

# WELCOME

ST BENEDICT'S CATHOLIC PARISH — 26 JANUARY 2025



*"The Love of Christ must come before all else." (Rule of St Benedict)*

## WEEKLY SERVICES

### Mass Times:

Mon: Communion - Service @7am (after the service, the church will be closed)

Wed/Fri: 7am

Tues/Thurs: 9am

Sat: 7.30am & Vigil 6pm

Sun: 7.30am, 9.30am & 6pm

**HOLY HOUR (STARTS WITH MASS)  
FRIDAYS @7AM**



### Reconciliation:

Sat: 4.30PM - 5.30PM

### Exposition of the Blessed Sacrament:

Thursday: 9.30am—5pm

Friday: 8am—5pm

### Rosary Groups:

Tue: 9.30am, Wed/Fri: 7.30am

Cenacle: Thurs: 9.30am

### Prayer Group:

Mary Mother of Sorrows: Meetings on Thursdays @1pm (except school holidays)

### Catholic Women's League (CWL)

Meet the 2nd Tuesday of the Month in the Fr Albert Lynch Room @10am, gathering @9.45am

**Baptisms:** By appointment

**Marriages:** By appointment

### Parish Office:

115 Ardross Street, Ardross WA 6153

PO Box 1831, Applecross WA 6953

Tel: 08 9364 1120

Website: [www.stbenedicts.net.au](http://www.stbenedicts.net.au)

Office Hours: 10am—4pm (Tue-Fri)

Admin Officer: Stefani Chen

E (main): [applecross@perthcatholic.org.au](mailto:applecross@perthcatholic.org.au)

Admin Assistant: Maribel Villegas (Thur: 9am-3pm)

E (office): [office.applecross@perthcatholic.org.au](mailto:office.applecross@perthcatholic.org.au)

Parish Priest: Fr Nelson Po

E (Fr Nelson): [nelson.po@perthcatholic.org.au](mailto:nelson.po@perthcatholic.org.au)

### BENEDICTCARE COORDINATORS:

Head Coordinator: Carmel Tick - 0488 100 928

New Parishioners: Ruth Thorn

Home Help: Herlene Yu

Handyman/Gardening: Louis Bove

Visiting: Meagan Xanthis

Transport: Carmel Tick

Emergency Meals: Kevin McCormack

### PARISH INCLUSIVITY COORDINATOR:

Bev Piche — 0467 054 168

## 3RD SUNDAY IN ORDINARY TIME, YEAR C

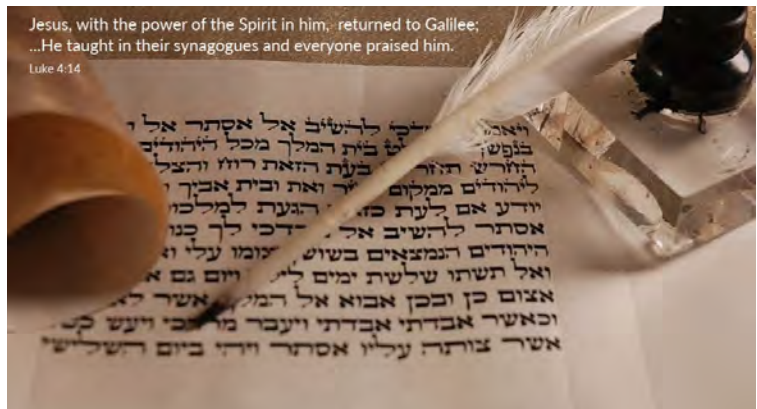
### GOSPEL REFLECTION BY Greg Sunter

This week marks the beginning of the liturgical use of the gospel of Luke that will feature throughout this year. The choice of passage to begin our journey with Luke is most appropriate. We have the first four verses of the gospel in which the writer makes his purpose clear. We then skip over all the infancy narrative and pick up again in chapter 4 of the gospel where Jesus makes his first public appearance.

Jesus returns to the synagogue in which he has worshipped all his life. He is given the scroll of Isaiah to read and reads the first two verses of Isaiah, chapter 61. But in the middle of this passage he flips back to chapter 58 of Isaiah and reads an additional line, 'to set the downtrodden (oppressed) free'. This event in Nazareth is sometimes referred to as Jesus' inauguration or declaration of mission. The inclusion of the additional verse from Isaiah signals very clearly the way in which Jesus will be portrayed throughout this particular gospel. The gospel of Luke is characterised by the focus of Jesus' mission on the outcast; the oppressed; the downtrodden.

The gospel of Luke is often described as a gospel of compassion. Throughout the gospel we see Jesus enact the verses from Isaiah – bringing good news to the lowliest of society; inviting the least to share in the reign of God. In fact, having read from the scripture, Jesus' very simple homily on the text is 'This text is being fulfilled today even as you listen'. Jesus declares himself to be acting out and fulfilling the prophecy of Isaiah. This short extract from Isaiah that Jesus adopted as his own 'mission statement' is indeed a mission statement for all Christian people. This is what we too are called to do.

© Greg Sunter



Jesus, with the power of the Spirit in him, returned to Galilee; ...He taught in their synagogues and everyone praised him.  
Luke 4:14

**PREP COORDINATOR:** Maureen Bright

Email: [office.applecross@perthcatholic.org.au](mailto:office.applecross@perthcatholic.org.au)

**SACRAMENTAL COORDINATOR:** Rosa Ranieri

Email: [stbenedicts.sacraments@gmail.com](mailto:stbenedicts.sacraments@gmail.com)

**Pastoral Care:** Yunita Lay

Email: [stbenedicts.pastoral@gmail.com](mailto:stbenedicts.pastoral@gmail.com)

**PARISH SAFEGUARDING**

**OFFICERS:**

Marina Ciccarelli & Phil Trueman.



**Email contact:**

[applecross.safeguarding@gmail.com](mailto:applecross.safeguarding@gmail.com)

## PARISH NOTICES

### EVENTS

- ◆ 7 FEB — FIRST FRIDAY FRIENDS @11AM
- ◆ 8 FEB — YOUTH MASS @6PM
- ◆ 9 FEB — PARISH MORNING TEA AFTER 7.30AM MASS (ROSTER: ADELE PARSONS & MEGAN DOWLING)
- ◆ 23 FEB — COOKIES, CUPPA & CHAT AFTER 9.30AM MASS

### Liturgy of the Eucharist (Part B)

The Communion Rite follows the Eucharistic Prayer, guiding the faithful to the Eucharistic table.

The rite begins with the Lord's Prayer, a prayer Jesus taught his disciples when they inquired how to pray (cf. Mt 6:9-13, Lk 11:2-4). In this prayer, the people unite their voices to ask for the coming of God's kingdom, seek God's provision for our needs, request forgiveness for our sins, and pray for the joy of heaven.

The Rite of Peace follows. The celebrant prays that the peace of Christ will fill our hearts, families, Church, communities, and the world. As a sign of hope, the people offer a sign of peace to those around them, typically by shaking hands.

In the Fraction Rite, the celebrant breaks the consecrated bread while the people sing the Agnus Dei, or "Lamb of God." John the Baptist proclaimed Jesus as "the Lamb of God who takes away the sin of the world" (Jn 1:29). The act of breaking the bread recalls Jesus' actions at the Last Supper, when he broke the bread before distributing it to his disciples. One of the earliest names for the Eucharistic celebration is the "breaking of the bread."

Before receiving Communion, the celebrant and assembly acknowledge their unworthiness to receive this great gift. The celebrant receives Communion first, followed by the people as they approach.

Since sharing in the Eucharistic Table signifies unity in the Body of Christ, only Catholics may receive Communion. Extending the invitation to all present implies a unity that is not yet present.

Those who do not receive Communion participate in this rite by praying for unity with Christ and with one another.

The people approach the altar, bow in reverence, and receive Communion. Communion may be received either on the tongue or in the hand. The priest or other minister offers the Eucharist to each person, saying, "The Body of Christ," to which the recipient responds, "Amen," a Hebrew word meaning "So be it" (Catechism of the Catholic Church, 2856).

As the people receive Communion, the communion song is sung. The harmony of voices reflects the unity the Eucharist brings. All are also encouraged to spend time in silent prayer of thanksgiving.

The Communion Rite concludes with the Prayer after Communion, asking that the benefits of the Eucharist continue to be active in our daily lives.

### PLANNED GIVING (2<sup>ND</sup> COLLECTION)

Parish income for the 6 months ended 31/12/24 was 105% of the budgeted income for the same period & 56% of the annual budgeted income.

*Thank you for your generosity and commitment to the Parish.*

## YOUTH CORNER

### Youth Mass — 8 February 2025 @6pm

#### PARISH RELIGIOUS EDUCATION PROGRAMME

Our parish runs an intensive after school Parish Religious Education programme (**PREP**) for children in Years 2 to 6 who are not attending Catholic schools.

The programme **also** prepares children for the Sacraments of **First Reconciliation (Year 3), First Communion (Year 4) and Confirmation (Year 6)**. Students should attend at least one full year of instruction prior to the Sacrament year and complete the full year of instruction in the year they receive the Sacrament. Students who enrol late may not be able to receive the Sacrament that year.

Classes run each Wednesday during term starting at 4pm in the church. The programme will be starting on **Wednesday 12 February from 4pm-5pm**, everyone to meet in the foyer of the Church. You can download the enrolment form online at any time.

We are currently looking for **assistants/helpers to catechists** for the coming year starting in February. Commitment would be on a Wednesday afternoon from 4pm to 5pm and if you feel this is for you, please contact Maureen Bright on 0413 831 357 or Stefani Chen at the parish office on 08 9364 1120. Please give some thought to this very rewarding service to the parish and our children.

## HAPPY AUSTRALIA DAY!



### FIRST FRIDAY FRIENDS

The next First Friday Friends function on **7 February** will be a normal gathering @11am in the Albert Lynch room.

All are welcome to attend and if you are staying for lunch please bring along a savoury plate to share. Any queries just give Maureen a ring on 0413 831 357.

### PARISH MORNING TEA INVITATION



**SUNDAY,  
9 FEBRUARY 2025  
AFTER 7.30AM MASS**

**ROSTER:  
ADELE PARSONS &  
MEGAN DOWLING**

### PRAY FOR THE SICK

**Please keep the following people in your prayers:**

Myrtle Nimmo, Helen Overman, Shalini Saldanha, Ng Choon Bee, Liesel Beukes, Helen Teo, Thomas McGuire Marris, Lorraine Healey, Kamani Jayaratne, Sue Miguel, Carol-Jean Wilson, Harsono Setiawan, Norm Thomas, Steven Robertson and all others who are not included in this list. *Thank you.*



### PLEASE PRAY FOR RECENTLY DECEASED:

Kevin Phillips - Funeral on Friday 31/1/2025 @2.30pm

### ANNIVERSARIES:

Michael Mastaglia, Siew Sim Tan, Glen Wood, Mary O'Connor and all deceased benefactors of the parish and all departed family and friends. *Thank you.*



**29 Jan GALA FOR LIFE - FUNDRAISING FOR PREGNANCY ASSISTANCE - BUNBURY**

A fun and glamorous evening and fundraising for Pregnancy Assistance, sponsored by Mt Lawley Gold club and more. **Wednesday 29 January @6pm, Mt Lawley Gold club, 1 Walter Road, Inglewood.** Tickets on sale soon. **Further info;** Bridget 0408 496 610.

**22 Feb CATHOLIC EDUCATION WA - CATECHIST TRAINING 2025**

The Initial Formation Course, Part 1 provides Provisional Accreditation for Catechists teaching the Parish Religious Education Program (PREP) in parishes of the Archdiocese of Perth. This seven-week course, commencing in February, offers participants personal faith development and pedagogical skills for working with and teaching children. Content covered includes the mandated Archdiocesan curriculum and sacrament preparation. To register and further info; email Catechist Service, [catechist@cewa.edu.au](mailto:catechist@cewa.edu.au) or 08 9380 1624.

**SAFEGUARDING INDUCTION TRAINING for ALL Parishes and Church Workers paid or unpaid — LEVEL 1 (New requirements & Personal Declaration Form is to be completed)**

The Safeguarding Level 1 Induction is now available as a **Self-Paced Online Learning Module**. This format offers greater flexibility and an easier, user-friendly experience. To complete the Safeguarding Level 1 Induction, please follow these steps:

- Visit our [safeguarding.perthcatholic.org.au/training/](http://safeguarding.perthcatholic.org.au/training/) to check out the Induction.
- Click on "Safeguarding Level 1 – Induction ONLINE Training".
- Watch the Presentation Video.
- Proceed to Step 2 to register personal details and complete the quiz. The Safeguarding Office will notify the Parish/Agency/Organisation of the attendance record.

**SAFEGUARDING LEVEL 1 INDUCTION TRAINING (in person)**

**2025 Dates coming soon. To register <https://safeguarding.perthcatholic.org.au/training/#induction>.**

**Further info:** [safeguarding@perthcatholic.org.au](mailto:safeguarding@perthcatholic.org.au) or 08 9221 7762.

**Thank you to all who have already completed the course and submitted their personal declaration forms to comply with the new Archdiocese Directives regarding Safeguarding.**

**Presence**

When I come into Your presence, O Lord, I know I am in the presence of my Creator. You created me out of love. You even know the number of hairs on my head. Your presence, O Lord, is the greatest gift of all.

**Freedom**

I ask for the grace to let go of my own concerns and be open to what God is asking of me, to let myself be guided and formed by my loving Creator

**Consciousness**

Lord, please prepare the soil of my heart to receive the seed of Your Word. May it take root, grow and produce a bountiful harvest for Your glory and my good.

**Inspiration**

Our God speaks to us today through his inspired words in the Bible and especially in the gospels. 'Oh that today you would listen to his voice! Harden not your hearts as at Meribah' (Psalm 94). May we always be open to whatever he wishes to teach us through his word.

Jesus returns to his native village to bring the gift of the Good News to all those he had grown up with. With great longing Jesus wants to give to each of us the good news of our salvation. He has promised us that he will reveal himself to us, but he needs us to give him that opportunity through our heartfelt encounters with him in prayer.

**Conversation**

God came to bring life, both in Flesh and Word. What life-giving word have I received today? Or if nothing touched me, can I feel the life-giving presence of Jesus with me right now?

**Conclusion**

Filled with the loving presence of God, I ask Him to bless me and guide my steps as I go to do His work in my daily life.

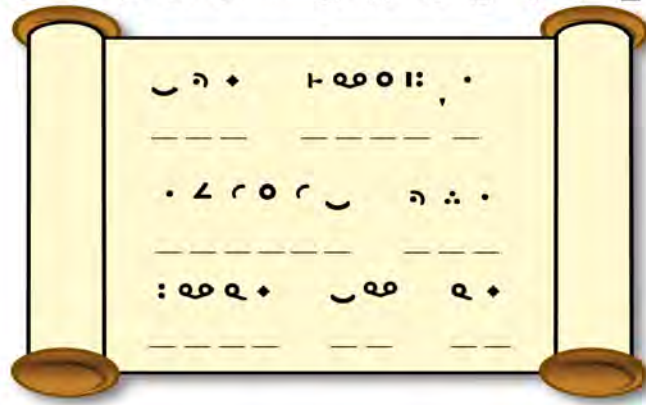
**Amen**

CHILDREN'S CORNER

**DECODE THE PROPHECY**

Use the code below to decipher the prophet's message

A B C D E F G H I J K L M  
 : : : : : : : : : : : : :  
 N O P Q R S T U V W X Y Z  
 : : : : : : : : : : : : :



Jesus said to those listening, "What you have just heard me read has come true today." Circle the statements below which are true.

JESUS TAUGHT IN SYNAGOGUES

JESUS READ FROM A NEWSPAPER

THE POWER OF THE SPIRIT WAS IN JESUS

JESUS GREW UP IN BETHLEHEM

A SYNAGOGUE IS A JEWISH PLACE OF PRAYER

ISAIAH WAS A PROPHET

**Church/School Parking – Reminder**

Please park on the allotted bays in the church carpark and in the school carpark at Alness Street. **Do not park on the neighbouring residents' lawns across the road from the church & the church's lawns.** Thank you.



**NEXT WEEK'S READINGS: The Presentation of the Lord, Yr C**

**1st:** Mal 3:1-4

**Ps:** 23:7-10

**2nd:** Heb 2:14-18

**Gospel:** Lk 2:22-40



READINGS FOR THE DAY

**Entrance Antiphon** *Cf Psalm 95:1,6*

O sing a new song to the Lord;  
sing to the Lord, all the earth.  
In his presence are majesty and splendour,  
strength and honour in his holy place.

**First Reading** *Nehemiah 8:2-6. 8-10*

A reading from the book of Nehemiah

*They read from the book of Law and they understood what was read.*

Ezra the priest brought the Law before the assembly, consisting of men, women, and children old enough to understand. This was the first day of the seventh month. On the square before the Water Gate, in the presence of the men and women, and children old enough to understand, he read from the book from early morning till noon; all the people listened attentively to the Book of the Law.

Ezra the scribe stood on a wooden dais erected for the purpose. In full view of all the people – since he stood higher than all the people – Ezra opened the book; and when he opened it all the people stood up. Then Ezra blessed the Lord, the great God, and all the people raised their hands and answered Amen! Amen!; then they bowed down and, face to the ground, prostrated themselves before the Lord. And Ezra read from the Law of God, translating and giving the sense, so that the people understood what was read.

Then Nehemiah – His Excellency – and Ezra, priest and scribe (and the Levites who were instructing the people) said to all the people, ‘This day is sacred to the Lord your God. Do not be mournful, do not weep’. For the people were all in tears as they listened to the words of the Law.

He then said, ‘Go, eat the fat, drink the sweet wine, and send a portion to the man who has nothing prepared ready. For this day is sacred to our Lord. Do not be sad: the joy of the Lord is your stronghold.’

**Responsorial Psalm** *Ps 18:8-10. 15. R. See Jn 6:63*

(R.) Your words, Lord, are spirit and life.

- The law of the Lord is perfect,  
it revives the soul.  
The rule of the Lord is to be trusted,  
it gives wisdom to the simple. (R.)
- The precepts of the Lord are right,  
they gladden the heart.  
The command of the Lord is clear,  
it gives light to the eyes. (R.)
- The fear of the Lord is holy,  
abiding for ever.  
The decrees of the Lord are truth  
and all of them just. (R.)

- May the spoken words of my mouth,  
the thoughts of my heart,  
win favour in your sight, O Lord,  
my rescuer, my rock! (R.)

**Second Reading (Shorter Form)** *1 Corinthians 12:12-14, 27*

A reading from the first letter of St Paul to the Corinthians  
Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

Nor is the body to be identified with any one of its many parts. Now you together are Christ’s body; but each of you is a different part of it.

**Gospel Acclamation** *See Luke 4:18*

Alleluia, alleluia!

The Lord sent me to bring Good News to the poor  
and freedom to prisoners.

Alleluia!

**Gospel** *Luke 1:1-4. 4:14-21*

A reading from the holy Gospel according to Luke

*The scriptures were fulfilled on this day.*

Seeing that many others have undertaken to draw up accounts of the events that have taken place among us, exactly as these were handed down to us by those who from the outset were eyewitnesses and ministers of the word, I in my turn, after carefully going over the whole story from the beginning, have decided to write an ordered account for you, Theophilus, so that your Excellency may learn how well founded the teaching is that you have received.

Jesus, with the power of the Spirit in him, returned to Galilee; and his reputation spread throughout the countryside. He taught in their synagogues and everyone praised him.

He came to Nazara, where he had been brought up, and went into the synagogue on the sabbath day as he usually did. He stood up to read, and they handed him the scroll of the prophet Isaiah. Unrolling the scroll he found the place where it is written:

The spirit of the Lord has been given to me, for he has anointed me. He has sent me to bring the good news to the poor, to proclaim liberty to captives and to the blind new sight, to set the downtrodden free, to proclaim the Lord’s year of favour.

He then rolled up the scroll, gave it back to the assistant and sat down. And all eyes in the synagogue were fixed on him. Then he began to speak to them, ‘This text is being fulfilled today even as you listen.’

**Communion Antiphon** *Cf Psalm 33:6*

Look toward the Lord and be radiant;  
let your faces not be abashed.

MINISTRY SCHEDULE — 1 & 2 FEBRUARY 2025

	SAT 6PM	SUN 7.30AM	SUN 9.30AM	SUN 6PM
ACOLYTE	PIERRE SEQUEIRA	MIKE KILROE	LUKE HANDCOCK	KEN BOWNES
ALTAR SERVERS	ETHAN GATCHALIAN DARSHYN & DHIVYEN MANNAR	IHINOLEN & ESEOSE ITOTOH	REGINALDO CAMMARANO CHRISTOPHER XANTHIS JACKSON HANDCOCK	TYLER MORRIS NOEL & ELOUISE LIU
COMMENTATORS	ELIAS SANTIMANO	MEGAN OH	MARINA CICCARELLI	GLENDA BEUKES
COLLECTORS	LOUIS BOVE MATTHEW TLOCZEK	GERRY DOYLE	MARGARET SANDFORD BELLA PITT	JOE CINANNI MARIA NARDONE PAUL BELVISO
READERS	STEFANI CHEN TONY RYAN	LORNA D’SOUZA RITA ILICH	JUDY PHILLIPS PAUL MENEZES	JILL NORTON ANDREA D’SOUZA
EMOHC	AYLMYR SEQUEIRA PHIL TRUEMAN YVONNE GARBIN CARLA CARDOSO	JUDY LEE ALICE BATY <i>Volunteer needed</i>	MARGARET HANDYSIDE CARMEL RECHICHI MELISSA TROLIO TERESA LEECH	MARIA HILL OSBORNE D’SOUZA COLLEEN MORRIS LINDA ROBERTSON
ALTAR SOCIETY: VERONICA SOEGANDHI			PILGRIM STATUE: SUSI SUSANTO	
COUNTERS: MEGAN DOWLING, LYNLEY BIANCUZZO, ANTONELLA HENDERSON & CHRISTIE STIPINOVIC			CHILDREN’S LITURGY: —	