



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

First Sunday of Lent - 21 February 2021 Year B/1

Divine office Psalter Week 1

Entrance Antiphon

*When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.*

A reading from the book of Genesis (Gen 9:8-15)

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

The Word of the Lord

Thanks be to God

Responsorial Psalm (Ps 24:4-9. R. see v.10)

(R.) Your ways, O Lord, are love and truth to those who keep your covenant. 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.)**

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.)**

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.)**

A reading from the first letter of St Peter (1 Pt 3:18-22)

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

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-Fri 7am**

(during Lent Season)

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!

Praise to you, Lord Jesus Christ, king of endless glory!
No one lives on bread alone,
but on every word that comes from the mouth of
God.

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

A reading from the holy Gospel according to Mark

(Mk 1:12-15)

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

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.'

The Gospel of the Lord

Praise to you Lord Jesus Christ



Next Sunday's Reading: Second Sunday of Lent: Gen 22:1-2, 9-13, 15-18; Rom 8:31-34; Mk 9:2-10

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: Our Saviour calls us to repent and believe the Good News. Let us pray that we will keep the covenant of our baptism in this season of grace.

Reader: That the Church may continue to preach faith and repentance. Let us pray to the Lord **(R)**

Reader: For **Alicia** and all who celebrate the Rite of Election in St Mary's Cathedral this weekend. May they be strengthened in faith and supported in love by their parish communities. Let us pray to the Lord **(R)**

Reader: That people who rely on material things will learn that "no one lives on bread alone". Let us pray to the Lord **(R)**

Reader: That we will renew our baptism through a humble confession of our sins. Let us pray to the Lord. **(R)**

Reader: That Christ will bring our dead to eternal life, especially recently deceased Giuseppina Ferrara, Maria Serratore, Joan Cameron, Rafael Estrada and Anna George, and for Lily Mifsud, John Fonseca, Domenico Cristiano, Melissa Cristiano, Ottavio Pace, Vitamaria Paradiso and José and Aurelio Coelho whose anniversaries of death occur around this time. Let us pray to the Lord. **(R)**

Celebrant: We come before you, Father, confident that you hear us, through the new and eternal covenant, of your beloved Son, who lives and reigns for ever and ever.

All: Amen

Communion Antiphon

*One does not live by bread alone,
but by every word that comes forth from the mouth of God.*

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.

When we eat this Bread and drink this Cup,
we proclaim your Death, O Lord,
until you come again.

PLACES OF WORSHIP AND RELIGIOUS GATHERINGS - EASING OF COVID-19 RESTRICTIONS

From Friday, February 12th, an unlimited number of people can attend Mass, provided that the one person per 2m² rule is observed. Now that the 2m² rule has been reinstated, Archbishop Anthony has lifted the dispensation from our Sunday Mass obligation. The Catholic faithful are once again obliged to attend Mass on Sundays and Holy Days of Obligation when this is reasonably possible. If restrictions are once again tightened, and attendance at places of worship limited to one person per 4m², the dispensation will once again be in place. Those who are of great age, have health conditions or are otherwise anxious about the risks of COVID-19 are free to remain at home and find another way of keeping the Sabbath holy. Priests should encourage parishioners to return to regular Sunday worship.

Holy Family Parish will be allowed up to **280** attendees at each Mass inside the Church with provisions in the foyer, if the attendance numbers increase.

Mask wearing. Parishioners are encouraged to wear masks where social distancing is not possible, but this is no longer mandatory.

Choirs. Indoor choirs are limited to five people. The small choir should face forwards and not towards each other, with physical distancing of 1.5 metres between each chorister, and 5 metres from all other people including members of the congregation, where practical.

Congregational singing. Congregational singing is still not permitted for indoor Masses.

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 Rainbow

The Rainbow is God's signature to a treaty with humankind. On God's part, material forces will never be sent to annihilate human beings as a punishment for wrongdoing. On our part, as humans made in the likeness of God, we are to image God's rainbow relationship to nature.

This is the Divine Treaty basis of our responsibility for the environment. We undertake not to engage in practices or support policies which could severely damage the fragile ecology which supports life on our planet. The deforestation of the slopes of the Himalayas, leading to floods which kill thousands, is a catastrophic example.

And, gazing at the rainbow, we can pray for our planet, for the human beings and all other creatures who inhabit it, and quite often for ourselves at a deep personal level. For we know that, just as after a storm and dark clouds, light penetrates the misty sky and the beautiful bow of colour appears, the same phenomenon can occur in our own lives.

We could take a moment to pray that the rainbow will appear, perhaps for ourselves, perhaps for others we know who are going through a stormy time.

© Fr Michael Tate



When we adopt a view of Jesus as the Son of God, it is hard to imagine him even facing temptation, let alone the possibility of him giving in to it. However, when we see Jesus as also being fully human, we realise that he was just as likely to face temptation as we are. But what might have tempted Jesus? Was he tempted to simply go back to his life in Joseph's carpentry business and not respond to God's call? Was he tempted to display his power in flashy demonstrations for all to see? Was he tempted to despair at what lay ahead of him?



Please join us for the
**First Friday Sacred
 Heart Mass on 5
 March at 7.30PM,**
**straight after
 Stations of the
 Cross (English)**



13 Hour Adoration at Holy Family First Friday of every month.

Jesus said to his disciples in the garden of Gethsemane, 'could you not watch with me one hour?' (Mt 26/40). We will start our devotion to Blessed Sacrament with the exposition and benediction starting at 8 pm (after the Sacred Heart Mass at 7.30pm / First Fridays) **Friday 5 March** until the morning Mass on Saturday (9 am). Come spend some time with Jesus (even 10 minutes) for our 13 hour adoration.

The sign up sheet (available in the foyer) is there to make sure that we always have **at least** two persons present.

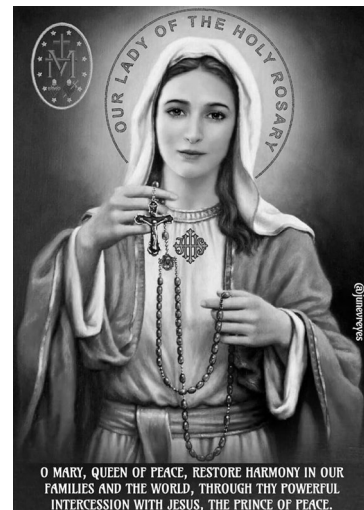
Why is it required to have two people present? Safety! In case something happens to one of the adorers (falls asleep, bathroom break, forgets to turn up.). Why should we not leave the Most Blessed Sacrament in the monstrance unattended? First, out of courtesy, and second for safety, because — while in the monstrance — the Eucharist is vulnerable.



Special Anniversary
 Blessing at all
 Masses **next
 weekend**, for all
 couples celebrating
 their Wedding
 Anniversary during
 the month of
March.

Daily Rosary

Make a Sacred Space at home
 Come spend time with our Mother Mary as she helps intercede for you to her Son our Lord Jesus Christ. The Rosary is your powerful weapon in these troubled times. Be a prayer warrior. Join us



Every Evening at 8pm on Zoom platform from phone or computer. TEXT: 0418 433 333 (ROSARY) to receive the link to the Rosary

<https://us02web.zoom.us/j/4432845661?pwd=Y3lJeVRUYk9wdjZlNwQjRTTVQzZz09>

Password: lectio

Runs for one hour

WORKING BEE SATURDAY 27 MARCH

Many hands make light work!!
From 9.45am - 4.30pm Please join us for one, two or more hours for a general tidy-up, inside and outside our Church.

Register: please sign up on the form in the Church foyer.

Thank you!

Unlocking the Mysteries of the Bible

The Bible is at the heart of our faith and our relationship with God. Much more than just another book it is a "place" where our heavenly Father comes down to meet us and speak to us with love [Second Vatican Council, Dei Verbum 21].

The Holy Family Men's Group will peruse an introductory Bible study program using the DVD set purchased by the parish **Unlocking the Mystery of the Bible** with corresponding workbooks by the same author(s) that individual participants can purchase at a discounted rate from the parish \$26. There will be no fee for this course.

The course consists of 8 sessions which will be held in the Parish Meeting Room. We will watch the DVD for about half an hour, then break into small groups for discussion. Each session runs for an hour, **starting at 7:30 pm on**

March 2, 18

May 4, 20

April 6, 22

June 1, 17

You are strongly encouraged to bring your own Bible and do the home reading advised for each session.



In eight compelling videos, Jeff Cavins presents the story of salvation history from Creation and the Fall through the coming of Christ and the establishment of the Church. In this study you will learn the story with the aid of an easy-to-use colour coded Bible Timeline chart and small group discussion questions, which reinforce the video presentations and help you apply the message to your life.

The workbook has the (video) Talk Notes, maps and charts, discussion questions, suggested responses and home preparation for each session; also included (separately) are The Bible Timeline Chart and The Bible Timeline Bookmark.

The Holy Family Men's Group is happy to extend this program to all parishioners within the limitations of COVID restrictions.

If you would like to express your interest and reserve your workbook please leave your details with Andrea at the Parish Office on 9543 2677 or via email: hfpmenai@gmail.com.

What's On

- ♦ St Vincent de Paul Meeting, Tue 23 Feb, 7pm
- ♦ **EARLY MORNING MASS (during Lent), commencing Thu 18 Feb, 7am & 9.15am**
- ♦ Stations of the Cross, every Friday, 7pm in English, 7.30pm in Italian
- ♦ **Unlocking the Mysteries of the Bible**, Introductory Bible Study, commences Tue 2 March, 7.30pm, more details on page 6
- ♦ **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



First Sunday of Lent 21st February 2021

Jamila is a Rohingya refugee living in a camp in Bangladesh with her elderly mother and baby daughter. With the support of Caritas Australia, and through Caritas Bangladesh, Jamila has been able to access to emergency food, shelter, counselling, and vocational training that will help to support her family.

Please donate to Project Compassion 2021 to help mothers like Jamila be more for her family and her community.

You can donate through Parish boxes and envelopes (in the foyer), by visiting www.caritas.org.au/projectcompassion or phoning 1800 024 413.

Feast Days

- ♦ The Chair of St Peter, Mon 22 Feb

CATHOLIC WEEKLY PULPIT POINTS

- ♦ Nobel nominee: Priest of the rubbish dumps up
 - ♦ Happier than ever: Couple celebrates 70 years of love
 - ♦ Maronite seminary opens
 - ♦ Let's go into the desert: Lenten series begins
 - ♦ Movie review: *The Little Things*
 - ♦ The Church & politics
- Only \$2, please leave the money in the poor box on the wall next to the kitchen.
- Thank you.

Can you help?

As a Parish we are volunteering at the service in Miranda and we are doing a call out to you all for some breakfast items. If you could bring in any of the below to the Parish Office we would be most appreciative as these items will be given to those in need.



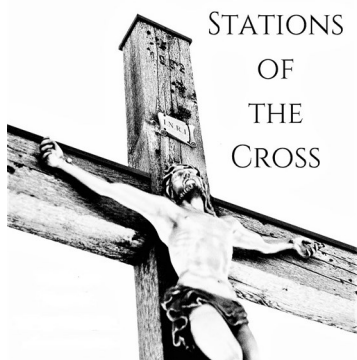
We have plenty of cereal at the moment. What we are in shortage of is:

- **Small packs of long life milk (3 or 6 packs)**
- **Muesli Bars**
- **Breakfast Bars**

Thank you for your **ongoing support** for this worthy cause!

Copies of the Lenten Penance issued by Archbishop Fisher and the Australian Catholic Bishops Conference message are available on the table in the Church foyer to take home for Lent.

Minutes of Parish Pastoral Council Meeting held on 16 February are available on the table. Please pick up a copy.



STATIONS
OF
THE
CROSS

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.

Everyone is welcome, children too!



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.



URGENT NEED FOR CATECHISTS IN 2021

There are basic induction courses being run in 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

Catechists are people who keep the memory of God alive; they keep it alive in themselves and they are able to revive it in others.

-Pope Francis



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



R.C.I.A.

(Rite of Christian Initiation of Adults)

During this time of LENT we are called to a profound conversion of life.

This Sunday we "the Church" send our catechumen Alicia with her sponsor Margaret and the RCIA team to St Mary's Cathedral to the Bishop where she will be formally accepted as a catechumen during the Rite of Election ceremony.

THE LITTLE BLACK BOOK is a wonderful companion for Lent which consists of 6 minute meditations on the Gospels of Lent

Available at the piety stall for \$5.

ROSTER FOR 27/28 February 2021: (4th WEEKEND)

	5:30pm	8:30am	10am
ALTAR SERVERS	1A	2A	3A
ACOLYTES	Tony Lo Russo		Phil Collins
READERS	Anne Newman Emma Leva Therese Gaunt	Bernard Govind Mary Alam Mia Apomayta	Margaret Keyes Emma Gioiello
PIETY STALL	Raeleen	Terri	Marie C