

# 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



## THIRD SUNDY IN ORDINARY TIME 21 January 2024 Year B/2—Divine office Psalter Week 3

### ENTRANCE ANTIPHON

O sing a new song to the Lord; sing to the Lord, all the earth.  
In his presence are majesty and splendour, strength and honour in his holy place.

### First Reading

#### A reading from the prophet Jonah

(Jonah 3:1-5, 10)

The word of the Lord was addressed to Jonah: 'Up!' he said 'Go to Nineveh, the great city, and preach to them as I told you to.' Jonah set out and went to Nineveh in obedience to the word of the Lord. Now Nineveh was a city great beyond compare: it took three days to cross it. Jonah went on into the city, making a day's journey. He preached in these words, 'Only forty days more and Nineveh is going to be destroyed.' And the people of Nineveh believed in God; they proclaimed a fast and put on sackcloth, from the greatest to the least.

God saw their efforts to renounce their evil behaviour. And God relented: he did not inflict on them the disaster which he had threatened.

The Word of the Lord

Thanks be to God

### Responsorial Psalm

(R.) Teach me your ways, O Lord.

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.)

### Second Reading

A reading from the first letter of St Paul to the Corinthians (1 Corinthians 7:29-31)

Brothers, our time is growing short. Those who have wives should live as though they had none, and those who mourn should

live as though they had nothing to mourn for; those who are enjoying life should live as though there were nothing to laugh about; those whose life is buying things should live as though they had nothing of their own; and those who have to deal with the world should not become engrossed in it. I say this because the world as we know it is passing away.

The Word of the Lord

Thanks be to God

### Gospel Acclamation

Alleluia, alleluia!

The kingdom of God is near:

believe the Good News!

Alleluia!

### Gospel

A reading from the holy Gospel according to Mark (Mark 1:14-20)

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.'

As he was walking along by the Sea of Galilee he saw Simon and his brother Andrew casting a net in the lake – for they were fishermen. And Jesus said to them, 'Follow me and I will make you into fishers of men.' And at once they left their nets and followed him.

Going on a little further, he saw James son of Zebedee and his brother John; they too were in their boat, mending their nets. He called them at once and, leaving their father Zebedee in the boat with the men he employed, they went after him.

The Gospel of the Lord

Praise to you, Lord Jesus Christ.

#### Next Sunday's Reading:

FOURTH SUNDAY IN ORDINARY TIME:  
Deut 18:15-20; 1 Cor 7:32-35; Mk 1:21-28

**Parish Priest:**  
Rev. Mani Malana msfs  
E: pastor@holymenai.org.au  
**Assistant Priest:**  
Rev. Tom Jose msfs  
E: tom.jose@sydneycatholic.org  
**Deacon:**  
Rev. Mr. Likisone Tominiko  
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**Parish Secretary/Bookkeeper:**  
Andrea Hunt  
Phone: 02 9543 2677  
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**Sacramental Coordinator:**  
Nicole Makdessi  
Phone: 02 9543 2677  
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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:**  
Nicole Makdessi  
E: pssso@holymenai.org.au  
**Parish WH&S Management Officer:**  
George Szymura  
E: georgeszymura1@gmail.com  
**Holy Family Primary Principal:**  
John Kennedy Ph 9543 2614  
**Aquinas College Principal:**  
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: [HolyFamilyMenai.org.au](http://HolyFamilyMenai.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, Donna White, 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:*

Domenico Brisigotti, George Maroun, John Keane, Marilyn Nicholls, Johana Nicholls and Gwen Cook.

*Recently Deceased.*

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

**Look toward the Lord and be radiant; let your faces not be abashed.**

## 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, 21 JANUARY 2024

### PULPIT POINTS

- ◆ Thousands pray and remember Cardinal George Pell on anniversary
- ◆ Father-son duo inspire to help other dads and boys be Christ-like
- ◆ Worldwide Marriage Encounter celebrates 50 years in Australia
- ◆ Eileen O'Connor a "perfect model for living the spiritual life"

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

### 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@holymenai.org.au](mailto:admin@holymenai.org.au) or 9543 2677.

## REFLECTION

by Fr Michael Tate

### The Eyes Have It

When Jesus says to Simon, Andrew, James and John 'I will make you into fishers of men', then, amongst the many levels of meaning they would have heard the allusion to Ezekiel 29:3-5.



Jesus was telling them that he was creating a society of liberated human beings, called the 'Kingdom of God'. This would involve struggle against powerful elites, the pharaohs of this world, who oppress and enslave people. It would be as dangerous and demand as much energy as required to haul a crocodile out of the Nile.

Yet they did so, 'straightaway'. Because of the call of Jesus? No. At least, not that alone. We read 'He saw Simon and his brother Andrew . . . He saw James and his brother John.' They were responding not to his voice alone but to his eyes. His is like the attentive gaze of a parent loving a baby into a beautiful future. Jesus looks at you and at me wanting to love us into a barely imaginable future.

We could pause for a moment to remember that when His call comes, demanding an 'aye' or a 'nay', the Eyes have it.

© 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<br>27/28 JANUARY:<br>(4TH WEEKEND)<br><br>4TH SUNDAY IN<br>ORDINARY TIME |                  | 5.30pm                       | 8:30am  | 10am   | OTHER   |
|---|------------------|------------------------------|---|--|---|
|   | SERVERS          | Justin Coupland              | George Szymura                                | Phil Collins<br>Adrian D'Mello               | Counters:<br>Allen Oliver 's Team                 |
|   | READERS          | Anne Newman<br>Hastie Family | Bernard Govind<br>Mia Apomayta<br>Andrea King | Emma Gioiello<br>Margaret Keyes              | Children's Liturgy:<br>Not in the school holidays |
|   | WARDENS          | Charlie Zammit/Benny Falls   | George Szymura/Jim Montague                   | Tony Ibrahim                                 | Heritage Aged Care:<br>George & Wendy             |
|   | MUSICIANS        | Peter Newman                 | Daniel Nakhl                                  | Georgia and Laura Hamilton<br>PowerPoint MP3 | Barden Lodge Aged Care:<br>Andrea K               |
| PIETY STALL   | Volunteer Needed | Terri                        | Volunteer Needed                              |  |   |



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](mailto: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.



## Baptism

### Congratulations

to the **Majstorovic** family baptising their child

**Antonia Mara**

this weekend at Holy Family Parish during the 10am Mass..

Celebrate Australia Day!

# Join us for a special mass and morning tea



Honoring our history and culture.  
Friday 26 January, 9.15AM, followed by morning tea



## 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**



### Congratulations Manny!

Our Parish community is happy to congratulate our parishioner from Bangor, Manny Castillo for winning the 2024 Premier Multicultural Sports Medal.

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.



## EVENTS 2024

### JANUARY

|                     |   |
|---------------------|---|
| <b>24 Wednesday</b> | St Francis de Sales Feast Day, Adoration at 8.30am followed by Mass at 9.15am         |
| <b>25 Thursday</b>  | The Conversion of St Paul the Apostle, Adoration at 8.30am followed by Mass at 9.15am |
| <b>26 Friday</b>    | Australia Day, Adoration at 8.30am, Mass at 9.15am followed by morning tea.           |
| <b>31 Wednesday</b> | St John Bosco Feast Day, Adoration at 8.30am followed by Mass at 9.15am               |