

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



SIXTEENTH SUNDAY IN ORDINARY TIME

20 July 2025 Year C/1—Divine office Psalter Week 4

ENTRANCE ANTIPHON

See, I have God for my help. The Lord sustains my soul.
I will sacrifice to you with willing heart, and praise your name,
O Lord, for it is good.

First Reading

A reading from the book of Genesis
(Genesis 18:1-10)

The Lord appeared to Abraham at the Oak of Mamre while he was sitting by the entrance of the tent during the hottest part of the day. He looked up, and there he saw three men standing near him. As soon as he saw them he ran from the entrance of the tent to meet them, and bowed to the ground. 'My lord,' he said, 'I beg you, if I find favour with you, kindly do not pass your servant by. A little water shall be brought; you shall wash your feet and lie down under the tree. Let me fetch a little bread and you shall refresh yourselves before going further. That is why you have come in your servant's direction.' They replied, 'Do as you say.'

Abraham hastened to the tent to find Sarah. 'Hurry,' he said, 'knead three bushels of flour and make loaves.' Then running to the cattle Abraham took a fine and tender calf and gave it to the servant, who hurried to prepare it. Then taking cream, milk and the calf he had prepared, he laid all before them, and they ate while he remained standing near them under the tree.

'Where is your wife Sarah?' they asked him. 'She is in the tent,' he replied. Then his guest said, 'I shall visit you again next year without fail and your wife will then have a son.'

The Word of the Lord

Thanks be to God

Responsorial Psalm

(R.) The just will live in the presence of the Lord.

Second Reading

A reading from the letter of St Paul to the Colossians (Colossians 1:24-28)

It makes me happy to suffer for you, as I am suffering now, and in my body to do what I can to make up all that has still to be undergone by Christ for the sake of his body,

the Church. I became the servant of the Church when God made me responsible for delivering God's message to you, the message which was a mystery hidden for generations and centuries and has now been revealed to his saints. It was God's purpose to reveal it to them and to show all the rich glory of this mystery to pagans. The mystery is Christ among you, your hope of glory: this is the Christ we proclaim, this is the wisdom in which we thoroughly train everyone and instruct everyone, to make them all perfect in Christ.

The Word of the Lord

Thanks be to God

Gospel Acclamation

Alleluia, alleluia!

Happy are they who have kept the word with a generous heart and yield a harvest through perseverance.

Alleluia!

Gospel

A reading from the holy Gospel according to Luke (Luke 10:38-42)

Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord's feet and listened to him speaking. Now Martha who was distracted with all the serving said, 'Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me.' But the Lord answered: 'Martha, Martha,' he said, 'you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her.'

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
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Sacramental Coordinator:
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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
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:

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:

Bruce Tyson, Joseph Alam, Angela Marinucci, Arturo Marinucci, 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 Lord, the gracious, the merciful,
has made a memorial of his wonders;
he gives food to those who fear him.**

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, 20 JULY 2025

PULPIT POINTS

- ◆ Oz bishops call for surrogacy ban
- ◆ Serving God is all in the (Hui) family
- ◆ Josh's story: mean streets to Mother Church
- ◆ Lay evangelisation's roots in Sydney
- ◆ New doco honours ancient hymn
- ◆ Journo turns Catholic children's author

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

FIRST FRIDAY OF EVERY MONTH

JOIN US FOR

SACRED HEART OF JESUS MASS

FOLLOWED BY ADORATION OF THE
BLESSED SACRAMENT

FRIDAY 1 AUGUST 2025

MASS AT 7PM

EVERY FIRST FRIDAY, WE WILL BE PRAYING FOR OUR SICK AND VULNERABLE MEMBERS OF OUR HOLY FAMILY COMMUNITY AT 9.15AM AND 7PM MASSES

ADORATION, STRAIGHT AFTER 7PM MASS UNTIL 12AM.

A TIME FOR REFLECTION AND PRAYER.

PLEASE JOIN US.



**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 26/27 JULY (4TH WEEKEND) 17TH SUNDAY IN ORDINARY TIME		5.30pm	8:30am	10am	OTHER
	ACOLYTES/ SERVERS	Justin Coupland	George Szymura	Phil Collins???	Counters: Jeff Low's Team
	READERS	Anne Newman Hastie Family	Bernard Govind Mia Apomayta Andrea King	Emma Gioiello Nuha De Vries	Children's Liturgy: Roster - TBC
	COMMENTATOR	Anne and Peter Newman	Gary King	Adrian D'Mello	Aeralife Aged Care: George & Wendy
	WARDENS	Charlie Zammit/Benny Falls	George Szymura/Jim Montague	Tony Ibrahim	Barden Lodge Aged Care: Andrea K
	MUSICIANS	Peter Newman	Daniel Nakhl	Emma (PowerPoint MP3)	
	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



**Little Sisters
of the Poor**
HOSPITALITY AT HEART

The Little Sisters of the Poor will be speaking at all Masses this weekend.

The Little Sisters of the Poor manage not-for-profit Homes and do not accept any form of permanent income.

“The fact that we continue to exist for over 185 years testifies to our foundress St Jeanne Jugan’s wisdom in trusting Divine Providence – God’s goodness through the kindness of friends and benefactors.”

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.

Support the charitable
works of the Holy Father



HOLY FATHER'S APPEAL




PETER'S PENCE 2025

5-6 JULY
26 - 27 JULY

"To all of you, brothers and sisters ... throughout the world: we want to be a synodal Church, a Church that moves forward, a Church that always seeks peace, that always seeks charity, that always seeks to be close above all to those who are suffering".

Leo PP XIV

4 Ways to Donate

- 1) Scan to give 
- 2)  www.ourfaithworks.org/give-to-holy-fathers-appeal
- 3)  1800 753 959
- 4)  Give through our parish collection

Happy Birthday Fr Tom!

May God bless you with joy and
peace on your special day.

Fr Tom will be celebrating his birthday this
Wednesday 23 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 25th July at 7.30pm.

Chapter 9

Speaker will be Catherine Branley.

Friday 8th August at 7.30pm.

Chapter 10

Speaker will be Adrian D'Mello.

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

Details of Travel:

8.30am - Carpool from Holy Family car park to Padstow Station (or you can meet us at the station)

5.45pm - Arrive at Holy Family car park

A copy of the travel itinerary for public transport to and from North Sydney can be found in the foyer.

YOU WILL NEED YOUR OPAL CARD FOR THE TRAIN

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.



JOIN US FOR ALPHA NIGHT!

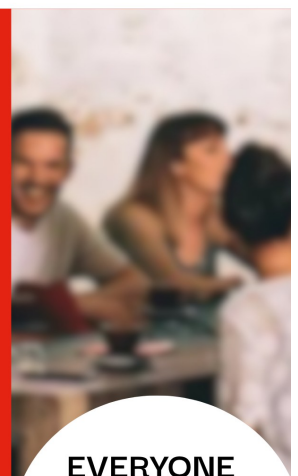


DISCOVER A WARM AND WELCOMING COMMUNITY

Come and see what
we're all about
on
**Wednesday, 13th
August at 7pm.**

**'A taste of Alpha' for
all who would like to
understand what
Alpha is.**

Includes: fingerfood, wine,
cheese, video and
discussion



**EVERYONE
IS
WELCOME!**

FOR CATERING
PURPOSES, PLEASE
REGISTER YOUR
INTEREST ON THE SIGN
UP SHEET IN THE FOYER.
THANK YOU.