

# WELCOME

ST BENEDICT'S CATHOLIC PARISH — 21 JANUARY 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 (in recess until end of Jan24)

### Catholic Women's League (CWL)

Meet the 2nd Tuesday of the Month in the Fr Albert

Lynch Room @10am, gathering @9.45am (new time)

**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 (admin): [applecross@perthcatholic.org.au](mailto:applecross@perthcatholic.org.au)

Parish Priest: Fr Nelson Po

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

Resident Priest: Fr Joseph Laundry

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

## 3RD SUNDAY IN ORDINARY TIME, YEAR B

### GOSPEL REFLECTION BY Dianne Bergant CSA

Today we reflect on the first and most important responsibility of discipleship, namely, evangelisation, the goal of which is the proclamation of the reign of God. God seems to choose the most unlikely people to preach to others. It does not matter who *brings* the good news, but who *receives* it. Jonah the prophet was sent to outsiders, even enemies. The disciples were fishermen who spoke to the people of their own country. God's salvation is intended for all, and it seems to make little difference who brings this good news.

Today's readings call for repentance. The grace of God requires a new way of living, a life of faith and commitment. The gospel invites us into the age of fulfilment, a salvific reign of truth, compassion and kindness. It is a way of life that leads to justice.

There is an urgency in these readings. This world in its present form is passing away, and God's call demands a total response. Like the disciples, we must leave the familiarity of our former ways and follow the call that we have heard in the depths of our hearts. We are called first to enter the reign of God and then to spread it. As ambassadors of God, we bring the good news of salvation wherever we are and in whatever we do. Called by God, we now begin to live in a totally different way, guided by the values of the reign of God rather than those of the world that is passing away.

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"The kingdom of God  
is close at hand.  
Repent, and believe  
the Good News."

Mark 1:15

**PREP COORDINATOR:** Maureen Bright  
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**SACRAMENTAL COORDINATOR:** Rosa Ranieri  
Email: [stbenedicts.sacraments@gmail.com](mailto:stbenedicts.sacraments@gmail.com)

**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

- ◆ 2 FEBRUARY — FIRST FRIDAY FRIENDS @11AM
- ◆ 8 FEBRUARY — ALPHA STARTS @6.30PM –8.30M
- ◆ 11 FEBRUARY — PARISH MORNING TEA AFTER 7.30AM MASS
- ◆ 25 FEBRUARY— COOKIES, CUPPA & CHAT AFTER 9.30AM MASS



#### FIRST FRIDAY FRIENDS

The next First Friday Friends function on **2 February** will be a normal gathering @11am in the Fr Albert Lynch room. All are welcome to attend and if you are staying for lunch please bring along a savoury plate to share. Any queries just give Maureen a ring on 0413 831 357.

#### PARISH VISION/MISSION STATEMENT (2023-2028)

##### PARISH VISION:

"We, the parishioners of St Benedict's Applecross, are committed to live faithfully in the words and examples of Jesus Christ, to develop and foster at all times a vibrant and welcoming Christian community based on His life of love, compassion, hospitality and service."

##### PARISH MISSION:

"We aim to inspire and nurture our parishioners and others of all ages and cultures to develop faith in Jesus Christ, cultivate strong Christian values and engage with the community actively and positively."

#### Pilgrimage to Vietnam

Do your Lenten reflections & preparation for Easter with Msgr Michael Keating on a Pilgrimage in **Vietnam from 4 to 14 March 2024**. Visit the Shrines dedicated to Our Lady and the Vietnamese Martyrs and others. Visit Hanoi, Saigon (Ho Chi Minh), Gia Kiem, Vungtau, Danang, La Vang and other places. **Full board cost including all airfares is \$3850 per person for 25 persons.**

For the itinerary and booking form, do whatsapp us or **call us at 0433 771 979 (Sheila) or 0402 290 827 (Veronica).**  
**Email: [info@anawimjourneys.com](mailto:info@anawimjourneys.com)**

#### PARISH RELIGIOUS EDUCATION PROGRAMME (PREP)

Our parish runs an intensive after school Religious Education programme for children in Years 2 to 6 who are not attending Catholic schools. The programme **also** prepares children for the Sacraments of **First Reconciliation (Year 3), First Communion (Year 4) and Confirmation (Year 6)**. Students should attend at least one full year of instruction prior to the Sacrament year and complete the full year of instruction in the year they receive the Sacrament. Students who enrol late may not be able to receive the Sacrament that year.

Classes run each Wednesday during term starting at 4pm in the church. The programme will be starting on **Wednesday 7 February from 4pm-5pm**, everyone to meet in the foyer of the Church. You can download the enrolment form online at any time.

We are currently looking for **catechists and/or assistants/helpers** for the coming year starting in February. Full training is available with the Catechist Service as well as ongoing courses throughout the year. Commitment would be on a Wednesday afternoon from 4pm to 5pm and if you feel this is for you please contact Maureen Bright on 0413 831 357 or Stefani Chen at the parish office on 08 9364 1120. Please give some thought to this very rewarding service to the parish and our children.

#### 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 Mega Limadinata and all others who are not included in this list. *Thank you.*



## YOUTH CORNER

Youth Mass — **10 February @6pm**

**Alpha** - a chance to explore life's BIG questions in a fun, safe welcoming space. At Alpha we share a meal, watch a short movie and chat about our faith. We encourage open and honest conversations, about what you think, feel and believe. You can expect to laugh, share food and journey together with others.

#### WHERE:

ALPHA @ St Benedicts Church, Applecross Parish, 115 Ardross Street, Ardross

#### WHEN:

starting Thursday 8/02/2024 @6.30pm-8.30pm

#### REGISTER:

Email [alphaatstbenes@gmail.com](mailto:alphaatstbenes@gmail.com)

Need more information, please contact

Nicole 0429 859 308 or Dom 0404 803 408



**Emeritus Archbishop Hickey** has completed his memoirs titled '**My Spirit Land**'. It is a fascinating and insightful read, documenting not only the last 80+ years of the Catholic Church in WA, priests, cardinals, popes and Catholic agencies and policies, but also the journey of one of our Archbishops who was called to the priesthood in Western Australia.

The book is available online at [myspiritlandmemoir.com](http://myspiritlandmemoir.com) for \$44.95 plus postage and handling fee of \$15 or collect at Our Lady of the Mission Church, Craigie for \$44.95 on Wednesday-Friday, 9am-4pm.

Email [myspiritlandmemoirs@gmail.com](mailto:myspiritlandmemoirs@gmail.com) for enquiries or bulk orders to your parish.

#### PLEASE PRAY FOR RECENTLY DECEASED:

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#### ANNIVERSARIES:

Frances Ryan, Margaret Cashmore, Candida Crispino-Nardone, Betty Smith, Michael Mastaglia, Siew Sim Tan and all deceased benefactors of the parish and all departed family and friends. *Thank you.*



**SAFEGUARDING INDUCTION TRAINING – LEVEL 1**

Wednesday, 24 January at 10am - Online  
 Tuesday, 06 February at 7pm - Online  
 Wednesday, 14 February at 2pm - Online  
 Thursday, 22 February at 10am - Online  
 Tuesday, 27 February at 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.



**Be the Heart of Hope: Take Action as a Caritas Ambassador**

Join us for a special session unveiling the heartwarming stories behind Project Compassion 2024. We're on the lookout for passionate individuals, of all ages, to become Caritas Ambassadors. Discover the impact of your voice on the most vulnerable lives and communities. As a speaker, you have the potential to inspire change and spread God's love in action. Join us in becoming the heart of these stories, connecting with our mission, and shaping a future filled with compassion and hope.

**Tuesday January 30<sup>th</sup> 2024, from 6:00 to 7:30PM at the Catholic Pastoral Centre (40A Mary Street, Highgate).** Light refreshments will be provided. Please contact us on **9422 7925** or through email at [Shelby.d@caritas.org.au](mailto:Shelby.d@caritas.org.au) for more information.

**INVITATION.** Since June 1981 Our Blessed Mother has been appearing daily to visionaries in Medjugorje with messages for the world. In thanksgiving for these continued daily apparitions, the Medjugorje evening of prayer meet on the last Friday of every month. We warmly invite you to join us this coming **Friday evening 7pm on January 26th at St Bernadette's Church, 49 Jugan St. Glendalough.** Evening consists of Eucharistic Adoration, Rosary, Confessions, Benediction, Holy Mass. Concluding with light refreshments. Distribution of rosaries and medals which have received Our Lady's Blessing during Her apparitions available on this evening. Enquiries mob 0407 471 256. Email [medjugorjewa1981@gmail.com](mailto:medjugorjewa1981@gmail.com)

**Presence**

"Come to me all you who are burdened and I will give you rest". Here I am, Lord. I come to seek your presence. I long for your healing power.

**Freedom**

Heavenly Father, make me conscious of whatever burden I am carrying today and give me the grace to place it at the foot of Your Cross and so enter freely into this time of prayer.

**Consciousness**

Lord, you are present in all things  
 And when I take time to simply sit and be with you,  
 My mind rests and I feel your peace.

**Inspiration**

Following his baptism, Jesus went forth with the Good News that the Kingdom of God had come near. John had done the preparatory work and the stage was now set for Jesus. We pray that we may continue to announce the Good News by how we live our lives and follow the Lord.

Having begun his mission, Jesus' first action was to call helpers to him. He invited Simon and Andrew, who were fishermen, to follow him, making them rather 'fishers of people'. Jesus cast his net more widely in calling James and John. Lord, you have continued to call people throughout every age, through your Holy Spirit. You call me by name, too. May I have the freedom to 'leave my boat', follow you, and produce a good catch in your name.

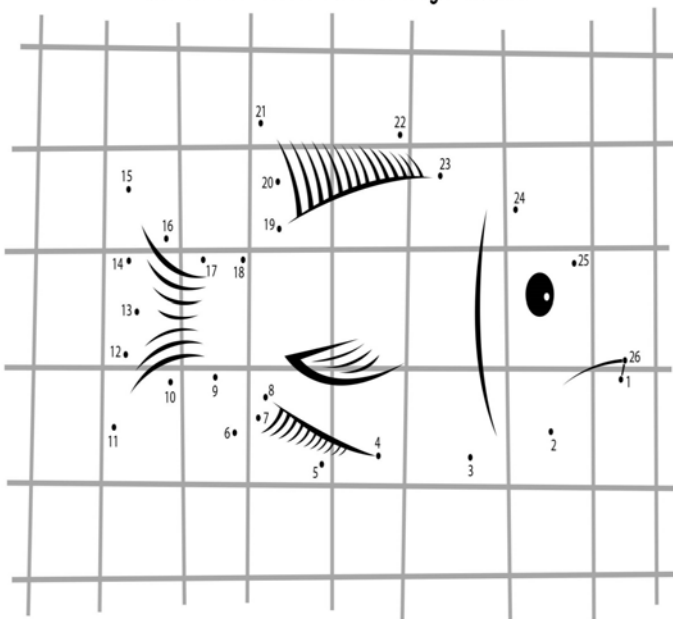
**Conversation**

Dear Jesus, I can open up my heart to you.  
 I can tell you everything that troubles me.  
 I know you care about all the concerns in my life.  
 Teach me to live in the knowledge  
 that you who care for me today,  
 will care for me tomorrow and all the days of my life.

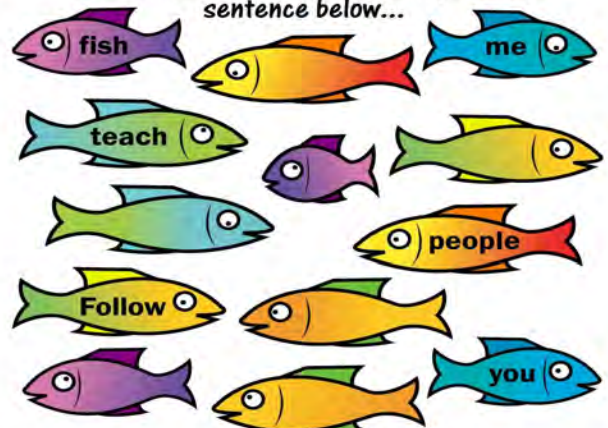
**Amen**

CHILDREN'S CORNER

Join the dots to see what has been caught in the net.



Use the words in the fish to complete the sentence below...



----- and I will -----  
 to ----- for -----

**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: 4th Sunday in Ordinary Time, Yr B**

**1st:** Deut 18:15-20  
**2nd:** 1 Cor 7:32-35

**Ps:** 94:1-2, 6-9  
**Gospel:** Mk 1:21-28



READINGS FOR THE DAY

**Entrance Antiphon** Cf Psalm 95:1,6

O sing a new song to the Lord;  
sing to the Lord, all the earth.  
In his presence are majesty and splendour,  
strength and honour in his holy place.

**First Reading** Jonah 3:1-5. 10

A reading from the prophet Jonah

*The Ninevites renounced their evil ways.*

The word of the Lord was addressed to Jonah: 'Up!' he said 'Go to Nineveh, the great city, and preach to them as I told you to.' Jonah set out and went to Nineveh in obedience to the word of the Lord. Now Nineveh was a city great beyond compare: it took three days to cross it. Jonah went on into the city, making a day's journey. He preached in these words, 'Only forty days more and Nineveh is going to be destroyed.' And the people of Nineveh believed in God; they proclaimed a fast and put on sackcloth, from the greatest to the least.

God saw their efforts to renounce their evil behaviour. And God relented: he did not inflict on them the disaster which he had threatened.

**Responsorial Psalm** Ps 24:4-9. R. v.4

(R.) Teach me your ways, O Lord.

1. Lord, make me know your ways.  
Lord, teach me your paths.  
Make me walk in your truth, and teach me:  
for you are God my saviour. (R.)
2. Remember your mercy, Lord,  
and the love you have shown from of old.  
In your love remember me,  
because of your goodness, O Lord. (R.)
3. The Lord is good and upright.  
He shows the path to those who stray,  
he guides the humble in the right path;  
he teaches his way to the poor. (R.)

**Second Reading** 1 Corinthians 7:29-31

A reading from the first letter of St Paul to the

Corinthians

*The world as we know it is passing away.*

Brothers, our time is growing short. Those who have wives should live as though they had none, and those who mourn should live as though they had nothing to mourn for; those who are enjoying life should live as though there were nothing to laugh about; those whose life is buying things should live as though they had nothing of their own; and those who have to deal with the world should not become engrossed in it. I say this because the world as we know it is passing away.

**Gospel Acclamation** Mark 1:15

Alleluia, alleluia!

The kingdom of God is near:  
believe the Good News!  
Alleluia!

**Gospel** Mark 1:14-20

A reading from the holy Gospel according to Mark

*Repent, and believe the Good News.*

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

As he was walking along by the Sea of Galilee he saw Simon and his brother Andrew casting a net in the lake – for they were fishermen. And Jesus said to them, 'Follow me and I will make you into fishers of men.' And at once they left their nets and followed him.

Going on a little further, he saw James son of Zebedee and his brother John; they too were in their boat, mending their nets. He called them at once and, leaving their father Zebedee in the boat with the men he employed, they went after him.

**Communion Antiphon** Cf Psalm 33:6

Look toward the Lord and be radiant;  
let your faces not be abashed.

MINISTRY SCHEDULE — 27 & 28 JANUARY 2024

	SAT 6PM	SUN 7.30AM	SUN 9.30AM	SUN 6PM
ACOLYTE	PIERRE SEQUEIRA	ROD DOWLING	LUKE HANDCOCK	PETER MOORE
ALTAR SERVERS	ETHAN & JOSHUA TSIA DANYCKA FERNANDES	TOM, OLIVIA & JOEL DOWLING	CHARMAINE VOGLER CHRISTOPHER XANTHIS JACKSON HANDCOCK	SACHA AUTON VALERIE & RAPHAEL WIBAWANTA
COMMENTATORS	ELAINE DIAS	LORNA D'SOUZA	TERRY BOLAND	GLENDA BEUKES
COLLECTORS	IONA COORAY STEPHEN DONOVAN	GERRY DOYLE	MARGARET SANDFORD VOLUNTEER NEEDED	JOE CINANNI MARIA NARDONE GRAHAM KNIGHT
READERS	MILDRED REGO GERRI CLAY	ADELE PARSONS ANGELA SCOTT	NICOLE PARKER PAUL MENEZES	PATRICIA ROBERTSON BEV PICHE
EMOHC	STEVEN CLAY GERRI CLAY	JACQUIE HERON	CARMEL RECHICHI LILI ORIFICI	KEVIN AUTON JILL NORTON
ALTAR SOCIETY: JOSEPHINE YUSTIRA			PILGRIM STATUE: ROGER & ELIZABETH FEW	
COUNTERS: MARGARET ALBUQUERQUE, YULIANA VAN DER BURG, ELIZABETH NORONHA & SUCHITA RATHAKRISHNAN			CHILDREN'S LITURGY: —	