

# 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



**EIGHTH SUNDAY IN ORDINARY TIME**  
2 March 2025 Year C/1—Divine office Psalter Week 4

## ENTRANCE ANTIPHON

**The Lord became my protector.  
He brought me out to a place of freedom;  
he saved me because he delighted in me.**

## First Reading

**A reading from the book of  
Ecclesiasticus (Sirach 27:4-7)**

In a shaken sieve the rubbish is left behind, so too the defects of a man appear in his talk.

The kiln tests the work of the potter,  
the test of a man is in his conversation.

The orchard where the tree grows is judged on the quality of its fruit,  
similarly a man's words betray what he feels.

Do not praise a man before he has spoken,  
since this is the test of men.

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

## Responsorial Psalm

**(R.) Lord, it is good to give thanks to you.**

It is good to give thanks to the Lord to make music to your name, O Most High,  
to proclaim your love in the morning and your truth in the watches of the night. **(R.)**

The just will flourish like the palm-tree and grow like a Lebanon cedar. **(R.)**

Planted in the house of the Lord they will flourish in the courts of our God, still bearing fruit when they are old, still full of sap, still green, to proclaim that the Lord is just. In him, my rock, there is no wrong. **(R.)**

## Second Reading

**A reading from the first letter of St Paul to the Corinthians (1 Cor 15:54-58)**

When this perishable nature has put on imperishability, and when this mortal nature has put on immortality, then the words of scripture will come true: Death is swallowed up in victory. Death, where is your victory? Death, where is your sting? Now the sting of death is sin, and sin gets its power from the Law. So let us thank God for giving us the victory through our Lord Jesus Christ.

Never give in then, my dear brothers, never admit defeat; keep on working at the Lord's work always, knowing that, in the Lord, you cannot be labouring in vain.

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

## Gospel Acclamation

**Alleluia, alleluia!**

Shine on the world like bright stars;  
you are offering it the word of life.

**Alleluia!**

## Gospel

**A reading from the holy Gospel according to Luke (Luke 6:39-45)**

Jesus told a parable to his disciples, 'Can one blind man guide another? Surely both will fall into a pit? The disciple is not superior to his teacher; the fully trained disciple will always be like his teacher. Why do you observe the splinter in your brother's eye and never notice the plank in your own? How can you say to your brother, "Brother, let me take out the splinter that is in your eye," when you cannot see the plank in your own? Hypocrite! Take the plank out of your own eye first, and then you will see clearly enough to take out the splinter that is in your brother's eye.

'There is no sound tree that produces rotten fruit, nor again a rotten tree that produces sound fruit. For every tree can be told by its own fruit: people do not pick figs from thorns, nor gather grapes from brambles. A good man draws what is good from the store of goodness in his heart; a bad man draws what is bad from the store of badness. For a man's words flow out of what fills his heart.'

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

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

**Sacramental Coordinator:**  
Katarina Moric  
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  
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**St Vincent de Paul, Menai  
Conference - Contact**  
Chrissie Guglielmini  
E: 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

**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:** 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:*

Victoriano Mendoza, Jan Kurianski, Bernadette O'Brien, 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:*

Ben Celi, Ernest Camps, Mafalda Carinha, Johnny Caruana, Marilyn Nicholls, Johanna Nicholls, Justin Oliffe, Joe Bridgett and Peter Howlett.

*Recently Deceased.*

Paolo Pellegrino.

*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 will sing to the Lord who has been bountiful with me, sing psalms to the name of the Lord Most High.**

## THE MYSTERY OF FAITH.

When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, 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, 2 MARCH 2025**  
PULPIT POINTS

- ♦ World unites in prayer for ailing Pope Francis
- ♦ Local Ukrainian community marks third war anniversary
- ♦ Record \$347,000+ raised at Somascan's charity fundraiser
- ♦ Interview with The Chosen star Jonathan Roumie
- ♦ Inspiring faith journeys led to Hurstville parish
- ♦ Push to force abortions on NSW Catholic hospitals

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

## CAN YOU HELP?

If you could bring in any of the below to the Parish Office we would be most appreciative as these items will be given to those in need.

- **Small packs of long life milk**
- **Cereal**
- **Breakfast Bars**

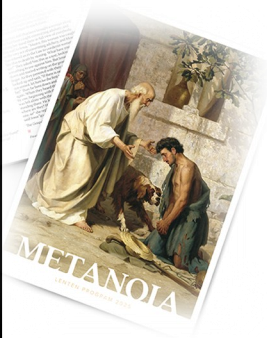
Thank you in advance for the ongoing support for this worthy cause!



## OUR PAROCHIAL INFORMATION 2024

Baptisms	37
RCIA	4
First Holy Communion	97
First Reconciliation	99
Confirmation	92
Marriages	2
Funerals	12
Catechetical instructions	6 Public Schools
Total Students	500
Total Catechists	14

## METANOIA LENTEN PROGRAM 2025 ON SALE NOW! ONLY \$8



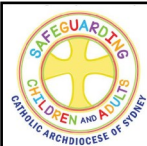
This Lent, embark on a journey of **metanoia**—a transformative change of heart inspired by the Gospels. Let this beautifully designed, 76-

page, full-colour companion guide your spiritual renewal through daily reflections, Sunday readings and reflections, spiritual direction, prayers, and group discussion questions



**Let Your Will Be Done, not mine ~**  
**Lenten Companion 2025** is available for free on the table in the foyer.

ROSTER FOR 8/9 MARCH: (2ND WEEKEND) FIRST SUNDAY OF LENT YEAR C		5.30pm	8:30am	10am	OTHER
	ACOLYTE	Ivan David	Peter Mauch	Adrian D'Mello	Counters: Austin Gillan's Team
	READERS	Luce Dunn Hastie Family Bridget Nappa	Allen Oliver Maguy Nakhl Georgette Roumanos	Julie or Michael Monk John Shanahan	Children's Liturgy: Georgia & Antoinette
	WARDENS	Charlie Zammit/Benny Falls	George Szymura/Jim Montague	Cosimo Gioiello	Heritage Aged Care: Roslyn
	MUSICIANS	Parish Choir	Jeff and Sue Low	Emma (PowerPoint MP3)	Barden Lodge Aged Care: Ann
	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](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.



# Meaning of the Logo

of the Ordinary Jubilee of the year 2025

The cross of Christ is the hope that can't ever be abandoned because we are always in need of it, especially in the most difficult moments.

The figures represent humanity from the four corners of the world. They are embracing each other to illustrate the solidarity between peoples, as the first holds onto the cross.



The cross in the shape of a sail, is transformed into an anchor that imposes itself over the waves in motion. A universal symbol of hope.

The rough sea is a reminder of the difficulties of the pilgrimage of life. Often, personal events as well as those of the world, press on us more intensely, demanding a greater hope.

FR. AC PEREZ, SCHP

*Pilgrims of Hope!*

FR. AC PEREZ, SCHP

Copies of the 2025 Lenten Penance issued by Archbishop Fisher and the Australian Catholic Bishops Conference message are now available on the table in the Church foyer to take home for Lent.



Holy Family  
Catholic Church  
Menai

PLEASE JOIN US ON

5 March 2025

Masses at  
9.15am &  
7pm

Remember that  
you are dust, and  
to dust you shall  
return

Ecclesiastes 3:20

ASH  
WEDNESDAY



## WHAT'S ON DURING LENT AT HOLY FAMILY PARISH

- Exposition of the Blessed Sacrament:  
Tue — Sat: 8.30 — 9.10 am
- Morning prayer (Lauds):  
Tue-Thu at 8.45 am.
- Divine Mercy Chaplet and Devotion and Benediction:  
Friday 8.45 am.
- Rosary: Saturday 8.45 am.
- Mass: Tuesday — Saturday 9.15 am; Wednesday at 7.30 pm and Fridays at 7pm (Confession before every Mass)
- Stations of the Cross in Italian every Thursday morning at 10am and in English each Friday at 7.30pm



HOLY FAMILY  
CATHOLIC CHURCH  
MENAI

JOURNEY WITH  
CHRIST THIS LENT



# Bible STUDY Join us!

*All are Welcome*



What?	The Gospel according to St John
When?	Every Friday from 7.30 - 9.00 pm, starting 21st Feb 2025 (Except during Lent & on 1st Fridays, it will be on Thursdays same time)
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

Following Stella's Introduction to the Gospel of John, we will embark on a detailed study of this spiritual Gospel, line by line. Each week (or two) we will read and savour one chapter, led by a different facilitator, using Fr. Brendan Byrne's insightful commentary 'Life Abounding'. Simultaneously, we will reflect on the challenge to Christian life and practice with the help of this resource.

Fr. Brendan Byrne SJ is Professor of New Testament at Jesuit Theological College, Melbourne. His book and this method have been successfully tried in other parishes.

Come and immerse yourself in the testimony of the "beloved disciple" who is (as St Thomas Aquinas says) in a unique position to teach us how to be loved by Jesus and how to love him.

FIRST FRIDAY OF  
EVERY MONTH

JOIN US FOR

Sacred Heart  
of Jesus  
Mass

followed by  
Stations of the Cross,  
then Adoration  
of the  
Blessed Sacrament

FRIDAY 7 MARCH 2025

MASS AT 7PM,  
STATIONS OF THE CROSS  
AT 7.30PM  
FOLLOWED BY  
ADORATION UNTIL 12AM

A time for reflection  
and prayer.

All are welcome.



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



# LENTEN PENANCE

In this season of Lent, we seek to experience the mercy of God the Father, and to practice it in our daily lives. But first we must experience *our need for mercy*, that is, our brokenness and, indeed, our sinfulness, insofar as we have failed to love God above all, and to love our fellow men and women as ourselves. This is why the Church's Canon Law reaffirms the obligation to do penance – to interrupt the usual comforts of life, to rediscover in prayer the merciful love of God, and to practice charity and justice towards those in need. The special times of penance are all Fridays throughout the year and the season of Lent.

We recall that St John the Baptist prepared for the coming of the Lord by “preaching a baptism of repentance”. Jesus began his ministry with the exhortation: “Repent and believe the Gospel” (Mk 1:15). Repentance means the rejection of sin. It implies conversion to, and reconciliation with, God. Prayer, self-denial, and works of charity are the concrete expressions of repentance. Each of these identifies us more closely with our Saviour. By penance we make satisfaction for our sins, and take real steps in the renewal of our lives. Repentance and conversion are central, on-going, and even daily practices of Christian living.

In nominating special times of penance, the Church encourages and promotes in all of us the *habit* of penance. Furthermore, observance of these special times by all Catholics throughout the universal Church emphasises what we call “the social dimension of sin”. The sin of the individual member always in some measure infects the whole body. Therefore during Lent and on every Friday throughout the year, we do penance, not only on our own account, but also in the name of the Church and of the world. We must take very seriously our penitential obligations and be sure to carry them out. The Australian Catholic Bishops' Conference has not restricted our penance to fast and abstinence; in all cases, it has left room for our own responsible choice. We should carefully select the form of penance that we consider most appropriate for our own circumstances and growth in the Christian life.

## DAYS OF PENANCE

1. Abstinence from meat, and fasting, must be observed on Ash Wednesday and Good Friday. All who have completed their eighteenth year and have not yet begun their sixtieth year are bound to fast. All who have completed their fourteenth year are bound to abstain.
2. On all other Fridays of the year including the Fridays of Lent, the law of the common practice of penance is fulfilled by performing any one of the following:
  - (a) prayer – for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the rosary.
  - (b) self-denial – for example, not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one's own country; limiting use of social media, smart phones or television.
  - (c) helping others – for example, special attention to someone who is poor, sick, elderly, lonely or overburdened.

LENT LASTS FROM ASH WEDNESDAY (5<sup>th</sup> MARCH) TO THE MASS OF THE LORD'S SUPPER (17<sup>th</sup> APRIL). ON GOOD FRIDAY AND, IF POSSIBLE, ALSO ON HOLY SATURDAY UNTIL THE EASTER VIGIL, THE EASTER FAST IS OBSERVED.

## PASCHAL PRECEPT

Each of the faithful is obliged to receive Holy Communion at least once a year. This is to be done between Ash Wednesday, 5<sup>th</sup> March, and Trinity Sunday, 15<sup>th</sup> June, 2025 unless for a good reason it is done at another time during the year. All the faithful are obliged to confess their grave sins at least once a year.

St. Mary's Cathedral  
SYDNEY  
5<sup>th</sup> March 2025

+   
ARCHBISHOP OF SYDNEY





**DECREE  
ON THE PROCLAMATION OF PLACES OF PILGRIMAGE IN THE  
ARCHDIOCESE OF SYDNEY  
ON THE OCCASION OF THE JUBILEE YEAR OF OUR LORD 2025**

The Holy Father has proclaimed 2025 as a year of Ordinary Jubilee and has invited all the faithful to full participation. Therefore:

Having regard to the Bull of Pope Francis *Spes non confundit* - "*Hope does not disappoint*" of 9<sup>th</sup> May 2024;

Noting the Norms promulgated by the Apostolic Penitentiary of 13<sup>th</sup> May 2024 regarding indulgences in the Ordinary Jubilee Year of 2025;

Recognising the significance of this Jubilee Year as the 1700<sup>th</sup> anniversary of the Council of Nicaea;

In accordance with the authority vested in me as the local Ordinary, from the date of this Decree until the closing of the Jubilee Year on 28<sup>th</sup> December 2025:

- A. I ask that all priests of the Archdiocese of Sydney make use of the Nicene Creed (rather than the Apostles' Creed) on Sundays and Solemnities in 2025;
- B. I designate the following churches as Places of Pilgrimage where full Jubilee Indulgences may be obtained, under the usual conditions:
  - i. St Mary's Cathedral, Sydney;
  - ii. St Patrick's Church, Church Hill
  - iii. The Shrine of St Mary of the Cross, North Sydney;
  - iv. The Shrine of Our Lady of Mount Carmel, Waterloo;
  - v. St Brigid's Church, Coogee
  - vi. Our Lady of the Sacred Heart Church, Randwick
  - vii. St Anne's Church, Bondi Beach
  - viii. All Saints Catholic Church, Liverpool
  - ix. Holy Spirit Church, Carnes Hill
  - x. St Joachim's Church, Lidcombe
  - xi. St Brigid's Church, Marrickville
  - xii. St Catherine Labouré Church, Gympie

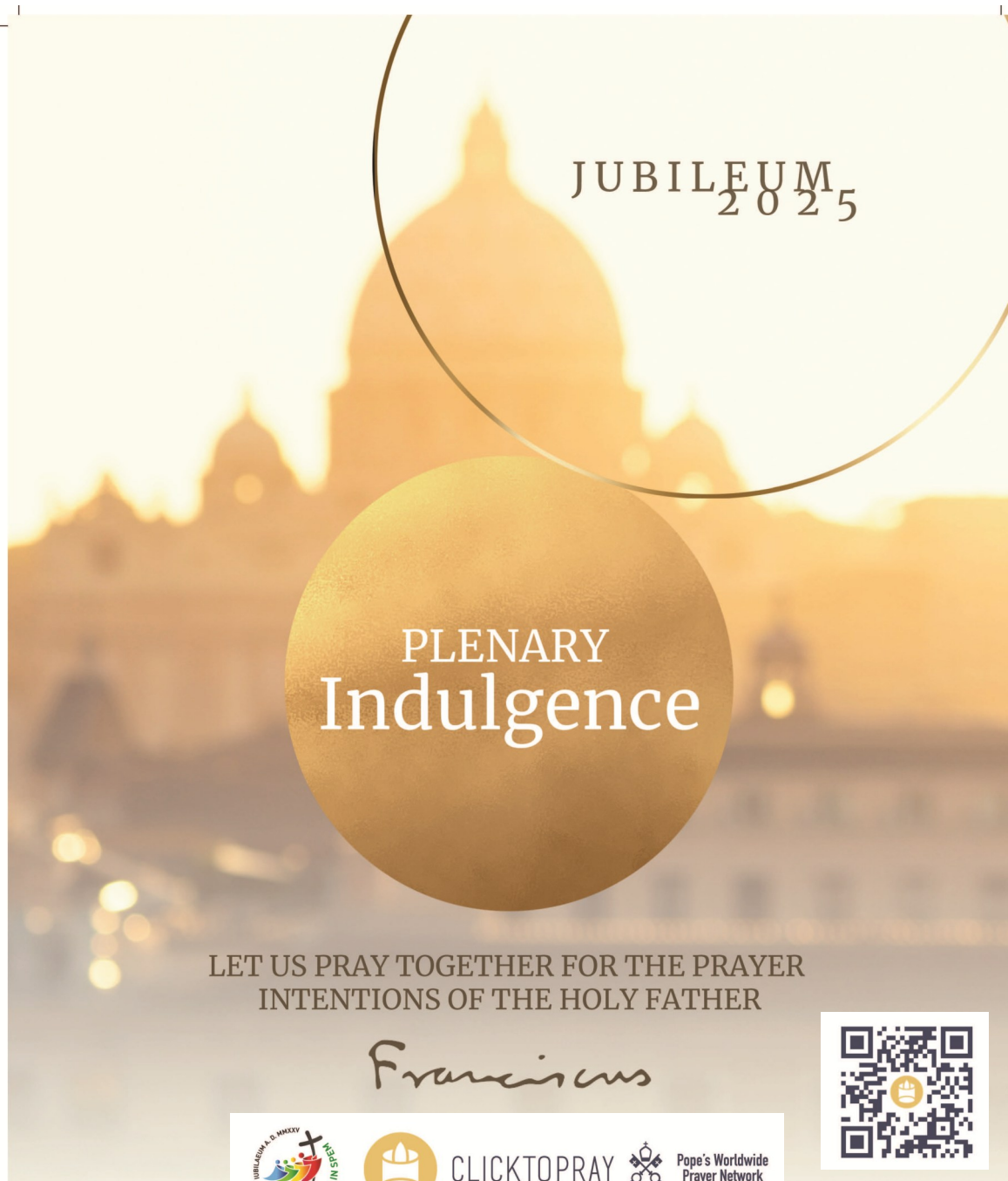
All pilgrims who comply with the usual conditions for an indulgence i.e. receive the Sacrament of Penance, attend Mass, receive the Most Holy Eucharist and pray for the intentions of the Holy Father, will receive a full Jubilee Indulgence upon pilgrimage to any of the churches designated above.

This decree is to be published on the Archdiocesan website and the next edition of the *Ad Clerum*, and is to be made known throughout the Parishes of the Archdiocese of Sydney.

Most Rev Anthony Fisher OP  
Archbishop of Sydney

Mr Chris Meney  
Chancellor

Given at: The Chancery, Archdiocese of Sydney, on the 31 January the Year of Our Lord 2025.



## What is indulgence?

An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain defined conditions through the Church's help. A plenary (meaning "full") indulgence is a special type of indulgence that, if all the requirements are met, removes **all** temporal punishment due to one's sin. The church uses the power of the keys given to St. Peter by Jesus in Scripture (Matthew 16:18) to remove temporal consequences that still remain from sins committed. Even if we have been forgiven of a particular sin, we still experience the consequences of that sin in our lives.

To obtain an indulgence, Catholics in the state of grace must:

- Go to confession
- Receive Holy Communion
- Pray for the intentions of the Holy Father

The faithful who devoutly visit the churches mentioned by our Archbishop and participate in any sacred rite or at least recite the Lord's Prayer and the profession of faith may obtain a plenary indulgence under the usual conditions listed above. Plenary indulgence is for the remission of one's own sins or of those died.