

# WELCOME

ST BENEDICT'S CATHOLIC PARISH — 23 FEBRUARY 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

## SEVENTH SUNDAY IN ORDINARY TIME, YEAR C

### GOSPEL REFLECTION BY Nick Brodie

'To go beyond instinct, to go beyond hatred,' Pope Francis suggests, is fundamental. However bad it gets, Jesus calls on us to see those who wrong us as God sees them: as creatures loved into existence, still capable of good.

Understandably, we find this challenging. But, as the Pope points out, Jesus faced such situations himself and shows us what turning the cheek really means.

By not trading strike for strike, Jesus avoids becoming like those who struck him in the first place. Jesus does not give in to injustice. Rather, he reveals it.

During his Passion, as the Pope explains, Jesus 'asks for an account of the wrong done to him.' He calls it out, gently but firmly. 'With his question,' the Pope affirms, 'Jesus denounces what is unjust. But he does so without anger, without violence, indeed *with kindness*.'

In any conflict, whether personal or international, we are therefore called to unmask the absurdity of hatred by being the 'one who has a greater inner strength,' to use our voice rather than fists, or gestures rather than words.

Ultimately, as the Pope declares: 'Turning the other cheek does not have to mean suffering in silence, giving in to injustice.' It means transforming the moment to bring light to the darkness.

© Nick Brodie



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**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**

- ◆ 23 FEB — PARISH MORNING TEA AFTER 9.30AM MASS
- ◆ 24 FEB TO 5 MAY — ALPHA STARTS AT FR ALBERT LYNCH ROOM, EVERY MONDAY @9AM-10.30AM
- ◆ 4 MAR — ANOINTING MASS @9AM
- ◆ 5 MAR — ASH WEDNESDAY @7AM, @9AM (SCHOOL) & @7PM

**Jubilee 2025**



**Place of Pilgrimage**

Pope Francis in his papal bull "Spes Non Confundit," ("Hope Does Not Disappoint") for this Jubilee year encourages us all to partake in a pilgrimage "travel to Rome in order to experience the Holy Year and to all those others who, though unable to visit the City of the Apostles Peter and Paul, will celebrate it in their local Churches." To read the papal bull go to <https://www.iubilaeum2025.va/en/>

Pilgrimage churches and shrines in the Archdiocese of Perth:

- St Mary's Cathedral, Perth
- The Basilica of St Patrick, Fremantle
- St John Paul II Parish, Banksia Grove
- Schoenstatt Shrine, Mount Richon
- Carmelite Monastery, Nedlands
- Sacred Heart Parish, Highgate

**SACRAMENT PROGRAMME 2025**

If you wish your child to receive the Sacraments of Reconciliation, Eucharist and Confirmation this year, the enrolment forms are now available on the parish website. Please read the important information for parents and download the relevant form and return to the parish office. Payment is via direct debit, details are all on the enrolment form. Applications for all Sacraments **close on Friday, 14 March 2025.**

The Sacrament Programme is parish-based, family-focused and school-supported and the Sacrament team looks forward to working with and welcoming new families to the program.

For further information contact Rosa Ranieri, Sacrament Co-ordinator at [stbenedicts.sacraments@gmail.com](mailto:stbenedicts.sacraments@gmail.com)

The first **Alpha** course for 2025 will start on **Monday, 24 February 2025 at 9am to 10.30am at Fr Albert Lynch Room in St Benedict Church, 115 Ardross St, Ardross.**

We invite you to explore ever more deeply, 'Is There More To Life than This?' If you wish to participate in this course, please add your name to the sheets at the back of the church.

**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, Rev Fr Peter Mao, Lisa Bailey and all others who are not included in this list. *Thank you.*



**YOUTH CORNER**

**Youth Mass — 8 March 2025 @6pm**

**PARISH MORNING TEA**  
**SUNDAY, 23 FEBRUARY 2025**  
**AFTER 9.30AM MASS**  
**PLEASE BRING A PLATE**



Experience  
 Healing GRACE  
 Anointing OIL  
 Forgiveness  
 & Peace

**Mass For The Sick**



**TUESDAY, 4 MARCH 2025**  
**@9AM**

**PARISH BUSY BEE**



**THANK YOU**

**MASS SCHEDULE**

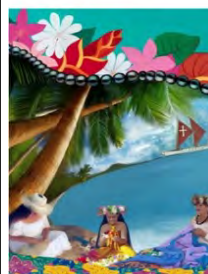
**WEDNESDAY**  
**5 MARCH 2025**

**@7AM,**  
**@9AM (SCHOOL)**  
**& @7PM**



**THIS IS A DAY OF FASTING & ABSTINENCE FROM MEAT**

World Day of Prayer 2025 The Cook Islands



**"I made you wonderful"**

This year, the annual World Day of Prayer - a time of ecumenism - will be held at the **Mt Pleasant Uniting Church, Corner of Coomoora and Reynolds Rd, @10am on Friday, 7<sup>th</sup> March.**

A time of unity in prayer. A small collection, as is usual, will assist with Trauma Healing programs in the Cook Islands.

All welcome; engage in interfaith fellowship afterwards with a cuppa. More info on World Day of Prayer – [www.worlddayofprayeraustralia.org](http://www.worlddayofprayeraustralia.org)

**PLEASE PRAY FOR THE RECENTLY DECEASED:**

Giuseppe Argese, Valerie Walsh.

**ANNIVERSARIES:**

Gabriele Loss, Myrtle Pereira, Pablo Vargas, Tommy McCool, Eufemia Ligovich, John Lane, Maureen Clement, Pamela Miller, Robert Robertson, Brian Handcock, June James and all deceased benefactors of the parish and all departed family and friends. *Thank you.*



**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/](https://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.**

**16 May to 29 May 2025 PILGRIMAGE TO SHRINES OF ITALY**

**Come to Italy for the Jubilee Year 2025.** Our Spiritual Director is Mgr Michael Keating. We will be visiting Rome, Assisi, Loreto, Padre Pio, Puglia, Calabria and Sicily. Pilgrims may leave the pilgrimage in Calabria or Sicily to return home to Australia later. They must leave from Catania, Sicily. Any deviation will have to be discussed with Anawim Journeys. Full board cost including flights, accommodation, tours, meals for 30 paying persons is A\$8820. For enquiry, please contact Veronica Scully 0402 290 827/ [veronica@anawimjourneys.com](mailto:veronica@anawimjourneys.com); Sheila Mohgan 0433 771 979/ [sheila@anawimjourneys.com](mailto:sheila@anawimjourneys.com); or Sue Gardiner 0421 835 408/ [sue@anawimjourneys.com](mailto:sue@anawimjourneys.com).

**Presence**

“You show me the path of life; in your presence there is fullness of joy; in your right hand are pleasures for evermore.” (Psalm 16). Lord, help me to live in Your presence today.

**Freedom**

Thank You God for my freedom. May I use this gift to do what I can for those who are oppressed or burdened.

**Consciousness**

Father, thank You for sending Your Son to earth to be with me in every experience I have. Thank You that He is with me in a special way in this time of prayer and through Your Word.

**Inspiration**

To live the Christian faith is always a challenge and a struggle. We are told to strive to love as the Heavenly Father loves and to aim to be perfect. In particular we are asked to be merciful and never to judge others. It is summed up in the golden rule, which is to treat others as we would want them to treat us. We need the example of Jesus, who prayed on the cross for his executioners, ‘Father forgive them.’ We have much to reflect upon in our own lives and to talk to the Lord about in prayer.

**Conversation**

God’s Word is always fruitful. How is it touching me now as I reflect on what I have just prayed? Do I feel comforted? Do I feel challenged?

**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

Find your way through the maze to make peace with your enemy.

How can we love our enemies? Tick the best answers in the boxes below.

<p>If someone slaps you on the cheek, do you...</p> <p><input type="checkbox"/> A: Slap them back</p> <p><input type="checkbox"/> B: Forgive them, or...</p> <p><input type="checkbox"/> C: Call the police</p>	<p>If someone teases you and calls you names, do you...</p> <p><input type="checkbox"/> A: Throw a tantrum</p> <p><input type="checkbox"/> B: Find nice things to say about them, or...</p> <p><input type="checkbox"/> C: Ask God to punish them</p>	<p>If someone wants to share your favorite toy, do you...</p> <p><input type="checkbox"/> A: Tell them to go away</p> <p><input type="checkbox"/> B: Let them play with it, but only for 5 minutes, or...</p> <p><input type="checkbox"/> C: Let them have it for as long as they like</p>	<p>If someone is cruel and mistreats you, do you...</p> <p><input type="checkbox"/> A: Ask God to bless them</p> <p><input type="checkbox"/> B: Tell everyone how bad that person is, or...</p> <p><input type="checkbox"/> C: Get even with them</p>
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**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: Eighth Sunday in Ord Time, Yr C**

**1st:** Sirach 27:4-7

**Ps:** 91:2-3, 13-16

**2nd:** 1 Cor 15:54-58

**Gospel:** Lk 6:39-45



READINGS FOR THE DAY

**Entrance Antiphon** *Psalm 12:6*

O Lord, I trust in your merciful love.  
My heart will rejoice in your salvation.  
I will sing to the Lord who has been bountiful with me.

**First Reading** *1 Samuel 26:2. 7-9. 12-13. 22-23*

A reading from the first book of Samuel

*The Lord has put you in my power, but I will not raise my hand against you.*

Saul set off and went down to the wilderness of Ziph, accompanied by three thousand men chosen from Israel to search for David in the wilderness of Ziph.

So in the dark David and Abishai made their way towards the force, where they found Saul asleep inside the camp, his spear stuck in the ground beside his head, with Abner and the troops lying round him.

Then Abishai said to David, 'Today God has put your enemy in your power; so now let me pin him to the ground with his own spear. Just one stroke! I will not need to strike him twice. David answered Abishai, Do not kill him, for who can lift his hand against the Lord's anointed and be without guilt?' David took the spear and the pitcher of water from beside Saul's head, and they made off. No one saw, no one knew, no one woke up; they were all asleep, for a deep sleep from the Lord had fallen on them.

David crossed to the other side and halted on the top of the mountain a long way off; there was a wide space between them. David then called out, 'Here is the king's spear. Let one of the soldiers come across and take it. The Lord repays everyone for his uprightness and loyalty. Today the Lord put you in my power, but I would not raise my hand against the Lord's anointed.'

**Responsorial Psalm** *Ps 102:1-4. 8. 10. 12-13. R. v.8*

*(R.) The Lord is kind and merciful.*

1. My soul, give thanks to the Lord,  
all my being, bless his holy name.  
My soul, give thanks to the Lord  
and never forget all his blessings. *(R.)*
2. It is he who forgives all your guilt,  
who heals every one of your ills,  
who redeems your life from the grave,  
who crowns you with love and compassion. *(R.)*
3. The Lord is compassion and love,  
slow to anger and rich in mercy.  
He does not treat us according to our sins  
nor repay us according to our faults. *(R.)*
4. As far as the east is from the west  
so far does he remove our sins.  
As a father has compassion on his sons,

the Lord has pity on those who fear him. *(R.)*

**Second Reading** *1 Corinthians 15:45-49*

A reading from the first letter of St Paul to the Corinthians

*Just as we have carried the earthly image, we must carry the heavenly image.*

The first man, Adam, as scripture says, became a living soul; but the last Adam has become a life-giving spirit. That is, first the one with the soul, not the spirit, and after that, the one with the spirit. The first man, being from the earth, is earthly by nature; the second man is from heaven. As this earthly man was, so are we on earth; and as the heavenly man is, so are we in heaven. And we, who have been modelled on the earthly man, will be modelled on the heavenly man.

**Gospel Acclamation** *John 13:34*

Alleluia, alleluia!

I give you a new commandment;  
love one another as I have loved you.  
Alleluia!

**Gospel** *Luke 6:27-38*

A reading from the holy Gospel according to Luke

*Be merciful as your Father is merciful.*

Jesus said to his disciples: 'I say this to you who are listening: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. To the man who slaps you on one cheek, present the other cheek too; to the man who takes your cloak from you, do not refuse your tunic. Give to everyone who asks you, and do not ask for your property back from the man who robs you. Treat others as you would like them to treat you. If you love those who love you, what thanks can you expect? Even sinners love those who love them. And if you do good to those who do good to you, what thanks can you expect? For even sinners do that much. And if you lend to those from whom you hope to receive, what thanks can you expect? Even sinners lend to sinners to get back the same amount. Instead, love your enemies and do good, and lend without any hope of return. You will have a great reward, and you will be sons of the Most High, for he himself is kind to the ungrateful and the wicked.

'Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned yourselves; grant pardon, and you will be pardoned. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back.'

**Communion Antiphon** *Psalm 9:2-3*

I will recount all your wonders, I will rejoice in you and be glad,  
and sing psalms to your name, O Most High.

MINISTRY SCHEDULE — 1 & 2 MARCH 2025

	SAT 6PM	SUN 7.30AM	SUN 9.30AM	SUN 6PM
ACOLYTE	CHARLES CARDOSO	BARRY FARRELL	LUKE HANDCOCK	ROB PAUL
ALTAR SERVERS	DANYCKA FERNANDES DARSHYN & DHIVYEN MANNAR	GRACE STEWART IHINOSEN & ESEOSE ITOTOH	MASON SIA JACKSON HANDCOCK CHRISTOPHER XANTHIS	SOFIE GABRIEL ALEX & OLAF RIJKS
COMMENTATORS	AYLMYR SEQUEIRA	ADELE PARSONS	PAU CICCARELLI	GLENDA BEUKES
COLLECTORS	LOUIS BOVE MATTEW TLOCZEC	GERRY DOYLE	MARGARET SANDFORD BELLA PIT	JOE CINANNI MARIA NARDONE PAUL BELVISO
READERS	MILDRED REGO ELIZABETH YUSTIRA	MEGAN OH RITA ILICH	CAROL CURNOW DANIEL BARIN	MAUREEN BRIGHT MAISIE CINANNI
EMOHC	KELLY DWYER CARLA CARDOSO MICHELLE CARRICK YVONNE GARBIN	BRYAN LILLIS JACQUIE HERON <b>Volunteer needed</b>	MARGARET SANDFORD LILLI ORIFICI MOIRA BUNN JUDY PHILLIPS	MARIA HILL YULIANA VAN DER BURG JILL NORTON OSBORNE D'SOUZA
ALTAR SOCIETY: JUDY LEE			PILGRIM STATUE: CARMEL & TONY RECHICHI	
COUNTERS: JOE & MAISIE CINANNI, JOYCE D'CRUZ & GILLIAN COELHO			CHILDREN'S LITURGY: —	