

# St Benedict's Parish Arcadia

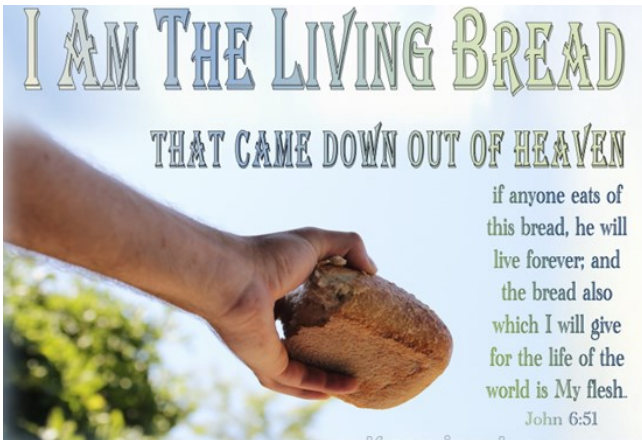


## TWENTIETH SUNDAY

IN ORDINARY TIME

YEAR B

17 & 18 AUGUST 2024



### 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)

*(Adoration & Confession not available 24/8/24)*

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

Turn your eyes, O God, our shield;  
and look on the face of your anointed one;  
one day within your courts  
is better than a thousand elsewhere.

### SUNDAY HOLY MASS PRAYER

O God, who have prepared for those who love you  
good things which no eye can see,  
fill our hearts, we pray, with the warmth of your love,  
so that, loving you in all things and above all things,  
we may attain your promises,  
which surpass every human desire.  
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: LIVING BREAD

This Sunday's Gospel, John 6:51, Jesus said "I am the living bread that came down from heaven. Whoever eats of this bread will live forever, and the bread that I will give for the life of the world is my flesh."

Through this food, we become part of God as he becomes part of us.

- *Am I willing to eat this bread too?*
- *Am I willing to follow Jesus' path?*
- *Do I believe that God shows Himself in people, in things and in nature and events?*
- *Do I believe that each day of our lives is Holy?*

*Dear God, source of life and everlasting love, we acknowledge your presence in our lives and express our gratitude for the gift of faith. As your love fills and transforms us, we ask that this offering support and amplify your work in the world—bringing healing where there is suffering, nourishment where there is hunger, and compassion where there is loneliness. Amen.*

**First Reading: Proverbs 9:1-6 (JB)**

A reading from the book of Proverbs

*Come and eat my bread; drink the wine I have prepared.*

Wisdom has built herself a house, she has erected her seven pillars, she has slaughtered her beasts, prepared her wine, she has laid her table.

She has despatched her maidservants and proclaimed from the city's heights: 'Who is ignorant? Let him step this way.'

To the fool she says, 'Come and eat my bread, drink the wine I have prepared! Leave your folly and you will live, walk in the ways of perception.'

**The word of the Lord.**

**Thanks be to God.**

**Responsorial Psalm:**

**R. Taste and see the goodness of the Lord.**

**Second Reading: Ephesians 5:15-20 (JB)**

A reading from the letter of St Paul to the Ephesians

*Be watchful that you may know the will of God.*

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but your lives should redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God who is our Father in the name of our Lord Jesus Christ.

**The word of the Lord.**

**Thanks be to God.**

**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 6:51-58 (JB)**

A reading from the holy Gospel according to John

*My flesh is real food and my blood is real drink.*

Jesus said to the crowd:

'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.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly,

if you do not eat the flesh of the Son of Man

and drink his blood,

you will not have life in you.

Anyone who does eat my flesh and drink my blood

has eternal life,

and I shall raise him up on the last day.

For my flesh is real food

and my blood is real drink.

He who eats my flesh and drinks my blood

lives in me

and I live in him.

As I, who am sent by the living Father,

myself draw life from the Father,

so whoever eats me will draw life from me.

This is the bread come down from heaven;

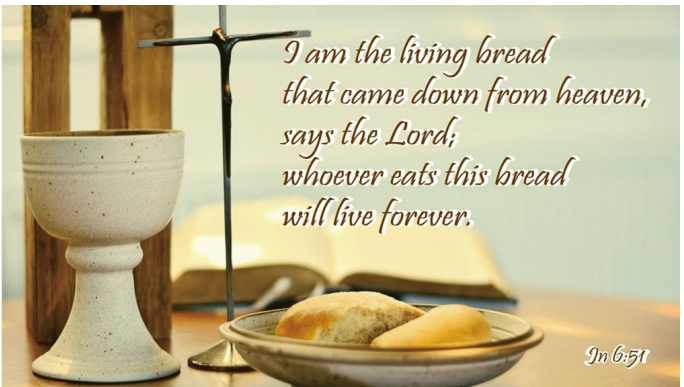
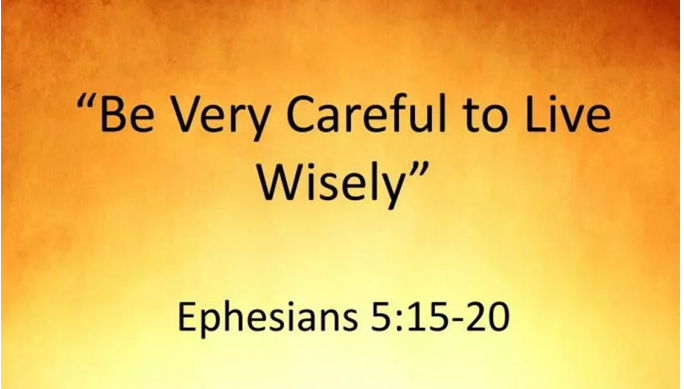
not like the bread our ancestors ate:

they are dead,

but anyone who eats this bread will live for ever.'

**The Gospel of the Lord.**

**Praise to you, Lord Jesus Christ.**



## GOSPEL REFLECTION

Sunday, August 18  
Proverbs 9:1-6  
Psalm 34:2-7  
Ephesians 5:15-20  
John 6:51-58

### ***My flesh is true food, and my blood is true drink. (John 6:55)***

In 1975, while traveling to Saigon, Vietnamese Bishop Francis Xavier Nguyen Van Thuan was arrested and thrown into prison. His family sent him a bottle labeled "medicine," which was actually wine, as well as some hosts broken into small pieces. With these essentials, he shared the power of Jesus in the Eucharist with his fellow prisoners:

"The six Catholics in my group of fifty prisoners . . . slept close together in order to be able to pray during the night. At nine-thirty every evening . . . , I bent over my wooden board and celebrated Mass, by heart of course, and distributed Communion to my neighbors under their mosquito nets. We made tiny bags from cigarette paper to protect the Blessed Sacrament.

"Every week there was an indoctrination session. . . . My Catholic companions took advantage of the break to pass around the Blessed Sacrament to other groups. Jesus Christ was at work, curing physical and mental suffering. Many of the others who had lost their faith came back during those days.

"At night, the prisoners took turns and spent time in adoration. The Blessed Sacrament helped tremendously. Even Buddhists and other non-Christians were converted. The strength of the love of Jesus is irresistible. The darkness of the prison turned into light, the seed germinated silently in the storm.

"I spent nine years in solitary confinement, and during that time I said Mass every day at three o'clock, the hour of Jesus' death on the cross. . . . They were the most beautiful Masses of my life." (Road to Hope)

After thirteen years in prison, Bishop Nguyen Van Thuan was released. Named a cardinal in 2001, he died a year later. All his life, Jesus in the Eucharist was his "true food" and "true drink" (John 6:55). May the Eucharistic Lord always be ours as well!

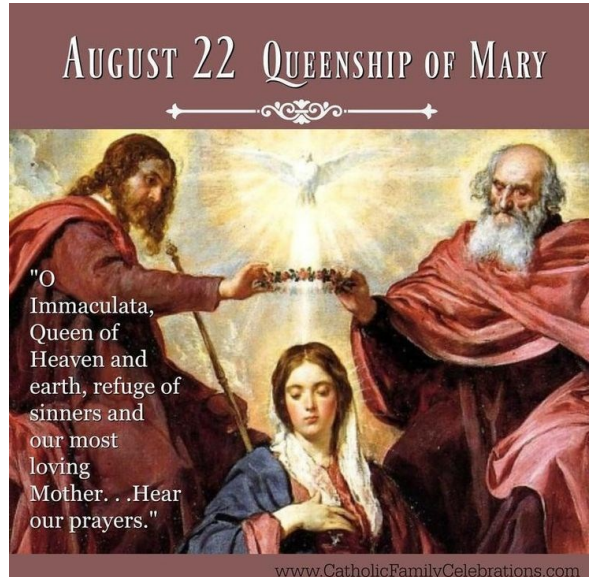
***"Jesus, Bread from Heaven, nourish and sustain me all the days of my life!"***

Source: Word - Sunday.com

## LITURGICAL FEASTS AND EVENTS OF THE WEEK

### **AUGUST**

- Monday 19 Readings: Ezek 24:15-24. Mt 19:16-22.  
**R:** You have forgotten God who gave you birth.  
**St John Eudes, priest**
- Tuesday 20 Readings: Ezek 28:1-10. Mt 19:23-30.  
**R:** It is I who deal death and give life.  
**St Bernard, abbot, doctor**
- Wednesday 21 Readings: Ezek 34:1-11. Mt 20:1-16.  
**R:** The Lord is my shepherd; there is nothing I shall want.  
**St Pius X, pope**
- Thursday 22 Readings: Ezek 36:23-28. Mt 22:1-14.  
**R:** I will pour clean water on you and wash away all your sins.  
**The Queenship of the Blessed Virgin Mary**
- Friday 23 Readings: Ezek 37:1-14. Mt 22:34-40.  
**R:** Give thanks to the Lord, his love is everlasting.  
**St Rose of Lima, virgin**
- Saturday 24 Readings: Rev 21:9-14. Jn 1:45-51.  
**R:** Your friends tell the glory of your kingship, Lord.  
**St Bartholomew, apostle**



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.

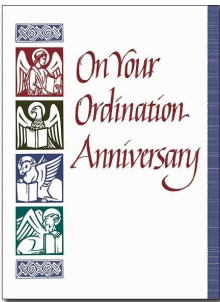


**PARISH NOTICE:**  
**ADORATION & CONFESSION**  
**NOT AVAILABLE**  
**SATURDAY 24/8/2024**

**DRAFT ROSTER**  
**NOW ON SACRISTY WINDOW**  
**PLEASE CHECK THE DATES**

### ORDINATION ANNIVERSARIES

**Father David Orr 19/08/1972 - 52 years**



Congratulations and best wishes on your Anniversary of Priesthood.

God's blessings on you and thank you for all you do in the service of God.

*"I thank Christ Jesus our Lord, who has given me strength, that he considered me trustworthy, appointing me to his service." ~ 1 Timothy 1:12*

### 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!

### FLOWER ROSTER



We're looking to add a few more people to the flower roster. It's a commitment of just once every 6 or 7 weeks, so the more volunteers we have, the easier it will be for everyone. Your help would be greatly appreciated!

Please contact the parish office or let Fr Shansana know.

### GCEA SPRING DINNER

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

It's just **4 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 on 0423 078 282 to reserve your spot and join us for what promises to be another enjoyable event, just like last year!**

## Choral Workshop

with Josie Ryan

**24 AUGUST 2024 | 1:00PM - 6:30PM**

**OUR LADY OF DOLOURS CATHOLIC CHURCH**  
94 ARCHER STREET, CHATSWOOD



**\$30 WORKSHOP RATE\***

**BOOKING ESSENTIAL:**  
[HTTPS://WWW.TRYBOOKING.COM/CTUGS](https://www.trybooking.com/CTUGS)

OR SCAN THE QR CODE

Josie Ryan is an expert vocal coach for singers of all ages and experiences. She has conducted choirs including the ACU student and staff choir and the St Mary's North Sydney Parish Choir. She holds a Masters degree in Early Vocal Music and Historical Performance Practice from the Royal Conservatory of The Hague, and is currently undertaking PhD studies at Sydney Conservatorium of Music.



\*Parishioners of OLOD enter for free

CHATSWOODOFFICE@BBCATHOLIC.ORG.AU

02 9410 9000

## 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 Christine Francis. May they rest in Peace.**



## VOLUNTEER OF THE WEEK!

This week volunteer of the week nomination goes to:



### FOGARTY FAMILY

Thank you to the amazing Fogarty Family, for your singing, your help on the TV, reading etc. 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.pariah@bigpond.com](mailto:arcadia.pariah@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.pariah@bigpond.com](mailto:arcadia.pariah@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 –

- For all Catechists, family or friends - Level 3 "A Reflective Study of the Psalms" continues Friday 23rd August at 10am via Zoom on 'Psalms of Lament'
- 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.

### RSVP:

**[registrations@bbcatholic.org.au](mailto: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](mailto:srearcadia@gmail.com)

Parish Catechist Co-Ordinator



*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

## ST BENEDICT'S MAKER'S TABLE

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.



First Wednesday of the month  
7.30-9.30pm

[themakerstablesydney@gmail.com](mailto:themakerstablesydney@gmail.com)

Martine 0458 533 250

Nerida 0425 834 017

[www.themakerstable.org](http://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 ROSE OF LIMA, VIRGIN

**Feast Day: August 23  
c. 1586-1617**

**Patron Saint of the Americas, Peru, embroiderers, florists, gardeners, needleworkers,  
and people ridiculed for their piety  
Invoked against vanity and self-love**



Saint Rose was born in Lima in Spain's new Viceroyalty of Peru, fifty-five years after Spanish colonization of the territory. Named Isabel Flores de Oliva, she was the seventh of eleven children. She was nicknamed "Rose" when one of the family servants said she saw the infant's face transform into a rose. Her Spanish father was a member of the army. Her mother was of mixed Peruvian and Spanish ancestry. Both were devout Catholics who instilled a deep faith in their children. Even as a child, Isabel prayed for long periods in the middle of the night before a shrine she set up in her room. At age eleven, she received the Sacrament of Confirmation and took the name Rose.

Rose's physical beauty made her an ideal future spouse in young men's eyes. Rose, however, wanted to become a nun. To make her beauty less of a distraction or temptation, she cut off her hair and rubbed pepper on her face and lime juice on her hands to make her skin less appealing. Rose's father eventually acquiesced to her desire not to marry, letting her live in a small hut on the family property where she could be with her divine Spouse through solitude and prayer.

There, Rose engaged in charitable works. She fed the poor and nursed the sick back to health. She supported herself and her struggling family by selling handmade lace and embroidery and flowers she grew. She emulated Saint Catherine of Siena by practicing severe penances, sleeping on a hard floor, wearing a crown of thorns while alone in her room, fasting, and inflicting penances upon herself that opened the door to spiritual abundance. She went to Mass daily and adored the Blessed Sacrament. When she turned twenty, she followed in Saint Catherine of Siena's footsteps, becoming a lay member of the Third Order of Saint Dominic. She carried on her life of continuous prayer and penance, sleeping only two hours a night so she could pray more. Her self-made bed consisted of broken glass, stone, potsherds, and thorns. Rose concealed the metal spikes on the crown of thorns that she wore continuously, and she wore a chain of spikes around her waist. Her fasts were extreme, her penances doubled, but Rose could not have been happier.

For the next eleven years, Rose continued her charitable works and entered deeply into what has been called 'spiritual marriage' with Jesus. She frequently conversed with and received spiritual guidance from Jesus, Mary, and the saints. She entered into ecstasies and raptures, experiencing untold interior spiritual favors from her Lord. She also received long periods of exceptionally painful spiritual dryness, an interior cross that produced abundant good fruit as she persevered in her fidelity and deepened her divine union with Her Spouse. As her interior purifications were completed and she detached from selfishness, her soul was flooded with Jesus' presence.

Rose died at age thirty-one and was quickly acknowledged as a saint. About fifty years after her birth into Heaven, she was canonized as the first saint from the Americas. Miraculous healings had been attributed to her intercession while she was alive, and they continued after her death. One legend states that after her death, all of Lima smelled of roses that fell from the sky.

***Saint Rose of Lima, you fell in love with your Lord and could choose no one else. Jesus transformed you into a beacon of light that shone forth from your small hermitage. Please pray that through a life of prayer and penance, I will enter into union with my Lord. Saint Rose of Lima, pray for me. Jesus I trust in You.***



## 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

## HSC-ERS – THINKING OF UNIVERSITY?

The University of Notre Dame is holding an Open Day on Saturday 31 August between 10am and 3pm on their Sydney Campus. You can meet uni students, academic staff and graduates, attend workshops and info sessions, explore the campus and engage in activities and live music – and grab some great food! Register <https://www.notredame.edu.au/engage/visit-us/openaday>

## 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](http://www.engagedencounter.org.au)

Choose any of the coming Weekends:  
**Aug 17-18, Nov 09-10, Feb 22-23**

## 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](mailto:josephhouse@bbcatholic.org.au)



Discover more

## COLLEGE OPEN MORNING

TUESDAY 27<sup>TH</sup> AUGUST 9AM-11AM

[www.mercychatswood.nsw.edu.au](http://www.mercychatswood.nsw.edu.au)



## CATHOLIC YOUNG ADULTS EVENT

### The Story of Mary

Learn about the life of Saint Mary Mackillop with other young adults

SUNDAY 22ND SEPTEMBER | 10 AM

Mary Mackillop Place  
7-11 Mount Street  
North Sydney, 2060

Museum entry - \$10.00

#### Schedule

Mass: 10am

Museum Tour: 11am - 12.30pm

Liturgy/Reflection: 12.30pm - 1pm

Lunch to follow

This event is open to all young adults. If you can attend please RSVP via the QR code or by sending a message to Andrew: 0499181117 by no later than the 12th September.



RSVP via QR code



'NEVER SEE A NEED WITHOUT DOING SOMETHING ABOUT IT'  
MARY MACKILLOP

## 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

24/8/2024 to 25/8/2024  
21ST SUNDAY IN ORDINARY TIME - YEAR B

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Lorraine D	George A
Reader1	Natasha S	Judy H	Teresa G
Reader2	Maria G	Melanie H	Mirko J
Prayers	Mary C	Roderick R	Adam J
TV		Mary A	Trey O'C
Music		Rebecca R	Melanie H
Music		Marisa Q	Adam F
Music		Keith W	Martina J
Music		Theresa G	
Morning Tea		Lila B	
 FLOWERS	Gabrielle W		

## 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](http://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.