



HOLY FAMILY CATHOLIC PARISH MENAI

LIVING AND SHARING THE CHRISTIAN LIFE AS A GROWING PARISH FAMILY

Alfords Point Bangor Barden Ridge Illawong Lucas Heights Menai Woronora West

5th Sunday in Ordinary Time - 7 February 2021 Year B/1

Divine office Psalter Week 1

Entrance Antiphon

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

A reading from the book of Job (Jb 7:1-4. 6-7)

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.

The Word of the Lord

Thanks be to God

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

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

Praise the Lord for he is good; sing to our God for he is loving: to him our praise is due. **(R.)**

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.)**

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.)**

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

(1 Cor 9:16-19. 22-23)

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.

The Word of the Lord

Thanks be to God.

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Parish Office hours:

Tuesday—Friday: 9am—3.30pm

Mass Timings:

Weekday: Tue—Sat 9.15am

1st Friday of the month: 7.00pm

Weekend: Saturday Vigil 5.30pm

Sunday: 8.30am, 10.00am

Blessed Sacrament Exposition

Tue—Sat: 8.30am—9.10am

Fri (after mass): 9.45—10.30am

1st Friday of the month (after 7pm Mass - 9am)

Reconciliation: Sat: 4.30—5.15pm
Or by appointment.

Gospel Acclamation

Alleluia, alleluia!

He bore our sickness,
and endured our suffering.

Alleluia!

A reading from the holy Gospel according to Mark (Mk 1:29-39)

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 neighbouring 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.

The Gospel of the Lord

Praise to you Lord Jesus Christ

Next Sunday's Reading: 6th Sunday in Ordinary Time: Lev 13:1-2, 44-46; 1 Cor 10:31 - 11:1; Mk 1:40-45

We pray for better health for:

Anthony Alam, Armand Favis, Barbara King, Barbara Skorut, Bernie Mendieta, Brian Emmerson, Carlos Simoes, Carmelita Kelly, Catherine (Kit) Adams, Cecelia Donohue, Craig Rapley, Eleanor Emmerson, Ethan Roy, Flynn Crofts, Himits Sarajoy Ly, Jeanette Chong, Jim Maher, Joan Sprod, John Miller, Johnson Tan, Kathleen Jean-Louis, Kevin Sullivan, Leandro Rodrigues Marques, Marie Isbester, Mary Baddock, Mary Farrugia, Natalie Lynch, Paul Hill, Paul Tyson, Pauline Taylor, Paolo Lepre, Peter Atkinson, Ronnie Attard, Russell Fairbairn, Sharone Marsh, Shona Maher, Steve Clare, Stephen Doyle, Trevor McGrath and all who are sick.

PRAYERS OF INTERCESSION

Response: Lord, hear our prayer

Celebrant: The Father send his only son to heal us. We are confident that he can heal the whole person, body and soul. So we pray to our gentle Father through his Son.

Reader: That the Church may be continually healed in its human weakness, division and sinfulness. Let us pray to the Lord **(R)**

Reader: For the Catechists of our parish, past, present and to come: That these missionaries of God will be strengthened by our prayers and that they will bring vitality and passion to our Parish's mission of evangelization.. Let us pray to the Lord **(R)**

Reader: For the recruitment of Catechists: That more of the faithful will respond to Christ's call to "be my witnesses" and bring God's love to our young people in state schools. Let us pray to the Lord **(R)**

Reader: That those who are looking for Jesus may find him. Let us pray to the Lord. **(R)**

Reader: The the healing grace of God may purify those who have died, especially recently deceased Maurice Joseph Bellucci, Anna George, Most Reverend Bishop Geoffrey Robinson, Ross Hili, and for Lily Mifsud, Georgette Abdallah, Wendy Walters and Olga D'Souza whose anniversaries of death occur around this time. Let us pray to the Lord. **(R)**

Celebrant: Almighty God, we bring our intercessions to you, through your healing Son, who bore our sickness and endured our suffering, leading us to glory as the risen Lord, who lives and reigns for ever and ever.

All: Amen

Communion Antiphon

*Blessed are those who mourn, for they shall be consoled.
Blessed are those who hunger and thirst for righteousness,
for they shall have their fill.*

THE GLORIA

Glory to God in the highest,
and on earth peace to people of good will.
We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,

you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

THE NICENE CREED

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.

God from God,
Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.

For us men and for our salvation he came down
from heaven,

**(all bow) and by the Holy Spirit was incarnate of
the Virgin Mary, and became man.**

For our sake he was crucified under Pontius Pilate,

he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and
glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come.
Amen.

Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of
the Lord.
Hosanna in the highest.

THE MYSTERY OF FAITH.

Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.

LIVING gospel

Prayer

In the midst of an extremely hectic 24 hours where Jesus effectively launches his public ministry, Jesus takes time to go aside to a lonely place and pray. The passage tells us that it was 'long before dawn' that he did this. It may have been his usual practice to pray early in the morning or he may have been restless after the events of the previous day and the thought of what lay ahead. Nevertheless, Jesus provides us with a model of using prayer to reflect on events and to prepare ourselves for the day ahead.

PRAYER TO SAINT JOSEPH

Glorious Saint Joseph, foster father and protector of Our Lord Jesus. To you do I raise my heart and hands to ask for your powerful intercession. Please obtain for me, from the kind Heart of Jesus, the grace and help I need, for my spiritual life and my earthly journey. I also humbly ask for the grace of a happy death, and for the special favour I now implore, **successful and timely completion of our Church renovation**. Guardian of the Word Incarnate, I am so hopeful and confident that your prayers on my behalf will be graciously heard before the throne of God. Dearest Saint Joseph, through the love you bear for Our Lord Jesus, and for the Glory of His Name, please hear my prayer and obtain my petition. **Amen.**

HAIL, HOLY QUEEN AND PRAYER TO ST MICHAEL WILL BE OFFERED FOR THE END TO THE CORONAVIRUS

HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of Mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, O most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O clement, O loving, O sweet Virgin Mary.

Pray for us, O Holy Mother of God.

That we may be made worthy of the promises of Christ.

PRAYER TO ST MICHAEL

Saint Michael the Archangel, defend us in the day of battle. Be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the Heavenly Host, by the power of God, cast into hell satan and all evil spirits who wander through the world seeking the ruin of souls.

REFLECTION by Fr Michael Tate

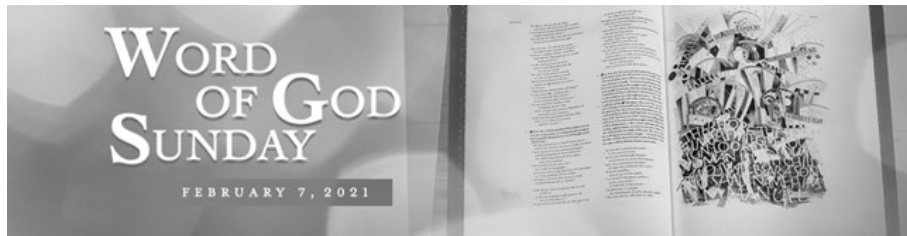
The Divine Touch

The mother-in-law of Simon (Peter) was sick in bed with a raging fever. When Jesus learned about her distressed state, he 'took her by the hand and helped her up'. He broke the taboo about physical contact with a woman not his relative because he wanted to holistically heal her dis-ease.

Simon's mother-in-law didn't need an aspirin and a cup of tea. She felt quarantined, isolated, and needed a hand reassuring her of sociable relationships. Jesus overcame her fever and her dis-ease with the world.

At every Mass we exchange a physical gesture at the greeting of Peace. This quite often overcomes being ill-at-ease with a family member or just with the neighbour in the pew. We need to take that symbolic action into the world. For somebody, it may be the most touching thing we ever do.

We could pause for a moment to identify that person who needs us to reach out, to take their hand and help them up.



The opening words, *Aperuit illis*, of the Apostolic Letter of Pope Francis instituting the Sunday of the Word of God are taken from the 24th chapter of St Luke's Gospel, where the risen Lord "opens the minds" of the disciples to understand the Scriptures — here the Old Testament — in the light of his suffering, death, and resurrection. Like the two disciples on the way to Emmaus, as described earlier in the same chapter, their hopes for the future had been dashed by what had so suddenly happened to Jesus.

Here, on the first Easter Sunday evening, he meets them exactly where they are emotionally and helps them to understand the Scriptures in a way that incorporates the reality of what they had so recently experienced. As in the case of the disciples on the Emmaus road, the vast gap between their previous hopes and what had happened disappears as Jesus expounded the Scriptures in a new way. Doubtless, they too could say, "Were not our hearts burning within us ... while he was opening the Scriptures to us?" (24:32).

This, presumably, is exactly what Pope Francis hopes might be the experience of the faithful of our own time as they listen to a life-giving exposition of the Word of God, Sunday by Sunday. In line with the teaching of Vatican II, he speaks of the proclamation of the Word as "inseparable" from the Sacraments (§8). In note 2, he speaks of the sacramentality of the Word as analogous to the presence of Christ in the consecrated bread and wine, recalling the Apostolic Exhortation of Benedict XVI *Verbum Domini* (§ 56).

We can relate this to the Scripture readings for today (5th Sunday of Ordinary Time, Year B). The First Reading (Job 7:1-6, 6-7) and the Gospel (Mark 1:29-39) complement each other.

Job — admittedly in rather extreme degree — gives utterance to the experience of so many human beings: Life is short, and much of it is misery and pain. The Gospel describes a typical "day" in the healing ministry of Jesus. After the more "domestic" healing of Simon Peter's mother-in-law, Jesus addresses the mass of human suffering and affliction that gathers outside the house in the evening following as the Sabbath ends.

This is the Word in action, rather than in teaching, as earlier in the day in the synagogue (1:21-28). It is, in a sense, the sacramental counterpart to the proclamation of the Word of which Pope Francis speaks in his Letter.

The prominence of exorcisms in the account raises for homilists the problem of how to explain this kind of activity to hearers of the Gospel today. The Gospel attributes to demonic possession many conditions that modern medicine would ascribe to various psycho-physical pathologies. It does so out of a desire to portray all Jesus' activity — whether teaching, healing or exorcising — as a life-and-death struggle with the powers opposed to God for the freedom and enhancement of human life. The demonic is ultimately about all the things that hold us captive in various ways and separate us from God.

Finally, the Gospel describes Jesus "escaping" to a lonely place to commune with his heavenly Father in prayer. He taps into the ultimate source of his ministry, which is the will of the Creator to give life to the world. Wherever Jesus speaks or acts, it is always God's creative Word saying in our darkness, "Let there be life. Let there be light" (John 1:1-5; see Gen 1:3).

In this way, the Gospel and the First Reading can come together in a fruitful "opening up" of the Word.

No single figure experienced that opening up more dramatically than the Apostle Paul. So counter was the proclamation of the Crucified to his understanding of the hopes of Israel that, for a time, he vigorously persecuted the Church of God.

On the Damascus road the face of the Crucified was revealed to him as none other than the Son of God (Gal 1:16; 2 Cor 4:4-6). In the Second Reading (1 Cor 9:16-19, 22-23), Paul gives powerful utterance to the commission he then received to proclaim that discovery worldwide at any cost. He needs no remuneration other than the privilege of being enlisted in such service.

Pope Francis clearly wants all believers to catch something of Paul's enthusiasm for sharing the Good News contained in the living Word of God.

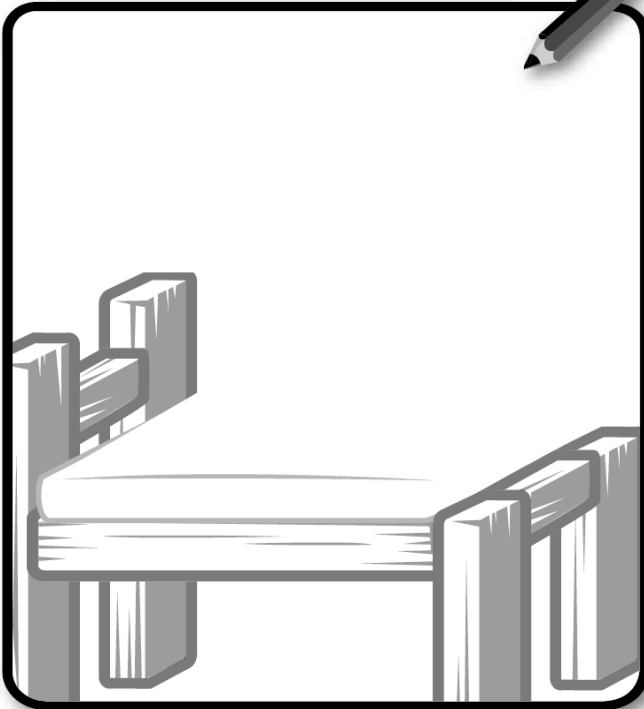


Jesus is the Good News

5th Sunday in Ordinary Time, Year B

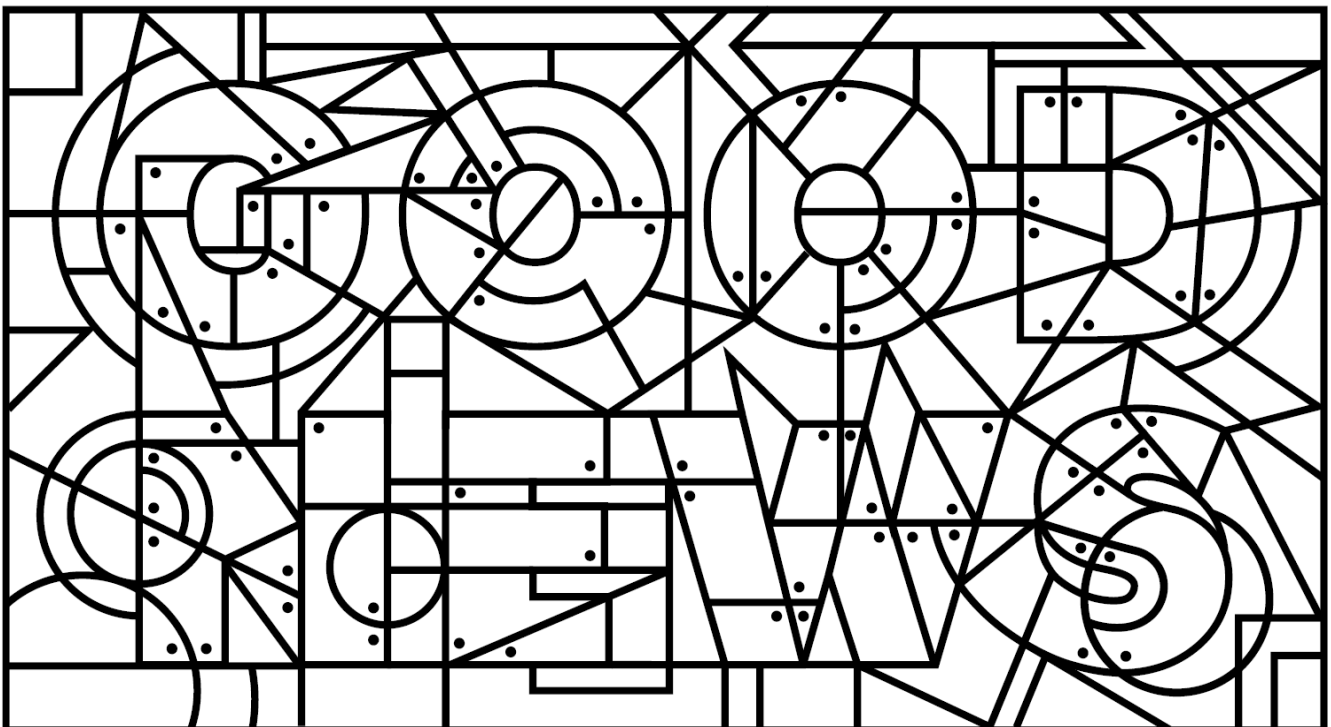


Draw Jesus healing Simon's sick mother-in-law



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

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



What's On

- ♦ **Welcome Mass, Sun 7 Feb, 10am** Please welcome John Kennedy, our new Principal at Holy Family Primary School, along with his wife Judith and family, to Holy Family Parish community.
- ♦ **Catechist Sunday, Sun 7 Feb**, Rite of Commitment at all Masses
- ♦ **First Reconciliation**, Commitment Promise at all Masses this weekend.
- ♦ **Special Wedding Anniversary Blessing**, at all Masses this weekend
- ♦ **St Vincent de Paul Meeting**, Tue 9 Feb, 7pm
- ♦ **Ash Wednesday Masses**, 17 Feb 9.15am and 7pm.
- ♦ **Stations of the Cross**, commences Fri 19 Feb, 7pm in the English, 7.30pm in Italian
- ♦ **Daily Rosary**, Everyday at 8pm on Zoom, please text **(ROSARY)** to 0418 433 333 to receive the link.
- ♦ **Holy Rosary**, Every Sat, 8.45am in the Church

Feast Days

- ♦ **St Scholastica**, Wed 10 Feb
- ♦ **Ash Wednesday**, 17 Feb
- ♦ **The Chair of St Peter**, Mon 22 Feb

CATHOLIC WEEKLY PULPIT POINTS

- ♦ Sydney farewells beloved Fr Isidore
 - ♦ Law aims to protect NSW students
 - ♦ Forgiveness the fruit of tragedy
 - ♦ Curbing online Catholics
 - ♦ Movie review: *The Dig*
 - ♦ Awful liturgical music
- Only \$2, please leave the money in the poor box on the wall next to the kitchen.**
Thank you.



St Vincent de Paul Society

good works

The St Vincent De Paul Menai Conference would like to express their appreciation to the Parishioners for their support of our Christmas Appeal which raised \$3897.

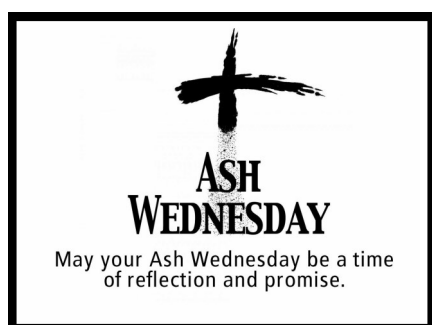
It is only through your support and the assistance of Holy Family Primary School and Aquinas College that we are able to provide assistance to the disadvantaged in our Community.

Thank You again for your valuable contribution.

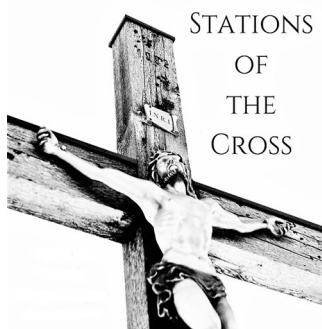


*Congratulations to
Reyad Ranjon Roy
&*

*Rika Augustina Das
Being married this
Sunday 7 February 2021
here at Holy Family Parish.
Kindly keep them in your prayers.*



Ash Wednesday
17 February Mass at 9.15am & 7pm



Stations of the Cross during Lent

We invite you to join us each Friday during Lent, for 'Stations of the Cross' in the Church. 7pm in English and 7.30pm in Italian. Commences Friday 19 February.

Everyone is welcome, children too!

Welcome to the new Principal of Holy Family Catholic Primary School!



Please welcome John Kennedy our new Principal at Holy Family Primary School, along with his wife Judith and family, to Holy Family Parish community.

John was Principal of Immaculate Heart of Mary Catholic Primary School, Sefton (2016-2020), prior to that he was Principal of St Joseph the Worker Catholic Primary School, Auburn South (November 2010-2015), Principal at St Patrick's Catholic Primary School, Summer Hill (August 2007- November 2010), Assistant Principal at St Mary Star of the Sea Catholic Primary School, Hurstville (January 2004 - August 2007), Assistant Principal at St Michael's Catholic Primary School, Stanmore (January 2000 - December 2004).

He has also held a variety of leadership positions in 3 other Catholic schools and is a highly effective and contemporary Catholic leader.

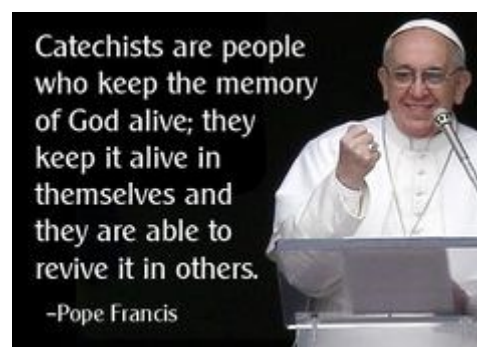
COULD YOU BE A CATECHIST IN 2021?

The 2021 school year is underway! Scripture classes in the state schools will be starting in a few weeks. Is there a role for YOU as a Catechist or a classroom helper?

There are basic induction courses being run in February and March. Anyone considering becoming a Catechist MUST complete this basic 4 hour course before entering the classroom. There is no cost and no obligation. For anyone undecided about becoming a Catechist, it's an ideal opportunity to see what is involved before making that commitment.

This year we have vacancies in the following schools:

Tharawal PS	Kindergarten	Tuesdays 11.30 am
	Year 1	
	Year 2	
Alfords Point PS	Kindergarten	Wednesdays 11.50am
Lucas Heights CS	Year 1/2	Wednesdays 2pm
	Year 3/4	Wednesdays 2.30pm
Bangor PS	Year 5	Tuesdays 10.50am



For more information, please contact Terri Casey on 0409390829 or email terrica@bigpond.com



What's on at Holy Family during Lent?

Early Morning Mass - during Lent we will be celebrating Mass at **7am & 9.15am** Tuesday - Friday

Stations of the Cross each Friday at 7:00pm in English and 7:30pm in Italian

2021 Lenten Programme - If you would like to be a leader for the Lenten Programme this year, or you would like to join a group, could you please contact the Parish office on 9543 2677. Thank you.



ROSTER FOR 13/14 February 2021: (2nd WEEKEND)

	5:30pm	8:30am	10am
ALTAR SERVERS	1A	2A	3A
ACOLYTES	Keith Corbett	Laurie Hall	Damien Kerr
READERS	Luce Dunn Lesley David	Allen Oliver Maguy Nakhl Georgette Roumanos	Sally Dable Julie or Michael Monk
PIETY STALL	Michelle	Kyoko	Dianna