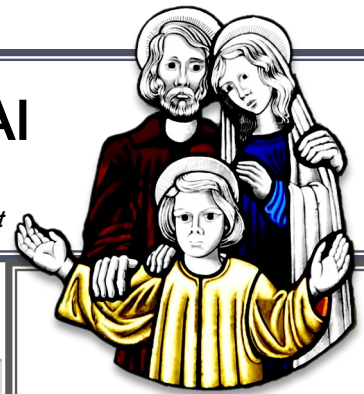


HOLY FAMILY CATHOLIC PARISH MENAI

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 18 February 2024 Year B/2—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.

First Reading

A reading from the book of Genesis (Genesis 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

(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.)**

Second Reading

A reading from the first letter of St Peter (1 Peter 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

Gospel Acclamation

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!

Gospel

A reading from the holy Gospel according to Mark (Mark 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

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:

Carol Galdes, 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:

Francesco Cardinale, Marilyn Nicholls and Johanna Nicholls.

Recently Deceased.

Vincent Fetherston, 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

The Lord will conceal you with his pinions, and under his wings you will trust.

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
 - † **Morning Prayer (Lauds)** - Tue - Thu 8.45am.
 - † **Divine Mercy Chaplet and Benediction of the Blessed Sacrament** - Fri 8.45am
1st Friday of the month (after 7pm Mass - 12am)
 - † **Rosary** - Sat - 8.45am.
 - † **Mass** - Tue - Sat 9.15am, during Lent Wed 7.30pm and Fri 7pm (Confession available during Adoration)
-
- † **Children's Liturgy** - Sun - 8.30am Mass
 - † **Daily Rosary, Rosary** at 8-8.30pm on Zoom, please text (ROSARY) to 0418 433 333 to receive the link.



Consecrated Life: The Call to be "a sign" of the spousal love of Christ.

Where: St Thomas of Canterbury, Lewisham

When: Saturday 24 February 2024

Time: 8.30am - 5.30pm

Registration is FREE

*A suggested donation of \$20 in kind towards catering expenses is greatly appreciated.



THE Catholic Weekly

SUNDAY, 18 FEBRUARY 2024

- ◆ Jesus takes the wheel for Croation car pilgrimage
- ◆ New Catholics at Easter triple before 2024 Rite of Election
- ◆ Justice Kirby endorses 2nd edition of Gerard Henderson's Pell Pile-On
- ◆ Faith groups glad "Equality Bill" debate delayed

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

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.



8.30am - 3pm

The Seminary of the Good Shepherd

50-58 Abbotsford Road, Homebush
NSW 2140

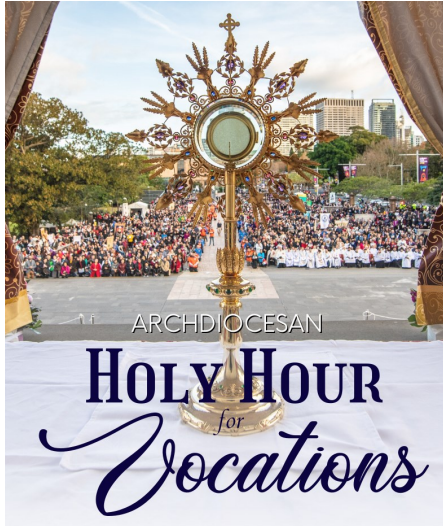


ROSTER FOR 24/25 FEBRUARY: (4TH WEEKEND) SECOND SUNDAY OF LENT		5.30pm	8:30am	10am	OTHER
	ACOLYTES/ SERVERS	Justin Coupland	George Szymura	Phil Collins Adrian D'Mello	Counters: Liz Hall's Team
	READERS	Anne Newman Hastie Family	Bernard Govind Mia Apomayta Andrea King	Emma Gioello Margaret Keyes	Children's Liturgy: Has commenced at 8.30am Mass, roster TBC
	WARDENS	Charlie Zammit/Benny Falls	George Szymura/Jim Montague	Tony Ibrahim	Heritage Aged Care: George & Wendy
	MUSICIANS	Peter Newman	Daniel Nakhl	Georgia and Laura Hamilton PowerPoint MP3	Barden Lodge Aged Care: 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. 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.



Sydney Vocations

Fr Daniele Russo, the Director of Vocations of Archdiocese of Sydney informs that the Seminary of the Good Shepherd this year welcomed 8 new seminarians, bringing the total number to 46. We need to pray for more vocations to priesthood for Australia as the saying goes more patients more doctors. Fr. Daniele invites us to run a Holy Hour for Vocations on Thursday 22 February. This day has been chosen for its connection to Holy Thursday, the day when Jesus instituted both the priesthood and the Eucharist and coincidentally this year it falls on the Feast of the Chair of St. Peter.

Hence our Parish will have a Holy Hour on Thursday 22 February from 8 am to 9 am. All welcome!

From Fr Mani's desk: 1st Sunday of Lent (B)

Often when we think of Lent the immediate thoughts coming to our mind are fasting, abstinence, self-denial, repentance etc. which are bit unpleasant. But in fact, Lent is something to be enjoyed and not to be endured. Lent once again offers us an opportunity to leave our past behind and renew our life once again.

Sometimes we may feel bad that we did not fulfil the resolutions made last year. But the truth - life is a series of new beginnings. Look at the farmer he plants new seeds every year though the harvest may not be up to his expectation but in the right season he plants the seeds again with new hope. Let us sow the seeds of God's word, His kingdom deep in our hearts during this Lent that we can reap Easter fruits in abundance.

The promise God made to Noah (1st reading) "Never again shall a flood destroy all mortal beings" is fulfilled when Jesus died on the cross and rose again. This is the good news we grow into during this Lent. Let us try to be in the ark separating ourselves from the flood of evil. St Peter says in the 2nd reading, "This is why Christ died for our sins once and for all so that he could lead you to God". That means whatever is our experience of sin that is not to be our final story. God intends life for us and not death.

Lent is a training period through our desert experience as Christ had for forty days. There are desert areas in our lives where decisions are needed, and resolutions must be made. Christ is asking us to see ourselves as we really are and to rid ourselves of anything ungodly and unchristian. Fasting from our selfish and self-centred impulses and inclinations help us to make room in our hearts for God.

'Repent and believe in the gospel' was the words used when ash was imposed on our foreheads on Ash Wednesday. Repentance is the key word of the gospel. Repentance for our past sins alone can remove the baggage of our life and help us make a U turn towards God. 'Repentance turns the water of our tears into the wine of his divine love'. By self-discipline and a change of heart from our past sins, we become even more receptive to serving and promoting the kingdom of God.

Let us begin this Lent with enthusiasm because although what we do for Lent – our fasting, abstinence, prayer and works of charity – may seem to be small, but they are important victories for the Kingdom of God and defeat the evils lurking in us. So let us make love not war with Lent. In love there is always one who kisses, and another offers the cheek. Lent offers its cheek but are we prepared to kiss?

St Francis de Sales prayed, "Thy kingdom come. Father in my body and soul is your kingdom. You desire to reign in this kingdom. I surrender it to you. I give it to you. May it be truly yours since it really is yours. May I not usurp it, may I not deliver it up to Satan, to the world nor to the flesh, which are cruel tyrants but to you who is its true Lord. Reign from now on in my soul and in my memory".

FIRST FRIDAY OF
EVERY MONTH

JOIN US FOR

Sacred Heart of Jesus Mass

followed by
Adoration
of the
Blessed Sacrament

FRIDAY 1 MARCH 2024

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

A time for reflection
and prayer.

All are welcome.



IMPORTANT MESSAGE FROM ARCHBISHOP ANTHONY FISHER

As you would well know, euthanasia and assisted suicide has been in operation in NSW for three months. I said at the time that its implementation was a very dark day for our state and that remains true.

Proponents of these laws continue to argue providing the so-called ‘choice’ of euthanasia and assisted suicide provide to some would not affect the choice of others.

However, a change in law always has an impact on others and the choices available to them.

In the 2023-2024 NSW Budget, \$150 million was cut from the previously allocated budget for palliative care in this state. The flow on effect from fewer resources being allocated to palliative care is that fewer people will be able to access it.

In the very same budget, almost \$100 million of new funding was allocated to the implementation of euthanasia and assisted suicide.

I encourage you to please [sign this petition](#), asking for the full funding to be restored.

Please sign this petition today.



SPECIAL WEDDING ANNIVERSARY BLESSING

at all Masses next
weekend 2/3 March, for
all couples celebrating
their Wedding
Anniversary during the
month of March.



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 candidates Gary, Brad, Melissa and Eva, with the RCIA team to St Mary’s Cathedral to the Archbishop where they will be formally accepted during the Rite of Election ceremony.



EVENTS FOR 2024

FEBRUARY

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	Holy Hour ~ Vocations to Priesthood for Australia, 8am until 9am
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>)

LENT

prayer • fasting • almsgiving

WHAT'S ON AT HOLY FAMILY DURING LENT?

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

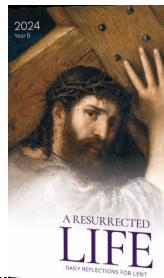
Every Wednesday evening Mass at 7.30pm and Friday evening Mass at 7pm

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

Confession will be offered during Adoration before weekday morning Mass, Wednesday 7.30pm and Friday 7pm Mass



Repent and Believe Lenten Companion 2024 is available for **FREE** on the table in the foyer.



A RESURRECTED LIFE

DAILY REFLECTIONS FOR LENT

Good one to do at home on your own or in a group. **Only \$6**

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.

In Lent, the Gloria and the Alleluia are omitted at Mass. Also no flowers at the Altar.

First Sunday of Lent
17 & 18 February



This year, Project Compassion brings you the stories of three resilient women: Ronita from the Philippines, Leaia from Samoa and Memory from Malawi. While from three different corners of the world and facing vastly different challenges, they are all united by one dream: to create a better world *for all future generations*.

Please donate to Project Compassion.

You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting caritas.org.au/project-compassion or by calling 1800 024 413.



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