



# The Catholic Parish of Pittwater

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

## *The Fast Life*

Fast from judging others;  
Feast on Christ dwelling in them.

Fast from fear of illness;  
Feast on the healing power of God.

Fast from words that pollute;  
Feast on speech that purifies.

Fast from discontent;  
Feast on gratitude.

Fast from anger;  
Feast on patience.

Fast from pessimism;  
Feast on hope.

Fast from negatives;  
Feast on encouragement.

Fast from bitterness;  
Feast on forgiveness.

Fast from self-concern;  
Feast on compassion.

Fast from suspicion;  
Feast on truth.

Fast from gossip;  
Feast on purposeful silence.

Fast from problems that overwhelm;  
Feast on prayer that sustains.

Fast from anxiety;  
Feast on faith.

Author Unknown

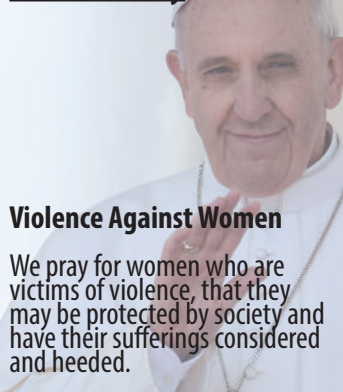


## Thoughts of Fr Francis Jordan

Reveal to me and teach me Your will Oh God almighty!  
See, I am ready, But you, Lord, help me.



## Pope Francis' Prayer Intentions For February



### **Violence Against Women**

We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

**If you have used this bulletin, please take it home with you.**

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

### Share the News

*Our Churches- Sacred Heart (Mona Vale) and Maria Regina (Avalon) are open.*

*Come for Mass. Come and pray. Come and light a candle.*

## PARISH DIRECTORY

**Pittwater Parish**  
1 Keenan Street Mona Vale NSW 2103  
Tel 9157 0999  
www.pittwaterparish.org

**Parish Priest**  
Fr Bronek Pietrusiewicz SDS  
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pp@pittwaterparish.org

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ap@pittwaterparish.org

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Bishop Bernard O'Grady op  
Tel 9918 0372

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Josh Willard (Soul Youth)  
music@pittwaterparish.org

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music@pittwaterparish.org

**Media & Communication**  
Laura Ee  
Tel 9157 0999 ext 31  
media@pittwaterparish.org

**Sacramental Program**  
Suzy Caruso  
Tel 9157 0999 ext 13  
sacraments@pittwaterparish.org

**Parish Office Hours**  
Monday to Thursday  
9.00am to 4.00pm  
Friday 9am to 12 noon

**Sacred Heart Church**  
1 Keenan Street Mona Vale

**Maria Regina Church**  
7 Central Road Avalon

**Mona Vale**  
**Sacred Heart School**  
Tel 9999 3264  
Principal: Mrs Suellen Garey

**Avalon**  
**Maria Regina School**  
Tel 9918 2608  
Principal: Miss Kirsty Thorpe

**Warriewood**  
**Mater Maria Catholic College**  
Tel 9997 7044  
Principal: Mr Marc Reicher

We acknowledge the lifelong trauma of abuse victims, survivors and their families, the failures of the Catholic Church to protect, believe and respond justly to children and vulnerable adults, and the consequent breach of community trust.

## We Pray for

### Recently Deceased

Peter Hoang Van  
Martin Brala  
Maureen Suggitt  
Bernie Neville

**Eternal Rest Grant Unto Them  
O Lord, And Let Perpetual Light  
Shine Upon Them.  
May They Rest in Peace. Amen.  
May Their Souls And The Souls  
Of The Faithful Departed,  
Through The Mercy Of God,  
Rest In Peace. Amen.**

### Deceased Anniversary

Timothy Bottero  
Jakob Urem  
Ana Urem  
Josip Urem  
Jakob Jnr Urem  
Mara Urem  
Janice Mason  
Noreen & Frank O'Hanlon  
Wojciech Kupczyk  
Franciszek Hersztek

### Special Intentions

Chinh Le & Family  
Uyen Le & Family  
Hoang Hai & Family

If you would like the names of your relatives or friends and offerings included, please drop the envelope in to the Parish Office by Midday on Wednesdays. Thank You.

### Prayers for the Sick

Bill Eyre  
Manny Zarb  
Philip Maddrell  
Gail Reiher  
Imelda Vince  
Eric Domagas  
Vicky Villaluz  
Ben Castillo  
Moira Howie  
Joma  
Christine Hills  
Donald McRae  
Sara Zofrea  
Beryl Peo-Duncan  
John Andrew Graham  
John Charles Graham  
Michael Carrodus  
Pat Regan  
Robyn Sheather  
Candida Hernandez  
Chin Quang Le  
Gill Page  
Tony Quatroville  
Garry Gleeson  
Elizabeth Kral  
Nazarena Custodio  
Annette Davis  
Tim & Christina O'Connell  
Andrew Hood

The names on this list will be removed after four weeks unless otherwise requested or advised. Thank you



## The Way of Julian of Norwich A Prayer Journey Through Lent by Sheila Upjohn SPCK

In his encyclical Fratelli Tutti, Pope Francis commends St Francis, whose name he bears, as one who called for 'a love that transcends the barriers of geography and distance.' The barriers between twenty-first century Australians and a woman who lived in one small room in England 600 years ago might seem insurmountable, but the covid pandemic has brought her startlingly up to date.

'Julian of Norwich wrote... in a city suffering the effects of the Black Death. She brings to us the insights of her own form of lockdown' writes the Rt Rev Alan Hopes, Catholic Bishop of East Anglia, in an appreciation of the book. 'Sheila Upjohn has made A Revelation of Divine Love thoroughly relevant to today.'

The Way of Julian of Norwich (SPCK) is a six week course that explores Julian's perspectives on sin and judgement, anger and forgiveness, the incarnation and the crucifixion – insights which were once thought so controversial that her book had to be kept hidden for centuries. 'The book's message is so positive and uplifting, yet the more challenging aspects of our faith and relationship with God are not compromised,' writes Fr Aloysius Rego, the prior of Mount Carmel Retreat Centre Varroville.

Each of the six chapters has questions and reflections. It also includes an ecumenical Way of the Cross, as authorised by Pope John Paul II in 1991, with readings from Julian alongside Scripture readings. The book is available in Australia as a paperback and as a kindle edition.

In cooperation of the Catholic diocese of East Anglia, Norwich Cathedral and the Friends of Julian of Norwich are running an on-line course on the book. This will be available in the UK and USA each Friday in Lent, but sadly the time difference means it could only be viewed in the middle of the night in Australia.

Sheila Upjohn is a long-time member of Sacred Heart congregation.

## DATES for your DIARY



### STATIONS OF THE CROSS

Every Friday in Lent after morning mass.

### 2nd Rite of Reconciliation

25 March 2021 • 7.30pm  
Sacred Heart Church



*Love your neighbour*  
**Please wear a MASK**  
**for MASS**  
*thank you*

## THURSDAY MORNING SPIRITUALITY GROUP

"For Lent our group are breaking with the study on the Pope's Encyclical to concentrate on 'The Way of Julian of Norwich'. A prayer Journey through Lent. **All are invited.**

Contact Trish Newman ocds on 99183973 or zMb. 0401613643.

## BOOK REVIEW

### The Dolorous Passion of Our Lord Jesus Christ by Anne Catherine Emmerich



This book brings the Lenten season to us with most emphatic details which reminds us of what Jesus did for our sins



## Lent Lived After the Ashes



I attended Ash Wednesday services on my lunch break one year, heading back to work afterward. Throughout the afternoon, as coworkers came by with questions or pages needing proofing, they would catch sight of my forehead and inevitably remark, "Oh, you're Catholic!"

True, I had not broadcast my religious affiliation far and wide at work. It was more a matter of respect for others; in a diverse newsroom, where all are required - and proud - to provide an unbiased account of events, we tread carefully on topics that might strike raw nerves.

At the same time, I don't think the revelation of my Catholicism really shocked anyone, either. I didn't live in obvious opposition to my faith. But it made me think: What do I do to demonstrate my beliefs? Should others know by my actions that I have at heart an unending connection to this religion into which I was born?

Ash Wednesday, with its conspicuous mark of faith, is atypical for Catholics. As we read in Matthew 6:16-18, we are not to mope or moan while fasting. We are to wash our faces and trust that God will see our good works, even those done in silence. We are to carry our crosses with courage and grace.

And we all have crosses, some more heavy than others. It may seem that your neighbour has it easy: She's always chipper, or his yard is neat and his car clean. But no one escapes trouble or sorrow entirely in this life. It may simply be that they have washed the ashes from their faces and bear their crosses in silence.

So what can you do this Lent to demonstrate your

love for God and your willingness to share in the cross his Son carried for us? You can take up the crosses you encounter daily, and you can do so with faith, hope, and love.

One way is through the traditional Lenten practices of increased prayer, fasting, and giving to those in need. These practices can take on many unique forms in the course of even a busy day.

Think of 40 small steps you might take this Lent as you walk with Jesus on the road to Calvary. Add your shoulder under the cross - his cross, your own, and others'. Even more, try to do so with the trust that God sees your efforts, and that, paradoxically, there is no greater satisfaction or reward.

### Taking Up the Cross in These 40 Days

Social scientists say it takes 28 days to change a habit. Lent asks us to change more than a habit. We're invited to change our priorities and the focus of our lives. Maybe that's why Lent takes a full 40 days and happens every year.

There are other reasons that our Lenten journey lasts 40 days. Throughout the Bible, the number 40 holds special meaning, indicating a span of time when significant events took place. It rained on Noah and his ark for 40 days and 40 nights. Moses spent 40 days and nights with God on Mount Sinai. The Hebrew people spent 40 years wandering in the desert upon their deliverance from slavery to the Promised Land. Jonah gave the city of Nineveh 40 days in which to repent. And Jesus fasted in the wilderness for 40 days and 40 nights.

Our time of preparation in Lent is akin to Jesus' preparation for his work. We spend 40 days fasting, praying, and giving. "By the solemn 40 days of Lent the Church unites herself each year to the mystery of Jesus in the desert," the Catechism of the Catholic Church says. We are called to live as representatives of Jesus today—even when the ashes have been washed away, even when no one is looking.

<https://www.loyolapress.com/catholic-resources/liturgical-year/lent/ash-wednesday/lent-lived-after-the-ashes/>



## DO YOU WANT TO FAST FOR LENT? Pope Francis

**Fast from hurting words and say kind words**

**Fast from sadness and be filled with gratitude**

**Fast from anger and be filled with patience**

**Fast from pessimism and be filled with hope**

**Fast from worries and trust in God**

**Fast from complaints and contemplate simplicity**

**Fast from pressures and be prayerful**

**Fast from bitterness and fill your heart with joy**

**Fast from selfishness and be compassionate**

**Fast from grudges and be reconciled**

**Fast from words and be silent so you can listen.**

## PROJECT COMPASSION BE MORE



Jamila is a Rohingya refugee living in a camp in Bangladesh with her elderly mother and baby daughter. With the support of Caritas Australia, and through Caritas Bangladesh, Jamila has been able to access to emergency food, shelter, counselling, and vocational training that will help to support her family.

Please donate to Project Compassion 2021 to help mothers like Jamila be more for her family and her community. You can donate through Parish boxes and envelopes, by visiting [www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion) or phoning 1800 024 413.



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AUSTRALIA






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**Thursday 4 March 2021  
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*You're invited to visit our NEW facilities, meet the students, staff and experience an evening at Mater Maria Catholic College*

Year 7, 2022 applications have closed - waiting list applications only  
Year 7, 2023 applications close on 24 March, 2021  
Years 8 - 11 waiting list applications only

For more information please contact our Enrolment Registrar on 02 9997 7044 or email [deborah.fitzgerald@dbb.catholic.edu.au](mailto:deborah.fitzgerald@dbb.catholic.edu.au)

[matermaria.nsw.edu.au/enrolments](http://matermaria.nsw.edu.au/enrolments)

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Even though the restrictions in NSW have eased and Churches can now have up to 300 people attending, the one person per two-square metre rule applies. This means that the capacity of our Churches is 160 for Sacred Heart Church, Mona Vale and 200 for Maria Regina Church, Avalon.

Masks are now not compulsory in Church.

**It is our responsibility to protect others and ourselves and stop the spread of COVID-19 in Australia.**


**Everyone must also stay 1.5 metres away from other people whenever possible.  
Please sit only in the marked seats.**

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

**Thank you for working with us to keep our parish community safe.**




The Service NSW QR codes are now available at the entrance of both of our churches, for you to use to check in. If you do not have a smartphone or you're not carrying it with you, please provide your contact details via the sign-in sheets provided. If you have checked-in with the QR code, you do not have to use the sign-in sheets.



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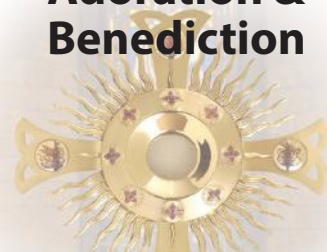


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## Adoration & Benediction



**MARIA REGINA CHURCH -**  
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Mass at 10am

**SACRED HEART CHURCH -**  
every Thursday  
Mass at 7pm followed by Exposition of the Blessed Sacrament, Adoration and Benediction at 9pm.

# Forty days in the desert



1st Sunday of Lent, Year B



The season of Lent is a special time when we prepare for the events of Holy Week and Easter. What things can you do to try and be more like Jesus during the forty days of Lent?



After he was baptised, Jesus was sent into the desert by the Holy Spirit. Draw Jesus in the desert.

## Resist the Temptation

Place ticks ✓ next to what you think are the right things to do.  
Place crosses ✗ next to the things you would be tempted to do.

You see money lying on the ground at school



**What do you do?**

- ☐ You pick it up and take it to a teacher.
- ☐ You use it to buy icecreams and chocolate for all your friends.
- ☐ You leave it where it is.

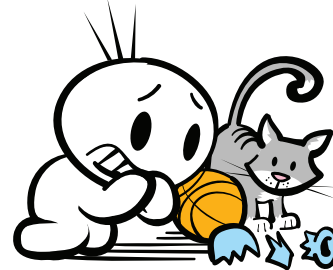
You forget to do your homework



**What do you do?**

- ☐ You tell the teacher that you left it on the bus.
- ☐ You pretend to feel sick so that you can get out of class.
- ☐ You tell the teacher that you forgot to do your homework.

You break your mum's favourite vase when playing basketball in the hallway



**What do you do?**

- ☐ You tell your mum that the cat knocked it over.
- ☐ You tell her that you knocked it over with your basketball.
- ☐ You glue it back together and hope that no-one notices.



# The *Living* Word

**Entrance Antiphon** Cf. Ps 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** Gen 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 Pt 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 Dominions and Powers his subjects.

## The word of the Lord

**Gospel Acclamation** Mt 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** Mk 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** Mt 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 CSS

*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*

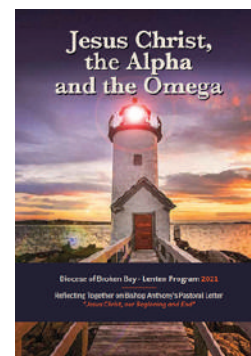
*Jesus into the desert, there to be tested, but to emerge triumphant. His victory is not for him alone, but for all who will heed his words and follow his example. The bow in the sky is a sign of the good news of the covenant; baptism is both the good news of salvation for us and our pledge of fidelity 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 CSS

## DISSEMINATE THE WORD OF GOD

Resources to disseminate the Word of God to all parishioners

### Jesus Christ, the Alpha and the Omega – A Lenten Program for the Diocese of Broken Bay



This year, parishes of the Diocese of Broken Bay will take part in a Diocesan Lenten Program, Jesus Christ, the Alpha and the Omega.

This resource invites you to prayerfully reflect on the Sunday Gospel readings in Lent together with the six priorities set before us by Bishop Anthony Randazzo in his Pastoral Letter to the community of the Church of Broken Bay, dated 29 November 2020.

For each of the 6 weeks of Lent, this resource includes a reading of the Gospel text; a reflection on the text which draws on one of Bishop Anthony's priority areas; and a personal testimony on an aspect of that particular priority area. All materials and reflections have been prepared by members from our Broken Bay Church community, making this resource relevant to us and the journey we are on as a community.

Copies of Bishop Anthony Randazzo's Pastoral Letter is available at the back of our Churches.

Lenten booklets are available for parishioners in both Churches, and the resource is also available online at [www.bbcatholic.org.au](http://www.bbcatholic.org.au)





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## Liturgy for the Week

- 22/02 **Monday The Chair of St Peter,**  
apostle  
1 Pet 5:1-4; Mt 16:13-19
- 23/02 **Tuesday First Week of Lent**  
Is 55:10-11; Mt 6:7-15
- 24/02 **Wednesday First Week of Lent**  
Jonah 3:1-10; Lk 11:29-32
- 25/02 **Thursday First Week of Lent**  
Esther 14:1, 3-5, 12-14; Mt 7:7-12
- 26/02 **Friday First Week of Lent**  
Ezek 18:21-28; Mt 5:20-26
- 27/02 **Saturday First Week of Lent**  
Deut 26:16-19; Mt 5:43-48

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## Read the Bible in A Year

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Reading the Bible has now been made easy with a new podcast from Ascension featuring Fr Mike Schmitz called 'The Bible in a Year'.

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