



# MANLY FRESHWATER CATHOLIC PARISH

Mary Immaculate and St John the Baptist

**22nd Sunday in Ordinary Time – 31st August 2025**



## PARISH SAUSAGE SIZZLE FIRST SUNDAY OF THE MONTH IN MANLY

You are invited to join us for our first monthly Sausage Sizzle on Sunday 7th September following the 10:30am Mass in Manly.

To celebrate Father's Day the Dad's will eat for free.

Sausage and drink \$5 per person – free for kids.

Come along on the first Sunday each month following the 10:30am Mass.



**Fr Sam** will be taking his annual leave next week.

Please keep him in your prayers.

JOIN US FOR  
**EUCCHARISTIC  
ADORATION**  
THE JUBILEE  
YEAR OF HOPE  
3 September from 6pm to midnight  
beginning with Holy Mass

6.00 - 6.35 pm : Holy Mass

6.40 - 7.30pm: Exposition and usual Adoration

7.30 - 8.00 pm : Rosary with Lectio Divina Group

8.00 - 8.30 pm: Silent Adoration

8.30 - 9.00 pm: Rosary to the Holy Spirit with Larissa

9.00 - 9.15 pm: Silent Adoration

9.15 - 10.00 pm: Praise and Worship in Spanish with  
Spanish Prayer Group

10.00 - 10.15 pm: Silent Adoration

10.15 - 10.45 pm: Divine Mercy in my Soul with  
Fr Marek

10.45 - 11.00pm Silent Adoration

11.00 - 11.45 pm : Vocations and Young Adults with  
Fr Sam

11.45 - 12.00 pm: Benediction

Confession will be available at every full hour from 7pm to 11pm

Light refreshment available from 7pm to 11.30pm at the  
Prayer Room in the Parish Office



## Formation Day for Readers and Extraordinary Ministers of Holy Communion

Join us for a special Formation & Reflection Day designed to help you both proclaim the Word with

clarity and confidence and deepen your understanding of the sacred role you serve.

Whether you are already part of these ministries or have recently signed up, this is a valuable opportunity to be refreshed, encouraged, and inspired in your service.

**Date:** Saturday, 20 September

**Time:** 11:00am

**Location:** Mary Immaculate Church, Manly

## Our Spiritual Journey

A Faith Formation Series on Prayer and the Spiritual Life (7 Weeks)

Come join us as we embark on a journey of exploration of the spiritual life. This course is not only for beginners, but also for those who have been praying a long time!

MONDAYS 7:30 - 8:30PM

IN PARISH MEETING ROOM

START: 1 SEPTEMBER

FREE REGISTRATION

Email: [alfred.soliman@bbcatholic.org.au](mailto:alfred.soliman@bbcatholic.org.au)

Call or Txt: 0491 119 553

QR Code and Website:

<https://www.trybooking.com/DEKQF>



**MONDAY 1st September  
7:30pm – 8:30pm**

**Our Spiritual Journey** is a Faith Formation Series that will look at how we can grow in our spiritual life through prayer and the sacraments. Each session will include a short video followed by group discussions and sharing. At the end of this series participants will be able to have a clear understanding of the spiritual life and the various methods the church provides to help them develop a daily routine of prayer.

## LET US PRAY FOR

31st August 2025

**Recently Deceased:** Lyn Hillard

**Anniversary:** Bill Dent; Frank Ellis

**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; Don Hews; Joan Jacobs; Paul Donnelly; Julie Wallis; Jake Usher; Wayne Smedley; Apolinar Anasarias; Kay Flenady; Annette Frances O’Leary; Anna Kalayzich; Veronica Rinaldo; Rena Curll; Shirley Ford; Ana Maria Saladana; Peter Hoang Ngoc Thai; John Santos; Garry Kirkman; James Douglas; Fiona Hipkiss; Pip McKay; Shirley Stapleton



**FUNERAL for Lyn Hillard** who was a long time Freshwater parishioner will be held next Thursday 4 Sept at 11:30am at The War Vets Chapel.

Lyn was in the SJB choir and also shared the duties of cleaning the church and flowers for the altar before she and her husband moved to Narrabeen a couple of years ago.

Please keep Lyn and her family in your prayers.

### Dates to remember...

- **Our Spiritual Journey** Mon 1st Sept 7:30pm
- **Hours Of Mercy** Wed 3rd Sept 6pm - midnight
- **Spiritual Conversations Group** Thursday 7pm
- **Spanish Prayer Group** Fri 28th Aug
- **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**

**“Hours of Mercy” every First Wednesday 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**.

**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](mailto: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 582



## The Mission of the Lay Faithful Part 8 - The Elderly and the Sick

In this **final reflection** on the vocation and mission of the lay faithful, we turn our attention to the unique and vital role of the elderly and the sick in the Church and in society. St. John Paul II reminds us that **every Christian**, regardless of age or physical condition, is called to actively participate in the **apostolic and missionary life** of the Church and the world (*Christifideles Laici*, 48). This is a strikingly **counter-cultural message**, especially in affluent societies marked by what he described as “alarming symptoms” of a “culture of death” — where excessive concern with productivity and efficiency often leads to the **marginalisation and devaluation** of human life, particularly of those who are sick, elderly, or disabled (*Evangelium Vitae*, 54).

By contrast, the **Parable of the Workers in the Vineyard** (Mt 20:1–16) offers a different vision. The landowner goes out at various hours of the day, even at the eleventh hour, to invite workers into his vineyard—and all receive the same reward. For St. John Paul II, this parable affirms that all **are called to labor joyfully in the Lord’s vineyard**, including the elderly and the sick. The reward is not based on output or efficiency, but on **human dignity** and a **faithful response** to God’s call (*Christifideles Laici*, 48, 53).

**The Elderly: Witnesses of Wisdom and Faith** - For the elderly, this mission includes recognising that they embody the biblical virtues of **wisdom and the fear of the Lord** (cf. Sir 25:4–6), and possess a dignity that illicitly and commands respect (*Evangelium Vitae*, 46). They serve as living witnesses of faith — pillars in both Church and society — who have persevered through life’s seasons and whose experience offers **insight, discernment, and encouragement** to younger generations, and their wisdom can act as **guide and balance** to the **energy and idealism of youth** (*Christifideles Laici*, 48).

**The Sick and Infirm: Sharing in the Paschal Mystery** - For those who are sick or infirm, the Church invites them to live more deeply the **Paschal Mystery** — the suffering, death, and resurrection of Christ. St. Paul writes: “In my flesh I complete what is lacking in Christ’s afflictions for the sake of his body, that is, the Church” (Col 1:24). In this way, the sick and elderly are **called to unite their sufferings with Christ’s Passion**, becoming **witnesses of Christian hope and joy**, grounded in the sure knowledge of the **power of the Risen Lord** (*Christifideles Laici*, 53).

**A Spiritual Mission of Inestimable Value** - The elderly and infirm must recognise the inestimable value of their vocation — the **spiritual mission** of offering their sufferings for the Church and others. This form of **intercession**, carried out in union with the sufferings of Christ, is a **powerful act of evangelisation**. It allows the soul to grow in holiness, to experience deep joy and peace even amid suffering, and to become a channel of grace for the Church and the world (*Letter to the Elderly*, JP II, 1999).

May **Our Lady, Health of the Sick and Comforter of the Afflicted**, help the elderly and the sick to recognise their sacred vocation and the invaluable contribution they are called to make in the vineyard of the Lord. Amen.

*Alfred Soliman Seminarian*

**SEPTEMBER MINISTRY ROSTER  
IS AVAILABLE AT THE BACK  
OF THE CHURCH**





**The Seminarians' Benefit Gala Dinner** last Friday night was a great success and our Vocations Director, Fr Joey Frez, would like to thank all those who supported the event with either their attendance, or those who could not attend with their prayers. Manly Freshwater Parish was very well represented filling 3 tables.



### Jubilee of Catechists Reflection Day with Bishop Anthony

We are delighted to invite SRE catechists of Broken Bay to a Reflection Day with Bishop Anthony, to celebrate the Jubilee of Catechists. Come along to the Caroline Chisholm Centre, Pennant Hills on Friday 26 September from 10am-12.30pm to reflect on your ministry, receive encouragement, and gain new inspiration for your work. Morning tea and lunch provided. Spaces are limited so don't delay.

To register, please call 02 8379 1643 or email [registrations@bbccatholic.org.au](mailto:registrations@bbccatholic.org.au)

#### PARISH WEEKLY EVENTS

- Cenacle of Our Lady: Tues 9:45am Manly Church
- Children's Liturgy: 1st & 3rd Sunday at 10:30am Mass
- Craft Group: Tues 10:00am Parish Meeting Room
- Christian Meditation: Tues 12:15pm Parish Centre
- Eucharistic Adoration: Weds 6:00pm
- Lectio Divina: Tues 7:30pm & Weds 10:15am Parish Centre
- Piety Store: open on weekends or call the Parish Office
- Reconciliation: Manly: Sat 10am – 11am; Wed 6pm – 7pm
- RCIA: Contact the Parish Office 9977 5822
- Rosary: Freshwater Tues – Fri 8.45am in Church
- Spanish Prayer Group: 2nd & 4th Friday 6pm Parish meeting room
- 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



### SPIRITUAL CONVERSATIONS GROUP

While Fr Sam is away on leave during September, Michael McGrath will lead the group in a 4-week series on the importance of baptism. If you have any no-Catholic friends or family who might be interested in this, it's a great time to jump on board.

#### **Do you know someone thinking about becoming Catholic?**

A new group is starting up for those who are not baptised, or not fully initiated into the Church, and are **interested in exploring the Catholic faith**. This is *not* a general prayer group or ongoing formation class, but a space specifically for those **discerning entry into the Church**.

The group is informal and begins with conversation, a short reflection from Fr Sam, and time for open questions. It's the first step before the formal RCIA program kicks off in September.

The group meets on **Thursday evenings at 7:00pm** at **St Mary's Parish Centre**.

If you or someone you know is curious about becoming Catholic, feel free to get in touch with **Fr Sam** at [sam.french@bbccatholic.org.au](mailto:sam.french@bbccatholic.org.au).

# WANTED

## MANLY PARISH BULLETINS

ANY BULLETINS FROM

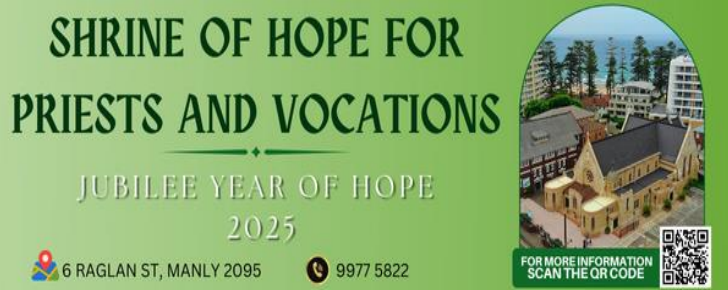
### 2007-2016

REQUIRED FOR PARISH HISTORY RESEARCH

Leave at Office or send to

[manlymemories.rcc@outlook.com](mailto:manlymemories.rcc@outlook.com)

Thank you!



## Jubilee Shrine of Hope Mary Immaculate Church Manly



### 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.

### Jubilee Year 2025 [bbjubilee.com.au](http://bbjubilee.com.au)

"We must seek together how to be a missionary Church, a Church that builds bridges, dialogue, always open to welcoming everyone with open arms—everyone who needs our charity, our presence, dialogue, and love."

*Pope Leo XIV 8 May 2025*



**Pope's Prayer Intention for August: For mutual coexistence** Let us pray that societies where coexistence seems more difficult might not succumb to the temptation of confrontation for ethnic, political, religious, or ideological reasons

## HOW TO OBTAIN THE JUBILEE INDULGENCE

1.

Detachment from all sin, even venial

2.

+
+

Sacramental confession      Holy Communion      One Our Father for the intentions of the pope

The conditions in number 2 can be fulfilled a few days before or after performing the works below to gain the indulgence, but it is appropriate that Communion and the prayer take place on the same day that the work is completed.

**What is an Indulgence?** An indulgence is not "buying forgiveness" – only God forgives sins – but rather a gift through which the Church applies the merits of Christ and the saints to repair the lingering consequences of sin, deepening our communion with God and the Church. Using Christ's authority to "bind and loose" (Mt 16:19), the Church attaches indulgences to certain devotional practices and acts of charity, offering tangible experiences of God's mercy and healing, especially during the Jubilee Year, a special season highlighting hope, mercy, and spiritual renewal. Indulgences can be received for ourselves or for souls in purgatory (such as loved ones), and we may obtain one plenary indulgence per day.

### Three Paths To Choose –

**1. Pilgrimage:** to a designated Jubilee Shrine (eg Manly, Chatswood, Gosford or Broken Bay Cathedral). While there, participate in one of the following – Holy Mass; Liturgy of the Hours; Stations of the Cross; Marian Rosary; Akathist (Hymn to Mary).

**Why pilgrimage?** Pilgrimage embodies "incarnational prayer" – making the effort to step outside ourselves to encounter God physically and spiritually at sacred places of grace.

**2. Pious Visits:** visit any Jubilee site and spend suitable time in Eucharistic Adoration and meditation. Conclude with: Our Father; Profession of Faith (Creed); Prayer or hymn to Mary.

**Unable to visit physically?** You can receive the indulgence by spiritually uniting yourself in prayer.

**3. Works of Mercy:** Perform one or more of these with a devout spirit: participate in popular missions (eg Alpha); Spiritual exercises or retreats; formation activities (catechesis, prayer groups); visiting the sick, disabled, or imprisoned; penitential acts: fasting. Abstaining from media, donations to the poor, or volunteering.

**Why works of mercy?** The Jubilee calls the tangible acts of mercy, reflecting solidarity and Christlike charity.

### Which path you choose, you must also:

1. Have true repentance and be free from all attachment to sin (even venial sin).
2. Sacramental confession (within about 20 days before or after the indulgenced act).
3. Receive Holy Communion (preferably on the same day as the indulgenced act).
4. Pray for the Pope's intentions (usually an Our Father and a Hail Mary).

**Pilgrim Passports** can be found at the entrance to the Church. Please stamp your passport at the Shrine of St John Vianney.





## 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

**Movie of the month:** St Joan of Arc – Maid of God. An interesting docu-drama to correct the narrative on one of the world's most famous Saints and her divine call from God which changed the history of France. Only \$10 at the piety store.

**CD of the month:** The dead sea scrolls – shedding new light on the scriptures and the Church – Dr John Bergsma. One of the greatest archaeological discoveries of all time. The Essenes were a Jewish sect which have been linked to John the Baptist and the Jewish background to Jesus ministry. Only \$5 at the piety store.



**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



## PARISH MORNING TEAS & SAUSAGE SIZZLE

**MANLY:** 1st Sunday after the 8:30am Mass and 3rd Sunday after the 10:30am Mass hosted by the Tongan Community.

**Sausage Sizzle** will be held on the 1st Sunday each month after 10:30am Mass in Manly.

**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.**



**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 10:15am



## 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](mailto:manlyfreshwatercatholicyouth@gmail.com)

Instagram: [manlyfreshwater\\_catholicyou](https://www.instagram.com/manlyfreshwater_catholicyou)

**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

## Manly Freshwater Parish

### QR Code

You can view Fr Sam's 90 second Jubilee YouTube video by scanning the QR Code.

Other parish information can also be found.



**Manly Freshwater Parish**  
Jubilee Shrine of Hope 2025 | A Catholic Parish in the Diocese of Broken Bay

- Parish Website
- Parish Bulletins
- The Seminary Pharisee
- Donate | Parish Giving
- Jubilee Explanation 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.*

## PARISH SOCIAL MEDIA

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

**Parish website:** [bbcatholic.org.au/manlyfreshwater](https://bbcatholic.org.au/manlyfreshwater)  
**Livestreaming on Facebook** Sunday 8:30am Mass  
[manlyfreshwaterparishfacebook/videos](https://manlyfreshwaterparishfacebook/videos)



## Australian Catholic Youth Festival Melbourne 2025 Diocese of Broken Bay Pilgrimage on Sat 29 Nov – Wed 3 Dec

Calling all young people in Broken Bay. Join us in Melbourne, along with young Catholics from across Australia for a renewed, personal encounter with Jesus, at the 2025 Australian Catholic Youth Festival (ACYF). Flights, accommodation and registration \$1,630 per person. Limited opportunity for \$500 subsidy. To register your interest, [click here](#)



## CSBB Teaching Scholarships

Are you an aspiring teacher? Catholic Schools Broken Bay is offering a range of scholarship and internship opportunities for students at various stages of their teacher education journey, from Year 12 leavers to final-year pre-service teachers, there is something for everyone. Our 45 Catholic schools are located across Sydney's North Shore, Northern Beaches and the Central Coast and are open to all. Don't miss out on these amazing opportunities.

Visit <https://bit.ly/3YxThI4> to find out more and apply today. Recruiting now for commencement in 2026.



## Broken Bay Pilgrimage of Hope

Final opportunity to join our incredible Broken Bay Pilgrimage to Rome and Assisi! **Bookings close Monday 25 August.** If you are considering joining us on pilgrimage, this is your last opportunity to book.



## Social Justice Statement 2025-2026 – Signs of Hope on the Edge

**Edge: Serving Homeless People with Mental Ill-Health**  
The 2025–2026 ACBC Social Justice Statement, Signs of Hope on the Edge: Serving People Living in Homelessness and Mental Ill-Health, which was launched on Wednesday the 13th of August 2025, addresses the growing crisis of homelessness in Australia, with 273,600 people assisted by homelessness services in 2022–23, one-third of whom had a mental health issue.

[Download the 2025-2026 Statement](https://socialjustice.catholic.org.au/)  
<https://socialjustice.catholic.org.au/>



Thank you to all parishioners who supported our recent appeal for CatholicCare's homelessness services. Your generous donations will help provide vital care across a range of programs including Mary Mac's Place in Woy Woy, Dom's Place in Hornsby, street sleeping outreach, transitional housing and casework, our women's refuge for families escaping domestic violence, support for young parents experiencing homelessness - and much more.

Your kindness brings hope, dignity and practical support to those doing it tough in our community. It's not too late to support if you wish to – visit [www.catholiccaredbb.org.au/donate](http://www.catholiccaredbb.org.au/donate)



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](mailto: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.

## 22nd Sunday in Ordinary Time – Year C

### First Reading

*Sirach 3:17-20, 28-29 (JB)*

A reading from the book of Ecclesiasticus

*Humble yourself and you will find favour with the Lord.*

My son, be gentle in carrying out your business, and you will be better loved than a lavish giver. The greater you are, the more you should behave humbly, and then you will find favour with the Lord; for great though the power of the Lord is, he accepts the homage of the humble. There is no cure for the proud man's malady, since an evil growth has taken root in him. The heart of a sensible man will reflect on parables, an attentive ear is the sage's dream.

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

### Responsorial Psalm

*Ps 67:4-7, 10-11 (JB)*

**R. God, in your goodness, you have made a home for the poor.**

The just shall rejoice at the presence of God, they shall exult and dance for joy. O sing to the Lord, make music to his name; rejoice in the Lord, exult at his presence. R.

Father of the orphan, defender of the widow, such is God in his holy place. God gives the lonely a home to live in; he leads the prisoners forth into freedom. R.

You poured down, O God, a generous rain: when your people were starved you gave them new life. It was there that your people found a home, prepared in your goodness, O God, for the poor. R.

### Second Reading

*Hebrews 12:18-19, 22-24 (JB)*

A reading from the letter to the Hebrews

*You have to come to Mount Zion and to the city of the living God.*

What you have come to is nothing known to the senses: not a blazing fire, or a gloom turning to total darkness, or a storm; or trumpeting thunder or the great voice speaking which made everyone that heard it beg that no more should be said to them. But what you have come to is Mount Zion and the city of the living God, the heavenly Jerusalem where the millions of angels have gathered for the festival, with the whole Church in which everyone is a 'first-born son' and a citizen of heaven. You have come to God himself, the supreme Judge, and been placed with spirits of the saints who have been made perfect; and to Jesus, the mediator who brings a new covenant.

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

### Gospel Acclamation

*Matthew 11:29 (JB)*

Alleluia, alleluia! Take my yoke upon you; learn from me, for I am gentle and lowly in heart. Alleluia!

### Gospel

*Luke 14:1, 7-14 (JB)*

A reading from the holy Gospel according to Luke

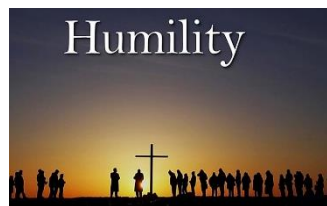
*All who exalt themselves shall be humbled and all who humble themselves shall be exalted*

On a sabbath day Jesus had gone for a meal to the house of one of the leading Pharisees; and they watched him closely. He then told the guests a parable, because he had noticed how they picked the places of honour. He said this, 'When someone invites you to a wedding feast, do not take your seat in the place of honour. A more distinguished person than you may have been invited, and the person who invited you both may come and say, "Give up your place to this man." And then, to your embarrassment, you would have to go and take the lowest place. No; when you are a guest, make your way to the lowest place and sit there, so that, when your host comes, he may say, "My friend, move up higher." In that way, everyone with you at the table will see you honoured. For everyone who exalts himself will be humbled, and the man who humbles himself will be exalted.'

Then he said to his host, 'When you give a lunch or a dinner, do not ask your friends, brothers, relations or rich neighbours, for fear they repay your courtesy by inviting you in return. No; when you have a party, invite the poor, the crippled, the lame, the blind; that they cannot pay you back means that you are fortunate, because repayment will be made to you when the virtuous rise again.'

The Gospel of the Lord.

**All: Praise to you, Lord Jesus Christ.**



### GOSPEL REFLECTION

Gospel humility (a key theme of Luke's Gospel) is not a religious sado-masochism motivated by self-hatred or obsequiousness. As taught by Christ, humility is an

awareness of who we are before God; of our constant need for God and our dependence on God for everything; of the limitlessness of God's love and forgiveness. The Jesus of the Gospel, "who, though in the form of God, humbled himself . . . accepting even death on the cross" is the perfect model of the humble servant of God.

In today's Gospel, Jesus calls us to embrace the attitude of seeking out the "lowest places" at table for the sake of others, promising that at the banquet of heaven God will exalt such humility. In teaching us to invite to our tables "those who cannot repay you," Jesus challenges us to imitate the love of God: doing what is right, good and just for the joy of doing so, not out of a sense of duty, self-interest or the need to feel superior or in control.

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**Assistant Priest:** Fr Marek Woldan  
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**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

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**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