



Legion of Mary

SENATUS OF SYDNEY

BULLETIN

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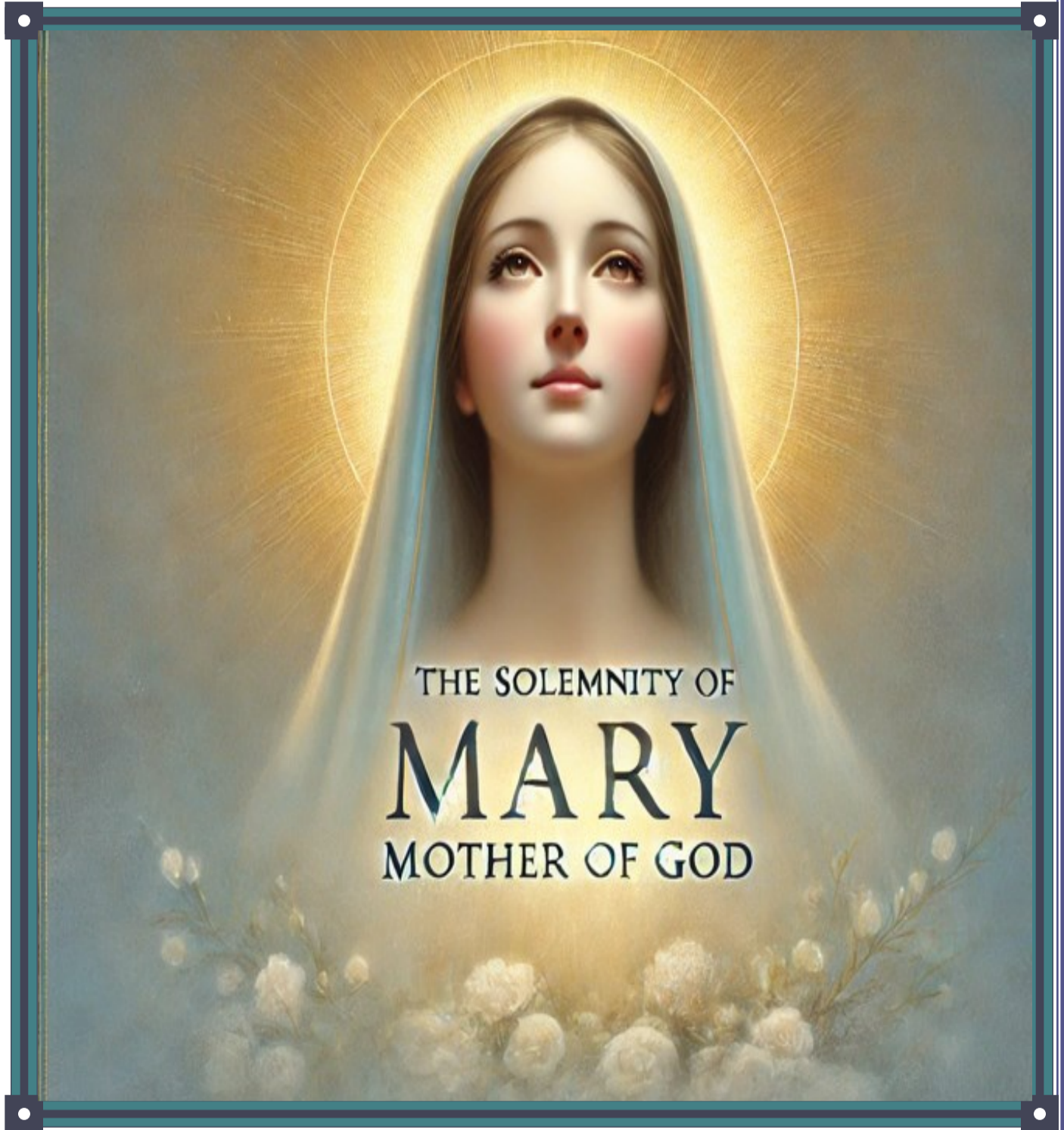
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"Mary, Mother of God, pray for us and guide us. Help us to trust as you trusted, to love as you loved, and to follow your Son with open hearts. Bless this new year with peace and hope. Amen."

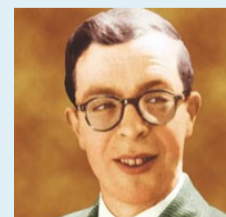


LEGION OF MARY
FOUNDED 7 SEPTEMBER 1921

Pray for
Beatification
of :



*The Servant of God
Frank Duff*



*The Servant of God
Alfie Lambe*



*Venerable
Edel Quinn*



“Starting the Year with the Blessings of Mother Mary”

The Solemnity of Mary, Mother of God

As we begin a new year, the Church invites us to turn our hearts to Mary, the Mother of God. Celebrating the *Solemnity of Mary* reminds us of her unique and holy role in our faith journey. Mary, chosen to be the mother of Jesus, accepted God’s call with a heart full of love, courage, and trust. She became the first to say “yes” to Jesus, opening the way for God’s plan of salvation.

In the Gospel of Luke, Mary says, “I am the Lord’s servant. May your word to me be fulfilled” (Luke 1:38). These words show her deep trust in God, even when she didn’t know what the future would bring. Mary didn’t have all the answers, but she believed that God’s love and wisdom would guide her. This faith is a model for us all. As we face challenges and unknowns in the new year, we can turn to Mary as an example of complete trust in God.

Mary’s journey was not easy. She faced trials, traveled far, and witnessed her Son’s suffering. Yet through everything, she showed unwavering love and compassion. Mary’s love for Jesus is like her love for us—her children in faith. We can find comfort in knowing that she watches over us, praying for us and guiding us closer to her Son. She understands our struggles and joys and offers us a mother’s love, gentle yet strong.

As we move forward into this year, let’s invite Mary into our hearts and homes. Let’s ask her to help us grow in faith, trust, and love. We can pray to her for strength, wisdom, and guidance. By following her example, we, too, can say “yes” to God’s plans and open our lives to His blessings.



Dear all Br. & Sr. Legionaries ,

Happy New Year! As we start this new year, let us open our hearts to God’s blessings and love. On January 1st, we celebrate *The Solemnity of Mary, Mother of God*. Mary is a perfect example of faith, trust, and love. She said “yes” to God’s plan and became the mother of Jesus, our Savior.

Let us follow her example as we begin this new year. Let us trust in God, love others, and walk with hope in our hearts. May Mary guide us, protect us, and bring us closer to her Son, Jesus.

We pray that this year will be filled with peace, joy, and blessings for you and your family.

Welcome to this new journey of faith together!





“Happy new year to you all.”

When we embark on a new year it can be easy to occupy our lives with the resolutions made and ultimately failed, the concern of what the year might hold and the planning of things to come. This year, like we should each year – the focus is and should be this – growing closer to Jesus through Mary.

In 431 AD at the Council of Ephesus, the Church affirmed the title we have called Mary for millennia - “Mother of God.” Sadly, for some Catholics, the emphasis and attention given to Mary makes them feel uncomfortable. For our protestant brothers and sisters, it is a source of contention because they mistakenly think we give Mary worship which is only offered to the Triune God. In both instances it is a sad state of affairs that the greatest gift outside of Jesus Christ has been a source of contention and conflict.

Through Mary comes the redeemer – think for a second how much God must love us that he would give complete control to us in the decision Mary had to make. Yes or no – Mary said YES - thank God for her YES – The most perfect yes ever spoken. Through Mary, God has truly blessed us in his mercy by giving us his only son – to live with us, to teach us and then to eventually suffer, die and rise for us. In this scenario, think of the strength Mary had to have to live a life knowing that Jesus would be the saviour of the World. She would be the first to acknowledge that she needed the help of God to get through it all.

We too can draw on the example of Mary to live our lives as faithful followers of Christ. Mary can help us draw closer to Jesus. How you might ask? Mary is the Mother of God – she is also our mother – Jesus gifted Mary to us so we get to call Mary mother and Jesus brother. Because we get to call Jesus brother we also get to call God “abba” which means Father. No other religion would permit you to call God Father because the divine is above you, the divine should be feared – not us – we get to know God on a level of intimacy beyond any other religious belief in the world. All of this was thanks to Jesus and his sacrifice – the very Jesus that was born of Mary, human and divine, human because he was born of a woman (Galatians) and divine because God sent him forth – divine because in the beginning was Word – the word was with God, and the Word was God.

The Word was made flesh and dwelt among us – we have been blessed in God’s mercy through his son and so for those that want to follow him – It must be by love and the commandments he has given us – in these observances we will be happy and fulfilled in life – for those who chose to live by this love we pray –

May the lord bless you and keep you
May the Lord let his face shine on you and be gracious to you
May the Lord uncover his face to you and bring you peace.

Happy new Year to you all and may Jesus, through the intercession of Mary, bless you, keep you and be with you forever.”

Fr. Benjamin Saliba .



Allocutio

By: Lucy Waty –President

Mary as Mediatrix of All Graces

Dear brothers and sisters in Christ,

As we begin this new year, we are invited to reflect on Mary's role as the *Mediatrix of All Graces*. In the *Handbook of the Legion of Mary*, Mary is described as the channel through which God sends His blessings and love to humanity. This title is not just a way to honor Mary, but a call for us, as legionaries, to follow her example.

Mary is the *Mediatrix* because of her special role in God's plan of salvation. Through her "yes" to God—"I am the handmaid of the Lord"—she became the first channel of grace by bringing Jesus, our Savior, into the world. In our mission as legionaries, we are also called to be channels of God's grace for others. This means not only completing our tasks but doing so with Mary's spirit: with love, humility, and a deep desire to bring others closer to God.

Sometimes, in our service, we may feel weak or unworthy. The challenges we face might seem too big. But Mary shows us that God's grace works best in those who are humble and willing to say yes to Him. Everything we need to serve faithfully comes to us through Mary, the *Mediatrix of All Graces*.

This year, let us ask ourselves:

- Am I becoming a channel of grace for others through my words, actions, and attitude?
- Do I approach my tasks with prayer, asking for God's grace to work through me?
- Do I serve with humility and love, reflecting the heart of Mary?

The key to being a channel of grace is prayer and unity with Mary and Jesus. The Rosary, as the main prayer of the Legion of Mary, connects us to Mary and invites her guidance. Prayer is not just something extra; it is the core of our strength as legionaries.

Through prayer, we allow God's grace to flow through us.

As we begin this new year, let us renew our commitment to serve with a Marian spirit. Let us imitate Mary, who always said, "Let it be done to me according to your word." Whether our tasks are small or great, let us allow God's grace to flow through us.

May we, through our union with Mary, become effective instruments in bringing God's love, grace, and salvation to the world.

Closing Reflection:

"Let us give ourselves fully to Mary, so that through her, we can be filled with God's infinite grace. In prayer and service, let us live as channels of grace, bringing Christ to the world with Mary's spirit."

Amen.



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.
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.

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.



Getting to Know Alfie Lambe, the Missionary Envoy

Alphonsus Lambe, affectionately known as Alfie Lambe, was a Servant of God and a young missionary of the Legion of Mary. He was born on June 24, 1932, in Tullamore, Ireland, into a humble and deeply religious family. From a young age, Alfie displayed a profound desire to serve God, aspiring to become a priest. However, God had different plans for his life.

Early Life in Service

At the age of 13, Alfie joined the Pallotine Fathers, a missionary congregation. Unfortunately, due to his frail health, he was unable to continue his formation as a seminarian. Despite this setback, Alfie did not lose hope. At 19, he joined the Legion of Mary in Ireland, where he discovered his true calling: serving Mary and spreading the Gospel.

Mission in Latin America

In 1953, Alfie Lambe was chosen by Frank Duff, the founder of the Legion of Mary, to serve as an *envoy (missionary) in Latin America*. Together with Seamus Grace, Alfie embarked on a significant mission to establish and strengthen the Legion of Mary across countries such as Argentina, Uruguay, Paraguay, Brazil, and Colombia.

Alfie was known for his extraordinary zeal, humility, and dedication to building new praesidia. He often spoke of his work as a complete surrender to Mary, whom he deeply loved and trusted. He tirelessly encouraged the faithful to embrace prayer, especially the Rosary, and to serve the poor and marginalized.

A Life of Witness

Despite his deteriorating health due to tuberculosis, Alfie never complained or wavered in his commitment to the mission. He worked tirelessly until his final days. On January 21, 1959, Alfie Lambe passed away at the young age of 26 in Buenos Aires, Argentina. Yet, his legacy lives on, inspiring countless people to strengthen their faith and devotion to Mary.

The Path to Sainthood

Today, Alfie Lambe is on the path to beatification. The Church has opened the process of investigating his life, and he has been declared a "Servant of God." Legionaries around the world continue to pray for his beatification and canonization as a saint.

Inspiration for Us

Alfie Lambe's life teaches us to offer ourselves completely to God through Mary. Despite his youth, he showed that faith, prayer, and a spirit of service can transform the world.

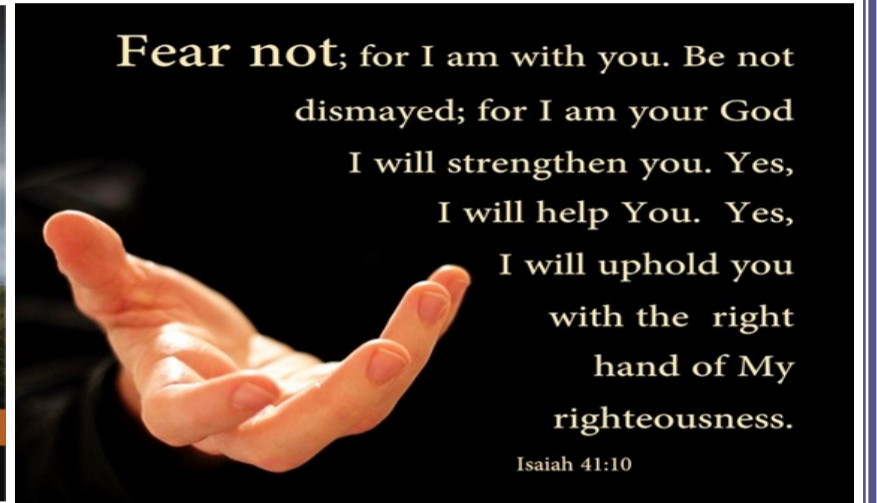
As Legionaries, we are invited to imitate Alfie's unwavering faith and courage in spreading the Gospel.



“God does not call us because we are strong, but because He wants to make us strong through His love.” – Alfie Lambe

Introduction for Bulletin:

At the recent **Catholic Spiritual Revival** event, the speaker Fr. Agustinus Handoko MSC delivered a powerful and relevant talk titled **“Do Not Fear, For I Am With You”** (Isaiah 41:10). This topic invited us to reflect on how we can face fear and anxiety in life by trusting in God’s promises. Through an inspiring presentation, Fr. Agustinus Handoko MSC shared a heartfelt message about God’s unwavering love and presence, even as we navigate life’s challenges.



Anxiety is

A SEPARATION OF YOUR SPIRIT FROM YOUR BODY.

WHAT IS ANXIETY

The heart is the bridge between the soul and the body. And what happens is **when the soul is not in alignment with the mind and the heart and the body, we can experience anxiety or depression.**

Finding Peace in God’s Presence: A Reflection on Isaiah 41:10

In today’s world, fear and anxiety seem to dominate our hearts and minds. Whether it’s the uncertainty of tomorrow, the challenges we face in relationships, or the weight of responsibilities, these struggles often feel overwhelming. The statistics about anxiety, as shared in the presentation, paint a sobering picture of our society. Millions of people suffer from anxiety, and yet many never receive the healing they desperately need.

But in the midst of this chaos, Isaiah 41:10 reminds us of a profound truth: we are not alone. God says, “Do not fear, for I am with you.” This promise is not just comforting words; it is a declaration of God’s active presence in our lives. He strengthens us, helps us, and upholds us with His righteous hand. Imagine that—a divine hand reaching out to hold us when we feel like we’re falling.

The reflections on anxiety and the “wounded heart” resonate deeply with this message. They show us how our wounds and fears can isolate us, causing us to see others as threats or rivals. Yet, as Henri Nouwen beautifully reminds us, our hearts are greater than our wounds. Jesus, the ultimate Wounded Healer, shows us that through His suffering, He brought healing to the world. His love is deeper than any pain we carry, and His grace transforms our brokenness into strength.

Symptoms of Anxiety

- Constant fear that something bad is going to happen
- Difficulty sleeping
- Dizziness
- Excessive worrying
- Irritability
- Rapid heartbeat
- Restlessness
- Sweating
- Muscle tension

The IMPACT of Anxiety

Body	Sweating Headache Chest Pain Stomach upset Trembling Elevated Heartrate Shortness of Breath Muscle Tension	Mind	Worry Foggy Brain Negativity Indecision Rumination Obsessions Overthinking Racing Thoughts Intrusive Thoughts
Emotions	Apprehension Nervousness On edge Low Confidence Overwhelmed Fearful Irritable Dread	Anxiety	Compulsions Reassurance seeking Overworking Insomnia Social Isolation Nervous habits Procrastination Avoidance
		Behaviors	



Each of us is invited to become “wounded healers” in our own lives. Our struggles, rather than defining us, can become a source of hope and healing for others. When we embrace our wounds, we find the courage to reach out to others who are hurting, just as Christ reaches out to us.

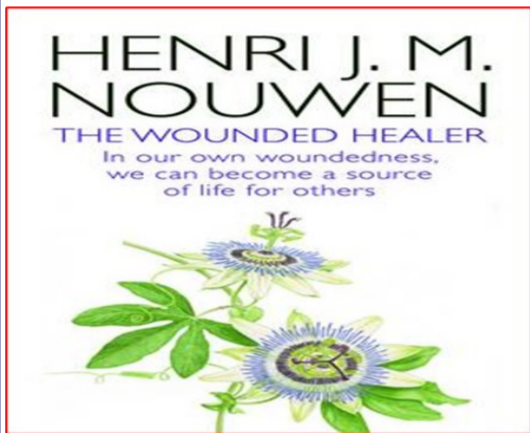


And here is a powerful reminder: the Bible tells us “Do not be afraid” 365 times—one for every day of the year. God calls us to live each day fearlessly, grounded in His love and presence.

As we reflect on this message, let us take a moment to ask ourselves:

- What fears are holding us back?
- Are we willing to trust God’s promise to walk with us, even in the darkest valleys?
- How can we use our own experiences of pain to bring comfort to others?

Let Isaiah 41:10 be a lamp for your path. Whatever challenges lie ahead, remember: **you are never alone**. God is with you, strengthening and guiding you every step of the way.



The Beauty of Being a Wounded Healer

Henri J. M. Nouwen reminds us of a profound truth: our wounds are not barriers to serving others but bridges. In his book *The Wounded Healer*, he teaches that through our pain and struggles, we gain the strength to bring hope and healing to others.

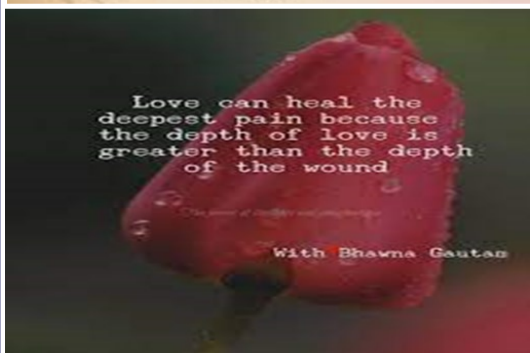
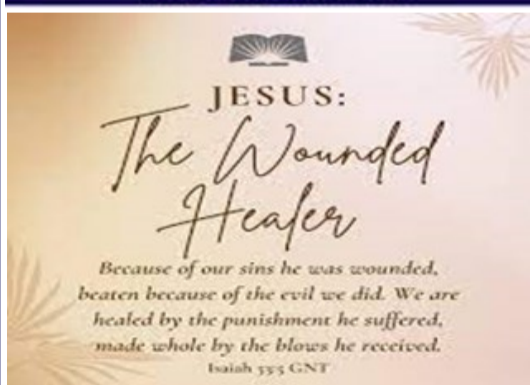
We often believe that to help others, we must first be “whole” or “perfect.” But Nouwen challenges this notion. Instead, he calls us to embrace our brokenness, recognizing that it is in our weakness that God’s grace becomes visible. A “wounded healer” is not someone without pain, but someone who allows their pain to be transformed into a source of life for others.

To be a wounded healer means:

1. Facing Our Pain: By confronting our own struggles, we develop empathy for those who suffer.
2. Finding Courage: We speak the truth, even when it’s hard, and shine a light for those who feel lost.
3. Living With Purpose: Our wounds remind us of our humanity and call us to a purpose greater than ourselves.

Jesus Himself is the ultimate Wounded Healer. His suffering on the cross became the source of salvation for all humanity. He transforms our pain into hope and our weakness into strength.

As we reflect on Isaiah 41:10—“Do not fear, for I am with you”—let us remember that God uses our wounded hearts to be His instruments of healing in this world. The light of His love shines brightest through our scars, igniting hope for others and renewing our sense of purpose.



Could Russia's Aggression Be Restrained ?

On May 13th.1917 the Virgin Mary gave messages to 3 children Lucia dos Santos (10), Francisco Marto (9) & Jacinta Marto (7).

Jacinta could hear & see, but couldn't talk to the Virgin Mary. Francisco who was in a sinful state, could see but could neither hear nor talk to the Virgin Mary.

Lucia was the only one who see, hear & talk to the Virgin Mary



The 1st. Message depicting terrifying images of Hell & telling the end of the 1st. World War, were revealed by Lucia in 1941



The 2nd. Message, like the 1st.one, is also consists of 2 parts. The 1st. part was that the 2nd. World War would soon commence when Pope Pius-9 was in reign in Vatican.



The 2nd. part was that Russia was to be Consecrated to the Immaculate Heart of Mary by the Pope in union with the Bishops of the World.



Some controversy has arisen in the Catholic Church regarding this Consecration of Russia as requested by our Virgin Mary.

We'll see the Procedures done by the Papacy to fulfil her request

October 31, 1942

In the midst of World War II, Pope Pius XII Consecrated the World to the Immaculate Heart of Mary through a radio message on the eve of All Saints Day.

This message was sent to Portugal where Fatima is located and included the local Bishops.

July 7, 1952

On the Feast of St. Cyril & Methodius, the 'Apostles to the Slavs' Pope Pius XII issued an Apostolic letter directed to the Russian people, entrusting Russia and her people to the Immaculate Heart of Mary.

One may ask, was that a Consecration or merely a Papal Bull ?.

November 21, 1964

At the conclusion of the third Session of the 2nd. Vatican Council, Pope Paul VI, along with all the Bishops present at the Council, renewed the Consecration of the whole World to the Immaculate Heart of Mary.

March 25, 1984

In 1983, Pope John Paul II set out to rectify any errors that had occurred with the previous Consecrations; and on December 8, 1983, he sent a letter to all Bishops worldwide, Catholic and Orthodox, asking them to join him in March 1984 for an Act of Entrustment to the Immaculate Heart of Mary.

Before doing the Consecration, the Pope consulted Sister Lúcia so as to make sure this Consecration of Russia would be valid.

So on **March 25, 1984**, Pope John Paul II Consecrated the whole World in front of the statue of Our Lady of Fatima with all other Bishops to join him in prayer, to the Immaculate Heart of Mary.

But he failed to mention Russia when he declared an act of Consecration of "those Men and Nations" who are in special need of this Entrustment and Consecration.

And Sister Lucia wasn't there to witness that important event.

After John Paul II's Consecration, Sister Lúcia stated numerous times that the 1984 Consecration had been done the way the Virgin Mary wanted it to be...

March 25, 2022.

Pope Francis announced that he will consecrate Russia on the 17th. of October but he delayed it to the 25th. to make it coincide with the Annunciation Day when Angel Gabriel appeared to Mary Francis stated "Mother of God & our Mother, to your Immaculate Heart, we solemnly Entrust and Consecrate ourselves, the Church and all Humanity, especially Russia and Ukraine".

After all those Papal actions carried out by a number of Popes, has Russia been Consecrated to the Immaculate Heart of Mary ?

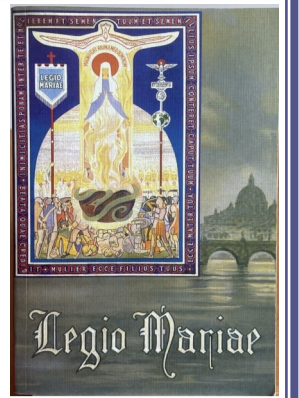
The answer & explanation will be given in our next Bulletin.

By : Jan Augustinus—(Our Lady Undoer of Knots Praesidium)



LEGION HANDBOOK REVISITED

St. John the Evangelist: Patron of the Legion of Mary



St. John the Evangelist, known in the Gospel as *“the disciple whom Jesus loved,”* is an extraordinary figure in the history of the Church. His life, filled with faithfulness, love, and service, makes him a shining example for every legionary desiring closeness to Jesus and Mary.

At the foot of the Cross, John bore witness to the greatest suffering of the Savior. In that most painful moment, John did not flee or hide. He stood steadfast by the side of the Blessed Virgin Mary, faithful to the very end. When a soldier’s lance pierced the Sacred Heart of Jesus, John saw not just the physical wound but also the infinite love poured out for humanity. From this experience, John became the perfect model of devotion to the Sacred Heart of Jesus—a love flowing from the very heart of God for all mankind.

But John’s role did not end at the Cross. In one of the most profound moments in the Gospel, Jesus entrusted His Blessed Mother to John with the words, *“Here is your mother.”* With these words, John not only accepted Mary as his own mother but also represented all humanity receiving Mary as their spiritual Mother. John, with his purity and love, became the first example of a true child of Mary, who protected and loved her with his whole heart.

After Jesus’ death, John remained with Mary, caring for her, listening to her recount the life of Jesus, and learning from her wisdom and love. During those years, John delved into the depths of Mary’s loving heart, making him the perfect model for every legionary seeking to imitate Mary’s spirit of service.

John was not only a disciple but also an apostle, evangelist, and martyr. He wrote the Gospel of John, revealing the mysteries of divine love in the most profound way. In his writings, John displayed an unflinching love for the Church and every soul within it. He dedicated his entire life to proclaiming the Good News of salvation, even in the face of severe persecution. Although he was the only apostle not to suffer physical martyrdom, his life was wholly martyred to the Cross of Christ.

For legionaries, especially legionary priests, John is a special patron. Known as *“Mary’s priest,”* John exemplifies how a priest should serve with love and devotion, mirroring Mary’s spirit in bringing Christ to the world.

The feast of St. John the Evangelist, celebrated on 27 December, is a special moment to reflect on his life of faithfulness, purity, and boundless love. He is a saint whom we do not only honor but also strive to emulate in every aspect of our lives as legionaries.

Through the life of St. John, we are called to stay close to the Sacred Heart of Jesus, accept Mary as our own Mother, and dedicate our lives to the service of the Church and the salvation of souls.

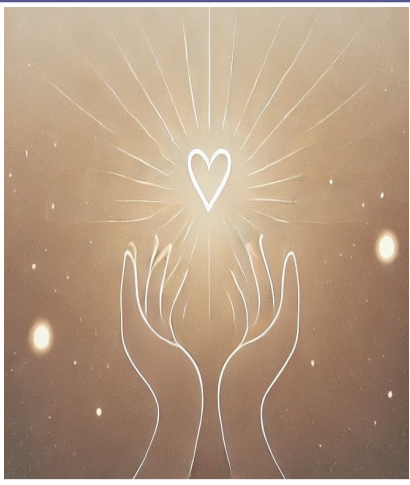
“When Jesus saw his mother, and the disciple whom he loved standing beside her, he said to his mother, ‘Woman, here is your son.’ Then he said to the disciple, ‘Here is your mother.’ And from that hour the disciple took her into his own home.” (John 19:26-27)

Reflection:

St. John the Evangelist teaches us to love unconditionally, serve selflessly, and remain faithful to the end. As legionaries, let us strive to become true “children of Mary,” like John, who faithfully stood by her side and carried her spirit of love into the world.



Serving God with Joy



Serving God is a special calling for every believer. But serving God is not just a duty or responsibility—it's an opportunity to experience deep and lasting joy. This joy doesn't come from the world, but from knowing that we are part of God's great plan.

Joy in serving comes when we understand our relationship with God. Serving Him means giving our time, energy, and talents as an act of love. True joy happens when we remember that our service is not about seeking praise from people, but about glorifying God.

Of course, serving is not always easy. Sometimes, we face challenges, criticism, or even exhaustion. But joy shines through when we remember God's promise to be with us. In Isaiah 41:10, He says: *"Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you."*

Joy also grows when we see how our service helps others. When someone finds comfort, strength, or faith because of something we did, it fills our hearts with gratitude. Even small acts of love can make a big difference in someone's life.

Finally, serving God with joy means living in love—love for God and love for others. As Saint Paul says in Colossians 3:23: *"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."*

Serving God with joy is about giving ourselves fully to Him, knowing that everything we do—big or small—is part of His plan. In serving Him, we draw closer to the Source of all joy: God Himself.

May we continue to serve God with joyful hearts, spreading His love wherever we go!



Reflection Questions:

- *How can I serve God with more joy today?*
- *Do I feel true happiness when I serve God and others?*

1. How can I serve God with more joy today?

- ◆ By starting with gratitude. When I thank God for the gift of life and the chance to serve, my heart becomes lighter and filled with joy.
- ◆ By seeing service as an act of love, not an obligation.
- ◆ When I serve others, I am serving God Himself.
- ◆ By finding small, meaningful ways to help others—sharing a smile, offering a kind word, or lending a helping hand.

2. Do I feel true happiness when I serve God and others?

- ◆ Yes, because serving reminds me that my life has purpose and meaning.
- ◆ It brings me closer to God and makes me feel His presence.
- ◆ Sometimes, I might feel tired or discouraged, but when I focus on God's love and the joy of giving, I feel peace and fulfillment.

"Dear Lord, teach us to serve You with joyful hearts. Guide our steps so that everything we do may glorify Your name and bring peace to others. Amen."



Serving God with Joy

Reflection by Fr. Alfin Buarlele MSC

“ In this reflection, Fr. Alfin B shares his heartfelt journey and insights on how serving God has brought profound joy and fulfilment to his priestly ministry. Through his experiences, he invites us to discover the beauty of finding purpose and happiness in dedicating our lives to God and others.”

1. Memorable Moments in Serving

As a priest, there have been many unforgettable moments in my service to God. These include baptizing children and adults, hearing confessions, blessing marriages, comforting grieving families, serving the poor and marginalized, praying with the sick in hospitals, giving the Anointing of the Sick, helping families in conflict to reconcile, and visiting Catholic prisoners.

I once served in a parish located just 1 km from a correctional facility. Every month, I visited the inmates, accompanied by a team of prayer groups, including youth and choir members. Inside the prison, we celebrated the Eucharist, shared stories, and even ate together. Our parish community also contributed by donating food and hygiene items for the inmates.

These experiences gave me profound joy. Caring for others, showing compassion, and working together as a community have been some of the most meaningful and joyful moments in my life and ministry. These are not just empty words or prayers but concrete actions that bring God’s love to life. I am always reminded of Jesus’ words: *“For I was hungry, and you gave me something to eat; I was thirsty, and you gave me something to drink; I was a stranger, and you invited me in; I needed clothes, and you clothed me; I was sick, and you looked after me; I was in prison, and you came to visit me.”* (Matthew 25:35-36)

2. The Source of My Joy as a Priest

The Eucharist is the main source of my happiness as a priest. A priest exists because of the Eucharist. The Eucharist connects me to God and others.

In my relationship with God, I find boundless love and sacrifice. Celebrating the Eucharist fills me with gratitude, prayer, and deep connection to Him. Beyond the Eucharist, personal prayer, meditation, contemplation, and adoration of the Blessed Sacrament strengthen my joy and bring me closer to God. These moments allow me not only to talk about God but also to speak with Him and listen to Him.

In my relationship with others, I am called to be Eucharistic—to be a channel of God’s blessings. I find joy in being present for those in need, the sick and suffering, the grieving, those longing for spiritual guidance, and those seeking repentance. It brings me happiness to see someone who has been distant from the Church return, couples who were in conflict find peace, and communities live in unity and love.

3. Overcoming Challenges in Ministry

As a priest, I face challenges, but I draw strength from my ordination motto: *“I am with you always”* (Matthew 28:20). This promise reminds me that I am never alone. God sends me on this mission and accompanies me in every situation, including during difficulties.

My strength comes from prayer, the Eucharist, spiritual direction, and inspiration from the lives of saints. I also receive encouragement from my community, family, and parishioners who support me with their prayers and care. These sources of strength help me remain faithful to my calling.

4. A Message About the Joy of Serving

“Serve with a sincere and wholehearted heart.” When we serve with sincerity, no challenge or obstacle is too great. A sincere heart enables us to enter muddy fields of service, move from wealthy areas to remote missions, and connect with anyone, regardless of their background.

In serving, we encounter God Himself. Jesus said, *“Whatever you did for one of the least of these brothers and sisters of mine, you did for me.”* (Matthew 25:40)

So, serve others with a pure heart and full joy because in serving, we are serving God Himself. True joy is found in this: working with love, helping others, and meeting God in the service we give

By: Fr. Alfin Buarlele MSC





Serve the Lord with gladness; come before Him with joyful songs.” (Psalm 100:2)

Serving God with Joy: The Story of Eka Puspasari (Ling Ling)



What does serving God with joy mean to you?

For Ling Ling, the President of the Legion of Mary praesidium *Our Lady of Sacred Heart* in Kensington.

serving God is a journey of faith that started with a simple step. When she first attended a Legion meeting as a visitor, she immediately felt welcomed. “I felt very accepted,” she recalls. This warm experience encouraged her to commit and make her promise as an active Legion member after three months of probation.

Over the past 11 years, Ling Ling has witnessed how God and Our Lady have worked in her life. “I feel incredibly blessed. This service has not only changed the way I think but has also helped me live my life closer to Jesus and Mary,” she says.

Experiencing Joy in Service

As a Legion member, Ling Ling finds her greatest joy in simple but meaningful tasks, such as visiting the sick and spending time with the elderly. “These tasks are not a burden; they bring me happiness,” she shares enthusiastically.

She describes how her presence often brings joy to those she serves, especially those who feel lonely. “When I see them smile and feel happy because of our visit, it becomes a source of healing for me, especially when I am dealing with my own challenges. Their joy strengthens me,” she adds.

For Ling Ling, service is not just about giving blessings to others but also about receiving them. She believes that in serving others, she experiences God’s blessings. The presence of Jesus and Mary gives her strength, making even the hardest challenges feel lighter.

Facing Challenges and Finding Joy

Ling Ling acknowledges that serving is not always easy, but she sees every challenge as part of God’s plan. “Sometimes I am dealing with big problems in my life, but when I serve, God makes those problems feel smaller,” she says. Service has taught her to focus on love and trust in God, even in difficult times.

How does service strengthen your faith?

Ling Ling believes that service is a way for God to strengthen her faith. “There are so many things we don’t realize, but God is working to change our lives. Through service, I have learned to trust that His plans are always the best, even when I don’t understand them yet,” she explains.

A Message for Fellow Legion Members

To her fellow Legion members and those considering joining, Ling Ling shares an encouraging message: “Serving with joy is a special calling. One day, we will all grow old and may also need someone to visit us. So, if God has chosen us, we must fulfill this duty wholeheartedly.”

She emphasizes the importance of commitment in service: “Attend your meetings, do your work with love, and give your best to glorify God. Through small acts of service filled with joy, we bring God’s love to others. And when we serve with sincere hearts, God fills us with His joy in return.”

Reflection for Readers

Ling Ling’s story reminds us that serving God is a blessing. When we choose to give instead of receive, God gives us true joy that nothing else can replace. Let us continue to serve with hearts full of love and gratitude because every small act we do is part of God’s great work.



Praesidium Our Lady of Sacreat Heart—Kensington

A Thought to Remember:

True joy comes from giving yourself to God in service. It’s not always easy, but when we trust in Him, He gives us the strength and fills our hearts with peace. Even small acts of kindness can make a big difference.

TOGETHER IN FAITH ; HIGHLIGHTS FROM THE “ OUR LADY OF CONSOLATION “COMITIUM BLACKTOWN AGR



HIGHLIGHT FROM: INDONESIAN PRAESIDIUM “ OUR LADY OF PERPETUAL HELP “ — KENSINGTON—AGR

HIGHLIGHT FROM INDONESIAN PRAESIDIUM “ MARIA QUEEN OF HEAVEN”-MARAYONG— AGR



**Highlight from:
“Mother Of Our Creator – Normanhurst Curia — Korean“ AGR 2024
Sharing Moment Through Photos**



Walking in Their Shoes: A Day in the Life of a Priest

When we see a priest, we usually see him during Mass, leading prayers, or giving sacraments. But have you ever wondered what a priest's day looks like? What does he do outside of Mass? What challenges does he face?

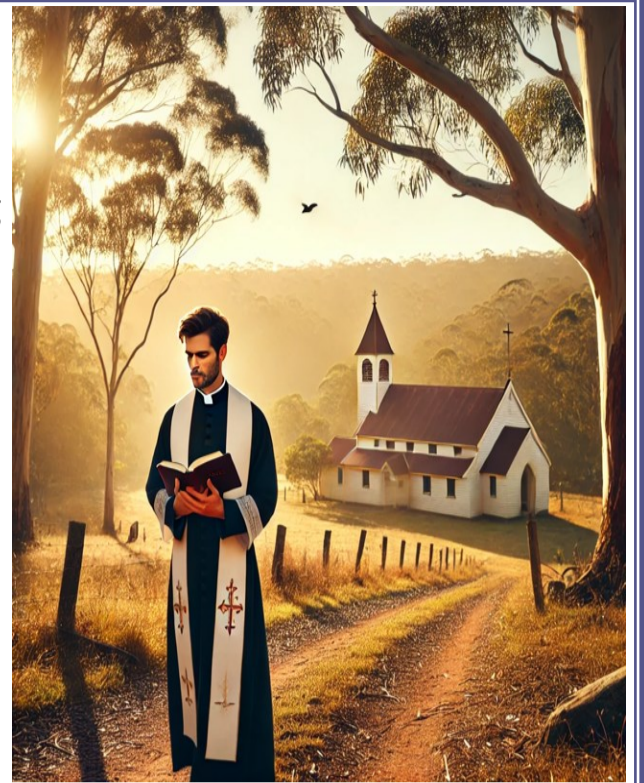
A priest is not just a leader of worship; he is also a shepherd who cares for his people in many ways. His day often starts very early with personal prayer and reflection. This quiet time with God gives him strength and guidance for the day ahead.

Throughout the day, a priest does many things. He prepares his homily, visits sick people, listens to confessions, and gives spiritual advice. He also helps families in times of sadness, like during funerals, or helps solve problems in the community.

But priests are also human. They feel tired, lonely, or overwhelmed sometimes, just like us. Even so, they continue to serve because they love God and their people.

As Catholics, we are called to understand and appreciate the life of a priest. Let us support our priests by praying for them, encouraging them, and thanking them for their hard work. When we understand their struggles, we can become a community that is more caring and loving.

So next time you see your priest, remember how much he gives to serve you. Through his simple and faithful life, he shows us what it means to love God and others.



How to Support Your Priest: Practical Tips for Parishioners

Priests give their lives to serve God and His people. They celebrate Mass, guide us spiritually, and support us in times of need. But priests also face challenges, including loneliness, fatigue, and the heavy responsibility of leading a parish. How can we, as parishioners, support our priests and show our appreciation for their dedication?

Here are some practical ways:

1. Pray for Your Priest

The most powerful gift you can give your priest is prayer. Pray for his strength, health, and holiness. Offer a Rosary or Mass intention for him, and let him know you're praying for him.

2. Offer Words of Encouragement

A simple "Thank you, Father" can mean so much. Share with him how his homilies or guidance have touched your life. Priests often wonder if they're making a difference, and your words can reassure them.

3. Respect Their Time

Priests are busy. Be mindful of their schedule and avoid unnecessary demands. If you need to meet with your priest, schedule an appointment rather than catching him off guard.

4. Participate in Parish Activities

Show your support by being actively involved in the parish. Join ministries, volunteer, and attend events. A vibrant and united community lightens the priest's workload and encourages him.

5. Help with Practical Needs

Priests sometimes need help with everyday tasks. Offer to cook a meal, help with cleaning, or run errands. Small acts of kindness go a long way.

6. Defend Your Priest

Priests are often misunderstood or criticized. Stand up for your priest when others spread gossip or negative comments. Protect his reputation and dignity as a servant of God.

7. Be Understanding

Remember, priests are human. They can get tired, overwhelmed, or even make mistakes. Instead of judging them, offer patience, kindness, and understanding.

By supporting our priests in these simple yet meaningful ways, we not only help them fulfill their mission but also strengthen the entire parish community. Together, let us show our gratitude and love for those who dedicate their lives to God and His people.

What Does the Legion of Mary Offer to Young People?

Many often ask, “What does the Legion of Mary truly offer to young people?”

The simplest response is this: **a strong foundation for life—a pathway to a joyful and meaningful existence.**

For those who have been part of the Legion of Mary during their youth, even for a short time, the positive impact is unforgettable. The memories of fellowship and purpose often linger, even when life’s distractions pull them away. But let’s highlight some specific benefits the Legion offers to young people:

1. Strengthening Faith with an Apostolic Spirit

The Legion of Mary nurtures a deeper faith by encouraging members to adopt an apostolic approach to the needs of others. Grounded in core Church teachings—the Mass, the Eucharist, love of God and neighbor, devotion to Our Lady, and the Mystical Body of Christ—the Legion provides a practical framework for living out these principles.

Through weekly meetings enriched by spiritual readings, the *Allocutio* (spiritual talk), and mission reports, members grow in understanding and commitment to their faith. They are encouraged to stand firm in their beliefs, defend the Church when necessary, and show genuine concern for the spiritual well-being of those around them, especially peers.

It is often said that one of the best ways to strengthen your own faith is by sharing it with others and helping them deepen theirs. While this can be done independently, the structured system of weekly meetings and work assignments in the Legion provides a more consistent and supportive framework for this spiritual growth.

Additionally, the devotional life within the Legion—such as the study of St. Louis de Montfort’s *True Devotion to Mary*—helps young members balance action with a deep prayer life, ensuring their work remains spiritually driven rather than purely social.

2. Building Meaningful Friendships

One of the less obvious but deeply impactful benefits of the Legion is the lasting friendships formed within the organization. These aren’t just casual acquaintances; they are sincere, supportive relationships that often endure even after members leave the Legion.

For young people, the importance of forming strong, healthy friendships cannot be overstated. Weekly meetings foster bonds that are strengthened by shared values and goals. These friendships serve as a positive influence, offering support in navigating the pressures and challenges young people face today.

When one member takes a brave step—whether it’s sharing faith openly or tackling a challenging task—it often inspires others to do the same. This dynamic reinforces positive growth, much like peer influence but directed towards virtue.

3. Training in Discipline and Interpersonal Skills

The Legion’s structured system introduces young people to a unique form of discipline—firm yet gentle. This framework helps cultivate a sense of responsibility and self-discipline, qualities that are often lacking in the fast-paced, modern world.

Moreover, the Legion nurtures courage and interpersonal skills. Members regularly present reports, interact with others, and tackle tasks that might initially seem beyond their abilities. This training not only builds confidence but also prepares them for real-world challenges, such as job interviews and professional responsibilities.

Many young people have credited their Legion experience with helping them excel in various areas of life, from their careers to religious vocations. It’s not uncommon for former members to attribute their growth in character and resilience to their time in the Legion.

4. Prayer Combined with Action

The Legion of Mary embodies the perfect balance of prayer and action. Young members learn that faith is not passive; it is something to be lived out actively in service to others. This blend of spiritual devotion and practical work helps them develop a well-rounded, apostolic approach to life.

In Conclusion

For young people seeking purpose, community, and spiritual growth, the Legion of Mary offers a unique and life-enriching opportunity. Through its blend of faith, discipline, friendship, and service, the Legion provides a strong foundation for a joyful and fulfilling life, rooted in God’s love and the teachings of the Church.

What Does the Legion of Mary Offer to Young People?



The Legion of Mary is not just an organization—it’s a transformative journey of faith, leadership, and meaningful relationships. For young people, especially university students, it provides a unique opportunity to deepen their relationship with God while actively living out their love for Christ and His Church.

Balancing the demands of university life can be challenging, but the Legion offers a supportive community and a structured pathway for spiritual growth. Through weekly meetings, outreach activities, and apostolic work, young legionaries learn to practice their faith in practical, impactful ways. It’s a chance to grow closer to God, develop leadership skills, and make lasting friendships with like-minded peers.

Here is the testimony of Gregory Manu, a former president of Praesidium Mary Queen of Heaven and Earth, who shares how the Legion of Mary became a life-changing experience for him:

“My friend dragged me to my first Legion of Mary meeting in late 2022, and I told myself, ‘I’ll just come to one meeting.’ Little did I know, this would be the start of a journey that profoundly deepened my relationship with Jesus through Mary. By praying together and doing active works in union with Our Lady, I discovered a new sense of purpose.

The Legion system is not easy—if it were, it wouldn’t be worth the challenge! But through it, I’ve been challenged to remain faithful to God and lead others during my presidency in 2024. I feel so blessed by the work we’ve been able to accomplish through Mary: evangelizing on-campus with our university chaplaincy and doing apostolic work in our parishes.

Our praesidium is like one tight-knit family. I thank God for our unity and for the opportunity to share countless blessings with more young adults at Sydney Uni. To anyone considering the Legion, I wholeheartedly recommend giving it a go—it might just change your life!

Greg further reflects on how the Legion has transformed his life personally:

“Joining the Legion of Mary has been one of the most transformative experiences of my life. It taught me how to serve others with humility and joy while growing closer to God. As a university student, it was often challenging to manage my studies and my duties in the praesidium. However, through Mary’s intercession, I found strength and purpose.

The Legion gave me skills in leadership, teamwork, and faith-sharing that I now carry with me in all aspects of my life. To any young person considering the Legion, I say: take the step! You’ll find a community that will help you grow and fulfill your potential as a servant of Christ.”

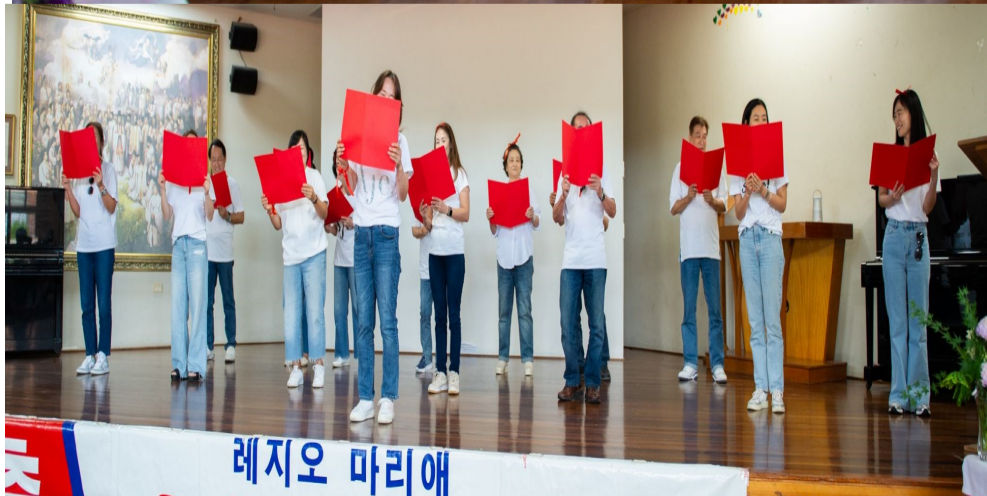
— Gregory Manu, former president of Praesidium Mary Queen of Heaven and Earth



Annual Reunion Mass Together (Together in Mission AGR 2024 Highlight)
Saturday 14/12/2024 At Gleno Parish Church
Gleno, Timor-Leste (Comitium Timor Leste “Maria Immaculada Conceicao”



“The Korean Comitium Queen of Martyrs –Silverwater—gathered for the Annual General Reunion (AGR) 2024, celebrating faith, fellowship, and mission .”



A Call to Prayer for Our Senatus



Dear Legionaries,

In this time, our Senatus needs the support of every Legion member through prayer. The Concilium has invited all members to dedicate **one hour of prayer** to ask for guidance, unity, and strength for our Legion family.

This is an opportunity for us to deepen our faith, offer our hearts to God, and entrust everything to Our Blessed Mother. Let us come together in spirit and prayer, asking for God's blessing upon our Senatus and all who are part of this work for His glory.

What You Can Do

1. **Pray Individually:** Dedicate an hour this week to pray specifically for the Senatus.
2. **Pray as a Group:** Include this intention during your Presidium or Comitium meeting.
3. **Pray with Your Family:** Invite your family members to join in this special intention.

Prayer Suggestions

- The **Holy Rosary** is a powerful way to bring this intention before Our Lady.
- Recite the **Tessera prayers** with devotion and include the Senatus in your intentions.
- You may also use this special prayer:

"O Lord, we entrust our Senatus and all its members to Your loving care. Grant us Your wisdom, unity, and strength as we continue to serve You through Our Blessed Mother. Guide all decisions and inspire hearts to work for Your glory. May Your peace and blessings remain with us always. Amen."

Together in prayer, we are united as one Legion family under the protection of Our Blessed Mother. Let us trust in God's plan and faithfully continue our work for Him.



Get Your Copy of *Daily Reflection:* *God's Word 2025*

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Hurry up before it's gone!



AGR - Our Lady of Lourdes -Cabramatta Curia

The Annual General Reunion (AGR) of Cabramatta Curia was a heartwarming event filled with spiritual reflections, community bonding, and meaningful discussions.

Key topics included standing firm in faith, being modern-day prophets and saints, prioritizing church adoration, and keeping Jesus at the center of our lives and celebrations.

Joe Cilia highlighted the Legion of Mary's mission, reminding us of its lasting relevance. The evening concluded with a Christmas reflection and a unifying prayer, leaving everyone inspired and spiritually renewed

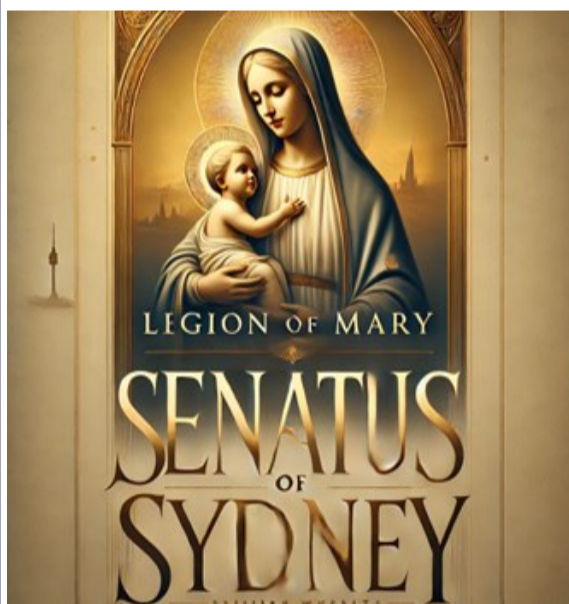


As we begin this new year under the protection and guidance of Mary, Mother of God, let us carry her example of faith, trust, and love in our hearts. May her intercession lead us closer to her Son, Jesus, and may we walk in His light throughout the year.

Let us move forward with hope and peace, knowing that God's blessings are with us. Together as a community, let's continue to support and pray for one another, trusting in God's plan for our lives.

May the blessings of Mary and the love of God bring joy, strength, and peace to you and your family in this new year.

"Go with Mary's blessings, and may her love guide you always."



"Wishing You a Blessed and Joyful New Year 2025."

"May this New Year bring peace, Joy, and blessings to You and your loved ones."

"The best way to find yourself is to lose yourself in the service of others."-

Mahatma Gandhi

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.

Contact details

Senatus President: Lucy Waty . Mobile: 0414 895 884 (message only) . E: PresidentSenatusSyd@gmail.com

Thank you for your participation!