# WELCOME

**ST BENEDICT'S CATHOLIC PARISH —** 31 MAY 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 - 5PM**

**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 (Thu & Fri)**
**E (office): office.applecross@perthcatholic.org.au**
**Administrator: Fr Joseph Laundy**
**E (Fr Joseph): joseph.laundy@perthcatholic.org.au**

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

**PARISH INCLUSIVITY COORDINATOR:**
Bev Piche — 0467 054 168

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

## THE MOST HOLY TRINITY, YEAR A

## GOSPEL REFLECTION BY Greg Sunter

The readings selected for Trinity Sunday provide an opportunity to reflect on the nature of God. Over recent weeks, we have celebrated the Ascension and Pentecost – both of which reveal something about the nature of God through Jesus and the Spirit. Trinity Sunday is an opportunity to celebrate the unity of God whom we acknowledge as Father, Son and Spirit. Today's gospel reminds us that there is a seamless continuity between the different experiences of God. Although we sometimes regard the God of the Old Testament as judging and vengeful, today reminds us that God is, was, and always will be a God of love. The gospel reminds us that 'God loved the world so much that he gave his only Son.' Love is the characteristic of God that is experienced as Father, Son and Spirit. God loved the world into being and loved the people so much that God made a covenant relationship with them and repeatedly drew them back into that relationship when they strayed. God loved the world and the people so much that God became physically present through Jesus as yet another attempt to draw all people into an awareness of the loving relationship God desired for them. When Jesus could no longer remain a physical presence in the world, God's Spirit became more evident to continue the work of drawing people into that loving relationship with God.

Rather than focusing on the mystery of the Trinitarian God, today is an opportunity to marvel at the single-mindedness of God who is so determined to reveal the length and breadth of God's love to us. That revelation has been made manifest in different ways throughout time but remains constant and unchanging. Every time we bless ourselves or begin prayer with the sign of the cross, we reaffirm our belief in the Trinity. That seemingly simple prayer, 'In the name of the Father, and of the Son, and of the Holy Spirit,' is, in fact, a confirmation of our belief in a triune God – three in one.

© ***Greg Sunter***

**PREP COORDINATOR:** Maureen Bright
Email: office.applecross@perthcatholic.org.au
**SACRAMENTAL COORDINATOR:** Rosa Ranieri
Email: stbenedicts.sacraments@gmail.com

**Build My Life Bible Study/Prayer Group:**
Meet alternate Tuesdays @7pm in St Benedict's School staff room. Steve Clay — 0421 207 750

**PARISH SAFEGUARDING OFFICERS:**
Marina Ciccarelli &
Phil Trueman.

***Email contact:***
applecross.safeguarding@gmail.com

## PARISH NOTICES

- 30-31 MAY — SPECIAL COLLECTIONS AFTER ALL WEEK-END MASSES FOR LITTLE SISTERS OF THE POOR
- 31 MAY — PARISH MORNING TEA AFTER 9.30AM MASS, HOSTED BY CATANIAN COMO BRANCH
- 2 & 3 JUN — COMMUNION SERVICE (NO MASSES)
- 5 JUN — FIRST FRIDAY FRIENDS @11AM AT ALBERT LYNCH ROOM
- 6 JUN — DAY FOR GIRLS @9AM TO 2PM AT ALBERT LYNCH ROOM
- 7 JUN — FIRST HOLY COMMUNION MASS @9.30AM
- 13 JUN — FIRST HOLY COMMUNION MASS & YOUTH MASS @6PM
- 14 JUN — FIRST HOLY COMMUNION MASS @9.30AM

# Parish Census

Thank you for your cooperation during our parish-wide census over the last 4 weeks. Overall attendance remained **very stable** at around 1,000 people each weekend.

Across the four weeks, the largest average attendances were recorded at the **Saturday 6pm and Sunday 6pm Masses** at just over **300** for each.

| Count | Sat, 6pm | Sun, 7.30am | Sun, 9.30am | Sun, 6pm | Total |
|---|---|---|---|---|---|
| Average | 301 | 179 | 277 | 311 | 1067 |

In **Week 3**, we recorded gender data. Across all Masses, **56% of attendees were female and 44% were male**, which is consistent with typical parish demographics.

In **Week 4**, we collected age-group information. The results show that **more than 50% of all attendees are aged 50 and above**. While young adults (18-29) were our smallest demographic, the large cohort of children and youth was well represented compared with other age groups.

| Age Groups | |
|---|---|
| 0-17 years | 19% |
| 18-29 years | 11% |
| 30-49 years | 21% |
| 50-69 years | 23% |
| over 70 years | 27% |

These insights help us understand who is coming to Mass and the make up of our parish community. This data will guide the Pastoral Council in planning for ministries, outreach, and future parish endeavours.

*Thank you to everyone who assisted with the counting.*

## 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, Judith Chan, Grisel Noronha and all others who are not included in this list. *Thank you.*

## YOUTH CORNER

**Youth Mass — 13 June 2026 @6pm**

**FIRST FRIDAY FRIENDS**

The next First Friday Friends function on **5 June 2026** 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 a plate to share. Any queries just give Maureen a ring on 0413 831 357.

## SACRAMENT OF EUCHARIST

Our parish children will be making their First Holy Communion during the following masses:

**Sunday 7 June @9.30am**
**Saturday 13 June @6pm**
**Sunday 14 June @9.30am.**

There will be reserved seating for candidates and their families.

Let us pray for our children who are receiving Holy Communion the first time and for their families.

**Prayer and Faith development small groups in our parish:**

**Mary Mother of Sorrows**: a prayer group that spends quiet time of reflection, prayer, hymns of praise & thanksgiving and fellowship.
Meets Thursday @1pm in Albert Lynch room
Enquiries: Elspeth 0488 683 310, Judy 9364 9249

**Build My Life:** focuses on growing faith through fellowship, loosely structured bible study & prayer.
Meets ***alternate Tuesdays*** @7pm in St Benedicts school staff room
Enquiries: Steve 0412 207 750

**Christian Life Community (CLC)** is based on Ignatian Spirituality which is a powerful way of helping us make God-based decisions in our lives.
clcaustralia.org.au; ignatianspiritualitywa.com.au
Enquiries: Kevin Wringe 0407 511 104

**Lost Car Keys**

A few sets of car keys have been left behind in the church. If you think you may have misplaced yours, please check the *lost and found box or the box* located at the back desks in the church. Currently, we have:

- One **Mitsubishi** & **Hyundai** set
- Two **non-descript** sets

**PLEASE PRAY FOR RECENTLY DECEASED:**

Kirsty Carmody, Gerald Aristides Lobo

**ANNIVERSARIES:**

Maria Loss, Robert Atkinson, Ann Kilroe, Alim Sutrisno and all deceased benefactors of the parish and all departed family and friends. *Thank you.*

## ARCHDIOCESAN NEWS

**FROM 6 JUN | EXPLORING THE SEASONS OF GRIEF**

Catholic Outreach welcomes you to this small group (4 - 7 participants), peer-based support program offering an . The program aims to build resilience and bring peace and hope to adults who have experienced significant grief, change, or loss such as bereavement, relationship breakdown, etc. The program provides an opportunity to examine how loss and grief have impacted one's life. It imparts the knowledge, skills and attitudes to enable participants to understand and manage their grief experience.

- June 6, 13, 20, 27
- 9.30am - 1.00pm (morning tea provided)
- Catholic Pastoral Centre, 40a Mary St, Highgate (entry via Harold St).
- Cost: $28.50 for Seasons for Growth: Exploring the Seasons of Grief journal.

**Register by Monday 1 June, 2026**.

For further information, call (08) 9422 7920

**10 June – 1 July: The Family: a Place of Relational Love.**

**Wednesdays, 7:30pm – 8:30pm (4 sessions), Applecross Parish - Canning Highway & Ardross Street, Applecross.**

This course offers a deep reflection on the mission of the family in the world, on the Church's ability to equip couples to embrace God's vision for marriage and on the Church's healing power for families who are struggling.

Suggested donation: $20.00.

Presenter: Derek & Karen Boylen.

For further info or to register, scan the QR Code, email cfe@perthcatholic.org.au, or call 089278 0261.

A Winter Health Reminder from Fr Joseph

As we enter the colder months, it is a timely moment to remind ourselves of the importance of staying healthy during the cold and flu season. Recent national statistics show that the flu contributes to an estimated 3,500 deaths in Australia each year, highlighting just how seriously we need to take this silent epidemic.

Here at St. Benedict's, you will notice bottles of hand sanitiser available at the doors, and you are very welcome to use them. Please also remember that if you are feeling unwell, you actually receive an automatic dispensation from attending Sunday Mass. If you are not feeling your best, please feel no obligation to attend—we would love to welcome you back as soon as you are fully recovered.

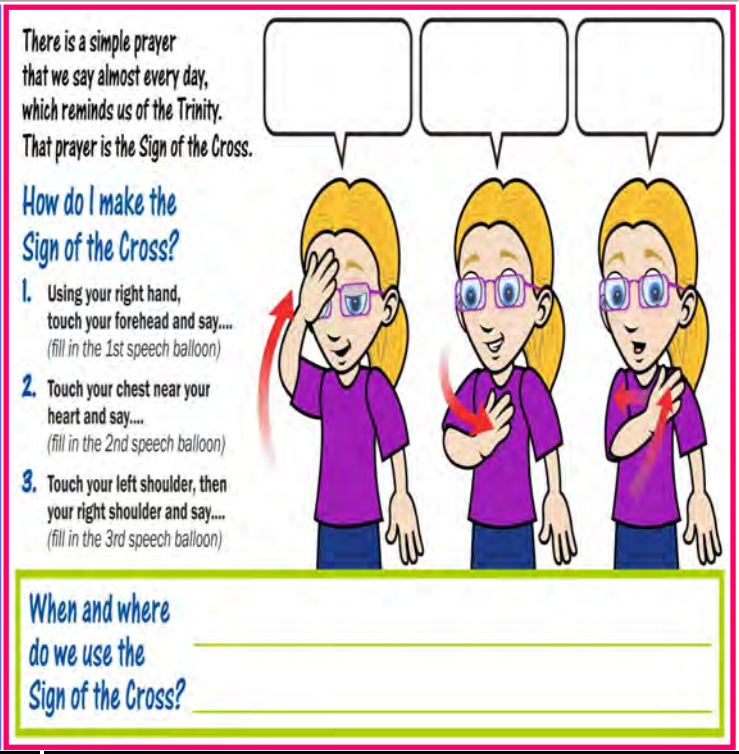
The use of personal face masks is also a great precaution, though this remains entirely at your own discretion.

Finally, remember that even when you cannot be physically present with us because of sickness, the parish community continues to hold you in prayer.

God bless,

Fr Joseph

## 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: The Most Holy Body & Blood of Christ (Corpus Christi), Year A**

**1st:** Deut 8: 2-3, 14-16 **Ps:** 147: 12-15, 19-20

**2nd:** 1 Cor 10: 16-17 **Gospel:** Jn 6: 51-58

## READINGS FOR THE DAY

### Entrance Antiphon

Blest be God the Father,
and the Only Begotten Son of God,
and also the Holy Spirit,
for he has shown us his merciful love.

### First Reading Exodus 34:4-6. 8-9

A reading from the book of Exodus

*The Lord God, ruler of all, merciful and loving.*

With the two tablets of stone in his hands, Moses went up the mountain of Sinai in the early morning as the Lord had commanded him. And the Lord descended in the form of a cloud, and Moses stood with him there.

He called on the name of the Lord. The Lord passed before him and proclaimed, 'Lord, Lord, a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness.' And Moses bowed down to the ground at once and worshipped. 'If I have indeed won your favour, Lord,' he said, 'let my Lord come with us, I beg. True, they are a headstrong people, but forgive us our faults and our sins, and adopt us as your heritage.'

### Responsorial Psalm *Dn 3:52-56. R. v.52*

(R.) Glory and praise for ever!

1. You are blest, Lord God of our fathers. (R.)
   Blest your glorious holy name. (R.)
2. You are blest in the temple of your glory. (R.)
   You are blest on the throne of your kingdom. R.)
3. You are blest who gaze into the depths. (R.)
   You are blest in the firmament of heaven. (R.)

### Second Reading *2 Corinthians 13:11-13*

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

*The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.*

Brothers, we wish you happiness; try to grow perfect; help one another. Be united; live in peace, and the God of love and peace will be with you.

Greet one another with the holy kiss. All the saints send you greetings.

The grace of the Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all.

### Gospel Acclamation *See Apocalypse 1:8*

Alleluia, alleluia!
Glory to the Father, the Son, and the Holy Spirit:
to God who is, who was, and who is to come.
Alleluia!

### Gospel *John 3:16-18*

A reading from the holy Gospel according to John

*God sent his Son to save the world through him.*

Jesus said to Nicodemus,

'God loved the world so much
that he gave his only Son,
so that everyone who believes in him may not be lost
but may have eternal life.
For God sent his Son into the world
not to condemn the world,
but so that through him the world might be saved.
No one who believes in him will be condemned;
but whoever refuses to believe is condemned already,
because he has refused to believe
in the name of God's only Son.'

### Communion Antiphon *Galatians 4:6*

Since you are children of God,
God has sent into your hearts the Spirit of his Son,
the Spirit who cries out: Abba, Father.

## MINISTRY SCHEDULE — 6 & 7 JUNE 2026

| | SAT 6PM | SUN 7.30AM | SUN 9.30AM | SUN 6PM |
|---|---|---|---|---|
| ACOLYTE | MIKE TARANTO | MATTHEW TLOCZEC | DOMINIC LONGO | MARK WELSH |
| ALTAR SERVERS | ETHAN GATCHALIAN<br>JAKE & LUKE GOLDING | GRACE STEWART<br>IHINOSEN & ESEOSE ITOTOH | MATTEO REDOLATTI<br>JOEY VILLEGAS<br>MATTHEW PRANATA | TAYAHNA PRETORIUS<br>OLAF RIJKS<br>SOFIE GABRIEL |
| COMMENTATORS | ELIAS SANTIMANO | ADELE PARSONS | MARGARET HANDYSIDE | GLENDA BEUKES |
| COLLECTORS | STEFANI CHEN<br>STEPHEN DONOVAN | JAMES GALVIN | PATRICK LEECH | JOE CINANNI<br>MARIA NARDONE<br>PAUL BELVISO |
| READERS | AYLMYR SEQUEIRA<br>EILEEN SELVARATNAM | MARK DE CRUZ<br>MARIA ARANDA | MOIRA BUNN<br>DANIEL BARIN | MAUREEN BRIGHT<br>MAISIE CINANNI |
| EMOHC | KELLY DWYER<br>MICHELLE CARRICK<br>ROSA WEST<br>PHIL TRUEMAN | BRYAN LILLIS<br>JACQUIE HERON<br>MONICA ANDERSON | MARGARET SANDFORD<br>MARINA CICCARELLI<br>JUDY PHILLIPS<br>TERESA LEECH | LINDA ROBERTSON<br>YULIANA VAN DER BURG<br>MARIA LISA HILL<br>JILL NORTON |

| | |
|---|---|
| **ALTAR SOCIETY:** JOSEPHINE YUSTIRA | **PILGRIM STATUE:** MARGOT LYONS |
| **COUNTERS:** JOE & MAISIE CINANNI, JOYCE D'CRUZ & GILLIAN COELHO | **CHILDREN'S LITURGY:** — |