up to heaven he sighed; and he said to him, 'Ephphatha,' that is, 'Be opened.' And his ears were opened, and the ligament of his tongue was loosened and he spoke clearly. And Jesus ordered them to tell no one about it, but the more he insisted, the more widely they published it. Their admiration was unbounded. 'He has done all things well,' they said 'he makes the deaf hear and the dumb speak.'

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

HOMILY STORY

STARTER: THE WORLD STANDS IN NEED OF LIBERATION

There is an old popular hymn, which begins with the chorus, "The world stands in need of liberation, my Lord, it still has to feel your power. The blind and the deaf, the dumb and the lame, all need to feel your healing touch." The lyrics of this hymn was written to make the people conscious of their Christian and social responsibility. The hymn says, there are those who have eyes but refuse to see the inhumanity to men.

People have ears, but refuse to pay heed to the cries of those in agony. Perhaps, more than ever, these descriptions suit us and our times today. We live in a wounded world, we encounter people with broken hearts, in communities with a graveyard of our hopes. We wonder where is God and what he is doing, or why he is not doing anything to protect at least his innocent devotees.

The Gospel of today speaks about Jesus miraculously healing a deaf and dumb person. This even can help us to reflect about what God is doing, as well as what he is expecting of us to do to heal our wounded world.

GOSPEL REFLECTION

Mark 7:31-37

By Bishop Robert Barron

He has done all things well. He makes the deaf hear and the dumb speak. So said the bystanders after they saw Jesus' healing of the deaf man with a speech impediment. We are meant to share their amazement in the measure that Jesus continues to heal us, deaf to the Word of God and hence unable to speak it clearly.

Sadly, secularism continues to assert itself in our once strongly religious culture. Around twenty-six per cent of our countrymen say that they practice no religion, and among those thirty years of age and younger, that number climbs to forty per cent. The secular person, by definition, is one who hears only the voices that echo around the public square, in social media. These are voices that, almost exclusively, trumpet the importance of wealth, of power, of pleasure, of fame, of worldly success. So powerful and insistent are these voices that they drown out, easily enough, the tiny whispering voice of God.

How crucially relevant for our time that Saint John referred to Jesus as the Incarnation of the Word of God. In his voice, we are able to hear the voice of God; through his ministrations, our deafness to God is overcome. Now those who are deaf indeed find it difficult to speak clearly, and this principle holds in the spiritual order as well. Precisely because the secularized person cannot hear God's word, he or she cannot convey it persuasively and beautifully to the wider culture. Once again, attunement to the voice of Jesus is the key to becoming an articulate evangelizer. Thus, the Lord continues, even now, to do all things well: he cures our deafness to the divine word and causes us to speak it with confidence.

(Source: 'Magnificat, Sept 2021 Vol 11; no.12 pg.65)

LITURGICAL FEASTS AND EVENTS OF THE WEEK

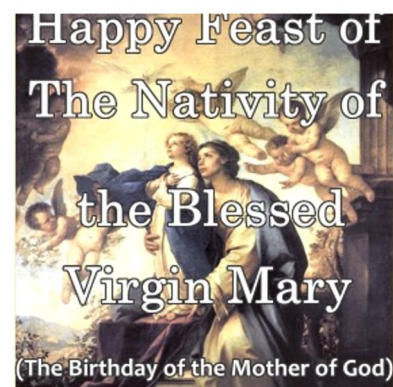
Wednesday 8 September 2021: The Nativity of the Blessed Virgin Mary

Thursday 9 September 2021: St Peter Claver, Priest

NATIVITY OF THE BLESSED VIRGIN MARY - September 8

This feast originated in Jerusalem about the sixth century, a development of the feast of the dedication of the church of Saint Anne, built in Jerusalem "where Mary was born". Observed in Rome in the seventh century, it was later used to determine the date of Mary's Immaculate Conception. Because of her importance in salvation history, Mary's birthday is celebrated as well as those of her son Jesus the Lord, and of Saint John the Baptist (24 June).

Source: Liturgia.com.au



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!

HELP NEEDED PARISH

Our gardener Joe, needs help cutting large branches close to the church building. If anyone who has a **chainsaw** and can **come and help** Joe.

Please contact Joe on: 0421 572 252. Thank you!

HOPE OUT OF HORROR

Webinar on Refugees

Thursday 23 Sep 7.00pm to 8.00pm

In the wake of the tremendous difficulties currently being faced by those in Afghanistan and by Afghans currently in Australia on temporary visas.

SJAB (*Social Justice Around the Bay*),

St. Vincent de Paul,

Northern Sydney / Central Coast Regional Social Justice Committee and

Jesuit Refugee Service Australia (JRS) are holding a Webinar titled:

**Hope Out of Horror – Seeking Refuge in Australia
Thursday, 23 September, 7.00pm – 8.00pm**

This is a chance to hear the stories of those seeking Refuge and Asylum in Australia and to join a cry to Canberra to:

- 1. Offer Permanent Protection to all Refugees**
- 2. Enable access to Family Reunions for Refugees**
- 3. Offer a Safety Net, including Medical and Financial Assistance to those in need of refuge**

REGISTRATION FOR THIS EVENT IS ESSENTIAL

To register click on the link below:

<https://www.eventbrite.com.au/e/stories-of-hope-and-courage-seeking-refugee-in-australia-tickets-166888717647>

FIRST PLENARY COUNCIL ASSEMBLY MOVING FULLY ONLINE

At long last, starting 3 October 2021, the Catholic Church in Australia will gather for the first Assembly of the Plenary Council. Due to the current climate the format of the assembly has evolved from a large gathering, to smaller hubs and now to a fully online gathering with one person per device. While not ideal, and not what we had hoped, the national team will continue to assist and support the members and delegates so that they may participate as effectively as possible.

While many may question why we are proceeding with the Plenary Council at this time; the desire to fulfil Christ's mission, no matter how difficult the circumstances may be, is part of the thinking in moving ahead. It is precisely the challenges that people are now facing, the isolation and disconnect, that we are hoping the Church will be able to address. Please continue to pray for the Plenary Council, the members and delegates as they prepare to fulfill their role in the coming months.

You can keep abreast of all the latest news, access the Instrumentum Laboris and sign up to the Plenary Council Newsletter by heading to the National website: <http://plenarycouncil.catholic.org.au/>

In Our Parish

We remember in our prayers, all our dearly beloved who have died.

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.

HELPING OTHERS

At times like this it is so easy to become fearful and concerned within yourself. Even with everything happening now, it is so important to take a breath and start thinking of others.

It is a known fact that helping others not only makes a difference to your community, it also helps your own mental health and well-being. This pandemic has given us a feeling of being helpless. Although if you start being kind and doing helpful acts for others this can help you recover your sense of happiness, adding meaning and purpose to your life.

There are plenty of ways to help others even while you are self-isolating or keeping social distance.

Reach out to others in need. If you know people in your community, especially the elderly or disabled, you can offer support. Maybe offer to help with groceries or medication. Even just a phone call to say hello and touching base to reassure them that they matter.

Kindness and charity spreads throughout our communities much faster than this virus.

So let's do this together! Let's help others!



Aid to the
Church in Need
ACN AUSTRALIA

A message from *Aid to the Church in Need Australia*:
Education of Catechists – ACN supports the formation and training of catechists so that where there are no priests or sisters, catechists are trained and sent forth to nurture the Christian community. With the help of our benefactors, ACN supported the formation of 18,389 catechists and lay leaders in 2020. Can you help provide support and formation to catechists to help spread the Faith? Visit www.aidtochurch.org/catechists.



This year the Safeguarding Offices of the Diocese of Broken Bay, Archdiocese of Sydney, Diocese of Parramatta and have collaborated on the development of a significant resource for all Catholic communities.

The resource is a publication which addresses Children and Young Peoples Participation in Catholic Communities: A guide to supporting & engaging, listening, and communicating with Children and Young People.

To show our support for National Children Protection Week our resource will be launched online Wednesday 8 September.

To access the guide go to the www.bbcatholic.org.au/safeguarding-month-2021
For more information contact:
safeguarding@bbcatholic.org.au or P 8379 1651



CATHOLIC
ARCHDIOCESE
OF SYDNEY



CATHOLIC
DIOCESE OF
BROKEN BAY



Supporting & Engaging | Listening | Communicating

PRAYERS NEEDED



Our hearts are grieving
and our prayers
go out to the people of
Haiti and Afghanistan.

O merciful Father, who have taught us in your holy word that you do not willingly afflict or grieve the children of men: **Look with pity upon the sorrows of the people of Afghanistan and Haiti**, for whom our prayers are offered.

Remember them, O Lord, in mercy, nourish their souls with patience, comfort them with a sense of your goodness, lift up your countenance upon them, and give them peace; through Jesus Christ our Lord.

Amen.



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

Vision on a Page

The Community of the Church of Broken Bay



The Catholic Diocese of Broken Bay is a portion of the people of God, a community of Christ's faithful in communion of faith and sacraments with its bishop. It exists to **evangelise**, to **proclaim** the Good News of Jesus Christ, **gathered as one body** and **sent out** to be missionary disciples.

Mission

6 Mission Priorities

Bishop Anthony Randazzo articulates six pastoral priorities to be placed at the centre of mission for the Diocese.

1 The person of **Jesus Christ**, and his message of Good News.
(1 John 1:1-4)

2 The **Holy Spirit** leads us in the way of discipleship.
(Matthew 28:18-20)

Commission
Evangelisation & Mission

1

3 Building together a **culture of vocation** for all the baptised.
(Catechism of the Catholic Church, 1877)

4 A **united message** reflecting the voice of the bishop at the service of his people.
(Colossians 2:2-3)

Community
Ecclesial Gathering

2

5 Authentic **Catholic education** for the flourishing of human and faith development.
(Evangelii nuntiandi, n. 22)

6 **Justice and mercy** place the poor at the heart of the Church.
(Matthew 25:40)

Common Good
Justice & Peace

3

3 Foundational Pillars

Three pillars form a foundation for mission for the Diocese. **We stand on these pillars as we go about our work to achieve the six mission priorities.**

Support

Council of Priests, College of Consultors, Deans, Chancery & Services



Supporting the Fields of Mission in the areas of Evangelisation, Stewardship, Safeguarding & Communications.

Application

3 Fields of Mission

The community of the Church of Broken Bay is made up of 215,000 Catholics that live within the geographic territory. It is called to be Christ-centred and people oriented, emphasising unity and collaboration between parishes, communities of faith, schools and social services.

Parishes & Communities of Faith

The community of communities that comprises the Church in Broken Bay proclaims the Good News of Jesus Christ with a focus on parish renewal and discipleship.

Catholic Schools Broken Bay

Authentic, professional Catholic education, delivered with care and compassion.

CatholicCare Broken Bay

Social care services and works of mercy offered to all, in the spirit of our gospel values, serving in justice and love.

Values



Faith



Joy



Witness



Compassion



Courage

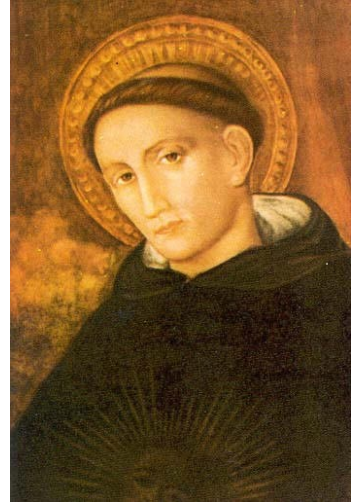
SAINT OF THE WEEK

Saint Nicholas of Tolentino

c. 1245—1305

Feast Day: September 10

Patron Saint of Holy Souls



Nicholas of Tolentine was a simple priest and Augustinian friar who touched the lives of many.

His spirit of prayer, penance, austerity of life and devotion to the Holy Souls were notable. His preaching brought many to Christ.

Nicholas Gurutti was born in 1245 in Sant'Angelo, Pontano, Macerata, Italy. His family was rather poor.

He joined the Augustinian Order while a young man, after hearing the inspired preaching of Reginaldo da Monterubbiano, Prior (local superior) of the Augustinian monastery in Sant'Angelo.

As a priest and religious, he was full of charity towards his brother Augustinians as well as towards the people to whom he ministered. He visited the sick and cared for the needy. He was a noted preacher of the Gospel. He gave special attention to those who had fallen away from the Church. People considered him a miracle worker.

He often fasted and performed other works of penance. He spent long hours in prayer.

The story is told that, one day, having fasted for a long time, Nicholas was physically weak. While at prayer, Jesus told him to eat some bread marked with a cross and soaked in water in order to regain his strength. Thus arose the Augustinian custom of blessing and distributing Saint Nicholas Bread in his memory.

Another story relates that Nicholas, while asleep in bed, heard the voice of a deceased friar he had known. This friar told Nicholas that he was in Purgatory, and urged him to celebrate the Eucharist for him and other souls there, so that they would be set free by the power of Christ. Nicholas did so for seven days. The friar again spoke to Nicholas, thanking him and assuring him that a large number of souls were now with God. Because of this Nicholas was proclaimed patron of the souls in Purgatory.

He is also considered the patron saint against epidemic disease and against fires.

During most of his adult life, Nicholas lived in Tolentine, Italy. There he died September 10, 1305. Canonized in 1446 by Pope Eugene IV, Nicholas is the first Augustinian friar to be canonized after the Grand Union of the Order of St. Augustine in 1256.

The remains of St. Nicholas are preserved at the Shrine of Saint Nicholas in the city of Tolentine.

Lord, you worked miracles of healing and comfort at the hands of St Nicholas: hear all who cry to you in distress, in sickness and in every danger of soul and body, and save them in your mercy. Amen.

PRAYER FOR OVERCOMING LONELINESS

Sometimes Lord, I feel like there is no-one I can turn to.
Everyone is busy and involved in their own lives.

Sometimes Lord, I feel guilty for these crippling feelings of loneliness,
I can be surrounded by people but be so alone.

Sometimes Lord, I feel nothing, like I'm switched off,
as though the world is grey and blank, even when I should be engaged in living.

Sometimes Lord, I forget that you love me.
I reject myself and retreat, instead of being open.

Lord, thank you that you walked on earth, experienced these feelings and took each one to the cross.
Thank you that I can always be real with you and trust in you to hear my prayers.

Amen.



POPE FRANCIS' INTENTIONS FOR SEPTEMBER 2021

An Environmentally Sustainable Lifestyle

We pray that we all will make courageous choices for a simple and environmentally sustainable lifestyle, rejoicing in our young people who are resolutely committed to this.

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