

# HOLY FAMILY CATHOLIC PARISH MENAI

LIVING AND SHARING THE CHRISTIAN LIFE AS A GROWING PARISH FAMILY

Alfords Point Bangor Barden Ridge Illawong Lucas Heights Menai Woronora West



**FIFTH SUNDAY IN ORDINARY TIME**  
9 February 2025 Year C/1—Divine office Psalter Week 1

## ENTRANCE ANTIPHON

**O come, let us worship God  
and bow low before the God who made us,  
for he is the Lord our God.**

## First Reading

### **A reading from the prophet Isaiah**

(Isaiah 6:1-8)

In the year of King Uzziah's death I saw the Lord seated on a high throne; his train filled the sanctuary; above him stood seraphs, each one with six wings. And they cried out to one another in this way, 'Holy, holy, holy is the Lord of hosts. His glory fills the whole earth.' The foundations of the threshold shook with the voice of the one who cried out, and the Temple was filled with smoke. I said: 'What a wretched state I am in! I am lost, for I am a man of unclean lips and I live among a people of unclean lips, and my eyes have looked at the King, the Lord of hosts.' Then one of the seraphs flew to me, holding in his hand a live coal which he had taken from the altar with a pair of tongs. With this he touched my mouth and said: 'See now, this has touched your lips, your sin is taken away, your iniquity is purged.' Then I heard the voice of the Lord saying: 'Whom shall I send? Who will be our messenger?' I answered, 'Here I am, send me.'

The Word of the Lord  
Thanks be to God

## Responsorial Psalm

**(R.) In the sight of the angels I will sing  
your praises, Lord.**

I thank you, Lord, with all my heart, you have heard the words of my mouth. Before the angels I will bless you. I will adore before your holy temple. **(R.)**

I thank you for your faithfulness and love which excel all we ever knew of you. On the day I called, you answered; you increased the strength of my soul. **(R.)**

All earth's kings shall thank you when they hear the words of your mouth. They shall sing of the Lord's ways; 'How great is the glory of the Lord!' **(R.)**

You stretch out your hand and save me, your hand will do all things for me. Your love, O Lord, is eternal, discard not the work of your hands. **(R.)**

## Second Reading

### **A reading from the first letter of St Paul to the Corinthians (1 Cor 15:1-11)**

Brothers, I want to remind you of the gospel I preached to you, the gospel that you received and in which you are firmly established; because the gospel will save you only if you keep believing exactly what I preached to you – believing anything else will not lead to anything. Well then, in the first place, I taught you what I had been taught myself, namely that Christ died for our sins, in accordance with the scriptures; that he was buried; and that he was raised to life on the third day, in accordance with the scriptures; that he

appeared first to Cephas and secondly to the Twelve. Next he appeared to more than five hundred of the brothers at the same time, most of whom are still alive, though some have died; then he appeared to James, and then to all the apostles; and last of all he appeared to me too; it was as though I was born when no one expected it. I am the least of the apostles; in fact, since I persecuted the Church of God, I hardly deserve the name apostle; but by God's grace that is what I am, and the grace that he gave me has not been fruitless. On the contrary, I, or rather the grace of God that is with me, have worked harder than any of the others; but what matters is that I preach what they preach, and this is what you all believed.

The Word of the Lord  
Thanks be to God

## Gospel Acclamation

**Alleluia, alleluia!**

Come follow me, says the Lord,  
and I will make you fishers of my people.  
**Alleluia!**

## Gospel

### **A reading from the holy Gospel according to Luke (Luke 5:1-11)**

Jesus was standing one day by the lake of Gennesaret, with the crowd pressing round him listening to the word of God, when he caught sight of two boats close to the bank. The fishermen had gone out of them and were washing their nets. He got into one of the boats – it was Simon's – and asked him to put out a little from the shore. Then he sat down and taught the crowds from the boat. When he had finished speaking he said to Simon, 'Put out into deep water and pay out your nets for a catch.' 'Master,' Simon replied 'we worked hard all night long and caught nothing, but if you say so, I will pay out the nets.' And when they had done this they netted such a huge number of fish that their nets began to tear, so they signalled to their companions in the other boat to come and help them; when these came, they filled the two boats to sinking point. When Simon Peter saw this he fell at the knees of Jesus saying, 'Leave me Lord; I am a sinful man.' For he and all his companions were completely overcome by the catch they had made; so also were James and John, sons of Zebedee, who were Simon's partners. But Jesus said to Simon, 'Do not be afraid; from now on it is men you will catch.' Then, bringing their boats back to land, they left everything and followed him.

The Gospel of the Lord  
Praise to you, Lord Jesus Christ.

**Parish Priest:**  
Rev. Mani Malana msfs  
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**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:*

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:*

Francesco Cardinale, John Try, Joan Cameron, Richard Brady, Nancy Casey, John O'Regan, Domenico Brisigotti, Marilyn Nicholls, Johanna Nicholls, Justin Oliffe, Joe Bridgett and Peter Howlett.

*Recently Deceased.*

Bernadette Menezes and John Zaja.

*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

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

## 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.

## Monday 10 February - St Scholastica

Born at Norcia (Italy) about 480. Died near Monte Cassino in the 50s. Like Saint Benedict (11 July), her brother and by tradition her twin, she dedicated herself to God through the monastic life. Remembered for her part in establishing Benedictine monasticism.

## Friday 14 February - Sts Cyril and Methodius

**Cyril:** Born about 826 in Thessalonica (Greece). Died at Rome in 869.

**Methodius,** his brother: Born 815. Died in Velehrad (Czech Republic) in 885.

With papal approval they preached the gospel in Moravia using their own translations of the Scriptures and the liturgy in the local language. These translations into Slavonic were based on an alphabet they invented now called Cyrillic. The success of their preaching aroused jealous Frankish opposition. Honoured as apostles of the Slavic peoples. Remembered together for their contribution to Slavic culture, for their missionary inculturation of the faith, and for establishing links between East and West. Mass at 9.15am

# THE Catholic Weekly

SUNDAY, 9 FEBRUARY 2025

PULPIT POINTS

- ♦ Federal gender review concerns
- ♦ Tips for loving this World Marriage Sunday
- ♦ Harrison's inspiring journey to the seminary
- ♦ Abdallah family reveal their four steps to forgiveness
- ♦ Words of advice for Catholic convert JD Vance

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

## FIRST RECONCILIATION

If you have a child in Year 3 or above who has received the Sacrament of Baptism, we would like to invite you to enrol your child for First Reconciliation at Holy Family Catholic Parish.

Our parent meetings will take place on **Tuesday 18<sup>th</sup> February and Thursday 20<sup>th</sup> February at 7:30pm** at Holy Family Catholic Church, and you may choose which night you wish to attend. During this session, we will explain the details of the program.

**Please note that it is necessary to attend one of these meetings if your child is to be eligible to receive the Sacrament of Reconciliation this year.**

ROSTER FOR 15/16 FEBRUARY: (3RD WEEKEND) SIXTH SUNDAY IN ORDINARY TIME YEAR C		5.30pm	8:30am	10am	OTHER
	ACOLYTE SERVERS	Peter McLachlan Raf Saad	Phil Tax	Bernard Govind	Counters: Robert Mulcahy's Team
	READERS	Linda O'Regan Lauren Hosking	Emma Gioiello Mariko Mauch Tiarna Pender	Bridget Nappa Sally Dable Nuha De Vries	Children's Liturgy: Michelle & Sophie
	WARDENS	Charlie Zammit/Benny Falls	George Szymura/Jim Montague	Adrian D'Mello	Heritage Aged Care: Mona
	MUSICIANS	Jeff and Sue Low	Emma (PowerPoint MP3)	Daniel D (PowerPoint MP3)	Barden Lodge Aged Care: Luce & Vanessa
	PIETY STALL	Volunteer Needed	Vanessa	Marie W	



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.



## SCRIPTURE 2025

This weekend is Catechist Sunday when we commission our Catechists for the forthcoming school year and make our annual appeal to our faith community to join us in this vital mission of bringing God to our state school students.

Currently we have 14 Catechists teaching close to 500 students in 6 primary schools. Our classes are on Tuesdays and Wednesdays and each class runs for 30 minutes. Such a short time! I'm sure we must have people in our parish that can spare 30 minutes for a class and 30 minutes preparation time each week? If you work from home, have flexible working hours, are retired, studying at university or have time during the day when children are at school, please consider becoming a Catechist!

We have vacancies for 2025 in our younger classes:

Class	Day	Time	School
Kindergarten	Wednesday	2 – 2.30pm	Illawong Public School
Year 1 & 2			
Year 2	Wednesday	1 – 1.30pm	Menai Public School
Year 3 & 4			
Year 1 & 2	Wednesday	11.50am – 12.20pm	Alfords Point Public School
Kindergarten	Wednesday	2-2.30pm	Lucas Heights Com. School

Training sessions are currently being offered online or at Miranda CCD (Confraternity of Christian Doctrine) There is a wealth of information available on the CCD website and I urge anyone with even the slightest interest to have a look:

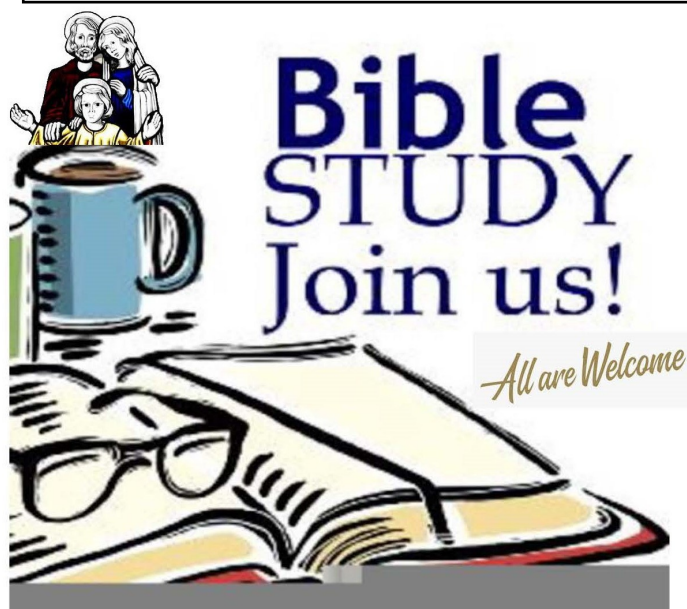
You will find information about training courses, resources, support materials and (short) inspiring videos of Catechists of all ages, from all different backgrounds who have heeded the call. They talk of the joy and satisfaction they experience when sharing their faith with children.

Please consider joining the team in 2025... there's a warm welcome awaiting you!

**Terri Casey**

Catechist Co-ordinator

Mob: 0409390829



<b>What?</b>	The Gospel according to St John
<b>When?</b>	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)
<b>Where?</b>	Church meeting room
<b>What to bring?</b>	Your Bible (NRSV or Jerusalem versions preferred)
<b>Facilitators:</b>	Margaret Keyes, Stella Hung, Adrian D'Mello, John Rickert, Katherine Branley, Fr Mani



### BAPTISM CONGRATULATIONS

TO THE **ALONSO AND MAISTRELIS**  
FAMILIES BAPTISING THEIR CHILDREN  
**VALENTINO, ELLERY AND SOPHIE**  
THIS WEEKEND AT HOLY FAMILY PARISH.

**Congratulations** to Adrian and Marina D'Mello, completing 10 years of faithful service as a Parish Catechist to students in our public schools.

Thank you for your ongoing commitment to teach our Catholic faith to our children!

### ASH WEDNESDAY 5 March

As we are quickly approaching Ash Wednesday, anyone that has any palm leaves from last year, please bring them in and place them in the basket provided in the foyer.

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



**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 Laboure 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.

JUBILEUM  
2025

PLENARY  
Indulgence

LET US PRAY TOGETHER FOR THE PRAYER  
INTENTIONS OF THE HOLY FATHER

*Franciscus*



CLICKTOPRAY



Pope's Worldwide  
Prayer Network

