WELCOME

ST BENEDICT'S CATHOLIC PARISH — 7 JUNE 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, Sat: 8am
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 BODY AND BLOOD OF CHRIST, YEAR A

GOSPEL REFLECTION BY Dianne Bergant CSA

This feast harkens back to the celebration of Holy Thursday. By way of the metaphors of food and drink, its readings provide us with a look at the mystery of divine presence. They first provide a picture of a God who feeds us. In the past God set a table in freedom, and then provided food that enabled our ancestors to survive. God fed those who were needy, not those who were worthy. Jesus offered sustenance to the crowds that gathered around him. It was not manna from heaven that he offered but his own flesh and blood as food and drink. This food and drink are the pledge of eternal life.

Those who eat this bread and drink this cup are caught up in a profound unity with God, a unity not envisioned in the wilderness experience. There is a new overlay of significance. Jesus' claim to give his flesh and blood was a bold one, Paul's seems even bolder. He states that partaking of the bread and the cup not only joins us with Christ, but actually makes us participants in the body and blood of Christ. Humanity and divinity are joined as one. The Eucharist is a sign of unity in another way. Joined to the body and blood of Christ, we are joined to each other. We are one body and that body is Christ. The Eucharist is truly a celebration of thanksgiving: thanksgiving for our transformation and thanksgiving for our unity.

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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 second Tuesday @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

EVENTS

- 7 JUN — FIRST HOLY COMMUNION MASS @9.30AM
- **12 JUN — ANOINTING OF THE SICK SERVICE** AFTER BENEDICTION & ROSARY (*THE NEXT ONES WILL BE ON THE **FIRST FRIDAY @8.15am** IN SEPTEMBER, DECEMBER, MARCH & JUNE)*
- 13 JUN — FIRST HOLY COMMUNION MASS & YOUTH MASS @6PM
- 14 JUN — PARISH MORNING TEA AFTER 7.30AM MASS
- 14 JUN — FIRST HOLY COMMUNION MASS @9.30AM
- 28 JUN — PARISH MORNING TEA AFTER 9.30AM MASS
- 3 JUL — FIRST FRIDAY FRIENDS @11AM AT ALBERT LYNCH ROOM
- 11 JUL — YOUTH MASS @6PM

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

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 the candidates and their families.

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

2026 PROJECT COMPASSION RECEIPTS

Receipts are available for collection on one of the tables at the back of the church. For the credit card donations, Caritas Australia will issue the receipts directly to you. If your receipt is not there, please contact the Parish office on 08 9364 1120.

Our parish raised $6,785.55 (last year: $13,527.60). Please note that many parishioners donated directly to Caritas this year, therefore they are not included in the above total amount. *Thank you.*

PARISH COLLECTIONS

1ST COLLECTION – covers the financial support of the priests. This goes into the Archdiocese fund to pay priests' stipends, provide housing, and cover the living and healthcare expenses of active and retired priests:

Please note our new bank account details (new BSB & Account No) for 1st collection.

Account Name: **1ST COLLECTION**
BSB: **086 066**
Account number: **763 105 222**
Ref: 1st Collection/name

Attention to all parishioners who direct debit from your bank to the old presbytery bank account (BSB: 086 006 & Acc No: 66637 0833) – Could you please ensure that you change your direct debit to the above new bank account?

2ND COLLECTION – supports the day-to-day operations and pastoral ministries of our parish, such as payment of bills, insurance, administration, building maintenance and staff salaries:

Account Name: Applecross Parish
BSB: 086 006
Account number: 450 486 124
Ref: Second Collection/PG Number or Name

We would like to thank all the parishioners who have generously made contributions to our Parish. For those of you who are still in a position to support our Parish, you may use the details above to contribute to our Parish through Tap & Go, Direct Debit and or Credit Card.

Thank you and God Bless.

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 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:

Glenice Pierl, Margaret Atkinson, E. Rigg, Roma Murray, Peter Colleran, Truss Botman, Carol Wilson, Sydney Gore and all deceased benefactors of the parish and all departed family and friends. *Thank you.*

ARCHDIOCESAN NEWS

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.

Parish Albert Lynch Room Extension — Update (May/June 2026)

The City of Melville has accepted our Development Application, and their formal assessment is now underway. Council advises this may take up to 60 days, so approval is expected around late July.

Once approved, the building licence should follow within two weeks, with construction likely to begin mid–late August. The project is scheduled to take 12 weeks, giving an estimated completion around late November.

A quicker approval could bring completion forward to late October, while delays may push it closer to Christmas. Further updates will be shared as the process continues.

"The Body of Christ." "Amen." "The Body of Christ." "Amen."

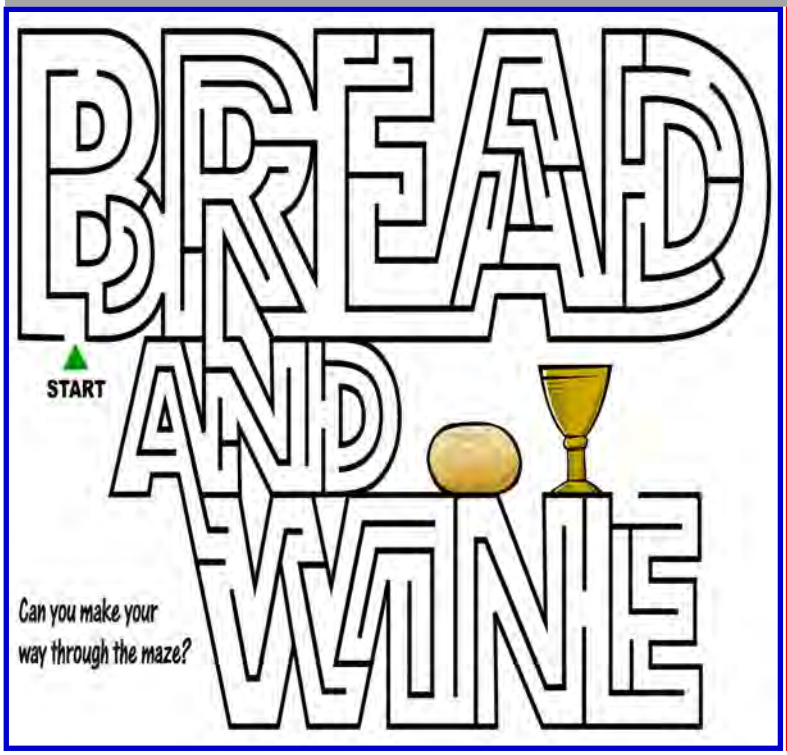
We've heard it so many times when we're at Mass. But did you know what the word *Amen* actually means? It translates to **"So be it," "It is true,"** or **"I believe"** from the Hebrew אָמֵן . We use it to conclude our prayers as sign that God has listened to us. It is a used and exclaimed at Mass. Can you count the number of times you say it during the liturgy?

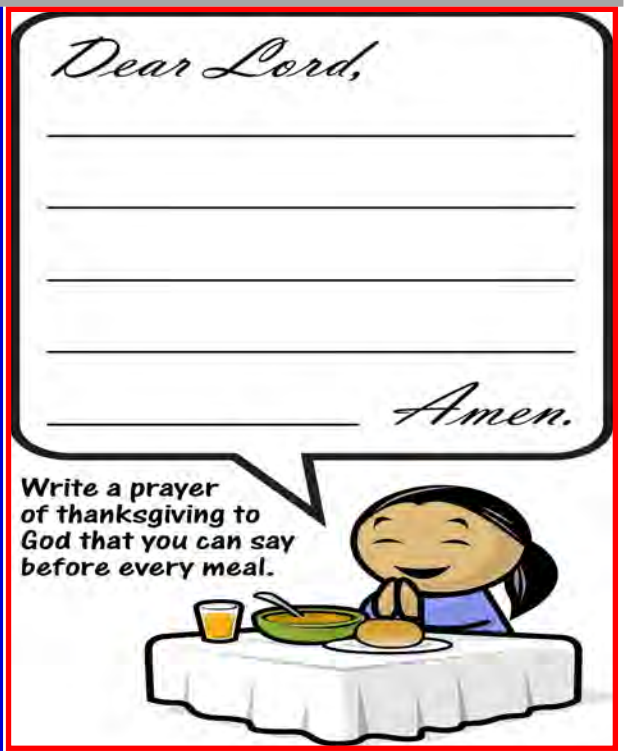
On this Feast of Corpus Christi - *the Body and Blood of Christ* - we recall our special place in the Communion line before the sanctuary steps. When we are presented with the Host and hear those words, "The Body of Christ," our response, *Amen*, is of the utmost importance. What we say, truly matters. By saying *Amen*, we also affirm that we—the community gathered here at St. Benedict's—are not only affirming the presence of Jesus before us, but also that we, the body of Christ in the world are bound to one another in loving service and presence.

The next time you come up for Holy Communion, a clear, joyful "Amen" to the extraordinary minister or priest will be the best witness of your belief in this beautiful reality.

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: 11th Sunday in Ordinary Time, Year A

1st: Ex 19: 2-6 **Ps:** 99: 2-3, 5

2nd: Rom 5: 6-11 **Gospel:** Mt 9: 36 - 10: 8

READINGS FOR THE DAY

Entrance Antiphon *Cf Psalm 80:17*

He fed them with the finest wheat
and satisfied them with honey from the rock.

First Reading *Deuteronomy 8:2-3. 14-16*

A reading from the book of Deuteronomy

He gave you food which you and your ancestors did not know.

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

Responsorial Psalm *Ps 147:12-15. 19-20. R. v.12*

(R.) Praise the Lord, Jerusalem.

1. O praise the Lord, Jerusalem!
   Zion, praise your God!
   He has strengthened the bars of your gates,
   he has blessed the children within you. (R.)
2. He has established peace on your borders,
   he feeds you with finest wheat.
   He sends out his word to the earth
   and swiftly runs his command. (R.)
3. He makes his word known to Jacob,
   to Israel his laws and decrees.
   He has not dealt thus with other nations;
   he has not taught them his decrees. (R.)

Second Reading *1 Corinthians 10:16-17*

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

Though we are many, we form a single body because we share this one loaf.

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

Sequence (Shorter Version)

Sing forth, O Zion

Behold the bread of angels, sent
For pilgrims in their banishment,
The bread for God's true children meant,
That may not unto dogs be given:
Oft in the olden types foreshowed;
In Isaac on the altar bowed,
And in the ancient paschal food,
And in the manna sent from heaven.

Come then, good shepherd, bread divine,
Still show to us thy mercy sign;
Oh, feed us still, still keep us thine;
So may we see thy glories shine
In fields of immortality;

O thou, the wisest, mightiest, best,
Our present food, our future rest,
Come, make us each thy chosen guest,
Co-heirs of thine, and comrades blest
With saints whose dwelling is with thee.

Gospel Acclamation *John 6:51-52*

Alleluia, alleluia!
I am the living bread from heaven, says the Lord;
whoever eats this bread will live for ever.
Alleluia!

Gospel *John 6:51-58*

A reading from the holy Gospel according to John

My flesh is real food and my blood is real drink.

Jesus said to the Jews:

'I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'

Communion Antiphon *John 6:57*

Whoever eats my flesh and drinks my blood
remains in me and I in him, says the Lord.

MINISTRY SCHEDULE — 13 & 14 JUNE 2026

	SAT 6PM	SUN 7.30AM	SUN 9.30AM	SUN 6PM
ACOLYTE	CHARLES CARDOSO	ROD DOWLING	PRAVIN PAUL SUPPIAH	PETER MOORE
ALTAR SERVERS	JORDAN TRUEMAN JOSHUA & ETHAN TSIA	MATTEO REDOLATTI JOEL DOWLING	XAVIER SIA DANIEL & CHRISTIAN VINCI	NOEL, ELOUISE & FELIX LIU
COMMENTATORS	YOUTH MASS	MEGAN OH	TERRY BOLAND	KATRINA MCINNES
COLLECTORS	YOUTH MASS	ANTHONY LIM	ROGER BUNN LILI ORIFICI	OSBORNE D'SOUZA ROSS FRANCHINA GRAHAM KNIGHT
READERS	YOUTH MASS	ADELE PARSONS JACQUIE HERON	NICOLE PARKER PAUL VINCI	CLARE COOMBES ANDREA D'SOUZA
EMOHC	YOUTH MASS	MEGAN DOWLING MIKE KILROE ANGELA SCOTT	MARGARET HANDYSIDE MOIRA BUNN MELISSSA TROLIO RUTH THORN	COLLEEN MORRIS DONNA ARTINGSTALL KEVIN AUTON OSBORNE D'SOUZA

ALTAR SOCIETY: VERONICA SOEGANDHI	**PILGRIM STATUE:** DARIO & COLLEEN VALLINI
COUNTERS: BARRY FARRELL, KEVIN WRINGE & HELEN VESTER	**CHILDREN'S LITURGY:** —