

# WELCOME

ST BENEDICT'S CATHOLIC PARISH — 4 FEBRUARY 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 (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

## 5TH SUNDAY IN ORDINARY TIME, YEAR B

### GOSPEL REFLECTION BY Dianne Bergant CSA

Today we see three snapshots from the photo album of life.

Suffering comes to everyone. It can take such a hold of us that the happiness of the past is swallowed up, the beauty of better days is forgotten, and the hope of a brighter future is imperilled. Life ceases to be an adventure and takes on the guise of drudgery. At such times suffering appears to be our permanent fate, and life seems too short for suffering to run its course. If we become identified with our distress, we will be tormented.

Jesus knew the harshness of life, because he was one of us. He saw it in the lives of those he loved, and he was touched by their torment. He came to release people from the demons that possess them, from the illness that undermined their lives. He came to bring the reign of God, the reign of peace and fulfilment. He came to heal the broken-hearted, to bind up their wounds.

Paul was a messenger of this gospel of salvation and fulfilment. He was so committed to his mission that he empathised with all those who heard his preaching – the slaves, the weak, the broken-hearted, all those who knew well the harshness of life. Now it is our turn. We are the disciples who must bring the good news to the broken-hearted, to those who are enslaved, to those who are weak. We are the ones who will then share in the blessings of this good news.

© Dianne Bergant CSA



"Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came."

Mark 1:38

**PREP COORDINATOR:** Maureen Bright

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

**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

- ◆ 8 FEBRUARY — ALPHA STARTS @6.30PM –8.30M
- ◆ 10 FEBRUARY — YOUTH MASS @6PM
- ◆ 11 FEBRUARY — PARISH MORNING TEA AFTER 7.30AM MASS
- ◆ 14 FEBRUARY — ASH WEDNESDAY MASSES @7AM & @7PM
- ◆ 24 FEBRUARY — BUSY BEE @8AM-11AM

## 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

## THE ALPHA COURSE

Alpha

### SACRAMENT PROGRAMME 2024

The dates for The Sacrament Programme have been released. They are on the notice board at the entrance of the church.

The Sacrament programme and enrolment forms can be accessed on the parish website.

Enrolments are now open and applications for all Sacraments **close on Friday March 22<sup>nd</sup>**.

For further information contact Rosa Ranieri, Sacrament Co-ordinator at [stbenedicts.sacraments@gmail.com](mailto:stbenedicts.sacraments@gmail.com)

The Parish Sacrament team looks forward to working together with all families.

St Benedict's Craft Group recommences on **Wednesday 7th February at 9.15am** in the Fr Albert Lynch room. Whether or not you are 'crafty' you are welcome to come along and enjoy the fellowship. Morning Tea: Monica Anderson.

At our beautiful **Cathedral, St Mary's**, we have a very enthusiastic band of volunteers who conduct tours to schools, public and private organizations as well as the general public. This voluntary Ministry was founded in February 2011 and has grown over the years from two to eight tour guides; however, we are looking to increase our numbers. On **Tuesday 20th February at 10.30 am** we will be conducting a tour followed by a light morning tea in the Cathedral's Parish Centre. The aim of this "**Open Day**" is for those individuals who are perhaps retired or are available during the week and would like to find out more of what is involved, to come along to the fact-finding event. You will be able to ask questions, meet the other guides and perhaps decide to join us. Your commitment would only be determined by your availability and may be just one tour every month or so for approximately 1½ hours. Of course, all necessary training and resources are provided.

To register your attendance, or for more information, please call Carol Wright, Tour Guide Co Ordinator on 0419 948 411

### PLANNED GIVING (2<sup>ND</sup> COLLECTION):

Parish income for the 6 months ended 31/12/23 was 110% of the budgeted income for the same period and 55% of the budgeted income of the year. *Thank you.*

### 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."

### 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 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, Martin Samy and all others who are not included in this list. *Thank you.*



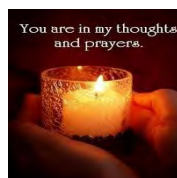
### PLEASE PRAY FOR RECENTLY DECEASED:

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#### ANNIVERSARIES:

Barbara Anne Potter, Manuel Gonsalves Jardim, Peter James Roberts and all deceased benefactors of the parish and all departed family and friends.

*Thank you.*



## ARCHDIOCESAN NEWS

### **SAFEGUARDING INDUCTION TRAINING – LEVEL 1**

Tuesday, 06 February at 7pm - Online

Thursday, 08 February at 7pm at Beaconsfield Parish

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.

### **LENT 2024 WITH THE CATHOLIC GUY, BRUCE DOWNES**

Lent is a time when we can grow closer to God and prepare our hearts for the true meaning of Easter. Be inspired. Be refreshed. Be renewed!

For 40 days you will receive a short, practical and inspiring video in your inbox every morning to help you make this Lenten journey more powerful and prayerful. This program is FREE and you can sign up here: <https://BruceDownes.org/Lent>

### **Chaplets of the Divine Mercy.**

A beautiful, prayerful, sung devotion held at St Thomas More Catholic Church, Dean Road Bateman, on the second Wednesday of each month commencing at 7.30 pm. The next devotion will be held on

**Wednesday 14<sup>th</sup> February 2024 commencing at 7.30 pm.**

Enquiries to George Lopez on 041 991 0039.



### **WORLDWIDE MARRIAGE ENCOUNTER**

Would you like to give yourself and your spouse quality time over a weekend that will focus on love, communication and relationship? We invite you to attend a Worldwide Marriage Encounter Weekend. Coming Weekend:

**17/18 February - Indonesian Language. Live-out (you go home Saturday night, come back Sunday morning.) @ Corpus Christi College, Bateman**

A WWME Weekend may be the best gift you can give to each other. For more information about coming Weekends contact Brendon or Valerie on 0493 534

865. Email [WAb bookings@wwme.org.au](mailto:WAb bookings@wwme.org.au) Visit [www.wwme.org.au](http://www.wwme.org.au)

## PRAYER FOR THE DAY

### **Presence**

Dear Jesus, as I call on you today I realise that I often come asking for favours. Today I'd like just to be in your presence. Let my heart respond to Your Love.

### **Freedom**

Thank you God for my freedom. May I use this gift to do what I can for those who are oppressed or burdened.

### **Consciousness**

To be conscious of something is to be aware of it. Dear Lord, help me to remember that You gave me life. Thank you for the gift of life. Teach me to slow down, to be still and to enjoy the pleasures created for me; to be aware of the beauty that surrounds me: the marvel of mountains, the calmness of lakes, the fragility of a flower petal. I need to remember that all these things come from you.

### **Inspiration**

There was a sense of immediacy in the action of Jesus in this situation. As soon as they left the synagogue Jesus got word of Simon's mother-in-law being ill. He took her by the hand, healed her and lifted her up. Lord, help us to understand better the difference between the immediate and urgent and things that can wait, so that we might make good decisions in the service of your people.

At sundown on a busy day, they brought the sick and the possessed to Jesus. He attracted the whole city who came to the door. He cured many and then we are told 'he would not permit the demons to speak because they knew him'. Lord, we need your healing but even more, we need a relationship with you. We want to know you as Lord with deeper faith so that we can make you known to others also.

### **Conversation**

Dear Lord, stay by my side always. Gain for me a trusting heart. Thank you for loving me.

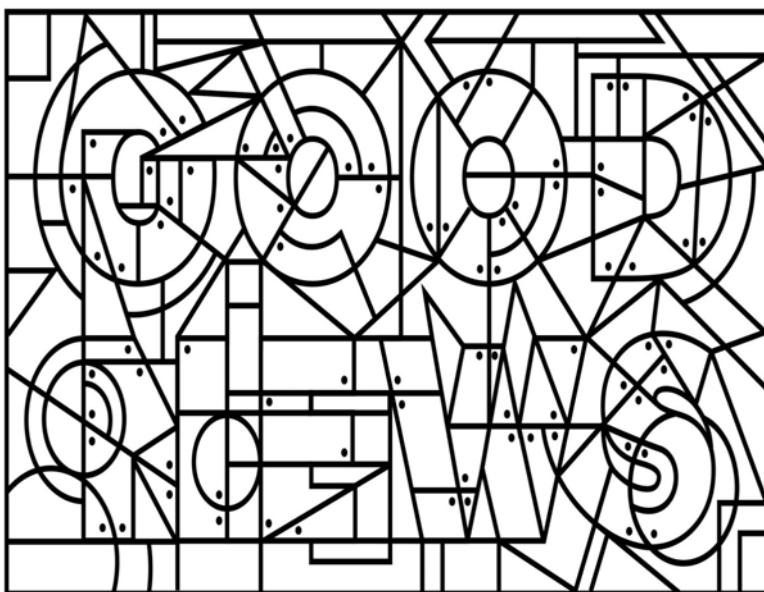
### **Conclusion**

I thank God for His gift of love As I go forth with joy and hope To serve His people.

**Amen**

## CHILDREN'S CORNER

Color in all the shapes that contain dots • to reveal what Jesus wants everyone to know.



Jesus went away to be alone and pray.  
Where are some places that you pray?

### **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.

Please  
Do Not  
Drive  
Or Park  
On  
Grass

### **NEXT WEEK'S READINGS: 6th Sunday in Ordinary Time, Yr B**

**1st:** Lev 13:1-2, 44-46

**Ps:** 31: 1-2, 5, 11

**2nd:** 1 Cor 10:31 - 11:1

**Gospel:** Mk 1:40-45



READINGS FOR THE DAY

**Entrance Antiphon** *Psalm 94:6-7*

O come, let us worship God  
and bow low before the God who made us,  
for he is the Lord our God.

**First Reading** *Job 7:1-4. 6-7*

A reading from the book of Job

*I am filled with sorrow all day long.*

Job began to speak:

Is not man's life on earth nothing more than pressed  
service,  
his time no better than hired drudgery?  
Like the slave, sighing for the shade,  
or the workman with no thought but his wages,  
months of delusion I have assigned to me,  
nothing for my own but nights of grief.  
Lying in bed I wonder, 'When will it be day?'  
Risen I think, 'How slowly evening comes!'  
Restlessly I fret till twilight falls.  
Swifter than a weaver's shuttle my days have passed,  
and vanished, leaving no hope behind.  
Remember that my life is but a breath,  
and that my eyes will never again see joy.

**Responsorial Psalm** *Ps 146:1-6. R. v.3*

(R.) Praise the Lord who heals the broken-hearted.

1. Praise the Lord for he is good;  
sing to our God for he is loving;  
to him our praise is due. (R.)
2. The Lord builds up Jerusalem  
and brings back Israel's exiles,  
he heals the broken-hearted,  
he binds up all their wounds.  
He fixes the number of the stars;  
he calls each one by its name. (R.)
3. Our Lord is great and almighty;  
his wisdom can never be measured.  
The Lord raises the lowly;  
he humbles the wicked to the dust. (R.)

**Second Reading** *1 Corinthians 9:16-19. 22-23*

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

*Punishment will come to me if I do not preach the Gospel.*

I do not boast of preaching the gospel, since it is a duty which  
has been laid on me; I should be punished if I did not preach it!  
If I had chosen this work myself, I might have been paid for it,  
but as I have not, it is a responsibility which has been put into

my hands. Do you know what my reward is? It is this: in  
my preaching, to be able to offer the Good News free,  
and not insist on the rights which the gospel gives me.

So though I am not a slave of any man I have made  
myself the slave of everyone so as to win as many as I  
could. For the weak I made myself weak. I made myself  
all things to all men in order to save some at any cost;  
and I still do this, for the sake of the gospel, to have a  
share in its blessings.

**Gospel Acclamation** *Matthew 8:17*

Alleluia, alleluia!  
He bore our sickness,  
and endured our suffering.  
Alleluia!

**Gospel** *Mark 1:29-39*

A reading from the holy Gospel according to Mark

*He cured many who suffered from diseases of one kind or another.*

On leaving the synagogue, Jesus went with James and  
John straight to the house of Simon and Andrew. Now  
Simon's mother-in-law had gone to bed with fever, and  
they told him about her straightaway. He went to her, took  
her by the hand and helped her up. And the fever left her  
and she began to wait on them.

That evening, after sunset, they brought to him all who  
were sick and those who were possessed by devils. The  
whole town came crowding round the door, and he cured  
many who were suffering from diseases of one kind or  
another; he also cast out many devils, but he would not  
allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the  
house, and went off to a lonely place and prayed there.  
Simon and his companions set out in search of him, and  
when they found him they said, 'Everybody is looking for  
you.' He answered, 'Let us go elsewhere, to the neigh-  
bouring country towns, so that I can preach there too,  
because that is why I came.' And he went all through  
Galilee, preaching in their synagogues and casting out  
devils.

**Communion Antiphon** *Cf Psalm 106:8-9*

Let them thank the Lord for his mercy,  
his wonders for the children of men,  
for he satisfies the thirsty soul,  
and the hungry he fills with good things.

MINISTRY SCHEDULE — 10 & 11 FEBRUARY 2024

	SAT 6PM	SUN 7.30AM	SUN 9.30AM	SUN 6PM
<b>ACOLYTE</b>	SIMON CARRICK	BARRY FARRELL	DOMINIC LONGO	ROB PAUL
<b>ALTAR SERVERS</b>	JAKE & JOSHUA GOLDING DANYCKA FERNANDES	IHINOLEN & ESEOSE ITOTOH	JOEY VILLEGAS LETICIA AVERY GRACE STEWART	KATHERINE WIBAWA JERARD & JONAH VINCENT
<b>COMMENTATORS</b>	YOUTH MASS	SALLY HOBDAV	MARGARET HANDYSIDE	MAISIE CINANNI
<b>COLLECTORS</b>	YOUTH MASS	JAMES GALVIN	ELIZABETH FEW VOLUNTEER NEEDED	RONNIE ELHAJ PAUL BELVISO GRAHAM KNIGHT
<b>READERS</b>	YOUTH MASS	RITA ILICH ALICE BATY	PAUL CICCARELLI MARINA CICCARELLI	JILL NORTON PATRICIA ROBERTSON
<b>EMOHC</b>	YOUTH MASS	MONICA ANDERSON	SARAH NEALE MARGARET SANDFORD	MARIA HILL LINDA ROBERTSON
<b>ALTAR SOCIETY:</b> HEATHER MCNAUGHT & AYLMYR SEQUEIRA			<b>PILGRIM STATUE:</b> BRADLEY NEWMAN	
<b>COUNTERS:</b> PIERRE SEQUEIRA, LILI ORIFICI, JENNIE COWIE, LUCY & BRIAN LIU			<b>CHILDREN'S LITURGY:</b> —	