



Legion of Mary

SENATUS OF SYDNEY

BULLETIN

April 2024



243 Broadway Glebe, NSW 2037 | Tel: (02) 9660 6131 | www.legionofmary.org.au | Email: lomsydneysenatus@bigpond.com



Fr Benjamin Saliba

Homily - 5th Sunday of Lent 17th March 2024

When I am lifted up from the earth, I shall draw all men to myself. For anyone who looks upon the Son of Man, who believes and follows his way will be saved. This imagery of drawing all men to Jesus is enriched by our very first reading today whereby as the Prophet Jeremiah says, it will not be like the covenant of old, rather it will be deep within the hearts of all mankind that God will place His Law. There will be no need for neighbour to try and teach neighbour, or brother to say to brother, Learn to know the Lord.

Jesus is THE manifestation of God the Father, because he and the Father are one. It is Jesus who reveals the heart of man to himself. No longer can you and I walk around and plead ignorance. The great gift that Jesus has left us is his bride the Church, protected and nurtured throughout history by the Holy Spirit, an advocate for our faith and teachings. It is through the Church that clean hearts can be made – through Baptism, through sacramental confession. The heart can be strengthened and more attuned to the Law of God by frequent and worthy reception of Holy Communion.

It will then be by our manner of life that we will evangelise and introduce to the world our love of God and the message of repentance and conversion of heart. The alternative, as we have seen in readings in weeks gone by, is destruction and death. When we turn away from God, when we prefer vice to virtue, evil to good – we will be bitten by the fiery serpents of our modern day. When we look to the son who is lifted up – we are faced with the reality of our sinfulness and the only option to come out of that sinfulness is to proclaim Jesus as Lord and repent of our ways.

St Paul beautifully depicts the love Jesus has for his Father in heaven and for us, as during his life on earth, Christ offered up prayer and entreaty, aloud and in silent tears, to the one who had the power to save him out of death, and he submitted so humbly that his prayer was heard. Here, brothers and sisters, is a beautiful insight into the type of relationship Jesus has with his Father and a powerful example of how we should be before our Lord and God.

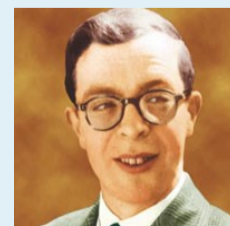
Many of us do not want to submit - do not want to show humility. Partly because of a social contagion, whereby pride and power always win the cultural narrative, but when you actually scratch the surface, humble submission is avoided because we all know what it contains – an amendment of life, a scrapping of ideologies not grounded in Truth, a conversion of the way we live - physically and mentally, and a vulnerability to allow a love so powerful into our lives that we are scared of what it might do to us – it might point young men in the direction of the priesthood, young women in the direction of religious or consecrated life, married couples to have more children,



**Pray for
Beatification of :**



*The Servant of God
Frank Duff*



*The Servant of God
Alfie Lambe*



*Venerable
Edel Quinn*

Fr Benjamin Saliba's homily - (Con't)

the courage to come out of unhealthy relationships, to speak against the grain of the cultural narrative, to stand up for your faith amongst family and friends who mock it.

If you ever needed inspiration, pay very close attention to our mass readings these two weeks. God LOVES you, with a love so powerful that he gave his only son for the forgiveness of our sins and to reconcile us to him once again. This process wasn't an easy one, Jesus went through it all out of Love for you and I, so that he could create in us a clean heart, that we would have the ability to repent of our ways and to be for us who obey him—the source of eternal salvation.

In imitation of Christ, unless a wheat grain falls on the ground and dies, it remains only a single grain; but if it dies, it yields a rich harvest. Will you and I die to ourselves, and love with a love that sacrifices, that puts God's will before our own selfish will? The more we attempt to do this on earth, the more our wills will be attuned. Then you can live a life of interior peace and joy. Like Jesus, whose will is to do the will of the Father who sent him, our will should be to follow Jesus with all our heart, mind, soul and strength.

If a man serves me, he must follow me, wherever I am, my servant will be there too. If anyone serves me, my Father will honour him. Jesus is now walking the narrow path to calvary that few take because it is arduous. It is the only way to heaven - to follow our Lord who not only carries his own cross, but offers you relief with your own - it is the only path you and I as Catholics should be on.

Allocutio from Sr Lucy Waty

Chapter 19, point 18, Page 122 - Harmony the expression of unity

Basically, it says that love and harmony should be most important when people come together. Being efficient, in the Legion way, should never mean ignoring harmony. Achieving something good but disrupting harmony might not be worth it. And in the Legion, they avoid things like being too pushy, always finding faults, being bad-tempered, negative thinking, and acting superior, because these things ruin the harmony when people gather. I'd also like to share something that's a bit sad actually. It's about Fr Chris's in Enmore parish. Fr Chris has been incredibly supportive of the Legion, even featuring the Legion Prayer in the parish bulletin. He's expressed a strong desire to have a Legion presence in his parish, which is truly heartwarming.

However, I've encountered a challenging situation. Despite Fr Chris's enthusiasm, we've faced some obstacles, primarily due to negative perceptions surrounding the Legion. There have been rumours from previous legionaries experiences of political disagreements and conflicts during Legion meetings, which have led some former legionaries in his parish to step away.

Moving forward, I am committed to ensuring that our meetings are free from politics, fighting, and unnecessary arguments. My hope is for us to embody the spirit of a big family, where problems are discussed openly and resolved in unity.

When you come to the meeting, I hope you're not just attending because you feel obligated. I want you to come because you enjoy it, feel a sense of belonging with us, and look forward to our gatherings. I want you to truly be our brothers and sisters, feeling connected and united with us.

Please, if you have any concerns or issues, please come to us, let's communicate openly. It's through understanding and cooperation that we can truly unite and strengthen our Legion family.

May God blessed you all .

REPORTS FOR THE MONTH OF MARCH 2024

1. Hunters Hill Praesidium (Mary Mother of Faith, Hope & Charity) - active work:

- ◆ Recruitment drive, conducting census
- ◆ Visitation of the sick
- ◆ Leading Rosary, catechism
- ◆ Circulation of the Statue of Our Lady around the local area
- ◆ Handing out miraculous medals and Rosary

REPORTS FOR THE MONTH OF MARCH 2024 (con't)

2. Enmore Praesidium (Queen of Peace) - active work:

- ◆ Consolation visits in nursing home and aged care communities, hospitals, visit homes and auxiliary members
- ◆ Inviting Catholic families to join Legion of Mary
- ◆ Help in the Masses of the Catholic Indonesian Community, with the Reading, Offering, and Ushering etc
- ◆ As an extension Officer to Pennant Hill Praesidium
- ◆ Recruitment of active and auxiliary members

3. Armidale Praesidium (Mother of Perpetual Succour) - active work:

- ◆ Lead the Rosary
- ◆ Lead prayers at funeral
- ◆ Rosaries said in homes each week before funeral when requested
- ◆ Home visitation through the pilgrim Rosary statue around the parish

4. Brisbane Comitium - active work:

- ◆ Leading Rosary at church
- ◆ Visitation of elderly Legionaries, visit the sick and elderly in the nursing home
- ◆ Children liturgy, Rite of Christian Initiation of Adults (RCIA)
- ◆ Involve in parish activities such as Mission Retreats, Bible Study, Pilgrimage
- ◆ Recruitment drive
- ◆ During the parish EXPO, there's a stall to give out prayer cards, miraculous medals and Rosary for free



Please pray for:

1. The causes of Frank Duff, Edel Quinn and Alfie Lambe.
2. For all the sick or departed Legionaries, families and friends specially for the full recovery of Peter Gale.
3. For all the newly ratified and appointed officers, and also all the active and auxiliary members.
4. For conversion of sinners, victim of natural and other calamities, all children of the world, poor and dejected in the community, poor souls in purgatory and those asking for our prayers.

5. Prayer Request:

Please pray for one of our Legion members for their daughter, Dedodiya Yolanda Ximenes. They need our Prayers for health and strength in life's journey. Let's pray for their path to be easier and for them to keep Moving forward.

Thank you for praying with us.



1. April 2024 Senatus Meeting will be **Sunday, 28 April 2024 at 1:30pm**
2. Reporting for Sunday, 28 April 2024 (Meeting no 731): Northern suburbs Curia, Vietnamese Curia, Pennant Hill Praesidium, Cathedral Praesidium, Kensington Praesidium (Our Lady of Perpetual Help), Wollongong C, Solomon Island (Honiara) Comitium
3. Acies - Consecration to Our Lady Saturday, 6 April 2024 at St Benedict's Catholic Church, 104 Broadway, Chippendale NSW 2008. Opening Prayer at: 10:00am
4. Correspondence Meeting Sunday, 28 April 2024 at Immaculata House. Time: 11:00am
5. Edel Quiin's Anniversary Mass Saturday, 11 May 2024. At Immaculata House Broadway
6. Soft copy of reports to be sent to Secretary (Sr Gabrielle) a week before the Senatus Meeting at **Email: SecretarySenatusSyd@gmail.com**
7. Please put your orders to Senatus on the updated and latest version of The Legion of Mary Hand book and your stock orders to the Assistant Treasurer (Br Edmund B) at **Email: AssistTreasurerSenatusSyd@gmail.com**

Saturday 16/03/2024 at Diocese meeting hall Lecidere, Dili - Timor Leste

Before the Acies mass, it opened with a Retreat, Reflections, closed with confession by Pastor Paulus Maya, and then the Acies Mass



Homily from Fr Michael

True greatness is diametrically opposed to the greatness that the world knows. It is not by domination, manipulation and exertion of power and control over the people in order to fulfill the agenda of the ruler. Rather, it is in putting one's talents totally at the service of others, so that they, too, are empowered and are able to develop their fullest potential as human being.

A famous American author, John Maxwell said, "Leaders become great not because of their power, but because of their ability to empower others." In other words, as a saying goes, "True leaders don't create followers; they create more leaders."

Jesus himself is the perfect example. He did not just teach about it but has shown it by His example: for "the Son of Man did not come to be served but to serve and to give his life as a ransom for many."

As Christians, we ought to follow the example of Jesus. After washing the feet of His disciples, He said, "If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do" (Jn 13:14-15).

This is what true greatness means. And, according to Martin Luther King, Jr., "Everyone can be great, because everyone can serve." Today let us pray for this spirit of humble service. Amen.

Thank you From Our Heart

*We're grateful to Fr Ben S and Fr Peter J for leading the Acies Mass and to all Legionaries who joined us.
Your participation made it a memorable day.*



This photo capture our shared spirit and commitment. Let's continue to grow in faith and service together .

Thank you to everyone who made this day special .



Quick Tip: Invoking the Presence of Mary Every Day

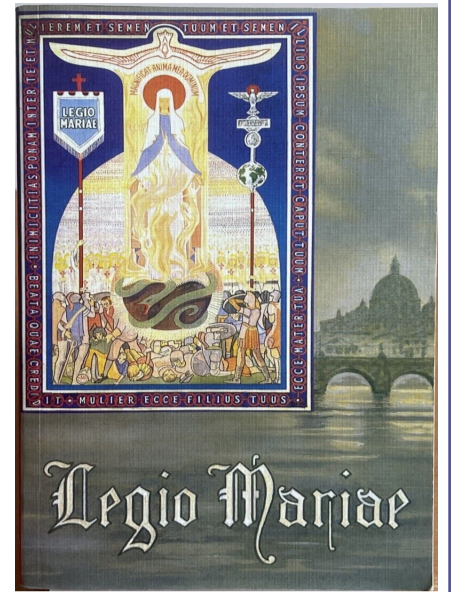
****Turn the Hail Mary into Your Breath:**** In your daily activities, try to internally recite the "Hail Mary" during random moments. Whether you're waiting, walking from one place to another, or starting a new task. This is an easy way to stay connected with Mary and make every action a prayer.

LEGION HANDBOOK REVISITED

Page 198 . 10. Study the handbook

****Understanding the Legion Handbook****

- It's important for all Legion members to know the handbook well. It explains everything we need to know about how the Legion works.
- Some people think the handbook is too long or too detailed. But just like students need to learn a lot about their subjects, we need to learn about the Legion to do our best.
- The handbook might seem hard at first, just like any new subject. But we can learn it by asking questions, using a dictionary, and practicing.
- Learning from the handbook isn't just about memorizing. It's about understanding our mission and making sure we do our work in a Christian way.
- St. Thomas Aquinas once said if you want to learn, focus on understanding one book well. For us in the Legion, that book is the handbook.
- The handbook also teaches us a lot about our faith, in line with what the Church teaches today.



Remember, studying the handbook helps us grow and do better in our work for the Legion and our faith.

Appendix 10

****Study of the Faith in the Legion Of Mary ****

- *Purpose* : Enhances legionary work, recommended for all, especially for certain praesidia like Junior and internal groups.
- *Approach* : Focused on devotion, not just intellect. Encourages active participation over passive listening.
- *Method* : Members share insights in their own words, ensuring understanding and retention. Discussion replaces lectures.
- *Application* : Knowledge gained is applied in practical Legion work, like teaching and evangelization.
- *Foundation* : Starts with studying the Legion handbook to understand our system deeply.
- *Areas of Study* : Includes Dogma, Scripture, Social Science, Liturgy, Church History, and Moral Theology.
- *Process* : A portion of each meeting is dedicated to study, with members preparing in advance.
- *Guidance** : Under the direction of the Spiritual Director, ensuring studies stay relevant and respectful.

Study in the Legion is about growing together in faith, guided by our devotion to Mary, the Seat of Wisdom.

By dedicating ourselves to study, both of our faith and the Legion handbook, we can grow as individuals and as a community, bringing more light and service into the world.



In pages bound, wisdom found,
A guide through night to morning's light.
Hand in hand, we take our stand,
With Mary's grace, we find our place.

Study's quest, brings out our best,
In faith we grow, as teachings show.
Together we seek, the truth we speak,
In love, we share, a bond so rare.





Spiritual Bouquets Explained! (A Beautiful Catholic Tradition)

Have you ever heard of a spiritual bouquet? It is a beautiful Catholic tradition that makes a great gift for hard times or important occasions. What do we have that's better to offer to anyone besides our prayers? Today, let's take a look at what a spiritual bouquet is, how to put one together yourself, wording for a spiritual bouquet, and what to include in your spiritual bouquet.

What Is A Spiritual Bouquet?

A spiritual bouquet is the offering of prayers and or sacrifices to another as a gift. This can be indicated in many ways, but traditionally it's in the form of a card letting the person know what prayers or sacrifices have been offered up for them.

When To Give A Spiritual Bouquet

There are many times that are perfect for gifting a spiritual bouquet! Here is a list of times that a spiritual bouquet could be given.

First Communion, Wedding, Baptism anniversary, At a time of grief, Mother's/Father's Day

Wedding anniversaries, Graduation, At a time of illness , A special feast day, Any special occasion!

How To Word A Spiritual Bouquet (Templates To Use)

Writing out a spiritual bouquet message is as easy as jotting a note down on a simple card to let someone know what has been offered up for them. You can even use a store bough card, and just write the spiritual bouquet part on an insert for the card.

Here are some wordings that might help get you started.

§ "A spiritual bouquet in your honor..." under that "The following prayers have been offered up for your intentions" (then list the prayers/offering)

§ "I, (name here) have offered (prayers here) for your intentions. God bless."

§ "The following have been offered for you and your intentions"

What Can Be Offered In A Spiritual Bouquet

Any prayers or offerings can be included. Here are some ideas of things you can consider.

§ a certain number of specific prayer (10 Our Fathers, etc)

§ a novena (whatever would be applicable to their own situation)

§ a Mass (talk to your local parish about having a Mass said for the intentions of this person)

§ visiting the Blessed Sacrament in Adoration

§ offering up a certain number of Holy Communion

§ a rosary

§ a certain number of good deeds or sacrifices

§ any prayers that fit the occasion!





**LEGION OF MARY
SENATUS OF SYDNEY**

Cordially invite all active & auxilliary members to.....



EDEL QUINN'S ANNIVERSARY MASS

Saturday, 11 May 2024

Time: 10am Prayer, 10:30 am Mass
Venue: Immaculata House
243 Broadway, Glebe 2037

Venerable Edel Quinn

Edel Quinn was born in Kanturk, Co. Cork, Ireland on 14 September 1907. As a girl her ambition was to enter a contemplative convent, but she was prevented from doing so by ill-health. At the age of 20 she joined the Legion of Mary in Dublin and was an enthusiastic member.

In 1932 she became seriously ill and spent a long period in hospital. She resumed her activities in the Legion but for the remainder of her life was impaired due to that illness.

In 1936 Edel was appointed Legion of Mary Envoy to East Africa – to countries such as Kenya, Tanzania, Zambia and Mauritius. She encountered obstacles in this pioneering work and overcame them despite her poor health and harsh conditions. She had great faith in God's love and a limitless trust in the maternal care of the Blessed Virgin Mary. Edel was gifted with a clear practical mind. She had notable organising ability, an indomitable will and a depth of warmth and human empathy. Her infectious joyousness of spirit never failed her. These qualities quickly won everyone to her side. Although often working alone and in a state of ill-health and exhaustion, Edel established the Legion of Mary on a firm footing in the countries she visited – even as

far as Mauritius in the Indian Ocean. Hundreds of Legion branches and higher councils of the Legion were established – meaning that thousands of Africans were mobilised in the service of the Church.

After eight years of heroic labour, Edel died in Nairobi on 12 May 1944 where she is buried in the Missionaries' Cemetery. The Diocesan Process, the first step towards her beatification, was set in motion in 1957 by the Archbishop of Nairobi. She was declared Venerable on 15 December 1994 by Pope John Paul II.

Contribution Wanted—“ What is the Legion to me “ series

Learning about the journey of other in the Legion is inspiring with many heartwarming real life stories waiting to be told. So don't hold back, send ***your*** story to email: PresidentSenatusSyd@gmail.com



Dear God, thank You for Your love. Help us work together and love each other as Christ does. Give us strength to serve and bring light to the dark. Let us love and give without expecting anything in return.
May we always honour You in what we do. Amen.

****Feedback Section***

We value your opinions and suggestions! If you have any ideas, questions, or comments about our activities, feel free to share them with us. You can use the form below to submit your feedback anonymously.

Contact details

Senatus President: Lucy Waty

Mobile: 0414 895 884 (message only) .

E: PresidentSenatusSyd@gmail.com

(Feedback Form)

Name (Optional): _____

Email (Optional): _____

Feedback: _____

By providing feedback, you help us improve the quality of our services and make Legion of Mary even better.

Thank you for your participation!