



MANLY FRESHWATER CATHOLIC PARISH

Mary Immaculate and St John the Baptist Churches

First Sunday of Lent – 9 March 2025



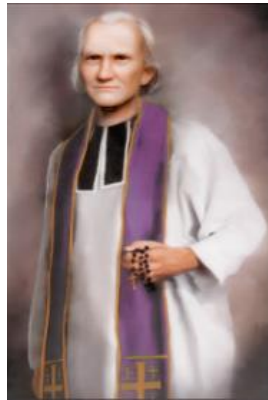
A Season of Grace and Renewal

I want to begin by expressing my heartfelt gratitude to everyone who participated in the Mass for the installation of the relic of St. John Vianney. It was a beautiful and inspiring moment for our parish community. A special thank you to all the ministries and schools within our parish precinct who generously stepped up to the demands of the occasion—your dedication made this celebration truly special.

As we now step into Lent, I encourage you to enter fully into this season of grace through prayer, fasting, and almsgiving. Take advantage of the spiritual exercises offered in our parish as we journey toward Easter.

Looking ahead, I invite you to mark your calendars for a Parish Retreat on Friday, 4th April, from 6pm to 9pm. This will be a time of reflection and renewal, and I encourage everyone to take part. More details will be coming soon.

May this Lenten season be a time of transformation for us all. **Fr Chima**



Prayer for the Jubilee Year of Hope



Inspired by the Life and Witness of St. John Vianney

Heavenly Father, in this Jubilee Year of Hope, we thank You for the gift of our parish, Manly Freshwater, chosen as a shrine of hope for priests and vocations.

Through the intercession of St. John Vianney, the faithful shepherd of souls, renew in us a deep love for the priesthood and a commitment to fostering holy vocations in our community.

Lord, may this parish be a beacon of hope, where priests find strength and renewal, where Your faithful discover peace and encouragement, and where hearts are inspired to answer Your call with courage and joy.

Teach us, through the example of St. John Vianney, to love prayer deeply, to serve with humility, and to bring Your mercy and hope to those who seek You.

We entrust Manly Freshwater Parish and this Jubilee Year of Hope to Your loving care, confident that You will guide us to renewal and bless us with abundant vocations, through Christ our Lord. Amen.



Mary Immaculate Church Manly New Mass Times and "Hours of Mercy" A Jubilee Year of Hope Initiative

As part of our commitment to being a **Shrine of Hope for Priests and Vocations** during this Jubilee Year of Hope, our Parish Pastoral Council has introduced new opportunities for prayer and spiritual renewal.

◆ **New Early Morning Masses** – To accommodate those unable to attend our regular 9:15 am weekday Mass, during the Jubilee Year of Hope, we will offer **7:00 am Mass every Tuesday and Friday**. This provides an opportunity for some working parishioners to begin their day with the Eucharist.

◆ **"Hours of Mercy" – Every First Wednesday** – On the **first Wednesday of each month, from 6:00 pm to midnight**, we will hold a special time of grace and prayer. The evening will begin with **Mass**, followed by **Eucharistic Adoration**. This extended time of prayer allows us to deepen our relationship with God and receive the gift of **Plenary Indulgences**.

◆ **Regular Wednesday Adoration** – On all other Wednesdays, Adoration will continue as usual from **6:00 pm to 7:30 pm**.

The commencement for these new initiatives is from Tuesday 4th March 2025.

More details on what to expect during the **"Hours of Mercy"** are in the bulletin. We encourage you to take advantage of these spiritual opportunities to encounter God's grace in a profound way. *Fr Chima*



Stations of the Cross will be held each Friday during Lent at Freshwater at 9:45am and Manly at 7pm.



ALPHA STARTS THIS MONDAY 10TH MARCH AT 7PM IN THE PARISH MEETING ROOM.

LET US PRAY FOR

9 March 2025

Recently Deceased: John James; Mirjana Matkovic; Sr Josephine McGarry SGS

Anniversary: Mary Magdalene Xavier; Nora Te; Irene Silos

Prayers for the sick in our parish: "Lord, grant them and their carers strength and courage" Stephen Robertson; Maureen Williams; Gerry Wybrandt; Amy Farrow; Patricia Duffy; Florencia Lira; Ken Waller; Mary Helen Fogarty; Belinda Nicholls; Jacqui Dawson; Gerry Ring; Zacchaeus Ratnam; John Connors; Don Hews; Joan Jacobs; Paul Donnelly; Julie Wallis; Lyn Hillard; Jake Usher; Wayne Smedley; Apolinar Anasarias; Kay Flenady; Annette Frances O'Leary; Anna Kalayzich; Veronica Rinaldo; Rena Curl; Shirley Ford; Ana Maria Saladana; Peter Hoang Ngoc Thai; John Santos

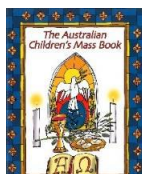
Dates to remember...

- **ALPHA commences** Monday 10 March 7pm
- **Parish Office Closed** Tues 11 March
- **SMM Class Mass** Thurs 13 March 9:15am
- **Confirmation Classes commence** Sat 15 & Sun 16 Mar
- **Cenacle of Our Lady**
Manly: Tues 9:45am; Freshwater: Wed 9:45am



Children's Liturgy is held on the 1st and 3rd Sunday of the month during the 10:30am Mass.

Children's Activity pages available at the entrance of the Churches.



Children's Mass books are now available at the entrances of the Church for use during the Masses. Please return after the Mass.

Mass booklets can be purchased from the Piety Store for \$10.00



The Pope's Prayer Intention for the month of March – For families in crisis. Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences

Sacrament of confession/reconciliation

is available in Manly every Saturday from 10am to 11am and Wednesday from 6pm to 7pm.



EUCCHARISTIC ADORATION IN MANLY ON WEDNESDAYS 6pm – 7.30pm
Quiet Prayer, Adoration and reconciliation will be available 6pm – 7pm concluding with Benediction



HAVE YOU CONSIDERED BEING A EUCHARISTIC MINISTER OR READER AT MASS?

As we start a new year, we are looking to hold training for new Eucharistic Ministers and Readers. If you are interested in this very important and fulfilling ministry, please contact the parish office 9977 5822 to register.

Welcome to Our Parish!



If you are new to the Parish or are not currently registered, we warmly welcome you and ask that you complete a Parish Census form. This will assist us to connect with you and your family and advise you of any of our parish community activities. The census form can be found on the back wall of the Church or at the side door entrance and may be left

in the collection plate or emailed to the Parish Office - manlyfreshwaterparish@bbcatholic.org.au



CAN'T GET TO MASS ON SUNDAY AND WANT TO RECEIVE HOLY COMMUNION?

Many of you have not been able to come back to Mass on Sunday for different reasons. If you would like one of the Priest to visit you at home, please ring the parish office on 9977 5822

PARISH MORNING TEAS

MANLY: 3rd Sunday after 10:30am Mass
FRESHWATER: Sunday following 9am Mass.
Join us for morning tea and a chat. All welcome and bring a friend

Walking as Pilgrims of Peace



A Retreat in the Spirit of Taize will be held on Saturday 29th March 9am – 9pm at Mt Carmel Retreat Centre – 247 St Andrews Rd, Varroville.

Cost: \$85 per person (inc morning tea, lunch & dinner).

Register: john.ransom@mtcarmel.com.au



URGENT ASSISTANCE REQUIRED – FRESHWATER ALTAR SOCIETY

We are looking for urgent assistance with the Freshwater Altar Society. If you can assist on a monthly roster please contact the parish office 9977 5822.

Bishop Anthony has prepared a letter on A Time of Grace and Renewal: Lenten Penance and Preparation for Easter in the Jubilee of Hope. Copies can be found at the back of the Church.

SACRAMENTAL PROGRAM 2025



The Sacrament of Confirmation Preparation Program will commence next weekend 15th and 16th March. If your child is in **Year 3** or above and is **Baptised Catholic**, he/she is eligible to enrol in the Sacramental program which begins with **Confirmation**.

The Sacraments of Reconciliation and First Holy Communion will be held in Term 2. We will be holding our Parent Information Evening on the following dates:



- **Manly: Tuesday 18 March at 7pm**
- **Freshwater: Tuesday 25 March at 7pm**

If your child is in Year 4 and has received the Sacrament of Confirmation and you wish them to take part in this program it is essential, you attend one of these sessions. If you have any queries, please email michelle.ellis@bbcatholic.org.au

Project Compassion 2025 shares three stories from around the world. We'll meet **Toefuata'iga** from Samoa, **Lam** from Vietnam and **Irene** from the Democratic Republic of the Congo (DRC).

Each of this year's stories reflects diverse challenges, yet they are united by the shared determination to overcome adversity and create better futures for themselves and their communities.



Please donate today. You can support Project Compassion 2025 through the donation boxes, envelopes or by scanning the QR code above.

Or online at: caritas.org.au/project-compassion

Or by calling: 1800 024 413

Places of Pilgrimages Jubilee of Hope 2025



The three diocesan "Jubilee Shrines of Hope" which will form significant places of pilgrimage, worship, prayer, and hope for God's people in Broken Bay during the

Jubilee Year

- The **Parish of Gosford** with the **Relic of Saint John Paul II** a **Shrine of Hope** for our families.
- The **Parish of Chatswood** with the **Relic of Blessed Carlo Acutis** a **Shrine of Hope** for our young people.
- The **Parish of Manly Freshwater** with the **Relic of Saint John Vianney** will **Shrine of Hope** for our Priests and Vocations.

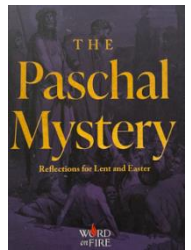
IMPORTANT CHANGE OF PLANS - Lenten Groups

To make it easier for more parishioners to take part, we've changed our **Lenten Groups** from Friday nights after **Stations of the Cross**, as we realised it was too late for many. You can now choose between:

- **Thursday evenings at 7:00 PM**
- **Saturday at 12:00 PM (midday)**

We'll be using *The Paschal Mystery* (Word on Fire), a guide through Lent, Holy Week, and Easter, exploring themes like repentance, prayer, and the Passion of Christ.

We hope one of these new times suits you—all are welcome! *Fr Sam*.



Introducing Morning Prayer

During this Jubilee Year of Hope 2025, we are all invited to a deeper spiritual renewal, embracing prayer as a way to grow in faith and trust in God's providence and love. As part of this journey, Morning Prayer (Liturgy of the Hours) will be prayed at 8:45am, Tuesday to Friday, before Mass, at the Blessed Sacrament Chapel, at Mary Immaculate Church, Manly. This ancient prayer of the Church unites us in praise and reflection through Scripture and psalms, drawing us into the rhythm of daily prayer with the universal Church. Prayer books will be provided, and all are welcome to join.



PIETY STORE



There are St John Vianney candles, prayer books and holy water bottles available in the Piety Store along with books on St Joseph for the month of March, a variety of crosses, rosary beads, CD's, DVD's and much more.

Movie of the month - The miracles of Padre Pio

Renowned as the greatest wonder-working saint in modern history. This documentary explores; Padre Pio's stigmata, levitations, prophecies, bilocations and the remarkable intercessory miracles and favours attributed to him. Only \$10 @ the piety store.

CD of the month - The sacrament of penance - Fr William Casey

An excellent description of the sacrament of reconciliation. "Sin clings to us, have it removed and feel so much better!" take advantage of this sacrament. Only \$5 at the piety store.

ALPHA IS A SAFE SPACE WHERE YOU CAN ASK QUESTIONS ABOUT LIFE, FAITH AND MEANING



THERE'S A SEAT FOR YOU AT THE TABLE

WATCH KNOW MORE BOOK





SCAN ME SCAN ME SCAN ME

ALPHA STARTS AT 7PM ON 10 MARCH 2025
 Parish Meeting Room, St Mary's Manly, 6 Raglan St
 Registration essential - electronic and paper options are available

ALPHA is a series of 11 interactive sessions that explore meaning of life and faith. You do not need to commit to attending them all. Just come for the first and see if it's for you.

It has a simple structure:

CONNECT – Connecting with others is important; friends gathered around the kitchen table or meeting for coffee.

It's no different at Alpha. All sessions start with a time to connect, relax and build friendships over a meal.

WATCH – The 30ish-minutes videos are designed to inspire conversation. They explore important issues around faith and unpack the basics of Christianity, addressing questions like: Who is Jesus? How can we

have faith? Why do I pray? How does God guide us?

DISCUSS – At the heart of any Alpha is the chance to share thoughts and ideas in small groups. There's no obligation to speak but there's nothing you can't share!

It's a chance to hear from others and contribute your own perspective in an honest and friendly environment.

Booking is essential for catering purposes. You can book via QR cod or paper registration – available at the entrance of the church.

See you there – Monday 10 March 2025 at 7pm in Parish Meeting Room at Manly

PARISH WEEKLY EVENTS

- Cenacle of Our Lady: Tues 9:45am Manly Church
- Craft Group: Tues 10:00am Parish Centre
- Christian Meditation: Tues 12:15pm Parish Centre
- Eucharistic Adoration: Weds 6:00pm Manly
- Lectio Divina: Tues 7.30pm & Weds 10am Parish Centre
- Piety Store: open on weekends or call the Parish Office
- Prayer Group in Spanish – 2nd & 4th Friday 6pm Parish meeting room
- Reconciliation: Manly: Sat 10am – 11am
- RCIA: Contact the Parish Office 9977 5822
- Rosary: Freshwater Tues – Fri 8.45am in Church
- Youth Group (Yrs 7 – Yr 12): 1st & 3rd Sunday 7pm – 9pm

PARISH MONTHLY EVENTS

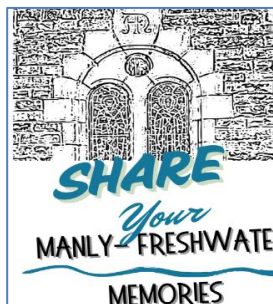
- Anointing Mass: Manly & Freshwater 1st Friday 9:15am
- Parish Pastoral Council: contact Parish Office
- St Vincent de Paul Conferences:
 Manly 1st Mon each month 5:30pm
 Freshwater 2nd Mon each month 5:30pm

PARISH SOCIAL MEDIA

Parish facebook: facebook.com/manlyfreshwaterparish

Parish website: bbcatholic.org.au/manlyfreshwater

Livestreaming on Facebook Sunday 8:30am Mass
 manlyfreshwaterparishfacebook/videos



More than one memory is welcome. Try to include people's names in the comments.

Priests: e.g., I remember Fr..... Something about his ministry /year

Activities: e.g., I was part of the CYO in (date) and some activities were...

Groups: e.g., I belonged to these groups (when they met and what they did.)

Sacraments: e.g., I made my first communion/confirmation/wedding/(Date)

Events in the parish that were significant to you?

What do you remember about the **Church?** e.g., The colours, the statues, the size, decorations? Mass times or attendance numbers?

Dear Parishioners,

Thank you for sharing memories of Manly-Freshwater Parish.

This research will be used as part of a history of the parish publication in 2026 celebrating 150 years of the Parish.

The research is conducted by Patty Thomas.

BE, ACU, Strathfield, Grad Dip Theology, Notre Dame, Sydney.

Please complete your memories in a word document & scan photos and email them to either <https://www.dropbox.com/request/CEypnfAUZXwTFInwXpZt>

or email them to manlymemories.rcc@outlook.com

or contact Patty Thomas 0408 690 156

Thank you for your participation.



Lectio Divina Read his story in the Gospels. Spend time with him. Lectio Divina groups meet in the Parish Centre on Tuesday evenings at 7:30pm and Wednesday mornings at 10am.



The Craft Group meets each week on Tuesday mornings from 10am to 12noon in the Parish Center. We invite you to come along for a cuppa and a chat in a friendly relaxed environment. Bring your knitting or other craft if you wish.

Manly Freshwater Parish promotes SAFEGUARDING which involves the implementation of proactive, common sense and practical ideas that ensure the safety of children and vulnerable adults in our MANLY communit

INSTALLATION OF ST VIANNEY RELIC – Sunday 2nd March 2025





Thank you for your generous support. We encourage you to use the tap machines at the


Church entrances. If you prefer to use cash, there will be **ONE** collection during Mass at the offertory at Manly and **TWO** at Freshwater.

PILOT PROGRAM –The Diocese has agreed for Manly to pilot a **ONE COLLECTION** at the weekend Masses. The Diocese will continue to monitor this.

The collection is for the First and Second Plates and will be allocated as follows:

- 25% to Supporting our Priests including the sick & retired in our Diocese.
- 75% to Parish operations and maintenance of building.

SUPPORT OUR PARISH & PRIESTS FINANCIALLY by using one of the following...

- 1. Planned Giving:** through a monthly **direct debit** or **credit card**. Please contact the parish office for more information 9977 5822.
- 2. Collection plates during Mass**
- 3. Tap and Go machines** using your credit/debit card or **EFTPOS Terminals**.
- 4. Scan to Donate** using the QR code to access our BPoint Donation page. 
- 5. Direct into Parish Bank Accounts**
 - **Parish Giving (2nd collection)** Funds the running of the Parish
Account Name: Manly Freshwater Parish
Bank Name: Commonwealth Bank
Account # 100002025 BSB: 062 784
 - **Clergy Giving (1st collection)**
Supports our Priests
Account: Manly Freshwater Parish Pastoral
Bank Name: Commonwealth Bank
Account# 13958002 BSB: 062 784

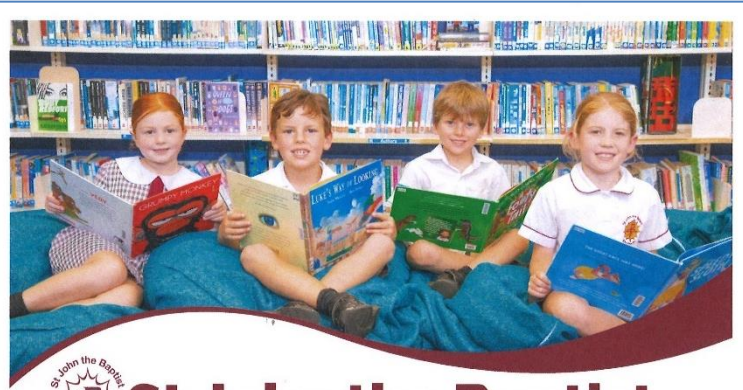
HAS YOUR CREDIT CARD EXPIRED?

If you donate to the Parish using your credit card please let us know if you have a new card or the card has expired by contacting the Parish Office 9977 5822 or email

manlyfreshwaterparish@bbcatholic.org.au

DIRECT DEBIT FROM BANK ACCOUNT

Please consider changing your giving from a credit card deduction to a direct debit from your bank account. Please contact the parish office to have this set up automatically for you.



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First Sunday of Lent – Year C

First Reading

Deuteronomy 26:4-10 (JB)

A reading from the book of Deuteronomy

The confession of faith of the elect.

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.

All: Thanks be to God.

Responsorial Psalm

Ps 90:1-2, 10-15 (JB)

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

Romans 10:8-13 (JB)

A reading from the letter of St Paul to the Romans

The confession of faith of the believers in Christ.

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.

All: Thanks be to God.

Gospel Acclamation

Matthew 4:4 (JB)

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

Luke 4:1-13 (JB)

A reading from the holy Gospel according to Luke

Filled with the Holy Spirit, Jesus was led by the Spirit through the wilderness where he was tempted.

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.

All: Praise to you, Lord Jesus Christ.



Gospel Reflection

The Gospel for this First Sunday of Lent is Luke's account of Jesus' desert experience. The

desert here is more accurately understood as a wilderness: a dangerous, uncharted place, inhabited by wild beasts and bandits, and (many believed) haunted by demons.

Jesus' wilderness "retreat" is a time for discerning and understanding his mission as the Messiah. These forty days are marked by intense prayer and fasting – not out of a sense of penance but to focus totally on God and the Father's will for him. The three temptations all confront Jesus with very human choices:

- "command this stone to become bread": Will Jesus use his power for his own gratification and acclaim or to accomplish the will of God?
- "All this will be yours, if you worship me": Will Jesus compromise the values of God to accommodate the values of the world?
- "throw yourself down from here": Will Jesus pray that God will do Jesus' will rather than Jesus seeking God's will? Will Jesus seek to make God into Jesus' image or seek to become what God calls him to be?

Jesus' encounter with the devil depicts the struggle he experienced during this lonely and difficult time to come to terms with the life that lay before him. Jesus then follows the Spirit obediently on to Galilee to begin his teaching ministry.


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Parish Priest: Fr Chima Ofor
manlyfreshwaterparish@bbcatholic.org.au

Assistant Priest: Fr Marek Woldan
marek.woldan@bbcatholic.org.au

Assistant Priest: Fr Sam French
sam.french@bbcatholic.org.au

Seminarian: Mr Alfred Soliman
manlyfreshwaterparish@bbcatholic.org.au

Parish Secretary: Jenny Beninati
manlyfreshwaterparish@bbcatholic.org.au

Mary Immaculate Church (Parish Office)
6 Raglan St, Manly 2095

Phone: 9977 5822

After Hours Sick Calls: 0499 910 010

Parish Office: Mon to Thur 8:30am – 4:30pm

manlyfreshwaterparish@bbcatholic.org.au

www.bbcatholic.org.au/manlyfreshwater

St John the Baptist Church

cnr Johnson & Oliver St, Freshwater 2096

Parish Pastoral Council:

Michael McGrath (Chair); Ivica Covic (Deputy Chair);
John Zemek (Deputy Chair); Val Buono; Patricia Carroll;
Rob Irving; Robert Marshall; Ian Press

Weekend Masses:

Freshwater: Saturday Vigil 5:00pm and Sunday 9am

Manly: Saturday Vigil 6:00pm

Sunday 8:30am, 10:30am, 6:00pm

Weekday Masses: *Freshwater* Tue, Wed, Thur, Fri 9:15am

Manly Tues and Fri 7am & 9:15am

Wed and Thur 9:15am

Reconciliation: *Manly* Wed 6pm – 7pm; Sat 10am – 11am

St Mary's Primary School 7256 2135

Principal: Paul McGuire

St John the Baptist Primary School 9939 6699

Principal: Alicia van der Merwe

St Paul's Catholic College 7256 2112

Principal: Gabie Stojanovski

Stella Maris College 9977 5144

Principal: Sharyn Quirk