WELCOME

ST BENEDICT'S CATHOLIC PARISH — 8 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

5TH SUNDAY IN ORDINARY TIME, YEAR A

GOSPEL REFLECTION BY Fr Michael Tate

Salty and Radiant

You are the salt of the earth, you are the light of the cosmos. 'You' is in the plural. So these descriptions are meant to apply to us as a Christian community.

Salt in the ancient world was a preservative for food. So, we are the ones who are to preserve the earth, to prevent its deterioration, to keep it life-giving.

Salt has to penetrate food to have an effect. We have to penetrate the world with our Sermon on the Mount values. Staying self-contained as a perfect little band of Christians is about as useful as salt remaining in the saltshaker. In Our Lord's scary opinion we would quite rightly be trampled underfoot.

How are we light for the cosmos? By 'good works'? No, a truer translation is by 'beautiful works'. These are those things we do which have grace, elegance and proportion and are therefore pleasing to observe: beautifully-good-works.

We could pause for a moment to pray that we remain salty and tangy, doing good beautifully and elegantly.

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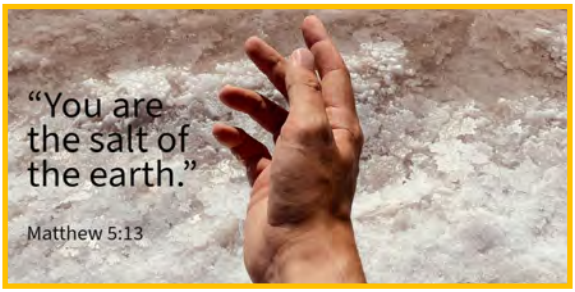

PREP COORDINATOR: Maureen Bright
Email: office.applecross@perthcatholic.org.au

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

- 7 FEB — YOUTH MASS @6PM
- 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
- **11 FEB — ANOINTING OF THE SICK SERVICE @10AM**
- 11 FEB — SYNODALITY ***REPEAT*** SESSION @6.45PM-9PM AT ALBERT LYNCH ROOM (SEE NOTICE BOARD)

We congratulate Fr Nelson, our parish priest, as the newly appointed Auxiliary Bishop of the Archdiocese of Perth. Together with Archbishop Timothy, let us all support our new bishop-elect with our encouragement, our affection and especially our prayers. We pray that he will be guided by the Holy Spirit and his ministry will be blessed.

We wish Fr Nelson all the very best in his new role although he will be sorely missed here at Applecross Parish.

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.

SACRAMENT PROGRAMME 2026

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, 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, 13 March 2026**.

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 Coordinator at stbenedicts.sacraments@gmail.com

PLEASE PRAY FOR RECENTLY DECEASED:

Audrey Celine Milne

ANNIVERSARIES:

Manuel Jardim, Peter Roberts, Peg Officer, Joyce Wong, Patricia Gramigna, Brian Bradley 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.

SAFEGUARDING LEVEL 1 INDUCTION TRAINING (in person)
Saturday 7 Mar 2026 @10am at St John & St Paul, Willeton Parish
To register **https://safeguarding.perthcatholic.org.au/training/#induction**.
Further info: 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.

Pilgrimage of Mission & Hope!

800yrs Death Anniversary of St. Francis of Assisi Italy

Join **Mon Michael Keating** to deepen your faith as we travel to Italy from **13th May to 22nd May 2026 (See Notice Board).**

For the itinerary and booking form, please **call us Anawim Journeys on 0402 290 827 (Veronica) or 0433 771 979 (Sheila).** You can also email us at mail@anawimjourneys.com.

PRAYER FOR THE DAY

Presence
As I sit here, the beating of my heart,
the ebb and flow of my breathing,
the movements of my mind,
are all signs of God's ongoing creation of me.
I pause for a moment, and become aware
of this presence of God within me.

Freedom
Lord, I pray for Your gift of freedom.
May Your Holy Spirit
guide those in power to work for
true justice for all Your people.

Consciousness
Heavenly Father, thank You that Your love never fails and that Your mercies are new every morning. May I never fail to turn to You with my needs, with my love.

Inspiration
Occasionally, Lord, the conditions are very stormy as we go about our work, and it's hard to hold a steady course in high winds. We may remember instances when we felt less than steady in our following of Christ. We ask you, Lord, to continue to walk alongside us as we try to shadow you – and to let us feel your presence.

Conversation
What graces does God want to bestow on me in this time of prayer? If I listen deep inside, in the quiet of my heart, what is the Lord saying to me there?

Conclusion
I thank God for these few moments we have spent alone together and for any insights I may have been given concerning the text.

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: 6th Sunday in Ordinary Time, Yr A

1st: Sir 15: 15-20 **Ps:** 118: 1-2, 4-5, 17-18, 33-34
2nd: 1 Cor 2: 6-10 **Gospel:** Mt 5: 17-37

READINGS FOR THE DAY

Entrance Antiphon *Psalm 94:6-7*

O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.

First Reading *Isaiah 58:7-10*

A reading from the prophet Isaiah

Your light will shine like the dawn.

Thus says the Lord:

Share your bread with the hungry,
and shelter the homeless poor,
clothe the man you see to be naked
and turn not from your own kin.
Then will your light shine like the dawn
and your wound be quickly healed over.

Your integrity will go before you
and the glory of the Lord behind you.
Cry, and the Lord will answer;
call, and he will say, 'I am here.'

If you do away with the yoke,
the clenched fist, the wicked word,
if you give your bread to the hungry,
and relief to the oppressed,
your light will rise in the darkness,
and your shadows become like noon.

Responsorial Psalm *Ps 111:4-9. R. v.4*

(R.) A light rises in the darkness for the upright.

1. He is a light in the darkness for the upright:
   he is generous, merciful and just.
   The good man takes pity and lends,
   he conducts his affairs with honour. (R.)
2. The just man will never waver:
   he will be remembered for ever.
   He has no fear of evil news;
   with a firm heart he trusts in the Lord. (R.)
3. With a steadfast heart he will not fear;
   open-handed, he gives to the poor;
   his justice stands firm for ever.
   His head will be raised in glory. (R.)

Second Reading *1 Corinthians 2:1-5*

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

I came to you to proclaim Christ crucified.

When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

Gospel Acclamation *John 8:12*

Alleluia, alleluia!
I am the light of the world, says the Lord;
the man who follows me
will have the light of life.
Alleluia!

Gospel *Matthew 5:13-16*

A reading from the holy Gospel according to Matthew

You are the light of the world.

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.

'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

Communion Antiphon *Cf Psalm 106:8-9*

Let them thank the Lord for his mercy,
his wonders for the children of men,
for he satisfies the thirsty soul,
and the hungry he fills with good things.

MINISTRY SCHEDULE — 14 & 15 FEBRUARY 2026

	SAT 6PM	SUN 7.30AM	SUN 9.30AM	SUN 6PM
ACOLYTE	CHARLES CARDOSO	BARRY FARRELL	DENIS RIGG	KEN BOWNES
ALTAR SERVERS	LEWIS HERON JOSHUA & ETHAN TSIA	JERARD, JONAH & JORDAN VINCENT	GRACE STEWART XAVIER SIA LETICIA AVERY	TYLER MORRIS ADDISON & HARPER GRACE
COMMENTATORS	AYLMYR SEQUEIRA	JACQUIE HERON	VERONICA AVERY	GLENDA BEUKES
COLLECTORS	LOUIS BOVE MATTHEW TLOCZEC	GERRY DOYLE	MARGARET SANDFORD	OSBORNE D'SOUZA ROSS FRANCHINA GRAHAM KNIGHT
READERS	TONY RYAN LEO REGO	MARIA ARANDA VOLUNTEER NEEDED	NICOLE PARKER PATRICIA ROBERTSON	MAISIE CINANNI KELVIN GRACE
EMOHC	CARLA CARDOSO STEVEN CLAY GERRI CLAY PHIL TRUEMAN	MONICA ANDERSON BRYAN LILLIS ANGELA SCOTT	LILI ORIFICI CARMEL RECHICHI MARGARET SANDFORD MARINA CICCARELLI	LINDA ROBERTSON YULIANA VAN DER BURG MARIA HILL COLLEEN MORRIS

ALTAR SOCIETY: ANGELA NANKIVELL, COLLEEN VALLINI & FRANCESCA VALLINI	**PILGRIM STATUE:** RASHANTHI WANIGASEKERA
COUNTERS: MEGAN DOWLING, LYNLEY BIANCUZZO, ANTONELLA HENDERSON & CHRISTIE STIPINOVIC	**CHILDREN'S LITURGY:** —