

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 OF LENT
17 March 2024 Year B/2—Divine office Psalter Week 1

ENTRANCE ANTIPHON

Give me justice, O God, and plead my cause against a nation that is faithless. From the deceitful and cunning rescue me, for you, O God, are my strength.

First Reading

A reading from the prophet Jeremiah
(Jeremiah 31:31-34)

See, the days are coming – it is the Lord who speaks – when I will make a new covenant with the House of Israel and the House of Judah, but not a covenant like the one I made with their ancestors on the day I took them by the hand to bring them out of the land of Egypt. They broke that covenant of mine, so I had to show them who was master. It is the Lord who speaks. No, this is the covenant I will make with the House of Israel when those days arrive – it is the Lord who speaks. Deep within them I will plant my Law, writing it on their hearts. Then I will be their God and they shall be my people. There will be no further need for neighbour to try to teach neighbour, or brother to say to brother, ‘Learn to know the Lord!’ No, they will all know me, the least no less than the greatest – it is the Lord who speaks – since I will forgive their iniquity and never call their sin to mind.

The Word of the Lord

Thanks be to God

Responsorial Psalm

(R.) Create a clean heart in me, O God.

Have mercy on me, God, in your kindness. In your compassion blot out my offence. O wash me more and more from my guilt. and cleanse me from my sin. (R.)

A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit. (R.)

Give me again the joy of your help; with a spirit of fervour sustain me, that I may teach transgressors your ways and sinners may return to you. (R.)

Second Reading

A reading from the letter to the Hebrews
(Hebrews 5:7-9)

During his life on earth, Christ offered up prayer and entreaty, aloud and in silent tears, to the one who had the power to save him out of death, and he submitted so humbly that his prayer was heard. Although he was Son, he learnt to obey through suffering; but having been made perfect, he became for all who obey him the source of eternal salvation.

The Word of the Lord

Thanks be to God

Next Sunday's Reading:

PALM SUNDAY

Mk 11:1-10; Is 50:4-7; Phil 2:6-11; Mk 14:1-15:47

Gospel Acclamation

Glory to you, Word of God, Lord Jesus Christ!

If you serve me, follow me, says the Lord; and where I am, my servant will also be.

Glory to you, Word of God, Lord Jesus Christ!

Gospel

A reading from the holy Gospel according to John (John 12:20-33)

Among those who went up to worship at the festival were some Greeks. These approached Philip, who came from Bethsaida in Galilee, and put this request to him, ‘Sir, we should like to see Jesus.’ Philip went to tell Andrew, and Andrew and Philip together went to tell Jesus. Jesus replied to them:

‘Now the hour has come for the Son of Man to be glorified.

I tell you most solemnly, unless a wheat grain falls on the ground and dies,

it remains only a single grain;

but if it dies, it yields a rich harvest.

Anyone who loves his life loses it; anyone who hates his life in this world will keep it for the eternal life.

If a man serves me, he must follow me, wherever I am, my servant will be there too.

If anyone serves me, my Father will honour him.

Now my soul is troubled.

What shall I say:

Father, save me from this hour?

But it was for this very reason that I have come to this hour.

Father, glorify your name!’

A voice came from heaven, ‘I have glorified it, and I will glorify it again.’

People standing by, who heard this, said it was a clap of thunder; others said, ‘It was an angel speaking to him.’ Jesus answered, ‘It was not for my sake that this voice came, but for yours.

‘Now sentence is being passed on this world;

now the prince of this world is to be overthrown.

And when I am lifted up from the earth, I shall draw all men to myself.’

By these words he indicated the kind of death he would die.

The Gospel of the Lord

Praise to you, Lord Jesus Christ.

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: psso@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:

Thomas Trutwein, Jose Thomas, Jacques Eddy Sauzier, Ernest Camps, Joseph Alam, Glenn Beale, Felicity Thomas, Angeline Govind, Johnny Caruana and Alejandro Yopez.

Recently Deceased.

Peter Boesen, Gary Fleming, Vincent Fetherston, Paolo Tulissio and Candida Rose Carvalho Marques de Ascensão Maia.

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 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.

Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.

COMMUNION ANTIPHON

Amen, Amen I say to you: Unless a grain of wheat falls to the ground and dies, it remains a single grain. But if it dies, it bears much fruit.

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.

THE Catholic Weekly

SUNDAY, 17 MARCH 2024

PULPIT POINTS

- ◆ Sydney parishes take up their Cross for Lent, p1
- ◆ Minister for Women "considers" tying hospital funding to abortion, p1
- ◆ Monica Doumit: The big picture on religious freedom, p8-9
- ◆ Surf's up for young Bondi Catholics, p5
- ◆ Archbishop counsels student leaders to avoid polarised politics, p7
- ◆ Simcha Fisher: The Incarnation continues to scandalise, p17

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

Holy Family Menai Parish Social Profile latest findings based on the 2021 Australian Census.

Marital status (15+)

- ◇ Never married – 30.3%
- ◇ Married – 58.4%
- ◇ Divorced or separated – 7.7%
- ◇ Widowed – 3.6%

Families (total 4038)

- ◇ One- parent families – 311 (7.7%)
- ◇ Couples of mixed religions – 57.7%
- ◇ De facto couples – 9.4%
- ◇ Persons living alone – 344 (3.4%)
- ◇ Dwelling owned or purchased – 90.5%

Religious affiliation (all persons)

- ◇ Western (Latin Rite) Catholic – 9950
- ◇ Maronite Catholics – 249
- ◇ Melkite Catholics – 13
- ◇ Ukrainian Catholic – 8

Total Catholics – 10,220 (30.1)

- ◇ Anglican – 5498
- ◇ Orthodox – 3027
- ◇ Other Christian – 4123
- ◇ Non -Christian – 1663
- ◇ No religion – 8393

Marital Status

- ◇ Catholics aged 15 and over

Males

- ◇ Never married – 1279
- ◇ Married – 2265
- ◇ Separated or divorced – 244
- ◇ Widowed – 56

Females

- ◇ Never married – 1177
- ◇ Married – 2467
- ◇ Separated or Divorced – 377
- ◇ Widowed – 241

ROSTER FOR 23/24 MARCH: (4TH WEEKEND) PALM SUNDAY		5.30pm	8:30am	10am	OTHER
	ACOLYTES/ SERVERS	Justin Coupland	George Szymura	Phil Collins Adrian D'Mello	Counters: Allen Oliver's Team
	READERS	Anne Newman Hastie Family	Bernard Govind Mia Apomayta Andrea King	Emma Gioiello	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	Daniel Nakhl	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.

Divine Mercy Sunday

Holy Family Catholic Church Menai will celebrate the feast of Divine Mercy, everyone is welcome to receive in great abundance the gifts of His resurrection.

Sunday, 7 April 2024

The Second Sunday of Easter would be called "Divine Mercy Sunday" as desired by Jesus and expressed through St. Faustina. The late Pope St. John Paul II said, "Divine Mercy! This is the Easter gift the Church receives from the risen Christ and offers to humanity at the dawn of the third millennium." Today it is in the mercy of God, the world will find peace and mankind will find happiness and there is no other hope for mankind.

Friday 29 March 2024

Novena to Divine Mercy starts.

Sunday 7 April 2024

- 2pm:** Blessing of the Divine Mercy Image
Exposition of the Blessed Sacrament and Confessions.
- 3pm:** Divine Mercy Chaplet and Benediction
- 3.20pm:** Holy Mass
Veneration of the image of Divine Mercy.

Our Lord said these words to Saint Faustina

'Say unceasingly the Chaplet that I have taught you. Whoever will recite it, they will receive great mercy at the hour of death. Priests will recommend it to sinners as their last hope of salvation. Even if there were a sinner most hardened, if he were to recite this chaplet only once, he would receive grace from My infinite mercy'. (Diary, 687)

'The souls that say this chaplet will be embraced by My mercy during their lifetime and especially at the hour of their death' (Diary, 754).

'At the hour of their death, I defend as My own glory every soul that will say this chaplet; or when others say it for a dying person, the indulgence is the same' (Diary, 811).

'Through this chaplet you will obtain everything, if what you ask for is compatible with My will.' (Diary, 1731).



**Holy Family Parish
Menai**



WOMEN'S BREAKFAST EVENT AT HOLY FAMILY MENAI

Join us on
Saturday, April 20th, 2024
for a morning of community and
connection over a delicious
breakfast.
Cost: a plate of breakfast/brunch
goodies to share and \$5

Please join us for:

9.15am for Mass

10am for Breakfast/Brunch (provided by all)

10.45am for Deacon Sone's Talk: "Living Our Lady's Fiat (Yes) in Everyday Life"

11.30am for 'Round Table Discussions'

11.50am for a 'Schoenstatt Response' from Sr. Elizabeth Foley
Bookings for seating purposes – to Angela organiser at
angandrickbenson@gmail.com or Andrea at the Parish Office.





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. DATE CLOSSES 3 April 2024



EVENTS FOR 2024	
MARCH	
1 Friday	Mass at 7pm followed by Stations of the Cross at 7.30pm (<i>English</i>) and Adoration until 12am.
5 Tuesday	RCIA First Scrutiny at 9.15am Mass
5 Tuesday	Stations of the Cross (<i>Italian</i>) at 10am in the Church
6 Wednesday	Mass at 7.30pm (<i>every Wednesday during Lent</i>)
8 Friday	Mass at 7pm followed by Stations of the Cross at 7.30pm (<i>English</i>)
12 Tuesday	RCIA Second Scrutiny at 9.15am Mass
12 Tuesday	Stations of the Cross (<i>Italian</i>) at 10am in the Church
13 Wednesday	Mass at 7.30pm (<i>every Wednesday during Lent</i>)
15 Friday	Mass at 7pm followed by Stations of the Cross at 7.30pm (<i>English</i>)
18 Monday	St Patrick's Solemnity in Australia, Adoration at 8.30am followed by Mass at 9.15am
19 Tuesday	RCIA Third Scrutiny at 9.15am Mass
19 Tuesday	St Joseph, Spouse of the Blessed Virgin Mary Solemnity, Adoration at 8.30am followed by Mass at 9.15am and Adoration at 6.30pm with Mass at 7pm
19 Tuesday	Stations of the Cross (<i>Italian</i>) at 10am in the Church
20 Wednesday	Mass at 7.30pm (<i>every Wednesday during Lent</i>)
22 Friday	Mass at 7pm followed by Stations of the Cross at 7.30pm (<i>English</i>)
24 Sunday	Palm Sunday – All Masses will commence outside the primary school gate for the Blessing of the Palms, then process down to the Church.
26 Tuesday	Stations of the Cross (<i>Italian</i>) at 10am in the Church
27 Wednesday	Mass at 7.30pm (<i>every Wednesday during Lent</i>)
28 Thursday	Holy Thursday Chrism Mass at St Mary's Cathedral, 10.30am. Evening Mass of the Lord's Supper, 7.30pm followed by Adoration at the Altar of Repose until 12am. Visiting 7 Churches (details to follow).
29 Friday	Good Friday Stations of the Cross, 10am. Celebration of the Passion of the Lord, 3pm (<i>Holy Places – Annual Collection for the Church in the Holy Land</i>) Reconciliation – After Stations of the Cross, 11.15am and after the Passion of the Lord, 4.30pm
29 Friday	Novena to the Divine Mercy starts
30 Saturday	Holy Saturday Reconciliation – 10am until 11.30am Easter Vigil, 7.30pm
31 Sunday	Easter Sunday - Masses 8.30am and 10.30am (<i>No 10am Mass on this day</i>)



Parish Courses for Liturgical Ministers in 2024

Greetings from the Liturgy Office, we hope that 2024 has started well for you!

Please find below the timetable of our parish courses for liturgical ministers in the first part of 2024. We have listed only those courses at which there are still places available.

All information about the courses can be found on our [web-page](#) (Ministry / Training / Formation – Liturgy Office of Sydney Archdiocese (sydneycatholic.org)), where you can check the dates and times, register on-line, etc.

Courses	Dates	Venue
Readers	15 th and 22 nd February 2024 6pm-9pm Thursday	St Charles Borromeo, Ryde
Readers	17 th and 24 th February 2024 9:30am - 12:30pm Saturday	St Joseph, Belmore
Extraordinary Ministers of Holy Communion – Refresher	21 st February 2024 6:30pm - 9:30pm Wednesday	St Therese, Denistone
Acolytes	28 th February, 6 th and 13 th March 2024 6:30pm - 9:30pm Wednesday	St Therese, Denistone
Extraordinary Ministers of Holy Communion	29 th February, 7 th and 14 th March 2024 6:00pm - 9:00pm Thursday	St Thomas More, Brighton-Le-Sands
Sacristans	2 nd and 9 th March 2024 10am - 1pm Saturday	St Joseph, Riverwood
Acolytes	6 th , 13 th and 20 th April 2024 Session 1: 9:30am – 12:30pm Sessions 2 & 3: 9:00am – 12:00pm Saturday	St Thomas More, Brighton-Le-Sands
Extraordinary Ministers of Holy Communion	11 th , 18 th and 24 th April 2024 6pm - 9pm Thursday	St Charles Borromeo, Ryde
Readers	2 nd and 9 th May 6pm - 9pm Thursday	St Martha, Leichhardt
Extraordinary Ministers of Holy Communion	21 st and 28 th May, 4 th June 2024 6pm - 9pm Tuesday	St Martha, Leichhardt
Sacred Music- Cantors and Musicians	25 th May and 1 st June 2024 9am - 2:30pm Saturday	TBC

- To enrol, please contact the Liturgy Office at liturgyassistant@sydneycatholic.org; Ph. 9307 8360
- Please note that priority in enrolments will need to be given to the parish hosting the event
- Please note that there will be more courses for liturgical ministers offered in the second part of 2024

Any parishioners serving in a Ministry that have not yet completed their training, please see the courses offered above. If you need assistance registering you can also contact our parish office here at Holy Family on 9543 2677 or email admin@holyfamilymenai.org.au

HOMILY POINTS: Deacon Sone

The Prophet Jeremiah recounts the unfaithfulness of Israel in their Covenant with God Almighty. And so, he prophesied the new and everlasting Covenant. This Covenant will be different, it will bring in an age of encounter with God who would become man. They will truly know Him not only in knowledge and in the law, but in our own hearts. Therefore, we shouldn't make any excuses for not knowing or having a relational communion with God, right? Wrong!

Throughout our Lenten readings from the first week till now, the Jewish religious authorities have been hell-bent on denying Jesus as the Messiah, as the Lord who, as Jeremiah proclaimed, "They will know me." Yet, they know of him only in writing. But do not know deeply who He is spiritually and whole-heartedly. They study the scripture as Jesus said, yet they do not know Him.

At times, we all can be like this. Modern day "Christians", which also includes us Catholics, will recount who Jesus is but will not encounter Him or fail to be deeply rooted in our relationship with Him. This should not happen to us Catholics because, not only are we founded by Him, yes, Our Church is founded by Jesus Christ, but we have the visible signs of His love for us in the Sacraments. We encounter Him daily through the Word of Scripture and within the tiny Host in our Eucharistic sacrifice where He is TRULY present. Not only this, our Saints, our Church Fathers, men, and women of great times past, have died and given their life for the TRUTH of Jesus Christ, and their deep communion with Him. Our Catholic faith embodies the whole of us, body and soul, wisdom and intellect, heart, and mind, raised up to God, to know Him, to Love Him, and Serve Him through His Son our Lord Jesus Christ.

My dear friends, we should, therefore, not be bench warmer Catholics, for as St Paul wrote, "Christ offered prayer and entreaty". Through His sacrifice He has made perfect all things so that we can participate in His plan of Salvation. Our Salvation requires relationship with the Son of God. Our relationship requires our very act of encountering. And our encounter must be far deeper than surface level.

As we continue our Lenten journey, may we persevere and follow Him into the Garden of Gethsemane. May we remain steadfast in the truth of Christ remain constant in prayer. And may this Lent, deepen our knowledge and relationship of Him, the Son of God, who is to be glorified. May we be grains of wheat against the winds of anti-Christian modernism and progressive intolerance towards the Church and the harvest of truth she yields. May all of us be drawn to Him who will be lifted up for our sake. Amen.

HOLY FAMILY

HELP A HOMEBOUND PARISHIONER TODAY

LET US LEND A HAND AND SHOW OUR LOVE
AND CARE FOR OUR COMMUNITY.

For more information, please contact
the parish office on 9543 2677.
Thank you and God bless.

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.



LITURGY OFFICE
Catholic Archdiocese of Sydney

Parish Courses for Liturgical Ministers in 2024

Any parishioners serving in a Ministry that have not yet completed their training, please see the courses offered in the foyer. If you need assistance registering you can also contact our parish office here at Holy Family on 9543 2677 or email admin@holyfamilymenai.org.au



@Holy Family Catholic Church Menai

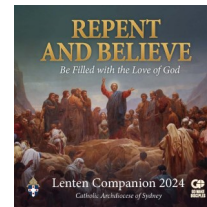


**&
INSTAGRAM
TOO!**



[holyfamilycatholicchurchmenai](https://www.instagram.com/holyfamilycatholicchurchmenai)





Repent and Believe Lenten Companion 2024 is available for **FREE** on the table in the foyer. Please take one home and start today.

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



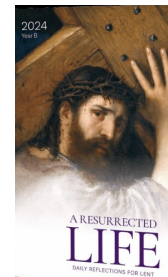
**Fifth Sunday of Lent
16 & 17 March**

The work of Caritas Australia is only possible with generous supporters and the dedication, passion and tenacity of our local partners who implement the programs. They are the heroes on the ground working tirelessly behind-the-scenes every day to create a better future for their communities.

Please donate to Project Compassion.

Together, we can help vulnerable communities face their challenges today and build a better tomorrow *for all future generations.*

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.



A RESURRECTED LIFE

DAILY REFLECTIONS FOR LENT

It's never too late to start!

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



THE ROAD TO CALVARY

HOLY WEEK RETREAT FOR MEN

SAT 23
MARCH
2024

10.00 AM - 4.00 PM

ST CATHERINE LABOURÉ PARISH GYMEA

HOLY MASS | TALKS | EUCHARISTIC ADORATION | BROTHERHOOD

REV DR GREGORY MORGAN
FR NOEL CUSTODIO

GUEST SPEAKER: TOMASZ JUSZCZAK

Tomasz is a dynamic Catholic presenter and co-founder of Donum Ministries, an apostolate which seeks to bring people closer to Christ through the Church's message of love and life. He has a background in evangelisation in both a parish and diocesan setting with over 15 years' experience in youth ministry. Tom holds a Master of Arts (Theological studies) from the University of Notre Dame in Sydney.

Originally from Poland, Tom grew up in Sydney where he currently resides with his wife, Sarah, and their four beautiful children. He loves movies, theatre and sports, which regularly comes out in his talks and presentations.

donumministries.com

REGISTER

STCATHS.ORG.AU/MENSRETREAT

02 9525 1138

A \$10 donation on the day will be appreciated

Celebrating Our Children's First Reconciliation!

WE ARE SO PROUD OF ALL OUR LITTLE ONES WHO TOOK THIS IMPORTANT STEP IN THEIR FAITH JOURNEY THIS WEEK. MAY THE GRACE OF GOD GUIDE THEM ALWAYS.



JOIN US FOR A SPECIAL MASS!

Celebrate St. Patrick's Feast Day with us!

Honoring the patron saint of Ireland. All are welcome.

Monday 18 March
9.15am



HOLY FAMILY CATHOLIC CHURCH
MENAI

HOLY WEEK & EASTER TIMETABLE

You are invited to join us as we commemorate the saving Passion, Death and Resurrection of Jesus Christ, celebrated in the sacred Liturgies of Holy Week.

Palm Sunday 24 March, 2024
5.30pm Vigil Mass
8.30am and 10am Masses

Tuesday 26 March, 2024
9.15am Daily Mass

Wednesday 27 March, 2024
9.15am Daily Mass

Maunder Thursday 28 March, 2024
10.30am Chrism Mass at St Mary's Cathedral
7.30pm Mass of the Lord's Supper
Adoration at the Altar of Repose after the Mass until 12am

Good Friday 29 March, 2024
Divine Mercy Novena begins
10.00am Stations of the Cross
Reconciliation 11.15am - 12.15pm
3pm Solemn Commemoration of the Lord's Passion
Reconciliation 4.30pm - 5.30pm

Holy Saturday 30 March, 2024
Reconciliation 10am - 11.30am
7.30pm Easter Vigil in the Church

Easter Sunday 31 March, 2024
8.30am and 10.30am Masses
(No 10am Mass on this day)

THE SUTHERLAND SHIRE 7 CHURCHES PILGRIMAGE


"COULD YOU NOT STAY AND KEEP WATCH WITH ME." MATTHEW 26:40

YOU ARE INVITED TO PARTICIPATE IN THE 7 CHURCHES PILGRIMAGE. AN ANCIENT DEVOTION WHERE CHRISTIANS VISIT SEVEN CHURCHES TO MEDITATE ON THE EVENTS LEADING TO THE LORD'S PASSION.

When: Holy Thursday, 28th of March 2024
Time: 9pm-11:30pm. (After Mass of the Lord's Supper)

Sutherland Shire 7 Churches

1. Holy Family Menai.
2. St John Bosco Engadine.
3. St Joseph's Como/Oyster Bay.
4. St Patrick's Sutherland.
5. St Catherine Laboure, Gympie.
6. Our Lady Star of the Sea, Miranda.
7. St Aloysius, Cronulla.



Holy Family Catholic Church, Menai.



PARISH COMMUNITY DAY!

Holy Family Menai invites you to . . .

Save the date for our upcoming Parish Community Day on Pentecost Sunday! We will be tasting dishes from various cultures, meeting new people, and coming together as a parish community. All are welcome to come along with your families and friends to enjoy a wonderful day!

Time: 11am onwards

Sunday 19 May 2024

Where: JPil Hall