

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



SECOND SUNDAY IN LENT

16 March 2025 Year C/1—Divine office Psalter Week 2

ENTRANCE ANTIPHON

Of you my heart has spoken, Seek his face.
It is your face, O Lord, that I seek;
hide not your face from me.

First Reading

A reading from the book of Genesis
(Genesis 15:5-12, 17-18)

Taking Abram outside the Lord said, 'Look up to heaven and count the stars if you can. Such will be your descendants,' he told him. Abram put his faith in the Lord, who counted this as making him justified.

'I am the Lord' he said to him 'who brought you out of Ur of the Chaldeans to make you heir to this land.' 'My Lord, the Lord' Abram replied, 'how am I to know that I shall inherit it?' He said to him, 'Get me a three-year-old heifer, a three-year-old goat, a three-year-old ram, a turtledove and a young pigeon.' He brought him all these, cut them in half and put half on one side and half facing it on the other; but the birds he did not cut in half. Birds of prey came down on the carcasses but Abram drove them off.

Now as the sun was setting Abram fell into a deep sleep, and terror seized him. When the sun had set and darkness had fallen, there appeared a smoking furnace and a firebrand that went between the halves. That day the Lord made a Covenant with Abram in these terms: 'To your descendants I give this land, from the wadi of Egypt to the Great River.'

The Word of the Lord

Thanks be to God

Responsorial Psalm

(R.) The Lord is my light and my salvation.

The Lord is my light and my help; whom shall I fear? The Lord is the stronghold of my life before whom shall I shrink? **(R.)**

O Lord, hear my voice when I call; have mercy and answer. Of you my heart has spoken: 'Seek his face.' **(R.)**

It is your face, O Lord, that I seek, hide not your face. Dismiss not your servant in anger; you have been my help. **(R.)**

I am sure I shall see the Lord's goodness in the land of the living. Hope in him, hold firm and take heart. Hope in the Lord! **(R.)**

Second Reading

A reading from the letter of St Paul to the Philippians (Philippians 3:17-4:1)

My brothers, be united in following my rule of life. Take as your models everybody who is already doing this and study them as you used to study us. I have told you often, and I repeat it today with tears, there are many who are behaving as

the enemies of the cross of Christ. They are destined to be lost. They make foods into their god and they are proudest of something they ought to think shameful; the things they think important are earthly things. For us, our homeland is in heaven, and from heaven comes the saviour we are waiting for, the Lord Jesus Christ, and he will transfigure these wretched bodies of ours into copies of his glorious body. He will do that by the same power with which he can subdue the whole universe.

So then, my brothers and dear friends, do not give way but remain faithful in the Lord. I miss you very much, dear friends; you are my joy and my crown.

The Word of the Lord

Thanks be to God

Gospel Acclamation

Glory and praise to you, Lord Jesus Christ!

From the shining cloud the Father's voice is heard: this is my beloved Son, hear him.

Glory and praise to you, Lord Jesus Christ!

Gospel

A reading from the holy Gospel according to Luke (Luke 9:28-36)

Jesus took with him Peter and John and James and went up the mountain to pray. As he prayed, the aspect of his face was changed and his clothing became brilliant as lightning. Suddenly there were two men there talking to him; they were Moses and Elijah appearing in glory, and they were speaking of his passing which he was to accomplish in Jerusalem. Peter and his companions were heavy with sleep, but they kept awake and saw his glory and the two men standing with him. As these were leaving him, Peter said to Jesus, 'Master, it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' — He did not know what he was saying. As he spoke, a cloud came and covered them with shadow; and when they went into the cloud the disciples were afraid. And a voice came from the cloud saying, 'This is my Son, the Chosen One. Listen to him.' And after the voice had spoken, Jesus was found alone. The disciples kept silence and, at that time, told no one what they had seen.

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

Parish Priest:

Rev. Mani Malana msfs
E: pastor@holyfamilymenai.org.au

Assistant Priest:

Rev. Tom Jose msfs
E: tom.jose@sydneycatholic.org

Parish Secretary/Bookkeeper:

Andrea Hunt
Phone: 02 9543 2677
E: admin@holyfamilymenai.org.au

Sacramental Coordinator:

Katarina Moric
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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
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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
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Holy Family Parish Menai

1D Anzac Rd Menai NSW 2234

Phone: 02 9543 2677

E: admin@holyfamilymenai.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:

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

Recently Deceased.

Carmelo Schifilliti, Margaret Crothers, 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 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

This is my beloved Son, with whom I am well pleased; listen to him.

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.

Please note: Due to the Clergy Conference taking place on Thursday 20 March, Morning Mass will be celebrated at 8.30am



TOWARD A MORE PRAYERFUL, CHRISTLIKE AND MISSIONARY CHURCH
Apologies for last week, copies of the Pastoral Letter to the Archdiocese of Sydney regarding the Synod of Sydney 2026 can be found in the foyer. Please take home and read.

List of our Volunteer Groups at Holy Family Parish, Menai can be found in the noticeboard.

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!



The Sydney Alliance brings together diverse community organisations, unions, religious organisations and schools to advance the common good and achieve a fair, just and sustainable city.

Join us to advance the common good in the Sutherland Shire

The Sutherland Sydney Alliance Group will meet **7-8pm Wed 26 March** online

Contact: SutherlandSydneyAlliance@gmail.com
More info here: www.sydneyalliance.org.au/

The Sutherland Shire Network of Family Educators invite you to

Reflect and Renew

Friday 4th April
11.00am for 11.15am start
Meet at the Woronora Memorial Park Sutherland (free)
12.30pm
Join us for lunch at Club on East (at own cost)
Please register your attendance using the [link](#) or QR code

Join us as we pray the beautiful Stations of the Cross circular prayer walk this Lent

ROSTER FOR 22/23 MARCH: (4TH WEEKEND) THIRD SUNDAY OF LENT YEAR C		5.30pm	8:30am	10am	OTHER
	ACOLYTE SERVERS	Justin Coupland	George Szymura	Phil Collins Adrian D'Mello	Counters: Manuel Ortiz's Team
	READERS	Anne Newman Hastie Family	Bernard Govind Mia Apomayta Andrea King	Emma Gioiello Nuha De Vries	Children's Liturgy: Michelle & Sophie
	WARDENS	Charlie Zammit/Benny Falls	George Szymura/Jim Montague	Tony Ibrahim	Heritage Aged Care: George & Wendy
	MUSICIANS	Peter Newman	Daniel Nakhl	Volunteers Welcome	Barden Lodge Aged Care: Andrea K
	PIETY STALL	Anne	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.

THE Catholic Weekly

SUNDAY, 16 MARCH 2025

PULPIT POINTS

- ♦ Rite of Election: Historic growth in faith
- ♦ Carlo Acutis inspires parish youths off to Rome
- ♦ ARC Conference 2025
- ♦ Pope Francis "out of danger"
- ♦ St Joseph's feast day and recipe

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

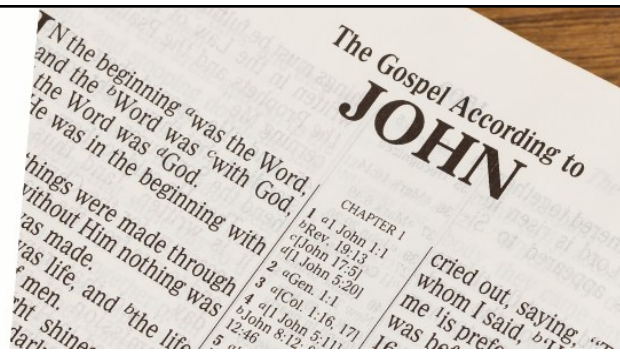
OUR BIBLE STUDY CONTINUES

THE GOSPEL OF JOHN

THURSDAYS DURING LENT, THEN AFTER

EASTER ON FRIDAYS AT 7.30PM

Everyone is welcome. It's not too late join.



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.

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 7pm 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

Inviting all Young Adults from
Menai to join

ST PATRICK'S YOUNG ADULTS

LENTEN GROUPS

AGES 18-25

COMMENCING
SATURDAY 8
MARCH

BEGINNING WITH
DINNER AT 7PM

AGES 25+

COMMENCING
SUNDAY 9
MARCH

5PM FOLLOWED
BY DINNER

LENTEN GATHERINGS HELD IN THE
PRESBYTERY MEETING ROOM EVERY WEEK
DURING LENT

PREPARING FOR EASTER THROUGH
COMMUNITY, COMPANIONSHIP, AND
DELVING INTO SCRIPTURE

136 Flora St, Sutherland



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



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

From Fr Mani's desk...

2nd Sunday of Lent

All the readings of today have a reference to mountains. We have Abraham on Mount Moriah, the redeeming Christ on Mount Calvary and the Transfigured Christ on Mount Tabor. We are invited to climb these mountains during Lent. Mountain climbing is exciting though hard. When we reach the top, we see things in a different way. The air is cleaner, the light is clearer; we seem closer to the Almighty.

Abraham was called by God to leave his own people and the familiar surroundings and go to a place God intended - Mount Moriah. He followed the command of God like an obedient child and he was even asked to sacrifice his own son Isaac there. God rewarded and approved his faith and blessed him and made him father of the great nation.

St. Paul in the second reading speaks about Christ's love for us, shown on Mount Calvary. During Lent we are called to embrace more fully the love of Jesus and see Him as our only Savior. To climb the hill of Calvary is to leave all the ungodliness and imperfections behind us and see Jesus alone, the way, the truth and the life and to embrace His death and resurrection as our key to life.

Finally there is Mount Tabor, the mountain where Jesus is transfigured. Cross and suffering was a sign of shame and stumbling block. After this event the disciples became changed men carrying with them not only a firsthand glimpse of God's majesty but the identity of Jesus as the son of God. This vision remained in their mind as a source of strength for them during the coming passion and death of Jesus. God is watching every suffering of His children and when we accept it joyfully from Him like Jesus, He will say to us also, "This is my beloved son, daughter..."

The Eucharist functions like the mountains: a privileged means for us to encounter the divine. Hence we should go to church as we would trek a mountain leaving behind all distractions truly seeking God with our whole being. Only then do we find Him there, always present eagerly anticipating. And then our own transfiguration may begin and we can exclaim together with Peter: "Lord, it is good that we are here." We will be able to hear the phone ringing and God is on the other end of the line.



**PROJECT
COMPASSION**

Second Sunday of Lent

15th and 16th of March 2025

Toefuata'iga - (*Tof-foo-ah-tah-ing-ah*) a primary school student from Samoa faced severe water shortages at her school. Thanks to Caritas Australia and the generosity of supporters like you, her primary school now has a 10,000 L water tank. Teachers and students now have access to clean drinking water at their school and are able to focus on education.

Please donate today.

You can support Project Compassion 2025 through the donation boxes, envelopes or by scanning the QR code above.



Or online at: caritas.org.au/project-compassion

Or by calling: 1800 024 413

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



Celebrating the Solemnity of St. Joseph

Spouse of the Blessed
Virgin Mary

Wednesday 19 March

Please join us for a Special Mass at
9.15am and 7pm

WORKING BEE SATURDAY

12 April

Many hands make light work!!

From 10am - 12pm Please join us for one or two hours for a general tidy-up, inside and outside our Church and car park.

We look forward to seeing you there.

Thank you!

SAVE THE DATE

20

DAY

06

MONTH

25

YEAR

PARISH DINNER

MORE INFORMATION WILL BE PROVIDED IN
THE COMING WEEKS.



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 (5th MARCH) TO THE MASS OF THE LORD'S SUPPER (17th 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, 5th March, and Trinity Sunday, 15th 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
5th 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 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

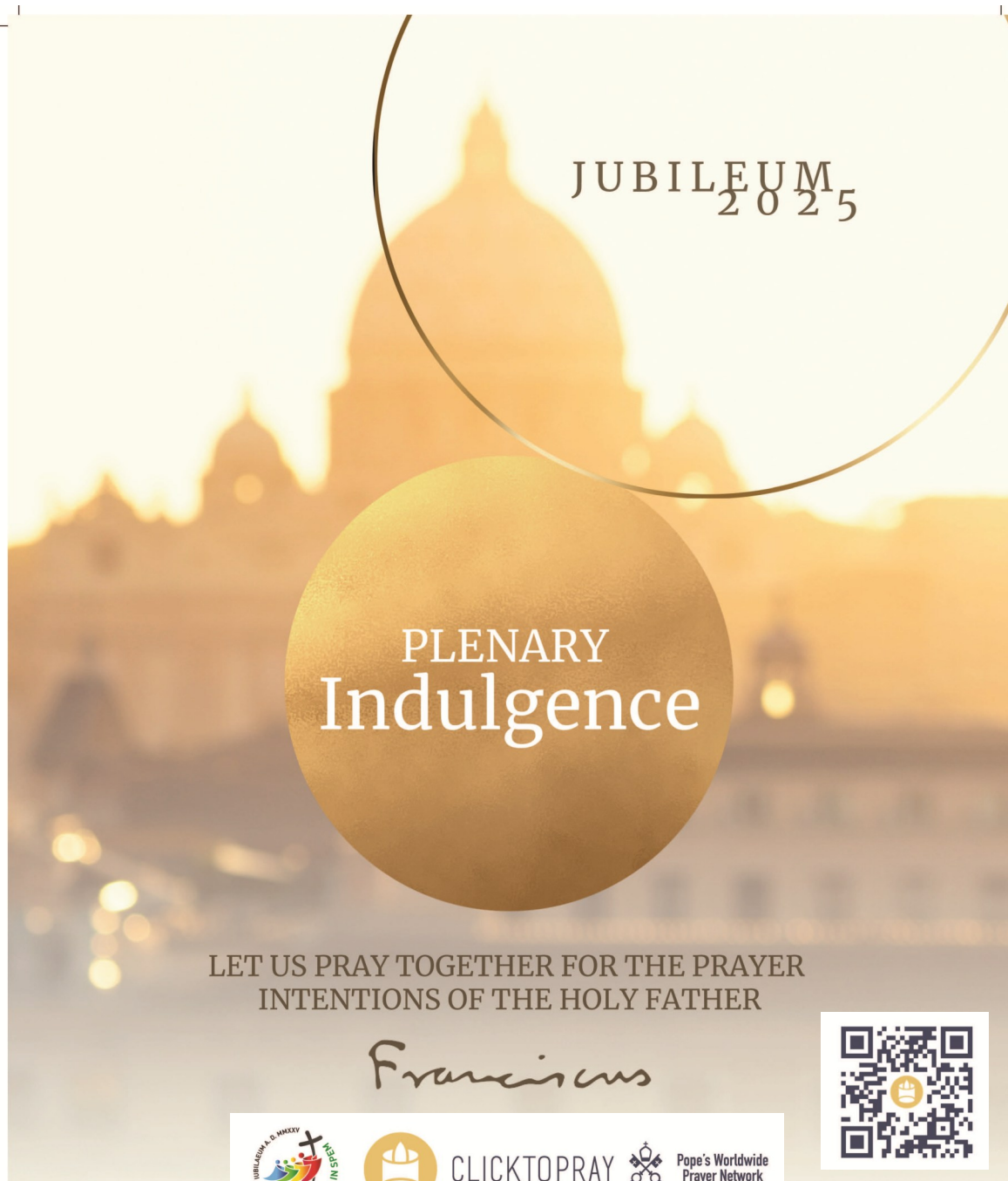
All pilgrims who comply with the usual conditions for an indulgence i.e. receive the Sacrament of Penance, attend Mass, receive the Most Holy Eucharist and pray for the intentions of the Holy Father, will receive a full Jubilee Indulgence upon pilgrimage to any of the churches designated above.

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.