

# HOLY FAMILY CATHOLIC PARISH MENAI

LIVING AND SHARING THE CHRISTIAN LIFE AS A GROWING PARISH FAMILY

Alfords Point Bangor Barden Ridge Illawong Lucas Heights Menai Woronora West



## THIRD SUNDAY IN LENT

23 March 2025 Year C/1—Divine office Psalter Week 3

### ENTRANCE ANTIPHON

My eyes are always on the Lord, for he rescues my feet from the snare.  
Turn to me and have mercy on me,  
for I am alone and poor.

### First Reading

**A reading from the book of Exodus**  
(Exodus 3:1-8, 13-15)

Moses was looking after the flock of Jethro, his father-in-law, priest of Midian. He led his flock to the far side of the wilderness and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in the shape of a flame of fire, coming from the middle of a bush. Moses looked; there was the bush blazing but it was not being burnt up. 'I must go and look at this strange sight,' Moses said, 'and see why the bush is not burnt.' Now the Lord saw him go forward to look, and God called to him from the middle of the bush. 'Moses, Moses!' he said. 'Here I am' he answered. 'Come no nearer' he said. 'Take off your shoes, for the place on which you stand is holy ground. I am the God of your father,' he said 'the God of Abraham, the God of Isaac and the God of Jacob.' At this Moses covered his face, afraid to look at God.

And the Lord said, 'I have seen the miserable state of my people in Egypt. I have heard their appeal to be free of their slave-drivers. Yes, I am well aware of their sufferings. I mean to deliver them out of the hands of the Egyptians and bring them up out of that land to a land rich and broad, a land where milk and honey flow.'

Then Moses said to God, 'I am to go, then, to the sons of Israel and say to them, "The God of your fathers has sent me to you." But if they ask me what his name is, what am I to tell them?' And God said to Moses, 'I Am who I Am. This' he added 'is what you must say to the sons of Israel: "The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you." This is my name for all time; by this name I shall be invoked for all generations to come.'

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 does deeds of justice, gives judgement for all who are oppressed. He made known his ways to Moses and his deeds to Israel's sons. **(R.)**

The Lord is compassion and love, slow to anger and rich in mercy. For as the heavens are high above the earth so strong is his love for those who fear him. **(R.)**

### Second Reading

**A reading from the first letter of St Paul to the Corinthians**

I want to remind you how our fathers were all guided by a cloud above them and how they all passed through the sea. They were all baptised into Moses in this cloud and in this sea; all ate the same spiritual food and all drank the same spiritual drink, since they all drank from the spiritual rock that followed them as they went, and that rock was Christ. In spite of this, most of them failed to please God and their corpses littered the desert.

These things all happened as warnings for us, not to have the wicked lusts for forbidden things that they had. You must never complain: some of them did, and they were killed by the Destroyer.

All this happened to them as a warning and it was written down to be a lesson for us who are living at the end of the age. The man who thinks he is safe must be careful that he does not fall.

The Word of the Lord

Thanks be to God

### Gospel Acclamation

**Glory to you, Word of God, Lord Jesus Christ!**

Repent, says the Lord; the kingdom of heaven is at hand.

**Glory to you, Word of God, Lord Jesus Christ!**

### Gospel

**A reading from the holy Gospel according to Luke (Luke 13:1-9)**

Some people arrived and told Jesus about the Galileans whose blood Pilate had mingled with that of their sacrifices. At this he said to them, 'Do you suppose these Galileans who suffered like that were greater sinners than any other Galileans? They were not, I tell you. No; but unless you repent you will all perish as they did. Or those eighteen on whom the tower at Siloam fell and killed them? Do you suppose that they were more guilty than all the other people living in Jerusalem? They were not, I tell you. No; but unless you repent you will all perish as they did.'

He told this parable: 'A man had a fig tree planted in his vineyard, and he came looking for fruit on it but found none. He said to the man who looked after the vineyard, "Look here, for three years now I have been coming to look for fruit on this fig tree and finding none. Cut it down: why should it be taking up the ground?"' 'Sir,' the man replied 'leave it one more year and give me time to dig round it and manure it: it may bear fruit next year; if not, then you can cut it down.'

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  
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](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:*

Kathleen Branley, 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:*

Cassie Fonseca, Joseph Alam, Thomas Trutwein, Venancio Salugsugan, Presentation Gamo Salugsugan, Juan Gamo Salugsugan, Rosario Salugsugan, Juliet Patricio Fajilan, Nilcar Fajilan, Capistrano Huerbana Aclan, Catalina Salas Aclan, Aleen Salas Aclan, 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

**For anyone who drinks it, says the Lord, the water I shall give will become in him a spring welling up to eternal life.**

## THE MYSTERY OF FAITH.

We proclaim your Death, O

Lord, and profess your

Resurrection until you come again.

## THE JUBILEE PRAYER

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

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

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

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

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

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

## PRAYER TO ST MICHAEL

Saint Michael the Archangel, defend us in the day of battle. Be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the Heavenly Host, by the power of God, cast into hell satan and all evil spirits who wander through the world seeking the ruin of souls. Amen



# What's on at Holy Family Parish

- † **Exposition of the Blessed Sacrament** - Tue - Sat: 8.30am - 9.10am
  - † **Morning Prayer (Lauds)** - Tue - Thu 8.45am.
  - † **Divine Mercy Chaplet and Benediction of the Blessed Sacrament** - Fri 8.45am  
1st Friday of the month (after 7pm Mass - 12am)
  - † **Rosary** - Sat - 8.45am.
- 
- † **Children's Liturgy** - Not in the School Holidays
  - † **Daily Rosary, Rosary** at 8-8.30pm on Zoom, please text (ROSARY) to 0418 433 333 to receive the link.



**menALIVE**  
men's weekend

when was the last time you felt  
**FULLY ALIVE?**

**save the date**

**Saturday 31 May to Sunday, 1 June**

**St Patrick's Parish Hall**  
**136 Flora St**  
**Sutherland**

Book now  
<https://www.trybooking.com/CYXFZ>

**menALIVE**  
men's weekend

The purpose of menALIVE is to bring men together, to renew their faith in God, and to encourage them to become an active force within the Church.

[www.menalive.org.au](http://www.menalive.org.au)

# THE Catholic Weekly

**SUNDAY, 23 MARCH 2025**

PULPIT POINTS

- ♦ Sydney turns green for St Patrick's Day
- ♦ St Joseph inspires devotion from Moorebank to Mulgoa
- ♦ See our special schools edition The Collegian
- ♦ 100 years for Gladesville church
- ♦ Launch of Emmaus women's accompaniment

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

*Day of the*  
**UNBORN CHILD**  
**Sunday 23 March 2025**



...I will not forget you. I have carved you on the palm of my hands. *Isaiah 49*

**10:30am Mass**  
St Mary's Cathedral, Sydney

**12 noon Angelus**  
Followed by a prayerful  
**Street Procession**  
Led by Archbishop Fisher and Cardinal Mykola Bychok followed by an address at Parliament House by our  
**Guest Speaker**  
Cardinal Mykola Bychok

**1:30pm Benediction**  
St Mary's Cathedral

The Feast of the Annunciation is internationally recognised as the **Day of the Unborn Child**. It marks the day Our Lord Jesus Christ became a tiny unborn child in His mother's womb. It is a day of remembrance of the dignity of the unborn and of the millions of unborn children whose lives have been ended by the violence of abortion.

**For more information check**  
[www.lifeandfamily.com.au](http://www.lifeandfamily.com.au)

An initiative of **Life and Family Institute**  
Ph 02 9002 0354 [info@lifeandfamily.com.au](mailto:info@lifeandfamily.com.au)  
together with **TFP - Australia Needs Fatima & Servants of Mary Help of Christians**

Archbishop Anthony Fisher      Cardinal Mykola Bychok

ROSTER FOR 29/30 MARCH: (5TH WEEKEND) FOURTH SUNDAY OF LENT YEAR C		5.30pm	8:30am	10am	OTHER
	ACOLYTE	Peter McLachlan Raf Saad	Peter Mauch	Vacant	Counters: John Burt's Team
	READERS	Linda O'Regan Luce Dunn Lou Pender	Erica O'Brien Maguy Nakhl Adam Kwaitkowski	Adrian D'Mello Marina D'Mello	Children's Liturgy: Vanessa & Emma
	WARDENS	Charlie Zammit/Benny Falls	George Szymura/Jim Montague	Cosimo Gioiello	Aeralife Aged Care: Adam
	MUSICIANS	Volunteers Welcome	Jeff and Sue Low	Volunteers Welcome	Barden Lodge Aged Care: Volunteer Needed
	PIETY STALL	Emily	Roslyn	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](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.



# 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



HOLY FAMILY CATHOLIC CHURCH  
MENAI

## HOLY WEEK & EASTER TIMETABLE

**You are invited to join us as we commemorate the saving Passion, Death and Resurrection of Jesus Christ, celebrated in the sacred Liturgies of Holy Week.**

**Palm Sunday 13 April, 2025**

5.30pm Vigil Mass  
8.30am and 10am Masses

**Tuesday 15 April, 2025**

9:15am Daily Mass

**Wednesday 16 April, 2025**

9:15am Daily Mass

**Maundy Thursday 17 April, 2025**

10.30am Chrism Mass at St Mary's Cathedral  
7:30pm Mass of the Lord's Supper  
Adoration at the Altar of Repose after the Mass until 12am

**Good Friday 18 April, 2025**

Divine Mercy Novena begins  
10:00am Stations of the Cross  
Reconciliation 11.15am - 12.15pm  
3pm Solemn Commemoration of the Lord's Passion  
Reconciliation 4.30pm - 5.30pm

**Holy Saturday 19 April, 2025**

Reconciliation 10am - 11.30am  
7:30pm Easter Vigil in the Church

**Easter Sunday 20 April, 2025**

8.30am and 10.30am Masses  
(No 10am Mass on this day)

LENTEN SERIES

## SHIRE YOUNG ADULTS

GOD - FAITH - ENCOUNTER



**SATURDAY 29 MARCH - 7:00PM**

**CRONAN YU - PRAYER AS CONFIGURATION TO THE SACRED HEART**

ST PATRICK'S CATHOLIC CHURCH SUTHERLAND

**WEDNESDAY 9 APRIL - 7:00PM**

**FR DAN MCCAUGHAN - REFLECTIONS ON DIVINE FATHERHOOD IN THE MODERN AGE**

ST. CATHERINE LABOURÉ CATHOLIC PARISH GYMEA

CATECHESIS - ADORATION - FRATERNITY



FIDELIS

PURP+SE



**ADORATION  
+ MASS**

**FOOD +  
SOCIAL TIME**

**TALK +  
Open Q&A**

**26  
MAR**

**6:00-7:30  
ADORATION + 7PM MASS  
7:30-8:15  
FOOD-SOCIAL TIME  
8:15-9:15  
TALK + OPEN Q&A**

**ST JOACHIM'S  
Catholic Church  
LIDCOMBE  
2 MILLS ST, LIDCOMBE**

**ALL  
YOUNG  
ADULTS  
WELCOME**

**GUEST  
PRESENTER**



**Fr Bijoy Joseph**

**TOPIC:  
Mass  
Misconceptions**

FIDELIS is brought to you by:  
SYDNEY CATHOLIC YOUTH



136 Flora St, Sutherland

ST PATRICK'S YOUNG ADULTS  
LENTEN GROUPS

Inviting all Young Adults from  
Menai to join



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

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

## MAIN TOPICS TO DISCUSS FOR SYDNEY SYNOD (30 AUGUST TO 2 SEPTEMBER 2025)

### *The Three Longings*

1. That our liturgies be more prayerful; occasions of real encounter with God and opportunities for faith development; sacramental programs be improved to initiate into prayerful sacramental celebrations.
2. That our parish and other Church communities be Christ-centred; where people are called to ongoing conversion; where people are called to live their baptismal dignity, growing in holiness and service; welcoming communities, especially as regards families and the young.
3. That we be mission oriented; we carry Christ's presence beyond Church boundaries; we see ourselves as servants of all with a special place for the marginalised.



### 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.

### *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.

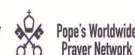
To obtain an indulgence, Catholics in the state of grace must:

- \* 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.



CLICKTOPRAY





## From Fr Mani's desk...

### 3rd Week Lent: (Year C)

#### The God who notices...

Eventually she decided to ask her husband: "Well then, what do you think? Don't you like the dress dear?"

Without looking up from his paper, he asks: "what dress darling?"

"The one I have been wearing for the last three hours," she says. "Of course you haven't noticed have you? You used to notice every time I changed a curl or hair slide. And now you wouldn't notice if I have dyed my hair! And you have forgotten my birthday again. The trouble with you is that you just don't notice any more, do you?" It really makes me wonder." The husband started mumbling ...

When people fail to notice, or no longer have the time, we begin to wonder about the quality of their love. It is difficult to ignore people and claim to love them. We can't love people we don't even notice. When there is true love there is the awareness and we pay attention to what is going on in their lives. In the first reading, we have the revelation of who God is. Our God is somebody who really cares and takes notice of our every change. He says to Moses: "I have seen the misery of my people in Egypt...I am well aware of their suffering." We have a God who takes care of everything that happens in our life and so we have hope and nothing much to worry about.

All the readings of today speak of God's mercy and compassion in disciplining his children and giving them a second chance in spite of their repeated sins.

In the gospel, Jesus reminded the people about the ruthless ruler Pilate. People had come all the way from Galilee to worship at the temple of Jerusalem. We don't know what offence they had committed, Pilate slaughters them while they were worshipping. Another misfortune had taken place in Jerusalem some time before; a tower had collapsed crushing to death 18 people who were inside. One was man made tragedy and the other natural. We experience same sorts of tragedies in our everyday life. Like people of Jesus' time, some people could think that it was a sign that either that person or someone else in the family or in the society was guilty of their sins and it is the punishment from God.

But these misfortunes only show us how fragile and brief, vulnerable and precarious life has become. Every time we turn on the ignition of our car, drive on our free ways, or board a plane or take a drug, we give up some control. Through sins we cut ourselves off from God and others. We allow the spiritual cancer to eat us up. Jesus says through the parable of the fig tree that from God's part he is patient and gives us more time to make change in our life and make our life spiritually yielding. This is given to us especially through the sacraments of Eucharist and Confession. The warning that Jesus gives is more serious than the warnings we see on cigarette packets or medicines. He warns us that every tragedy does not signify a sin but every sin is a tragedy. The disaster in our life may not be in my control but the disaster of my soul is! Although God is loving and merciful, He can not save me without my willingness and co-operation.

## 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, getting ready for Holy Week.

**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.

### BIBLE STUDY - The Gospel of John - Chapter 4

**Thursdays 27 March to 3 April, 7.30pm**

- Jesus and the Samaritan Woman
- Second Sign at Cana

Facilitator: John Rickert

**All Welcome!**



# 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

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ARCHBISHOP OF SYDNEY