

WELCOME

ST BENEDICT'S CATHOLIC PARISH — 24 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

Office Hours: 10am—4pm (Tue-Fri)

Admin Officer: Stefani Chen

E (main): applecross@perthcatholic.org.au

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

E (office): office.applecross@perthcatholic.org.au

Parish Priest: Fr Nelson Po

E (Fr Nelson): 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

PALM SUNDAY OF LENT, YEAR B

GOSPEL REFLECTION BY Nick Brodie

'Let us ask for the grace to be amazed', reflects Pope Francis. 'A Christian life without amazement', he warns, 'becomes drab and dreary'. Palm Sunday is about so much more than an annual waving of branches.

Whether our faith has become what the Pope styled 'dull from habit', or we find ourselves 'trapped in our regrets', or 'crippled by our disappointments', or easily inclined to 'take refuge in legalisms', the Pope suggests we return our gaze to Jesus' self-sacrifice and allow ourselves to be amazed.

'Let us be amazed by Jesus so that we can start living again,' the Pope says, 'for the grandeur of life lies not in possessions and promotions, but in realising that we are loved.'

When we allow ourselves to embrace this fact our lives will be changed. As the Pope points out, many of those who welcomed Jesus' entry into Jerusalem quickly abandoned him. They were, he suggests, 'following an *idea* of the Messiah rather than *the* Messiah'. Their public demonstrations seem to have proved self-oriented and shallow.

'To admire Jesus is not enough', the Pope declares. 'We have to follow in his footsteps, to let ourselves be challenged by him; to pass from admiration to amazement.' This, he says, enables us to really 'know that we are not alone: God is at our side in every affliction, in every fear; no evil, no sin will ever have the final word.'

'And with the grace of amazement', the Pope adds, 'we come to realise that in welcoming the dismissed and discarded, in drawing close to those ill-treated by life, we are loving Jesus.'

@ Nick Brodie



PREP COORDINATOR: Maureen Bright
Email: applecrossrelgedu@gmail.com

SACRAMENTAL COORDINATOR: Rosa Ranieri
Email: stbenedicts.sacraments@gmail.com

Pastoral Care: Yunita Lay
Email: stbenedicts.pastoral@gmail.com

PARISH SAFEGUARDING OFFICERS:

Marina Ciccarelli,
Frances Meyerkort &
Phil Trueman.

Email contact:

applecross.safeguarding@gmail.com



PARISH NOTICES

EVENTS

- ◆ HOLY WEEK/EASTER PROGRAMME 2024 — SEE BELOW
- ◆ 4, 11 & 18 APRIL — ALPHA @6.30PM-8.30PM
- ◆ 5 APRIL — FIRST FRIDAY FRIENDS @11AM
- ◆ 14 APRIL — PARISH MORNING TEA AFTER 7.30AM MASS
- ◆ 20-21 APRIL — LAUNCH OF ADSUMUS INITIATIVE
- ◆ 21 APRIL — COOKIES, CUPPA & CHAT AFTER 9.30AM 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.

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!



Palm Sunday — 23 & 24 March



As Project Compassion 2024 comes to an end, we want to thank you for your incredibly generous support throughout Lent.

This year, we shared with you the story of three inspiring women from across the globe, who overcame challenges to complete their education, access water and find secure employment. With the support of compassionate people like you, they are now forging a path to a better future for their families and their communities. There is still time to donate! Together, we can help vulnerable communities face their challenges today and build a better tomorrow **for all future generations.**

Please donate to Project Compassion. You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting 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, Carol-Jean Wilson, and all others who are not included in this list. *Thank you.*



PLEASE PRAY FOR RECENTLY DECEASED:

ANNIVERSARIES:

Judith Osmetti, Ernest Gardner, Johannes Merks, Manuel Serralha, Antonio Orifici, Shelia Becker, Blossom Aung, John Court, Richard Hudson, all deceased benefactors of the parish and all departed family and friends. *Thank you.*



ARCHDIOCESAN NEWS

SAFEGUARDING INDUCTION TRAINING – LEVEL 1

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
 Thursday 18 April at 10am - Online
 Tuesday 23 April at 7pm - Online
 Tuesday 30 April at 2pm - Online
 Tuesday 7 May at 7pm - Online
 To register <https://safeguarding.perthcatholic.org.au/training/#induction>.
 Further info: safeguarding@perthcatholic.org.au or 08 9221 7762.

01 Apr - 04 Apr DISCIPLES SCHOOL OF MISSION

Are you aged between 18-40 and searching for an adventure in 2024? If so, then join us for the Disciples School of Mission. This 4-day live-in course, held at Mt Carmel Retreat Centre Varroville, calls people from across Australia and beyond to be equipped for youth ministry and evangelisation. Be renewed in your own journey, equipped for mission/youth ministry, and formed in the Catholic faith. You won't regret it – it's an adventure! For more information visit discipleschoolofmission.com.au or Judy MGL on 0479 059 183.

LifeLink 2023 The Archbishop's Christmas Appeal for LifeLink

2023 raised a total of **\$721,189.09**. Our parish contributed **\$44,572.13** towards this amount. The Archbishop personally thanks all parishioners for supporting this appeal.

Synodality – Please Help

Following the meeting of Bishops in Rome in October 2023, a *Synthesis Report: A Synodal Church in Mission* summarising of the outcomes was issued. In a very tight timeframe the parishes of Applecross, Attadale, East Fremantle, Myaree and Palmyra have prepared a draft response to the *Synthesis Report*. We are seeking comments from parishioners on the draft before it is submitted.

A copy of our joint response together with a copy of the Vatican report can be obtained by emailing Graham Mahony gdmahony@iinet.net.au with a heading **COPY OF REPORT PLEASE**.

You only have a few days to respond by return email - **Wednesday 27 March**. Thank you.

PRAYER FOR THE DAY

Presence

What I pay attention to has a hold on my becoming. I reflect on the presence of God always there in love, amidst the many things that have a hold on me. I pause and pray that I may let God affect my becoming in this precise moment.

Freedom

Lord, You granted me the great gift of freedom. In these times, O Lord, grant that I may be free from any form of racism or intolerance. Remind me, Lord, that we are all equal in Your loving eyes.

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

Jesus, who is God himself, and totally one with the Father, entered so fully into our humanity that he even had the experience of feeling abandoned by God, just as we often do, when we are suffering and in a dark place. We can draw comfort from this, that the further we feel from God, the closer we come to Jesus, who is ALWAYS with us, even in the darkest of places.

"The curtain of the temple was torn in two" - this signified something much greater than the literal event of the curtain in the Jewish temple tearing in two - it signified the veil between heaven and earth being torn in two, and that Jesus' death opened heaven for each one of us, and has given us access to the Father. Jesus' sacrifice on the cross did this "once for all", and therefore, has made it possible for us to have an intimate relationship with God, both now, and in the life to come, for eternity.

Conversation

What graces does God want to bestow on me in this time of prayer? If I listen deep inside, in the quiet of my heart, what is the Lord saying to me there?


Conclusion

Filled with the loving presence of God, I ask Him to bless me and guide my steps as I go to do His work in my daily life.

Amen

CHILDREN'S CORNER

A crowd of people came to see Jesus as he entered Jerusalem on the back of a donkey. Draw yourself amongst a crowd of people waving palm fronds at Jesus.



Hosanna to God in heaven!

Try to find these words

V	L	B	Z	V	J	E	T	V	Y	E	G	N	D	W
J	J	G	Y	Z	X	Y	P	I	C	N	C	X	B	B
V	X	C	L	O	T	H	E	S	E	T	T	X	V	H
Y	V	V	L	B	Y	Q	G	G	P	E	I	G	F	Q
W	I	I	M	Y	Q	A	P	Q	L	R	R	O	A	D
U	L	D	O	O	R	H	O	S	A	N	N	A	T	T
D	L	P	S	D	O	N	K	E	Y	V	C	J	W	G
D	A	I	S	R	F	J	Y	I	V	E	L	I	O	K
I	G	G	Z	S	R	W	V	Y	O	U	N	G	B	Q
C	E	U	Y	X	Q	I	C	C	A	K	B	C	Z	L
C	X	U	U	A	K	V	H	Y	J	A	L	C	W	L
H	S	D	B	R	A	N	C	H	E	S	E	R	H	T
V	B	C	U	K	V	H	Y	B	S	B	S	W	P	H
H	A	U	Z	A	F	Y	W	X	I	A	S	N	M	I
A	F	X	W	I	E	M	J	L	O	R	D	T	H	B

bless
 branches
 clothes
 donkey
 door
 enter
 Hosanna
 Lord
 road
 two
 village
 young

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: Easter Sunday of the Resurrection of the Lord, Year B

1st: Acts 10:34, 37-43
 2nd: Col 3:1-4

Ps: 117:1-2, 16-17, 22-23
 Gospel: Jn 20:1-9



READINGS FOR THE DAY

Entrance Antiphon Cf John 12: 1, 12-13; Ps 23: 9-10

Six days before the Passover,
when the Lord came into the city of Jerusalem,
the children ran to meet him;
in their hands they carried palm branches
and with a loud voice cried out:

* Hosanna in the highest!

Blessed are you, who have come in your abundant mercy!

O gates, lift high your heads;

grow higher, ancient doors.

Let him enter, the king of glory!

Who is this king of glory?

He, the Lord of hosts, he is the king of glory.

* Hosanna in the highest!

Blessed are you, who have come in your abundant mercy!

First Reading Isaiah 50:4-7

A reading from the prophet Isaiah

I did not cover my face against insult and I know I will not be ashamed.

The Lord has given me

a disciple's tongue.

So that I may know how to reply to the wearied

he provides me with speech.

Each morning he wakes me to hear,

to listen like a disciple.

The Lord has opened my ear.

For my part, I made no resistance,

neither did I turn away.

I offered my back to those who struck me,

my cheeks to those who tore at my beard;

I did not cover my face

against insult and spittle.

The Lord comes to my help,

so that I am untouched by the insults.

So, too, I set my face like flint;

I know I shall not be shamed.

Responsorial Psalm Ps 21:8-9. 17-20. 23-24. R. v.2

(R.) My God, my God, why have you abandoned me?

1. All who see me deride me.

They curl their lips, they toss their heads.

'He trusted in the Lord, let him save him;

let him release him if this is his friend.' (R.)

2. Many dogs have surrounded me,

a band of the wicked beset me.

They tear holes in my hands and my feet.

I can count every one of my bones. (R.)

3. They divide my clothing among them.

They cast lots for my robe.

O Lord, do not leave me alone,

my strength, make haste to help me! (R.)

4. I will tell of your name to my brethren

and praise you where they are assembled.

'You who fear the Lord give him praise;

all sons of Jacob, give him glory.

Revere him, Israel's sons.' (R.)

Second Reading Philippians 2:6-11

A reading from the letter of St Paul to the Philippians

He humbled himself to become like us and God raised him on high.

His state was divine,

yet Christ Jesus did not cling

to his equality with God

but emptied himself

to assume the condition of a slave,

and became as men are,

and being as all men are,

he was humbler yet,

even to accepting death,

death on a cross.

But God raised him high

and gave him the name

which is above all other names

so that all beings

in the heavens, on earth and in the underworld,

should bend the knee at the name of Jesus

and that every tongue should acclaim

Jesus Christ as Lord,

to the glory of God the Father.

Gospel Acclamation Philippians 2:8-9

Praise to you, Lord Jesus Christ, king of endless glory!

Christ became obedient for us even to death

dying on the cross.

Therefore God raised him on high

and gave him a name above all other names.

Praise to you, Lord Jesus Christ, king of endless glory!

Gospel Mark 14:1 – 15:47

The passion of our Lord Jesus Christ according to Mark

Communion Antiphon Matthew 26:42

Father, if this chalice cannot pass without my drinking it,

your will be done.

HOLY WEEK 28, 29, 30 & 31 MARCH 2024 — THERE ARE A FEW BLANK SPOTS TO FILL

	HOLY THURSDAY	GOOD FRIDAY	EASTER VIGIL	SUN 7.30AM	SUN 9.30AM	SUN 6PM
ACOLYTE	S CARRICK R DOWLING	P SEQUEIRA P MOORE	? ?	S ROBERTSON	TERRY MEO	PETER MOORE
ALTAR SERVERS	D & C VINCI E & J TSIA	M & S ELHAJ L AVERY	D & D MANNAR D & C VINCI	I & E ITOTOH	G STEWART D & C VINCI	J & J VINCENT S AUTON
COMMENTATOR	M HANDYSIDE	-	J KHOO	E DIAS	?	GLENDA BEUKES
USHERS/ COLLECTORS	-	L BOVE O D'SOUZA M & J CINANNI AMY KHOO P LEECH	L BOVE A KHOO P LEECH G KNIGHT	A & V LIM ? ?	O D'SOUZA M & J CINANNI ? ? ?	? ? ? ?
READERS	E YUSTIRA P MENEZES	T BOLAND A D'SOUZA PASSION: NA: M ANDERSON CD: A SEQUEIRA	1. ? 2. F MEYERKORT 3. P VINCI 4. ?	? F GERICEVICH	M CINANNI M CICCARELLI	M BRIGHT P ROBERTSON
EMOHC	M REGO M CINANNI	N WOODCOCK S SALDANHA O D'SOUZA L ROBERTSON	L ROBERTSON C MORRISS	A SCOTT P SEQUEIRA	M TROLIO M HANDYSIDE O D'SOUZA C CARDOSO	? ?

ALTAR SOCIETY: MISS F VALLINI & MRS A NANKIVELL & VERONICA SOEGANDHI

PILGRIM STATUE: CARMEL & TONY RECHICHI

COUNTERS: JOE & MAISIE CINANNI, JOYCE D'CRUZ & GILLIAN COELHO

CHILDREN'S LITURGY: —