

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



FIFTEENTH SUNDAY IN ORDINARY TIME 13 July 2025 Year C/1—Divine office Psalter Week 3

ENTRANCE ANTIPHON

As for me, in justice I shall behold your face;
I shall be filled with the vision of your glory.

First Reading

A reading from the book of
Deuteronomy (Deuteronomy 30:10-14)

Moses said to the people: 'Obey the voice of the Lord your God, keeping those commandments and laws of his that are written in the Book of this Law, and you shall return to the Lord your God with all your heart and soul.

'For this Law that I enjoin on you today is not beyond your strength or beyond your reach. It is not in heaven, so that you need to wonder, "Who will go up to heaven for us and bring it down to us, so that we may hear it and keep it?" Nor is it beyond the seas, so that you need to wonder, "Who will cross the seas for us and bring it back to us, so that we may hear it and keep it?" No, the Word is very near to you, it is in your mouth and in your heart for your observance.'

The Word of the Lord
Thanks be to God

Responsorial Psalm

(R.) Turn to the Lord in your need, and you will live.

Second Reading

A reading from the letter of St Paul to the
Colossians (Colossians 1:15-20)

Christ Jesus is the image of the unseen God and the first-born of all creation, for in him were created all things in heaven and on earth:

everything visible and everything invisible, Thrones, Dominations, Sovereignities, Powers – all things were created through him and for him.

Before anything was created, he existed, and he holds all things in unity.

Now the Church is his body, he is its head.

As he is the Beginning, he was first to be born from the dead, so that he should be first in every way; because God wanted all perfection to be found in him and all things to be reconciled through him and for him, everything in heaven and everything on earth, when he made peace by his death on the cross.

The Word of the Lord
Thanks be to God

Gospel Acclamation

Alleluia, alleluia!

Your words, Lord, are spirit and life; you have the words of everlasting life.

Alleluia!

Gospel

A reading from the holy Gospel
according to **Luke** (Luke 10:25-37)

There was a lawyer who, to disconcert Jesus, stood up and said to him, 'Master, what must I do to inherit eternal life?' He said to him, 'What is written in the Law? What do you read there?' He replied, 'You must love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbour as yourself.' 'You have answered right,' said Jesus, 'do this and life is yours.'

But the man was anxious to justify himself and said to Jesus, 'And who is my neighbour?' Jesus replied, 'A man was once on his way down from Jerusalem to Jericho and fell into the hands of brigands; they took all he had, beat him and then made off, leaving him half dead. Now a priest happened to be travelling down the same road, but when he saw the man, he passed by on the other side. In the same way a Levite who came to the place saw him, and passed by on the other side. But a Samaritan traveller who came upon him was moved with compassion when he saw him. He went up and bandaged his wounds, pouring oil and wine on them. He then lifted him on to his own mount, carried him to the inn and looked after him. Next day, he took out two denarii and handed them to the innkeeper. "Look after him," he said, "and on my way back I will make good any extra expense you have." Which of these three, do you think, proved himself a neighbour to the man who fell into the brigands' hands?' 'The one who took pity on him,' he replied. Jesus said to him, 'Go and do the same yourself.'

The Gospel of the Lord
Praise to you, Lord Jesus Christ.

Parish Priest:
Rev. Mani Malana msfs
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Rev. Tom Jose msfs
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**Parish Pastoral Council
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**Parish Finance Committee
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Conference - Contact**
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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:

Patrick O'Sullivan, Robert Haymes, 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, 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 and Chris Halvey.

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

George Gioiello, Wilfred D'Souza, Canale Family, Philippe Senat, Paul O'Sullivan, Eugene Doherty and Julia Gawlowski.

Recently Deceased.

Michael Fallon, Anne Colthart, Maria Guidi, Janet Haymes, and Amy McLachlan Wright.

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 sparrow finds a home, and the swallow a nest for her young: by your altars, O Lord of hosts, my King and my God.

Blessed are they who dwell in your house, for ever singing your praise

THE MYSTERY OF FAITH.

When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, 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 (Not during school holidays)

† **Daily Rosary, Rosary** at 8-8.30pm on Zoom, please text (ROSARY) to 0418 433 333 to receive the link.



Parish Pastoral meeting - Tue 15 July, 7.30pm

THE Catholic Weekly

SUNDAY, 13 JULY 2025

PULPIT POINTS

- ◆ Carlo Acutis VR experience premieres at youth festival
- ◆ Pro-life advocates call for sex-selective abortion ban
- ◆ Billboard Chris win "important for free speech" in Australia
- ◆ Sydney's "living bricks of the church" recognized
- ◆ NAIDOC Week Mass a moment of healing
- ◆ Special feature: Retirement Living guide

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



**SYDNEY
SYNOD
2026**
CATHOLIC ARCHDIOCESE OF SYDNEY

ARCHBISHOP FISHER HAS CONVOKED AN ARCHDIOCESAN SYNOD FOR 2026 IN RESPONSE TO HOLY SPIRIT-INSPIRED LONGINGS FROM SYDNEY CATHOLICS FOR **MORE PRAYERFUL LITURGIES, MORE CHRIST-CENTRED COMMUNITIES, AND A MORE MISSION-ORIENTED CHURCH.**

IN PREPARATION, THE ARCHBISHOP INVITES YOU TO SHARE YOUR POSITIVE, FAITHFUL, AND PRACTICAL IDEAS ON HOW THESE LONGINGS CAN BE MET, BY ATTENDING ANY OF THE **THREE REGIONAL CONSULTATIONS:**

SATURDAY 30 AUGUST 9AM - 12PM, HOLY FAMILY MENAI (JP11 HALL)

TUESDAY 14 OCTOBER 6 - 9PM, CATHEDRAL

THURSDAY 16 OCTOBER 6 - 9PM, LIVERPOOL

TO LEARN MORE AND REGISTER: BROCHURES AND PRAYER CARDS ARE AVAILABLE TO TAKE HOME IN THE FOYER.

ROSTER FOR 19/20 JULY (3RD WEEKEND) 16TH SUNDAY IN ORDINARY TIME		5.30pm	8:30am	10am	OTHER
	ACOLYTES/ SERVERS	Peter McLachlan Raf Saad	Phil Tax	Bernard Govind	Counters: John Burt's Team
	READERS	Linda O'Regan Lauren Hosking	Emma Gioiello Tiarna Pender	Bridget Nappa Sally Dable Nuha De Vries	Children's Liturgy: Not during the school holidays
	COMMENTATOR	Melanie Stock	Emma Gioiello	Julie Monk	
	WARDENS	Charlie Zammit/Benny Falls	George Szymura/Jim Montague	Adrian D'Mello	Aeralife Aged Care: Mona
	MUSICIANS	Jeff and Sue Low	Emma (PowerPoint MP3)	Daniel D (PowerPoint MP3)	Barden Lodge Aged Care: Adam
	PIETY STALL	Volunteer Needed	Vanessa	Marie W	



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.

****“I have No Time”:****

A twelve-hour journey has now shrunk to four hours,
Yet the man says – no time.

A family of twelve is now just two, Yet the man says –
no time.

A message that once took four weeks, now takes four
seconds, Yet the man says – no time.

Once it took years to see the face of a distant person,
Now it appears in seconds – Yet the man says – no time.

The time and effort it took to move around the house,
Now ends in seconds with a lift, Yet the man says – no
time.

The man who once stood in bank lines for hours, Now
completes transactions in seconds on his mobile, Yet
the man says – no time.

Medical tests that once took weeks, Now happen in a
few hours, Yet the man says – no time.

While riding an Activa, one hand on the handle, the
other on the phone – Because he doesn't have time to
stop and talk.

While driving a car, one hand on the steering, the other
on WhatsApp – Because he has no time.

When traffic jams, he jumps lanes to create a new one
Because he has no time.

Among company, his fingers are busy on his phone,
Because he has somewhere to be – no time.

When alone, he's relaxed, But becomes restless in the
presence of others – Because he has no time.

No time to read books,
No time to call parents,
No time to meet a friend,
No time to enjoy nature

But –
He has time for IPL,
Time for Netflix,
Time for pointless reels,
Time to debate politics –
But no time for himself...

The world became simpler, faster, Technology came
closer, distances disappeared, Comforts increased,
Opportunities grew.. Yet man kept saying no time, and
drifted away from himself.

To sit silently,
To speak with oneself,
To understand oneself,
Or to simply laugh for a few pure moments – He says
no time.

*And then one day, Time itself slips away. In that final
moment, he realizes – There was time... but kept
saying no time and forgot to live.*

So today, decide–Keep a little time for yourself,

Give a little time to relationships,

* _Live a little for your heart, your peace, the essence of
life. Because no time is not a truth – It's just a habit...
and it needs to change._*

Jubilee Year 2025 Our Parish Pilgrimage to St Mary's Cathedral, Sydney



To mark the **2025 Jubilee Year**, we are organising a special
pilgrimage visit to St Mary's Cathedral and warmly invite all
parishioners to join us in this spiritually enriching journey.

Details of the Trip:

- **Date:** Monday 21 July
- **Departure Time:** 9am from Holy Family car park
- **Return Time:** 4pm
- **Destination:** St Mary's Cathedral, 2 St Mary's Road, Sydney

The visit will include:

- **10.30am** Guided tour of the Cathedral and Crypt
- **12pm** Confession
- **1.10pm** Mass in the Cathedral
- Time for personal prayer and reflection
- BYO lunch



Cost: \$15 **Sign-Up Deadline:** Friday 18 July

To reserve your seat or for more information, please contact:
Andrea – 9543 2677 or admin@holyfamilymenai.org.au
You may also sign up after Mass in the foyer of the church.

Let's journey together in faith and joy during this Holy Year of Jubilee!

OUR PARISH PILGRIMAGE TO MARY MACKILLOP'S PLACE

The **journey to Mary MacKillop Place** is a
meaningful pilgrimage that offers visitors a
chance to reflect on faith and history.
As you travel to this significant site, you'll
discover the rich stories that shaped
Australia's first saint and her dedication to
education and care for the less fortunate.

Monday, 4 August

Mary MacKillop Place, North Sydney

Schedule:

- 11:00am** – Adoration & Confession
- 11:30am** – Mass
- 12:30pm** – Lunch
- 1:30pm** – Museum Tour
- 3:00pm** – Rosary
- 4:00pm** – Departure

Cost: \$30 per person
(Includes lunch, museum entry, tea/coffee)

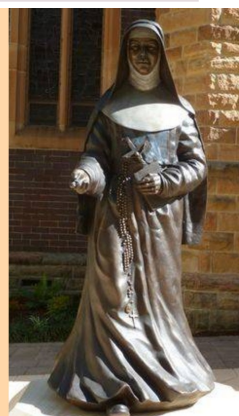
Lunch includes:

- Sandwich
- Bottled water
- Fruit platter (to share)
- Tea & Coffee

Minimum 15 people required to book.

Please register your interest ASAP so we can
confirm numbers and secure the group
booking. There is a sign up sheet in the foyer.

Join us on this spiritual journey.



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

HAPPY BIRTHDAY FR MANI!

Wishing you a blessed birthday and a year filled with God's grace.

Fr. Mani will be celebrating his birthday this Tuesday 15 July.

Please join us for morning tea after Mass to wish him well on his special day.



The Gospel of John Bible Study continues on

Friday 18th July at 7.30pm.

Chapter 9

Speaker will be Catherine Branley.

Friday 25th July at 7.30pm.

Chapter 9

Speaker will be Catherine Branley.

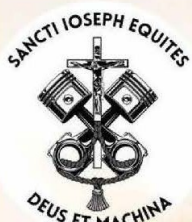


Congratulations to Angela Benson!

We extend our heartfelt congratulations to **Angela Benson**, who has been awarded the **Dempsey Medal 2025** by Archbishop Anthony Fisher on **6th July**. Angela is truly deserving of this special honour and is well known and loved by everyone in our parish.

For over **30 years**, Angela has generously shared her time and talents: leading the **RCIA program**, playing the **organ and piano** at Masses, coordinating music and copyright, organising the **Women's Bible Study Group**, and was actively serving as a **Reader, Catechist**, and a devoted member of the **Schoenstatt Marian Movement**.

Thank you, Angela, for your outstanding dedication and faithful service to our parish community. May God continue to bless you abundantly!



St Joseph Motor Pilgrimage Sydney Archdiocese 2025

Presents

Pilgrims of Hope

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



Day 2: Sunday 27th July 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 Little Sisters of the Poor will be visiting the Parish next weekend **Saturday 19th and Sunday 20th of July** for all the Masses. They have a **HOME FOR THE ELDERLY** in Randwick. They care for the Elderly of low income, and they would appreciate any financial support to help their mission.

Thank you for your understanding and sharing.