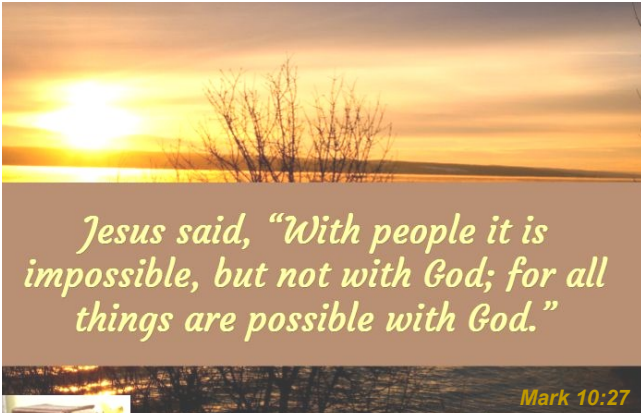


# St Benedict's Parish Arcadia



**TWENTY-EIGHTH SUNDAY  
IN ORDINARY TIME  
YEAR B  
12 & 13 OCTOBER 2024**



*Jesus said, "With people it is impossible, but not with God; for all things are possible with God."*

Mark 10:27

## 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

If you, O Lord, should mark iniquities,  
Lord, who could stand?  
But with you is found forgiveness,  
O God of Israel.

## SUNDAY HOLY MASS PRAYER

Let us pray.

May your grace, O Lord, we pray,  
at all times go before us and follow after  
and make us always determined  
to carry out good works.

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: ETERNAL LIFE

*This Sunday's Gospel, Mark 10:17-27 tells the story of a rich young man who approaches Jesus, seeking eternal life. Despite his adherence to the commandments, Jesus challenges him to sell all he has and follow Him. The young man, troubled by this, walks away.*

1. Am I prioritising material possessions over my spiritual growth?
2. Are there specific comforts or habits that prevent me from following Jesus more closely?
3. Are there fears or doubts that hold me back to have eternal life?



**Dear Lord,  
Help me to see where I may be holding onto worldly attachments that hinder my relationship with You. Grant me the courage to let go of what keeps me from following You wholeheartedly. Fill my heart with a desire for eternal life and guide me on my journey of faith. Strengthen me to trust in Your provision and embrace the path You set before me. Amen.**

**First Reading: Wisdom 7:7-11 (JB)**

A reading from the book of Wisdom

*In comparison to wisdom, I held riches as nothing.*

I prayed, and understanding was given me;  
I entreated, and the spirit of Wisdom came to me.  
I esteemed her more than sceptres and thrones;  
compared with her, I held riches as nothing.  
I reckoned no priceless stone to be her peer,  
for compared with her, all gold is a pinch of sand,  
and beside her silver ranks as mud.  
I loved her more than health or beauty,  
preferred her to the light,  
since her radiance never sleeps.  
In her company all good things came to me,

at her hands riches not to be numbered.

**The word of the Lord.**

**Thanks be to God.**

**Responsorial Psalm:**

**R. Fill us with your love, O Lord, and we will sing for joy!**

**Second Reading: Hebrews 4:12-13 (JB)**

A reading from the letter to the Hebrews

*The word of God discerns the thoughts and intentions of the heart.*

The word of God is something alive and active: it cuts like any double-edged sword but more finely: it can slip through the place where the soul is divided from the spirit, or joints from the marrow; it can judge the secret emotions and thoughts. No created thing can hide from him; everything is uncovered and open to the eyes of the one to whom we must give account of ourselves.

**The word of the Lord.**

**Thanks be to God.**

**Gospel Acclamation**

Alleluia, alleluia!  
Happy the poor in spirit;  
the kingdom of heaven is theirs!  
Alleluia!

**GOSPEL: Mark 10:17-30 (JB)**

A reading from the holy Gospel according to Mark

*Go and sell whatever you have and come follow me.*

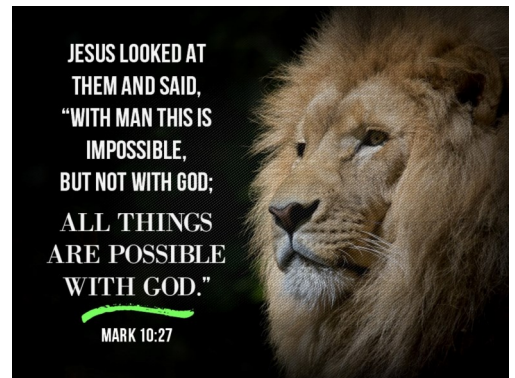
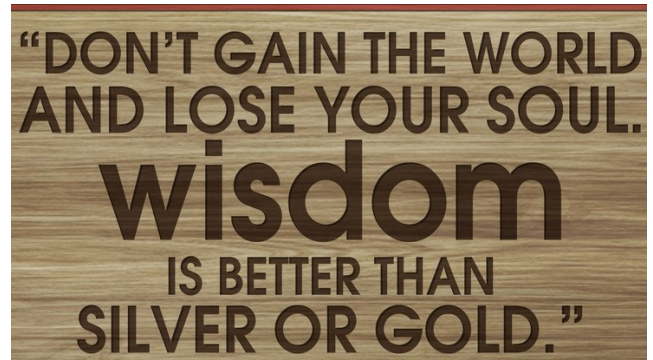
Jesus was setting out on a journey when a man ran up, knelt before him and put this question to him, 'Good master, what must I do to inherit eternal life?' Jesus said to him, 'Why do you call me good? No one is good but God alone. You know the commandments: You must not kill; You must not commit adultery; You must not steal; You must not bring false witness; You must not defraud; Honour your father and mother.' And he said to him, 'Master, I have kept all these from my earliest days.' Jesus looked steadily at him and loved him, and he said, 'There is one thing you lack. Go and sell everything you own and give the money to the poor, and you will have treasure in heaven; then come, follow me.' But his face fell at these words and he went away sad, for he was a man of great wealth.

Jesus looked round and said to his disciples, 'How hard it is for those who have riches to enter the kingdom of God!' The disciples were astounded by these words, but Jesus insisted, 'My children,' he said to them, 'how hard it is to enter the kingdom of God! It is easier for a camel to pass through the eye of a needle than for a rich man to enter the kingdom of God.' They were more astonished than ever. 'In that case' they said to one another 'who can be saved?' Jesus gazed at them. 'For men' he said 'it is impossible, but not for God: because everything is possible for God.'

Peter took this up. 'What about us?' he asked him. 'We have left everything and followed you.' Jesus said, 'I tell you solemnly, there is no one who has left house, brothers, sisters, father, children or land for my sake and for the sake of the gospel who will not be repaid a hundred times over, houses, brothers, sisters, mothers, children and land - not without persecutions - now in this present time and, in the world to come, eternal life.'

**The Gospel of the Lord.**

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



## GOSPEL REFLECTION

Sunday, October 13

Wisdom 7:7-11 / Psalm 90:12-17 / Hebrews 4:12-13 / Mark 10:17-30

*The word of God is living and effective. (Hebrews 4:12)*

What are you looking for when you read the Bible? Information about God? Guidance for your life? There's another reason, and it may be the most important of all. We can read the Scriptures so that *they* can read *us*. We can experience them as the "living and effective" word of God that can expose the motives of our hearts and bring us healing and restoration (Hebrews 4:12).

Today's Gospel shows us this process in real time. A wealthy young man asks Jesus how he can be pleasing to God. In response, Jesus gives him information and guidance by recounting the Ten Commandments. But the man senses that something is still missing, and he tells Jesus as much. *I already do all of this; why am I still unsatisfied?* This fellow may not see it, but he is asking Jesus to "read" him and tell him what he sees.

"Looking at him" with great love, Jesus does just that. It's as if he holds up a mirror to the man so that he can see that he is too attached to his wealth. He tells the man that if he sells his possessions and gives to the poor, he will finally find the "treasure" he is seeking. Unfortunately, the man cannot accept what he sees, so he goes away "sad" (Mark 10:21, 22).

None of us has to "go away sad" when we experience Jesus "reading" our hearts through the Scriptures. We can remember how Jesus looked at the man and know that that's how he looks at all of us: with love! That means that you can hold fast to that love when his word uncovers the hidden "reflections and thoughts" in you (Hebrews 4:12). You can gaze into his eyes and see that he has nothing but good and hope-filled plans for you!

This is why the word of God is both living and effective. It's living because it is capable of reading our hearts. And it's effective because Jesus always speaks this word to us with love.

***"Here I am, Lord! Let your word pierce me and draw me closer to you!"***

Source: Word Among Us India

## LITURGICAL FEASTS AND EVENTS OF THE WEEK

### OCTOBER

Monday 14

Readings: Gal 4:22-24, 26-27, 31-5:1.

**R:** Blessed be the name of the Lord forever.

**St Callistus I, pope, martyr.**

Tuesday 15

Readings: Gal 5:1-6. Lk 11:37-41.

**R:** Let your loving kindness come to me, O Lord.

**St Teresa of Jesus, virgin, doctor.**

Wednesday 16

Readings: Gal 5:18-25. Lk 11:42-46.

**R:** Those who follow you, Lord, will have the light of life.

**St Hedwig, religious..**

**St Margaret Mary Alacoque, virgin.**

Thursday 17

Readings: Eph 1:1-10. Lk 11:47-54.

**R:** The Lord has made known his salvation.

**St Ignatius of Antioch, bishop, martyr.**

Friday 18

Readings: 2 Tim 4:10-17. Lk 10:1-9.

**R:** Your friends tell the glory of your kingship, Lord.

**St Luke, evangelist.**

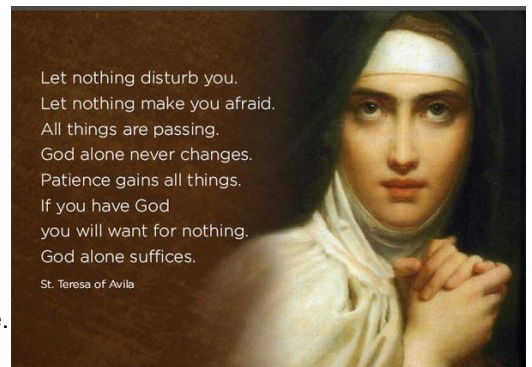
Saturday 19

Readings: Eph 1:15-23. Lk 12:8-12.

**R:** You gave your Son authority over all your creation.

**Sts John de Brebeuf and Isaac Jogues, priests, and companions, martyrs**

**St Paul of the Cross, priest.**



Let nothing disturb you.  
Let nothing make you afraid.  
All things are passing.  
God alone never changes.  
Patience gains all things.  
If you have God  
you will want for nothing.  
God alone suffices.

St. Teresa of Avila

Source: Ordo 2024



## POPE FRANCIS' PRAYER INTENTION FOR OCTOBER 2024

### For a Shared Mission

Pope Francis asks for prayers so that the Church "continues to support a synodal way of life, under the sign of co-responsibility, promoting participation, communion, and shared mission among priests, religious, and laypeople."





“ The Blessed Virgin Mary appeared six times to three shepherd children near Fatima, Portugal in 1917. She promised that Heaven would grant peace to the troubled world if Her requests for prayer, reparation and consecration were heard and obeyed. ”

## Our Lady of Fatima FEAST DAY

Here at St Benedict's, this Sunday 13 October, 12:30pm

Commences with a children's play and recital of the Rosary in 5 languages followed by a Procession, Holy Mass, and then afternoon tea and raffle. **Please join us!**

Special petitions to Our Lady, can be placed in the "PETITION BOX" at the foot of the statue. The petitions will be taken to the Shrine of Fatima, Portugal. **Please bring a plate for afternoon tea.**

### PARISH PASTORAL COUNCIL MEETING

Tuesday 15th October 7.15pm  
Meeting room

If anyone would like to give suggestions to the members for discussion please place a note in the box provided in the church entry.

### ENCOUNTER YOUNG ADULTS

Join us for our next  
**Encounter Evening:  
Young Adults Event**  
at St Agatha's Parish, Pennant Hills  
on **Friday, October 18 at 6 pm!**

We're excited to have **Seminarian Matthew French** as our special guest speaker, sharing on the topic:  
**"The Top Ten Things You Didn't Know About Mass."**

- Holy Hour 6 pm
- Dinner 7 pm
- Talk + Discussion

RSVP by **October 15** to the Vocations Office:

[vocations.ministry@bbcatholic.org.au](mailto:vocations.ministry@bbcatholic.org.au)

0418 522 449

Don't miss out on this amazing night of faith and fellowship!

### ST BENEDICT'S MAKER'S TABLE

Please join us for our upcoming Maker's Table workshop at St Benedict's!

*Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven. (Matthew 5:16)*

#### CANDLE MAKING WORKSHOP

Wednesday, November 6th 2024  
7.30 – 9.30pm

Cost: \$10 (covers all materials, refreshments and donation for room hire)

RSVP by 3/11/24  
so we can set a special place at the Table for you!

Tania and Kathy will be leading us in the beautiful art of candle making! These candles will make wonderful Christmas gifts (or keep them!).

We will also be rolling some beeswax candles to donate to the parish.

themakerstablestablesydney@gmail.com  
Martine 0458-533-250  
Nerida 0425-834-017  
[www.themakerstable.org](http://www.themakerstable.org)



## 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 **Joseph Guiana, Charlie Micallef, Brother Mario, Father Alberic.**

We remember in our prayers all our dearly beloved who have died,  
especially **Brother Terry Kavanagh, Colleen Bennett, Caterina Madaffari**  
and **Michael Engcong (Lorna's young nephew)** *May they rest in Peace.*



## VOLUNTEER OF THE WEEK!

This week volunteer of the week nomination goes to:

*THANKS!*

### SAKKAL & KAZZI BOYS

A heartfelt thank you to the Sakkal and Kazzi boys for your amazing help with mowing the lawn this week! It looks fantastic! We truly appreciate all the hard work and kindness you show whenever we need assistance. Your support means so much to us. God bless you always!

*If you know someone who deserves to be recognised as next week's volunteer, please send an email to the parish with your nomination. Let's celebrate those who make a difference in our community!*

## OCTOBER MONTH OF THE ROSARY



For the month of October the Rosary will be recited after the 9.30am daily masses.

## PILGRIMS OF HOPE Youth Ministry Event 15 November 2024

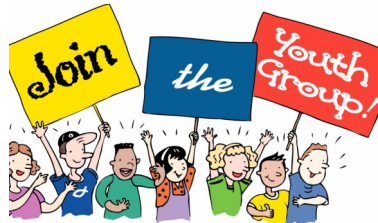
All Young Adults and Senior High School students are warmly invited to attend "Pilgrims of Hope" a PraiseFest style event including Mass and Keynote Speaker which will be hosted by the Parish of Chatswood. For further information, please contact [mission@bbcatholic.org.au](mailto:mission@bbcatholic.org.au).

## ST BENEDICT'S YOUTH GROUP

St. Benedict's Youth Group Announcement

- Starts: Friday, 25th October
- Time: 4:00 PM - 5:30 PM
- Ages: 8-12 years old

If you're a volunteer 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!



## 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.

## 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!

## ITALIAN ROSARY GROUP



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

For more details call

Angela Egiziano on 9652 1358.

## CATECHISTS' NEWS

Term 4 starts this week, Monday 14<sup>th</sup> October. I hope all Catechists and families have had an enjoyable holiday break.

Free training –

- For all Catechists, family or friends - "A **Reflective Study of the Psalms**" continues this Friday 18<sup>th</sup> October 10am-12.15pm via Zoom on 'Spirituality of Leadership'.

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, Catechists or contact myself.

God bless,  
Miriam Brown *Parish Catechist Co-ordinator*  
[srearcadia@gmail.com](mailto:srearcadia@gmail.com)

## PIETY SHOP NEWS

OPENING HOURS:

First Saturday of the month 6.30pm to 8.30pm

Sundays: 8.30am to 11.30am

Mondays: 9.30am to 2.30pm

Fridays: 9.30am to 2.30pm

VOLUNTEERS NEEDED FOR PIETY SHOP ROSTER  
Contact Lila 0418 360 024

## PIETY SHOP SECOND-HAND ITEMS EVENT

Join us for a free second-hand items giveaway or donate if you wish!

**Date:** Sunday, October 20th

**Time:** 8:30 AM - 11:30 AM

**Location:** Outside the Piety Shop

Come and find some treasures!

## ST BENEDICT'S MEN'S MEET & GREET

The next **MEN'S MEET AND GREET:**  
**TUESDAY 29 October 2024**  
**7.30pm to 8.30pm**

Join our Parish Men's Group, a welcoming community for men of all ages. We meet monthly to foster friendships, share experiences, and support each other in our spiritual journeys. Come grow in faith with us!

Best regards,  
Bens-Men

## SAINT OF THE WEEK

### Saint Margaret Mary Alacoque, Virgin

Feast Day: October 16

1647-1690

***Patron Saint of devotees of the Sacred Heart and those who have lost a parent while young***

Canonized by Pope Benedict XV on May 13, 1920  
Invoked against polio and rheumatic fever



Margaret Alacoque was born in the Duchy of Burgundy in the Holy Roman Empire, in modern-day France. She later wrote that from babyhood Jesus claimed her as His own. As a child, she vowed to give God her purity and perpetual chastity. After her father died, her education came from other villagers and servants while her mother tried to provide for her children. At age nine, she was sent to live with the Poor Clare nuns. After two years, she fell seriously ill, likely with rheumatic fever, and was unable to walk for four years. Following a suggestion, she dedicated herself to the Blessed Virgin and was immediately cured. The Blessed Mother became the mother of her heart, teaching and correcting her. When she was confirmed, she added the name Mary, making her Margaret Mary.

Margaret Mary felt Jesus' suffering when her father's relatives took charge of the family estate, controlling every aspect of the family's life. They even sometimes refused Margaret Mary permission to go to church to pray. Hoping Margaret Mary would marry well, her mother begged her to find a husband. As Margaret Mary socialized more, she could sense Jesus' displeasure and recommitted herself to her vow to enter religious life. She entered the Visitation Convent on May 21, 1571. On her initial visit, she heard Jesus' voice within, saying, "It is here that I would have thee be."

During Margaret Mary's novitiate, Jesus revealed His special mission for her—to write down and reveal His sufferings. After Margaret Mary made her vows, Jesus repeatedly appeared to her, revealing His desire that His Sacred Heart be honored and uniting her soul more deeply with His sufferings. On every first Friday eve, she made a holy hour from 11:00 p.m. until midnight, entering Jesus' human sorrow when the Apostles abandoned him in the Garden. She received Holy Communion on each first Friday. Jesus told her that He desired all people to love Him and to know the love of His Heart. Jesus also asked that a feast be established in honor of His Sacred Heart that "is so inflamed with love for mankind." She saw Jesus' Heart on fire and crowned with thorns, the flames representing Jesus' burning love for humanity, and the thorns representing men's sinful and ungrateful response. Jesus made twelve promises to those who would honor His Sacred Heart, including peace in their families, consolation in troubles, and a refuge during the hour of death.

At first, Sister Margaret Mary's superior and fellow sisters doubted her visions' authenticity. Theologians who reviewed her visions and mystical experiences pronounced her delusional. By God's providence, Jesuit Father and future saint, Claude de la Colombiere, became the sisters' confessor. He believed Margaret Mary and helped to support her visions' authenticity. Toward the end of Margaret Mary's life, her community accepted the revelations and observed the Feast of the Sacred Heart, building a chapel to the Sacred Heart three years before her death. Seventy-five years after her death, after thorough examination, Pope Clement XIII approved devotion to the Sacred Heart of Jesus, paving the way for Margaret Mary's 1920 canonization. The Feast of the Sacred Heart of Jesus was added to the General Roman calendar in 1929.

***Saint Margaret Mary Alacoque, from a tender age your heart was united with Jesus' Heart, and His mother became your mother. Persevering through turmoil, you valiantly fulfilled your mission. Please pray that I will more deeply understand the suffering and Sacred Heart of Jesus, so that I will share in His abundant mercy. Saint Margaret Mary, pray for me. Jesus, I trust in You.***

Source: [mycatholic.life](http://mycatholic.life)



## THE UNSEEN IMPACT OF COMPASSION

*"One of the most important things you can do on this earth is to let people know they are not alone."  
~ Shannon L Alder ~*

You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.

*Written by Nikki Bana*

*"Lord, help me to offer kindness freely, knowing that every small gesture can make a difference in ways I may never see. Let my heart be open, my words gentle and my actions full of love, for someone may need that kindness today more than I know. Amen."*

Source: majellan.media

## PASTORAL CARE SEMINAR DAY

To celebrate **Pastoral Care Week 2024**, CatholicCare's Hospital Chaplaincy and Pastoral Care Team invite you to our **Pastoral Care Seminar Day** on Wednesday 23<sup>rd</sup> October between 9:00 am and 3:00 pm. This will be a day of enrichment and fellowship for all those people in the Diocese of Broken Bay who are involved in a ministry to care for the sick.

All are very welcome to attend, including Priests, Deacons, Religious and pastoral Care Practitioners, Extraordinary Ministers of Holy Communion, Pastoral Visitors and Social Workers.

Various guest presenters will share hopeful and creative pastoral care with palliative care patients. Morning tea and lunch will be provided.

### Venue:

Caroline Chisholm Centre,  
423 Pennant Hills Rd, Pennant Hills.

### For enquiries, please contact:

Peter Brown (Practice Manager Hospital Chaplaincy and Pastoral Care) on 0418 616 602

To register your attendance, please send an email by Wednesday, 16<sup>th</sup> October, to:

[peter.brown@catholiccaredbb.org.au](mailto:peter.brown@catholiccaredbb.org.au)

(please also note any special dietary requirements)

## MAGI PILGRIMAGES

Magi Pilgrimages would like to invite you for a 16-day Pilgrimage of Hope (22/04/25 to 07/05/25). This pilgrimage features Fatima, Valladolid, Lourdes, Nice, Turin, Padua, Assisi, Rotondo, and Rome for an all-inclusive early bird price of \$8990+tips. The fare includes Return Economy Airfares + Local Transfers in Deluxe coaches + Stay in Premium Hotels + All Breakfasts & Dinners + Catholic Priest + English speaking professional guides. For enquiries & bookings, call 03 8839 6615 or 1300 721 561 or email us [pilgrimage@magiholidays.com.au](mailto:pilgrimage@magiholidays.com.au)

Mary, the Mother of God, invites us to unite ourselves to Jesus through her heart.

27<sup>th</sup>  
OCT  
Sunday



## ONE DAY PILGRIMAGE

with Fr. Sam Samuel VC, Fr. Prince Joseph VC & Fr. Jubj Varghese VC

9:00am - 4:00pm

- Praise and Worship • Preaching the word • Eucharistic Adoration
- Way of the Cross • Divine Mercy Chaplet • Holy Mass

**KID'S MINISTRY**

FOR CHILDREN AGED BETWEEN 5 - 8 YEARS

**CHILDREN'S MINISTRY**

FOR CHILDREN AGED BETWEEN 9 - 12 YEARS

**TEENAGER'S MINISTRY**

FOR TEENAGERS AGED BETWEEN 13 - 17 YEARS

ALL ARE WELCOME, NO BOOKING REQUIRED, BYO LUNCH



## DIVINE RETREAT CENTRE

160 Hensons Road, Somersby, SYDNEY-NSW 2250.

Tel: 02 4372 1598, email [drcsydney@gmail.com](mailto:drcsydney@gmail.com)

[www.divineretreatcentre.org](http://www.divineretreatcentre.org) • [www.facebook.com/divineretreatcentersomersby](https://www.facebook.com/divineretreatcentersomersby)

The Divine Retreat Centre promotes the safety and protection of children and other vulnerable persons in its care.

## CAREERS AT CATHOLICCARE

We are the social care and support agency of the Catholic Church in the Diocese of Broken Bay, assisting children, young people and adults to live more enriched lives.

To see current job vacancies visit

[www.catholiccaredbb.org.au](http://www.catholiccaredbb.org.au) and click the 'Careers' button on the top menu or call 1800 324 924.

## Footprints Mass



Our Lady OF DOLOURS

## Pregnancy & Infant Loss Memorial Mass

Whether the death of a child happened recently or many years ago, parents, grandparents, family and friends are invited to participate in a special Mass of Remembrance, to honour the brief life of the children who died too soon through miscarriage, stillbirth and infant death.

Tuesday 15.10.2024 6:30pm

All are welcome to join us after Mass on the forecourt for light refreshments, and to meet others that share this missing piece of your heart.

Our Lady of Dolours Chatswood Parish, 94 Archer Street Chatswood



# Parish Roster

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

**NEXT WEEKEND'S ROSTER**

**19/10/2024 TO 20/10/2024  
29TH SUNDAY IN ORDINARY TIME - YEAR B**

	<b>SATUR- DAY 7.00pm</b>	<b>SUNDAY 9.00am</b>	<b>SUNDAY 10.30am</b>
<b>Acolyte</b>		Paul E	
<b>Reader1</b>	Natasha S	Gebran A	Matt W
<b>Reader2</b>	Miriam B	Lorraine D	Mirko J
<b>Prayers</b>	Edyn V	Kath M	Gabrielle W
<b>TV</b>		Trey O'C	Sebastian W
<b>Music</b>		Karina S	Melanie H
<b>Music</b>		John T	Martina J
<b>Music</b>		Noelle T	Keith W
<b>Music</b>			
<b>Morning Tea</b>		Sophie R	
<b>FLOWERS</b>	<b>Souraya K</b>		



**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**

## MONASTERY CHAPEL

### Liturgy of the Hours

*"Seven times a day I will praise you"* Psalm 119:164

The liturgy of the hours is the 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.

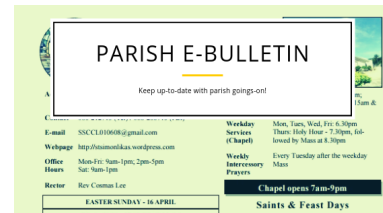
## PARISH E-BULLETIN

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](mailto:arcadia.parish@bigpond.com)

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



## COMMUNITY DISCERNMENT FORUM

The bishop invites the parish community to a discernment forum to explore important questions affecting all parishes in the North Shore Deanery.

Father Shansana has already reached out to the parishioners involved in our discussion groups. Group leaders, please connect with your teams to schedule a date for the forum as soon as possible.

**Website: [www.bbcatholic.org.au/arcadia](http://www.bbcatholic.org.au/arcadia)**

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



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