



MANLY FRESHWATER CATHOLIC PARISH

Mary Immaculate and St John the Baptist Churches

Fifteenth Sunday in Ordinary Time – 14th July 2024



Gospel Reflection

In today's Gospel, the Twelve – each of whom has been called personally by Jesus – are given the title of **apostle** – "one who is sent." These unlikely candidates for such a task are carefully prepared and taught by Jesus for this moment. They undertake their first preaching and healing tour depending only on God for their inspiration and on the charity of others for their needs – remember that hospitality was considered a sacred responsibility in the east: it was not up to the stranger to seek hospitality but up to the prospective host to offer it.

connectionmediaworks



EUCCHARISTIC ADORATION IN MANLY ON WEDNESDAYS

6pm – 7.30pm

**Quiet Prayer, Adoration and
reconciliation will be available**

6pm – 7pm concluding with **Benediction**

Adoration

CHANGES TO PARISH OFFICE HOURS

While Jenny is on annual leave from 8 – 19 July the parish office hours will be as follows –

CLOSED: Monday 8 & 15 and Friday 12 & 19

OPEN: Tuesday – Thursday 8:30am – 12pm

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.



VINNIES WINTER APPEAL

The theme of our appeal this year is the **"Working Homeless"**.

With your support we will make a difference to people's lives.

These are the ways you can support our appeal...



- Using the envelopes on the pews.
- Scanning our QR code
- Direct Debit into our bank account.

Manly: BSB 062 000 Account 19889862
Branch 42551

Freshwater: BSB 062 000 Account 19889862
Branch 42550

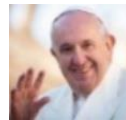
We would like to thank you all for many years of support in helping those in need. You do make a huge difference in our parish community.

God bless Bruce and Mick



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.



Pope Francis Prayer Intention for July

For the pastoral care of the sick

We pray that the Sacrament of the Anointing of the Sick confer to those who receive it and their loved ones the power of the Lord and become ever more a visible sign of compassion and hope for all.

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

PARISH SOCIAL MEDIA

Parish facebook: facebook.com/manlyfreshwaterparish

Parish website: bbcatholic.org.au/manlyfreshwater

LET US PRAY FOR
Recently Deceased:

14th July 2024

Anniversary:

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; Mary Hetenyi; Ana Maria Saladana; Daniel Musso (11yrs old)

Dates to remember...

- **Alpha continues** Monday 15th July 7pm
- **PPC Meeting** Thursday 25th July 5:30pm
- **Spanish Prayer Group** Friday 26th July 6pm
- **Cenacle of Our Lady**
Manly: Tues 9:45am; Freshwater: Wed 9:45am

THINGS YOU DIDN’T KNOW ABOUT THE MASS

Break the rock, uncover the treasure.

Cathartic (kə-thär-tik).

An adjective meaning “a release from tension within us, allowing spiritual renewal.” It’s not a word we use every day. But it’s a good one.



Because for me it perfectly describes that moment in the Mass when, during the Penitential Act, we strike our breast 3 times and proclaim aloud: “through my fault, through my fault, through my most grievous fault.”

I suspect many Catholic *secretly* love that moment. Even if it does seem... rather expressive. Because striking your breast is an old biblical gesture; a gesture of deep repentance; a gesture that seeks to bring consolation to the sinner in his racking sorrow. It’s... *cathartic*.

Still, you might ask: why do we need to confess our faults though? Isn’t it all a bit too much... guilt and shame?

† † †

Hmmm, I get that. Well, let’s have a look.

Firstly, the Penitential Act (“I confess to Almighty God...”) is a prayer firmly rooted in the Christian faith. One of the earliest Christian writings from the first century, the *Didache*, records the early liturgy: “On the Lord’s Day, we meet together; break bread and give thanks, *after having first confessed our sins*, so that our sacrifice may be pure.” The Penitential Act (in some form) was practiced by the earliest Christians, and purifies us from *venial* sins so that we may best partake in the Holy Eucharist.^[1]

Secondly – and this is critical – to confess our sins brings *healing*. I am deeply saddened by how much *guilt* people carry nowadays. People are worn down with guilt; weary from the heavy load – and so often, they don’t even know it. Because no one has ever taught them how to pray; to hand over their struggles; to admit their faults to Jesus – and because of this, so many people instead *repress* their sins, burying them deep down, trying to ignore they exist. But alas, it doesn’t help. The struggles don’t go away, but like rock that accumulates over time, it grows around their heart, covering it over, and making their heart heavier and heavier. Oh, how great the burden of this afflicted soul!

...What can be done? How can our hearts be freed from this burden?

† † †

Well, dear friends. Break the rock.

Today let us break that rock which has grown around our hearts. All those faults and sins we dare not turn our eyes towards, instead, let us face them. Face that sin today that you really struggle with – you know the *one* – that sin which burdens you so very much. Call it to mind during the Penitential Act. Sincerely confess before “Almighty God, and you my brothers and sisters” – that “I have greatly sinned.”

And then, in that moment when you strike your breast 3 times – strike and break the rock. Break the rock around your heart, so that Jesus Christ might enter there, and piece by piece, remove the rocks that keep your soul from soaring up to Him.

Today, during the Penitential Act: confess your sin, break the rock, and let Our Lord do the rest.

God bless you. Seminarian Matthew.

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

^[1] THINGS YOU DIDN’T KNOW ABOUT THE MASS: Note: only sacramental Confession can absolve us of both venial and mortal sins. The Penitential Act absolves us of venial sins.



PLANNED GIVING ENVELOPES

for the new financial year

are available for collection at both Churches. Please consider creating a monthly automatic debit by contacting the Parish Office on 9977 5822.

TAX RECEIPTS 2023/2024

If you require a Tax Receipt for your donation to Pastoral Works Broken Bay or Project Compassion, please contact the parish office.



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.



We all like to be
WELCOMED
Why not become the one
who welcomes others?
Join our Welcomers
Team

SIGN IN


Or contact our office



Thank you for your submissions which have now closed!

Members of the Northern Beaches community have participated in Phase Three of the Pastoral Discernment Project, the Community Engagement phase, over the past few months.

Many Submissions have been received, and we offer our heartfelt thanks and gratitude to the many Consultation Facilitators and Community Leaders who have worked with their Parish, School, and CatholicCare communities, inviting the community to participate, listen, and dialogue together to shape a Pastoral Discernment Submission for Bishop Anthony's consideration.

What's Next?

All members of the Diocese are invited to attend the upcoming **PNB Conversation Forum**, which will be held on Saturday, July 27. The Conversation Forum will be an opportunity to hear about the themes that are beginning to emerge. It will also provide participants with the opportunity to engage in further dialogue following the recent local Community Consultation gatherings.

Date: Saturday 27 July

Venue: OLG School Hall Forestville. 11 Currie Rd, Forestville.

Time: 12:00pm for light refreshments for a 12:30pm start

Finish Time: 3:30pm

RSVP: <https://forms.office.com/r/qvaBara0f2>

PIETY STORE

Movie of the month - Mother Teresa An uplifting movie which illuminates the life of Mother Teresa. The selfless, missionary who brought hope, love and salvation to the poorest of the poor. Only \$10 @ the piety store.

CD of the month - The Soul of the Apostolate – Matthew Arnold. Excerpts from the profound book "The Soul of the Apostolate", written by Abbot Chautard. The profound teaching of this classic work is essential in our technological age. Only \$5 at the piety store.

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
- St Vincent de Paul Conferences:
Manly 1st Mon each month 5:30pm
Freshwater 2nd Mon each month 5:30pm

OUTSIDE OF PARISH

Vocations Office Events

Scan, Connect, Engage! Use our QR Code for all Vocation Office Events! It's your ticket to seamless entry and instant updates. Scan now and join us on the journey of faith. [Website](#)



Email:

Vocations.ministry@bbcatholic.org.au

Ph: 02 8379 1626 | 0418 522 449

Year of Prayer

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](#)

An excellent series!

Tri-Diocesan Social Justice Evening 2024

Thursday 25th July 2024

Listen, Learn, Love – A New Engagement with Aboriginal and Torres Strait Islander People. The Diocese of Broken Bay is part of a tri-diocesan Social Justice collective with the Archdiocese of Sydney and the Diocese of Parramatta, hosting an annual gathering to unpack the Social Justice Statement issued by the Australian Catholic Bishops Conference. We are honoured to have John Lochowiak who is the Chair for NATSICC join us for this special event and be our Keynote Speaker for the night. The event will be held at The Epping Club and commence at 6 pm.

Please register your attendance at trybooking.com/CTCFO by Wednesday, 17th July.

For further enquiries, please contact mission@bbcatholic.org.au



Ignite 2024 | Thu 26 September – Sat 28 September

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, and deeper sessions for adults, specifically parishioners, priests, religious, ministry leaders, parents, and grandparents. There is something for everyone at the Ignite Conference.

Mission Broken Bay is pleased to offer a 50% subsidy for parishioners to attend. Please contact Mission@bbcatholic.org.au to access the promotional code for either a "Teen" or "Adult" registration.



ENROLLING NOW!

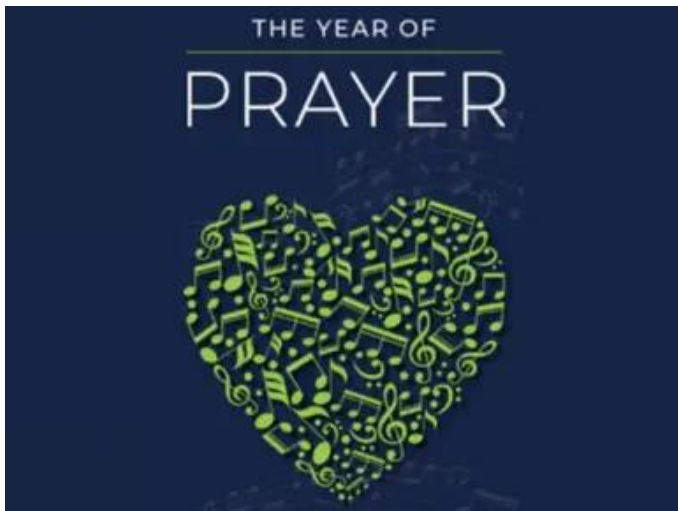
Year 7 2027

(current Year 4 students)

Demand for places is strong. Submit your application today via our website. Applications close - 26 July 2024
www.stellamaris.nsw.edu.au



Stella Maris
COLLEGE MANLY



Why the 'Year of Prayer?'

On January 21, 2024, Pope Francis officially began the Year of Prayer.

"Before the wedding, we couldn't talk enough. Sometimes we would even talk late at night. He wanted to know what I was thinking, what I was going through, what made me happy. Today, the only thing he'll ask is if dinner is ready and his shirts are ironed. Sometimes we sit in silence and I don't know what to talk to him about." This is a confession that so many people can relate to, too many.

Endless conversations and too long silence.

No one has any doubts that what was missing was not topics to talk about, but love.

It may not always be the case that when we talk less it means we love less, but we always lose the desire to talk when we lose love.

Interestingly, it was through conversation that this love initially ignited and grew.

Isn't it similar with our relationship with God?

If you want to know how much you love God, look at your prayer.

Prayer is nothing else than a conversation with God. Is your conversation with God a conversation between two lovers or rather a monologue dictated by duty or tradition? How often do you talk to Him? Is it only in the evening, if you are not too sleepy?

Let me ask you, if you talked to your wife or husband for the same amount of time – would you still call it a relationship of love?

If you didn't speak to your wife, your husband all day, until the evening, and only a moment before going to bed, and even then with a bored voice, you would recite a formula you've known since childhood. Would you call that a loving relationship?

But what to talk to God about, what to tell Him?

Everything. Yes, tell Him what you are thinking, what you are planning, what your desires are and what your fears are. Tell Him what makes you happy and what makes you sad. Tell Him what you heard at work, in the store, what surprised you and what delighted you.

But wait, if He is God, then He already knows all this. So why tell Him this?

It is true – God knows your past, present and even your future. He knows all this, but even then He wants to hear it from you, because it makes Him happy.

Recently a good rep of your Youth and Young Adults jumped in a bus together, and headed on over to the Ignite Rally. Over 200 came to the night, with high-energy praise and worship, inspirational testimonies, reflective prayer, and plenty of time for just chilling out at the BBQ. A great time was had by all – and we're looking forward to sending an even bigger cohort to the official Ignite Conference in September.



VOCATIONS!

IS GOD CALLING YOU TO MAKE A DIFFERENCE IN VOCATIONS MINISTRY? SERRA VOCATIONS MASS AND DINNER MEETING

Father Robert Borg, Parish Priest of The Lakes Parish will be celebrating Mass for Serra at Sacred Heart Church 2 Richard Porter Way Pymble on **Thursday 25th July 2024.**

The evening commences with Mass at **6.00 PM** followed by a light meal and a short meeting. **Following the meeting Father Robert will be our guest speaker. His topic will be the Jubilee Year 2025. Everyone is welcome.**

Please remember to pray every day for vocations to the priesthood, diaconate, the consecrated life, ecclesial women, all seminarians, novices, and for the residence of Joseph House Discernment Centre. Please also pray for the perseverance of existing vocations.

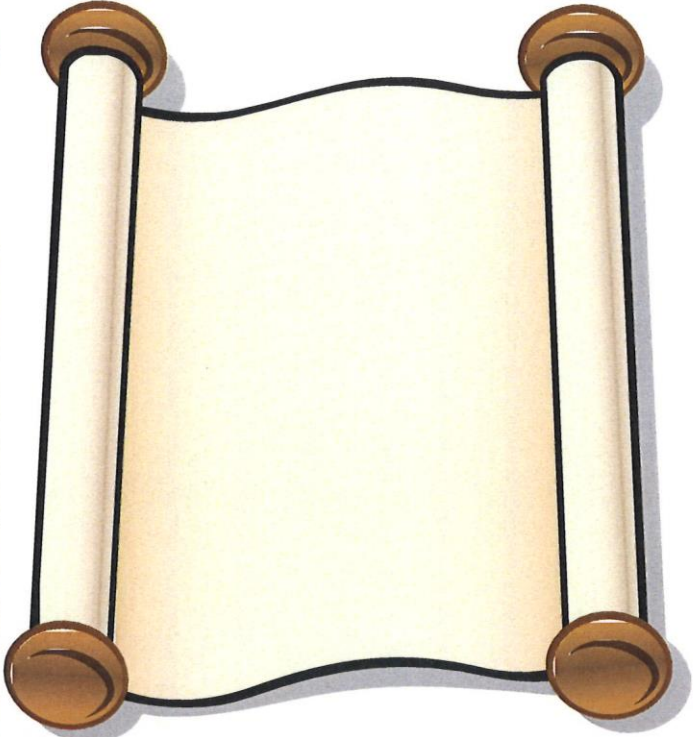
For catering purposes kindly telephone Henry or Anna Leung on **0478 083 116** or email henrywk@yahoo.com.au or telephone Terry Scanlan on **0438 887 295** or email terry_scanlan@bigpond.com if you are planning to attend.

Believe in the message of God



15th Sunday in Ordinary Time, Year B

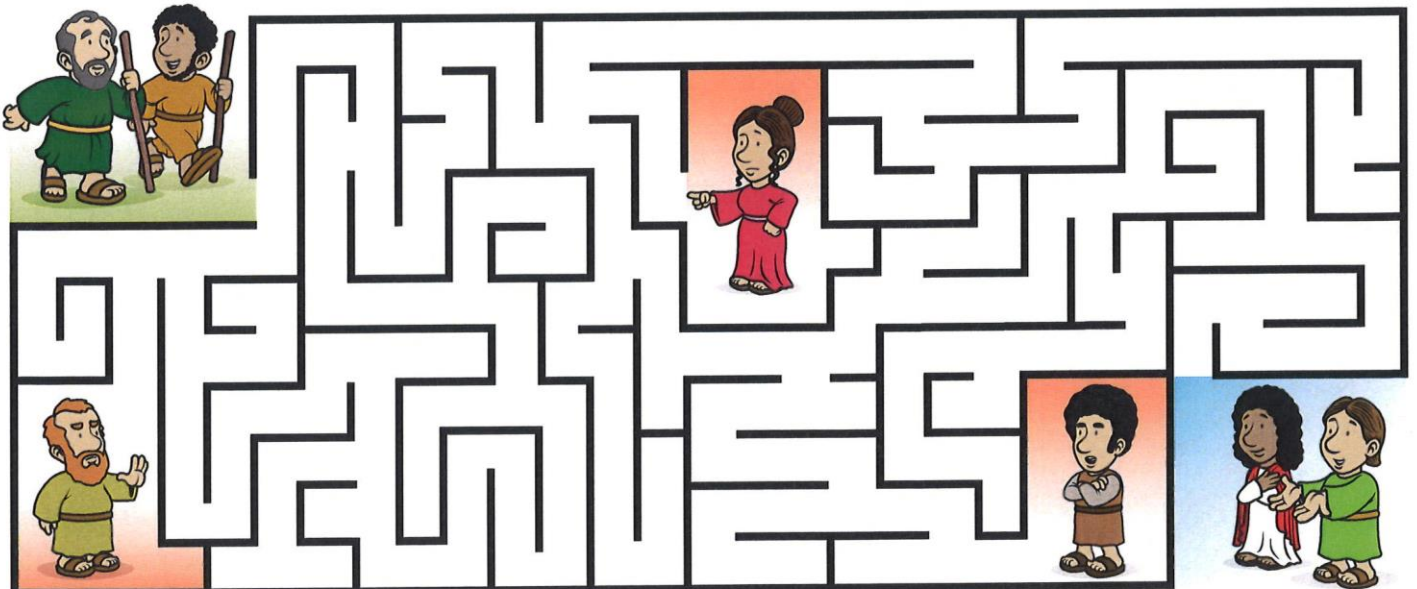
Jesus sent the disciples out two by two. If this happened to you, who would you take as your partner? Write their name and why you would take them with you and draw their picture.



I would take _____ with me
because _____

If Jesus sent you out to proclaim his Good News, what would you tell people? Write or draw your answer in the scroll above.

Peter and John are on their way to spread God's message to others. Help them find their way through the maze where they will find people who will welcome them and listen to their message. Keep an eye out for those who look unwilling to listen!



Fifteenth Sunday in Ordinary Time– Year B

First Reading

Amos 7:12-15 (JB)

A reading from the prophet Amos

Go, prophesy to my people.

Amaziah, the priest of Bethel, said to Amos, 'Go away, seer; get back to the land of Judah; earn your bread there, do your prophesying there. We want no more prophesying in Bethel; this is the royal sanctuary, the national temple.' 'I was no prophet, neither did I belong to any of the brotherhoods of prophets.' Amos replied to Amaziah, 'I was a shepherd, and looked after sycamores: but it was the Lord who took me from herding the flock, and the Lord who said, "Go, prophesy to my people Israel."' "

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

Responsorial Psalm

Ps 84:9-14 (JB)

**R. Lord, show us your mercy and love,
and grant us your salvation.**

I will hear what the Lord God has to say, a voice that speaks of peace, peace for his people. His help is near for those who fear him and his glory will dwell in our land. R.

Mercy and faithfulness have met; justice and peace have embraced. Faithfulness shall spring from the earth and justice look down from heaven. R.

The Lord will make us prosper and our earth shall yield its fruit. Justice shall march before him and peace shall follow his steps. R.

Second Reading

Ephesians 1:3-14 (JB)

A reading from the letter of St Paul to the Ephesians

Before the world was made, he chose us in Christ.

Blessed be God the Father of our Lord Jesus Christ, who has blessed us with all the spiritual blessings of heaven in Christ. Before the world was made, he chose us, chose us in Christ, to be holy and spotless, and to live through love in his presence, determined that we should become his adopted sons, through Jesus Christ for his own kind purposes, to make us praise the glory of his grace, his free gift to us in the Beloved in whom, through his blood, we gain our freedom, the forgiveness of our sins. Such is the richness of the grace which he has showered on us in all wisdom and insight. He has let us know the mystery of his purpose, the

hidden plan he so kindly made in Christ from the beginning to act upon when the times had run their course to the end: that he would bring everything together under Christ, as head, everything in the heavens and everything on earth. And it is in him that we were claimed as God's own, chosen from the beginning, under the predetermined plan of the one who guides all things as he decides by his own will; chosen to be, for his greater glory, the people who would put their hopes in Christ before he came. Now you too, in him, have heard the message of the truth and the good news of your salvation, and have believed it: and you have been stamped with the seal of the Holy Spirit of the Promise, the pledge of our inheritance which brings freedom for those whom God has taken for his own, to make his glory praised.

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

Gospel Acclamation

cf Ephesians 1:17-18

Alleluia, alleluia!

May the Father of our Lord Jesus Christ enlighten the eyes of our heart that we might see how great is the hope to which we are called.

Alleluia!

Gospel

Mark 6:7-13 (JB)

A reading from the holy Gospel according to Mark

He called the Twelve, and began to send them out.


Jesus summoned the Twelve and began to send them out in pairs giving them authority over the unclean spirits. And he instructed them to take nothing for the journey except a staff - no bread, no haversack, no coppers for their purses. They were to wear sandals, but, he added, 'Do not take a spare tunic.' And he said to them, 'If you enter a house anywhere, stay there until you leave the district. And if any place does not welcome you and people refuse to listen to you, as you walk away shake off the dust from under your feet as a sign to them.' So they set off to preach repentance; and they cast out many devils, and anointed many sick people with oil and cured them.

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: SSMadmn@southsteynemedical.com


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**St Mary's Primary
Catholic School
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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



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