WELCOME

ST BENEDICT'S CATHOLIC PARISH — 1 FEBRUARY 2026

"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:
Temporarily closed.

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
Office Hours: 10am—4pm (Tue-Fri)
Admin Officer: Stefani Chen
E (main): applecross@perthcatholic.org.au
Admin Assistant: Maribel Villegas (Thur: 9am-3pm)
E (office): office.applecross@perthcatholic.org.au
Parish Priest: Fr Nelson Po
E (Fr Nelson): nelson.po@perthcatholic.org.au

BENEDICTCARE COORDINATORS:
Head Coordinator: Carmel Tick - 0488 100 928
New Parishioners: Ruth Thorn
Home Help: Carmel Tick
Handyman/Gardening: Louis Bove
Visiting: Meagan Xanthis
Transport: Carmel Tick
Emergency Meals: Meagan Xanthis

PARISH INCLUSIVITY COORDINATOR:
Bev Piche — 0467 054 168

4TH SUNDAY IN ORDINARY TIME, YEAR A

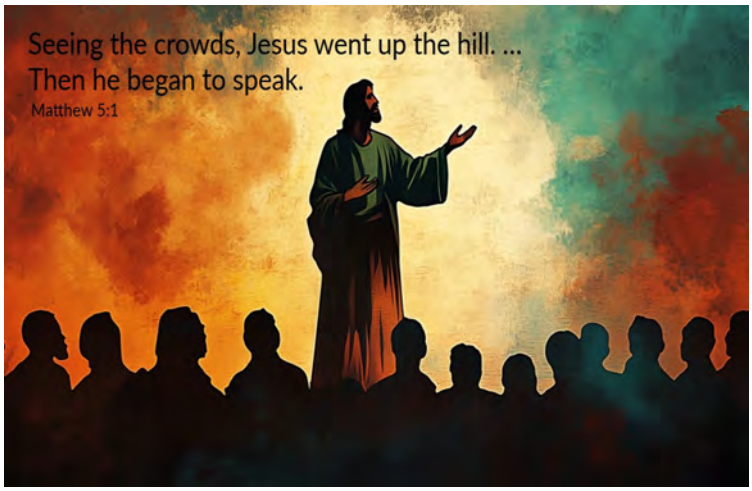
GOSPEL REFLECTION BY Dianne Bergant CSA

To follow Jesus does not mean merely that one travels with him from place to place. It means that one learns from him, that one follows his manner of life and his way of thinking. To follow Jesus means to follow his example in the way he respects himself and other people, in his use of the things of the natural world. It means that one listens to what he says, and asks for an explanation when what he says is not understood. All of this requires that the disciple be a learner, one who can learn from the life of Jesus as well as from his teaching.

The first lessons that the disciples must learn are found in the beatitudes. The same lessons are placed before us, the modern-day disciples. The setting of Jesus' teaching is so serene; a mountain apart, a teacher with his disciples gathered around him, simple statements that are coupled with glorious rewards. However, the reality of the lessons is in stark contrast with this tranquil scene. These beatitudes, these blessings call for profound inner transformation.

The gospel outlines the kind of person the disciple is to become; the psalm sketches the program to which the learner is called. The disciples of Jesus are not merely his followers; they also continue the work that he began. In whatever circumstance of life we find ourselves, as disciples of Jesus we work to sustain the good that is in the world and to transform whatever needs transformation.

© Dianne Bergant CSA



PREP COORDINATOR: Maureen Bright
Email: office.applecross@perthcatholic.org.au

SACRAMENTAL COORDINATOR: Rosa Ranieri
Email: stbenedicts.sacraments@gmail.com

Pastoral Care: Yunita Lay
Email: stbenedicts.pastoral@gmail.com

PARISH SAFEGUARDING OFFICERS:
Marina Ciccarelli &
Phil Trueman.

Email contact:
applecross.safeguarding@gmail.com

PARISH NOTICES

EVENTS

- 6 FEB — FIRST FRIDAY FRIENDS @11AM
- 7 FEB — YOUTH MASS @6PM
- 7 FEB — SYNODALITY SESSION @9.15AM-12.30PM AT ALBERT LYNCH ROOM or A REPEAT SESSION ON 11 FEB (SEE THE NOTICE ON THIS PAGE)
- 8 FEB — PARISH MORNING TEA AFTER 7.30AM MASS, ROSTER: ADELE PARSONS & MEGAN DOWLING (PLEASE BRING A PLATE TO SHARE)
- 9 FEB — ALPHA STARTS AT ALBERT LYNCH ROOM, EVERY MONDAY @9AM-10.30AM FOR 11 WEEKS

Albert Lynch Room Extension – Coming Soon!

In 2008, we honoured Fr Albert Lynch by naming our activity hall after him. This space has served as Mass overflow and hosted many parish activities, including Alpha, RCIA, Youth Groups, and Bible Study.

With our growing community, we're excited to announce an 80% expansion of the Albert Lynch Room, with construction starting January 2026. Plans are on display in the foyer.

The project cost is $260,000, fully funded by the parish. We invite your support — every donation helps make this vision a reality. The church's bank account details are on the board.

Thank you for your generosity!

Parish Council & Finance Committee

Be inspired… start 2026 with a deep dive into what REALLY matters!

***ALPHA**: Come and explore more deeply 'Is there more to life than this?'.*

Alpha is a warm, welcoming space that is safe, where people come to explore life, faith and meaning.

At Alpha, we grab a cuppa, watch a powerful video series each week, and explore/share our faith. We encourage open, honest conversations about what you think, feel and believe. You can expect to grow, laugh, connect and journey together with others.

***WHERE**: St Benedicts's Parish, Applecross. At Albert Lynch Room, 115 Ardross Street, Ardross.*

WHEN**: starting **Monday 9/2/2026 from 9am-10.30am

***REGISTER**: call/text Nicole or Dom or add your name and phone number to the registration sheet at the back of church.*

*Contact **Nicole 0429 859 308** or **Dom 0404 803 408***

St Benedict's Craft Group recommences on **Wednesday, 11 February at 9.15 am**. The meeting will be held in the Albert Lynch Room Boardroom. New faces very welcome.

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, Harsono Setiawan, Steven Robertson, Lisa Bailey, Lenna Hosseini, Frank Ranieri, Judith Chan, Grisel Noronha and all others who are not included in this list. *Thank you.*

YOUTH CORNER

Youth Mass — 7 February 2026 @6pm

PARISH RELIGIOUS EDUCATION PROGRAMME (PREP)

Our parish runs an intensive after school Religious Education programme 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 11 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 call the parish office on 08 9364 1120. Please give some thought to this very rewarding service to the parish and our children.

SYNODALITY

WALKING TOGETHER AS 'CHURCH' – AN EXPERIENCE OF SYNODALITY

You are warmly invited to a session of reflection, deep listening and sharing on our experience of and desires for Church.

Saturday, 7 February 2026: 9.15am–12.30pm
OR a repeat session:
Wednesday, 11 February 2026: 6.45pm–9pm

Venue: Albert Lynch Room, St Benedict's Church, Ardross

RSVP: ignatianspiritualitywa@gmail.com by 4 Feb

Cost: Free. Donation appreciated.

Enquiries: visit *Ignatian Spirituality Workshops – Ignatian Spirituality of Western Australia* or contact *Chris Gardner on 0429995591 or Kevin Wringe on 0407511104*

SYNODALITY in simple terms is a path of **spiritual renewal** (conversion) that enable the Church to be more **participatory** and **missionary** so that it can work with every man and woman, radiating the light of Christ (no. 28 Final Document).

FIRST FRIDAY FRIENDS

The next First Friday Friends function on **6 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.

PLEASE PRAY FOR RECENTLY DECEASED:

Audrey Celine Milne

ANNIVERSARIES:

Mary O'Connor, Patricia Arnold, Daniel Alvaro, Barbara Potter 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/** 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.

PARISH MORNING TEA INVITATION

SUNDAY,
8 FEBRUARY 2026,
AFTER 7.30AM MASS

PLEASE BRING A PLATE

ROSTER:
ADELE PARSONS &
MEGAN DOWLING

Our Mary Mother of Sorrows' Prayer Group will re-commence on Thursday 5 February. All are invited to attend and bring a friend if you wish. We meet in the **Albert Lynch Room @1pm and finish @2.30pm with a cuppa**. Contact Judy Phillips for further information: 08 9364 9249 or 0420 246 741.

PRAYER FOR THE DAY

Presence

God, You are nearer than I dare believe, closer than my own breath. I am blessed by Your Intimate Nearness, and I need not fear.

Freedom

Lord, You granted me the great gift of freedom.
In these times, O Lord, grant that I may be free
from any form of racism or intolerance.
Remind me, Lord, that we are all equal in Your loving eyes.

Consciousness

My soul longs for Your presence, Lord. When I turn my thoughts to You, I find peace and contentment.

Inspiration

The Beatitudes are the heart of Jesus' teaching. They do not condemn but rather motivate. In a way, they turn our world upside down. Do they do that to me? We pray for the peace-makers and for those who are persecuted, and ask for the grace to see the things going on around us in a new light.

Conversation

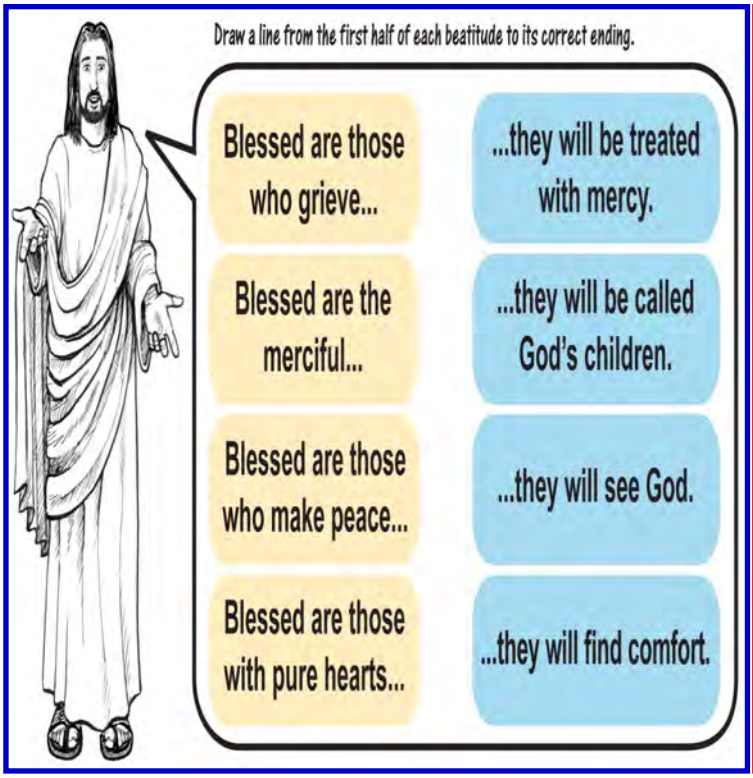
Conversation requires talking and listening. As I talk to Jesus may I also learn to be still and listen. I picture the gentleness in His eyes and the smile full of love as He gazes on me. I can be totally honest with Jesus as I tell Him of my worries and my cares. I will open up my heart to Him as I tell Him of my fears and my doubts. I will ask Him to help me to place myself fully in His care, to abandon myself to Him, knowing that He always wants what is best for me.

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



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: 5th Sunday in Ordinary Time, Yr A

1st: Is 58: 7-10 **Ps:** 111: 4-9

2nd: 1 Cor 2: 1-5 **Gospel:** Mt 5: 13-16

READINGS FOR THE DAY

Entrance Antiphon *Psalm 105:47*

Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.

First Reading *Zephaniah 2:3; 3:12-13*

A reading from the prophet Zephaniah

In your midst I will leave a humble and a lowly people.

Seek the Lord
all you, the humble of the earth,
who obey his commands.
Seek integrity,
seek humility:
you may perhaps find shelter
on the day of the anger of the Lord.
In your midst I will leave
a humble and lowly people,
and those who are left in Israel will seek refuge in the name of the Lord.
They will do no wrong,
will tell no lies;
and the perjured tongue will no longer
be found in their mouths.
But they will be able to graze and rest
with no one to disturb them.

Responsorial Psalm *Ps 145:7-10. R. Mt 5:3*

(R.) Happy the poor in spirit;
the kingdom of heaven is theirs!

1. It is the Lord who keeps faith forever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free. (R.)

2. It is the Lord who gives sight to the blind,
who raises up those who are bowed down,
the Lord, who protects the stranger
and upholds the widow and orphan. (R.)

3. It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age. (R.)

Second Reading *1 Corinthians 1:26-31*

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

God has chosen what is weak by human reckoning.

Take yourselves, brothers, at the time when you were called: how many of you were wise in the ordinary sense of the word, how many were influential people, or came from noble families? No, it was to shame the wise that God chose what is foolish by human reckoning, and to shame what is strong that he chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones that God has chosen – those who are nothing at all to show up those who are everything. The human race has nothing to boast about to God, but you, God has made members of Christ Jesus and by God's doing he has become our wisdom, and our virtue, and our holiness, and our freedom. As scripture says: if anyone wants to boast, let him boast about the Lord.

Gospel Acclamation *Matthew 5:12*

Alleluia, alleluia!
Rejoice and be glad;
Your reward will be great in heaven.
Alleluia!

Gospel *Matthew 5:1-12*

A reading from the holy Gospel according to Matthew

Happy are the poor in spirit.

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

'How happy are the poor in spirit:
theirs is the kingdom of heaven.
Happy the gentle:
they shall have the earth for their heritage.
Happy those who mourn:
they shall be comforted.
Happy those who hunger and thirst for what is right:
they shall be satisfied.
Happy the merciful:
they shall have mercy shown them.
Happy the pure in heart:
they shall see God.
Happy the peacemakers:
they shall be called sons of God.
Happy those who are persecuted in the cause of right:
theirs is the kingdom of heaven.

'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'

Communion Antiphon *Cf Psalm 30:17-18*

Let your face shine on your servant.
Save me in your merciful love.
O Lord, let me never be put to shame, for I call on you.

MINISTRY SCHEDULE — 7 & 8 FEBRUARY 2026

	SAT 6PM	SUN 7.30AM	SUN 9.30AM	SUN 6PM
ACOLYTE	PIERRE SEQUEIRA	ROD DOWLING	LUKE HANDCOCK	ROB PAUL
ALTAR SERVERS	JACKSON HANDCOCK HAILEY CORREIA DHIVYEN MANNAR JACOB CHEN	MATTEO REDOLATTI JOEL DOWLING	MASON SIA CHARMAINE VOGLER MATTHEW PRANATA	KATHERINE WIBAWA OLIVER & JACOB WONG
COMMENTATORS	YOUTH MASS	ADELE PARSONS	MARINA CICCARELLI	KATRINA MCINNES
COLLECTORS	YOUTH MASS	ANTHONY LIM	ROGER BUNN LILI ORIFICI	JOE CINANNI PAUL BELVISO GRAHAM KNIGHT
READERS	YOUTH MASS	LORNA D'SOUZA MARK DE CRUZ	JUDY PHILLIPS PAUL MENEZES	JACKIE WONG CLARE COOMBES
EMOHC	YOUTH MASS	JUDY LEE TINA CAMMARANO VOLUNTEER NEEDED	MARGARET HANDYSIDE MOIRA BUNN MELISSA TROLIO RUTH THORN	KEVIN AUTON OSBORNE D'SOUZA JOE CINANNI MAISIE CINANNI

ALTAR SOCIETY: JENNIFER DI GIOVANNI

PILGRIM STATUE: RUTH THORN

COUNTERS: BARRY FARRELL, KEVIN WRINGE & HELEN VESTER

CHILDREN'S LITURGY: —