

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



FIRST SUNDAY IN LENT

9 March 2025 Year C/1—Divine office Psalter Week 1

ENTRANCE ANTIPHON

**When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.**

First Reading

A reading from the book of

Deuteronomy (Deuteronomy 26:4-10)

Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

'My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me.' You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

The Word of the Lord

Thanks be to God

Responsorial Psalm

(R.) Be with me, Lord, when I am in trouble.

He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: 'My refuge, my stronghold, my God in whom I trust!' **(R.)**

Upon you no evil shall fall, no plague approach where you dwell. For you has he commanded his angels, to keep you in all your ways. **(R.)**

They shall bear you upon their hands lest you strike your foot against a stone. On the lion and the viper you will tread and trample the young lion and the dragon. **(R.)**

His love he set on me, so I will rescue him; protect him for he knows my name. When he calls I shall answer: 'I am with you.' I will save him in distress and give him glory. **(R.)**

Second Reading

A reading from the letter of St Paul to the Romans (Romans 10:8-13)

Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you

believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

The Word of the Lord

Thanks be to God

Gospel Acclamation

**Praise to you, Lord Jesus Christ,
king of endless glory!**

No one lives on bread alone, but on every word that comes from the mouth of God.

**Praise to you, Lord Jesus Christ,
king of endless glory!**

Gospel

A reading from the holy Gospel according to Luke (Luke 4:1-13)

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.'

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.'

But Jesus answered him, 'Scripture says: You must worship the Lord your God, and serve him alone.' Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God', he said to him 'throw yourself down from here, for scripture says: He will put his angels in charge of you to guard you, and again: They will hold you up on their hands in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said: You must not put the Lord your God to the test.' Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

The Gospel of the Lord

Praise to you, Lord Jesus Christ.

Parish Priest:
Rev. Mani Malana msfs
E: pastor@holymenai.org.au

Assistant Priest:
Rev. Tom Jose msfs
E: tom.jose@sydneycatholic.org

Parish Secretary/Bookkeeper:
Andrea Hunt
Phone: 02 9543 2677
E: admin@holymenai.org.au

Sacramental Coordinator:
Katarina Moric
Phone: 02 9543 2677
E: sacraments@holymenai.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@holymenai.org.au

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

**St Vincent de Paul, Menai
Conference - Contact**
Chrissie Guglielmini
E: Chrissie.guglielmini@vinnies.org.au

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@holymenai.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:

Victoriano Mendoza, Jan Kurianski, Bernadette O'Brien, Ivan David, Adelaide Buttigieg, Tony Trainor, Ilse Von Stamm, Anthony Mifsud, Dympna Fitzpatrick, Sandra Thomas, Frances Rupolo, Matthew McLachlan, Mark F, Robbert A, Charlie Callus, 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:

Thomas Trutwein, Ernest Camps, Mafalda Carinha, Johnny Caruana, Marilyn Nicholls, Johanna Nicholls, Justin Olliffe, Joe Bridgett and Peter Howlett.

Recently Deceased.

Margaret Crothers, Paolo Pellegrino.

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

**One does not live by bread alone,
but by every word that comes forth from the mouth of God.**

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.
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- † **Children's Liturgy** - Not in the School Holidays
 - † **Daily Rosary, Rosary** at 8-8.30pm on Zoom, please text (ROSARY) to 0418 433 333 to receive the link.

THE Catholic Weekly

SUNDAY, 9 MARCH 2025
PULPIT POINTS

- ◆ Prayer, witness, and Eucharist: Bishop Kornel Fabry
- ◆ Changing lives in Darwin with Caritas
- ◆ Fr John Flader reaches 1000 columns
- ◆ More inspiring faith conversion stories
- ◆ Pope Francis' "blessing" hidden in frailty

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



The Sydney Alliance brings together diverse community organisations, unions, religious organisations and schools to advance the common good and achieve a fair, just and sustainable city.

Join us to advance the common good in the Sutherland Shire

The Sutherland Sydney Alliance Group will meet
7-8pm
Wed 26 March
online

Contact: SutherlandSydneyAlliance@gmail.com
More info here: www.sydneyalliance.org.au/

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 packs of long life milk
- Cereal
- Breakfast Bars

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



The Sutherland Shire Network of Family Educators invite you to Reflect and Renew

Friday 4th April
11.00am for 11.15am start
Meet at the Woronora Memorial Park Sutherland (free)
12.30pm
Join us for lunch at Club on East (at own cost)
Please register your attendance using the [link](#) or QR code

Join us as we pray the beautiful Stations of the Cross circular prayer walk this Lent

R.C.I.A.

(Rite of Christian Initiation of Adults)



During this time of LENT we are called to a profound conversion of life.

This Sunday we "the Church" send our candidates Larissa, Nigel, Lucas and Jarrod, with the RCIA team to St Mary's Cathedral to the Archbishop where they will be formally accepted during the Rite of Election ceremony.

ROSTER FOR 15/16 MARCH: (3RD WEEKEND) SECOND SUNDAY OF LENT YEAR C		5.30pm	8:30am	10am	OTHER
	ACOLYTE SERVERS	Peter McLachlan Raf Saad	Phil Tax	Bernard Govind	Counters: Jim Montague's Team
	READERS	Linda O'Regan Lauren Hosking	Emma Gioiello Mariko Mauch Tiarna Pender	Bridget Nappa Sally Dable Nuha De Vries	Children's Liturgy: Katarina & Mireille
	WARDENS	Charlie Zammit/Benny Falls	George Szymura/Jim Montague	Adrian D'Mello	Heritage 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.

OUR BIBLE STUDY CONTINUES

THE GOSPEL OF JOHN

THURSDAYS DURING LENT, THEN AFTER
EASTER ON FRIDAYS AT 7.30PM

Everyone is welcome. It's not too late join.



Following Stella's Introduction to the Gospel of John, we will embark on a detailed study of this spiritual Gospel, line by line. Each week (or two) we will read and savour one chapter, led by a different facilitator, using Fr. Brendan Byrne's insightful commentary 'Life Abounding'. Simultaneously, we will reflect on the challenge to Christian life and practice with the help of this resource.

Fr. Brendan Byrne SJ is Professor of New Testament at Jesuit Theological College, Melbourne. His book and this method have been successfully tried in other parishes.

Come and immerse yourself in the testimony of the "beloved disciple" who is (as St Thomas Aquinas says) in a unique position to teach us how to be loved by Jesus and how to love him.

WHAT'S ON DURING LENT AT HOLY FAMILY PARISH

- Exposition of the Blessed Sacrament:
Tue — Sat: 8.30 — 9.10 am
- Morning prayer (Lauds):
Tue-Thu at 8.45 am.
- Divine Mercy Chaplet and Devotion and Benediction:
Friday 8.45 am.
- Rosary: Saturday 8.45 am.
- Mass: Tuesday — Saturday 9.15 am; Wednesday at 7.30 pm and Fridays at 7pm (Confession before every Mass)
- Stations of the Cross in Italian every Thursday morning at 10am and in English each Friday at 7:30pm



HOLY FAMILY
CATHOLIC CHURCH
MENAI

JOURNEY WITH CHRIST THIS LENT

In Lent, the Gloria and the Alleluia are omitted at Mass. Also no flowers at the Altar.

Inviting all Young Adults from
Menai to join

ST PATRICK'S YOUNG ADULTS

LENTEN GROUPS

AGES 18-25

COMMENCING
SATURDAY 8
MARCH

BEGINNING WITH
DINNER AT 7PM

AGES 25+

COMMENCING
SUNDAY 9
MARCH

5PM FOLLOWED
BY DINNER

LENTEN GATHERINGS HELD IN THE
PRESBYTERY MEETING ROOM EVERY WEEK
DURING LENT

PREPARING FOR EASTER THROUGH
COMMUNITY, COMPANIONSHIP, AND
DELVING INTO SCRIPTURE

136 Flora St, Sutherland



METANOIA LENTEN PROGRAM 2025 ON SALE NOW! ONLY \$8

This Lent, embark on a journey of **metanoia**—a transformative change of heart inspired by the Gospels. Let this beautifully designed, 76-page, full-colour companion guide your spiritual renewal through daily reflections, Sunday readings and reflections, spiritual direction, prayers, and group discussion questions

From Fr Mani's desk...

1st Sunday of Lent

Reflecting on the three temptations Jesus faced during his 40 days in the desert reminds us of the daily tests and temptations we encounter in our lives.

First Temptation: The devil challenged Jesus to turn stone into bread, appealing to his physical hunger. This symbolizes the reality that all humans face physical needs. God wants us to earn our sustenance through hard work, but the devil tempts us to seek easy solutions. In our consumer society, we often prioritize satisfying physical appetites and neglect our spiritual needs. Jesus' response to Satan, "Man does not live by bread alone," reminds us that only God can fully satisfy all human needs.

Second Temptation: The devil offered Jesus authority and glory over all the kingdoms of the world if he would worship him. This temptation represents the human desire for power and glory, both for ourselves and our loved ones. People wanted Jesus to be a political hero like King David, but Jesus replied, "You shall worship the Lord your God, and Him only shall you serve."

Third Temptation: The devil urged Jesus to throw himself off a pinnacle, promising that angels would protect him. This subtle temptation reflects our desire for miracles and immediate answers to our prayers. Jesus' reply, "You shall not tempt the Lord your God," demonstrates his refusal to use divine power to escape suffering and trials. Often, we expect God to grant us favours if we are truly His loving children.

Good people understand temptation well because they strive to resist it, using extra effort to overcome. Temptations are a constant part of our lives. During Lent, let's be aware of them and seek to overcome them through prayer and mortification, following Jesus' example of quoting words of scripture, to become better Christians for a meaningful Easter.



HOLY HOUR FOR VOCATIONS, 13 MARCH 2025

Archbishop Anthony Fisher OP would like to invite all parishes to continue to pray for vocations to the priesthood before the Eucharist by offering a Holy Hour for Vocations on Thursday of the First Week of Lent, 13 March, 2025. You can go to <https://www.holyfamilymenai.org.au/wp-content/uploads/2025/03/Holy-Hour-Booklet.pdf> to download a copy of the Holy Hour Booklet



1st SUNDAY of LENT – 9th March

This Lent, we're invited to *Unite Against Poverty* with Caritas Australia's Project Compassion. This year is especially significant as we celebrate the Jubilee Year - a time of renewal and solidarity.

Project Compassion 2025 shares three stories from around the world. We'll meet **Toefuata'iga** - (*Toy-foo-ah-tah-ing-ah*) a young student from Samoa who faced severe water shortages at her school. Thanks to Caritas Australia and the generosity of supporters like you, her school now has a 10,000 litre water tank, improving access to clean water and allowing teachers to prioritise education.

We'll get to know **Lam** from Vietnam. Born with short stature, Lam faced social exclusion and limited employment opportunities. Through the I-SHINE program, Lam completed a course and is now a freelance graphic designer.

And we'll meet **Irene** from the Democratic Republic of the Congo (DRC) who faced immense challenges after losing her father to war and raising her children in poverty. With support from Caritas Australia, Irene received vocational training in sewing & farming and can now support her whole family.



Toefuata'iga (13) writes on a chalkboard in a primary school classroom in Samoa. Photo: Caritas Australia; Lam visiting Da Nang city where he studied an IT technician training course as part of the I-SHINE program. Photo: Caritas Australia; Irene poses for a photograph at her home in Kongolo, Democratic Republic of the Congo.

TOWARD A MORE PRAYERFUL, CHRISTLIKE AND MISSIONARY CHURCH

Copies of the Pastoral Letter to the Archdiocese of Sydney regarding the Synod of Sydney 2026 can be found in the foyer. Please take home and read.



PRIZE	TICKET NUMBER	SOLD BY
1ST PRIZE Ultimate Aussie Adventure	02163	Engadine District Girl Guides
2ND PRIZE Bank Top-Up & Shopping Spree	41361	St. Vincent De Paul
3RD PRIZE Sydney Staycation Escape: Luxe Stay, Gourmet Dining & VIP Perks	20814	The Shire Bands
4TH PRIZE Sharks VIP Getaway: Luxury Stay, Dining, Game Day & Surf Experience	00300	Nicole Fitzsimmons Foundation
5TH PRIZE Dragons Fan Ultimate Pack: Game Day Tickets, Signed Jersey & Exclusive Merch	20321	The Shire Bands
TOTAL MONEY RAISED:		\$64,500
COMMUNITY GROUP WHO RAISED THE MOST:		St. Vincent De Paul



LENTEN PENANCE

In this season of Lent, we seek to experience the mercy of God the Father, and to practice it in our daily lives. But first we must experience *our need for mercy*, that is, our brokenness and, indeed, our sinfulness, insofar as we have failed to love God above all, and to love our fellow men and women as ourselves. This is why the Church's Canon Law reaffirms the obligation to do penance – to interrupt the usual comforts of life, to rediscover in prayer the merciful love of God, and to practice charity and justice towards those in need. The special times of penance are all Fridays throughout the year and the season of Lent.

We recall that St John the Baptist prepared for the coming of the Lord by “preaching a baptism of repentance”. Jesus began his ministry with the exhortation: “Repent and believe the Gospel” (Mk 1:15). Repentance means the rejection of sin. It implies conversion to, and reconciliation with, God. Prayer, self-denial, and works of charity are the concrete expressions of repentance. Each of these identifies us more closely with our Saviour. By penance we make satisfaction for our sins, and take real steps in the renewal of our lives. Repentance and conversion are central, on-going, and even daily practices of Christian living.

In nominating special times of penance, the Church encourages and promotes in all of us the *habit* of penance. Furthermore, observance of these special times by all Catholics throughout the universal Church emphasises what we call “the social dimension of sin”. The sin of the individual member always in some measure infects the whole body. Therefore during Lent and on every Friday throughout the year, we do penance, not only on our own account, but also in the name of the Church and of the world. We must take very seriously our penitential obligations and be sure to carry them out. The Australian Catholic Bishops' Conference has not restricted our penance to fast and abstinence; in all cases, it has left room for our own responsible choice. We should carefully select the form of penance that we consider most appropriate for our own circumstances and growth in the Christian life.

DAYS OF PENANCE

1. **Abstinence from meat, and fasting, *must* be observed on Ash Wednesday and Good Friday. All who have completed their eighteenth year and have not yet begun their sixtieth year are bound to fast. All who have completed their fourteenth year are bound to abstain.**
2. **On all other Fridays of the year including the Fridays of Lent, the law of the common practice of penance is fulfilled by performing any one of the following:**
 - (a) prayer – for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the rosary.
 - (b) self-denial – for example, not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one's own country; limiting use of social media, smart phones or television.
 - (c) helping others – for example, special attention to someone who is poor, sick, elderly, lonely or overburdened.

LENT LASTS FROM ASH WEDNESDAY (5th MARCH) TO THE MASS OF THE LORD'S SUPPER (17th APRIL). ON GOOD FRIDAY AND, IF POSSIBLE, ALSO ON HOLY SATURDAY UNTIL THE EASTER VIGIL, THE EASTER FAST IS OBSERVED.

PASCHAL PRECEPT

Each of the faithful is obliged to receive Holy Communion at least once a year. This is to be done between Ash Wednesday, 5th March, and Trinity Sunday, 15th June, 2025 unless for a good reason it is done at another time during the year. All the faithful are obliged to confess their grave sins at least once a year.

St. Mary's Cathedral
SYDNEY
5th March 2025

+ 
ARCHBISHOP OF SYDNEY



**DECREE
ON THE PROCLAMATION OF PLACES OF PILGRIMAGE IN THE
ARCHDIOCESE OF SYDNEY
ON THE OCCASION OF THE JUBILEE YEAR OF OUR LORD 2025**

The Holy Father has proclaimed 2025 as a year of Ordinary Jubilee and has invited all the faithful to full participation. Therefore:

Having regard to the Bull of Pope Francis *Spes non confundit* - "Hope does not disappoint" of 9th May 2024;

Noting the Norms promulgated by the Apostolic Penitentiary of 13th May 2024 regarding indulgences in the Ordinary Jubilee Year of 2025;

Recognising the significance of this Jubilee Year as the 1700th anniversary of the Council of Nicaea;

In accordance with the authority vested in me as the local Ordinary, from the date of this Decree until the closing of the Jubilee Year on 28th December 2025:

- A. I ask that all priests of the Archdiocese of Sydney make use of the Nicene Creed (rather than the Apostles' Creed) on Sundays and Solemnities in 2025;
- B. I designate the following churches as Places of Pilgrimage where full Jubilee Indulgences may be obtained, under the usual conditions:
- i. St Mary's Cathedral, Sydney;
 - ii. St Patrick's Church, Church Hill
 - iii. The Shrine of St Mary of the Cross, North Sydney;
 - iv. The Shrine of Our Lady of Mount Carmel, Waterloo;
 - v. St Brigid's Church, Coogee
 - vi. Our Lady of the Sacred Heart Church, Randwick
 - vii. St Anne's Church, Bondi Beach
 - viii. All Saints Catholic Church, Liverpool
 - ix. Holy Spirit Church, Carnes Hill
 - x. St Joachim's Church, Lidcombe
 - xi. St Brigid's Church, Marrickville
 - xii. St Catherine Labourer Church, Gympie

All pilgrims who comply with the usual conditions for an indulgence i.e. receive the Sacrament of Penance, attend Mass, receive the Most Holy Eucharist and pray for the intentions of the Holy Father, will receive a full Jubilee Indulgence upon pilgrimage to any of the churches designated above.

This decree is to be published on the Archdiocesan website and the next edition of the *Ad Clerum*, and is to be made known throughout the Parishes of the Archdiocese of Sydney.

Most Rev Anthony Fisher OP
Archbishop of Sydney

Mr Chris Meney
Chancellor

Given at: The Chancery, Archdiocese of Sydney, on the 31 January the Year of Our Lord 2025.

JUBILEUM
2025

PLENARY
Indulgence

LET US PRAY TOGETHER FOR THE PRAYER
INTENTIONS OF THE HOLY FATHER

Franciscus



CLICKTOPRAY



Pope's Worldwide
Prayer Network



What is indulgence?

An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain defined conditions through the Church's help. A plenary (meaning "full") indulgence is a special type of indulgence that, if all the requirements are met, removes **all** temporal punishment due to one's sin. The church uses the power of the keys given to St. Peter by Jesus in Scripture (Matthew 16:18) to remove temporal consequences that still remain from sins committed. Even if we have been forgiven of a particular sin, we still experience the consequences of that sin in our lives.

To obtain an indulgence, Catholics in the state of grace must:

- Go to confession
- Receive Holy Communion
- Pray for the intentions of the Holy Father

The faithful who devoutly visit the churches mentioned by our Archbishop and participate in any sacred rite or at least recite the Lord's Prayer and the profession of faith may obtain a plenary indulgence under the usual conditions listed above. Plenary indulgence is for the remission of one's own sins or of those died.