

# 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



## THE EASTER VIGIL IN THE HOLY NIGHT

19 April 2025 Year C/1—Divine office Psalter Week 1

The **Easter Vigil** is the most important celebration of our faith. In this celebration we await and welcome the Risen Lord and we celebrate our rebirth in Christ and the gift of our faith. The whole ceremony has **four elements**:

**Liturgy of Light:** With the lighting of the Paschal Candle and the singing of the Exsultet, the great hymn of praise.

**Liturgy of the Word:** We listen to the story of salvation through readings from the Old Testament. The full liturgy has seven Old Testament readings. We use three. The Gloria follows these readings and then the readings of the Mass set out below, are proclaimed.

**Liturgy of Baptism:** We bless the baptismal water.

**Liturgy of the Eucharist:** We then move into the more familiar part of the Mass with the procession of gifts, the Eucharistic prayer and then the distribution of Holy Communion.

**Liturgy of the Word:**

**Readings:** Gen 1:1 - 2:2Ex 14:15 - 15:1 Ez 36:16-28

**Epistle:** Rom 6:3-11, Ps 117:1-2, 16-17, 22-23

### Gospel

**A reading from the holy Gospel according to Luke (Luke 24:1-12)**

On the first day of the week, at the first sign of dawn, the women went to the tomb with the spices they had prepared. They found that the stone had been rolled away from the tomb, but on entering discovered that the body of the Lord Jesus was not there. As they stood there not knowing what to think, two men in brilliant clothes suddenly appeared at their side. Terrified, the women lowered their eyes. But the two men said to them, 'Why look among the dead for someone who is alive? He is not here; he has risen. Remember what he told you when he was still in Galilee: that the Son of Man had to be handed over into the power of sinful men and be crucified, and rise again on the third day?' And they remembered his words.

When the women returned from the tomb they told all this to the Eleven and to all the others. The women were Mary of Magdala, Joanna, and Mary the mother of James. The other women with them also told the apostles, but this story of theirs seemed pure nonsense, and they did not believe them. Peter, however, went running to the tomb. He bent down and saw the binding cloths, but nothing else; he then went back home, amazed at what had happened.

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

**Deacon.**  
Rev. Mr. Likisone Tominiko  
E: Likisone.tominiko@sydneycatholic.org

**Parish Secretary/Bookkeeper:**  
Andrea Hunt  
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**Sacramental Coordinator:**  
Nicole Makdessi  
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**Parish Pastoral Council**  
**Chair Person:**  
Ivan David  
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**Parish Finance Committee**  
**Chair Person:**  
Robert Mulcahy  
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**Parish Safeguarding Officer:**  
Nicole Makdessi  
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**Parish WH&S Management Officer:**  
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**Holy Family Primary Principal:**  
Phillip Tax Ph 9543 2614

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James Clancy Ph 9543 0188

**Holy Family Parish Menai**  
**1D Anzac Rd Menai NSW 2234**  
Phone: 02 9543 2677  
E: admin@holyfamilymenai.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:** Every 2nd Sunday, 11.15am and 4th Sunday during 10am Mass (no baptisms during Lent)

**Baptism Preparation Program:**  
11am on the 1st Sat of each month.

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## SUNDAY OF THE RESURRECTION

20 April 2025 Year C/1—Divine office Psalter Week 1

### ENTRANCE ANTIPHON

I have risen, and I am with you still, alleluia.  
You have laid your hand upon me, alleluia.  
Too wonderful for me, this knowledge, alleluia, alleluia.

### First Reading

**A reading from the Acts of the Apostles** (Acts 10:34. 37-43)

Peter addressed Cornelius and his household: 'You must have heard about the recent happenings in Judaea; about Jesus of Nazareth and how he began in Galilee, after John had been preaching baptism. God had anointed him with the Holy Spirit and with power, and because God was with him, Jesus went about doing good and curing all who had fallen into the power of the devil. Now I, and those with me, can witness to everything he did throughout the countryside of Judaea and in Jerusalem itself: and also to the fact that they killed him by hanging him on a tree, yet three days afterwards God raised him to life and allowed him to be seen, not by the whole people but only by certain witnesses God had chosen beforehand. Now we are those witnesses – we have eaten and drunk with him after his resurrection from the dead – and he has ordered us to proclaim this to his people and to tell them that God has appointed him to judge everyone, alive or dead. It is to him that all the prophets bear this witness: that all who believe in Jesus will have their sins forgiven through his name.'

The Word of the Lord

**Thanks be to God**

**Responsorial Psalm** Ps 117:1-2. 16-17. 22-23. R. v.24

**(R.) This is the day the Lord has made; let us rejoice and be glad.**

Give thanks to the Lord for he is good, for his love has no end. Let the sons of Israel say: 'His love has no end.' (R.)

The Lord's right hand has triumphed; his right hand raised me up. I shall not die, I shall live and recount his deeds. (R.)

The stone which the builders rejected has become the corner stone. This is the work of the Lord, a marvel in our eyes. (R.)

### Second Reading

**A reading from the letter of St Paul to the Colossians** (Col 3:1-4)

Since you have been brought back to true life with Christ, you must look for the things that are in heaven, where Christ is, sitting at God's right hand. Let your thoughts be on heavenly things, not on the things that are on the earth, because you have died, and now the life you have is hidden with Christ in God. But when Christ is revealed – and he is your life – you too will be revealed in all your glory with him.

The Word of the Lord

**Thanks be to God**

### Sequence

Christians, to the Paschal Victim offer sacrifice and praise. The sheep are ransomed by the Lamb; and Christ, the undefiled, hath sinners to his Father reconciled. Death with life contended: combat strangely ended! Life's own Champion, slain, yet lives to reign. Tell us, Mary: say what thou didst see upon the way. The tomb the Living did enclose; I saw Christ's glory as he rose! The angels there attesting; shroud with grave-clothes resting. Christ, my hope, has risen: he goes before you into Galilee. That Christ is truly risen from the dead we know. Victorious king, thy mercy show!

**Gospel Acclamation** (1 Cor 5:7-8)

**Alleluia, alleluia!**

Christ has become our paschal sacrifice;  
let us feast with joy in the Lord.

**Alleluia!**

### Gospel

**A reading from the holy Gospel according to John** (Jn 20:1-9)

It was very early on the first day of the week and still dark, when Mary of Magdala came to the tomb. She saw that the stone had been moved away from the tomb and came running to Simon Peter and the other disciple, the one Jesus loved. 'They have taken the Lord out of the tomb' she said 'and we don't know where they have put him.'

So Peter set out with the other disciple to go to the tomb. They ran together, but the other disciple, running faster than Peter, reached the tomb first; he bent down and saw the linen cloths lying on the ground, but did not go in. Simon Peter who was following now came up, went right into the tomb, saw the linen cloths on the ground, and also the cloth that had been over his head; this was not with the linen cloths but rolled up in a place by itself. Then the other disciple who had reached the tomb first also went in; he saw and he believed. Till this moment they had failed to understand the teaching of scripture, that he must rise from the dead.

The Gospel of the Lord

**Praise to you, Lord Jesus Christ.**

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*In your love and concern, please pray for all the sick and vulnerable members of our Holy Family community:*

Lynette Rocca, Marie Gonsalvez, Victoriano Mendoza, Jan Kurianski, Bernadette O'Brien, Ivan David, Tony Trainor, Ilse Von Stamm, Anthony Mifsud, Dymna Fitzpatrick, Sandra Thomas, Frances Rupolo, Matthew McLachlan, Mark F, Robbert A, 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:*

Megan Pettitt, Lucia Cristiano, Ronald Ball, Teresa Jacob, Felicity Thomas, Maria De Bellis, David Stephenson, Cassie Fonseca, Joseph Alam, Thomas Trutwein, Marilyn Nicholls, Johanna Nicholls, Justin Olliffe, Ken Olliffe, Joe Bridgett and Peter Howlett.

*Recently Deceased.*

Kathleen Branley, Giuseppina Gallo, Steven Carlo Kopjar, Julia Chalita and Carmelo Schifilliti.

*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

**Christ our Passover has been sacrificed; therefore let us keep the feast with the unleavened bread of purity and truth, alleluia.**

## 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.**

## THE REGINA COELI (during Easter Season)

V. Queen of Heaven Rejoice, Alleluia

R. For he whom you did merit to bear, Alleluia

V. Has risen as He said. Alleluia

R. Pray for us to God. Alleluia

V. Rejoice and be glad, O Virgin Mary, Alleluia

R. For the Lord is truly risen! Alleluia!

## Let us pray

O God, who gave joy to the world through the resurrection of Your Son, our Lord Jesus Christ; grant, we beseech You, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life: Through the same Christ our Lord. 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.
- † **Mass** - Tue - Sat 9.15am, during Lent Wed 7.30pm and Fri 7pm (Confession available during Adoration)

- † **Children's Liturgy** - Sun - 8.30am Mass
- † **Daily Rosary, Rosary** at 8-8.30pm on Zoom, please text (ROSARY) to 0418 433 333 to receive the link.



## HOUSE BLESSINGS DURING EASTER

If you would like to have your House Blessed during Easter, please indicate which day and time you prefer, along with your contact details on the sheet in the foyer.

### FIRST HOLY COMMUNION 2025

If you have a child in year three or above and they have already completed their First Reconciliation and would like to make their First Holy Communion this year, details are now available online at [www.holyfamilymenai.org.au](http://www.holyfamilymenai.org.au) or you can contact the Parish office on 9543 2677 or email [sacraments@holyfamilymenai.org.au](mailto:sacraments@holyfamilymenai.org.au).

### PARKING COURTESY

As parking can be quite congested during the Easter ceremonies, please show courtesy & consideration in the car park and to our neighbours in surrounding streets.



**Caritas**  
AUSTRALIA

**PROJECT**  
**COMPASSION**

**Easter Sunday**  
**20th April 2025**

### Happy Easter from all of us here at Caritas Australia!

As we celebrate this season of hope and renewal, we want to express our heartfelt gratitude for your support through Caritas Australia's Project Compassion this Lent. As we reflect on the Easter message of love, compassion, and new beginnings, we are reminded of the incredible impact your contributions make. Together, we are building a world where no one is left behind.

**Thank you for standing with us, as we *Unite Against Poverty* through Caritas Australia's Project**



**UNITE**   
**AGAINST**  
**POVERTY**

**this Lent**

**It's not too late to donate.**

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](http://caritas.org.au/project-compassion)

**Or by calling:** 1800 024 413

**Thank you for standing with us, as we *Unite Against Poverty* this Lent.**

### PROJECT COMPASSION DONATIONS

Please remember to bring in your Project Compassion donation boxes and envelopes over the Easter weekend. Kindly place them in the white basket by the door outside the Sacristy. Thank you.



ROSTER FOR 26/27 APRIL: (4TH WEEKEND)  SECOND SUNDAY OF EASTER (DIVINE MERCY)		5.30pm	8:30am	10am	OTHER
	ACOLYTES/ SERVERS	Justin Coupland	George Szymura	Phil Collins Adrian D'Mello	Counters: Gino Ferraro's Team
	READERS	Anne Newman Hastie Family	Bernard Govind Mia Apomayta Andrea King	Emma Gioiello Nuha De Vries	Children's Liturgy: Not during the school holidays
	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: Elise
	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](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 is life all about and what have we been put on this earth for?

For some people this searching includes GOD, and for others, it doesn't.

Regardless, the question of "IS THERE MORE TO LIFE THAN THIS?" is universal.

# Alpha

IS THERE  
MORE TO LIFE  
THAN THIS?

ALPHA is a series of conversations about Life, Faith, Meaning & God. It creates a safe space for people to ask questions and get connected with others. Alpha runs all around the world and shares a common theme;

- Connect – Have a meal together
- watch a Talk via video and
- Conversation in small groups

Alpha is for everyone; all backgrounds, all contexts, and all ages. ALPHA welcomes people from all walks of life. It explores life's big questions with other people in a friendly, non-judgmental environment.

Testimonies from those that have attended Alpha previously, say that it changed their lives.

Alpha at Holy Family Parish begins on Wednesday 30<sup>th</sup> April at 7pm in the Church Foyer. Registrations are essential, so please pick up a registration form in the church foyer or email us on the email address below.

[alpha.holyfamilymenai@gmail.com](mailto:alpha.holyfamilymenai@gmail.com)

TOGETHER WE GROW AS  
HOLY FAMILY



PLEASE JOIN US FOR OUR

## PARISH DINNER DANCE



JUNE

# 20

7:00 PM

TICKETS CAN BE PURCHASED  
ONLINE USING THE QR CODE  
OR YOU CAN CONTACT CLUB  
CENTRAL MENAI OR THE  
PARISH OFFICE ON 9543 2677



TICKETS COST \$85  
THIS INCLUDES FOOD, A COMPLIMENTARY  
DRINK AND ENTERTAINMENT

PLEASE ARRIVE AT 6.30PM  
CLUB CENTRAL MENAI  
44-60 ALLISON CRESCENT, MENAI

**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 FEAST of OUR LADY of*  
**FATIMA**

**Saturday, 10 May 2025**  
**Vigil Mass at 6pm followed by procession**

Walk with Our Lady of Fatima in a candle-lit procession around St Mary's Cathedral as we pray for the needs of the Church and our world.

For more information, visit [sydneycatholic.org/our-lady-of-fatima-procession](http://sydneycatholic.org/our-lady-of-fatima-procession)

**Save the Date!**

**St Patrick's  
Women's Retreat**

**Saturday, 03 May**  
**8:45am - 3.30am @**  
**St. Patrick's Sutherland**

More information coming soon



## From Fr Mani's desk....

Resurrection of Jesus is the source of Christian life, and it was to teach us the meaning and mystery of our human life with all suffering and death that Jesus died for us and rose from death.

Jesus after his resurrection had told us, "Behold I am with you always, even to the end of the age." The Lord is with us in this particular time of our history to understand us and give us courage and hope to endure everything that comes in life.

Easter is not just a part of our belief or creed, "I believe in the resurrection of the body and life everlasting". It is God's gift of understanding the fullness of life which is a gift to his followers. God our creator sent his son, and he taught us all about human and divine life that we are created to be with Him forever. For a Christian by death life is only changed not ended. We will be transformed to become part of his son's glorious body. Easter for us Christians is the revelation that death is not the last word, God is promising us that nothing good shall perish.

St Paul said, "Had he not risen from the dead, our faith would be in vain, our faith would be empty. God raised this Jesus and of this we are witnesses." (Cor15:14), Now it is our duty to the unbelieving world that there is a life after death. Let us believe it first so that we may understand the full meaning and depth of this truth.

I suppose you and I are here in an unusual way because we want to give ourselves to God. I will ask an honest question, and I want also an honest answer. After giving a gift to God, what do you expect from Him? Do you expect to be spared from all dangers and fears; or do you expect to win a game of safety and assurance of life, then, frankly speaking, you did not offer a gift, but you offer a bribe.

Is there enough proof of our life to show we are Christians? Since we are Christians, we should speak, think, love, serve and smile like Jesus especially in this most crucial and critical time of life. If we fail to do so, we fail as disciples of Jesus Christ. How can we rise with Him if we do not live His life?

The presence of bad times is usually the greatest temptation to feel God's absence but remember that various times in Bible times, God was there even in the midst of war, famine, flood and storms. God is with us always and promises to never leave us nor forsake us. This is the time to show our faith, hope and charity in a very real way. **Happy Easter to all!**

## Divine Mercy Sunday

Holy Family Catholic Church Menai will celebrate the feast of Divine Mercy, everyone is welcome to receive in great abundance the gifts of His resurrection.

The Second Sunday of Easter would be called "Divine Mercy Sunday" as desired by Jesus and expressed through St. Faustina. The late Pope St. John Paul II said, "Divine Mercy! This is the Easter gift the Church receives from the risen Christ and offers to humanity at the dawn of the third millennium." Today it is in the mercy of God, the world will find peace and mankind will find happiness and there is no other hope for mankind.



Sunday, 27 April 2025



### Friday 18 April 2025

Novena to Divine Mercy starts.

### Sunday 27 April 2025

- 2pm:** Blessing of the Divine Mercy Image  
Exposition of the Blessed Sacrament and Confessions.
- 3pm:** Divine Mercy Chaplet and Benediction
- 3.20pm:** Holy Mass  
Veneration of the image of Divine Mercy.

### Our Lord said these words to Saint Faustina

"Say unceasingly the Chaplet that I have taught you. Whoever will recite it, they will receive great mercy at the hour of death. Priests will recommend it to sinners as their last hope of salvation. Even if there were a sinner most hardened, if he were to recite this chaplet only once, he would receive grace from My infinite mercy". (Diary, 687)

"The souls that say this chaplet will be embraced by My mercy during their lifetime and especially at the hour of their death" (Diary, 754).

"At the hour of their death, I defend as My own glory every soul that will say this chaplet; or when others say it for a dying person, the indulgence is the same" (Diary, 811).

"Through this chaplet you will obtain everything, if what you ask for is compatible with My will." (Diary, 1731).

COPIES OF THE NOVENA OF THE DIVINE MERCY CAN BE FOUND IN THE FOYER.  
NOVENA COMMENCED ON GOOD FRIDAY