

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



FOURTH SUNDAY IN ORDINARY TIME
28 January 2024 Year B/2—Divine office Psalter Week 4

ENTRANCE ANTIPHON
Save us, O Lord our God!

And gather us from the nations, to give thanks to your holy name,
and make it our glory to praise you.

First Reading

A reading from the book of Deuteronomy (Deuteronomy 18:15-20)

Moses said to the people: 'Your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die.'"

The Word of the Lord

Thanks be to God

Responsorial Psalm

(R.) If today, you hear his voice, harden not your hearts.

Come, ring out our joy to the Lord; hail the rock who saves us. Let us come before him, giving thanks, with songs let us hail the Lord. **(R.)**

Come in, let us kneel and bend low; let us kneel before the God who made us for he is our God and we the people who belong to his pasture, the flock that is led by his hand. **(R.)**

O that today you would listen to his voice! 'Harden not your hearts as at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work.' **(R.)**

Second Reading

A reading from the first letter of St Paul to the Corinthians (1 Cor 7:32-35)

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is

torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

The Word of the Lord

Thanks be to God

Gospel Acclamation

Alleluia, alleluia!

A people in darkness have seen a great light; a radiant dawn shines on those lost in death.

Alleluia!

Gospel

A reading from the holy Gospel according to Mark (Mark 1:21-28)

Jesus and his followers went as far as Capernaum, and as soon as the Sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

The Gospel of the Lord

Praise to you, Lord Jesus Christ.

Next Sunday's Reading:

FIFTH SUNDAY IN ORDINARY TIME:
Job 7:1-4, 6-7; 1 Cor 9:16-19, 22-23;
Mk 1:29-39

Parish Priest:
Rev. Mani Malana msfs
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Parish Pastoral Council
Chair Person:
Ivan David
E: ivandavid445@gmail.com

Parish Finance Committee
Chair Person:
Robert Mulcahy
E: rmulcahy@bigpond.com

Parish Safeguarding Officer:
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Holy Family Primary Principal:
John Kennedy Ph 9543 2614

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James Clancy Ph 9543 0188

Holy Family Parish Menai
1D Anzac Rd Menai NSW 2234
Phone: 02 9543 2677
E: admin@holymenai.org.au
Web: Holymenai.org.au

Parish Office hours:
Tuesday, Thursday & Friday: 9am - 4pm

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 - 8.30am Laud's music
8.45am Divine Mercy Chaplet
9am Benediction of the Blessed Sacrament

1st Friday of the month (after 7pm Mass - 12am)

Lauds Tue, Wed and Thu - 8.45am

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

Holy Communion or Visit at Home:
Please contact the parish office to arrange a time.

Baptisms: Every 2nd Sunday, 11.15am and 4th Sunday during 10am Mass (no baptisms during Lent)

Baptism Preparation Program:
11am on the 1st Sat of each month.

In your love and concern, please pray for all the sick and vulnerable members of our Holy Family community:

Julie Gonsalvez, Robert Nicholls, Brad Jory, Jayden, Natividad Sora, Paul Hill, Bernard Aclan, Julius Aclan, Jean Aclan, Geoff Eastgate, Joanne Mannah, Marie Collins and Chris Halvey

We remember those whose Anniversaries we commemorate at this time:

Pope Benedict XVI, Cardinal George Pell, Lily Mifsud, Marilyn Nicholls, Johana Nicholls and William Barton.

Recently Deceased.

Donna White, Dulcie Tyson, Shirley McCormack, Claire Baroni and Laurie Hoolihan.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of all the faithful departed, through the mercy of God, rest in peace. - Amen -

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.

AFTER THE PREFACE

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.

We proclaim your Death, O Lord, and profess your Resurrection until you come again.

COMMUNION ANTIPHON

Let your face shine on your servant. Save me in your merciful love. O Lord, let me never be put to shame, for I call on you.

HOLY FAMILY PRAYER

Jesus, Mary and Joseph, in you we contemplate the splendour of true love; to you we turn with trust.

Heavenly Father, grant that our families too may be places of Communion and prayer, authentic schools of the Gospel and small domestic churches.

Heavenly Father, may families never again experience violence, rejection and division; may all who have been hurt or scandalised find ready comfort and healing.

Heavenly Father, make us once more mindful of the sacredness and inviolability of the family, and its beauty in God's plan.

Jesus, Mary and Joseph, graciously hear our prayer. Amen

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. Amen

What's on at Holy Family Parish

- † Exposition of the Blessed Sacrament - Tue - Sat: 8.30am - 9.10am
- † Benediction of the Blessed Sacrament - Fri 9am, Mass 9.15am
1st Friday of the month (after 7pm Mass - 12am)
- † Lauds - Tue - Fri 8.45am.
- † Divine Mercy Chaplet - Fri - 8.45am
- † Children's Liturgy - Not during school holidays
- † Daily Rosary, Rosary at 8-8.30pm on Zoom, please text (ROSARY) to 0418 433 333 to receive the link.

THE Catholic Weekly

SUNDAY, 28 JANUARY 2024

Available to purchase in the foyer. **Only \$2 please leave the money in the box provided.** Thank you.



CAN YOU HELP?
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.

- Cereal
- Breakfast Bars

Thank you in advance for the ongoing support for this worthy cause!

HOMEBOUND PARISHIONERS

If you know of any parishioners that are homebound or in the hospital and would like a Priest to visit them. Please contact the Parish office at admin@holyfamilymenai.org.au or 9543 2677.

REFLECTION

by Fr Michael Tate

Evil Spirits versus the Holy One of God

The word 'diabolical' comes from a Greek word referring to something broken in two, shattered. Looking at persons and societies torn apart, it is obvious that the diabolical spirit is powerful. However, it harbours a fear that a more powerful Holy Spirit could reintegrate a personality, could make a community out of divided groups.



'Have you come to destroy us?' indicates that this fear was realised in the coming on to the scene of Jesus Christ. Jesus' answer was a resounding 'Yes', not in words but in action, healing a man torn apart by a diabolical spirit.

Jesus Christ invites and empowers us to join in his healing mission to overcome whatever it is which tears people apart, whether at the individual, community or global levels. We do so in the confidence of His Resurrection which overcame the diabolical tearing apart of His body and soul.

We could pause for a moment to commit ourselves to joining Jesus' mission, so putting the fear of God into the devil!

© Fr Michael Tate

FOR THE BENEFIT OF THOSE WITH A GLUTEN INTOLERANCE.

LOW GLUTEN ALTAR BREAD IS AVAILABLE. GLUTEN CONTENT BELOW 20 PPM.

KINDLY MEET WITH THE PRIEST BEFORE YOUR MASS.

ROSTER FOR 3/4 FEBRUARY: (1ST WEEKEND) 5TH SUNDAY IN ORDINARY TIME		5.30pm	8:30am	10am	OTHER
	SERVERS	Chris Fetherston Peter McLachlan	Paul Tyson	Bernard Govind	Counters: Gino Ferraro 's Team
	READERS	Simon Bradstock Margaret Keyes Sophie Kerr	Emma Gioiello Erica O'Brien Julie Tyson	Adrian D'Mello Marina D'Mello	Children's Liturgy: Not in the school holidays
	WARDENS	Charlie Zammit/Benny Falls	George Szymura/Jim Montague	Robert Pedic/ Tony Ibrahim	Heritage Aged Care: Adam & Francy
	MUSICIANS	Holy Family Singers	Emma (PowerPoint and MP3)	Elisha and Karishma (PowerPoint and MP3)	Barden Lodge Aged Care: Peter
PIETY STALL	Maria G	Priscilla	Laura/Georgia		



A message from the Archdiocese of Sydney:

Child sexual abuse is a crime. The appropriate people to deal with crimes are the police. If you, or anyone you know, have been abused, please contact the police. Alternatively, you can contact the Safeguarding and Ministerial Integrity Office at (02) 9390 5810 or safeguardingenquiries@sydneycatholic.org. You may also want to speak to your Parish Priest who will be able to provide support and guidance. The Archdiocese has a legal obligation to report crimes to the police.

FIRST FRIDAY OF EVERY MONTH

JOIN US FOR

Sacred Heart of Jesus Mass

followed by Adoration of the Blessed Sacrament

FRIDAY 2 FEBRUARY 2024

MASS AT 7PM
ADORATION,
STRAIGHT AFTER
MASS UNTIL 12AM.

A time for reflection and prayer.

All are welcome.



SPECIAL WEDDING ANNIVERSARY BLESSING

at all Masses next weekend 3/4 February, for all couples celebrating their Wedding Anniversary during the month of February.



ASH WEDNESDAY 14 February

As we are quickly approaching Ash Wednesday, anyone that has any palm leaves from last year, please bring them in and place them in the basket provided in the foyer.

Masses on Ash Wednesday, 9.15am and 7pm

Caritas envelopes and boxes are now available to collect in the foyer.

Shire Lenten Series

REFLECTION | ADORATION & CONFESSION | FELLOWSHIP

7:00 PM - 8:00 PM

21 HOLY FAMILY CATHOLIC CHURCH
FEB **MENAI**

28 ST PATRICK CATHOLIC CHURCH
FEB **SUTHERLAND**

06 ST CATHERINE LABOURÉ CATHOLIC CHURCH
MAR **GYMEA**

13 ST ALOYSIUS CATHOLIC CHURCH
MAR **CRONULLA**



Welcome back Aquinas Catholic College and Holy Family Catholic Primary School!

We welcome back the staff and students from Aquinas Catholic College and Holy Family Catholic Primary School. May they begin the year with energy and enthusiasm for the adventure of learning.

EVENTS 2024

JANUARY

31 Wednesday St John Bosco Feast Day, Adoration at 8.30am followed by Mass at 9.15am

FEBRUARY

2 Friday The Presentation of the Lord, Adoration at 8.30am followed by Mass at 9.15am

2 Friday First Friday, Sacred Heart Mass at 7pm followed Adoration until 12am.

4 Sunday Catechist Sunday (*1st Sunday in February*)

7 Wednesday Reconciliation Parent Information Session, 7.30pm

8 Thursday Reconciliation Parent Information Session, 7.30pm

10 Saturday Holy Family Year two family Mass, 5.30pm

10 Saturday Reconciliation Commitment Promise, 5.30pm Mass

11 Sunday Reconciliation Commitment Promise, 8.30am and 10am Masses

11 Sunday World Day of Prayer for the Sick. Feast of Our Lady of Lourdes

14 Wednesday Ash Wednesday (*Lent begins, Project Compassion - Caritas*), Masses at 9.15am and 7pm

16 Friday Stations of the Cross (*Italian*) at 6.30pm, Mass at 7pm followed by Stations of the Cross at 7.30pm (*English*)

18 Sunday Rite of Election – RCIA - St Mary's Cathedral (*1st Sunday of Lent*)

21 Wednesday Mass at 7pm (*every Wednesday during Lent*)

22 Thursday The Chair of St Peter Feast Day, Adoration at 8.30am followed by Mass at 9.15am

23 Friday Clergy Afternoon Retreat – Engadine Parish

23 Friday Stations of the Cross (*Italian*) at 6.30pm, Mass at 7pm followed by Stations of the Cross at 7.30pm (*English*)