

# WELCOME

ST BENEDICT'S CATHOLIC PARISH — 17 MARCH 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

## 5TH SUNDAY OF LENT, YEAR B

### GOSPEL REFLECTION BY Greg Sunter

This week's first reading from Jeremiah is a very powerful image and a foreshadowing of the message and ministry of Jesus. In the Jeremiah reading, the Lord announces that (yet again) a new covenant will be made between the people and their God. This time, however, the covenant will not be a collection of rules written in stone as was the case with the covenant of the Ten Commandments after the people had been led out of slavery in Egypt. The people have demonstrated that they are not able to uphold that covenant. This time, God declares that the covenant will be 'planted deep within them' and 'written on their hearts'. This is a wonderful image: I will write my covenant on your heart! It is the message that Jesus tried to convey over and over again – the Law of God is not to be found in a multitude of rules and regulations but it is a Law of the heart, calling for compassion and love.

This message is no better demonstrated than in this week's gospel passage. Jesus declares that, 'unless a wheat grain falls on the ground and dies, it remains only a single grain; but if it dies, it yields a rich harvest.' He is speaking of course about his own life, but he is speaking also to those around him and those of us who read the words today. Unless we are prepared to let go of our ego, our status, our 'reputation', for the sake of others and respond to them from the heart then we can never experience the breadth and depth of what it means to belong to a community. When we are prepared to let go of our hang-ups and reservations to make a difference in the lives of others then the 'harvest' that will be gathered from those actions will be great indeed!

© Greg Sunter



"I tell you most solemnly, unless a wheat grain falls on the ground and dies, it remains only a single grain; but if it dies, it yields a rich harvest."

John 12:24

**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

- ◆ 20 MARCH — LENTEN RECONCILIATION (1ST RITE) @7PM
- ◆ 21 MARCH & 4, 11 & 18 APRIL — ALPHA @6.30PM-8.30PM
- ◆ 22 MARCH — STATIONS OF THE CROSS @7PM
- ◆ **HOLY WEEK/EASTER PROGRAMME 2024 — SEE BELOW**
- ◆ 5 APRIL — FIRST FRIDAY FRIENDS @11AM
- ◆ 14 APRIL — PARISH MORNING TEA AFTER 7.30AM MASS



### HOLY WEEK/EASTER PROGRAMME 2024:

**Lenten Reconciliation 20 March (1st Rite): @7pm**

**Holy Thursday 28 March: Mass @7pm**

**Good Friday 29 March:**

Stations of the Cross @10.30am

Passion of the Lord @3pm

**Easter Vigil 30 March: Mass @7pm**

**Easter Sunday 31 March:**

Masses @7.30am, @9.30am & @6pm

**Easter Monday 1 April:**

Communion Service @7am (no Mass)



### Liturgical Practices in Lent

**The Gloria & The Alleluia are omitted** – these celebratory Songs of Praise are not sung or recited during Lent except for the solemnities of St Joseph and the Annunciation. Because Lent is a penitential season and the church is in a “repentant mode,” seeking conversion, it is not a time of rejoicing. Thus the acclamations of joy (the Alleluia and the Gloria) are “dropped” to be sung with greater joy and enthusiasm at Easter.

**Flowers on the Altar.** The General Instruction on the Roman Missal (GIRM) states that during Lent it is forbidden for the altar to be decorated with flowers. Exceptions, however, are Laetare Sunday (Fourth Sunday of Lent), Solemnities and Feasts. Floral decoration should always show moderation and be arranged around the altar rather than on the altar table.

**Music and Singing** – While the playing of instrumental music such as organ or other musical instruments are allowed during Mass in order to support the singing, it is omitted during Lent. However, there are exceptions particularly on Laetare Sunday, Solemnities and Feasts.

**Veiled Statues and Crucifix** – Sacred Images are covered during the last week of Lent to alert us of the special time that we are in. This is the time of immediate preparation for the Easter Triduum and the veils are reminders to get ready. They help us to produce a heightened sense of anticipation for Easter Sunday.

## YOUTH CORNER

**Youth Mass — 13 April @6pm**

### 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 22 March 2024.**

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

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

### PARISH RELIGIOUS EDUCATION PROGRAMME (PREP) – CATECHISTS/ASSISTANTS/HELPERS

We are currently looking for **catechists and/or assistants/helpers** for this 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.

### Applecross conference of Vinnies is in urgent need of funds.

Can you help with a few dollars? Or more than a few ... or indeed much more? Whatever you might be able to give will go to a good cause: helping local people who have fallen on very difficult times.

High on our list is a local family struck by two massive blows that have heavily impacted their lives. With the support of our parish, we have already been able to make a real difference in their lives. However, there is still much more to be done for which we urgently need cash.

Yes, there is much more that needs to be done – not just for that family, but for others who are suffering and need our help as well. **If you can help with a donation, please donate in the poor box. Or if you would like to make a donation and get a receipt for tax purposes,** please ring Vinnies head office on [6323 7500](tel:63237500) so that you can give your credit card details over the phone and organise a receipt – BUT please make sure to indicate that the donation should be applied to the **Applecross conference.**

Thank you for all your help!



### Fifth Sunday of Lent — 16 & 17 March



The work of Caritas Australia is only possible with generous supporters and the dedication, passion and tenacity of our local partners who implement the programs. They are the heroes on the ground working tirelessly behind-the-scenes every day to create a better future for their communities.

**Please donate to Project Compassion.**

Together, we can help vulnerable communities face their challenges today and build a better tomorrow **for all future generations.**

You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting [caritas.org.au/project-compassion](http://caritas.org.au/project-compassion) or by calling 1800 024 413.

### 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, Kamani Jayaratne, Sue Miguel and all others who are not included in this list. *Thank you.*



### PLEASE PRAY FOR RECENTLY DECEASED:

Doris Zoccoli

#### ANNIVERSARIES:

Jessie McCormack, Dorothy Quinn, Florence Marshall, Maurice Arnold, Giuseppe Caruso, Len Smith, Kathleen Hossen, Kevin Hodge, Vincenzo Cinanni and all deceased benefactors of the parish and all departed family and friends. *Thank you.*





**SAFEGUARDING INDUCTION TRAINING – LEVEL 1**

Friday, 22 March at 10am - Online  
 Tuesday 26 March at 7pm - Online  
 Wednesday 3 April at 7pm - Online  
 Monday 8 April at 10am - Online  
 Wednesday 10 April at 7pm - Pater Noster, 460 Marmion St, Myaree.  
 To register <https://safeguarding.perthcatholic.org.au/training/#induction>.  
 Further info: [safeguarding@perthcatholic.org.au](mailto:safeguarding@perthcatholic.org.au) or 08 9221 7762.

**19 Mar FEAST OF ST JOSEPH: LITTLE SISTERS OF THE POOR**

Please join us for the Mass to celebrate St Joseph. LSP Foundress, St Jeanne Jugan had a deep devotion to St Joseph confiding all her undertakings and cares to his powerful protection. Still St. Joseph remains the great protector and provider of the Congregation as we continue the Mission of caring for the elderly poor.  
**Tuesday 19 March 10.30am, 2 Rawlins Street, Glendalough.** To register or for more information, please contact Sr Mary Lourdes at [srmarylourdes11@gmail.com](mailto:srmarylourdes11@gmail.com) or 0404 610 773.

**24 Mar HOLY WEEK RETREAT FOR WOMEN**

On **Palm Sunday, 11am to 3pm**, women tertiary students, professionals, home makers and the young at heart are invited to begin Holy Week with prayer & silence, sharing and reflection. The program also includes lunch and afternoon tea. **Schoenstatt Shrine, 9 Talus Drive, Mount Richon.** Please bring along a plate to share for lunch. Cost: \$5 per participant. **RSVP by Monday 18 March.** To register or for inquiries please contact Sr M Luka at [srmluka@schoenstatt.org.au](mailto:srmluka@schoenstatt.org.au) or 0439 537 843.

Father Paul Fox would like to welcome everyone to celebrate **Divine Mercy Sunday at the Divine Mercy Shrine in Lower Chittering on Sunday, April 7th 2024.**

**Programme:**  
 Confessions from 11.30am.  
 BYO lunch or sausage sizzle \$5.  
 Mass celebrated by Fr Paul Fox at 1.30pm.  
 With the accompaniment of violinist Paul Wright, the Divine Mercy Choir will perform the Divine Mercy Chaplet.  
 Veneration of 1st Class Relic of St Faustina.  
 Healing prayers by Fr Paul  
 4pm Afternoon Tea/Coffee. For more details visit .  
**Contacts Emma 0401 981 914 or Fr Paul 9571 8068.**  
**Bus Pickup at St Benedicts - Applecross 8:45am & return 6:30pm (\$20)**

**Presence**

My soul longs for your presence, Lord. When I turn my thoughts to You, I find peace and contentment.

**Freedom**

Thank you for the gift of freedom, Lord. Grant that I may always choose to follow You. Keep me ever mindful of Your ways, of Your love and concern for all people.

**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**

In every death, there is life - this is the big message of Lent and of Easter. The grain of wheat will die and will, through death, nourish us with food. In the death of relationships, of health, of faith and all that may be dear to us, there is always the invitation to deeper life. In our final death is the call to everlasting life.

It is amazing that Jesus speaks of glory and his death in the same breath. We tend to think of death in negative terms, and as a cause for mourning and even despair, but let us look to the significance of Jesus' death: that it was the necessary passage to something so much greater, so much better, not just for him, but for all of us. Maybe we can start to look at the "deaths" in our own lives with this deeper, truer understanding.

**Conversation**

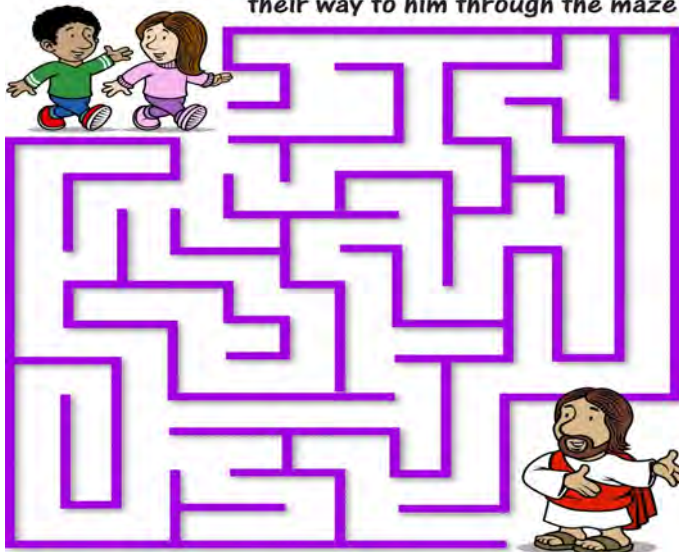
"Stay and watch with me." These were Your words, Lord, to the disciples, before Your suffering and death. I know, Lord, You will stay and watch over me all the days of my life.

**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

These children want to follow Jesus. Help them find their way to him through the maze



In the grains of wheat, draw or write some of the ways that you can serve Jesus.

**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: Palm Sunday of Lent, Year B**

**1st:** Is 50:4-7

**Ps:** 21:8-9, 17-20, 23-24

**2nd:** Phil 2:6-11

**Gospel:** Mk 14:1 - 15:47



READINGS FOR THE DAY

**Entrance Antiphon** Cf Psalm 42:1-2

Give me justice, O God,  
and plead my cause against a nation that is faithless.  
From the deceitful and cunning rescue me,  
for you, O God, are my strength.

**First Reading** Jeremiah 31:31-34

A reading from the prophet Jeremiah

*The days are coming when I will make a new covenant with Israel and I will forgive their iniquity.*

See, the days are coming – it is the Lord who speaks – when I will make a new covenant with the House of Israel and the House of Judah, but not a covenant like the one I made with their ancestors on the day I took them by the hand to bring them out of the land of Egypt. They broke that covenant of mine, so I had to show them who was master. It is the Lord who speaks. No, this is the covenant I will make with the House of Israel when those days arrive – it is the Lord who speaks. Deep within them I will plant my Law, writing it on their hearts. Then I will be their God and they shall be my people. There will be no further need for neighbour to try to teach neighbour, or brother to say to brother, ‘Learn to know the Lord!’ No, they will all know me, the least no less than the greatest – it is the Lord who speaks – since I will forgive their iniquity and never call their sin to mind.

**Responsorial Psalm** Ps 50:3-4. 12-15. R. v. 12

(R.) Create a clean heart in me, O God.

1. Have mercy on me, God, in your kindness.  
In your compassion blot out my offence.  
O wash me more and more from my guilt.  
and cleanse me from my sin. (R.)
2. A pure heart create for me, O God,  
put a steadfast spirit within me.  
Do not cast me away from your presence,  
nor deprive me of your holy spirit. (R.)
3. Give me again the joy of your help;  
with a spirit of fervour sustain me,  
that I may teach transgressors your ways  
and sinners may return to you. (R.)

**Second Reading** Hebrews 5:7-9

A reading from the letter to the Hebrews

*He learnt to obey and became for all the source of eternal salvation.*

During his life on earth, Christ offered up prayer and entreaty, aloud and in silent tears, to the one who had the power to save him out of death, and he submitted so humbly that his prayer was heard. Although he was Son, he learnt to obey through suffering; but having been made perfect, he became for all who obey him the source of eternal salvation.

**Gospel Acclamation** John 12:26

Glory to you, Word of God, Lord Jesus Christ!  
If you serve me, follow me, says the Lord;  
and where I am, my servant will also be.  
Glory to you, Word of God, Lord Jesus Christ!

**Gospel** John 12:20-33

A reading from the holy Gospel according to John

*If a grain of wheat falls on the ground and dies, it yields a rich harvest.*

Among those who went up to worship at the festival were some Greeks. These approached Philip, who came from Bethsaida in Galilee, and put this request to him, ‘Sir, we should like to see Jesus.’ Philip went to tell Andrew, and Andrew and Philip together went to tell Jesus. Jesus replied to them:

‘Now the hour has come  
for the Son of Man to be glorified.  
I tell you most solemnly,  
unless a wheat grain falls on the ground and dies,  
it remains only a single grain;  
but if it dies,  
it yields a rich harvest.  
Anyone who loves his life loses it;  
anyone who hates his life in this world  
will keep it for the eternal life.  
If a man serves me, he must follow me,  
wherever I am, my servant will be there too.  
If anyone serves me, my Father will honour him.  
Now my soul is troubled.  
What shall I say:  
Father, save me from this hour?  
But it was for this very reason that I have come to  
this hour.  
Father, glorify your name!’

A voice came from heaven, ‘I have glorified it, and I will glorify it again.’

People standing by, who heard this, said it was a clap of thunder; others said, ‘It was an angel speaking to him.’ Jesus answered, ‘It was not for my sake that this voice came, but for yours.

‘Now sentence is being passed on this world; now the prince of this world is to be overthrown. And when I am lifted up from the earth, I shall draw all men to myself.’

By these words he indicated the kind of death he would die.

**Communion Antiphon** John 12: 24

Amen, Amen I say to you: Unless a grain of wheat falls to the ground and dies, it remains a single grain. But if it dies, it bears much fruit.

MINISTRY SCHEDULE — 23 & 24 MARCH 2024

	SAT 6PM	SUN 7.30AM	SUN 9.30AM	SUN 6PM
ACOLYTE	CHARLES CARDOSO	STEVEN ROBERTSON	TERRY MEO	PETER MOORE
ALTAR SERVERS	DARSHYN & DHIVYEN MANNAR DANYCKA FERNANDES	GRACE STEWART	CHARMAINE VOGLER LETICIA AVERY JOEY VILLEGAS	ADDISON & HARPER GRACE SOFIE GABRIEL
COMMENTATORS	ELAINE DIAS	SALLY HOBDAV	VERONICA AVERY	GLENDA BEUKES
COLLECTORS	STEFANI CHEN STEPHEN DONOVAN	GERRY DOYLE	MARGARET SANDFORD	JOE CINANNI MARIA NARDONE GRAHAM KNIGHT
READERS	COLLEEN GELDENHUYS GERRI CLAY	ADELE PARSON MONICA ANDERSON	DANIEL BARIN PAUL SEARSON	KELVIN GRACE MAUREEN BRIGHT
EMOHC	AYLMYR SEQUEIRA CARLA CARDOSO	TINA CAMMARANO	MELISSA TROLIO MARINA CICCARELLI	YULIANA VAN DER BURG KEVIN AUTON
ALTAR SOCIETY: MILDRED REGO			PILGRIM STATUE: MAY ARNOLD	
COUNTERS: PIERRE SEQUEIRA, LILI ORIFICI, JENNY COWIE, LUCY & BRIAN LIU			CHILDREN'S LITURGY: —	