



The Catholic Parish of Pittwater

Sacred Heart & Maria Regina. Neighbourhoods of Grace, entrusted to the care of the Salvatorians.

A Prayer for Lenten Grace

Loving God,
during the sacred season of Lent,
bring me closer to You.

Prepare a place in my home for
silence and solitude,
so that I may rediscover the grace
of a prayerful life.

Help me to fast from those
things that threaten the well-being
of my body and soul.

Remind me the grace of simplicity.

Enlarge my heart so that I can
give to those in need and
embrace the grace of gratitude
and generosity.

May this season be filled with grace
to rekindle my love and faith
in You.
Amen.



Thoughts of Blessed Francis Jordan

Oh may we be planted firmly in faith! May the storms
strengthen us as they strengthen the roots of a tree!

Continue to practise good
hygiene. Please use the
hand sanitisers provided
in both of our Churches.

A warm welcome to all
our parishioners
and visitors who are
celebrating the
Eucharist with us
at Pittwater Parish -
Sacred Heart Church and
Maria Regina Church



POPE FRANCIS' PRAYER INTENTION FOR February *For the Terminally Ill*

Let us pray that the sick who are in the final
stages of life, and their families, receive the
necessary medical and human care and
accompaniment.

MASS TIMES

SACRED HEART CHURCH
1 Keenan Street, Mona Vale

WEEKDAY MASSES

Tuesday 9.30am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8:30 am, followed by Mass
Wednesday 9.30am
Thursday 7pm
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 7.30pm to 9pm
Friday 9.30am
First Friday of the Month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 9.30am, followed by Mass with Anointing of the Sick at 10.30am

WEEKEND MASSES

Saturday Vigil 5.00pm
Sunday 8.00am • 10.00am • 6.00pm (SOUL)

RECONCILIATION
4.00pm to 4.30pm Saturday

Baptism
4th Sunday - 11.30am

MARIA REGINA CHURCH
7 Central Road, Avalon

WEEKDAY MASSES

Monday 8am
Wednesday 8am
Thursday 10am
9am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45am
Friday 8am

Mass with Anointing of the Sick - First Friday of the Month at 8am

WEEKEND MASSES

Saturday Vigil 6.00pm
Sunday 9.00am

RECONCILIATION
Before Vigil Mass on Saturday
BAPTISM
3rd Sunday - 11.00am

We Pray for

Recently Deceased
Zlatka Pikulich
Rex Gilmour

Deceased Anniversary
Joseph Rego
Edward Partridge
Allan Leathwood

Prayer for the Sick

Anna Śmigowska
Guy Zofrea
Jeff Langley
Mark Linfiels
Nick Moullakis
Bill Eyre
Brian Gregan
Marcia Bailey
Bec Burroughs
Margaret De Landre
Stefan Bayer
Jenny Carroll
Matt Ukishima
Sean O'Sullivan
Maureen Larios
Denise Wagner
Tom Murphy
Leonie Ariemetto
Marco Sangiacamo
Sarah Paterson
Elaine Boyes
Pauline Chipman
Marta Bizubova
Linda Cimino
Brian Cranch

DVD REVIEW

Prophecies of Fatima



A message of hope for the modern world. Learn about the famous message of Our Lady of Fatima and how nations would be afflicted by terrible crises if it be unheeded. However, as she promised, "In the end, my Immaculate Heart will triumph!"



Liturgy for the Week

19/02 Monday, 1st Week of lent
Lev 19:1-2, 11-18; Mt 25:31-46
20/02 Tuesday, 1st Week of Lent
Is 55:10-11; Mt 6:7-15
21/02 Wednesday, 1st Week of Lent
Jonah 3:1-10; Lk 11:29-32
22/02 Thursday, The Chair of St Peter
1 Pet 5:1-4; Mt 16:13-19
23/02 Friday, 1st Week of Lent
Ezek 18:21-28; Mt 5:20-26
24/02 Saturday, 1st Week of Lent
Deut 26:16-19; Mt 5:43-48

Scan to

Give to our
Parish of
Pittwater

Cashless Fast Secure



Scan the QR code above with your camera app and follow the prompts

Use this App to support our Clergy through the first collection and our Parish through the second collection. Donations can be made weekly, fortnightly, monthly or one-off.

Thank you for your continued contributions and support. Your financial contributions and your generous donations throughout the year are greatly appreciated.

Available on the
App Store

Get it on
Google play

Saturday, 16th - Sunday, 17th of March 2024

menAlive is a National Catholic Ministry to Men which was founded out of a response to a great need in the hearts and lives of men, and a great need in the life of the Catholic Church.

The purpose of **menAlive** is to bring men together, to renew their faith in God and to encourage them to become an active force within the Church.

This is not a live in weekend - you go home on Saturday evening.

If you are interested, please use this link and QR code to book:

<https://www.trybooking.com/COTYJ>
Please Contact JOSEPH CILIA @ 0418 863 814



Update from the Sacramental Coordinator

SACRAMENT OF CONFIRMATION

Maria Regina Church, Avalon
Saturday, 22 June 2024 at 6:00 pm
or

Sacred Heart Church, Mona Vale
Sunday, 23 June 2024
at 10:00 am and 12 noon

Children in Year 3 and above are eligible to receive the Sacrament of Confirmation if they have been baptised.

For more information about the requirements, the preparation program, enrolments, etc., you **MUST ATTEND ONE** of the following

Parent Information & Commitment Sessions

which will take place at 7:30 pm:

Thursday, 2 May - Maria Regina Church, Avalon

Monday, 6 May - Sacred Heart Church, Mona Vale

If you have any questions, or would like to become a facilitator of your child's preparation group please contact Sonia at sacraments@pittwaterparish.org

Faith-centred learning with community at its heart.



You're invited to meet the staff and students, and experience an evening at Mater Maria Catholic College

At Mater Maria Catholic College, we focus on supporting the academic growth of all students and recognising the gifts of the individual in order for all to thrive in our Catholic faith community.
Marc Reicher, Principal

Waiting list for all Year Groups, 2024

Waiting list for Year 7, 2025

Applications for Year 7, 2026 close on Friday 12 April, 2024

Currently accepting applications for 2027



MATER MARIA
CATHOLIC COLLEGE
www.matermaria.edu.au

**OPEN DAY
2024**

**Tuesday
5 March**

4pm – 7pm



For more information
please scan our QR code



Parish Directory

Pittwater Parish

1 Keenan Street Mona Vale
NSW 2103
Tel 9157 0999

Parish Priest

Fr Richard Sadowski SDS

Tel 9157 0999 ext 10
pp@pittwaterparish.org

Assistant Priest

Fr Zygmunt Smigowski SDS

Tel 9157 0999 ext 12
ap@pittwaterparish.org

Parish Secretary

Belinda Cimini

Tel 9157 0999 ext 30
office@pittwaterparish.org

Administrative Assistant

Shereae Knight

Tel 9157 0999 ext 30
office@pittwaterparish.org

Director of Music

Josh Willard

Tel 9157 0999 ext 17
music@pittwaterparish.org

Media & Communications

Coordinator

Conille Felias

Tel 9157 0999 ext 31
media@pittwaterparish.org

Sacramental Coordinator

Sonia Samartin

Tel 9157 0999 ext 13
sacraments@pittwaterparish.org

CCD Catechist Coordinators

Maureen Wooldridge

Mobile 0421 907 469

Veronica Thomas

Mobile 0417 061 534

Sacred Heart Church

1 Keenan Street Mona Vale
Maria Regina Church
7 Central Road Avalon

MONA VALE

Sacred Heart School

Tel 8197 6900

Principal: Mr Jamie Wahab

AVALON

Maria Regina School

Tel 7256 2138

Principal: Ms Kirsty Thorpe

WARRIEWOOD

Mater Maria Catholic College

Tel 7256 2100

Principal: Mr Marc Reicher



CATECHISTS WANTED



CALL TO SERVICE AS CATECHISTS

**THE CHILDREN OF THIS
PARISH WHO ATTEND THE
PUBLIC SCHOOLS
NEED YOU**

**THIS MINISTRY TAKES ONLY
1/2 HOUR OF YOUR WEEK.**

*Training is given via Zoom at
home at No Cost to you.
Please pray and consider the power of
your love for our faith to be passed to
our young children.*

**The Classes below will
begin the year **WITHOUT** a
Catholic SRE
(Scripture Teacher)**

**Bilgola Plateau Public School
Tuesdays**

Year 3	12.15pm - 12.45pm
Year 4	12.15pm - 12.45pm
Year 5	12.15pm - 12.45pm
Year 6	12.15pm - 12.45pm

**Avalon Public School
Fridays**

Kindergarten	11.50am - 12.20pm
Year 5	10.55am - 11.25am
Year 6	10.55am - 11.25am

**Pittwater High School
Fridays
2 hours each week**

**Barrenjoey High School
Thursday**

9.00am - 10.00am
10.00am - 11.00am

**Please Contact
Veronica Thomas
0417 061 534**

**Maureen Wooldridge
0421 907 469
Parish Office
9157 0999**

email: office@pittwaterparish.org



End poverty
Promote justice
Uphold dignity

**PROJECT
COMPASSION**
FOR ALL FUTURE GENERATIONS



Project Compassion Sunday 2024

Ronita's Story, Philippines

After the birth of her children, 22-year-old Ronita was at risk of having to leave school permanently. But with the support of Caritas Australia's partners in the Philippines, she resumed her studies and secured a job at a call centre to support her family.



Please take home a Project Compassion box or set of donation envelopes to support Caritas Australia this Lenten season and help support vulnerable people around the world, now and *for all future generations*.

With your support, Caritas Australia has been able to support communities around the world to tackle poverty, food security, education, water and sanitation and disaster risk reduction.

You can donate Project Compassion donation boxes and envelopes available at the back of our Churches - Sacred Heart Church and Maria Regina Church.



Diocesan Lenten Program

The 2024 Lenten Program focuses on the Sunday Gospel Reading and allows for personal use as well as use in a small group setting.

**Hard copies of the flip book
for the Lenten program is
available at the back of the Churches.
Please feel free to get one.**



**Maria Regina Catholic
Primary School Avalon**
Ignite • Connect • Excel



OPEN DAY

**Wednesday 27 March 2024
9am - 10.30am**



A Year of Prayer

Our Holy Father has dedicated the year of 2024 to being a Year of Prayer. This is a wise choice. It will prepare us for the jubilee year, which is next year. What exactly is prayer? The Catholic Catechism of my youth defines prayer as the lifting of our hearts and minds to God. I can hear all the complaints and excuses over that last statement even before you read it!

Let's be honest. There are many forms of prayer. The chances are that you are already deep in prayer. Through many articles that I have written, I have stressed prayers to saints, for the souls in purgatory, prayers to the Father, Jesus, and the Holy Spirit, prayers for the sick and elderly, and finally prayers for all the living. The Rosary, the Chaplet of Divine Mercy, the Mass, Our Father's and Hail Mary's are beautiful examples of prayers.

Now, it is time to add contemplative prayer to that list of weapons we use in our day-to-day spiritual battles. Let's make this as easy as possible. It begins in the morning when we wake up thanking God for this new day. We may say a short Act of Contrition followed by the Act of Spiritual Communion. This is our food for the journey through this day. Next is a simple prayer that I learned in grammar school. Lord, grant that all the actions of this hour may be to thy honor and glory. We then go about performing our tasks in that hour keeping in mind

that God has given us the strength to accomplish these tasks. We make these tasks a prayer when we have God constantly in our hearts and minds.

When we finish the task we thank God that we were able to complete the work that He gave us.

When we start the next task, again we say that little prayer that all the actions of the new task will be to the Lord's honor and glory, and at the end of that task we express thanks to God for everything that we accomplish. Continue this throughout your day including when you say your formula prayers such as the Rosary and you will reform your entire life basing that life on Almighty God. This is not just a Lenten observation or practice although you can begin this in Lent and continue this practice after Lent is complete. When you have reached the end of your day, examine your conscience, recite another Act of Contrition along with the Act of Spiritual Communion for food for the journey at night. Remember, there is no guarantee that you will see another day. Why must we examine our conscience at night? Even a soul with the best of intentions commits sin. The Bible tells us that even the righteous person sins at least seven times a day. Keeping these actions will cause a definite change in your life. It will also keep you from many of the evils that come from within and defile a human being.

You must always keep attending Sunday Mass and of course the Mass for the Holy Days of Obligation. By keeping these small religious tasks we avoid grievous or mortal sin and greatly reduce our inclinations to commit venial sins. We are also consoling Almighty God. Think of all the wretched evil in the world. Wouldn't you like to be a humble consolation the Lord and bring a smile to his Face?

by: *Thomas Sidl*
Catholic 365

The Year of Prayer is a great opportunity for everyone to show our devotion to the Lord.

ADORATION TIMES

Sacred Heart Church

Tuesday 8:30am - 9:30am

Thursday 7:30pm - 9:00pm

Maria Regina Church

Thursday 9:00am - 9:45am



live music @

sing for soibada

timor-leste



friday 23 feb in avalon

entry \$10

sausages and soft drinks
available for purchase

**northern beaches performers come
together to raise funds for our sister
village soibada in timor leste**

WHERE: maria regina church hall, 7 central road avalon beach

WHEN: friday 23 february @ 6pm

TICKETS: \$10 at <https://www.trybooking.com/COXNR>

INFO: tamara 0403226699

STATIONS OF THE CROSS

Every Friday in Lent after
the morning Mass at both

Churches -

Sacred Heart Church

Mona Vale

and

Maria Regina Church

Avalon

The *Living* Word

Entrance Antiphon Psalm 90:15-16
When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.

First Reading Genesis 9:8-15
A reading from the book of Genesis
I will recall the covenant between myself and you... the waters shall never again become a flood to destroy all flesh.

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

The word of the Lord

Responsorial Psalm

Ps 24:4-9. R. see v.10

(R.) Your ways, O Lord, are love and truth to those who keep your covenant.

Lord, make me know your ways.
Lord, teach me your paths.
Make me walk in your truth, and teach me: for you are God my saviour. **(R.)**

Remember your mercy, Lord,
and the love you have shown from of old. In your love remember me,
because of your goodness, O Lord. **(R.)**

The Lord is good and upright.
He shows the path to those who stray,
he guides the humble in the right path;
he teaches his way to the poor. **(R.)**

Second Reading 1 Peter 3:18-22
A reading from the first letter of St Peter

The water of the flood is a type of the baptism which saves you now.

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of

the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

The word of the Lord.

Gospel Acclamation Matthew 4:4
Praise to you, Lord Jesus Christ, king of endless glory!

No one lives on bread alone,
but on every word that comes from the mouth of God.
Praise to you, Lord Jesus Christ, king of endless glory!

Gospel Mark 1:12-15
A reading from the holy Gospel according to Mark
He was tempted by Satan, and the angels looked after him.

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

The Gospel of the Lord

Communion Antiphon Matthew 4:4
One does not live by bread alone, but by every word that comes forth from the mouth of God.

REFLECTION

by Dianne Bergant CSA

Today's readings show us that Lent is a time for us to receive God's grace. We are not the ones who, through our penance, are meant to accomplish great things. Rather, it is God who acts; it is God who makes the sacrifice; it is God who accomplishes great things for us. Each reading describes a different kind of conflict within which we might find ourselves: a world-wrenching upheaval, such as happens during social discord, war or natural disaster; the struggle between right and wrong, between fidelity and disobedience; the struggle with temptation. In the midst of the conflicts of life, God initiates a covenant with us. God saves the world from the chaos into which it was thrown, makes a covenant with all living things and with the earth, and sets a bow in the heavens as a perpetual reminder of the covenant. Christ dies for sinners, and offers them baptism that will save them from the chaos of their lives. The Spirit drives Jesus into the desert, there to be tested, but to emerge triumphant. His victory is

not for him alone, but for all who will heed his words and follow his example. The bow in the sky is a sign of the good news of the covenant; baptism is both the good news of salvation for us and our pledge of fidelity to God; Jesus' proclamation is that the reign of God is at hand. With the psalmist we praise God for inviting us into this covenant relationship.

© Dianne Bergant CSA



Parish Bulletin Term 1, Week 2

On Monday, Drama students in Years 11 and 12 attended the City's Seymour Theatre for the annual OnSTAGE intensive workshop in readiness for their HSC group performances.

Melissa Stout, our Learner Diversity teacher, has earned the Highly Accomplished Teacher Accreditation in NSW (HALT). During a morning tea on Tuesday, we celebrated her significant achievement with Mr Danny Casey, Director of Catholic Schools Broken Bay. Melissa's journey underscores the power of passion and hard work in achieving remarkable milestones.

Congratulations, Melissa!

On Ash Wednesday we distributed the Ashes at our College Liturgies which were attended throughout the day by each Year Group. With Ashes placed on our foreheads, we learned how Lent is our time to "Turn away from sin and follow the Gospel." Our student leaders launched Project Compassion, which is our annual fundraiser to raise money and awareness to support Caritas Australia.

On Thursday and Friday, our Year 7 students experienced their first camp together at The Collaroy Centre on Sydney's northern beaches. The activities were designed for students to enjoy and encourage them to take on challenges, push their personal boundaries and form friendships with their fellow students. A sense of community was developed through mealtimes, games nights and talks which present what Catholics believe.

Join us for our Open Day on Tuesday 5 March between 4.00pm - 7.00pm – all are welcome. We are currently accepting applications for Year 7, 2026 – applications close on Friday 12 April. We are also accepting applications for 2027. There is a waitlist for those students that are currently in Year 6 for Year 7, 2025 and all Year Groups for 2024.

Please visit the College website

www.matermaria.nsw.edu.au/enrolments for a prospectus, Enrolment Application form or for more information. Applications for Year 7, 2026 close on Friday 12 April 2024.

NOW ENROLLING YEARS K – 6

Ignite Connect Excel



Maria Regina Avalon
Catholic Primary School

42 Central Road, Avalon 2107 | 7256 2138 | www.mrddb.catholic.edu.au



Electrical
Plumbing
Air Conditioning.



Ph: (02) 9905 8800

**We turn up,
Clean up &
Guarantee our
Work !!!**

**GET
IN TOUCH
TODAY**



**WILSON
FAMILY
FUNERALS**

CALL 02 9913 7131

*Locally Australian family
owned and operated
Available 24/7*



Ann, John and Kate of Wilson Family Funerals

Personally talk to Ann Wilson and her team

- Decades of experience caring for Northern Beaches and North Shore families
- A meaningful service uniquely personal to a family's needs and wishes
- Pre-paid funeral plans
- Care, compassion, love, understanding and support

Suite 3, 1440 Pittwater Rd,
North Narrabeen, Sydney

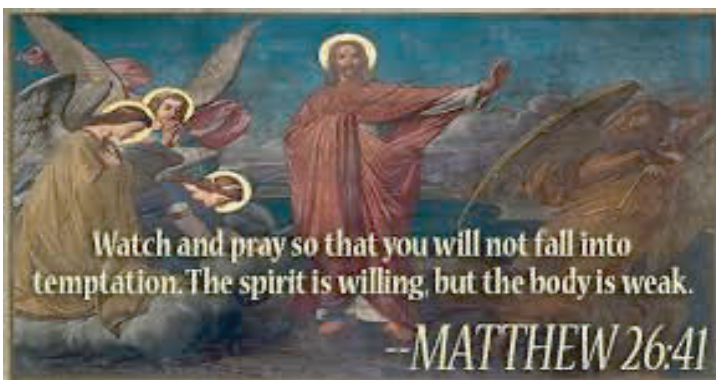
wilsonfamilyfunerals.net.au



NO TEMPTATION HAS OVERTAKEN YOU

EXCEPT SUCH AS IS COMMON TO MAN;
BUT GOD IS FAITHFUL,
WHO WILL NOT ALLOW YOU TO BE TEMPTED
BEYOND WHAT YOU ARE ABLE,
BUT WITH THE TEMPTATION WILL
ALSO MAKE THE WAY OF ESCAPE,
THAT YOU MAY BE ABLE TO BEAR IT.

1 CORINTHIANS 10:13



Every Girl. Everywhere. Period.

To find out more, call Tamara
0403226699



CATHOLIC
DIOCESE OF
BROKEN BAY

**I have called
you to renew
and rebuild.**

**PASTORAL
WORKS** Broken Bay

Donate to help
families and parish
communities in
Broken Bay.

Your trusted
Funeral Directors on the
Northern Beaches

ANN WILSON FUNERALS

Proudly Local. Available 24/7

Dee Why 9971 4224 | Mona Vale 9979 5978

annwilsonfunerals.com.au



Part of the local
community since 1957

51 Basset St, Mona Vale
Ph: 999 3340
49 Avalon Pde, Avalon
Ph: 9918 3315

JOHNSON BROS.
MITRE 10



Serving
Northern Beaches
Families
& Businesses
since 1976!

Ph: 9913 2624
2 Devitt Street
Narrabeen

MOVING? RENOVATING?

MAKE IT EASY TO MOVE
ALL YOUR BULKY ITEMS
TO UPPER FLOORS WITH
OUR MOBILE HOIST



0404 032 320
www.kinghoists.com.au

The Northern Beaches only local family
owned and operated funeral company



Chris Lee

With over 35 years
experience we can guide
you with sensitivity
and respect your loved
one deserves.

- * 24 hour professional service
- * Enquire about pre-paid funerals
- * Unique funerals a specialty

9999 5211

www.peninsulafunerals.com.au

Purveyor of Specialty Coffees



Driven by a passion for community
& quality



"use our 10% discount code
on checkout parish10 with
all coffee bean orders"

Award winning coffee
beans available online
www.coffeebros.com.au

PITTWATER PHARMACY COMPOUNDING CHEMIST



Ralph Papandrea
B.PHARM (Hons) MSc. MPS
Len Papandrea
B.PHARM. MPS
Sam Papandrea
B.PHARM. MPS
Andrew Snow
B.PHARM. MPS

1771 Pittwater Road
Mona Vale 2103
Ph: 9999 3398 Fax: 9999 3910

FINE WINE, SPIRITS & BEER

FLEET STREET

MERCHANTS

PAUL BOTTERO

1755 Pittwater Road
Mona Vale NSW 2103

Phone: 9999 3055
Fax: 9999 3055

HUNTER
ESTATE
AGENTS



**Duane
Hunter**
0415 708 992
9970 7220

Follow us on
f
duanehunterhea