

MANLY FRESHWATER CATHOLIC PARISH

Mary Immaculate and St John the Baptist

The Ascension of the Lord – 1st June 2025



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

Dear Parishioners,

As we celebrate the Solemnity of the Ascension, we are reminded of Christ's promise and presence calling us to lift our hearts to heaven while remaining grounded in love and service here on earth.

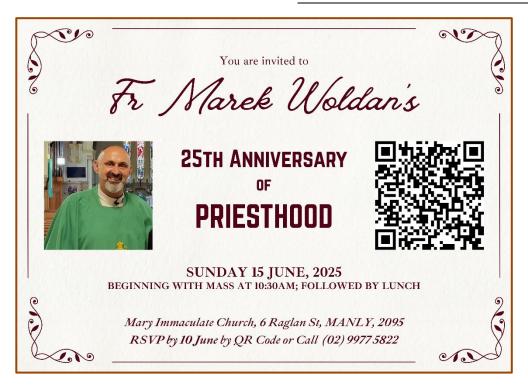
heartfelt thank you to everyone who has generously contributed to the Pastoral Works Broken Bay Appeal. We are very close to reaching our parish quota, and I am hopeful that with a few more contributions, we will achieve it. Your support goes a long way in sustaining vital ministries across our diocese—thank you for making a difference.

Please also note that from Monday, 9 June, the clergy of our diocese will be away at Wyong for our annual Clergy Conference. This is a time of prayer, formation, and renewal for our priests and seminarians. During this period, there will be no weekday Masses in the parish. Mass will resume on Friday, 13 June, at 9.15am. We ask you to keep us in your prayers as we gather in fraternity to grow in our vocation and commitment to serve.

Finally, I encourage you to take a moment to read through this week's newsletter. It contains important updates, reflections, and details of the many upcoming events and activities in our parish community. It's a great way to stay connected and involved.

Let us continue to walk together in faith, keeping our eyes fixed on Christ who leads us from the glory of the Ascension toward the joy of Pentecost.

Fr Chima



LET US PRAY FOR

1st June 2025

Recently Deceased: Anthony Dignan

Anniversary: Robin Eden

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; Lyn Hillard; 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; Helene Lander

Dates to remember...

- First Communion Classes continue 7 8 June
- Spiritual Conversations Group Thursday 5 June 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.



EUCHARISTIC 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.

SPIRITUAL CONVERSATIONS GROUP



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 Office.**

If you or someone you know is curious about becoming Catholic, feel free to get in touch with Fr Sam at sam.french@bbcatholic.org.au.



Come, Holy Spirit! - Discovering our Gifts and Charisms

One of the most exciting aspects of our spiritual journey is discovering the gifts and charisms bestowed upon us by the Holy Spirit for the building up of God's

Kingdom. The sending of the Holy Spirit at Pentecost is a pivotal moment in the history of salvation. It marks the "birthday of the Church," and it is through the Spirit that believers are empowered with gifts, fruits, and charisms to proclaim the Gospel and build up the community—the Church.

To begin, it's helpful to distinguish between the gifts, fruits, and charisms of the Holy Spirit.

The Gifts of the Holy Spirit are given to help us grow in holiness. They guide us in how to live as Christians and deepen our relationship with God. These seven gifts are:

Wisdom, Knowledge, Understanding, Counsel, Fortitude, Piety, and Fear of the Lord.

The Fruits of the Holy Spirit are the signs of spiritual growth, evident both inwardly in our hearts and outwardly in our actions. As we live according to the Spirit, these fruits begin to flourish in us, becoming visible witnesses of God's love. They include:

Charity (love), Joy, Peace, Patience, Kindness, Goodness, Generosity, Faithfulness, Modesty, Self-control, and Chastity (cf. Gal 5:22–23).

The Charisms of the Holy Spirit also known as Spiritual Gifts—are special graces given by the Holy Spirit for the service of the Church and the world. St. Paul outlines many of these in 1 Corinthians 12, including:

Speaking Words of Wisdom, Knowledge, Faith, Healing, Miracles, Prophecy, Discernment of spirits, Speaking in tongues, and Interpretation of tongues. He also mentions roles and functions that can be considered charisms, such as apostleship, teaching, helping, and administration. Each person is given a unique set of charisms to contribute to the Church's mission.

Our charisms incline us to serve in specific ways:

If your charism is speaking words of wisdom or knowledge, you might be called to offer spiritual direction, mentorship, or participate in catechesis and faith formation programs. If your charism is faith, you could inspire others by joining prayer groups or becoming a spiritual counsellor for those seeking a deeper connection with God. If you are drawn to healing or miracles, consider becoming a Eucharistic Minister, and visiting the sick and elderly, or participating in charismatic prayer groups. Those gifted in prophecy or discernment of spirits may be called to help others recognise God's will in their lives through faith formation, spiritual direction, or vocation ministry. If your charism is teaching, you can serve in catechesis or Scripture teaching at schools. If you are inclined toward helping, consider ministries such as serving at mass, welcoming, collections, other parish events. With the gift of administration, you might serve on the parish council, finance committee, or help assist with parish programs.

A powerful way to begin discerning your spiritual gifts is through prayer—especially by praying a Novena to the Holy Spirit. You can then begin exploring the many opportunities for involvement in the parish, diocese, or other organisations like Vinnies or Caritas.

May the Holy Spirit come upon us this Pentecost, and empower us to joyfully live out our mission of building up the Kingdom of God!

Alfred Soliman Seminarian



The acclaimed series by JEFF CAVINS and SARAH CHRISTMYER

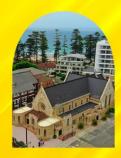
Ever wonder how the stories from the Old Testament and New Testament link together to form one coherent story of Salvation History? How does the story of my own life fit into God's plan for salvation history?





AS WE CELEBRATE JUBILEE SEMINARIANS
JOIN US FOR

VOCATION EVENING



4:45pm - Meet at Eastern Hill, Manly

5:00pm – Pilgrimage to St Mary's Manly

6:00pm - Inspiring vocation testimonies

6:30pm – Adoration of the Blessed Sacrament and Taize

7:30pm - Dinner Celebration in Manly Parish Hall

















BOOKINGS ESSENTIAL: Call Parish Office: 9977 5822 or scan QR code

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.





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

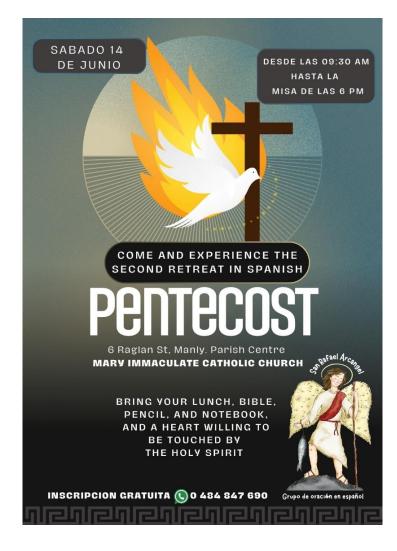


OF PADUA Sunday 15th June 2025

At St John the Baptist Church, Freshwater.

Program as follows...

- 1:00pm Confessions
- 1:30pm Holy Mass celebrated by Fr Anthony Fregolent with blessing of the bread and children during the Mass.
- 3:30pm Holy Procession accompanied by the Italian Brass Band of Giuseppe Verdi and escorted by the Italian Carabinieri in their colourful uniforms.



SPANISH PRAYER GROUP PENTECOST RETREAT – Saturday 14 June 2025 8:30am – 6pm Parish Meeting Room



PASTORAL WORKS MAY APPEAL (PWBB)

PARISH TARGET (set by Diocese) for year to June 30 2025 : \$51,095

AMOUNT RAISED to mid May \$37,635

With the great support of some very generous donors, our target is within reach.

As a reminder, the Appeal supports 2 key Diocesan ministries

- CATECHISTS
- HOSPITAL CHAPLAINCY and PASTORAL CARE PROGRAM

PWBB also contributes financially to St Lucy's School and St Edmund's College for students with disabilities and the Ephpheta Centre which supports the deaf community.

Your 100% tax deductible gift via this appeal is a very effective way to help our community of Broken Bay and more deeply connect to our vision and the Mission of Jesus Christ.

Thank you for your generous support in this and the many other appeals throughout the year.

PIETY STORE

Movie of the month: J.R.R. Tolkien - An unexpected friend. An award-winning documentary which explores the Catholic meaning behind the "Lord of the Rings" masterpiece. Only \$10 @ the piety store

CD of the month: Reaching out to today's culture - Bishop Robert Barron

A highly relevant talk which clarifies the confusion that is so prevalent in our culture about matters of Christian faith and life. Only \$5 at the piety store.



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.

PARISH MORNING TEAS

MANLY: First 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



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.

JUNE MINISTRY ROSTER IS AVAILABLE AT THE BACK OF THE CHURCH

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.



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
- Tap and Go machines using your credit/debit card or

EFTPOS Terminals.

- 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.

PARISH SOCIAL MEDIA

<u>Parish facebook:</u> facebook.com/manlyfreshwaterparish
<u>Parish website:</u> bbcatholic.org.au/manlyfreshwater
<u>Livestreaming on Facebook</u> Sunday 8:30am Mass
manlyfreshwaterparishfacebook/videos



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.





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 Sunday7pm 9pm

PARISH MONTHLY EVENTS

- Anointing Mass: Manly & Freshwater 1st Friday9:15am
- 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

FAMILIES OF MANLY FRESHWATER PARISH



- Tell us about your family!
- When did your family come to Manly-Freshwater parish?

Pick up a family information sheet at the entrance of the Church and

once completed with a family photo please return it to the parish office. This information will be included in the parish's history and published next year.



First Holy Communion

program continues this weekend.

Please remember the children in your prayers.



Jubilee Shrine of Hope

Mary Immaculate Church Manly

During 2025 Jubilee at Mary Immaculte Church, Manly you are able to obtain a Plenary Indulgence.

An Indulgence is beautiful expression of God's mercy referring to the remission of temporal punishment due to sins already forgiven through Confession.

To obtain the Indulgence we must:

- Visit the Shrine
- Go to Confession
- Receive Holy Communion
- Pray for the Pope's Intentions
- Be Free from attachment of Sin

There are 3 other Churches in the Diocese which form the Diocese Pilgrimage. **Pilgrim Passports** can be found at the entrance to the Church. Please stamp your passport at the Shine of St John Vianney.



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



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

The Ascension of the Lord - Year C

First Reading

Acts 1:1-11 (JB)

A reading from the Acts of the Apostles

Why are you standing here looking into the sky? Jesus has been taken into heaven.

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is' he had said 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.'

Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.'

The word of the Lord.

All: Thanks be to God.

Responsorial Psalm

Ps 46:2-3, 6-9 (JB)

R. God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

All peoples, clap your hands, cry to God with shouts of joy! For the Lord, the Most High, we must fear, great king over all the earth. R.

God goes up with shouts of joy; the Lord goes up with trumpet blast. Sing praise for God, sing praise, sing praise to our king, sing praise. R.

God is king of all the earth. Sing praise with all your skill. God is king over the nations; God reigns on his holy throne. R.

Second Reading

Hebrews 9:24-28, 10:19-23 (JB)

A reading from the letter to the Hebrews

Christ has entered heaven.

It is not as though Christ has entered a man-made sanctuary which was only modelled on the real one; but it was heaven itself, so that he could appear in the actual presence of God on our behalf. And he does not have to offer himself again and again, like the high priest going into the sanctuary year after year with the blood that is not his own, or else he would have had to suffer over and over again since the world began. Instead of that, he has made his appearance once and for all, now at the end of the last age, to do away with sin by sacrificing himself. Since men only die once, and after that comes judgment, so Christ, too, offers himself only once to take the faults of many on himself, and when he appears a second time, it will not be to deal with sin but to reward with salvation those who are waiting for him.

In other words, brothers, through the blood of Jesus we have the right to enter the sanctuary, by a new way which he had opened for us, a living opening through the curtain, that is to say, his body. And we have the supreme high priest over all the house of God. So as we go in, let us be sincere in heart and filled with faith, our mind sprinkled and free from any trace of bad conscience and our bodies washed with pure water. Let us keep firm in the hope we profess, because the one who made the promise is faithful.

The word of the Lord.

All: Thanks be to God.

Gospel Acclamation

Matthew 28:19, 20 (JB)

Alleluia, alleluia!

Go and teach all people my gospel. I am with you always, until the end of the world.

Alleluia!

Gospel

Luke 24:46-53 (JB)

A reading from the holy Gospel according to Luke While blessing them, he was taken to heaven.

Jesus said to his disciples: 'You see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this.

'And now I am sending down to you what the Father has promised. Stay in the city then, until you are clothed with the power from on high.' Then he took them out as far as the outskirts of Bethany, and lifting up his hands he blessed them. Now as he blessed them, he withdrew from them and was carried up to heaven. They worshipped him and then went back to Jerusalem full of joy; and they were continually in the Temple praising God.

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Gospel Reflection

Today's readings include two accounts of Jesus' return to the Father by the same writer:

Reading 1 is the beginning of the Acts of the Apostles, Luke's "Gospel of the Holy



Spirit." Jesus' Ascension begins the second volume of Luke's work. The words and images here invoke the First Covenant accounts of the ascension of Elijah (2 Kings 2) and the forty years of the Exodus: Luke considers the time that the Risen Lord spent with his disciples a sacred time, a "desert experience" for the apostles to prepare them for their new ministry of preaching the Gospel of the Resurrection.

Responding to their question about the restoration of Israel, Jesus discourages his disciples from guessing what cannot be known. Greater things await them as his "witnesses." In the missionary work awaiting them, Christ will be with them in the presence of the promised Spirit.

Whereas in Acts Luke places Jesus' Ascension 40 days after Easter, in his Gospel the Ascension takes place on Easter night. Luke treats the same event from two points of view: in the Gospel, the Ascension is the completion of Jesus' Messianic work; in Acts, it is the prelude to the Church's mission.

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St John the Baptist Primary Catholic School K – 6

7 Johnson St, Freshwater 9939 6699



St Mary's Primary Catholic School K – 6

Denison Street, Manly 7256 2135

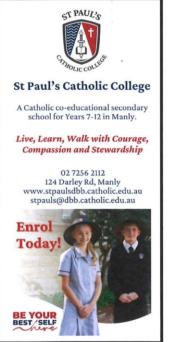


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Parish Pastoral Council:

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

Parish Priest: Fr Chima Ofor

manlyfreshwaterparish@bbcatholic.org.au

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

sam.french@bbcatholic.org.au

Seminarian: Mr Alfred Soliman

manlyfreshwaterparish@bbcatholic.org.au

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

Mary Immaculate Church (Parish Office)

6 Raglan St, Manly 2095 Phone: 9977 5822

After Hours Sick Calls: 0499 910 010

Parish Office: Mon to Thur 8:30am – 4:30pm manlyfreshwaterparish@bbcatholic.org.au www.bbcatholic.org.au/manlyfreshwater

St John the Baptist Church

cnr Johnson & Oliver St, Freshwater 2096