



MANLY FRESHWATER CATHOLIC PARISH

Mary Immaculate and St John the Baptist Churches

Fourth Sunday in Ordinary Time – 2 February 2025



The Feast of the Presentation

A Light of Hope

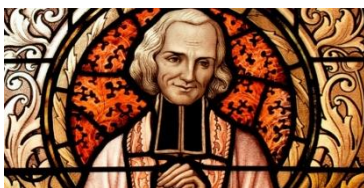
This weekend, we celebrate the Feast of the Presentation of the Lord, also known as **Candlemas**. This beautiful feast reminds us of Christ as the Light of the Nations, fulfilling Simeon's prophecy in the Temple. It is a moment of both dedication and revelation—Jesus, the light of the world, is recognized and embraced with faith and hope.

As part of our celebration, **we will bless candles for you to take home**, a reminder of Christ's presence in our daily lives. In this Jubilee Year of Hope, these candles symbolize the light that faith brings into our hearts and homes, encouraging us to carry that light into the world.

We will also light our special commemorative candle for the Jubilee Year, praying that this year will be a time of renewed faith, deepened hope, and a stronger witness to Christ's love.

May Christ, our Light, guide us forward with faith and hope!

Fr Chima



Installation of the Relic of St. John Mary Vianney – Sunday, 2nd March

We are delighted to announce that the relic of St. John Mary Vianney will be installed in our church during the 6 pm Mass on **Sunday, 2nd March**, with Bishop Anthony presiding. This is a truly wonderful occasion for our parish, and we warmly invite everyone to participate in this special celebration.



Welcome to Fr. Sam and Alfred!

We are delighted to welcome **Fr. Sam French** to our parish community. We are grateful for his presence and ministry among us and look forward to journeying with him in faith.

We also warmly welcome **Alfred Soliman**, a seminarian who will be with us on internship. Please keep him in your prayers as he continues his formation and experiences parish life.

To officially welcome them, we invite you to



morning tea this Sunday at

Manly following the 8.30am and

10.30am Masses. Next Sunday, 9th

February the morning tea will

following the 9am Mass at

Freshwater. We hope you can join us in making them feel at home in our parish!



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.

LET US PRAY FOR

26th January 2025

Recently Deceased: Colin Dennis; Shirley Leaver; Collette

Anniversary: Eugenio & Lina Nero

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; 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; Peter Hoang Ngoc Thai

Dates to remember...

- **RCIA** Tues 28th Jan 7pm
- **Cenacle of Our Lady**
Manly: Tues 9:45am; Freshwater: Wed 9:45am

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**

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

NEW DATES FOR CHILDREN'S LITURGY



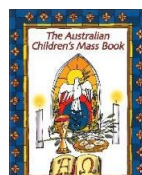
CHILDREN'S LITURGY
AT SUNDAY MASS

THIS SUNDAY AT MANLY DURING THE 10.30AM, MASS

Children's

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

This will cater for children aged 3 to 8 years old. Each week a theme that correlates to the readings and Gospel is presented to the children using age-appropriate materials. The adult catechists incorporate prayer, song, group discussion, worksheets and other activities so the children can relate the Word of God to daily life. The children leave the church after a blessing from the priest, gather in the parish meeting room, and return during the offertory.



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 February – For vocations to the priesthood and religious life. Let us pray that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's mission in the priesthood and religious life..

PARISH SOCIAL MEDIA

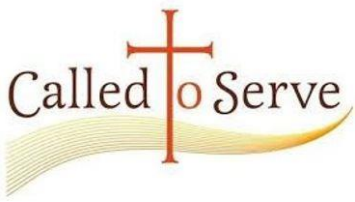
Parish facebook: facebook.com/manlyfreshwaterparish

Parish website: bbcatholic.org.au/manlyfreshwater

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

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.

FEBRUARY MINISTRY ROSTER IS AVAILABLE AT THE BACK OF THE CHURCH



**HAVE YOU
CONSIDERED
BEING
EUCHARISTIC
MINISTERS 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.

SACRAMENTAL PROGRAM 2025



The Sacrament of Confirmation will be celebrated in the Parish on Thursday 1st May.

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**.

Confirmation Parents Information Evenings

If you wish your child to be part of this program please attend one of the following Information Evenings:

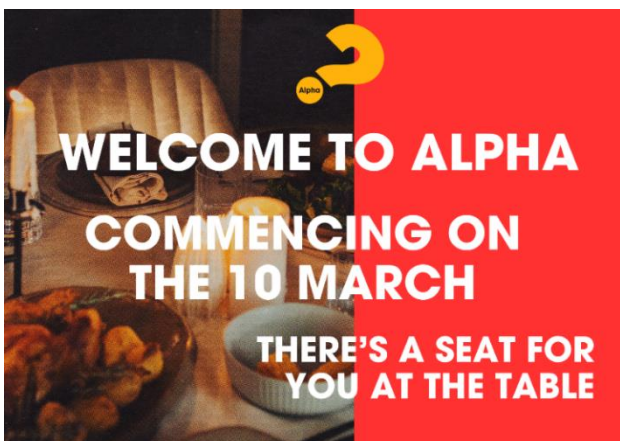
- **Manly: Tuesday 18 February at 7pm**
- **Freshwater: Thursday 27 February at 7pm**

Information and registration forms can be found on the back wall of the Church at Manly and on the small table at Freshwater or from the Parish Office. Information packs will be sent home through the schools during the first week of Term 1. If you have any queries, please contact Michelle at michelle.ellis@bbcatholic.org.au.



Older Children's Baptism Program

In the coming weeks we will be holding a 'Children's Baptism' preparation program for children from 6-12 years of age. To be eligible to join the program at least one parent needs to be a baptised Catholic. If you would like to know more about what is involved, please contact the Parish Office 9977 5822.

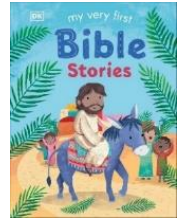
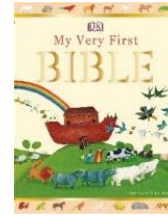
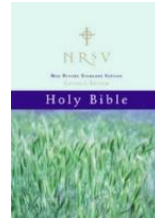


Piety Store

Next weekend we celebrate the Word of God "Bible Sunday".



The Piety Stores at Manly and Freshwater will have a selection of bibles available to purchase **on sale** this weekend and next, with some at half the recommended retail price – now price of \$15.00 or less



- **The Living Faith book**
- **2025 Calendars,**
- **And much more**



Movie of the month

The story of Saint Brigid of Ireland - Considered the most popular saint in Ireland (born 451AD). This documentary explores the incredible life of this Saint and the continued devotion to her intercession. Only \$10 at the piety store.

CD of the month

Shameless – seeing yourself as God sees you – Jeff Cavins

Living a shameless life is a key to happiness and peace. An engaging talk to help gain a deeper understanding of shame and engaging the struggles of the heart. Only \$5 at the piety store.

COME IN AN TAKE A LOOK



MANLY CATECHISTS & CLASSROOM HELPERS ANNUAL GENERAL MEETING

We invite all Catechists and Helpers to our Annual General Meeting which will be held on Thursday 13th February in the Parish Meeting Room following the morning Mass (10am).

- New volunteers will be welcomed
- Laurie will issue Green Cards (please return old cards)
- Rosters and starting times for both schools will be discussed.
- Student works books will be given out where possible.

Looking forward to seeing as many of you as possible at this important meeting.

Laurie Riley – CCD Co-ordinator, Manly

Understanding a Plenary Indulgence: Grace, Mercy, and Conversion

A **plenary indulgence** is a grace given by the Church, through the power of Christ, that **removes all temporal punishment due to sin**. To understand this, it helps to reflect on the nature of sin and its effects.

Sin and Its Consequences

When we sin, two things happen:

1. **Guilt** – This is removed through the Sacrament of Confession when God forgives us.
2. **Temporal Consequences** – Even after forgiveness, sin leaves behind damage in our soul and in the world, much like a nail driven into wood leaves a hole even after it is removed.

A plenary indulgence is the Church's way, through the merits of Christ and the saints, of filling in those holes—of restoring the soul completely and removing all temporal punishment due to past sins.

A Simple Example: A Broken Window

Imagine a child playing soccer in the backyard. He kicks the ball too hard, and it smashes a neighbour's window. He immediately apologizes, and the neighbour forgives him (this represents God's mercy in Confession). But the broken glass is still there, and someone must repair it. Either the child fixes it himself (through penance and good works) or someone else helps him (this represents an indulgence). A plenary indulgence would be like the neighbour not only forgiving the child but also repairing the window completely for him, leaving no trace of damage.

How to obtain a Plenary Indulgence



Receiving a Plenary Indulgence

To receive a plenary indulgence, the Church asks us to:

1. **Perform the indulgenced work** (e.g., reading Scripture for 30 minutes, praying the Rosary in a church, making a pilgrimage, or other acts designated by the Church).
2. **Go to Confession** (within about 20 days before or after).

3. **Receive Holy Communion** (on the same day if possible).
4. **Pray for the Pope's intentions** (usually an Our Father and a Hail Mary).
5. **Be free from all attachment to sin**—even venial sin (this means a true desire to avoid sin in the future, though it doesn't mean never sinning again).

If any of these conditions are incomplete, the indulgence is **partial**, meaning it still helps purify the soul but does not remove all temporal punishment.

Indulgences and the Jubilee Year of Hope

During a Jubilee Year, the Church offers special opportunities to receive plenary indulgences as an invitation to deeper conversion, renewal, and hope. Pope Francis reminds us: "*God never tires of forgiving us; we are the ones who tire of seeking his mercy.*" (*Evangelii Gaudium*, 2013, no. 3).

This Jubilee Year of Hope is a perfect time to embrace indulgences as a gift of God's mercy, encouraging us to grow in holiness, repair what sin has damaged, and bring the light of Christ into the world. Ultimately, indulgences are not a shortcut to heaven, nor are they "buying" forgiveness. Rather, they are a gift of grace—a means to help us become truly free, purified, and ready to embrace the fullness of life with God.



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

REMINDER

Feast of the Presentation of the Lord

Bring your candles for a special blessing

The blessing will be done on February 2.



Your welcome to bring your candles for blessing this Sunday at all Masses.

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



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.



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.



YOUTH GROUP

1st and 3rd Sunday of the Month following the 6pm Mass (7pm – 9pm).

We welcome all youth who are in High School (Yr 7 – Yr 12) to come along and join the Manly Freshwater Parish Youth Group. 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](https://www.instagram.com/manlyfreshwater_catholicyouth)



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

MANLY: this Sunday after the 8:30am Mass and 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



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.



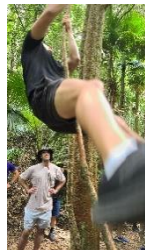
Last weekend our Young Adults spend three days on a New Life retreat. Together with young adults from Chatswood, Gosford and



Pymble we stayed in a beautiful Divine Mercy Retreat Centre in Somersby. After our consolidating group bush activity we engaged in very intensive program with almost no free time. And yet – we loved it. Just find out how the participants look at it:

I loved the New Life Retreat. It was a great opportunity to grow in Faith and experience the love of the Catholic community at its best. The activities were very well planned: Fr Marek and the leaders did an excellent job at sharing the key aspects of our Faith. I came back filled with hope and eager to start living my "New Life". I recommend it to everyone who wants to reignite their relationship with God.
Lucas Augustin

The new life retreat for us was truly transformative for our Faith. The structure and content of the day, talks and group activities really helped enlighten our beliefs, strengthen our values and had challenged our deep personal relationship with God and with the Church. Through this experience, we were also so inspired by others who were on fire for God and learnt from them. Thank you to Fr Marek and the youth leaders for igniting within us hope and joy for the new year and ultimately a new life with Christ.
Nina and Ceth Pangilinan



After much thought and reflection the retreat for me comes with a mix blessed of deep emotions. I want to sincerely thank every day shared with you all.
Mica



What a retreat experience I had at the New Life YA Retreat at Somersby! I have been transformed! We called on the Holy Spirit and He came and worked wonders. I heard powerful testimonies & insightful talks that have brought me a greater appreciation for how good God is and how He is at work this very moment. I've been prayed for and God has listened. This retreat is what my faith needed.



I've now got fellow disciples/friends to walk the journey with and we are empowered to spread the gospel to our brothers and sisters. The retreat organizers/leaders were awesome and made us feel welcome and put in so much time and preparation to ensure we would learn and experience God's love in powerful ways.
Cameron Smit



Fourth Sunday in Ordinary Time – Year

First Reading Malachi 3:1-4 (JB)

A reading from the prophet Malachi
The Lord whom you seek will come to his temple.

The Lord God says this: Look, I am going to send my messenger to prepare a way before me. And the Lord you are seeking will suddenly enter his temple; and the angel of the covenant whom you are longing for, yes, he is coming, says the Lord of hosts. Who will be able to resist the day of his coming? Who will remain standing when he appears? For he is like the refiner's fire and the fuller's alkali. He will take his seat as refiner and purifier; he will purify the sons of Levi and refine them like gold and silver, and then they will make the offering to the Lord as it should be made. The offering of Judah and Jerusalem will then be welcomed by the Lord as in former days, as in the years of old.

Responsorial Psalm Ps 23:7-10 (JB)

R. Who is this king of glory? It is the Lord!

O gates, lift up your heads;
grow higher, ancient doors.
Let him enter, the king of glory! R.

Who is the king of glory?
The Lord, the mighty, the valiant,
the Lord, the valiant in war. R.

O gates, lift high your heads;
grow higher, ancient doors.
Let him enter, the king of glory! R.

Who is he, the king of glory?
He, the Lord of armies,
he is the king of glory. R.

Second Reading Hebrews 2:14-18 (JB)

A reading from the letter to the Hebrews

He had to be made like us in all things.

Since all the children share the same blood and flesh, Jesus too shared equally in it, so that by his death he could take away all the power of the devil, who had power over death, and set free all those who had been held in slavery all their lives by the fear of death. For it was not the angels that he took to himself; he took to himself descent from Abraham. It was essential that he should in this way become completely like his brothers so that he could be a compassionate and trustworthy high priest of God's religion, able to atone for human sins. That is, because he has himself been through temptation he is able to help others who are tempted.
The word of the Lord.
Thanks be to God.

Gospel Acclamation Luke 2:32 (JB)

Alleluia, alleluia!
This is the light of revelation to the nations,
and the glory of your people, Israel.
Alleluia!

Gospel: Luke 2:22-40 (JB)

A reading from the holy Gospel according to Luke

My eyes have seen your saving power.

When the day came for them to be purified as laid down by the Law of Moses, the parents of Jesus took him up to Jerusalem to present him to the Lord - observing what stands written in the Law of the Lord: Every first-born male must be consecrated to the Lord - and also to offer in sacrifice, in accordance with what is said in the Law of the Lord, a pair of turtledoves or two young pigeons. Now in Jerusalem there was a man named Simeon. He was an upright and devout man; he looked forward to Israel's comforting and the Holy Spirit rested on him. It had been revealed to him by the Holy Spirit that he would not see death until he had set eyes on the Christ of the Lord. Prompted by the Spirit he came to the Temple: and when the parents brought in the child Jesus to do for him what the Law required, he took him into his arms and he blessed God; and he said:

'Now, Master, you can let your servant go in peace, just as you promised;
because my eyes have seen the salvation
which you have prepared for all the nations to see,
a light to enlighten the pagans
and the glory of your people Israel.'

As the child's father and mother stood there wondering at the things that were being said about him, Simeon blessed them and said to Mary his mother, 'You see this child: he is destined for the fall and for the rising of many in Israel, destined to be a sign that is rejected - and a sword will pierce your own soul too - so that the secret thoughts of many may be laid bare.'

There was a prophetess also, Anna the daughter of Phanuel, of the tribe of Asher. She was well on in years. Her days of girlhood over, she had been married for seven years before becoming a widow. She was now eighty-four years old and never left the temple, serving God night and day with fasting and prayer. She came by just at that moment and began to praise God; and she spoke of the child to all who looked forward to the deliverance of Jerusalem.

When they had done everything the Law of the Lord required, they went back to Galilee, to their town of Nazareth. Meanwhile the child grew to maturity, and he was filled with wisdom; and God's favour was with him.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

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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.



Address: 15 South Steyne, Manly
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Fax Number: (02) 7209 2921
Website: southsteynemedical.com
Email: SSMAdmin@southsteynemedical.com



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School K – 6**

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**St Mary's Primary
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7256 2135



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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
manlyfreshwaterparish@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 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;
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* Tues – Fri 9:15am

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

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