



MANLY FRESHWATER CATHOLIC PARISH

Mary Immaculate and St John the Baptist Churches

Twenty-third Sunday in Ordinary Time – 8th September 2024



Gospel Reflection

**Ephphatha –
“Be opened!”**

Isaiah’s vision of a Messiah who would come with hope and healing (today’s first reading) is realized in

this episode from Mark’s Gospel: the deaf hear, the silent are given voice, the lame “leap like a stag.” The exhortation **Ephphatha!** is not only addressed to the man born deaf but to his disciples both then and now who fail to hear and see and speak the presence of God in their very midst.

The Aramaic phrase **ephphatha** literally means “be released” – Jesus “releases” the man not only from his disability but from his sins, his isolation from the community, his alienation from God.

Jesus’ curing of the deaf man with spittle (which, in Jesus’ time, was considered curative) is an act of re-creation. God’s reign is present in human history in the extraordinary ministry of Jesus. Throughout Mark’s Gospel, Jesus insists that his healings be kept quiet in order that his full identity be revealed and understood only in the light of his cross and resurrection.

Connectionmediaworks



Pope Francis Prayer Intention for September *For the Cry of the Earth*

“Let us pray that each of us hears with the heart the cry of the Earth and victims of natural disasters and climate change, personally committing to care for the world we inhabit.”

Livestreaming on Facebook Sunday 8:30am Mass
[manlyfreshwaterparishfacebook/videos](https://www.facebook.com/manlyfreshwaterparish/videos)

PARISH SOCIAL MEDIA

Parish facebook: [facebook.com/manlyfreshwaterparish](https://www.facebook.com/manlyfreshwaterparish)

Parish website: [bbcatholic.org.au/manlyfreshwater](https://www.bbcatholic.org.au/manlyfreshwater)

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 community.



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

WEEKDAY MASSES

During Fr Marek’s leave the weekday Masses at 9:15am are as follows.

Manly: Tuesday, Thursday & Friday

Freshwater: Wednesday

We extend our thanks and appreciation once again to the Augustinian Fathers for their support with the weekend Masses during Fr Marek’s leave.



ENQUIRY NIGHT

Invite your family & friends to
Come and See
on Tuesday 24 September at
7pm in the Parish Centre at
Manly Freshwater Parish

Especially for Adults who are unbaptised or baptised in another Christian tradition and wanting to know more about the Catholic Faith.

The Rite of Christian Initiation of Adults (RCIA) is a process for adults to learn and live the Good News of Jesus as revealed in the Bible, in the Catholic tradition and lived out in our community.

We explore the teachings, practices and history of the Catholic Church.

Our aim is for those who are unbaptised or come from another Christian background to come to a deeper understanding of God, our relationship to God and our Catholic community.

Be welcomed in a place where we can find acceptance and belonging through God’s love and mercy. Contact: Parish Office for more details.



Ministers of
Communion
for the Sick

We would like to recommence Communion to our parishioners who are unable to attend Mass on Sundays.

This includes our local Nursing Homes and parishioners at home.

We look forward to hearing from you if you have previously been a part of this ministry or if you are interested in being trained as a Minister to the Sick. Please contact the parish office 9977 5822.



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

Recently Deceased: George Prelog

Anniversary: Elaina Lewis, Ramon Sy, Arnold Sia, Alan Magbuhos, Donah Lao

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; Pat Smith; John Connors; Don Hews; Joan Jacobs; Paul Donnelly; Julie Wallis; Lyn Hillard; Ian Flynn; Jake Usher; Wayne Smedley; Apolinar Anasarias; Kay Flenady; Annette Frances O’Leary; Anna Kalayzich; Veronica Rinaldo; Chinnamma Puliparambil; Rena Cull; John Santos; Shirley Ford; Ana Maria Saladana;

Dates to remember...

• **CHANGES TO WEEKDAY MASSES**

see bulletin notice on front page

• **Spanish Prayer Group** Friday 13th Sept 6pm

• **Cenacle of Our Lady**

Manly: Tues 9:45am; Freshwater: Wed 9:45am

MORNING TEA THIS SUNDAY AT MANLY AFTER 8:30AM MASS



MANLY: every 3rd Sunday after the 10:30am Mass hosted by the Tongan Community.

FRESHWATER: every Sunday after the 9am Mass in the parish hall.

Join us for morning tea and a chat. All welcome and bring a friend.



CCD Ongoing Classroom Management training

Experienced SRE catechists are invited to join us for Ongoing Classroom Management training

in the next school holidays. Those who are due to renew this training will be contacted by their Parish Catechist Coordinator or CCD Registrations. Contact Alicia at our Registrations desk on registrations@bbcatholic.org.au or 02 8379 1673 for enquiries or to register. [Flyer](#)



If you are a new parishioner to Manly Freshwater Parish, we invite you to complete a Parish census form. This will assist us in updating our records to include you and your family in 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

KIDS ACTIVITY BULLETINS ARE AVAILABLE AT THE ENTRANCES TO THE CHURCH

THINGS YOU DIDN'T KNOW ABOUT THE MASS

A “splash” of tradition in Mass: the commingling.

Have you ever been some place a thousand times, and yet not noticed something right in front of you?

I had this experience recently. A priest came and visited me at the presbytery, and in the living room, he was admiring some sculptured patterns of roses and garden leaves on the ceiling. And for the first time in the many months I’ve been here in Manly, I looked up.

I was surprised. So was he.

Attention to detail – I think I get an F.

Still, sometimes I wonder if this is how people feel in the Mass. See, there’s this moment, right before Communion, when we’re all singing the “Lamb of God”, and the priest does something almost hidden. He takes the host, breaks it, and places a very small piece in the chalice, whispering: “May this mingling of the Body and Blood of our Lord Jesus Christ bring eternal life to us who receive it.” It’s called the *commingling*.



So my question is: the commingling – what’s the significance? Why does the priest do it? Let’s find out...

† † †

Firstly, the commingling reminds us: the Mass is one.

In the ancient Church, some fragments of the consecrated Host (*sancta*) from each Mass were reserved, and dropped into the priest’s chalice at the next Mass. The gesture symbolised that, despite there being many Masses celebrated, there is really only *one Mass*. This is because there is only *one* Sacrifice of Jesus Christ, and *all* Masses are a *re-presentation* of that Sacrifice.

Secondly, the commingling reminds us: the Church is one.

At the ancient papal Mass, fragments of the consecrated Host (*fermentum*) were sent by the Pope to the nearby parish churches to be placed in the priests’ chalice in their Mass. These fragments were sent out to the different churches so that, in the words of Pope Innocent I, “especially on this day, they do not think themselves cut off from our communion.”

And thirdly, the commingling reminds us: Christ is Risen.

Okay, I must admit, this one’s my favourite – because, in the Syrian Rite, while the Body and Blood *separated* represent Christ’s death (His body in one place, His blood in another), the commingled Body and Blood *together* represent Christ’s Resurrection (His blood flowing again through his veins as before). And so, by placing the consecrated Host in the chalice with the Precious Blood, the Body and Blood are united once again, showing that, yes, Christ has died, but now, He has risen from the dead.

† † †

...So then, dear friends, what shall we do this Mass?

Well, this week, let us remember what the Mass really is: *a memorial of the death and resurrection of Jesus Christ.*

So, this week, during the “Lamb of God”, when you see the priest break the tiny piece from the consecrated Host (Christ’s body broken) **remember Christ’s death.**

And then, when you see the priest commingle the Sacred Host with the Precious Blood, uniting His body and blood together – **remember Christ’s Resurrection.**

God bless you. *Seminarian Matthew*

CHRISTMAS DAY LUNCH

Planning Meeting

Each year the Parish hosts a Lunch on Christmas Day for those in our

Community who will be spending Christmas alone.

It's now time for us to look at how we can make our 2024 Christmas Day Lunch special for our guests and volunteers.

We will be holding a **Planning Meeting on Monday 16th September at 6pm** in the Parish Centre Manly. If you would like to be involved with the Planning Group, we invite you to come along – we would love to see some new faces and bring along your ideas.



PRAYER GROUP IN SPANISH GRUPO DE ORACION EN ESPANOL



A Prayer Group for Spanish Speaking families meet on a fortnightly basis. All those who are interested in joining this fellowship gathering are most welcome including children.

Next meeting: Friday 13th September

Time: 6:00pm Place: Parish Meeting Room



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 along your knitting or other craft if you wish.

Visitors to the area are more than welcome.



Lectio Divina Read his story in the Gospels. Spend time with him. Listen to what he says. Lectio Divina group meets in the Parish Centre on Tuesday evening at 7pm and Wednesday mornings at 10am. All Welcome



CHRISTIAN MEDITATION Anyone interested in this form of silent prayer is most welcome to attend. We meet each Tuesday at midday in the Parish Centre.

"Be still and know that I am God"
(Psalm 46: vs 10)

YOUTH GROUP GATHERING



We welcome all youth who are in High School (Yr 7 – Yr 12) to come along and join the Manly Freshwater Parish Youth Group which is held every **1st and 3rd Sunday** following the 6pm Mass (7pm – 9pm). Join us for free food and drinks, table tennis, basketball, party games, talks and new friends! Feel free to check out our instagram or send us an email!

Email: manlyfreshwatercatholicyouth@gmail.com

Instagram: manlyfreshwater_catholicyouth

JOIN OUR NORTHERN BEACHES



YOUNG ADULTS

COMMUNITY

Every 2nd Saturday at pub/restaurant

Every 4th Saturday at Manly Parish

message:

(6 Raglan St)

Fr Marek at 0422532173

or Cam at 0432895304

PARISH WEEKLY EVENTS

- Cenacle of Our Lady: Tues 9:45am Manly Church
- Craft Group: Tues 10:00am 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 Joseph Men's Group: 1st Thurs of the month 7pm
- t Vincent de Paul Conferences:
Manly 1st Mon each month 5:30pm
Freshwater 2nd Mon each month 5:30pm



.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**
 - **2nd collection Parish Bank Account**
Funds the running of the Parish
Account Name: Manly Freshwater Parish
Bank Name: Commonwealth Bank
Account # 100002025 BSB: 062 784
 - **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.

Bequests – Remembering your faith community in your Will! After providing for family members in your Will, have you ever considered leaving a bequest directly to your local parish or the Diocese of Broken Bay? This is called a legacy or bequest. Over the years, many people who have felt a special connection with their local parish and church have left part of their Estate to their Parish .Like a gift to a charity, a bequest of any amount to the Church is a way of saying “thank you” for the spiritual nurturing provided to you and your family over the years. If you would like further information on bequests including how we can acknowledge your generosity in your lifetime, please speak with your Parish Priest or the Broken Bay Diocese Office for Communications on 8379 1664.



The **SEASON OF CREATION CONVOCATION** is a National Event over 3 days from **12 - 14 September**. It is a real

opportunity for us to learn and plan for our parish as well as the diocese.

The first 2 days are online workshops and presentations. Read about the presenters-program at www.caritas.org.au/soc-convocation

Please Note: REGISTRATIONS FOR DAYS 1 & 2 Close Mon 9th Sept. Cost per day for Days 1 & 2 is \$25.

Saturday 14th is either online or at each Diocesan Hub around Australia. **For Broken Bay Diocese, FFCP is honoured to be the hub at St Anthony in the Fields, Terrey Hills.**

Arrive by 10am. Finish 3.30pm..This day is free (donations to help with costs appreciated).BYO lunch to share, keep cup and water bottle.

The special guest presenter for Day 3 is Fr Frank Brennan.. See the Day 3 program and Register now for DAY 3 at www.trybooking.com/CUMUZ

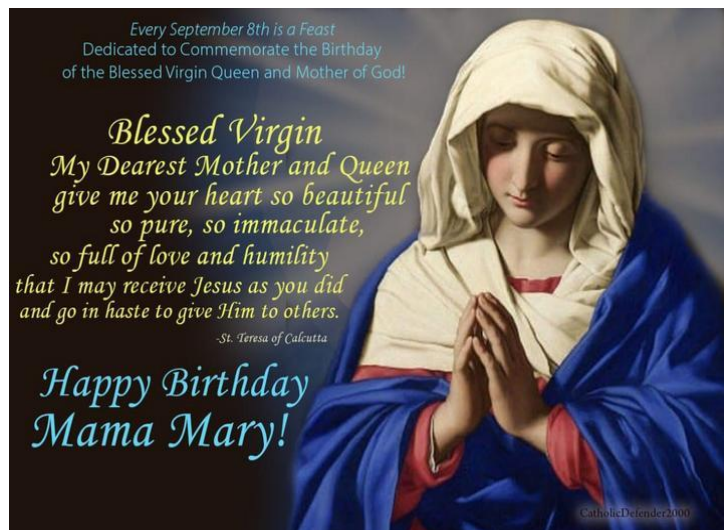
SmartLoving Weekend Marriage Seminars

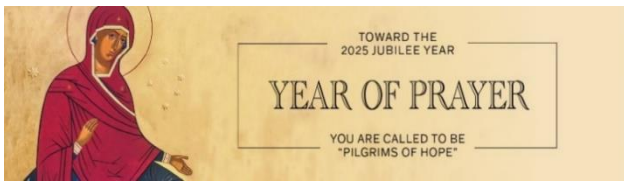
Participation in a course is organised directly through the SmartLoving website; [SmartLoving Weekend Marriage Preparation](http://SmartLoving_Weekend_Marriage_Preparation) or by contacting the facilitators via info@marriagerc.org to seek what face-to-face courses may be offered over the coming months.

Engaged Encounter- Engaged Encounter provides couples with deeper insights into each other and into married life. It is an opportunity for couples to spend time together to strengthen and enrich their relationship. For further information visit: www.engagedencounter.org.au Upcoming weekend: Nov 09-10 2024



Broken Bay is again delighted to host the **Ignite Sydney Conference**, a gathering of Catholics for four days of formation, renewal of faith, and powerful worship. It is a conference for all children, high school students, and young adults, There is something for everyone at the Ignite Conference. Contact the Parish Office for further information





In preparation for the Jubilee Year "Pilgrims of Hope", 2023-24 has been designated the Year of Prayer by Pope Francis, with a particular emphasis on the Our Father. This presents our Church with a significant opportunity to revisit the basics of prayer, and for us to become even more a people of prayer,

Someone once said that 'prayer doesn't help our relationship with God, prayer IS our relationship with God!' and so when we become more devoted to prayer, we are building up that Divine friendship. Being Pilgrims of Hope means that we should always be growing in our love of prayer on our journey of Faith. But the Year of Prayer also asks us to consider how we might help others to pray, so that they can experience a personal encounter with the risen Jesus.

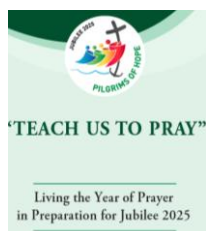
Can you teach at least one other person to pray, as Our Lord taught His disciples, during this Year of Prayer?

*God of blessings, in this year ahead,
give us a spirit of listening, of openness to your word
and longing for your kingdom.*

*As we journey toward the Jubilee,
a time of new beginnings, we pray for help and
strength, to heal our relationships
with each other and all creation.*

*Sing your song of love over us,
renewing our faith and courage,
so we may join our voices together, discovering new
harmonies of hope, new melodies of reconciliation*

*Attentive to the Spirit, and awake to the needs of the
world, may we seek your life-giving presence,
as we join as one global family,
in a great symphony of prayer and praise. Amen*



Our Vicar General, Very Rev Dr David Ranson, has prepared a Meditation Series of Christian Prayer. This is in preparation for the 2025 Jubilee.

The Introduction to the series and the first three videos in the series can be found at

<https://www.bbcatholic.org.au/mission/year-of-prayer> or on the [Diocese YouTube channel](#)

The Year of Prayer is meant to help Catholics individually and as a community to prepare to receive God's grace. May prayer be the compass that guides, the light that illuminates the path and the strength that sustains us on the pilgrimage that will lead to entering the Holy Door in 2025, the traditional sign of having made a jubilee pilgrimage. Through prayer, may we arrive at the Holy Door with our hearts ready to welcome the gifts of grace and forgiveness that the Jubilee offers as a vivid expression of our relationship with God.

CATHOLIC YOUNG ADULTS EVENT

The Story of Mary

Learn about the life of Saint Mary Mackillop with other young adults

SUNDAY 22ND SEPTEMBER | 10 AM
Mary Mackillop Place
7-11 Mount Street
North Sydney, 2060

Museum entry - \$10.00

Schedule
Mass: 10am
Museum Tour: 11am - 12.30pm
Liturgy/Reflection: 12.30pm - 1pm
Lunch to follow

This event is open to all young adults. If you can attend please RSVP via the QR code or by sending a message to Andrew: 0499181117 by no later than the 12th September.



RSVP via QR code



NEVER SEE A NEED WITHOUT DOING SOMETHING ABOUT IT
MARY MACKILLOP

CATHOLIC COMMUNITY OF NORTH HARBOUR

Young People's Alpha is a safe space to ask life's big questions

THERE'S A SEAT FOR YOU AT THE TABLE

GATHERING FOR 18-35ISH EVERY SUNDAY FROM 8 SEPTEMBER 6PM IN THE PARISH CENTRE, ST KIERAN'S MANLY VALE

SCAN ME

OFFICE@NHCATHOLIC.ORG.AU 9949 4455
CATHOLIC COMMUNITY OF NORTH HARBOUR ALPHA

CATHOLIC COMMUNITY OF NORTH HARBOUR ALPHA YOUTH FOR 18 - 35ish



2nd Annual Careers Fair

Imagining your future

Subject & University Degree selection
Job roles & Career path planning

A 2 hour program for Years 7 - 12, & university students

- Occupation** including:
- Cyber: Police Security
 - Finance, Law, Data & Analytics
 - Musicians, Athletes
 - Healthcare practitioners
 - Entrepreneurs, Writers
 - Engineers, Product Designers

- Speakers** including:
- Current university students
 - Working graduates
 - Industry leaders



2-4pm, Sunday 22 September 2024
Mary Mackillop Hall at Holy Family School, cnr Highfield Rd & Pacific Hwy, Lindfield



To register for the event, scan the QR code, or visit:

<https://t.ly/ryWvx>

Presented by Parish Pastoral Council, and:





Social Justice Statements

In a tradition reaching back to 1940, the Australian Catholic Bishops release major social justice statements each year in time for Social Justice Sunday. Through this tradition they contribute to the development of local Catholic Social Teaching. The statements encourage the Catholic community to reflect and act on social, economic and ecological issues. They remind us of the social dimension of the mission of the Church.

Below is a one page Summary of this year's Statement

Truth & Peace: A Gospel Word in a Violent World

The Australian Bishops Conference's social justice statement for 2024-2025, "Truth and Peace: A Gospel Word in a Violent World," addresses the urgent need for peace from a Gospel perspective. This document highlights the alarming levels of global and local violence, noting that the 20th century was the most violent in history, and the early 21st century continues to see numerous conflicts. In 2022, there were 55 state-based conflicts and 82 non-state conflicts affecting two billion people worldwide. Specific conflicts in the Asia-Pacific region, such as Myanmar's military coup, the persecution of Rohingya people, the crackdown on pro-democracy movements in Hong Kong, and ongoing violence in West Papua and Papua New Guinea, underscore the pervasive nature of violence and its devastating impacts.

The document discusses the erosion of truth in public life, emphasizing the rise of a post-truth culture where facts are frequently contested and falsified. This phenomenon has been exacerbated by new technologies and social media platforms that rapidly disseminate fake news and conspiracy theories, leading to widespread misinformation.

In a post-truth world, the distinction between truth and lies blurs, leading to a crisis of truth and trust. Without a shared understanding of basic facts, civil society and the rule of law are

undermined, making informed democratic debate and accountability difficult. This environment allows for the rise of populism and extremism, where grievances are inflamed and followers are mobilized through disinformation. Authoritarian regimes exploit democratic processes to subvert democracy, further destabilizing societies.

Catholics are called to be active peacemakers by embracing a culture of encounter and dialogue, inspired by Jesus Christ, who is presented as the ultimate source of peace and truth. The document underscores the responsibility of Catholics to collaborate with all people of goodwill to build genuine peace based on truth and trust. Practical suggestions for promoting peace include building relationships with those affected by violence, supporting local peace initiatives, and engaging in interfaith and ecumenical dialogue. Community involvement and collective action are stressed as crucial in the pursuit of peace.

Theologically, the document positions Jesus as the embodiment of God's truth and peace, emphasizing that the fullness of peace is a divine gift requiring human cooperation. Believers are encouraged to trust in the power of the crucified and risen Christ, viewing peace as both a divine gift and a human task. It suggests that peace can be achieved through the proactive efforts of individuals and communities, guided by the principles of the Gospel.

"Truth and Peace: A Gospel Word in a Violent World" is a comprehensive call to action for Catholics and all people of goodwill to engage in peacebuilding through truth-telling, dialogue, and practical initiatives. It frames peace as a realistic and attainable goal, grounded in the teachings of the Gospel and the example of Jesus Christ. By addressing both global and local conflicts, the statement encourages a collective effort towards a peaceful world, rooted in the values espoused by the Catholic faith.

To download the complete statement please go to
<https://socialjustice.catholic.org.au/resources/social-justice-statements/>

Twenty-third Sunday in Ordinary Time– Year B

First Reading *Isiah 35: 4-7 (JB)*

A reading from the prophet Isaiah
Then the ears of the deaf shall be opened and the tongues of the dumb speak.

Say to all faint hearts,
'Courage! Do not be afraid.
'Look, your God is coming,
vengeance is coming,
the retribution of God;
he is coming to save you.'
Then the eyes of the blind shall be opened,
the ears of the deaf unsealed,
then the lame shall leap like a deer
and the tongues of the dumb sing for joy;
for water gushes in the desert,
streams in the wasteland,
the scorched earth becomes a lake,
the parched land springs of water.

The word of the Lord. **All: Thanks be to God.**

Responsorial Psalm *Ps 145;7-10 (JB)*

R. Praise the Lord, my soul!

1. It is the Lord who keeps faith for ever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free. (R.)
2. It is the Lord who gives sight to the blind,
who raises up those who are bound down,
the Lord who loves the just,
the Lord, who protects the stranger. (R.)
3. The Lord upholds the widow and orphan,
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age. (R.)

Second Reading *James 2:1-5 (JB)*

A reading from the letter of St James

Has not God chosen the poor of the world to inherit the kingdom?

My brothers, do not try to combine faith in Jesus Christ, our glorified Lord, with the making of distinctions between classes of people. Now suppose a man comes into your synagogue, beautifully dressed and with a gold ring on, and at the same time a poor man comes in, in shabby clothes, and you take notice of the well-dressed man, and say, 'Come this way to the best seats'; then you tell the poor man, 'Stand over there' or 'You can sit on the floor by my foot-rest.' Can't you see that you have used two different standards in your mind, and

turned yourselves into judges, and corrupt judges at that?

Listen, my dear brothers: it was those who are poor according to the world that God chose, to be rich in faith and to be the heirs to the kingdom which he promised to those who love him.

The word of the Lord. **All: Thanks be to God.**

Gospel Acclamation *Matthew 4:23 (JB)*

Alleluia, alleluia!

Jesus preached the Good News of the kingdom and healed all who were sick.

Alleluia!

Gospel *Mark 7:31-37 (JB)*

A reading from the holy Gospel according to Mark

A reading from the holy Gospel according to Mark
He makes the deaf hear and the dumb speak.

Returning from the district of Tyre, Jesus went by way of Sidon towards the sea of Galilee, right through the Decapolis region. And they brought him a deaf man who had an impediment in his speech; and they asked him to lay his hand on him. He took him aside in private, away from the crowd, put his fingers into the man's ears and touched his tongue with spittle. Then looking up to heaven he sighed; and he said to him, 'Ephphatha,' that is, 'Be opened.' And his ears were opened, and the ligament of his tongue was loosened and he spoke clearly. And Jesus ordered them to tell no one about it, but the more he insisted, the more widely they published it. Their admiration was unbounded. 'He has done all things well,' they said 'he makes the deaf hear and the dumb speak.'


The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.



SOUTH STEYNE
medical CENTRE

Nestled between the pines at South Steyne – our Medical Centre born from the belief of looking from a fresh perspective towards healthcare. You will find highly trained, experienced GPs and Nursing Staff, with a range of skills to provide you with quality comprehensive care.



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Fax Number: (02) 7209 2921
Website: southsteynemedical.com
Email: SSMAdmin@southsteynemedical.com


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College Manly**

St Paul's is a Catholic high school
in Years 7 to 12, introducing
co-educational in Year 7 & Year 11
in 2025 and then onwards.

**Respect
Responsibility
Results
Reverence**

124 Darley Road, Manly
Ph: 7256 2112
www.stpaulsdbb.catholic.edu.au
E: stpauls@dbb.catholic.edu.au

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

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

Seminarian: Matthew French

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 Thurs 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;
Margaret Dent; Robert Marshall; Peter Nacard; Ian Press

Weekend Masses:

Manly: Saturday Vigil 6:00pm

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

Freshwater: Saturday Vigil 5:00pm

Sunday 9am

Weekday Masses: *Manly & Freshwater*

Tuesday – Friday 9:15am

Baptisms: please contact the parish office

Reconciliation: *Manly* 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

Head of College: Mark Robinson

Stella Maris College 9977 5144

Principal: Elizabeth Carnegie