

# WELCOME

ST BENEDICT'S CATHOLIC PARISH — 19 MAY 2024



*"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

### 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](http://www.stbenedicts.net.au)

Office Hours: 10am—4pm (Tue-Fri)

Admin Officer: Stefani Chen

E (main): [applecross@perthcatholic.org.au](mailto:applecross@perthcatholic.org.au)

Admin Assistant: Maribel Villegas (Thur: 9am-3pm)

E (office): [office.applecross@perthcatholic.org.au](mailto:office.applecross@perthcatholic.org.au)

Parish Priest: Fr Nelson Po

E (Fr Nelson): [nelson.po@perthcatholic.org.au](mailto:nelson.po@perthcatholic.org.au)

### BENEDICTCARE COORDINATORS:

Head Coordinator: Carmel Tick - 0488 100 928

New Parishioners: Ruth Thorn

Home Help: Herlene Yu

Handyman/Gardening: Louis Bove

Visiting: Meagan Xanthis

Transport: Lorna D'Souza

Emergency Meals: Kevin McCormack

### PARISH INCLUSIVITY COORDINATOR:

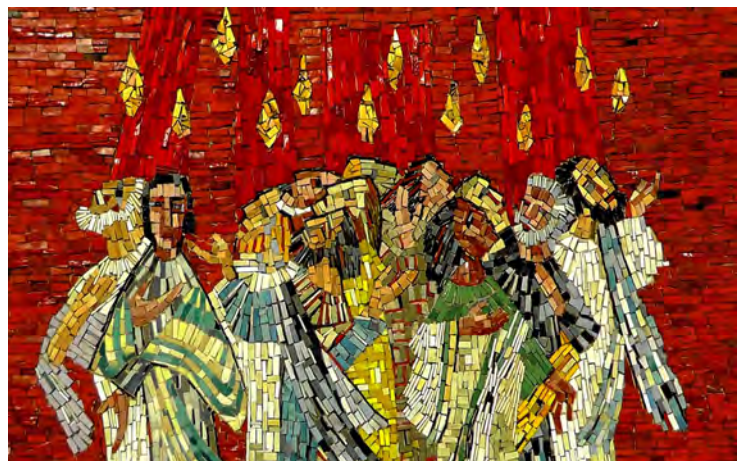
Bev Piche — 0467 054 168

## PENTECOST SUNDAY, YEAR B GOSPEL REFLECTION BY Greg Sunter

The feast of Pentecost celebrates the power of the Holy Spirit coming upon the disciples and energising them to set about their mission of continuing the ministry of Jesus. The gospel reading is one of the post-resurrection appearances by Jesus when he breathed the Holy Spirit upon the disciples. The actual events of that first Pentecost are recorded in the book of Acts and are recalled in this week's first reading. The use of this post-resurrection gospel account is a reminder that Jesus had already imbued the disciples with the Spirit but, as so often throughout his ministry, they were a bit slow to catch on to the significance of what he had done. It seems that they needed a more tangible experience to jolt them into action and Acts records the very physical experience of the Spirit entering their midst as a roaring wind before settling upon them as tongues of flame. Jesus had breathed the Spirit upon them but it took the roaring wind to make a real impression on the disciples. There are frequent references in the gospels to Jesus being 'filled with the Spirit'. It is this Spirit with which he was filled that he breathed upon his disciples; it is that same Spirit that we receive sacramentally in Confirmation.

For the weeks following the death of Jesus the disciples had lived in fear and confusion, not fully understanding what had happened and not really knowing what to do. When they realised that the Spirit Jesus had breathed upon them was really present and urging them to action they finally had the courage to begin the mission that Jesus had entrusted to them: to spread the Good News of Jesus and continue to realise his message in the world.

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**Pastoral Care:** Yunita Lay  
Email: [stbenedicts.pastoral@gmail.com](mailto:stbenedicts.pastoral@gmail.com)

### PARISH SAFEGUARDING OFFICERS:

Marina Ciccarelli,  
Frances Meyerkort &  
Phil Trueman.

**Email contact:**

[applecross.safeguarding@gmail.com](mailto:applecross.safeguarding@gmail.com)



## PARISH NOTICES

### EVENTS

- ◆ 24 MAY — SENIORS LUNCH @11.30AM
- ◆ 26 MAY — COOKIES, CUPPA & CHAT AFTER 9.30AM MASS
- ◆ 2, 8 & 9 JUN — FIRST HOLY COMMUNION: SATURDAY MASS 8 JUN @6PM & SUNDAY MASS 2 & 9 JUN @9.30AM
- ◆ 4 JUN — ANOINTING MASS @9AM
- ◆ 5, 12, 19 & 26 JUNE — CFE COURSE ON WEDNESDAYS: A JOURNEY THROUGH PSALMS AND WISDOM @7.30PM AT FR ALBERT LYNCH ROOM
- ◆ 8 JUN — YOUTH MASS @6PM
- ◆ 9 JUN — PARISH MORNING TEA AFTER 7.30AM MASS (ROSTER: LINDA ROBERTSON & MARY ALVARO)
- ◆ 9 JUN — MORNING TEA FOR NEW PARISHIONERS, HOSTED BY BENEDICTCARE, AFTER 9.30AM MASS

### ADSUMUS

**Pentecost announces a time marked by the Spirit, sent to work in and through us to bring the Good News of God's love to all people.**

### A Journey through Psalms and Wisdom

ON: Wednesdays, 5 - 26 June  
FROM: 7:30pm – 8:30pm (4 sessions)  
WITH: Dr Lawrence Pang  
AT: Applecross Parish - Canning Highway & Ardross Street, Applecross  
SUGGESTED DONATION: \$20

The book of Psalms and the Wisdom Literature in the Old Testament contains expressions of the people of Israel's faith and worship. This course examines these expressions from the perspective of form, theology, themes, traditions, and quest for truth and meaning. Wisdom books are selected for detailed study.

Further info or to register, email [cfe@perthcatholic.org.au](mailto:cfe@perthcatholic.org.au), or call 08 9278 0261.



### ARCHDIOCESAN ASSEMBLY — 13 JULY 2024

#### Archbishop's intention:

Using the synodal method of conversations in the spirit, discern a way forward for the establishment of a Diocesan Pastoral Council (DPC) with recommendations as to its structure, its membership, its roles and responsibilities, and its synodal functioning.

### PRAY FOR THE SICK

Please keep the following people in your prayers:

Myrtle Nimmo, Sr Carla, Truus Botman, Ng Chai Hong, Helen Overman, Shalini Saldanha, Ng Choon Bee, Nick Odorisio, Michelle O'Brien, Liesel Beukes, Helen Teo, Thomas McGuire Marris, Lorraine Healey, Kamani Jayaratne, Sue Miguel, Carol-Jean Wilson and all others who are not included in this list. *Thank you.*



### YOUTH CORNER

Youth Mass — 8 June @6pm

COOKIES, CUPPA & CHAT  
SUNDAY, 26 MAY 2024  
AFTER 9.30AM MASS



### SACRAMENT OF EUCHARIST

Our parish children will be making their first holy communion during the following masses:

Sunday 2 June @9.30am

Saturday 8 June @6pm

Sunday 9 June @9.30am

There will be reserved seating for candidates and their families.

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



Experience  
Healing GRACE  
Anointing OIL  
Forgiveness  
& Peace

## Mass For The Sick

TUESDAY, 4 JUNE 2024 @9AM  
ALL WELCOME

### Pilgrimage to Vietnam

From the 19th to 30th November 2024 come to the cities in Vietnam - Saigon, Hanoi, Danang, Hue etc and lovely Catholic Churches & Shrines to Our Lady and the Vietnamese martyrs. Experience the deep Catholic faith of the Vietnamese people. People of all faiths are welcome.

**MONSIGNOR MICHAEL KEATING** will be our priest on the Pilgrimage.

**Full board cost including all meals, 4\* hotel accommodation & airfares (international & domestic) is \$4545 per person.**

For the itinerary and booking form, please call us **Anawim Journeys on 6118 7313 or 0402 290 827 (Veronica) or 0433 771 979 (Sheila)**

### PLEASE PRAY FOR RECENTLY DECEASED:

Mega Limadinata

### ANNIVERSARIES:

Kathleen Cassidy, Daryl Coelho, Mervyn Andrews, and all deceased benefactors of the parish and all departed family and friends. *Thank you.*





**SAFEGUARDING INDUCTION TRAINING for Church Workers paid or unpaid —LEVEL 1**

**Sunday 19 May @10am - St Pius X, Manning Parish, 23 Paterson St, Como**

Thursday 23 May @7pm - Online

Thursday 30 May @10am - Online

Thursday 6 June @7pm - Online

Thursday 13 June @2pm - Online

**Thursday 13 June @6pm - East Victoria Park Parish**

Friday 21 June @10am - Online

Tuesday 25 June @7pm - Online

To register <https://safeguarding.perthcatholic.org.au/training/#induction>.

Further info: [safeguarding@perthcatholic.org.au](mailto:safeguarding@perthcatholic.org.au) or 08 9221 7762.

**Sequence**

Holy Spirit, Lord of light, From the clear celestial height

Thy pure beaming radiance give.

Come, thou Father of the poor, Come with treasures which endure;

Come, thou light of all that live!

Thou, of all consolers best, Thou, the soul's delightful guest,

Dost refreshing peace bestow;

Thou in toil art comfort sweet; Pleasant coolness in the heat;

Solace in the midst of woe.

Light immortal, light divine, Visit thou these hearts of thine,

And our inmost being fill:

If thou take thy grace away, Nothing pure in man will stay;

All his good is turned to ill.

Heal our wounds, our strength renew; On our dryness pour thy dew;

Wash the stains of guilt away:

Bend the stubborn heart and will; Melt the frozen, warm the chill;

Guide the steps that go astray.

Thou, on us who evermore Thee confess and thee adore,

With thy sevenfold gifts descend:

Give us comfort when we die; Give us life with thee on high;

Give us joys that never end.

**Presence**

Lord, God, my Creator,

Be close to me now.

My soul yearns for Your presence.

**Freedom**

I try to let go of concerns and worries

that may be dragging me down at this present moment.

I place any concerns I have in God's hands

- at least for these few minutes of prayer.

**Consciousness**

Lord, You gave me the night to rest in sleep.

In my waking hours may I not forget Your goodness to me.

Guide me to share Your blessings with others.

**Inspiration**

Jesus did not leave us as orphans but promised the support of the Spirit of Truth in living out his message.

We pray that with the help of the Spirit, we may be effective witnesses testifying to person of Jesus Christ.

Jesus spoke of the Trinity of Love, where we are in relationship with the Father, Son and Spirit. Jesus promised us that the Holy Spirit will guide us into all truth. As recipients of the Spirit, may we live out His gifts and give glory to God.

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**Conversation**

Lord, help me to connect with You. I don't always know how, but I want to receive Your love and I open my hands and my heart to You. Please come to me today.

**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.

**Amen**



CHILDREN'S CORNER

Each person was able to hear the message of the Gospel in their own language. See if you can decipher the language below to read the special message.

∞	=	A	†	=	H	*	=	R
⤵	=	D	∩	=	I	≡	=	S
∇	=	E	∪	=	L	⊖	=	T
U	=	F	∩	=	N	∨	=	U
⊗	=	G	⊙	=	O	↖	=	W

⊗ ⊙ ⤵ † ∞ ≡ ⤵ ⊙ ∪ ∇

↖ ⊙ ∪ ⤵ ∇ \* ∪ ∨ ∪ ⊖ † ∩ ∪ ⊗ ≡

Draw a picture of three people you know who are filled with the Holy Spirit - it could even be yourself!



**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.** Thank you.



**NEXT WEEK'S READINGS: The Most Holy Trinity, Year B**

1st: Deut 4:32-34, 39-40

Ps: 32:4-6, 9, 18-20, 22

2nd: Rom 8:14-17

Gospel: Mt 28:16-20



READINGS FOR THE DAY

**Entrance Antiphon** *Wisdom 1:7*

The Spirit of the Lord has filled the whole world and that which contains all things understands what is said, alleluia.

**First Reading** *Acts of the Apostles 2:1-11*

A reading from the Acts of the Apostles

*They were all filled with the Holy Spirit, and began to speak different languages.*

When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech.

Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome - Jews and proselytes alike - Cretans and Arabs; we hear them preaching in our own language about the marvels of God.'

**Responsorial Psalm** *Ps 103:1. 24. 29-31. 34. R. v.30*

(R.) Lord, send out your Spirit and renew the face of the earth.

1. Bless the Lord, my soul!  
Lord God, how great you are,  
How many are your works, O Lord!  
The earth is full of your riches. (R.)
2. You take back your spirit, they die,  
returning to the dust from which they came.  
You send forth your spirit, they are created;  
and you renew the face of the earth. (R.)
3. May the glory of the Lord last for ever!  
May the Lord rejoice in his works!  
May my thoughts be pleasing to him.  
I find my joy in the Lord. (R.)

**Second Reading** *Galatians 5:16-25*

A reading from the letter of St Paul to the Galatians

If you are guided by the Spirit you will be in no danger of yielding to self-indulgence, since self-indulgence is the opposite of the Spirit, the Spirit is totally against such a thing, and it is precisely because the two are so opposed that you do not always carry out your good

intentions. If you are led by the Spirit, no law can touch you. When self-indulgence is at work the results are obvious: fornication, gross indecency and sexual irresponsibility; idolatry and sorcery; feuds and wrangling, jealousy, bad temper and quarrels; disagreements, factions, envy; drunkenness, orgies and similar things. I warn you now, as I warned you before: those who behave like this will not inherit the kingdom of God. What the Spirit brings is very different: love, joy, peace, patience, kindness, goodness, trustfulness, gentleness and self-control. There can be no law against things like that, of course. You cannot belong to Christ Jesus unless you crucify all self-indulgent passions and desire.

Since the Spirit is our life, let us be directed by the Spirit.

**Sequence** (see page 3)

**Gospel Acclamation**

Alleluia, alleluia!

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

Alleluia!

**Gospel** *John 15:26-27; 16:12-15*

A reading from the holy Gospel according to John

*The Spirit of truth will guide you into all the truth.*

Jesus said to his disciples:

'When the Advocate comes, whom I shall send to you from the Father, the Spirit of truth who issues from the Father, he will be my witness. And you too will be witnesses, because you have been with me from the outset.

I still have many things to say to you but they would be too much for you now. But when the Spirit of truth comes he will lead you to the complete truth, since he will not be speaking as from himself but will say only what he has learnt; and he will tell you of the things to come. He will glorify me, since all he tells you will be taken from what is mine. Everything the Father has is mine; that is why I said: All he tells you will be taken from what is mine.'

**Communion Antiphon** *Acts of the Apostles 2:4,11*

They were all filled with the Holy Spirit and spoke of the marvels of God, alleluia.

MINISTRY SCHEDULE — 25 & 26 MAY 2024

	SAT 6PM	SUN 7.30AM	SUN 9.30AM	SUN 6PM
ACOLYTE	SIMON CARRICK	BARRY FARRELL	DOMINIC LONGO	PETER MOORE
ALTAR SERVERS	ETHAN & JOSHUA TSIA DANYCKA FERNANDES	IHILOSEN & ESEOSE ITOTOH	CHARMAINE VOGLER LETICIA AVERY JACKSON HANDCOCK	ADDISON & HARPER GRACE SOFIE GABRIEL
COMMENTATORS	AYLMYR SEQUEIRA	ALICE BATY	VERONICA AVERY	JILL NORTON
COLLECTORS	LOUIS BOVE STEPHEN DONOVAN	GERRY DOYLE	MARGARET SANDFORD	JOE CINANNI MARIA NARDONE GRAHAM KNIGHT
READERS	COLLEEN GELDENHUYS ELIZABETH YUSTIRA	RITA ILICH SALLY HOBDAY	NICOLE PARKER PAUL VINCI	MAUREEN BRIGHT KELVIN GRACE
EMOHC	YVONNE GARBIN ELAINE DIAS	BRYAN LILLIS	TERET BROCKWAY MELISSA TROLIO	JOE CINANNI MAISIE CINANNI
ALTAR SOCIETY: JOSEPHINE YUSTIRA			PILGRIM STATUE: DARIO & COLLEEN VALLINI	
COUNTERS: MEGAN DOWLING, LYNLEY BIANCUZZO, ANTONELLA HENDERSON & CHRISTIE STIPINOVIC			CHILDREN'S LITURGY: —	