

# 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 SUNDAY IN ORDINARY TIME**  
**26 January 2025 Year C/1—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 book of Nehemiah**  
(Nehemiah 8:2-6, 8-10)

Ezra the priest brought the Law before the assembly, consisting of men, women, and children old enough to understand. This was the first day of the seventh month. On the square before the Water Gate, in the presence of the men and women, and children old enough to understand, he read from the book from early morning till noon; all the people listened attentively to the Book of the Law.

Ezra the scribe stood on a wooden dais erected for the purpose. In full view of all the people – since he stood higher than all the people – Ezra opened the book; and when he opened it all the people stood up. Then Ezra blessed the Lord, the great God, and all the people raised their hands and answered Amen! Amen!; then they bowed down and, face to the ground, prostrated themselves before the Lord. .... words of the Law.

He then said, 'Go, eat the fat, drink the sweet wine, and send a portion to the man who has nothing prepared ready. For this day is sacred to our Lord. Do not be sad: the joy of the Lord is your stronghold.'

The Word of the Lord

**Thanks be to God**

## Responsorial Psalm

**(R.) Your words, Lord, are spirit and life.**

The law of the Lord is perfect, it revives the soul. The rule of the Lord is to be trusted, it gives wisdom to the simple. **(R.)**

The precepts of the Lord are right, they gladden the heart. The command of the Lord is clear, it gives light to the eyes. **(R.)**

The fear of the Lord is holy, abiding for ever. The decrees of the Lord are truth and all of them just. **(R.)**

Mays the spoken words of my mouth, the thoughts of my heart, win favour in your sight, O Lord, my rescuer, my rock! **(R.)**

## Second Reading

**A reading from the first letter of St Paul to the Corinthians** (1 Cor 12:12-30)

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

Nor is the body to be identified with any one of its many parts. If the foot were to say, 'I am not a hand and so I do not belong to the body,' would that mean that it stopped being part of the body? If the ear were to say, 'I am not an eye, and so I do not belong to the body,' would that mean that it is not a part of the body? If your whole body was just one eye, how would you hear anything? If it was just one ear, how would you smell anything?

Instead of that, God put all the separate parts into the body on purpose. If all the parts were the same, how could it be a body? As it is, the parts are many but the

body is one. The eye cannot say to the hand, 'I do not need you,' nor can the head say to the feet, 'I do not need you.'

What is more, it is precisely the parts of the body that seem to be the weakest which are the indispensable ones; and it is the least honourable parts of the body that we clothe with the greatest care. So our more improper parts get decorated in a way that our more proper parts do not need. God has arranged the body so that more dignity is given to the parts which are without it, and so that there may not be disagreements inside the body, but that each part may be equally concerned for all the others. If one part is hurt, all parts are hurt with it. If one part is given special honour, all parts enjoy it.

Now you together are Christ's body; but each of you is a different part of it. In the Church, God has given the first place to apostles, the second to prophets, the third to teachers; after them, miracles, and after them the gift of healing; helpers, good leaders, those with many languages. Are all of them apostles, or all of them prophets, or all of them teachers? Do they all have the gift of miracles, or all have the gift of healing? Do all speak strange languages, and all interpret them?

The Word of the Lord  
**Thanks be to God**

## Gospel Acclamation

**Alleluia, alleluia!**

The Lord sent me to bring Good News to the poor and freedom to prisoners.

**Alleluia!**

## Gospel

**A reading from the holy Gospel according to Luke** (Lk 1:1-4, 4:14-21)

Seeing that many others have undertaken .... founded the teaching is that you have received.

Jesus, with the power of the Spirit in him, returned to Galilee; and his reputation spread throughout the countryside. He taught in their synagogues and everyone praised him.

He came to Nazara, where he had been brought up, and went into the synagogue on the sabbath day as he usually did. He stood up to read, and they handed him the scroll of the prophet Isaiah. Unrolling the scroll he found the place where it is written:

The spirit of the Lord has been given to me, for he has anointed me.

He has sent me to bring the good news to the poor, to proclaim liberty to captives and to the blind new sight, to set the downtrodden free, to proclaim the Lord's year of favour.

He then rolled up the scroll, gave it back to the assistant and sat down. And all eyes in the synagogue were fixed on him. Then he began to speak to them, 'This text is being fulfilled today even as you listen.'

The Gospel of the Lord

**Praise to you, Lord Jesus Christ.**

### **Parish Priest:**

Rev. Mani Malana msfs  
E: [pastor@holyfamilymenai.org.au](mailto:pastor@holyfamilymenai.org.au)

### **Assistant Priest:**

Rev. Tom Jose msfs  
E: [tom.jose@sydneycatholic.org](mailto:tom.jose@sydneycatholic.org)

### **Parish Secretary/Bookkeeper:**

Andrea Hunt  
Phone: 02 9543 2677  
E: [admin@holyfamilymenai.org.au](mailto:admin@holyfamilymenai.org.au)

### **Sacramental Coordinator:**

Phone: 02 9543 2677  
E: [sacraments@holyfamilymenai.org.au](mailto:sacraments@holyfamilymenai.org.au)

### **Parish Pastoral Council**

#### **Chair Person:**

Ivan David  
E: [ivandavid445@gmail.com](mailto:ivandavid445@gmail.com)

### **Parish Finance Committee**

#### **Chair Person:**

Robert Mulcahy  
E: [rmulcahy@bigpond.com](mailto:rmulcahy@bigpond.com)

### **Parish Safeguarding Officer:**

Nicole Makdessi  
E: [epsso@holyfamilymenai.org.au](mailto:epsso@holyfamilymenai.org.au)

### **Parish WH&S Management Officer:**

George Szymura  
E: [georgeszymura1@gmail.com](mailto:georgeszymura1@gmail.com)

### **St Vincent de Paul, Menai**

#### **Conference - Contact**

Chrissie Guglielmini  
E: [Chrissie.guglielmini@vinnies.org.au](mailto:Chrissie.guglielmini@vinnies.org.au)

### **Holy Family Primary Principal:**

Phillip Tax Ph 9543 2614

### **Aquinas College Principal:**

James Clancy Ph 9543 0188

### **Garden Maintenance:**

Steve Connor  
E: [titan.lawnmowing@gmail.com](mailto:titan.lawnmowing@gmail.com)

### **Holy Family Parish Menai**

**1D Anzac Rd Menai NSW 2234**

Phone: 02 9543 2677

E: [admin@holyfamilymenai.org.au](mailto:admin@holyfamilymenai.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:** 1st Sunday during 10am Mass and every 2nd and 4th Sunday, 11.15am (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:*

Ivan David, Adelaide Buttigieg, Tony Trainor, Ilse Von Stamm, Anthony Mifsud, Dympna Fitzpatrick, Sandra Thomas, Frances Rupolo, Matthew McLachlan, Mark F, Robbert A, Charlie Callus, Carlos Simoes, Beatrice Gonsalvez, Matilda Oliver-Nalder, Angela Symons, Carol Galdes, Julie Gonsalvez, Robert Nicholls, Brad Jory, Jayden, Natividad Sora, Bernard Aclan, Julius Aclan, Jean Aclan, Geoff Eastgate, Joanne Mannah, Marie Collins and Chris Halvey.

*We remember those whose Anniversaries and Special Prayers have been requested:*

Nancy Casey, John O'Regan, Domenico Brisigotti, Marilyn Nicholls, Johanna Nicholls, Justin Oliffe, Joe Bridgett and Peter Howlett.

*Recently Deceased.*

Lina D'Amato.

*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.

## COMMUNION ANTIPHON

**I am the light of the world, says the Lord; whoever follows me will not walk in darkness, but will have the light of life.**

## THE MYSTERY OF FAITH.

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

## THE JUBILEE PRAYER

Father in heaven, may the faith you have given us in your son, Jesus Christ, our brother, and the flame of charity enkindled in our hearts by the Holy Spirit, reawaken in us the blessed hope for the coming of your Kingdom.

May your grace transform us into tireless cultivators of the seeds of the Gospel.

May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth, when, with the powers of Evil vanquished, your glory will shine eternally.

May the grace of the Jubilee reawaken in us, Pilgrims of Hope, a yearning for the treasures of heaven.

May that same grace spread the joy and peace of our Redeemer throughout the earth.

To you our God, eternally blessed, be glory and praise for ever. **Amen.**

## 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.
- 
- † **Children's Liturgy** - Not in the 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, 26 JANUARY 2025  
PULPIT POINTS

- ◆ Bill Donaghy's 'Way of Wonder' shows couple the way to faith
- ◆ Archbishop Anthony Fisher OP in joint call for an end to antisemitism
- ◆ New ways to pray in 2025
- ◆ For parents, NSW court ruling shows need for courage
- ◆ What does Nicaea have to do with the Great Schism?
- ◆ New podcast brings a light touch to faith, life and "being Asian"

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

## SACRAMENTAL COORDINATOR

**Applications are now OPEN for the position of Sacramental Coordinator**

This role is to serve as an active member of the Parish Pastoral Team, working closely with the Parish Priest and the Parish Team to prepare, implement and manage the parish programs for Sacraments of Reconciliation, First Holy Communion and Confirmation of primary school aged candidates.

The position is for 15 hours per week during school terms. A detailed job description will be provided upon request. Enquiries and applications are to be sent by email to [admin@holyfamilymenai.org.au](mailto:admin@holyfamilymenai.org.au) by the 9 February 2025.

ROSTER FOR 1/2 FEBRUARY: (1ST WEEKEND)  THE PRESENTATION OF THE LORD  YEAR C		5.30pm	8:30am	10am	OTHER
	ACOLYTE	Christopher Fetherston Peter McLachlan	Paul Tyson	Bernard Govind	Counters: John Burt's Team
	READERS	Simon Bradstock Margaret Keyes Sophie Kerr	Emme 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: Terri
	MUSICIANS	Holy Family Singers	Gino Ferraro (PowerPoint MP3)	Lisa (PowerPoint 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](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.

## From Fr Mani's desk...

### *Why 2025 Jubilee Year?*

Jubilee year comes every 25 years in the Church. Since 1300 the Church took up the tradition of Jubilee Year every 50 years and eventually it became 25 years. The roots of this are traced to the Jewish tradition of marking every 50 years a jubilee year (Leviticus 25/8-13). For the Jews it was a time to reestablish a proper relationship with God, with one another and with all of creation, involved the forgiveness of debts, the return of misappropriated land and a rest for the land by not cultivating. This Jubilee year is a great opportunity for the church and individuals to receive special graces from the Lord like the chosen people of Israel.

Pope Francis opened the Holy Door in St Peter's Basilica on 24 December 2024 signifying the Jubilee year and will run through to 6 January 2026. Pope Francis chose 'Pilgrims of Hope' as the theme for this Holy Year. The sign of hope means a desire for peace, an openness to life and special attention to prisoners and the sick, migrants, young people, the elderly and the disadvantaged. As Pope Francis has noted: 'The Jubilee has always been an event of great spiritual, ecclesial and social significance in the life of the Church ... God's holy and faithful people has experienced this celebration as a special gift of grace, characterized by the forgiveness of sins and in particular by the indulgence which is a full expression of the mercy of God'.

The Catholic Church believes that Christ and the saints have accumulated a treasure of merits which other believers who are prayerful and repentant can draw upon; to reduce or erase the temporal punishment they are due because of their sins. Making a pilgrimage, going to Confession and receiving Holy Communion and offering prayers for the intentions of Holy Father to receive an indulgence is a key part of celebrating the Holy Year.

Happy  
Australia Day  
2025!

Celebrate the spirit of Australia Day  
together!

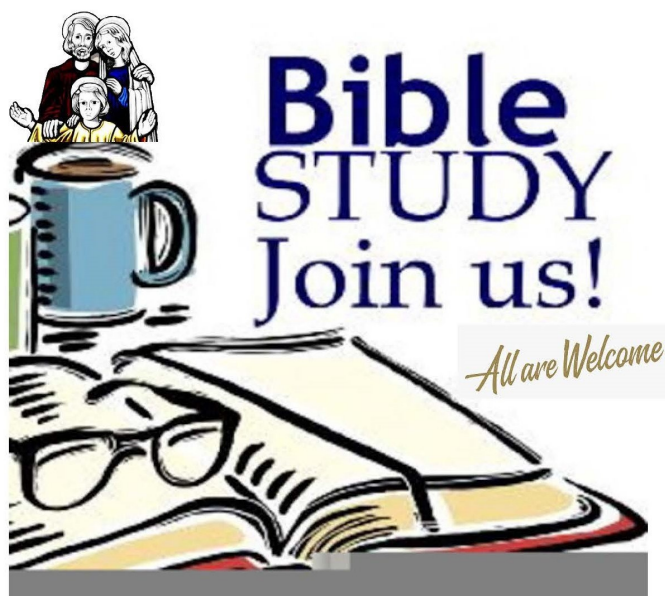


### **Tuesday 28 January - St Thomas Aquinas**

Born near Aquino (Italy) about 1225. Died on his way to the Council of Lyons in 1274. Educated at Monte Cassino, Naples, Paris, and Cologne, he became a Dominican in 1244. Regarded as one of the greatest theologians in the history of the Church. Despite ecclesiastical opposition at the time, the substance of his life's work has endured as an authentic exposition of Christian teaching and carries unique official approval. Remembered for his modesty, the prayerfulness of his personal life, and the abiding influence of his thought. Mass 9.15am

### **Friday 31 January - St John Bosco**

Born in Piedmont (Italy) in 1815. died at Turin on this day in 1888. Grew up in extreme poverty and, after ordination, devoted his whole life to educating young people, especially the poor. Founded the Salesians, men and women who continue this work with youth throughout the world. Remembered - like the order's patron, Saint Francis de Sales (24 January) - for his cheerfulness and total trust in the providence of God. Mass at 9.15am



What?	The Gospel according to St John
When?	Every Friday from 7.30 - 9.00 pm, starting 21st Feb 2025 (Except on Thursdays during Lent & on 1st Fridays)
Where?	Church meeting room
What to bring?	Your Bible (NRSV or Jerusalem versions preferred)
Facilitators:	Margaret Keyes, Stella Hung, Adrian D'Mello, John Rickert, Katherine Branley, Fr Mani

### **Welcome Back Aquinas and Holy Family Schools!**

Aquinas and Holy Family PS staff will be commencing on Friday 31 January starting with Mass at 9.15am.

A special welcome to Holy Family PS new principal Mr Phil Tax and all the new staff at both schools.

Holy Family Catholic Primary School children will be returning on:

- Monday 3 February - Years 1 to 6
- Tuesday 4 February. - Kindergarten

Aquinas Catholic College will be returning on :

- Tuesday 4 February - Year 7
- Wednesday 5 February - Years 8 to 12