

St Benedict's Parish Arcadia



**FIRST SUNDAY OF LENT
YEAR C
8 & 9 MARCH 2025**



PARISH MASS TIMES

Weekends:

Saturday 7:00pm Vigil
Sunday 9:00am
Sunday 10:30am



Weekdays:

Mondays to Thursdays 9:30am

Fridays 6:30pm Stations of the Cross
7:00pm Mass & Confession
(Reconciliation)

Saturdays 9:00am to 10:00am
Adoration & Confession (Reconciliation)

MONASTERY CHAPEL Masses

Sundays 7:00am
Daily 7:00am

Please contact Father Shansana for the following:

**BAPTISMS
RECONCILIATION
FOR THE SICK
MARRIAGES
FUNERALS**

Parish Priest:
Fr Shansana 0437 884 233



ENTRANCE PROCESSION

When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.

SUNDAY HOLY MASS PRAYER

Grant, almighty God,
through the yearly observances of holy Lent,
that we may grow in understanding
of the riches hidden in Christ
and by worthy conduct pursue their effects.
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: TEMPTATION

In reflecting on Luke 4:1-13, we see that Jesus, despite being the Son of God, faced real temptations just as we do. His example shows us that with God's help, we too can overcome the temptations we face, trusting in His Word, strength, and grace.

- When I face temptation, do I rely on God's strength or my own willpower?
- How often do I turn to Scripture or prayer when I'm struggling with temptation?
- Do I sometimes try to control situations or outcomes, instead of trusting God's plan?
- Am I allowing the Holy Spirit to guide me during moments of trial and challenge?
- How can I better prepare spiritually to face temptations in my everyday life?

Lord,

As I face the challenges and temptations in my life, help me to trust in Your strength and not my own. Guide me with Your Word and the Holy Spirit, that I may resist the lies of the enemy and stay faithful to Your will. May I grow closer to You through every trial, and may my heart remain fixed on Your truth. Amen.

First Reading: Deuteronomy 26:4-10 (JB)

A reading from the book of Deuteronomy

The confession of faith of the elect.

Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

"My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me." You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

The word of the Lord.

Thanks be to God.

Responsorial Psalm:

R. Be with me, Lord, when I am in trouble.

Second Reading: Romans 10:8-13 (JB)

A reading from the letter of St Paul to the Romans

The confession of faith of the believers in Christ.



Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

**Praise to you, Lord Jesus Christ, king of endless glory!
No one lives on bread alone,
but on every word that comes from the mouth of God.
Praise to you, Lord Jesus Christ, king of endless glory!**

**GOSPEL: Luke 4:1-13 (JB)**

A reading from the holy Gospel according to Luke

Filled with the Holy Spirit, Jesus was led by the Spirit through the wilderness where he was tempted.

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.'

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him, 'Scripture says: You must worship the Lord your God, and serve him alone.'

Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said to him, 'throw yourself down from here, for Scripture says:

He will put his angels in charge of you to guard you, and again:

They will hold you up on their hands in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said: You must not put the Lord your God to the test.'

Having exhausted all these ways of tempting him, the devil left him to return at the appointed time.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

GOSPEL REFLECTION

Sunday March 9, 2025

Luke 4:1-13

Catechism Theme: The Proliferation of Sin (CCC 1865-1869)

What would have happened if Jesus gave into the temptation in the desert? Sin would have grown. And salvation would have been denied.

We face the type of choice Jesus faced. Do we choose for God and others? Or, do we choose for the self? Both choices have effects. The choice for self, sin, fuels the growth of vices (also called the "deadly sins"): pride, avarice, envy, wrath, sloth, lust, and gluttony. These attitudes fan the flames of sin and help to destroy a sense of morality on an individual and communal level. Through our acts, our omissions, or our approval, sin weaves its way into the structure of society. Evil can grow beyond the power of the individual to control it. At that point, we can speak of social sin.

However, one choice for others can help tear down social sin. One choice for good can help change the world. The desert choice of Jesus made that hope a reality. When he denied the devil's sense of Messiah, he took one more step to reveal himself as God's Messiah. And our Savior.

Have you ever seen personal sin grow, like a disease? Have you ever seen sin stopped by the choice of one person? What happened?

The choice lies before us. Do we choose the self? Or others? Do we choose self pride? Or, pride in others? Choosing the self points toward a downfall. Choosing others eventually chooses toward God.

Jesus had the same choice. Self or the Other? Ultimately, he chose between what he could have vs. what he could give. He chose to give. He gave of himself so all could live. That is the reason he is Lord. Not the mob, not military power, not the following of the faithful. He is Messiah because of his gift, his grace.

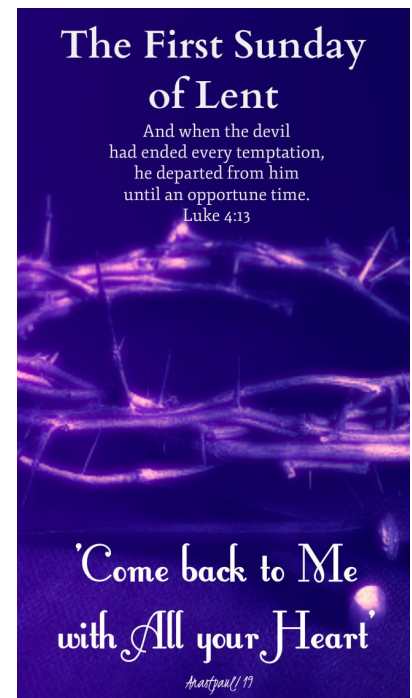
What can you give to others this week? How can you set aside your pride for the good of others? Choose one way and act on it.

Source: www.word-sunday.com

LITURGICAL FEASTS AND EVENTS OF THE WEEK

MARCH

- Monday 10 Readings: Lev 19:1-2, 11-18. Mt 25:31-46.
R: Your words, Lord, are spirit and life.
- Tuesday 11 Readings: Is 55:10-11. Mt 6:7-15.
R: From all their afflictions God will deliver the just.
- Wednesday 12 Readings: Jonah 3:1-10. Lk 11:29-32.
R: A broken, humbled heart, O God, you will not scorn.
- Thursday 13 Readings: Esther 4:17. Mt 7:7-12.
R: Lord, on the day I called for help, you answered me.
- Friday 14 Readings: Ezek 18:21-28. Mt 5:20-26.
R: If you, O Lord, laid bare our guilt, who would endure it?
- Saturday 15 Readings: Deut 26:16-19. Mt 5:43-48.
R: Happy are they who follow the law of the Lord!



Source: Ordo 2025



POPE FRANCIS' PRAYER INTENTION FOR MARCH 2025

For families in crisis

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

**DIAMOND JUBILEE
60TH ANNIVERSARY OF RELIGIOUS
PROFESSION
FATHER MICHAEL KELLY**

**Congratulations, Fr. Michael Kelly,
on Your Diamond Jubilee!**

Please join us for a special Mass in honour of Fr. Michael on Sunday, 9th of March at 9:00 AM.

Following the Mass, we will celebrate with cake and morning tea. We look forward to sharing this joyful occasion with you!

**CONGRATULATIONS
TO THE COLES FAMILY
ON THEIR RECEPTION INTO THE CHURCH**

Congratulations to the Coles Family on being received into the Church! We are delighted to welcome you into the Catholic family. A heartfelt thank you to **Gebran Azzi** for his dedication in teaching the RCIA program and preparing them for this important step in their faith journey.



LENLEN PROGRAM

Benigna Cascun will be hosting a Lenten Program in her home:

726a Old Northern Road, Dural.
Every Wednesday night commencing
12th March 2025
Time 7.00pm
Led by Gebran Azzi.
All are welcome.

Miriam Brown will be hosting a Lenten Program at the Parish meeting room:

2 Fagans Road, Arcadia.
Every Wednesday afternoon commencing
12th March 2025
Time: 1.00pm
Led by Miriam Brown

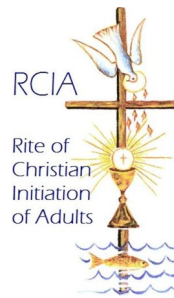
Everyone is invited to attend and deepen their faith during this season of Lent.

**GALSTON CHRISTIAN EDUCATION
ASSOCIATION (GCEA) COMMITTEE MEETING**

This is a friendly reminder of the upcoming **GCEA Committee Meeting** on **Monday, 10th March** at **7:30 PM** at **St. Jude's**.

All are welcome to attend. We look forward to seeing you there!

**RCIA - RITE OF CHRISTIAN INITIATION
RITE OF ELECTION AND FIRST SCRUTINY**



This Sunday, the **Rite of Election**, a pivotal moment in the **RCIA** (Rite of Christian Initiation of Adults) process, will be held at the Waitara cathedral. During this ceremony, the catechumens—those preparing for baptism—will be formally presented to the Church as candidates for initiation. It marks the beginning of their final journey toward becoming fully initiated members of the Church at the Easter Vigil.

Following the Rite of Election, the Creed and the Lord's Prayer will be presented, followed by the three scrutinies. This is one of the traditional rites that help prepare our catechumens and candidates spiritually for the Sacraments of Initiation. The Scrutinies are prayers of healing and strengthening, as they continue to grow in their faith and deepen their relationship with God. These rites focus on the call to conversion, self-examination, and preparation for the mysteries of the faith.

During this holy season of Lent, let us remember those who are preparing for full initiation into the Church, and offer our prayers for them as they grow in faith, hope, and love, ready to receive the sacraments of Baptism, Confirmation, and Eucharist at the Easter Vigil.

STATIONS OF THE CROSS



Join us for the Stations of the Cross on:

Wednesdays: 9:00 AM, followed by Mass at 9:30 AM

Fridays: 6:30 PM, followed by Mass at 7:00 PM

We look forward to journeying through this sacred season together in prayer and reflection at the Parish Church.

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 Pellegrino Vacarella, Charlie Micallef, Brother Mario, Father Alberic.

**We remember in our prayers all our dearly beloved who have died,
Especially Carmel Russo, Margaret McKinley, Joe Guiana, Brian Bugden,
Michael Swan (Therese Murphy's brother), Vanessa Papandrea,
Biagio Abignano, Phil Dailey, Brother Peter Hancock, Brother Terry & Colleen Bennett
~ May they rest in Peace.**



VOLUNTEER OF THE WEEK!

This week volunteer of the week nomination goes to:

JOE GATT & PAUL EL-CHAAR



A big thank you to Joe and Paul for going above and beyond to take the books from downstairs to Lifeline. Your help is greatly appreciated, and we're grateful for your kindness and effort. You are both always there when we need help. Thank you again!

If you know someone who deserves to be recognised as next week's volunteer, please send an email to the parish.

ST BENEDICT'S YOUTH GROUP



- **Fridays SCHOOL TERM**
- Time: 4:00 PM - 5:30 PM
- Ages: 8-12 years old

If you are aged 14-16 and would like to help out, please email the parish office.

All our youth leaders have Working With Children Checks.

Thank you,
Gabe & Jules!

ST BENEDICT'S MAKER'S TABLE

For our Lenten themed Maker's Table workshop in March we will be creating string art crosses.



Wednesday, March 12th

(pushed back a week due to Ash Wednesday)

7.30-9.30pm in the parish meeting room

Cost: \$10 per participant. Please bring a small hammer with you if possible please.

RSVP by 9th March to
themakerstablesydney@gmail.com
Martine 0458 533 250 / Nerida 0425-834-017

CATECHISTS' NEWS

As we now move into the season of Lent, many of our lessons this week provided Ash Wednesday liturgies or lessons on what is Lent and what ways are we called to reflect and act?

Free Ministry Induction training continues for all new Catechists. This week's topic is 'Lesson Planning: Teaching the Authorised Curriculum' via Zoom.

Please continue to keep our Catechists and the students they teach, in your prayers. There are prayer cards at the church entrances you may wish to take home.

If you are interested in knowing more about becoming a Catechist or helper, please contact me or the parish office or one of our priests.

God bless,

Miriam Brown srearcadia@gmail.com

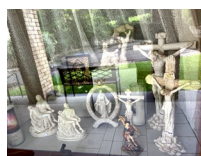
Parish Catechist Co-ordinator

Here is a photo of some of the catechists at the commissioning of catechists last week:



PIETY SHOP NEWS

Parish Piety Shop Hours



The Parish Piety Shop is open every Sunday. Additionally, it opens on the first Saturday night of every month and the first Sunday of each month, after the 7:00 AM Monastery Mass.

Be sure to stop by and browse our offerings!

Easter cards are now available!

Exciting Easter stock are slowly coming in. Please come have a look!

ITALIAN ROSARY GROUP



Every **Monday 2.00pm.**
Everyone welcome.

For more details call

Angela Egiziano on 9652 1358.

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!

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.

PROJECT COMPASSION SUNDAY 8th & 9th of March 2025



This Lent, we're invited to Unite Against Poverty with Caritas Australia's Project Compassion. This year is especially significant as we celebrate the Jubilee Year - a time of renewal and solidarity.

Project Compassion 2025 shares three stories from around the world. We'll meet Toefuata'iga - (Toy-foo-ah-tah-ing-ah) a young student from Samoa who faced severe water shortages at her school. Thanks to Caritas Australia and the generosity of supporters like you, her school now has a 10,000 L water tank, improving access to clean water and allowing teachers to prioritise education

We'll get to know Lam from Vietnam. Born with short stature, Lam faced social exclusion and limited employment opportunities. Through the I-SHINE program, Lam completed a course and is now a freelance graphic designer.

And we'll meet Irene from the Democratic Republic of the Congo (DRC) who faced immense challenges after losing her father to war and raising her children in poverty. With support from Caritas Australia, Irene received vocational training in sewing and farming and can now support her whole family.

Please donate today.

You can support Project Compassion 2025 through the donation boxes, envelopes or by scanning the QR code above.

Or online at: caritas.org.au/project-compassion

Or by calling: 1800 024 413

Thank you for standing with us, as we *Unite Against Poverty this Lent.*



SAINT OF THE WEEK

Saint Frances of Rome C.1384–1440 **Patron Saint of motorists and widows**

Born into an aristocratic family in Rome, Frances was drawn to God's service from an early age. At age eleven, Frances told her father that she wanted to become a nun, but her father replied that he was giving her hand in marriage to Lorenzo Ponziani, an aristocrat and commander in the papal army. Bowing to God's will, Frances was married at the age of twelve.

For the next forty years, Frances wholeheartedly embraced her marriage. The couple loved one another with humble affection and devotion. Though drawn to a life of prayer, Frances often said, "A married woman must, when called upon, leave her devotions to God at the altar to find Him in her household affairs." One day, called away to tend to family affairs four times while praying the psalms, Frances returned to find the psalm's words written in gold as a sign that God was pleased with her fidelity to the duties of her vocation.

Though Frances was of the noble class, she embraced a life of simplicity, including bodily penance, fasting, and prayer. She abstained from meat, exchanged her delectable food for the dry and mouldy bread of poor beggars, and dressed in coarse garments.

When plague took two of her children at a young age, Frances joined her sister-in-law to begin an outreach to the sick and poor. The women visited hospitals, nursed the sick, and distributed food to the hungry. After exhausting her own money and possessions, Frances begged other wealthy families for more resources. Soon, more noblewomen joined Frances and her sister-in-law in their work.

In 1413, invaders exiled Lorenzo from Rome, seized his property, destroyed the couple's home, and detained their only living son as a hostage. Through it all, Frances prayed with the suffering Job, "The LORD gave and the LORD has taken away; blessed be the name of the LORD!" ([Job 1:21](#)). Within a few years, Lorenzo was able to move back to Rome and regain his possessions. Frances turned the ruined family home into a hospital to care for the sick, devotedly helping Lorenzo recover in mind and body. During this time, Frances began having visions of her guardian angel, who gave her advice. These visions continued until Frances' death.

In 1425, Frances organized a lay association of Benedictine Oblates for single and widowed women to expand their work for the poor and infirm. The women lived together, embraced Benedictine spirituality, and served the poor and ill. From this time, Lorenzo and Frances abstained from intimacy until Lorenzo's death in 1436.

Widowed at the age of fifty-two, Francis walked barefoot through the city to the monastery of oblates, prostrated herself, and successfully begged for admission. Soon after, she was named superior, finally realizing her childhood desire for religious life. For the next three years, she devoted herself to her community's work until joyfully surrendering to death. In 1925, Pope Pius XI declared Frances the patron saint of automobile drivers because her angel always went before her, lighting the way, as headlights illuminate the way for a car.

Saint Frances of Rome, you loved and served God at every stage of your life. Please pray that I may serve God within my vocation, seeking only His holy and perfect will. Saint Frances, pray for me. Jesus, I trust in You.



Incredible SRI LANKA

13 NIGHTS/14 DAYS
DEPARTING AUSTRALIA
22 SEPTEMBER 2025

*With your host
Fr. Michael Kelly OSB
Abbot General Emeritus*

*Colombo, Kandy, Haputale, Yala,
Galle, Key ancient sites &
Benedictine Communities*

A\$5,945

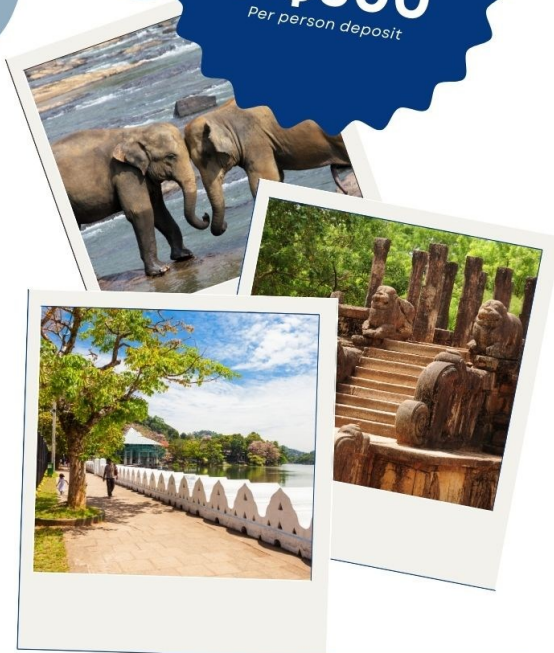
Per person twin share

A\$500

Per person deposit

INCLUSIONS

- Economy class flights on Singapore Airlines
- 5 star accommodation for 13 nights
- Daily Breakfast & Dinner
- Dinner from day 2 to Day 14
- Our own Airconditioned 24- seater coach
- First Class train tickets from Kandy to Ella including box lunch
- English speaking guide / Driver throughout the tour
- Entrance tickets to places we visit as in the itinerary.
- A visit to St. Anthony's Shrine
- Visit Benedictine Communities and Anglican sites



Book Now

Terms & Conditions apply - contact johanne@etravel.com.au for more details

Single supplement available upon request.

Land only price available.

Price subject to availability and currency fluctuations.



JUBILEE YEAR 2025

WEEK 3-9 MARCH 2025

JUBILEE OF THE WORLD OF VOLUNTEERING

The Jubilee of the World of Volunteering is an opportunity to thank, affirm and encourage the many lay people who contribute to the world through volunteering.

**Broken Bay Pilgrimage
Assisi | Rome | October 2025**

Broken Bay pilgrimage to Assisi and Rome with Chaplain, Fr Hien Vu on 1-10 October 2025 please email mission@bbcatholic.org.au

Parish Roster

**PLEASE JOIN US FOR MORNING TEA
AFTER THE 9AM MASS**

NEXT WEEKEND'S ROSTER

**15/3/2025 to 16/3/2025
FIRST SUNDAY OF LENT - YEAR C**

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Paul C	
Reader1	Miriam B	Mary C	Volunteer
Reader2	Margaret B	Lorraine D	Volunteer
Prayers	Sr Carol T	Kath M	Jutrisa family
TV		Jules O	Jutrisa family
Music		Melanie H	Melanie H
Music		Marisa Q	Theresa N
Music		Pauline H	Martina J
Music		Keith W	Sandra M
Morning Tea		Teresa G	
FLOWERS	No flowers	during lent	



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

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.

**For all parish OH&S and Safeguarding Children matters Contact:
Lorraine Dailey on 0416 081 882.**

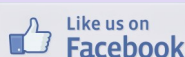
PARISH OFFICE HOURS:

Mondays & Fridays: 9.30am to 2.30pm
(School holidays only open Fridays)

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: stbenedictsarcadia



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

ALL are welcome to attend any time.

EASTER 2025

Ash Wednesday – 5th March

Monastery – 7.00am
Parish Church – 9.30am & 7.00pm

Palm Sunday – 13th April

Monastery - 7.00am
Parish Church - 9.00am and 10.30am
Latin 4.30pm

Holy Thursday 17th April

Parish Church only - 7.30pm

Stations of the Cross - Good Friday 18th April

Parish Church - 10.30am

Passion of the Lord - Good Friday 18th April

Parish Church - 3.00pm

Easter Vigil - Holy Saturday 19th April

Parish Church - 7.30pm

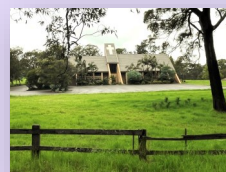


Easter Sunday - 20th April

Monastery - 7.00am
Parish Church - 9.00am
Latin 10.30am

DID YOU KNOW...

When we sing 'Holy, Holy, Holy' at mass we are uniting our voices with those in heaven in their unending hymn of praise (Rev 4:8).



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