

St Benedict's Parish Arcadia

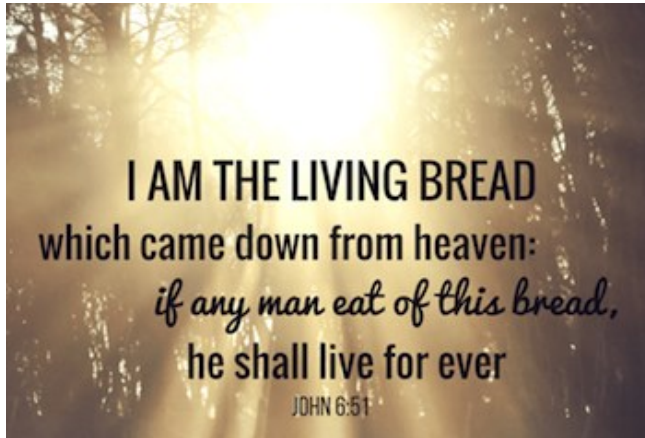


NINETEENTH SUNDAY

IN ORDINARY TIME

YEAR B

10 & 11 AUGUST 2024



I AM THE LIVING BREAD
which came down from heaven:
if any man eat of this bread,
he shall live for ever
JOHN 6:51

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
(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



INTRODUCTORY RITES

Look to your covenant, O Lord,
and forget not the life of your poor ones for ever.
Arise, O God, and defend your cause,
and forget not the cries of those who seek you.

SUNDAY HOLY MASS PRAYER

Almighty ever-living God,
whom, taught by the Holy Spirit,
we dare to call our Father,
bring, we pray, to perfection in our hearts
the spirit of adoption as your sons and daughters,
that we may merit to enter into the inheritance
which you have promised.
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: OPEN-MINDED

This Sunday's Gospel, John 6:24-35, Jesus said
"Whoever eats of this bread will live for ever; and the
bread that I will give for the life of the world is my flesh."

Many people are limited by their human thinking. Jesus
revealed another reality, one that is divine, transcendent
and which requires faith.

- *Is my sense of awe and wonder, blunted by familiarity?*
- *Do I approach the Eucharistic table with lack of interest or with a quickening heart?*
- *When were my eyes last opened and when did I last recognise Christ in the breaking of the bread?*

Lord, may we not be defined by the dictates of this world but have the courage to live our lives as followers of Jesus. We pray for openness to the deeper mysteries and the surprising ways You work in our lives. I pray for the ability to realise where my prejudices lie. I ask for an open heart and mind. I ask for understanding, for faith in the great gift we are being offered in the Eucharist. Amen.

First Reading:

1 Kings 19:4-8 (JB)

A reading from the first book of the Kings

Strengthened by the food, he walked to the mountain of the Lord.

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord,' he said 'I have had enough. Take my life; I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

**The word of the Lord.
Thanks be to God.**



Responsorial Psalm:

R. Taste and see the goodness of the Lord.

Second Reading: Ephesians 4:30 - 5:2 (JB)

A reading from the letter of St Paul to the Ephesians

Walk in love, just as Christ.

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

**The word of the Lord.
Thanks be to God.**

*Therefore be imitators of
God, as beloved children,
and live in love,
as Christ loved us.*

Ephesians 5:1 - 2

Gospel Acclamation

Alleluia, alleluia!

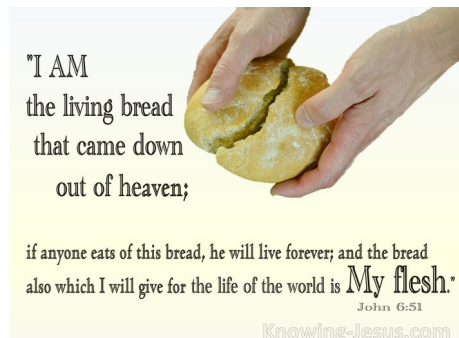
I am the living bread from heaven, says the Lord;
whoever eats this bread will live for ever.

Alleluia!

GOSPEL: John 6:41-51 (JB)

A reading from the holy Gospel according to John

I am the living bread come down from heaven.



I AM
the living bread
that came down
out of heaven;

if anyone eats of this bread, he will live forever; and the bread
also which I will give for the life of the world is **My flesh.**
John 6:51

Knowing-Jesus.com

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day.

It is written in the prophets:

They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me.

Not that anybody has seen the Father, except the one who comes from God:

he has seen the Father.

I tell you most solemnly, everybody who believes has eternal life.

I am the bread of life.

Your fathers ate the manna in the desert and they are dead;

but this is the bread that comes down from heaven, so that a man may eat it and not die.

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

Anyone who eats this bread will live for ever;

and the bread that I shall give

is my flesh, for the life of the world.'

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

GOSPEL REFLECTION

Sunday, August 11
1 Kings 19:4-8
Psalm 34:2-9
Ephesians 4:30-5:2
John 6:41-51

This is enough, O Lord! Take my life. (1 Kings 19:4)

Elijah is fed up. Fleeing for his life into the desert, he finds his way to a broom tree, where he collapses in despair. Alone and exhausted, he prays for death: "This is enough, O Lord! Take my life" (1 Kings 19:4).

But God doesn't answer his prayer. Instead, he sends an angel to care for Elijah's needs. "Get up and eat," the angel commands the disillusioned prophet, lest "the journey will be too much for you" (1 Kings 19:7). Elijah awakes and discovers that God has miraculously provided him with bread and water to strengthen him. Elijah had given up hope in the Lord, but the Lord had not given up on Elijah.

At some point, we may feel we have come to the end of our rope. Trials or grief, sickness or disappointment can rob us of our hope. Like Elijah, we might tell the Lord, "Enough!"

In those moments, our God is close to us, even if we can't feel it. Just as the Lord saw Elijah under that solitary broom tree, he sees us. He sees *you*. And just as he provided for Elijah, he will provide you with bread as well so that your journey won't be too much. But it won't be ordinary bread, it will be the "living bread that comes down from heaven" (John 6:51). It will be nothing less than Jesus' own flesh and blood, the Eucharistic bread that gives us eternal life.

Today as you go to Mass, come to Jesus with an open, sincere heart. Don't be afraid to be honest with him; tell him about your needs and your burdens. Then, as you receive his Body and Blood, receive his strength and hope. Even if you can't receive Jesus sacramentally today, he is still with you. He is filling you with the grace you need to continue on. He will answer your cry for help. He will *never* give up on you!

"Thank you, Lord, for sustaining me. Jesus, I trust in you!"

Source: Word - Sunday.com

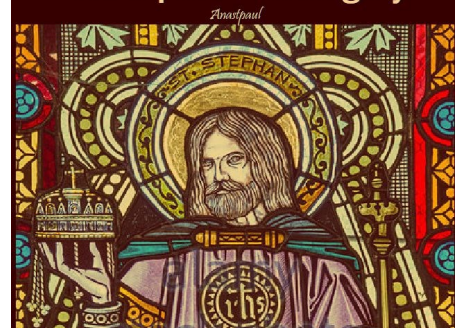
LITURGICAL FEASTS AND EVENTS OF THE WEEK

AUGUST

- Monday 12 Readings: Ezek 1:2-5, 24-28. Mt 17:22-27.
R: Heaven and earth are filled with your glory.
St Jane Frances de Chantal, religious
- Tuesday 13 Readings: Ezek 2:8-3:4. Mt 18:1-5, 10, 12-14.
R: How sweet to my taste is your promise!
Sts Pontian, pope, martyr and Hippolytus, priest, martyr
- Wednesday 14 Readings: Jer 31:1-7. Mt 15:21-28.
R: The Lord will guard us, like a shepherd guarding his flock.
St Maximilian Mary Kolbe, priest, martyr
- Thursday 15 Readings: 1 Chr 15:3-4, 15-16, 16:1-2. 1 Cor 15:54-57. Lk 11:27-28.
R: Lord, go up to the place of your rest, you and the ark of your holiness.
The ASSUMPTION of the BLESSED VIRGIN MARY
- Friday 16 Readings: Ezek 16:1-15, 60, 63. Mt 19:3-12.
R: You have turned from your anger to comfort me.
St Stephen of Hungary
- Saturday 17 Readings: Ezek 18:1-10, 13, 30-32. Mt 19:13-15.
R: Create a clean heart in me or God.

"Be HUMBLE in this life, that God may raise you up in the next. Be truly MODERATE and do not punish or condemn anyone immoderately. Be GENTLE, so that you may never oppose justice. Be HONOURABLE, so that you may never voluntarily bring disgrace upon anyone. Be CHASTE, so that you may avoid all the foulness of lust like the pangs of death."

St Stephen of Hungary



Source: Ordo 2024



POPE FRANCIS' PRAYER INTENTION FOR AUGUST 2024

For Political Leaders

Let us pray that political leaders be at the service of their own people, working for integral human development and the common good, taking care of those who have lost their jobs and giving priority to the poor.



OUR LADY OF THE ASSUMPTION FEAST DAY

THURSDAY AUGUST 15, 2024

Mass Times:

Monastery 7:00am

Parish 9:30am & 7:00pm

THE ASSUMPTION IS A HOLY DAY OF OBLIGATION.

DRAFT ROSTER

NOW ON SACRISTY WINDOW

PLEASE CHECK THE DATES

ST VINCENT DE PAUL WINTER APPEAL

Arcadia Conference thanks you all for your generous response to our Winter Appeal. We received donations totalling \$2270.20 as well as many bags of groceries and sleeping bags, clothing and bedding.

You are a wonderful community and we really appreciate your willingness to help.

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

GOT YOUR WEDDING PLANS UNDER CONTROL?

How prepared are you for marriage? Engaged Encounter provides you with deeper insights into each other and into married life. We give you a chance to spend time together to strengthen and enrich your relationship. For further information visit our web site:

www.engagedencounter.org.au

Choose any of the coming Weekends:

Aug 17-18, Nov 09-10, Feb 22-23



PIETY STORE GRAND OPENING

**BLESSING AND OPENING AFTER
THE 9AM MASS
SUNDAY AUGUST 25, 2024**

Popcorn and slushy machines for the children!
Everyone welcome! Please join us for this wonderful moment we've all been waiting for!

A big thank you to
Lila Basha and her amazing family
setting it all up. We really appreciate it!

DONATING MEN'S CLOTHING FOR SEAFARERS

Stella Maris Seafarers, a Catholic organisation helping seafarers, would appreciate any donations of second hand men's clothing, as well as any personal hygiene items such as soap, shampoo, deodorant, toothbrush, toothpaste etc.

Please leave the items in the meeting room near the kitchen and they will be picked up weekly and taken to Sr Mary Leahy and I can tell you she will be most excited. She boards every ship that pulls into Botany Bay and checks on the welfare of the sailors, she is also a trained nurse and if she sees sick, injured or suspects abuse she reports it.

Many thanks,
Cathy Holling
0403062255

WILLS, ENDURING PARTNERSHIP & POWER OF ATTORNEY

**Free Seminar and Morning Tea
(Tuesday, 20 August 2024)
Last week before registration closes.**

Do you have a Will or need it updated? Do you know what Enduring Guardianship is, or want to know more about Bequests? If not, put this date in your diary and make sure you book your free seat. **Last 10 tickets available!**

For the past few weeks, the Diocese has been promoting a Free Seminar and Morning Tea for parishioners to have all their questions answered by lawyer and parishioner Cecilia Castle on Tuesday, 20 August 2024 (10.30 am to 12.30 pm) at The Epping Club, Epping.

If you would like to know more, please email events@bbcatholic.org.au or call Nicolas Duran, Fundraising Lead, on 0410 855 152.

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 Charlie Micallef, Sam Musumeci, Brother Mario, Father Alberic & Brother Terry.

We remember in our prayers all our dearly beloved who have died, especially Maurine Tiutiunnik. May they rest in Peace.



VOLUNTEER OF THE WEEK!

This week volunteer of the week nomination goes to:



DON RUKANTHA

Thank you Don, for your wonderful contributions to our parish with your exceptional singing and beautiful harmonica playing. We truly appreciate your dedication and talent. May God bless you in all that you do for our parish!

*Who would you like to nominate for next week's volunteer?
Email the parish if you know someone who deserves to be mentioned.*

ST BENEDICT'S YOUTH GROUP

St. Benedict's Youth Group for 8-12 year olds meets **every Friday during the school term from 4:00 PM to 5:30 PM.**

To register your child, you can either attend the session or email the parish at:
arcadia.parish@bigpond.com.



If you're a volunteer aged 14-16 and would like to help, please email the parish office. All our youth leaders have Working With Children Checks.

Thank you, Gabe & Jules!

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 at:

arcadia.parish@bigpond.com

Remember, the bulletin is also available weekly on the Parish website and Facebook page.

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! Everyone welcome!



CCC PRAYER GROUP

Prayer meeting held every **Wednesday morning**: after 9.30am Mass.
Everyone welcome.

Come and meet new people and have a cuppa!
For more details call Mary Camilleri on 0403 116 987.

CATECHISTS' NEWS

Free training continues –

- Available to Catechists with full Authorisation – Level 1 Training “Music, Stories and Drama in the Classroom” on Mon 9th Sept 9:30am-2:30am at Chatswood OR Mon 16th Sept 9:30am - 2:30pm at The Entrance.
- For all Catechists, family or friends - Level 3 “A Reflective Study of the Psalms” continues Friday 16th August at 10am via Zoom on an ‘Psalms of Praise’

RSVP:

registrations@bbcatholic.org.au or 8379 1643

Helpers and part time Catechists are always welcome. If you are interested to learn more about the ministry of being a Catechist, please talk to one of our priests or contact me.

God bless,

Miriam Brown srearcadia@gmail.com

Parish Catechist Co-Ordinator

ST BENEDICT'S MAKER'S TABLE

A lovely evening of fellowship and embroidery was had by all at the Maker's Table on Wednesday - thank you to all the ladies who joined us! Next month we will be putting our hands to clay with a pottery workshop at 7.30pm on Wednesday 4th September! More details to come but please save the date. Here is a photo of the night:



First Wednesday of the month
7.30-9.30pm

themakerstablesydney@gmail.com

Martine 0458 533 250

Nerida 0425 834 017

www.themakerstable.org

at St Benedict's Parish hall



ITALIAN ROSARY GROUP

Every Monday 2.00pm.
Everyone welcome.

For more details call
Angela Egiziano on 9652 1358.





SAINT OF THE WEEK

SAINT JANE FRANCES DE CHANTAL, RELIGIOUS

Feast Day: August 12
c. 1572-1641

**Patron Saint of forgotten people, parents separated from their children, and widows
Invoked against in-law problems**

Jeanne-Françoise Frémiot was born in Dijon, France into a noble family. After her mother's death when Jane was eighteen months old, her father provided Jane and her siblings with an excellent education and raised them as devout Catholics. Her brother later became the Archbishop of Bourges. Recognized for her beauty, intelligence, piety, faith, and strong moral character, twenty-year-old Jane married Baron Christophe de Rabutin, also known as Baron de Chantal. Christophe managed lands, governed, collected taxes, and provided military support to the king from the feudal Castle of Bourbilly. Jane brought order to the household and staff and had daily Mass said at the castle. Of the couple's seven children, one boy and three girls survived.

After eight years of marriage, Christophe died from his wound after a friend accidentally shot him in the leg while hunting. The widowed Jane and her four children spent the next year living with her father in Dijon. After praying for a holy spiritual director to help her discern God's will, Jane had a vision of a saintly priest whom she understood was God's choice as her spiritual director. After a year with her father, Jane and her children moved in with her widowed father-in-law, helping manage his household. In 1604, Jane's father invited her to attend a Lenten mission preached by the Bishop of Geneva, Francis de Sales. Upon arriving at the mission, she immediately recognized the bishop as the priest from her vision. After the mission, Bishop de Sales agreed to be her spiritual director. He helped Jane address scruples, focused her prayer life, and reminded her of her family responsibilities.

For six years, Jane exchanged letters with Bishop de Sales and met with him occasionally in person. They grew in deep mutual respect and a holy bond of spiritual friendship. Bishop de Sales dissuaded Jane from her desire to join a religious order while her children were still young. As the children grew older, she revisited the idea. Bishop de Sales told her of his inspiration to establish a congregation for women who were not accepted into other religious houses due to poor health or age. The order would focus on humility and meekness, in imitation of the Blessed Virgin Mary's virtues at the time of the Visitation. The women would live a simple life of prayer while tending to the sick, poor, and needy. In 1610, one of Jane's daughters died, another got married, and one was soon engaged. Her father and brother, the archbishop, took in her fourteen-year-old son. Jane moved to Annecy, France with her two daughters. On Trinity Sunday, Jane entered religious life, co-founding the Order of the Visitation of Holy Mary with the future saint, Bishop Francis de Sales.

In 1609, Bishop de Sales wrote *Introduction to the Devout Life*, made up of letters of spiritual guidance for married women seeking growth in holiness. The book proved invaluable to Mother Jane and her sisters in their new vocation. In 1616, the bishop wrote *Treatise on the Love of God*, directed to his spiritual daughters who wanted to immerse themselves in God's will and His divine love. In addition to establishing her convent, Mother de Chantal often visited Dijon to care for her aging father and to see her son and other relatives. When Bishop de Sales died in 1622, the two had founded thirteen convents. That number had grown to eighty-six convents when Mother de Chantal died in 1641.

Saint Jane de Chantal, you devoted yourself to God's will, allowing Him to lead you through hardship to a glorious fruitfulness. Please pray that I will see every cross and every unexpected turn as an opportunity for deeper trust and greater fidelity to the unexpected life that awaits. Saint Jane de Chantal, pray for me. Jesus, I trust in You.

GCEA SPRING DINNER

Saturday 14 September, 2024
6pm—10pm At the Galston Club

It's just **5 weeks** to our GCEA Spring Dinner.

We are anticipating it to be a huge event this year so book early.

Here is the link to book your tickets:

<https://events.humanitix.com/gcea-spring-dinner-2024>

Our focus this year is on SRE teachers and the needs for schools in our local area.

The GCEA is our primary focus with Paul El-Chaar, our teacher at Galston High School, but we see the importance of SRE in all schools.

There will be a silent auction on the night. Come and support this ministry.

St Benedict's parish will be hosting a table to show our support for Paul El-Chaar. Please contact Paula to reserve your spot and join us for what promises to be another enjoyable event, just like last year!

JOSEPH HOUSE House of Discernment for Men Applications 2025 Now Open!

Joseph House is a place of intentional discernment. Residents engage in daily prayer, fraternity, and spiritual formation, helping them realise the universal call to holiness received at Baptism and discern God's specific plan for their lives. This is achieved while they continue with their regular employment, studies, and social activities.



To apply today go to:

<https://www.bbcatholic.org.au/mission/vocations/joseph-house>
For more information, contact Vocations Broken Bay on
02 8379 1626 | 0418 522 449 or email josephhouse@bbcatholic.org.au

CATHOLIC VOCATIONS BROKEN BAY ENCOUNTER EVENING YOUNG ADULTS EVENT

Join Us for an Inspiring Evening at Encounter!

- **Date: Friday 16 August 2024**
- **Time: 6 pm – 9 pm**
- **Venue: St Agatha's Parish Pennant Hills**

Schedule:

Holy Hour: 6 pm
Dinner: 7 pm
Speaker TBC: 8 pm

Join us for a night of prayer, community, and profound insights. Don't miss this opportunity to deepen your faith and understanding.

All are welcome! Bring a friend and experience the power of faith and fellowship.

#EncounterEvent #HolyHour #EvangelicalPoverty
#Faith #Community #Inspiration

RSVP: to the Vocations Office E:

Vocations.ministry@bbcatholic.org.au
PH: 8379 1626 | M: 0418 522 449



CatholicCare
Diocese of Broken Bay

COMBATING HOMELESSNESS TOGETHER

Please donate
to CatholicCare's
homelessness services
across the Diocese

Thank you

Donor envelopes available during Mass
Saturday and Sunday 10 & 11 August

UNLOCKING THE MYSTERY OF THE BIBLE - THE BIBLE TIMELINE CHART

Presenter: Charbel Raish
Duration: 8 weeks
Start date: Thursday, 10th October 2024
Time: 7pm to 9pm
Location: Middle Dural
Price: Free

Please message Tania on 0401597278 if you would like to attend or know anyone who will be interested.

Parish Roster

PLEASE JOIN US FOR MORNING TEA
AFTER THE 9AM MASS

NEXT WEEKEND'S ROSTER

17/8/2024 to 18/8/2024
20TH SUNDAY IN ORDINARY TIME - YEAR B

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Paul E	
Reader1	Sr Carol T	Doug/Sandra	Adam F
Reader2	Mary C	Judy H	Eva F
Prayers	Natasha S	Nigel M	Gabrielle W
TV		Teresa G	Sebastian W
Music		Karina S	Melanie H
Music		John T	Keith W
Music		Noelle T	Don R
Music			
Morning Tea		Sophie R	
 FLOWERS	Rose G		

SUPPORT ST BENEDICT'S PARISH

ARE YOU CONSIDERING SELLING YOUR PROPERTY

We are delighted to introduce Gavan Kohen, Sales Director at **Ray White Dural**, a proud member of the Parish of St Benedict's.

Gavan is generously offering to support our parish by donating a portion of his commission from any sale referred by our parishioners. Thank you Gavan, we appreciate your kind gesture.

For any real estate enquiries, please contact:

Gavan Kohen on 0414 911 070.



Our Lady of Fatima FEAST DAY

St Benedict's Parish, 12:30pm Sunday 13 October 2024

Invitation to children to take part
in the Fatima Play, which will be part of the
Our Lady of Fatima Feast Day.

Please phone 0438 521 421 for further details.



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

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

ACKNOWLEDGMENT

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

SAFEGUARDING MISSION STATEMENT

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

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

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

PARISH OFFICE HOURS:

Mondays & Fridays: 9.30am to 2.30pm

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

Parish Priest: Fr Shansana Samarasinghe OSB
Email: sanshanasamarasinghe@yahoo.com
After hours: 0437 884 233

Address: 2 Fagans Road, Arcadia NSW 2159
Postal address: 121 Arcadia Rd, Arcadia NSW 2159

Website: www.bbcatholic.org.au/arcadia

Facebook: [stbenedictsarcadia](https://www.facebook.com/stbenedictsarcadia)

MONASTERY: 9653 1159



BANK DETAILS for ONLINE only donations:
BSB: 062 784 Account: 100002141
Account Name: Catholic Parish of Arcadia Bank:
CBA—Catholic Development Fund

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