WELCOME

ST BENEDICT'S CATHOLIC PARISH — 1 MARCH 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:
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
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

2ND SUNDAY OF LENT, YEAR A

GOSPEL REFLECTION BY Fr Michael Tate

Transfigured Bodysouls

We have to get rid of the idea that the soul is a dot of energy in some hidden core of our body. In fact, the body is in the soul. There is no part of my body which is not immersed in my soul. It is my whole person, bodysoul, which needs to be saved. As Thomas Aquinas says: 'If only my soul is saved, I am not saved.'

Today's Gospel does not portray an out-of-body experience of religious ecstasy. Jesus' body was translucent, totally radiant with Divine Light. Further, this transfiguration was not a solitary experience for Jesus. Peter, James and John witnessed it precisely because it told them what our Heavenly Father desired as their destiny beyond martyrdom, if only they would listen to Jesus.

Heavenly salvation will involve my whole person, bodysoul, being transformed. But could a person, during their earthly existence, share in the transfiguration experience of Christ?

We could pause for a moment to 'Google' or otherwise get hold of my favourite story of a saint – St Seraphim of Sarov – and pray that we may share with his disciple the bodily experience of 'immeasurable wellbeing' – 'infinite joy in our hearts'.

© ***Fr Michael Tate***

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

- 2, 9, 16, 23 & 30 MAR — ALPHA AT ALBERT LYNCH ROOM, EVERY MONDAY @9AM-10.30AM
- 6, 13, 20 & 27 MAR — STATIONS OF THE CROSS @7PM
- **6 MAR — WORLD DAY OF PRAYER @10AM, FOLLOWED BY MORNING TEA (SEE NOTICE BELOW)**
- **6 MAR — NO FIRST FRIDAY FRIENDS**
- 7 MAR — SYNODALITY SESSION @9.15AM-12.30PM AT ALBERT LYNCH ROOM or A REPEAT SESSION ON 11 MAR @6.45PM-9PM
- 7 MAR — YOUTH MASS @6PM
- 8 MAR — PARISH MORNING TEA AFTER 7.30AM MASS (ROSTER: VANESSA KILROE & CHRISTIE STIPINOVIC)

World Day of Prayer 6 March 2026 @10am

You are invited to join our local prayer service focused on **Nigeria.**
Guest speakers, our own parishioners – the Itotoh family.
World Day of Prayer, a global ecumenical movement of informed prayer and prayerful action, began 99 years ago. Today WDP involves people in a day of prayer in over 170 countries on the first Friday of March – this year **Friday, 6th March 2026**. The service has a theme prepared by an ecumenical committee in a different country each year. Offerings at services support interdenominational programs, such as the Bible Society, in Australia and in the host country - this year for **Nigeria**.

St Benedict's Catholic Church is the host Church for our surrounding Churches for 2026. You are invited to join the ecumenical service for **Nigeria** at **10am on Friday 6 March –** theme **– *'I will give you rest: Come' - Matthew 11:28-30***

Participating churches are Mt Pleasant Uniting Church, St David's Anglican Church, St Michael's Anglican Church, and St Benedict's Catholic Church.

A shared cuppa follows the service.

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 March 2026 @6pm

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

Caritas AUSTRALIA | PROJECT COMPASSION

First Sunday of Lent: 28 February – 1 March 2026

Sisilia is a 13-year-old girl living in remote Tanzania, who had to walk long distances to collect water every day. Thanks to Project Compassion, Sisilia's school and village now have safe clean water close by and she can spend more time studying so she can fulfil her dream of one day becoming a pilot.

Please donate today.

You can support Project Compassion 2026 through the donation boxes, envelopes or by scanning the QR code.
Or online at: www.projectcompassion.org.au/donate
Or by calling: 1800 024 413

Thank you for standing with us,
as we *Unite Against Poverty this Lent.*

ONLY ONE ENVELOPE FOR THE SIX WEEK LENT PERIOD

PLEASE PRAY FOR RECENTLY DECEASED: -

ANNIVERSARIES:
Brian Handcock, June James, Victoria Loh Kim Kee, John Brophy, Benedicto De Souza, Doris Zoccoli, Nebai Lopez-Alvardo 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 –11am 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
I pause for a moment and think of the love and the grace that God showers on me: I am created in the image and likeness of God; I am God's dwelling-place.

Freedom
"There are very few people who realise what God would make of them if they abandoned themselves into his hands, and let themselves be formed by his grace." (Saint Ignatius) I ask for the grace to entrust myself totally to God's love.

Consciousness
God, may I rest in Your radiant presence, just as a flower basks in the light and warmth of the sun. Thank You for bringing light and warmth to my life through other people, through nature, and through Your Word.

Inspiration
Jesus has invited a few of his closest companions to make their way up a high mountain where, before their eyes, he is transfigured. As you imagine it, Jesus has included you in this wonderful experience. Why, first of all, has he opened up this encounter for them? Perhaps more importantly, you might like to ask him why he has made you privy to the same fantastic privilege.

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: 3rd Sunday of Lent, Yr A

1st: Ex 17: 3-7 **Ps:** 94: 1-2, 6-9
2nd: Rom 5: 1-2, 5-8 **Gospel:** Jn 4: 5-42

READINGS FOR THE DAY

Entrance Antiphon *Cf Psalm 26:8-9*

Of you my heart has spoken, Seek his face.
It is your face, O Lord, that I seek;
hide not your face from me.

First Reading *Genesis 12:1-4*

A reading from the book of Genesis

The call of Abraham, the father of God's people.

The Lord said to Abram, 'Leave your country, your family and your father's house, for the land I will show you. I will make you a great nation; I will bless you and make your name so famous that it will be used as a blessing.

'I will bless those who bless you:
I will curse those who slight you.
All the tribes of the earth
shall bless themselves by you.'

So Abram went as the Lord told him.

Responsorial Psalm *Ps 32:4-5. 18-20. 22. R. v.22*

(R.) Lord, let your mercy be on us,
as we place our trust in you.

1. The word of the Lord is faithful
and all his works to be trusted.
The Lord loves justice and right
and fills the earth with his love. (R.)
2. The Lord looks on those who revere him,
on those who hope in his love,
to rescue their souls from death,
to keep them alive in famine. (R.)
3. Our soul is waiting for the Lord.
The Lord is our help and our shield.
May your love be upon us, O Lord,
as we place all our hope in you. (R.)

Second Reading *2 Timothy 1:8-10*

A reading from the second letter of St Paul to Timothy

God has saved us, and called us to be holy.

With me, bear the hardships for the sake of the Good News, relying on the power of God who has saved us and called us to be holy – not because of anything we ourselves have done but for his own purpose and by his own grace. This grace had already been granted to us, in Christ Jesus, before the beginning of time, but it has only been revealed by the Appearing of our saviour Christ Jesus. He abolished death, and he has proclaimed life and immortality through the Good News.

Gospel Acclamation *Matthew 17:5*

Glory and praise to you, Lord Jesus Christ!
From the shining cloud the Father's voice is heard:
this is my beloved Son, hear him.
Glory and praise to you, Lord Jesus Christ!

Gospel *Matthew 17:1-9*

A reading from the holy Gospel according to Matthew

His face shone like the sun.

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order. 'Tell no one about the vision until the Son of Man has risen from the dead.'

Communion Antiphon *Matthew 17:5*

This is my beloved Son, with whom I am well pleased; listen to him.

MINISTRY SCHEDULE — 7 & 8 MARCH 2026

	SAT 6PM	SUN 7.30AM	SUN 9.30AM	SUN 6PM
ACOLYTE	PIERRE SEQUEIRA	MATTHEW TLOCZEC	PRAVIN PAUL SUPPIAH	PETER MOORE
ALTAR SERVERS	DOMENICO, LEONARDO & ALESSANDRO DE FELICE	IHINOSEN & ESEOSE ITOTOH	MATTEO REDOLATTI JOEY VILLEGAS MATTHEW PRANATA	SOFIE GABRIEL ALEX & OLAF RIJKS
COMMENTATORS	YOUTH MASS	MARIA ARANDA	VERONICA AVERY	GLENDA BEUKES
COLLECTORS	YOUTH MASS	ANTHONY LIM	ROGER BUNN LILI ORIFICI	JOE CINANNI PAUL BELVISO GRAHAM KNIGHT
READERS	YOUTH MASS	MEGAN OH VOLUNTEER NEEDED	CAROL CURNOW DANIEL BARIN	MAUREEN BRIGHT MAISIE CINANNI
EMOHC	YOUTH MASS	ANGELA SCOTT JACQUIE HERON MONICA ANDERSON	CARMEL RECHICHI MARGARET SANDFORD MARINA CICCARELLI MELISSA TROLIO	MARIA HILL JILL NORTON COLLEEN MORRIS DONNA ARTINGSTALL

ALTAR SOCIETY: NO FLOWERS	PILGRIM STATUE: DARIO & COLLEEN VALLINI
COUNTERS: PIERRE SEQUEIRA, LILI ORIFICI, JENNY COWIE, LUCY & BRIAN LIU	CHILDREN'S LITURGY: —