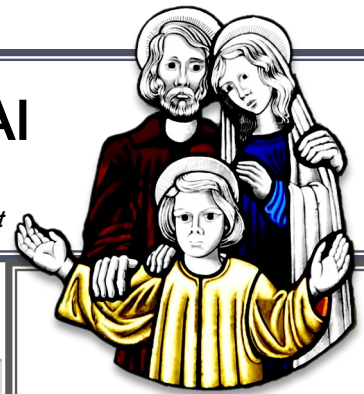


HOLY FAMILY CATHOLIC PARISH MENAI

LIVING AND SHARING THE CHRISTIAN LIFE AS A GROWING PARISH FAMILY

Alfords Point Bangor Barden Ridge Illawong Lucas Heights Menai Woronora West



FIFTH SUNDAY IN ORDINARY TIME 4 February 2024 Year B/2—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.

First Reading

A reading from the book of Job

(Job 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

(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.)**

Second Reading

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

Gospel Acclamation

Alleluia, alleluia!

He bore our sickness, and endured our suffering.

Alleluia!

Gospel

A reading from the holy Gospel according to Mark (Mark 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:

SIXTH SUNDAY IN ORDINARY TIME:
Lev 13:1-2, 44-46; 1 Cor 10:31-11:1;
Mk 1:40-45

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
E: Likisone.tominiko@sydneycatholic.org

Parish Secretary/Bookkeeper:
Andrea Hunt
Phone: 02 9543 2677
E: admin@holymenai.org.au

Sacramental Coordinator:
Nicole Makdessi
Phone: 02 9543 2677
E: sacraments@holymenai.org.au

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

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:

Georgette Abdallah, Joan Cameron, Pope Benedict XVI, Cardinal George Pell, Lily Mifsud, Marilyn Nicholls, Johanna Nicholls, Gwen Cook 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.

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

COMMUNION ANTIPHON

Let them thank the Lord for his mercy, his wonders for the children of men, for he satisfies the thirsty soul, and the hungry he fills with good things.

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, 4 FEBRUARY 2024

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

Shire Lenten Series

For Young Adults

REFLECTION | ADORATION & CONFESSION | FELLOWSHIP

7:15 PM - 8:30 PM

21 FEB	HOLY FAMILY CATHOLIC CHURCH MENAI	
28 FEB	ST PATRICK CATHOLIC CHURCH SUTHERLAND	
06 MAR	ST CATHERINE LABOURÉ CATHOLIC CHURCH GYMEA	
13 MAR	ST ALOYSIUS CATHOLIC CHURCH CRONULLA	

ALL ARE WELCOME!

Contact: Deacon Adrian Suyanto
✉ adrian.suyanto@sydneycatholic.org

HOLY FAMILY YOUNG ADULTS GROUP

ATTENTION YOUNG ADULTS

Holy Family Menai is still calling and recruiting the Young Adults of Menai Parish. If you are interested please email Deacon Sone on the following email. Meet up details will be released in the coming weeks together with an outline of events.

More coming soon.

Deacon Sone's Email: Likisone.Tominiko@sydneycatholic.org

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.

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 10/11 FEBRUARY: (2ND WEEKEND) 6TH SUNDAY IN ORDINARY TIME		5.30pm	8:30am	10am	OTHER
	SERVERS	Ivan David	Peter Mauch	Adrian D'Mello	Counters: Austin Gillan's Team
	READERS	Luce Dunn Hastie Family	Allen Oliver Maguy Nakhl Georgette Roumano	Julie or Michael Monk John Shanahan	Children's Liturgy: Has commenced at 8.30am Mass, roster TBC
	WARDENS	Charlie Zammit/Benny Falls	George Szymura/Jim Montague	Cosimo Gioiello	Heritage Aged Care: Adam & Francy
	MUSICIANS	Parish Choir	Jeff and Sue Low	Emma (PowerPoint and MP3)	Barden Lodge Aged Care: Linda & Margaret
	PIETY STALL	Michelle	Roslyn	Dianna G	



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.

Catechist Ministry at Holy Family Menai

In line with our parish vision and mission statement to “live our lives in the image of Christ through God’s Word and the Sacraments”, we as Catechists, are committed to sharing our faith and the love of Jesus with students whose families have chosen public education. Our role is to contribute to the formation of the whole person through education in the Catholic tradition. Weekly 30 minute lessons provide a wonderful opportunity to sow the seeds of faith amongst young students, who otherwise may not be provided with this opportunity.



We have chosen St Mary MacKillop as our patron saint and we ask for her intercession.

St Mary of the Cross MacKillop, pray for us.

“Never see a need without doing something”

The Catechists of Holy Family Parish

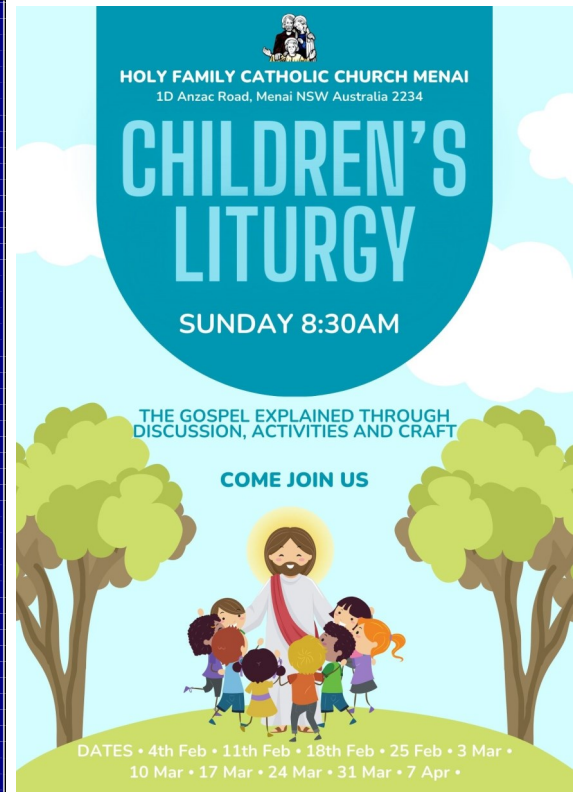
Being a Catechist is to demonstrate faith in action. Training and on-going support is provided. At the moment we are blessed to have 14 Catechists teaching 450 students in 6 primary schools across the Menai area, but we welcome anyone who would like to join our team in this most fulfilling ministry.

Our vacancies in 2024 include the following schools:

Kindergarten	Lucas Heights Community School	Wednesdays	2.00 - 2.30pm
Years 1 & 2	Alfords Point PS	Wednesdays	11.50 - 12.20pm
Year 4	Bangor PS	Tuesdays	10.20 - 10.50am
Kindergarten	Tharawal	Tuesdays	2.00 - 2.30pm
Year 5 & 6	Tharawal	Tuesdays	2.30 - 3.00pm

If you can assist in any of these classes or would like some more information, please contact Terri Casey, Catechist Co-ordinator on 0409 390 829.

Alternatively, see the Catechist website : ccdsydney.catholic.org.au



WHAT'S ON AT HOLY FAMILY DURING LENT?

Early Morning Mass - during Lent we will be celebrating Mass at **9.15am** Tuesday - Saturday.

Every Wednesday evening Mass at 7.30pm and Friday evening Mass at 7pm

Stations of the Cross in Italian every Tuesday morning at 10am and in English each Friday at 7:30pm

Confession will be offered after weekday morning Mass and after Friday 7pm Mass

EVENTS 2024

FEBRUARY

4 Sunday	Catechist Sunday (<i>1st Sunday in February</i>)
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 (<i>Lent begins, Project Compassion - Caritas</i>), Masses at 9.15am and 7.30pm (please note the time change)
16 Friday	Mass at 7pm followed by Stations of the Cross at 7.30pm (<i>English</i>)
18 Sunday	Rite of Election – RCIA - St Mary's Cathedral (<i>1st Sunday of Lent</i>)
20 Tuesday	Stations of the Cross (<i>Italian</i>) at 10am in the Church
21 Wednesday	Mass at 7.30pm (<i>every Wednesday during Lent</i>)
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	Mass at 7pm followed by Stations of the Cross at 7.30pm (<i>English</i>)
27 Tuesday	Stations of the Cross (<i>Italian</i>) at 10am in the Church
28 Wednesday	Mass at 7.30pm (<i>every Wednesday during Lent</i>)

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 7.30pm (please note the time change)

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