

St Benedict's Parish Arcadia



"Nothing outside a man can make him 'unclean' by going into him. Rather, it is what comes out of a man that makes him 'unclean.'"

—Mark 7:15 (NIV)



TWENTY-SECOND SUNDAY

IN ORDINARY TIME

YEAR B

31 AUGUST & 1 SEPTEMBER 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)

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

Have mercy on me, O Lord,
for I cry to you all the day long.
O Lord, you are good and forgiving,
full of mercy to all who call to you.

SUNDAY HOLY MASS PRAYER

God of might, giver of every good gift,
put into our hearts the love of your name,
so that, by deepening our sense of reverence,
you may nurture in us what is good
and, by your watchful care,
keep safe what you have nurtured.
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: INNER PURITY

This Sunday's Gospel, Mark 7:1-8, 14-15, 21-23:
challenges us to seek a deeper, more authentic relationship with God, one that transforms our hearts and aligns our actions with His will. It calls us to prioritise inner purity over outward compliance, recognising that genuine faith flows from a heart that is aligned with God's love and truth.

- How do my actions and words reflect my inner faith?
- Am I more focused on outward appearances rather than inner transformation?
- What areas in my life where I need to show more compassion and kindness?
- Can I make amends and move forward with a renewed heart?

*Dear Lord,
I come before You with a humble heart, seeking Your guidance and grace. Help me to always remember inner purity over outward appearances. Help me to look beyond the surface and to examine my heart with honesty and courage. Amen.*

Blessed are the pure
in heart, for they
shall see God.
Matt. 5:8

First Reading: Deuteronomy 4:1-2, 6-8 (JB)

A reading from the book of Deuteronomy

You may add nothing to the word which I speak to you - keep the commands of the Lord.

Moses said to the people: 'Now, Israel, take notice of the laws and customs that I teach you today, and observe them, that you may have life and may enter and take possession of the land that the Lord the God of your fathers is giving you. You must add nothing to what I command you, and take nothing from it, but keep the commandments of the Lord your God just as I lay them down for you. Keep them, observe them, and they will demonstrate to the peoples your wisdom and understanding. When they come to know of all these laws they will exclaim, "No other people is as wise and prudent as this great nation." And indeed, what great nation is there that has its gods so near as the Lord our God that has laws and customs to match this whole Law that I put before you today?'

The word of the Lord.
Thanks be to God.

Responsorial Psalm:

R. The just will live in the presence of the Lord.

Second Reading: James 1:17-18, 21-22, 27 (JB)

A reading from the letter of St James

Be doers of the word.

It is all that is good, everything that is perfect, which is given us from above; it comes down from the Father of all light; with him there is no such thing as alteration, no shadow of a change. By his own choice he made us his children by the message of the truth so that we should be a sort of first-fruits of all that he had created.

Accept and submit to the word which has been planted in you and can save your souls. But you must do what the word tells you, and not just listen to it and deceive yourselves.

Pure, unspoilt religion, in the eyes of God our Father is this: coming to the help of orphans and widows when they need it, and keeping oneself uncontaminated by the world.

The word of the Lord.
Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

The Father gave us birth by his message of truth,
 that we might be as the first fruit of his creation.
 Alleluia!

GOSPEL: Mark 7:1-8, 14-15, 21-23 (JB)

A reading from the holy Gospel according to Mark

You forget the commandments of God and hold on to human tradition.

The Pharisees and some of the scribes who had come from Jerusalem gathered round Jesus, and they noticed that some of his disciples were eating with unclean hands, that is, without washing them. For the Pharisees, and the Jews in general, follow the tradition of the elders and never eat without washing their arms as far as the elbow; and on returning from the market place they never eat without first sprinkling themselves. There are also many other observances which have been handed down to them concerning the washing of cups and pots and bronze dishes. So these Pharisees and scribes asked him, 'Why do your disciples not respect the tradition of the elders but eat their food with unclean hands?' He answered, 'It was of you hypocrites that Isaiah so rightly prophesied in this passage of scripture:

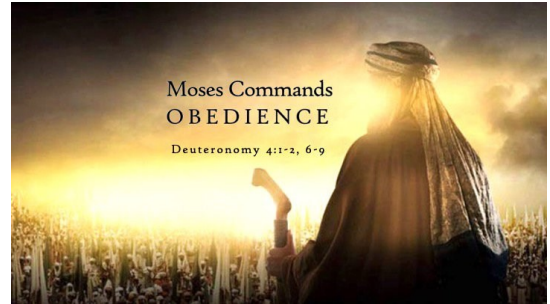
This people honours me only with lip-service,
 while their hearts are far from me.

The worship they offer me is worthless,
 the doctrines they teach are only human regulations.

You put aside the commandment of God to cling to human traditions.'

He called the people to him again and said, 'Listen to me, all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. For it is from within, from men's hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these things come from within and make a man unclean.'

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



GOSPEL REFLECTION

Sunday, September 1

Deuteronomy 4:1-2, 6-8 / Psalm 15:2-5 / James 1:17-18, 21-22, 27 / Mark 7:1-8, 14-15, 21-23

Why do your disciples not follow the traditions of the elders? (Mark 7:5)

If a *little* is good, wouldn't *more* be better? That seems to be the underlying logic of the Pharisees and scribes in today's Gospel reading. They saw the purity rules from the Law of Moses as a good thing—and they were. These rules set God's people apart among the nations and were meant to form his own character in them (see Deuteronomy 4:1, 6-7).

But the thirst for “more” of a good thing led to the addition of extra rituals for washing and purification over the centuries. And by the time these Pharisees confronted Jesus about his disciples' behavior, they were trying to uphold countless detailed but unwritten customs that were considered by some to be just as binding as the Mosaic law.

In the end, these attempts to revere God turned into what Jesus called “cling[ing] to human tradition” (Mark 7:8). The extra practices, though well-intentioned, focused attention in the wrong direction.

Jesus' response gets to the heart of the matter—our hearts! What we eat or how we wash our hands doesn't make us unclean. We defile ourselves by our thoughts, words, and actions that spring from within us (Mark 7:23). Growing in purity and godliness starts in our hearts and moves into our words and actions from there.

That means that the answer to your thirst for holiness isn't about adding more “rules” to help you become even more pure. It's asking yourself questions like “What's going on in my heart? What's motivating me?” If you see sinful attitudes, repent. Let the Lord uproot them and replace them with his own thoughts and desires. Then receive God's power to change as you set your heart on loving him and loving the people he's put into your life. That's how you can get *more* of a good thing as you seek to follow God's laws.

“Lord, help me to follow you with all of my heart!”

Source: Word Among Us India

LITURGICAL FEASTS AND EVENTS OF THE WEEK

SEPTEMBER

Monday 2 Readings: 1 Cor 2:1-5. Lk 4:16-30.
R: Lord, I love your commands.

Tuesday 3 Readings: 1 Cor 2:10-16. Lk 4:31-37.
R: The Lord is just in all his ways.
St Gregory the Great, pope, doctor

Wednesday 4 Readings: 1 Cor 3:1-9. Lk 4:38-44.
R: Happy are the people the Lord has chosen to be his own.

Thursday 5 Readings: 1 Cor 3:18-23. Lk 5:1-11.
R: To the Lord belongs the earth and all that fills it.

Friday 6 Readings: 1 Cor 4:1-5. Lk 5:33-39.
R: The salvation of the just comes from the Lord.
Spring Ember Day

Saturday 7 Readings: 1 Cor 4:6-15. Lk 6:1-5.
R: The Lord is near to all who call him.

Pope St. Gregory the Great :: September 3

“O God, who care for your people with gentleness and rule them in love, through the intercession of Pope Saint Gregory, endow, we pray, with a spirit of wisdom those to whom you have given authority to govern, that the flourishing of a holy flock may become the eternal joy of the shepherds.
Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.”



POPE FRANCIS' PRAYER INTENTION FOR SEPTEMBER 2024

FOR THE CRY OF THE EARTH

We pray that each one of us will hear and take to heart the cry of the Earth and victims of natural disasters and climatic change, and that all will undertake to personally care for the world in which we live.

PARISH FINANCE UPDATE

PARISH MAINTENANCE

We are excited to announce that our next maintenance project will involve painting the hall and the sacristy office. This important update will help enhance the appearance and functionality of these spaces.

We appreciate your support and patience during this process. If you have any questions or would like to get involved, please feel free to reach out.

Thank you for your continued support in keeping our facilities welcoming and well-maintained.

Regarding the Carpet Change:

Some of you have inquired about the recent change in the carpet. We want to provide some clarity on this decision. The previous carpet was old and had become musty over time due to dampness. Replacing it was necessary to ensure a clean, fresh, and welcoming environment for everyone who uses our space. Especially our children, who often use the hall, breathing the musty odour is very unhygienic and can trigger allergic reactions or respiratory issues.

We appreciate your understanding and support as we continue to make improvements to our facilities.

If you have any further questions or concerns, please feel free to reach out.

Thank you!

SACRAMENTAL PROGRAM UPDATE

Please pray for the children receiving the Sacrament of Confirmation on Thursday September 12th.

Prayer:

Lord, we ask You to bless them abundantly on this special day. Grant them wisdom, courage, and a deep sense of Your love. May they feel Your presence in their hearts and know that they are surrounded by Your grace.

May the gifts of the Holy Spirit inspire them to be true witnesses of Your love and to serve others with compassion and generosity.

We also pray for their families and sponsors, that they may support and encourage the children as they continue to grow in their faith. Amen.

PIETY SHOP GRAND OPENING

The piety shop was opened last Sunday and what a grand opening it was!

There was a blessing by Father Shansana and everyone received a blessed St Benedict's medal.

A big thank you to Lila Bacha and family for organising it all. Such hard work was put into it. Also a big thank you to everyone who helped out or purchased items.

What a wonderful community we have!

The shop will be opened after most Masses. If you do find it closed when you need to purchase something please ask the Priest or acolyte to open it for you. All profits go to our beautiful parish.



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! Flowers from your garden would be great.

Please contact the parish office or let Fr Shansana know.

NEW ROSTER

IS NOW READY FOR PICK UP

PLEASE COLLECT

FROM SACRISTY WITH YOUR NAME ON IT.

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

We remember in our prayers all our dearly beloved who have died, especially Sandra Hansl. *May they rest in Peace.*



VOLUNTEER OF THE WEEK!

This week volunteer of the week nomination goes to:



**VICTORIA-ROSE SALIBA
ELLA SALIBA
SONYA SALIBA**

A huge thank you to the above amazing team for their help with holding the popcorn and slushy machines. Really appreciate your help when needed!

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 MEN'S MEET & GREET

**The next MEN'S MEET AND GREET:
This TUESDAY the 3rd September 2024
7.30pm to 8.30pm.**

Happy Father's day to the dads and warm greetings to all men, as the weather heats up.

You're cordially invited to our September men's gathering, this Tuesday night.

Join us for an enriching evening of connection, community, and unjudged discussion. We will share stories, listen to each other's perspectives, and exchange thoughts in a relaxed and non-judgmental space. We encourage you to bring a friend along.

Looking forward to seeing you in the meeting room of St Benedict's Parish Church.

Best regards,
Bens-Men

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!



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

Happy Father's Day to all fathers and carers!

Free training –

- For all Catechists, family or friends - **"A Reflective Study of the Psalms"** continues Friday 6th September 10am-12.15pm via Zoom on "Wisdom Psalms"
- For new Catechists – **CCD Ministry Induction** on Thursday 5th September 6:15-8:30pm, this week's unit 'Development of the Child and Adolescent'.
- 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@bbccatholic.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 srearcadia@gmail.com

ST BENEDICT'S MAKER'S TABLE

Botanical Imprints on Clay Workshop:

Wednesdays 4/9/24 and 11/9/24
(7.30-9.30pm in the meeting room) *"As the clay is in the potter's hand, so you are in mine."* Jeremiah 18:6

Mrs Tanya John will be leading our next workshop where we will be creating a beautiful plaque out of clay with imprints of flowers and leaves (and a personalised inscription if you wish). We will design and create our plaques and then wait for them to dry before painting them the following week after which they will be kiln fired. Yes, this workshop will run over two weeks so please commit to both weeks if possible so you can complete your plaque.

If time permits, there may be an opportunity to have a go on the pottery wheel too!!

Cost: \$15 which covers all materials, refreshments and donation for room hire. No prior clay experience necessary!

RSVP by Sunday 1st September to let us know if we can set a special place at the Table for you!

themakerstablesydney@gmail.com
Martine 0458-533-250 or Nerida 0425-834-017

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!

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 VITERBO

Feast Day: September 4
c. 1233—March 6, 1251



St Rose of Viterbo was not yet 10 years old when the Blessed Mother of God instructed her to join the Third Order of St. Francis. Shortly after, our Lord appeared to her on the Cross, wearing the crown of thorns on His head and bleeding profusely from all His wounds.

St Rose, aghast at the sight, called out: "O my Lord, who has reduced Thee to this state?"

Our Lord replied, "My love, my deep love for men has done this."

"But," asked Rose, "who has so pierced and torn Thee?"

"The sins of men have done it," was our Lord's answer. "Sin, sin!" cried the saint, and she scourged herself to make atonement for the sins of the world.

By divine inspiration, Rose then took a cross in her hand and went up and down the streets and public squares of her city telling people of the terrible tortures our Lord suffered and of the heinousness of sin. Every now and then she would emerge from her solitude to entreat the people to do penance.

The town of Viterbo, which belonged to the Papal States, had revolted against the authority of the pope. Disregard for religion and moral degradation were the order of the day. But the sermons of this little missionary had marvelous results. The people came in crowds to hear her. The stone on which she stood was seen to rise in the air, and she was sustained there by a miracle while burning words issued from her lips. The greater part of the citizenry had already resolved to do penance and to return to the legitimate papal allegiance when Saint Rose of Viterbo and her parents were repelled by the civil authorities.

The result was that she now had a wider field of activity. At Soriano and later at Vitorchiano, her preaching had the same blessed results. In the latter place, a sorceress had done much harm among the inhabitants. Fearing that after her departure this woman would undo the good effected there, Rose was desirous of her conversion. Her initial efforts failed. Then our saint had an immense pile of wood prepared in the public square; fire was set to it, and Rose stepped into the fire and mounted to the top of the pile. She remained untouched for three hours in the midst of the flames, singing the praises of God. The sorceress now cast herself at Rose's feet and was sincerely converted.

Meanwhile the rightful authority of the pope had been re-established at Viterbo, and Rose could return. She was now 15 years old and anxious to enter the convent of the Poor Clares. As she had no dowry, she could not be admitted.

"Well," said Rose, "you will not receive me while I am alive, but you will receive me after I am dead." She and several companions repaired to a secluded dwelling, where they intended to live as a community. The ecclesiastical authorities, however, did not approve of the plan, and Rose returned home. She died 2 years later, filled with the joyous desire of being united with her God.

Two and a half years after her death she appeared three times to Pope Alexander IV, who was in Viterbo at the time, and told him to have her body removed to the convent of the Poor Clares. When this was done, her body was found incorrupt; and it has remained in that condition to this day. Miracles are constantly occurring at her tomb. Pope Callistus III canonized her in 1457.

Although her skin is dark, the body of the saint is still flexible and the internal organs in good condition. In 1921 the heart was removed to be placed in a reliquary for a procession, and it was found to be unblemished and perfectly intact at that time.



FATHER'S DAY

Happy Father's Day to all our dads here and in heaven and to all the father figures in our lives.

We especially say happy father's day to all our Priests in our Parish.

May you all have a blessed day and thank you for all you do for us!

PRAISE THOSE FATHERS

Let us praise those fathers who have striven to balance the demands of work, marriage, and children with an honest awareness of both joy and sacrifice.

Let us praise those fathers who, lacking a good model for a father, have worked to become a worthy and virtuous father.

Let us praise those fathers who, by their own account, were not always there for their children, but who continue to offer those children, now grown, their love and support. As well, let us pray for those fathers who have been wounded by words and actions of their children.

Let us praise those fathers who, despite marital discord, have remained in their children's lives.

Let us praise those fathers whose children are adopted, and whose love and support has nurtured a thriving life.

Let us praise those fathers who, as stepfathers, freely choose the obligation of fatherhood and earned their step children's love and respect.

Let us praise those fathers who have lost a child to death, and continue to hold the child in their heart.

Let us praise those men who have no children, but cherish the next generation as if they were their own.

Let us praise those men who have "fathered" us in their role as mentors and guides.

Let us praise those men who are about to become fathers; may they openly delight in their children.

And let us praise those fathers who have died, but live on in our memory and whose love continues to nurture us.

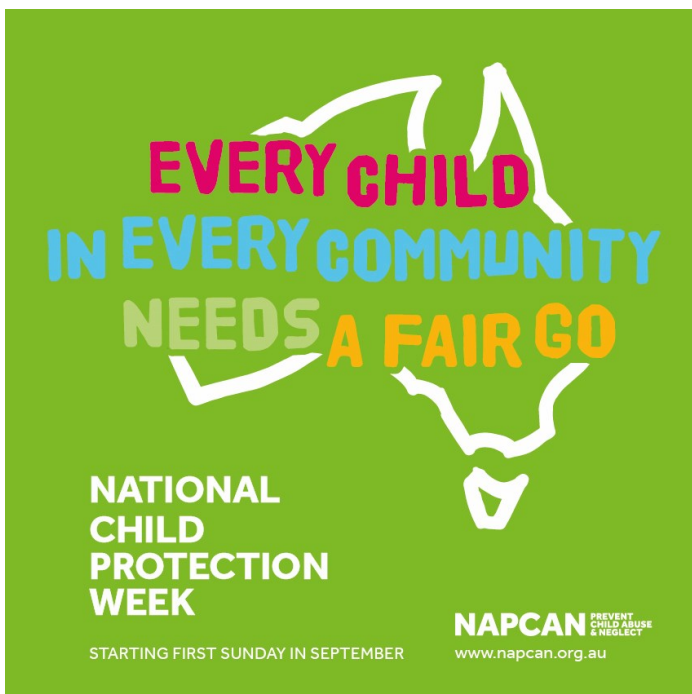
- Prayer of Kirk Loadman adapted by Debra Mooney, PhD

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.



WORLD DAY OF PRAYER FOR THE CARE OF CREATION

1 September 2024

Pope Francis has established 1 September as the World Day of Prayer for the Care of Creation, encouraging the Catholic community around the world to pray for our common home. The theme for 2024 is "Hope and Act with Creation" which draws its inspiration from the Letter of St. Paul to the Romans (Romans 8:19-25).

Parish Roster

PLEASE JOIN US FOR MORNING TEA
AFTER THE 9AM MASS

NEXT WEEKEND'S ROSTER

7/9/24 TO 8/9/2024
23RD SUNDAY IN ORDINARY TIME - YEAR B

	SATURDAY 7.00pm	SUNDAY 9.00am	SUNDAY 10.30am
Acolyte		Paul C	George A
Reader1	Sr Carol T	Teresa G	Lorna B
Reader2	Natasha S	Sandra/Doug	Leanne A
Prayers	Margaret B	Mary C	Mirko J
TV		Jules O	Michael E
Music		Melanie H	Melanie H
Music		John T	Martina J
Music		Noelle T	Keith W
Music			
Morning Tea		Mary A	
 FLOWERS	Souraya K		

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.