

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



SEVENTH SUNDAY IN ORDINARY TIME
23 February 2025 Year C/1—Divine office Psalter Week 3

ENTRANCE ANTIPHON

**O Lord, I trust in your merciful love.
My heart will rejoice in your salvation.
I will sing to the Lord who has been bountiful with me.**

First Reading

A reading from the first book of Samuel (1 Sam 26:2. 7-9. 12-13. 22-23)
Saul set off and went down to the wilderness of Ziph, accompanied by three thousand men chosen from Israel to search for David in the wilderness of Ziph.

So in the dark David and Abishai made their way towards the force, where they found Saul asleep inside the camp, his spear stuck in the ground beside his head, with Abner and the troops lying round him.

Then Abishai said to David, 'Today God has put your enemy in your power; so now let me pin him to the ground with his own spear. Just one stroke! I will not need to strike him twice. David answered Abishai, 'Do not kill him, for who can lift his hand against the Lord's anointed and be without guilt?' David took the spear and the pitcher of water from beside Saul's head, and they made off. No one saw, no one knew, no one woke up; they were all asleep, for a deep sleep from the Lord had fallen on them.

David crossed to the other side and halted on the top of the mountain a long way off; there was a wide space between them. David then called out, 'Here is the king's spear. Let one of the soldiers come across and take it. The Lord repays everyone for his uprightness and loyalty. Today the Lord put you in my power, but I would not raise my hand against the Lord's anointed.'

The Word of the Lord

Thanks be to God

Responsorial Psalm

(R.) The Lord is kind and merciful.

My soul, give thanks to the Lord, all my being, bless his holy name. My soul, give thanks to the Lord and never forget all his blessings. **(R.)**

It is he who forgives all your guilt, who heals every one of your ills, who redeems your life from the grave, who crowns you with love and compassion. **(R.)**

The Lord is compassion and love, slow to anger and rich in mercy. He does not treat us according to our sins nor repay us according to our faults. **(R.)**

As far as the east is from the west so far does he remove our sins. As a father has compassion on his sons, the Lord has pity on those who fear him. **(R.)**

Second Reading

A reading from the first letter of St Paul to the Corinthians (1 Cor 15:45-49)
The first man, Adam, as scripture says,

became a living soul; but the last Adam has become a life-giving spirit. That is, first the one with the soul, not the spirit, and after that, the one with the spirit. The first man, being from the earth, is earthly by nature; the second man is from heaven. As this earthly man was, so are we on earth; and as the heavenly man is, so are we in heaven. And we, who have been modelled on the earthly man, will be modelled on the heavenly man.

The Word of the Lord

Thanks be to God

Gospel Acclamation

Alleluia, alleluia!

I give you a new commandment; love one another as I have loved you.

Alleluia!

Gospel

A reading from the holy Gospel according to Luke (Luke 6:27-38)

Jesus said to his disciples: 'I say this to you who are listening: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. To the man who slaps you on one cheek, present the other cheek too; to the man who takes your cloak from you, do not refuse your tunic. Give to everyone who asks you, and do not ask for your property back from the man who robs you. Treat others as you would like them to treat you. If you love those who love you, what thanks can you expect? Even sinners love those who love them. And if you do good to those who do good to you, what thanks can you expect? For even sinners do that much. And if you lend to those from whom you hope to receive, what thanks can you expect? Even sinners lend to sinners to get back the same amount. Instead, love your enemies and do good, and lend without any hope of return. You will have a great reward, and you will be sons of the Most High, for he himself is kind to the ungrateful and the wicked.'

'Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned yourselves; grant pardon, and you will be pardoned. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back.'

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:

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

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

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:

Olga D'Souza, Domenico Cristiano, Mellisa Cristiano, Ottavio Pace, Lily Mifsud, 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.

Paolo Pellegrino, Pamela Bilz, 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

**I will recount all your wonders,
I will rejoice in you and be glad,
and sing psalms to your name,
O Most High.**

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.
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- † **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, 23 FEBRUARY 2025
PULPIT POINTS

- ♦ Fr Tony Percy named Sydney's newest bishop
- ♦ Former MP Australia's next Ambassador to the Holy See
- ♦ Tips for planning your Lenten observance
- ♦ How to support a struggling marriage
- ♦ Pope Francis "touched" by love, concern

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



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



BAPTISM CONGRATULATIONS
TO THE **AVELOVSKI AND NASH**
FAMILIES BAPTISING THEIR CHILDREN
LUCIA AND THEO
THIS WEEKEND AT HOLY FAMILY PARISH.

FIRST RECONCILIATION

If you have a child in Year 3 or above who has received the Sacrament of Baptism, it's not too late to enrol your child for First Reconciliation at Holy Family Catholic Parish. To register please go to <https://www.holyfamilymenai.org.au/>. Lessons commence on Tuesday 25 February 2025.



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

PLEASE NOTE DATE CHANGE
St Joseph's Camino Men's overnight Pilgrimage is now 5 -6 September

ROSTER FOR 1/2 MARCH: (1ST WEEKEND) EIGHTH SUNDAY IN ORDINARY TIME YEAR C		5.30pm	8:30am	10am	OTHER
	ACOLYTE	Christopher Fetherston Peter McLachlan	Paul Tyson	Bernard Govind	Counters: Gino Ferraro's Team
	READERS	Simon Bradstock Margaret Keyes Sophie Kerr	Emma Gioiello Erica O'Brien Julie Tyson	Adrian D'Mello Marina D'Mello	Children's Liturgy: Courtney & Indiana
	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: Francy
	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. 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.

We sincerely thank Sharon Becker for creating the beautiful banner of the Jubilee Year 2025 hung in the sanctuary area showcasing her creativity and skill.

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.

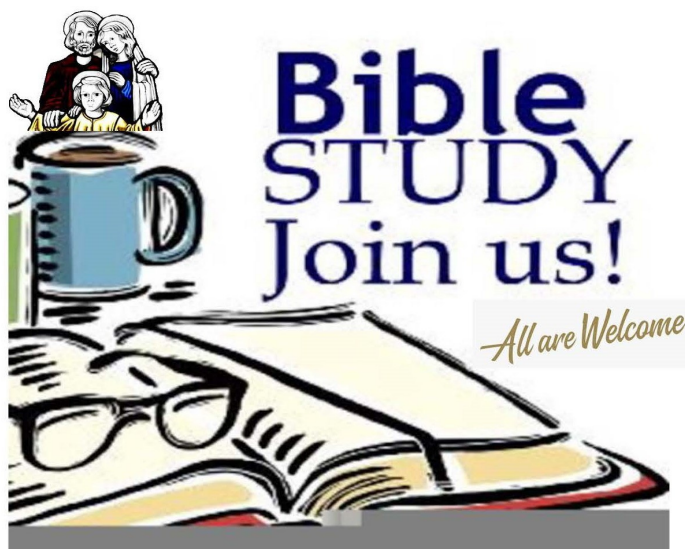
The cross in the shape of a sail, is transformed into an anchor that imposes itself over the waves in motion. A universal symbol of hope.

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



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.

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.

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

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



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



**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 9th May 2024;

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

Recognising the significance of this Jubilee Year as the 1700th 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 28th 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

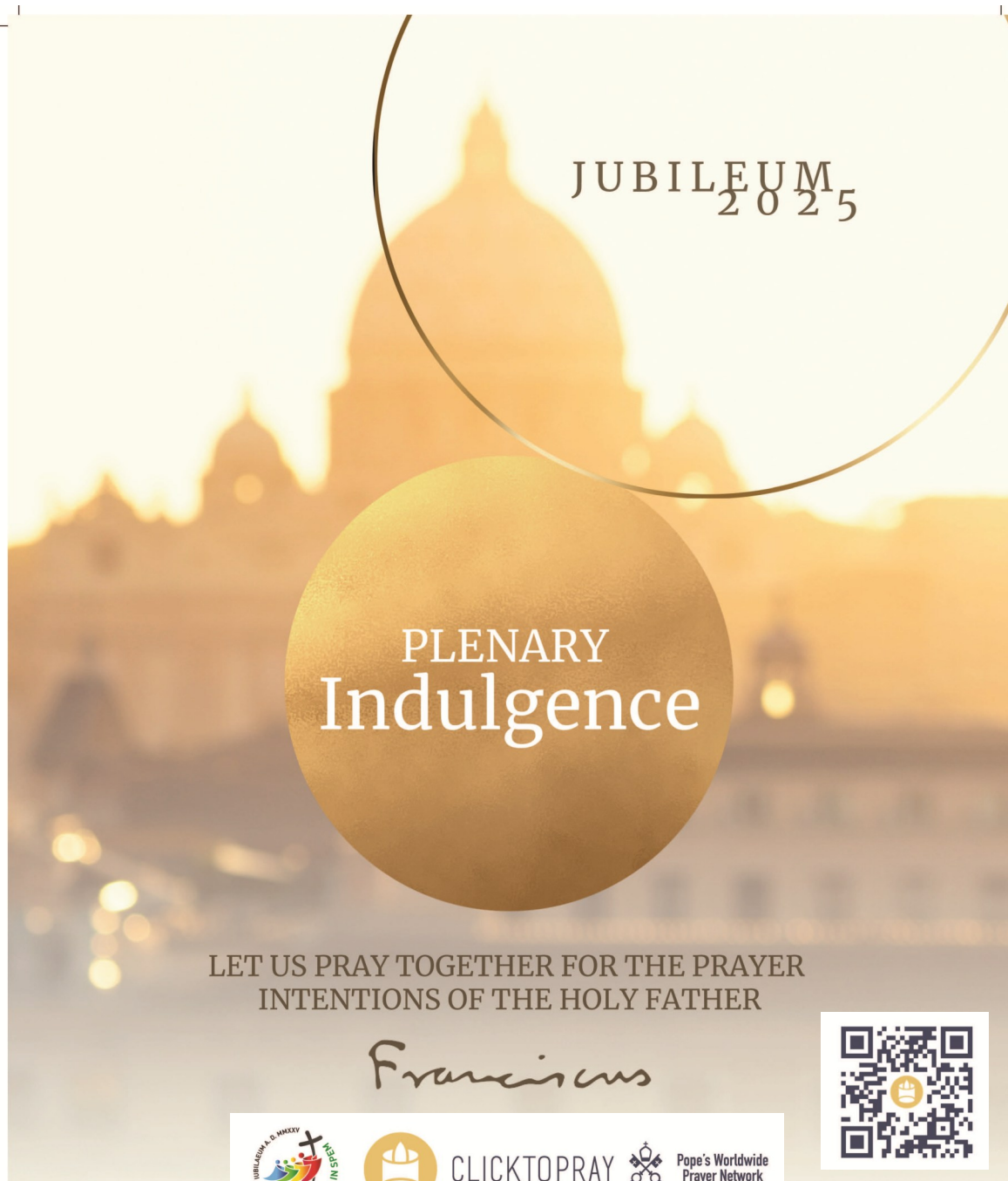
All pilgrims who comply with the usual conditions for an indulgence i.e. receive the Sacrament of Penance, attend Mass, receive the Most Holy Eucharist and pray for the intentions of the Holy Father, will receive a full Jubilee Indulgence upon pilgrimage to any of the churches designated above.

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.