

# 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 OF EASTER

4 May 2025 Year C/1—Divine office Psalter Week 3

### ENTRANCE ANTIPHON

Cry out with joy to God, all the earth;  
O sing to the glory of his name.  
O render him glorious praise, alleluia.

### First Reading

**A reading from the Acts of the Apostles**  
(Acts of the Apostles 5:27-32, 40-41)

The high priest demanded an explanation of the apostles. 'We gave you a formal warning,' he said 'not to preach in this name, and what have you done? You have filled Jerusalem with your teaching, and seem determined to fix the guilt of this man's death on us.' In reply Peter and the apostles said, 'Obedience to God comes before obedience to men; it was the God of our ancestors who raised up Jesus, but it was you who had him executed by hanging on a tree. By his own right hand God has now raised him up to be leader and saviour, to give repentance and forgiveness of sins through him to Israel. We are witnesses to all this, we and the Holy Spirit whom God has given to those who obey him.' They warned the apostles not to speak in the name of Jesus and released them. And so they left the presence of the Sanhedrin glad to have had the honour of suffering humiliation for the sake of the name.

The Word of the Lord

Thanks be to God

### Responsorial Psalm

(R.) I will praise you, Lord, for you have rescued me.

### Second Reading

**A reading from the book of the Apocalypse**  
(Revelation 5:11-14)

In my vision, I, John, heard the sound of an immense number of angels gathered round the throne and the animals and the elders; there were ten thousand times ten thousand of them and thousands upon thousands, shouting, 'The Lamb that was sacrificed is worthy to be given power, riches, wisdom, strength, honour, glory and blessing.' Then I heard all the living things in creation – everything that lives in the air, and on the ground, and under the ground, and in the sea, crying, 'To the One who is sitting on the throne and to the Lamb, be all praise, honour, glory and power, for ever and ever.' And the four animals said, 'Amen'; and the elders prostrated themselves to worship.

The Word of the Lord

Thanks be to God

### Gospel Acclamation

Alleluia, alleluia!

Christ is risen, the Lord of all creation; he has shown pity on all people.  
Alleluia!

### Gospel

**A reading from the holy Gospel according to John** (John 21:1-19)

Jesus showed himself again to the disciples. It was by the Sea of Tiberias, and it happened like

this: Simon Peter, Thomas called the Twin, Nathanael from Cana in Galilee, the sons of Zebedee and two more of his disciples were together. Simon Peter said, 'I'm going fishing.' They replied, 'We'll come with you.' They went out and got into the boat but caught nothing that night.

It was light by now and there stood Jesus on the shore, though the disciples did not realise that it was Jesus. Jesus called out, 'Have you caught anything, friends?' And when they answered, 'No', he said, 'Throw the net out to starboard and you'll find something.' So they dropped the net, and there were so many fish that they could not haul it in. The disciple Jesus loved said to Peter, 'It is the Lord.' At these words 'It is the Lord', Simon Peter, who had practically nothing on, wrapped his cloak round him and jumped into the water. The other disciples came on in the boat, towing the net and the fish; they were only about a hundred yards from land.

As soon as they came ashore they saw that there was some bread there, and a charcoal fire with fish cooking on it. Jesus said, 'Bring some of the fish you have just caught.' Simon Peter went aboard and dragged the net to the shore, full of big fish, one hundred and fifty-three of them; and in spite of there being so many the net was not broken. Jesus said to them, 'Come and have breakfast.' None of the disciples was bold enough to ask, 'Who are you?'; they knew quite well it was the Lord. Jesus then stepped forward, took the bread and gave it to them, and the same with the fish. This was the third time that Jesus showed himself to the disciples after rising from the dead.

After the meal Jesus said to Simon Peter, 'Simon son of John, do you love me more than these others do?' He answered, 'Yes Lord, you know I love you.' Jesus said to him, 'Feed my lambs.' A second time he said to him, 'Simon son of John, do you love me?' He replied, 'Yes, Lord, you know I love you.' Jesus said to him, 'Look after my sheep.' Then he said to him a third time, 'Simon son of John, do you love me?' Peter was upset that he asked him the third time, 'Do you love me?' and said, 'Lord, you know everything; you know I love you.' Jesus said to him, 'Feed my sheep.'

'I tell you most solemnly, when you were young you put on your own belt and walked where you liked; but when you grow old you will stretch out your hands, and somebody else will put a belt round you and take you where you would rather not go.'

In these words he indicated the kind of death by which Peter would give glory to God. After this he said, 'Follow me.'

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  
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**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  
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**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@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:** 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:*

Lynette Rocca, Marie Gonsalvez, Victoriano Mendoza, Jan Kurianski, Bernadette O'Brien, Ivan David, Tony Trainor, Ilse Von Stamm, Anthony Mifsud, Dympna 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:*

James Casey, Salim and Sayde Ghostin and family, Mahboube Chedid, Victor Buttigieg, Laurie and Elizabeth Greening, Bridget Netto, 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.*

Pope Francis, Marie Isbester, Packie and Cathleen McElhone and Kathleen Branley.

*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

**The disciples recognized the Lord Jesus in the breaking of the bread, 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

# THE Catholic Weekly

SUNDAY, 4 MAY 2025

## PULPIT POINTS

- ◆ Requiescat in Pace Pope Francis
- ◆ The Christian heroism of Anzac Day
- ◆ Parishes witness Confessions boost over Easter
- ◆ 75 years of loving for Malabar couple
- ◆ Seven Churches pilgrimage grows in its second year
- ◆ The Collegian: Celebrating our schools' Family Educators

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

† **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.

## 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.

## 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).

## Pray the Rosary During the Month of May



Please join us to pray the rosary during the month of May.

Tuesday - Saturday  
8:45am

**"May is a special time to honor Mary, celebrating her love and guidance in our lives."**

Saint Teresa



ROSTER FOR 10/11 MAY (2ND WEEKEND)  FOURTH SUNDAY OF EASTER		5.30pm	8:30am	10am	OTHER
	ACOLYTES/ SERVERS	Ivan David	Peter Mauch	Adrian D'Mello	Counters: Jim Montague's Team
	READERS	Luce Dunn Hastie Family Bridget Nappa	Allen Oliver Maguy Nakhl Georgette Roumanos	Julie or Michael Monk John Shanahan	Children's Liturgy: Teachers TBC
	WARDENS	Charlie Zammit/Benny Falls	George Szymura/Jim Montague	Cosimo Gioiello	Aeralife Aged Care: Roslyn
	MUSICIANS	Parish Choir	Jeff and Sue Low	Emma (PowerPoint MP3)	Barden Lodge Aged Care: Ann
	PIETY STALL	Michelle H	Roslyn	Dianna G	



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.



# URGENT RALLY AGAINST THE NSW ABORTION BILL

The NSW Greens have tabled a bill that could **force the closure of Christian hospitals** and compel all health workers to be involved in abortions.



**WEDNESDAY  
7 MAY  
5:30pm sharp**



**NSW PARLIAMENT  
Macquarie Street  
Sydney**

Authorised by Dr. Joanna Howe, Australia Life, Parramatta

## Prayer for the Election of Pope

God, our loving Father,

Jesus, our Good Shepherd, Holy Spirit, our Guide and Comforter, in this time of waiting and prayer, we turn to You with open hearts.

Father, You have always watched over Your Church. You raise up shepherds after Your own heart. Send forth the Spirit of Wisdom upon the College of Cardinals.

Make them one in mind and heart, so that in their prayerful discernment they may be guided by divine wisdom.

You, Lord, who know the hearts of all, show which one of them you have chosen to be the successor of Peter.

May the new Pope be a man of prayer, a servant of truth, gentle yet bold, and compassionate and deeply rooted in Your love.

Through the intercessions of Mary, the Mother of the Church, St Joseph, her Guardian and Protector, and of Saints Peter and Paul, may this election bring new life and freshness into the Church and new hope to the world.

We make this prayer to You through Jesus Christ our Lord, the author of life and our salvation.

Amen.

## 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)

## menALIVE Weekend for Men.

What are you doing on the 31 May - 1 June?

Could you benefit from a weekend, featuring talks, personal testimonies, opportunities for discussion, and space to reflect?

Since menALIVE commenced in 2003, thousands of Catholic men have been encouraged and inspired at weekends across Australia.

Now, menALIVE weekend is being organised at St Patrick's Sutherland, conducted by experienced leaders.

To register, pick up a flyer from the back of the church, or head to

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

For enquiries, phone Steve Lia 0412 667 657.



## Some of the very personal and thought-provoking quotations of our late Pope Francis that we will never forget:

### 1. A "Field Hospital" for the Wounded

*"I see the Church as a field hospital after battle."*

Francis believes the Church's first task is to heal wounds and warm hearts, not to judge or condemn. It should meet people where they are, especially in times of suffering, confusion, or sin.

### 2. A Church of the Poor

*"I prefer a Church which is bruised, hurting and dirty because it has been out on the streets."*

He wants a Church that is close to the people, especially the poor and marginalized—not obsessed with power, wealth, or bureaucracy.

### 3. A Missionary Church

*"An evangelizing community knows that the Lord has taken the initiative... and it goes forth boldly."*

Francis calls for a missionary conversion—a Church that goes out, rather than stays in. Its focus should be evangelization through joy, witness, and service.

### 4. A Church of Mercy, Not Moralism

*"The thing the Church needs most today is the ability to heal wounds and to warm the hearts of the faithful."*

He warns against turning the Church into a rigid system of rules. Doctrine matters, but pastoral care and mercy must come first.

### 5. An Inclusive Church

*"Who am I to judge?"*

Spoken in reference to gay Catholics, this quote captures Francis' approach: everyone has dignity, and the Church must welcome all, especially those on the margins.

### 6. priests must be involved in the lives of their people

*"This is what I am asking you – be shepherds with the smell of the sheep"*

Pope spoke in his Chrism mass homily, March 28, 2013. Priests should be close enough to know the struggles, hopes and pains of the people they serve.




## MONTHS MIND MASS FOR POPE FRANCIS



Join us for a special Mass to honor  
Pope Francis' legacy

Saturday 24 May at 9.15am



**HOLY FAMILY PARISH MENAI**

## Pilgrimage to the Shrine of Our Lady of Mercy

In honour of Our Lady of Fatima


**Tuesday 13 May**  
Cost \$25 per person

Program

8am	Depart Holy Family car park
10am	Exposition of the Blessed Sacrament & Confessions
10:30am	Rosary
11am	Solemn Mass
12 noon	Lunch BYO
1:30 pm	Eucharistic Procession to the Grotto while reciting the Rosary.
2 pm	Prayers and Devotions at the Grotto, and blessing of pilgrims.
3pm	Return to bus.

Please contact the office in person or on 9543 2677 by **Thursday 8th May**, if you would like to attend.

Join us in a spiritual journey to Penrose Park.



*Please join us to celebrate  
Year 5 Family Mass*



17th May | 5.30pm




Emma Leva | Family Educator

# YOU'RE INVITED

Alpha is a series of interactive sessions that create a safe and honest space, online or in person, where people can explore life, faith and meaning.



*Alpha will change your life - come & see what the fuss is about. Come, make friends and have fun.*

Commencing Wednesday 30 April 2025, 7-9pm  
Holy Family Parish Menai, Meeting Rooms

*For more information and to register, please visit [alpha.holyfamilymenai@gmail.com](mailto:alpha.holyfamilymenai@gmail.com).  
Complete a registration form available at the Church or email us at the above address.*

## Donate to the Charitable Works Fund Appeal

3 and 4 May 2025 & 10 and 11 May 2025

The CWF is the charity of the Catholic community in Sydney and your local parish. Together, we bring hope and care to those who need it most.

**Give generously.  
Your tax-deductible gift  
changes lives.**



### To donate:

Scan the QR code  
Visit: [www.ourfaithourworks.org/give-to-cwf](http://www.ourfaithourworks.org/give-to-cwf)  
Call: 1800 753 959  
Or complete the parish envelope.

Scan to Give



**Menai Parish Target is \$11,300**