



Legion of Mary

SENATUS OF SYDNEY

BULLETIN

June 2025



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Our Lady of Perpetual Help



O Mother of Perpetual Help,
Be with us in our needs, Guide us in our doubts,
Comfort us in our sorrows, and lead us always to your
Son Jesus. Amen

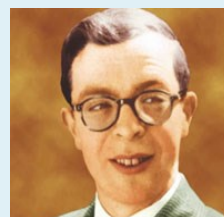


LEGION OF MARY
FOUNDED 7 SEPTEMBER 1921

Pray for
Beatification of :



The Servant of God
Frank Duff



The Servant of God
Alfie Lambe



Venerable
Edel Quinn

Our Lady of Perpetual Help

The Story Behind the Icon of Mercy and Comfort

The icon of *Our Lady of Perpetual Help* is one of the most beloved and well-known Marian images in the Catholic Church. This ancient icon is more than just a beautiful painting—it is a powerful reminder of Mary’s constant care and intercession for us, especially in times of trouble.

The original icon is believed to have been painted in the 13th or 14th century in the Byzantine style, most likely in Crete. It was later brought to Rome, where it now resides in the Church of St. Alphonsus Liguori. According to tradition, the icon was stolen by a merchant and brought to Italy. After several mysterious events and visions, the Blessed Virgin requested that the icon be placed in a church “between the basilicas of St. Mary Major and St. John Lateran”—and so it was enshrined in that location in 1499.

In the icon, Mary is shown holding the child Jesus, who appears frightened. His sandal is hanging off one foot as He runs into His mother’s arms, seeking safety. Why is He scared? Two angels—St. Michael and St. Gabriel—hover nearby, holding the instruments of His future Passion: the cross, nails, and spear. Even as a child, Jesus sees the suffering He will endure. He clings to His mother in fear, and she, calm and strong, holds Him firmly with love and protection.

Mary’s eyes, however, are not focused on Jesus. She looks at us. Her gaze invites us to come to her, to bring our fears, our wounds, our prayers. She is not only the mother of Jesus—she is our mother too. The Greek letters on the icon identify the figures: MP-ΘΥ (Mother of God), IC-XC (Jesus Christ), and the names of the two archangels.

In 1866, Pope Pius IX entrusted the icon to the Redemptorist Fathers, asking them to “make her known throughout the world.” Since then, devotion to Our Lady of Perpetual Help has spread across the globe, bringing hope to millions.

The message of the icon is clear: in moments of fear, struggle, and suffering, we can always run to Mary. She never stops helping. Her love is not just tender—it is strong, powerful, and ever present.

She Holds Us Still

*When fear surrounds and hope is small,
We run to her, who loves us all.
Her arms are wide, her gaze is kind,
A mother’s help we always find.*

*She shows us Christ, her dearest Son,
And walks with us till race is run.
O Lady fair, so strong and true,
We place our lives in care of you.*





Allocutio

By: Fr. Dominic Nguyen

Regular Meetings of the Praesidium 25 May 2025

We have probably sat through meetings in the workplace or social groups that were dry and did not seem to achieve anything. Some of these experiences may have even led us to reconsider whether such activities were worthwhile at all.

Yet the Legion of Mary Handbook tells us that the regular weekly meetings of the praesidium are not only useful, but essential. It stresses, 'The meeting is to the work as the root is to the flower'. How can this be? Shouldn't the active work be more important than the meeting?

Such a statement would make sense if we consider what is actually involved in a Legion of Mary meeting. It is no coincidence that each meeting is framed around prayer. It begins with the invocation of the Holy Spirit, asking that the Father send us His Holy Spirit, and meditates on the life of His Son through the gaze of Mary in the Rosary. Then midway through the meeting, the *Catena Legionis* is recited to echo Mary's thankful hymn of praise to God. Finally, the meeting concludes with prayer again, this time asking the Lord to enliven each of us to fulfil our mission for His glory.

Praying together has the advantage of promoting communion between the members of the Legion of Mary and ensures the presence of Jesus as the point of unity to direct the discussions. For Jesus promised His disciples, "where two or three are gathered in my name, there am I in the midst of them." (Mt 18:20)

Additionally, each meeting provides a platform for the different works of each member to be presented in the context of a prayerful offering to God. Not only is one accountable for the works that one does, but that each legionary could rejoice and be encouraged in hearing about the works that God has done through others.

We can see then that each meeting is more than just an ordinary gathering. It is a prayer that enables the work of each legionary to be rooted in God. Only then will the flower truly blossom.



REPORTS FOR THE MONTH OF MAY 2025

Report from Cabramatta Curia for the period of Dec 2023 to May 2025.

Active works included: home to home visitation, visitation of auxiliaries, nursing homes & hospitals, taught scripture in schools, circulation of pilgrim statues, led eucharistic adoration, brought communion to sick and elderly, worked in CIC shop & parish piety stalls, provided transport to Mass, etc.

Report from Campbelltown Curia for the period 01 May 2024 to 30 April 2025.

Active works included: taught scripture in schools, brought holy communion to the house-bound, visitation to nursing homes, provided religious instructions to enquirer, circulation of pilgrim statues, organized rosters for rosary prayers and eucharistic devotions, reestablishment of a praesidium, etc.

Report from Camperdown Praesidium for the period May 2024 to May 2025.

Active works included: brought holy communion to sick & elderly, led rosary and divine mercy devotions, organized rosters of readers & their training, managed choir and recruitment, home to home visitation, visitation to hospitals and nursing homes, crowd contact, taught scripture in schools, volunteered at marriage enrichment seminar, circulation of pilgrim statue, worked in CIC shop, distributed parish pamphlets to hotels, recruitment of auxiliaries and active members, organized flower ministry, etc.



Mini Reflection:

God Is Never Late “While you wait, He works.”

Sometimes we feel like our prayers haven't been answered. We've waited, hoped, trusted—yet nothing seems to change.

But God is never late. He's simply waiting for the right time. Just like the sun rises each morning, God's love never fails to come—though sometimes it's hidden behind the clouds.

Don't give up. Maybe right now, God is preparing something greater than what you asked for. While you're waiting, He is working.

“God's timing is always perfect.”

Not the President Anymore... But Still Around!

Dear brothers and sisters in the Legion,

As I end my time serving as President of Sydney Senatus, I just want to say... thank you. Thank you for walking this journey with me, for all your prayers, support, kindness, and even for the little smiles and simple “are you okay?” that meant so much on the hard days.

These past years were not always easy, but I truly believe Our Lady was holding my hand the whole way. And you were there too—together in meetings, in prayer, in struggles, and in joy. I’ve learned a lot, laughed a lot, cried a little, and loved deeply.

Now, I happily pass on the torch to our new President and team. Please support them with the same love you’ve shown me. I’m still around, just in a different role now—still loving, still serving, still belonging.

Let us keep walking together with Mary, step by step. **I may no longer sit at the front, but my heart is still right there with all of you.**

With all my heart,
Lucy Waty



Little Ways of Mary

Endings and New Beginnings

In the Legion of Mary, as in life, every ending carries a grace. We say goodbye to a role, a responsibility, or a familiar routine—but God never leaves us empty. Instead, He prepares our hearts for something new.

Just as Mary said “yes” to God’s call, not knowing what the future held, we too are invited to say “yes” again and again, through changes, challenges, and fresh beginnings.

Let us welcome every new beginning with the same spirit we had at the start: faith, humility, and joy. After all, in Our Lady’s service, nothing truly ends—only transforms

Highlights from May Senatus Meeting

At the May Senatus meeting held on Sunday, 4 May 2025, members gathered with prayerful hearts and unity of spirit for an important moment in our journey together—the election of a new Senatus executive committee.

With guidance from the Holy Spirit and the support of our Spiritual Director, Fr Benjamin Saliba the election was conducted peacefully and prayerfully.

We are pleased to introduce the new Senatus team:

- **President:** David Gallagher
- **Vice President:** Mariaty Permadi
- **Secretary:** Elizabeth Chung
- **Assistant Secretary:** Gregory Manu
- **Treasurer:** Toni Widarma
- **Assistant Treasurer:** Josefina Delavega

We thank the outgoing officers for their dedication and service, especially Sr Lucy Waty who served as President with great love and humility.

Let us continue to support our new leadership team with our prayers and cooperation, as they carry forward the mission of Our Lady with renewed strength and joy.



A WELCOME MESSAGE FROM THE NEW PRESIDENT

Dear fellow legionaries,

It's an honour and a privilege to be elected as an officer in Our Blessed Lady's, Legion of Mary and I would like to say, Thank you! I welcome also our new Spiritual Director Fr. Dominic Nguyen and my fellow executive officers who are all newly elected. The Senatus of Sydney is made up of all the officers of the attached Comitium, Curia and praesidia and we cannot function well if you all do not undertake the role of participation in the Senatus meetings. I hope and pray that you will all fulfill the duties you have chosen to undertake including your presence at each of the Senatus meetings so we can move forward together as one in bringing to life Our Blessed Lady's will for all of you and the works you do. Please pray for us and we most certainly will be praying for all of you!

God bless you all,
David Gallagher.

St. Thérèse of Lisieux

The Little Flower Who Loved Greatly

St. Thérèse of Lisieux, also called *The Little Flower*, was born on January 2, 1873, in Alençon, France. She was the youngest of nine children, though only five daughters survived childhood—and all five became nuns! Her parents, St. Louis and St. Zélie Martin, are now canonized saints too.

Thérèse was very close to her family. When her mother died of cancer, she was only four years old. This was a deep wound for her, and she became very sensitive and emotional. She would cry easily and often felt afraid. But slowly, with prayer and her family's love, she learned to trust in Jesus and in Mary.

From a young age, Thérèse felt called to give her whole life to God. At just 15 years old, she asked the Pope for special permission to enter the Carmelite convent in Lisieux.

Her faith and persistence touched many, and she was finally accepted.

Inside the convent, life was quiet, strict, and hidden. Thérèse never traveled, never preached, and didn't do anything that seemed "big" in the world's eyes. But in her heart, she offered everything to God—even the smallest things. She believed that what matters is **not doing great things, but doing small things with great love**. This is what she called her "*Little Way*."

She would smile when others misunderstood her. She forgave quickly, accepted daily annoyances as gifts to God, and always showed kindness—even when it was hard. Her strength was her deep love for Jesus and her complete trust in Him.

In her final years, Thérèse became very sick with tuberculosis. She suffered greatly but remained full of peace. Even when she felt far from God, she chose to trust. Her last words were full of love:

"Oh, I love Him... my God... I love You!"

She died on September 30, 1897, at just 24 years old. After her death, her writings in *Story of a Soul* touched hearts all over the world. People saw that holiness is not about doing big things—but about love, trust, and humility.

In 1925, Thérèse was declared a saint, and in 1997, she was named a **Doctor of the Church**—an amazing honor for such a young woman. Today, she is one of the most loved saints in the Catholic Church.



Do small
things
with love

— St. Thérèse of Lisieux

Her Little Way reminds us:

We don't need to be famous or perfect to be holy. We just need to love in small ways, every day.

Favorite Quote:

"I want to spend my heaven doing good on earth."

Welcome, Fr. Dominic Nguyen! Our New Senatus Spiritual Director

His first Mass with the Legionaries Edel Quinn Anniversary Mass

We are delighted to introduce **Fr. Dominic Nguyen**, the new **Spiritual Director of the Sydney Senatus**. His appointment brings fresh spiritual guidance and joy to all our Legionaries in Sydney.

Fr. Dominic celebrated his very first Mass with the Legion of Mary on the **Edel Quinn Anniversary Mass** held on Sunday, 17 May 2025, and it was a truly special and moving occasion.

In his homily, Fr. Dominic shared a beautiful reflection on **how we are called to reflect God's glory**, even in our imperfections. He reminded us that we can learn from **Edel Quinn's simplicity and zeal**—her focus on God and her burning desire to serve despite many personal hardships.

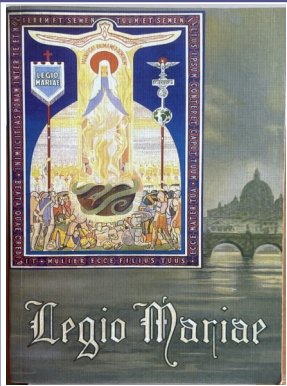
“Simplicity helps us focus more on God. Zeal gives us courage to carry on His mission, even when life is hard. And through grace, we too can reflect God's light—just like Edel did.”
(Fr. Dominic, Edel Quinn Mass 2025)

We are truly blessed to have Fr. Dominic with us. Let us keep him in our prayers as he begins this journey with the Legion of Mary family in Sydney.



“ THANK YOU TO ALL MEMBERS WHO JOINED THE MASS IN REMEMBRANCE OF EDEL QUIIN, BEAUTIFULLY LED BY FR DOMINIC NGUYEN. IT WAS A BLESSED AND INSPIRING MOMENT FOR US ALL”





Handbook Revisited

Confidentiality Of Paramount Importance

Chapter 19.20 pp123

“Keeping Secrets = Keeping Trust”



In every Legion of Mary meeting, members give a weekly report. They tell about the people they visit, their situations, and sometimes their struggles with faith. This information is private.

The **Handbook** tells us: *keeping confidentiality is very important.*

Sharing private things from the meeting with people outside is not a small mistake—it is betrayal. It shows disloyalty to the praesidium and the mission of Mary.

Why is confidentiality important?

1. Because people trust us.

When someone shares something personal, they trust that we will respect them.

2. Because we are one team.

The praesidium needs full reports to give the right advice or help. If we hide information, the team becomes weak.

3. Because trust builds peace.

If people are afraid their words will be repeated, they will stop speaking. The meeting will lose its love and unity.

What about “being kind” and not reporting things?

Sometimes people think: “It’s more loving not to say the name or report something negative.”

But the **Handbook** says this is wrong. It is not real charity if it makes the praesidium unable to help others.

Legionaries are not priests. We don’t hear confessions. What we hear in visits is often known already in the area. We still need to report—but with respect and care.

If the situation is really serious or private, we can speak to the **Spiritual Director** for advice.

What if someone breaks confidentiality?

The solution is not to stop reporting.

The solution is to **correct** or even **remove** the person who betrayed the trust.

Bible Verse to Reflect On:

“Whoever can be trusted with little can also be trusted with much.”

– Luke 16:10

Q & A

Q1: Why is confidentiality important in the Legion of Mary?

A1: *Because people trust us, and we need trust to work as a team.*

Q2: What could happen if someone shares private stories outside the meeting?

A2: *People could feel hurt or ashamed. It can damage the Legion’s good name.*

Q3: How can we help each other keep confidentiality?

A3: *We remind one another gently, and pray to speak with care and love.*

Q4: Have you ever felt unsure about what to report? What did you do?

A4: *Yes, sometimes. I tried to report with respect. If I wasn’t sure, I asked for help.*

Short Prayer:

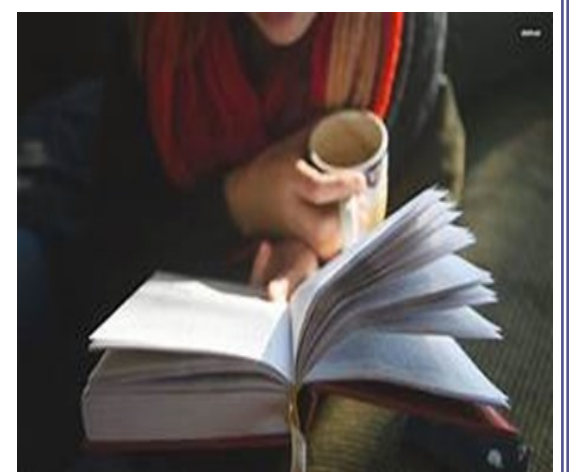
Dear Mother Mary,

Help me to be careful with my words.

Teach me to protect the stories people share with love and respect.

Make me a true and faithful legionary, full of wisdom and care.

Amen.





The Bamboo and the Gardener

Sometimes, in order to give life, we must first be broken.

There was once a beautiful bamboo growing in a grand garden. Among all the plants, it was the tallest and most graceful. Its long green stalks swayed gently in the wind. The other trees admired its strength, and the flowers adored its beauty.

The bamboo knew it was special. Yet it was not proud—just deeply grateful to the gardener who had planted it, watered it, and loved it from the beginning.

One day, the gardener came to the bamboo and whispered,
“Dear bamboo, I need you.”

The bamboo stood tall and replied with joy,
“Master, I am yours. Use me as you wish.”

The gardener looked into its eyes and said,
“Then I must cut you down.”

The bamboo froze. Its leaves quivered.
“Cut me down? But I thought you loved me. I thought you planted me to stand strong and tall.”

The gardener gently replied,
“Yes, I do love you. That’s why I chose you. But to use you, I must first lay you low.”

The bamboo was silent, and after a moment it whispered,
“If you must, then do it.”

The gardener took his knife and cut down the bamboo. Then, to the bamboo’s pain and surprise, he began to split it open, removing its inner parts, hollowing it from the inside. It hurt deeply.

“Must you do this too?” the bamboo cried.

“Yes,” said the gardener, “because I need you not for your beauty, but for your emptiness.”

When the work was done, the gardener took the now-hollow bamboo and laid it across a field—dry, cracked soil that had been waiting for water. Then, from the nearby spring, water began to flow—through the bamboo—and into the land. And something amazing happened.

The once barren field turned green.
Rice grew.
Flowers bloomed.
People rejoiced.
And it all happened because one bamboo tree had said “yes” to being broken.

Reflection:

So often, we ask God, “Use me.”
And we imagine serving through our strengths: talents, beauty, skills, confidence.

But sometimes, God wants to use our **emptiness**—the parts of us that feel weak, broken, or not enough.
God may cut down our pride.
He may strip away comfort.
He may allow pain.
Not to punish us, but to **prepare us**.

When we allow ourselves to be **hollowed**—to be emptied of ego, selfishness, and fear—God can flow through us.

Like the bamboo, we may feel we’ve lost everything. But in truth, we’ve become **a channel of grace**.

Closing Thought:

“Blessed are the broken—they are the ones God uses to water the world.”

LOM PRESENCE AT THE PASCAL EUCHARIST SUNDAY 25 MAY 2025



Upcoming Feast Days in June

Let us honour the Hearts that love us most

Friday, 27 June 2025

Feast of the Sacred Heart of Jesus

This solemnity celebrates the deep and merciful love of Jesus Christ.

Let us offer Him acts of love, reparation, and service.

Behold this Heart which has loved men so much."



Saturday, 28 June 2025

Feast of the Immaculate Heart of Mary

A day to reflect on the pure and faithful heart of our Blessed Mother.

Let us renew our consecration and ask for her intercession.



Suggested ways to celebrate:

- Pray the Litany of the Sacred Heart or Immaculate Heart of Mary
- Attend Mass or Adoration
- Perform a spiritual or corporal work of mercy
- Renew your consecration to Jesus through Mary

Sacred Heart of Jesus, I trust in You.



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.

1. *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.



***“ THANK YOU FOR YOUR GUID-
ANCE, FR. BENJAMIN SALIBA .
A BLESSED JOURNEY TOGETHER
WITH THE OUTGOING SENATUS
OFFICERS.”***



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

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Thank you for your participation!