

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 MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS CHRISTI)

22 June 2025 Year C/1—Divine office Psalter Week 4

ENTRANCE ANTIPHON

**He fed them with the finest wheat
and satisfied them with honey from the rock.**

First Reading

Genesis 14:18-20 (Genesis 14:18-20)

Melchizedek king of Salem brought bread and wine; he was a priest of God Most High. He pronounced this blessing:

‘Blessed be Abraham by God Most High, creator of heaven and earth,

and blessed be God Most High for handing over your enemies to you.’

And Abraham gave him a tithe of everything.

The Word of the Lord

Thanks be to God

Responsorial Psalm

(R.) You are a priest for ever, in the line of Melchizedek.

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

Sequence

(please stand and recite together)

*Behold the bread of angels, sent
For pilgrims in their banishment,
The bread for God’s true children meant,
That may not unto dogs be given:
Oft in the olden types foreshowed;
In Isaac on the altar bowed,
And in the ancient paschal food,
And in the manna sent from heaven.

*Come then, good shepherd, bread
divine,
Still show to us thy mercy sign;

Oh, feed us still, still keep us thine;
So may we see thy glories shine
In fields of immortality;

*O thou, the wisest, mightiest,
best,
Our present food, our future rest,
Come, make us each thy chosen
guest,
Co-heirs of thine, and comrades
blest
With saints whose dwelling is
with thee.

Gospel Acclamation

Alleluia, alleluia!

I am the living bread from heaven,
says the Lord; whoever eats this bread
will live for ever.

Alleluia!

Gospel

A reading from the holy Gospel according to Luke (Luke 9:11-17)

Jesus made the crowds welcome and talked to them about the kingdom of God; and he cured those who were in need of healing.

It was late afternoon when the Twelve came to him and said, ‘Send the people away, and they can go to the villages and farms round about to find lodging and food; for we are in a lonely place here.’ He replied, ‘Give them something to eat yourselves.’ But they said, ‘We have no more than five loaves and two fish, unless we are to go ourselves and buy food for all these people.’ For there were about five thousand men. But he said to his disciples, ‘Get them to sit down in parties of about fifty.’ They did so and made them all sit down. Then he took the five loaves and the two fish, raised his eyes to heaven, and said the blessing over them; then he broke them and handed them to his disciples to distribute among the crowd. They all ate as much as they wanted, and when the scraps remaining were collected they filled twelve baskets.

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
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Parish Secretary/Bookkeeper:
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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
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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

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:

Lila Diakos, Doris Attard, Lena Galdes, Marko Petrak, Peter Kaye, Lynette Rocca, Marie Gonsalvez, Victoriano Mendoza, Jan Kurianski, Bernadette O'Brien, Ivan David, Tony Trainor, Ilse Von Stamm, Anthony Mifsud, Dymrna 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 and Chris Halvey.

We remember those whose Anniversaries and Special Prayers have been requested:

Margaret Calman, Toby Jamolin, Anne Hay, Hannah McCrossan, Rebecca Fonseca, Vernon Fonseca, Michael Halvey, Piero Sordo, Agostino, Aurelio and Assunta Tuosto, Marilyn Nicholls, Johanna Nicholls, Justin Olliffe, Ken Olliffe, Joe Bridgett and Peter Howlett.

Recently Deceased.

Amy McLachlan Wright and Barry Walley.

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

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

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.

† **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.



Parish Pastoral Council Meeting - Tuesday 17th June at 7.30pm (held 3rd Tuesday of every month)

CAN YOU HELP?

If you could bring in any of the below to the Parish Office we would be most appreciative as these items will be given to those in need.

- Small four/six packs of long life milk
- Breakfast or Muesli Bars

Thank you in advance for the ongoing support for this worthy cause!



THE Catholic Weekly

SUNDAY, 22 JUNE 2025

PULPIT POINTS

- ♦ Children at risk from gender-affirming treatment, warns the Australian Doctors Federation
- ♦ Sublime moments as students master Gregorian chant
- ♦ Brazen push for VAD ticking time bomb
- ♦ Displaced Sudanese Syrian Christians cry to help
- ♦ Disciple Diaries: Danial's journey from YouTube to Eucharist

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

FIRST HOLY COMMUNION MASSES

First Holy Communion Masses will be celebrated at Holy Family on the following dates.

Saturday 28 June, 5.30pm Vigil Mass
Sunday 29 June, 10am Mass



ROSTER FOR 28/29 JUNE (5TH WEEKEND) STS PETER AND PAUL, APOSTLES		5.30pm	8:30am	10am	OTHER
	ACOLYTES/ SERVERS	Peter McLachlan Raf Saad	Vacant	Vacant	Counters: Austin Gillan's Team
	READERS	First Holy Communion Roster	Erica O'Brien Maguy Nakhl Adam Kwiatowski	First Holy Communion Roster	Children's Liturgy: Teachers TBC
	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	



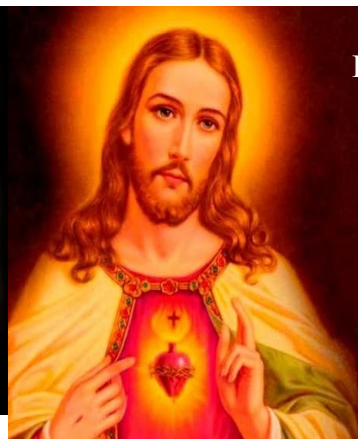
A message from the Archdiocese of Sydney:

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. You may also want to speak to your Parish Priest who will be able to provide support and guidance. The Archdiocese has a legal obligation to report crimes to the police.

THE NATIVITY OF ST. JOHN THE BAPTIST

TUESDAY JUNE 24

SPECIAL MASSES
9.15AM & 7.30PM



FRIDAY 27TH JUNE

THE MOST SACRED HEART OF JESUS

SPECIAL MASSES
9.15AM & 7PM

PLEASE NOTE THAT THE EVENING MASS IS LATER DUE
TO OUR SACRAMENT OF CONFIRMATION LESSONS.



St Joseph Motor Pilgrimage Sydney Archdiocese 2025

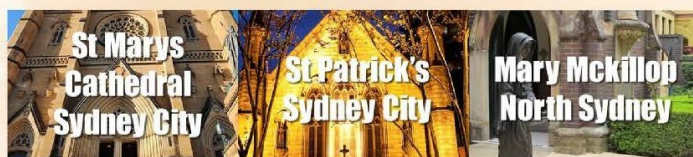
Presents

Pilgrims of Hope

Visiting all 12 Jubilee Churches over 4 last Sundays of the month



Day 1: Sunday 29th June 2025



Opportunity for Plenary Indulgence for self and Souls in Purgatory
Pilgrim Graces for those in most need
Prayers, Reflections, Rosary, Eucharist

For more information and to download a booklet
go to trybooking.com/1385070 or scan the QR code



**The Gospel of John
Bible Study** - continues on
Friday 27th June at 7.30pm,
straight after Mass.
Speaker will be Margaret
Keyes.

We are thrilled invite you to the
Catholic Women's Network's
inaugural Women's Conference!
Let's gather a wonderful group
from our parish to enjoy this
amazing day together.

There will be inspiring talks,
worship, fellowship and wisdom
from special guest Sr Miriam
James Heidland. If you book as a
group of 5 friends, you'll receive a
discounted ticket price of \$115
each, totalling \$575. Individual
tickets are \$125 each. An optional
bus service from St Patrick's is
available for an additional \$20 per
ticket.

Secure your spot by booking
tickets using the QR code or
contact the parish office. Please
book your tickets as soon as
possible to avoid disappointment.



In preparation for the Sydney Synod from (30 April to 3 May 2026),
Archbishop Anthony Fisher is seeking positive, practical, and
faithful ideas on how we can make our Church in Sydney more
vibrant through more prayerful liturgies, more Christ-centred
communities and being more mission-oriented.

We invite you to bring your ideas to our regional consultations at:
Holy Family Menai, Saturday 9 am – 12 pm, 30 August 2025.
St Mary's Cathedral, Tuesday 6 – 9 pm, 14 October 2025.
All Saints Liverpool, Thursday 6 – 9 pm, 16 October 2025.

To find out more and to register your attendance at one of the
regional consultations go to www.sydneycatholic.org/sydney-synod/ or scan the QR Code below. For further inquiries, email
synod@sydneycatholic.org.

As the People of God in Sydney, let us join the Archbishop in
praying, discerning, and acting with the Holy Spirit to make our
Church more vibrant!

CATHOLIC
WOMEN'S NETWORK
**WOMEN'S
CONFERENCE**
SATURDAY 27 SEPTEMBER 2025
8:30 AM | ROYAL RANDWICK
5:00 PM | RACECOURSE
SYDNEY
WITH KEYNOTE SPEAKER
SR MIRIAM JAMES HEIDLAND, SOLT
REGISTER
WWW.CATHOLICWOMENSNETWORK.ORG

JUNIOR WORDSEARCH

All praise belongs to God Most High

Gen 14:18-20
Ps 110:1, 3, 4 R.v.(4b)
1Cor 11:23-26
Lk 9:11b-17

G M Y O I S S I I K L D O
P S T S X Z A P V K Z E E
J H W J Q R L V P B F N P
Q U P O R Q E H G A I E T
T B R E A D M H H T V P M
I K X G Y B R O K E E I E
J Q X F O T W O Y W K G P
V Y Z C M N S Y Z M Z U A
X L K P P G D R K H X I B
H O C P E A T W I N E G R
R E M E M B E R U W K V A
E I R V P D X V M C X C H
I V Y T B I C Y G W O V A
J C R E A T O R V T U C M
W D R I N K F I S H P B Q

Try to find these words:

Abraham
bread
broke
Creator
drink
eat
fish
five
remember
Salem
two
wine

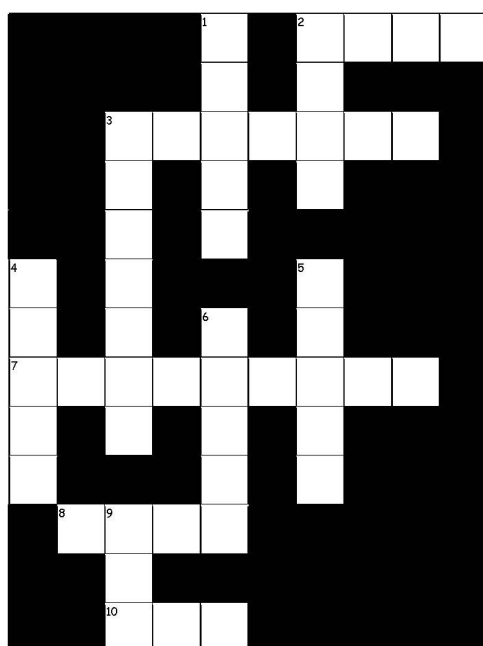
The Body and Blood of Christ, Year C [NCCS1CCC_2004_WS3.rtf]

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CROSSWORD

Jesus feeds those who hunger

Lk 9:11b-17



Across

- 2: Jesus had this many loaves to feed the people
- 3: Jesus looked toward heaven and _____ the food
- 7: the time of day between morning and evening
- 8: to give food to people
- 10: Jesus had this many fish to feed the people

Down

- 1: food made from wheat
- 2: animals that live in the sea
- 3: the left over food filled twelve of these
- 4: little
- 5: tore apart, ripped
- 6: a large group of people
- 9: to consume food

The Body and Blood of Christ, Year C [NCCS1CCC_2004_CWG.rtf]

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Allen Oliver will be stepping down as the Treasurer of the Menai Conference at the end of this financial year. Allen will remain a conference member and continue to support people in our community.

I would like to take this opportunity to thank Allen for his commitment and dedication to the Treasurers role of our conference over the years.

I invite you to thank Allen for all his work when you see him.

Volunteer Treasurer Wanted

With Allen moving on we need to find a new Volunteer Treasurer for next financial year.

The St Vincent de Paul Society is a *lay Catholic organisation* that aspires to live the gospel message by serving Christ in the poor with love, respect, justice, hope and joy, and to bring about a more just and compassionate society.

The Society aspires to be recognised as a caring Catholic charity offering "a hand up" to people in need. We do this by respecting every person's human dignity, sharing our hope, and encouraging them to take control of their own destiny.

The Spiritual Mission of the St Vincent de Paul Society is to continue the work of Jesus.

Volunteering is a great way to give back and make a direct impact on people's lives and become part of a community of people who care.

The Treasurer is elected from Conference Member. So, you must live in the local area and join the conference.

Treasurer Duties Include

Cash Handling	Collection, receipting, counting, banking and recording of monies
Expenditure	Co-Accountable for approving Conference purchases and expenditure
Vouchers	Management and reconciliation of Vinnies store and gift cards
Budget & Reporting	Budget Management and Financial Approval
Visits	If home visits are not for you that is okay

Skills

While we would prefer someone with an accounting background or studying accounting, if you have good computing, (outlook, word, email, excel etc), compassion, a non-judgmental attitude and most of all a good and kind heart. We will train and mentor you at every stage.

You will meet some wonderful people, and you will feel a great sense of achievement when you have made a real difference to somebody's life. We are a friendly, supportive group of people.

We look forward to meeting you.

For more information Contact: Chrissie Guglielmini at Chrissie.guglielmini@vinnies.org.au

YOU CAN HELP BREAK THE CYCLE OF HOMELESSNESS



DONATE NOW



Our Appeal this year highlights the struggles of vulnerable people facing housing difficulties and disadvantage stemming from challenging past experiences, and who continue to experience the lasting impacts of homelessness in their lives.

This year's Winter Appeal will run from the **28th June up until the 13th July 2025**

The conference will be fundraising and collecting nonperishable food and new clothing through the through Holy Family and Aquinas schools and here at the Parish.

Fundraiser

Conference members will be outside before and after each mass on **Saturday 12 and Sunday 13 July 2024** to collect donations.

Donation options available:

Envelopes	Envelopes will be handed out at each mass and can be returned by placing them: <ul style="list-style-type: none">• In mass collection bags,• Poor box or• Handed to a Vinnies conference member
Tap and Go	There will be 4 Tap and Go terminals available with lots of support to write out receipts.
Cash	Vinnies conference members will be holding donation buckets at the front of the church.

Food and Clothing

Once again, we are collecting non-perishable food, new clothing to give a hand up to vulnerable people experiencing homelessness and struggling with poverty and cost-of-living pressures this winter.

Donation boxes will be places in the church foyer between 28 June and 13 July 2025.

*** All food items MUST have long best-before and use-by dates**

We are collecting

New Clothing	Blankets, jumpers, tracksuit pants, thermal wear, socks, scarves, gloves or mittens, or beanies
Canned Foods	fish, fruits, vegetables, beans, soups, tomatoes
Dry Goods	pasta, rice, cereals dried fruit
Beverages	long life milk, cordial, Up-and-Go, Sustagen gold, Energy or sports drinks
Condiments	vinegar, ketchup, mustard, soy sauce

Parish Dinner Day Message from Fr Mani

Dear Bishop Richard, my fellow priests, ladies and gentlemen,

It is with great joy and gratitude that I stand before you tonight to celebrate two things:

1. 34th birthday of our Parish church. Holy Family Church was first blessed and dedicated on a Pentecost Sunday in 1991.
2. The great jubilee year 2025. At every jubilee, people thank God for the blessings received and implore the continued graces of the Lord.

Today we are celebrating our faith and fellowship. When we look back, we had our joyful times, concerned times and sorrowful times as some of our loved ones passed away recently.

Today our parish is grateful to Brian Cloney, Simon Bradstock and other staff of Menai Club Central for making this glorious evening possible.

As I look around, I am filled with deep appreciation for each one of you. In the first place, the band of priests here with bishop Richard. They have been always helping us with our spiritual needs. Bishop Richard our inspiration and rock through your love and devotion towards the Blessed Sacrament, Marian and other popular devotions, visitation of 7 churches, Pro-life awareness etc. especially through Facebook and Instagram.

Fr Daniel Russo, Fr John Pham and Fr Sone are very fresh in my memories for the dedication and the service rendered to this Parish.

Fr Tom has completed 2 years in Menai parish and in this short time he is able contribute much to the parish life with his kind, friendly and sincere dealings after the example of St Francis De Sales our Patron - his passion for pastoral service is much appreciated by all.

Andrea, our secretary and bookkeeper, had been a great support for the last 8 years, she is much loved by the priests and parishioners, thank you for making the parish office a warm and non-threatening place, for the support and protection you give to the priests and seminarians throughout.

We are blessed to have Katarina, our new Sacramental coordinator, who has her clarity in thoughts and organization, your enthusiasm and skills is an asset to our parish life.

Your presence here is a testament to the love you show to our parish community. If the church is alive and actively flourishing in the life of Liturgy, prayer, sacraments, hospitality, finance, hospitality, social outreach, catechesis, it is all due to the unwavering dedication of the 22 voluntary groups. Thank you to the leaders and every member, especially Nicole Makdessi our Parish Safeguarding Officer who has been offering their time, gifts and resources so generously and selflessly.

This is my 9th year as your priest and I am so happy with you all, your good will, prayers and love lead me on. I want to invite you and your families to join us more regularly for the Mass and experience what grace and miracle can happen in your life.

As we enjoy this wonderful meal and entertainment together let us continue to connect with one another, to share our stories, and to build deeper relationships. This gathering is not only a celebration of the past but also a time to envision our future with hope. As the theme of our Jubilee year reminds, we are "Pilgrims of Hope".

May we continue to grow together in love and fellowship remembering that we are called to be the hands and feet of Christ in our world under the leadership of our new visionary Pope Leo XIV. We still have to do more for God in our local area with 6 Public Schools and 3 Nursing homes. We are happy with our partnership with our two schools Aquinas College and Holy Family School – thanks to the Principals James Clancy and Phil Tax and their team. Once again thank you for being here tonight, for being part of this incredible journey with faith, hope and love.

May God bless you all!