

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



THURSDAY OF THE LORD'S SUPPER 28 March 2024 Year B/2—Divine office Psalter Week 2

ENTRANCE ANTIPHON

We should glory in the Cross of our Lord Jesus Christ,
in whom is our salvation, life and resurrection,
through whom we are saved and delivered.

First Reading

A reading from the book of Exodus (Ex 12:1-8. 11-14)

The Lord said to Moses and Aaron in the land of Egypt, 'This month is to be the first of all the others for you, the first month of your year. Speak to the whole community of Israel and say, "On the tenth day of this month each man must take an animal from the flock, one for each family: one animal for each household. If the household is too small to eat the animal, a man must join with his neighbour, the nearest to his house, as the number of persons requires. You must take into account what each can eat in deciding the number for the animal. It must be an animal without blemish, a male one year old; you may take it from either sheep or goats. You must keep it till the fourteenth day of the month when the whole assembly of the community of Israel shall slaughter it between the two evenings. Some of the blood must then be taken and put on the two doorposts and the lintel of the houses where it is eaten. That night, the flesh is to be eaten, roasted over the fire; it must be eaten with unleavened bread and bitter herbs. You shall eat it like this: with a girdle round your waist, sandals on your feet, a staff in your hand. You shall eat it hastily; it is a passover in honour of the Lord. That night, I will go through the land of Egypt and strike down all the first-born in the land of Egypt, man and beast alike, and I shall deal out punishment to all the gods of Egypt, I am the Lord. The blood shall serve to mark the houses that you live in. When I see the blood I will pass over you and you shall escape the destroying plague when I strike the land of Egypt. This day is to be a day of remembrance for you, and you must celebrate it as a feast in the Lord's honour. For all generations you are to declare it a day of festival, for ever.'"

The word of the Lord

Thanks be to God

Responsorial Psalm (Ps 115:12-13. 15-18. R. cf. 1 Cor 10:16)

(R.) Our blessing-cup is a communion with the blood of Christ.

How can I repay the Lord for his goodness to me? The cup of salvation I will raise; I will call on the Lord's name. (R.)

O precious in the eyes of the Lord is the death of his faithful. Your servant, Lord, your servant am I; you have loosened my bonds. (R.)

A thanksgiving sacrifice I make: I will call on the Lord's name. My vows to the Lord I will fulfil before all his people. (R.)

Parish Priest:
Rev. Mari 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
Phone: 02 9543 2677
E: sacraments@holyfamilymenai.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@holyfamilymenai.org.au

Parish WH&S Management Officer:
George Szymura
E: georgeszymura1@gmail.com

Holy Family Primary Principal:
Phillip Tax Ph 9543 2614

Aquinas College Principal:
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

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.

Second Reading

A reading from the first letter of St Paul to the Corinthians (1 Cor 11:23-26)

This is what I received from the Lord, and in turn passed on to you: that on the same night that he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said, 'This is my body, which is for you; do this as a memorial of me.' In the same way he took the cup after supper, and said, 'This cup is the new covenant in my blood. Whenever you drink it, do this as a memorial of me.' Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming his death.

The Word of the Lord.

Thanks be to God.

Gospel Acclamation

Praise and honour to you, Lord Jesus Christ!

I give you a new commandment:

love one another as I have loved you.

Praise and honour to you, Lord Jesus Christ!

Gospel

A reading from the holy Gospel according to John (Jn 13:1-15)

It was before the festival of the Passover, and Jesus knew that the hour had come for him to pass from this world to the Father. He had always loved those who were his in the world, but now he showed how perfect his love was.

They were at supper, and the devil had already put it into the mind of Judas Iscariot son of Simon, to betray him. Jesus knew that the Father had put everything into his hands, and that he had come from God and was returning to God, and he got up from table, removed his outer garment and, taking a towel, wrapped it round his waist; he then poured water into a basin and began to wash the disciples' feet and to wipe them with the towel he was wearing.

He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'At the moment you do not know what I am doing, but later you will understand.' 'Never!' said Peter. 'You shall never wash my feet.' Jesus replied, 'If I do not wash you, you can have nothing in common with me.' 'Then, Lord,' said Simon Peter, 'not only my feet, but my hands and my head as well!' Jesus said, 'No one who has taken a bath needs washing, he is clean all over. You too are clean, though not all of you are.' He knew who was going to betray him, that was why he said, 'though not all of you are.'

When he had washed their feet and put on his clothes again he went back to the table. 'Do you understand' he said 'what I have done to you? You call me Master and Lord, and rightly; so I am. If I, then, the Lord and Master, have washed your feet, you should wash each other's feet. I have given you an example so that you may copy what I have done to you.'

The Gospel of the Lord

Praise to you Lord Jesus Christ



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 Oliffe, Ken Oliffe, 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

This is the Body that will be given up for you; this is the Chalice of the new covenant in my Blood, says the Lord; do this, whenever you receive it, in memory of me.

THE MYSTERY OF FAITH.

Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.

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.

† **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.

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.



BAPTISMAL CANDLES

There is powerful symbolism in having your Baptismal candle at Easter Masses. We will light them for the Renewal of Baptismal Promises as a sign that each person is professing that we believe in and follow Jesus, our Risen Lord, our Light.

Please bring your own Baptismal candle or, if you don't have one, any other candle.

KINDLY REMEMBER TO INCLUDE SOMETHING TO STOP WAX FROM DRIPPING ONTO THE PEWS AND CARPET IN OUR CHURCH.



From Fr Mani's desk...

Holy Thursday

On the evening before the crucifixion and death of Jesus, He hosted a historic supper for His disciples. It was one of the most intimate, powerful, and profound moments in His life. During this sacred meal, Jesus did something that stunned His disciples. He stood up, removed His outer garment, tied a towel around His waist, and knelt down to wash their feet—feet that were dirty, dusty, and worn from travel. This was an act no teacher, rabbi, or master would ever stoop so low to perform.

Yet, it was not just a one-time gesture. Jesus said to them, "If I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet." It is easy to love in theory, to speak about compassion, humility, and mercy. But Jesus demonstrated, through action, how to truly love others. He even washed the feet of Judas, Peter, and the other disciples, despite their flaws and betrayals.

Today is called 'Maundy Thursday,' derived from the Latin word *Mandatum*, meaning 'command.' On this day, we recall three commands of Jesus:

1. The command to love.
2. The command to commemorate the God of love in the Holy Eucharist.
3. The command to share in the Priesthood of Jesus, both as priest and victim.

Today, we must ask ourselves: Whose feet am I being called to wash? Who needs my patience, forgiveness, presence, and love? May this Holy Thursday not be just a memory but a mission. Let us be ready to kneel in humility, to serve and love others until it hurts.

As we receive the Eucharist tonight—the very self-gift of Jesus—let us ask Him to give us the heart of a servant: a heart unafraid to kneel, a heart ready to love in the small, quiet ways that make all the difference. Let us cultivate a passionate love for Jesus in the Most Holy Eucharist.

Today, there is no dismissal from Mass, symbolizing the connection to the rest of the Paschal Triduum—Good Friday and Easter.

HOLY THURSDAY'S COLLECTION WILL BE FOR PROJECT COMPASSION (CARITAS)

PROJECT COMPASSION DONATIONS

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



R.C.I.A.

REAL CHURCH IN ACTION
For Nigel, Larissa, Lucas and Jarrod who through the Rite of Christian Initiation of Adults will be received into the Catholic Church during the Easter Vigil.

During this time of Lent we are called to a profound conversion of life. The steps being taken by our Candidates are a model of the steps we all take during Lent, steps to the profession of our faith in the Risen Christ at Easter.



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.

Timeline of Jesus' Death

HOLY THURSDAY

In the morning Jesus sends Peter and John to prepare the Passover meal. Towards the afternoon he goes to Jerusalem for the meal accompanied by the rest of the apostles.

7pm The Last Supper:

- Washing of the feet.

- Announcement of Judas' betrayal and Peter's denial.

- Institution of the Eucharist.

- The long discourse after the supper.

10pm To Gethsemane. Prayer of Jesus.

11pm Arrest of Jesus.

- He is taken to Annas first and then to Caiaphas the High Priest.

- Non-official trial and condemnation.

- Denials of Peter.

- Jesus is left to the will of the servants of the High Priest who abuse him till early morning.



GOOD FRIDAY

6am Gathering of the Sanhedrin and official condemnation of Jesus to death.

9am Jesus is handed over to Pilate; first part of the trial.

- He is then taken to Herod, and brought back to Pilate.

- Second part of the trial.

11am Jesus is condemned by Pilate.

- He is scourged and crowned with thorns.

- Journey to Calvary.

12pm noon Jesus is nailed to the cross.

- The three hours agony.

3pm Jesus dies on the cross.

- Joseph of Arimathea asks Pilate for the body of Jesus.

- Nicodemus brings ointments for the burial.

5pm Provisional burial of Jesus.



HOLY SATURDAY

- The body of Jesus rests in the tomb.

- The tomb is sealed and a guard posted at the entrance.

EASTER SUNDAY

5am RESURRECTION OF JESUS.

- The women go to the tomb to complete the burial of Jesus.

- Finding it empty Mary runs to give the news to the apostles.

- Peter and John rush to the tomb.

- Jesus appears to Mary Magdalene and to the women.

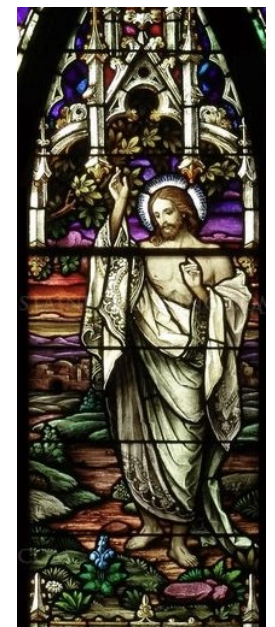
- Some time later in the day he appears to Peter.

3pm Jesus joins the two disciples going to Emmaus.

5pm The two disciples recognise Jesus as he blessed and broke the bread.

- They rush to Jerusalem to convey the news to the rest of the apostles.

9pm Jesus appears to the apostles gathered together (minus Thomas).



Easter Triduum



Holy Thursday – 17 April
Mass of the Lord's Supper - 7.30pm
 Adoration at the Altar of Repose after the Mass until **12am**.
There will be a special collection for Project Compassion.

Good Friday – 18 April
(Day of Fasting and Abstinence)
Stations of the Cross - 10am
 The main ceremony for this day is
Solemn Commemoration of the Lord's Passion - 3pm
A collection to support the Holy Places will be taken up after prayers of intercession. Envelopes are available on the pews.

Holy Saturday – 19 April
 No morning Mass

Easter Vigil - 7.30pm
 (No 5.30pm Mass on this day)

Easter Sunday – 20 April
Masses 8.30am and 10.30am
 (No 10am Mass on this day)

RECONCILIATION TIMINGS:

GOOD FRIDAY

- after Stations of the Cross (~ 11:15am)
- after the Solemn Commemoration of the Lord's Passion (~4:30pm)

HOLY SATURDAY

- 10am—11:30am



HOLY THURSDAY 7 CHURCHES

VISITATION OF THE
 17 APRIL 2025

Walk alongside Christ on the night of His betrayal by selecting seven participating churches for your pilgrimage.

With each visit, trace His journey as He was taken from one location to another, and immerse yourself in the profound events of that sacred night.

SUTHERLAND DEANERY

CARINGBAH - OUR LADY OF FATIMA

389 Port Hacking Road, Caringbah

COMO / OYSTER BAY - ST JOSEPH

210 Oyster Bay Road, Como

CRONULLA - ST ALOYSIUS

5 Nicholson Parade, Cronulla

ENGADINE - ST JOHN BOSCO

46 Waratah Road, Engadine

GYMEA - ST CATHERINE LABOURE

123 Gynea Bay Road, Gynea

MENAI - HOLY FAMILY

10 Anzac Road, Menai

MIRANDA - OUR LADY STAR OF THE SEA

50 Kiora Road, Miranda

SUTHERLAND - ST PATRICK

136 Flora Street, Sutherland



Scan QR Code for more details and to download your free devotional booklet

You're encouraged to visit 7 Churches within your deanery from the list above.
 You may wish to remain in silent prayer before the Altars of Repose otherwise

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.

Sunday, 27 April 2025

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.

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, 844).

"Through this chaplet you will obtain everything, if what you ask for is compatible with My will." (Diary, 1734).

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