

WELCOME

ST BENEDICT'S CATHOLIC PARISH — 9 JULY 2023



"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 @1pm

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 (admin): applecross@perthcatholic.org.au

Parish Priest: Fr Nelson Po

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

Resident Priest: Fr Joseph Laundry

E (Fr Joseph): joseph.laundry@perthcatholic.org.au

BENEDICTCARE COORDINATORS:

Head Coordinator: Carmel Tick - 0488 100 928

New Parishioners: Ruth Thorn - 0433 761 246

Home Help: Herlene Yu - 0433 834 230

Handyman/Gardening: Louis Bove - 0419 923 038

Visiting: Meagan Xanthis - 0414 953 506

Transport: Lorna D'Souza - 0430 270 025

Emergency Meals: Kevin McCormack - 0452 033 029

PARISH INCLUSIVITY COORDINATOR:

Bev Piche — 0467 054 168

14TH SUNDAY IN ORDINARY TIME, YEAR A

GOSPEL REFLECTION By Greg Sunter

When we hear the term, *yoke*, we tend to think about the yoke that is used to harness oxen together or the yoke that someone might carry on their shoulder to balance a heavy load. This yoke across the shoulder was adopted into tailoring and so the shoulder piece set into a shirt is also called a yoke. However, in the Jewish tradition there is a completely different meaning to the term. The yoke of a rabbi was his particular interpretation of Torah (the Law); his particular teaching. Disciples who followed a particular rabbi sought to take on his yoke; his particular interpretation. The yoke of any rabbi was best identified by asking him, 'Which is the greatest commandment?' A rabbi's answer to this question revealed his interpretation of Torah. When Jesus is asked that question, he answers, 'Love God and love your neighbour,' and goes on to say that all of the rest of the Law and the prophets flows on from these two commandments. This is the yoke – the interpretation of Torah – that Jesus taught.

In today's gospel, Jesus calls to him all those who labour and are overburdened. It is the Pharisaic interpretation of the Law that burdens these people. Trying to maintain the Law was burdensome and complicated for the everyday person. Jesus says, 'Shoulder my yoke and learn from me ... my yoke is easy.' The yoke of Jesus was easy: Love God and love your neighbour. Compared to the 613 *mitzvot* (commands) set out in the Torah and strictly maintained by the Pharisees, the yoke of Jesus was incredibly easy to understand and adopt. So simple, in fact, that it required a child-like simplicity to accept this yoke.

Jesus invites us to shoulder his yoke and learn from him for he is gentle and humble in heart. The yoke he invites us to shoulder is the deceptively simple teaching: love God and love your neighbour. To love God is to consciously make a place in our lives for God. The busy spin that tends to be characteristic of so many people's lives today does not allow room for God; does not allow room for prayer and quiet; does not allow room for compassionate response to others. To love God and love our neighbour we must first make room for them.

© Greg Sunter



PREP COORDINATOR: Maureen Bright

Email: applecrossrelgedu@gmail.com

SACRAMENTAL COORDINATOR: Rosa Ranieri

Email: stbenedicts.sacraments@gmail.com

ST BENEDICT'S YOUTH GROUP:

Daniel: 0466 575 037 Mark 0401 475 056

Pastoral Care: Yunita Lay

Email: stbenedicts.pastoral@gmail.com

PARISH SAFEGUARDING OFFICERS:

Karl Brown,
Marina Ciccarelli &
Frances Meyerkort.



Email contact:

applecross.safeguarding@gmail.com

PARISH NOTICES

EVENTS

- ◆ 9 JULY — PARISH MORNING TEA AFTER 7.30AM MASS (ROSTER: ADELE PARSONS & MEGAN DOWLING)
- ◆ 11 JULY — FEAST OF ST BENEDICT MASS @9AM
- ◆ 18 JULY — MODERN SLAVERY TALK @7PM-8.30PM
- ◆ 22 JULY — CONFIRMATION COMMITMENT MASS @6PM
- ◆ 23 JULY — CONFIRMATION COMMITMENT MASS @9.30AM
- ◆ 23 JULY — CRAFT GROUP'S WINTER FAIR @7.30&9.30AM



ST BENEDICT'S CRAFT GROUP Winter Fair

Parishioners are invited to our mid-winter fair. There will be home-made jams, pickles and warm rugs to purchase along with a small range of other gifts, all in aid of the St Vincent de Paul Society.

Sunday 23rd July at 7.30 am and 9.30 am Masses only

PLANNED GIVING ENVELOPES NOW AVAILABLE

The envelopes for **the next financial year** is out for collection. Please remember to collect your box with your name on it (box number may change). If your envelopes are not there, please advise the Parish office on 08 9364 1120.



Another way of supporting the Parish through Planned Giving Programme is through the direct debit system, either by Direct Debit or Credit Card. Forms are available on the tables in the foyer or you may wish to contact the Parish office. Tap & Go machines are also available for 1st & 2nd collections.

As we are coming to the end of the financial year, now is a good time to bring your promised planned giving commitment up to date. The planned giving programme (Second Collection) is an important part of the Parish finances as it allows us to maintain the Church, Presbytery and Parish Administration Centre.

If you would like to join the Planned Giving Programme, please email applecross@perthcatholic.org.au or call the Parish Office on 08 9364 1120.

Thank you for your generous commitment and continued support to the Parish.

PRAY FOR THE SICK

Please keep the following people in your prayers:

Myrtle Nimmo, Sr Carla, Truus Botman, Patrick Thomas, Ng Chai Hong, Beatrice Leong, Helen Overman, Shalini Saldanha, Ng Choon Bee, Nick Odorisio, Michelle O'Brien, Liesel Beukes, Helen Teo, James Kelly, Thomas McGuire Marris and all others who are not included in this list. *Thank you.*



YOUTH CORNER

1. Youth Mass — **12 August @6pm**
2. Youth Events are scheduled on the 1st & 3rd Sundays of every month after the 6pm mass.

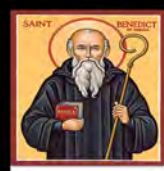
PARISH MORNING TEA INVITATION



SUNDAY, 9 JULY 2023 AFTER 7.30AM MASS

ROSTER: ADELE PARSONS & MEGAN DOWLING

ST BENEDICT'S FEAST DAY MASS TUESDAY, 11 JULY @9AM



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 weekly Thursday evening @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

The next ALPHA COURSE alpha.org.au Starting 31/8/2023 @6.30-8.30pm at St Benedicts Church www.stbenedicts.net.au Registration: alphaatstbenes@gmail.com Enquiries: Dom 0404 803 408 or Nicole 0429 859 308

PARISH MODERN SLAVERY PROJECT FAITH FORMATION SESSION NO 2

Tuesday 18 July @7pm-8:30pm at Albert Lynch room

Join us for a 60 minutes session on learning about supply chains and remedy pathways as part of the St Benedict's Modern Slavery Project.

Light refreshments served from 7pm.

For more information contact Rosa Ranieri at stbenedicts.sacraments@gmail.com

PLEASE PRAY FOR RECENTLY DECEASED: Beryl Kerman

ANNIVERSARIES:

Eric White, Stan Przybylski, June Hackett, Clementina Even, Leo Johnson, Philip George, Marzia Cinanni and all deceased benefactors of the parish and all departed family and friends. *Thank you.*



SAFEGUARDING INDUCTION TRAINING – LEVEL 1

Friday 21 July, Online, 10am-11am
 Tuesday 25 July, Online, 7pm to 8pm
 Monday 7 August, Online, 10am-11am
 Wednesday 16 August, Online, 2pm to 3pm
 Thursday 31 August, Online, 7pm to 8pm
 To register <https://safeguarding.perthcatholic.org.au/training/#induction>.
 Further info: safeguarding@perthcatholic.org.au or 08 9221 7762.

22 Jul GOOD SELF-CARE – ST THOMAS MORE PARISH BATEMAN

All parishioners from the archdiocese are warmly invited to a three-part workshop on Saturday 24 June and 22 July 9.30am to 11.30am, Bateman Parish, cnr Dean and Marsengo Roads, Bateman. Workshop 1 will be on Good Mental Well-Being, will explore the science behind our mental well-being and will include insights by a qualified medical practitioner. Workshop 2 will focus on practical ways to look after Our Physical Health. Workshop 3 will be on Feeding the Soul and will demonstrate how our spirituality is the foundation of our Good Self-Care. Each workshop will be interactive, educational, inspiring and a great opportunity to grow together as a caring, sharing, content and healthy Christian community. This is a St Thomas Moore, Bateman Parish Council initiative. The workshops are cost free; however, seats are limited and will be offered on a first come first served basis. Further info; Mario Sequeira, mlsequeira@iprimus.com.au or joe.obrien@perthcatholic.org.au.

CATHOLIC ARCHDIOCESE OF PERTH - EMPLOYMENT OPPORTUNITIES

The Catholic Archdiocese of Perth has a number of employment opportunities for suitably qualified persons to join its team and continue the good work of the Church. For details, refer to <https://www.perthcatholic.org.au/Employment.htm>.

- [Advisor, People & Culture – Fixed Term \(6 months\), 0.8 FTE - 1.0 FTE](#)
- [Executive Assistant to the Auxiliary Bishop and Episcopal Vicars – Permanent, FTE](#)
- [Executive Assistant, Finance and Administration – Permanent, 0.8 – 1.0 FTE](#)
- [Chaplain, Catholic Prison Ministry – Permanent, Part-Time \(Perth/Geraldton\)](#)
- [Office, Digital Records Migration \(Archives and information Governance Office\) - Fixed Term \(12 months\) Full-Time \(apply direct to recruitment@perthcatholic.org.au\)](#)

08 Aug REMEMBERING MARY MACKILLOP - MEMORIES, MUSINGS, & MORNING TEA

A time to gather and to pray with St Mary of the Cross MacKillop, Tuesday 8 August 10am, Kilmolee at Safety Bay, 182 Arcadia Drive, Safety Bay. Donation \$5.00. Please bring a plate of food to share. RSVP essential by 1 August to, Dianne Colborne rsj, safety.bay@sosj.org.au.

Presence

Lord, you are always there waiting for me. May I never be too busy to find time to spend in your presence.

Freedom

I will ask God's help, to be free from my own preoccupations, to be open to God in this time of prayer, to come to know, love and serve God more.

Consciousness

Grant, O Lord, that I may be conscious and grateful for all the good things you have given to me. May I share my blessings with others always.

Conversation

Dear Lord help me to be always aware of the important things in life. To care for those around me. To seek your presence in all I meet.

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.

Pre Kindy & Kindy
LIMITED PLACES AVAILABLE
 Apply Online
www.stbenedicts.wa.edu.au

CHILDREN'S CORNER

Find out what Jesus said to his followers by using the words below to complete the sentences.



_____ to me all who _____.
 I will give you _____.
 I am _____ and humble of _____.
 My _____ is easy.
 My burden is _____.

heart gentle labor
 Come yoke light rest

Which two of these pictures are the same?



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: 15th Sun in Ord Time, Year A

1st: Is 55:10-11 Ps: 64:10-14
 2nd: Rom 8:18-23 Gospel: Mt 13:1-23



READINGS FOR THE DAY

Entrance Antiphon Cf. Ps 47:10-11

Your merciful love, O God,
we have received in the midst of your temple.
Your praise, O God, like your name,
reaches the ends of the earth;
your right hand is filled with saving justice.

First Reading Zec 9:9-10

A reading from the prophet Zechariah

See how humbly your king comes to you!

The Lord says this:

‘Rejoice heart and soul, daughter of Zion!
Shout with gladness, daughter of Jerusalem!
See now, your king comes to you;
he is victorious, he is triumphant,
humble and riding on a donkey,
on a colt, the foal of a donkey.
He will banish chariots from Ephraim
and horses from Jerusalem;
the bow of war will be banished.
He will proclaim peace for the nations.
His empire shall stretch from sea to sea,
from the River to the ends of the earth.’

Responsorial Ps 144:1-2. 8-11. 13-14. R. v.1

(R.) I will praise your name for ever,
my king and my God.

1. I will give you glory, O God my King,
I will bless your name for ever.
I will bless you day after day
and praise your name for ever. (R.)
2. The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures. (R.)
3. All your creatures shall thank you, O Lord,
and your friends shall repeat their blessing.
They shall speak of the glory of your reign
and declare your might, O God. (R.)
4. The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all who fall

and raises all who are bowed down. (R.)

Second Reading Rom 8:9.11-13

A reading from the letter of St Paul to the Romans

*If by the Spirit you put an end to the misdeeds of the body,
you will live.*

Your interests are not in the unspiritual, but in the spiritual,
since the Spirit of God has made his home in you. In fact,
unless you possessed the Spirit of Christ you would not
belong to him, and if the Spirit of him who raised Jesus from
the dead is living in you, then he who raised Jesus from the
dead will give life to your own mortal bodies through his Spirit
living in you.

So then, my brothers, there is no necessity for us to obey our
unspiritual selves or to live unspiritual lives. If you do live in
that way, you are doomed to die; but if by the Spirit you put an
end to the misdeeds of the body you will live.

Gospel Acclamation See Mt 11:25

Alleluia, alleluia!

Blessed are you, Father, Lord of heaven and earth;
you have revealed to little ones the mysteries of the kingdom.
Alleluia!

Gospel Mt 11:25-30

A reading from the holy Gospel according to Matthew

I am gentle and humble of heart.

Jesus exclaimed, ‘I bless you, Father, Lord of heaven and of
earth, for hiding these things from the learned and the clever
and revealing them to mere children. Yes, Father, for that is
what it pleased you to do. Everything has been entrusted to
me by my Father; and no one knows the Son except the Fa-
ther, just as no one knows the Father except the Son and
those to whom the Son chooses to reveal him.

‘Come to me, all you who labour and are overburdened, and I
will give you rest. Shoulder my yoke and learn from me, for I
am gentle and humble in heart, and you will find rest for your
souls. Yes, my yoke is easy and my burden light.’

Communion Antiphon Ps 33:9

Taste and see that the Lord is good;
blessed the man who seeks refuge in him.

MINISTRY SCHEDULE — 15 & 16 JULY 2023

	SAT 6PM	SUN 7.30AM	SUN 9.30AM	SUN 6PM
ACOLYTE	CHARLES CARDOSO	ROD DOWLING	DOMINIC LONGO	ROB PAUL
ALTAR SERVERS	ELLA, MATTHEW & JORDAN TRUEMAN	TOM, OLIVIA & JOEL DOWLING	CHRISTOPHER XANTHIS JACKSON HANDCOCK JOEY VILLEGAS	JONAH VINCENT MICHAEL & STEFAN ELHAJ
COMMENTATORS	AYLMYR SEQUEIRA	ALICE BATY	PAUL CICCARELLI	MAISIE CINANNI
COLLECTORS	ELIZABETH YUSTIRA ANTONIO VARNAKULASINGHAM	GERRY DOYLE	MARGARET SANDFORD	CHRIS JOSEPH MARIA NARDONE
READERS	ELIZABETH YUSTIRA ELAINE DIAS	ADELE PARSONS FRANK GERICEVICH	GERARD DE SOUZA ANUSHIA SUPPIAH	BEV PICHE JILL NORTON
EMOHC	PHIL TRUEMAN CARLA CARDOSO	ANGELA SCOTT	MELISSA TROLIO MARINA CICCARELLI	NATALIE ELHAJ MARIA HILL
ALTAR SOCIETY: ANGELA NANKIVELL, COLLEEN & FRANCESCA VALLINI			PILGRIM STATUE: SUSI SUSANTO	
COUNTERS: TONY & YVONNE GARBIN, ROSEMARY PACKER & ROBERT BOURNE			CHILDREN'S LITURGY: —	