



The Catholic Parish of Pittwater

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



PRAYER FOR LENT

Heavenly Father,
as we enter another week
of our Lenten journey,
guide us to the path that
leads to You.

You have given the
human race,
Jesus Christ, our Saviour,
as a model of humility.

Fill our hearts with gratitude,
patience, strength and peace
as we strive to become the best
version of ourselves.
Honestly admitting our
shortcomings and sins.

Make us worthy to share in
Your Resurrection.
We ask this through our
Lord Jesus Christ, Your Son.
Amen.



Thoughts of Blessed Francis Jordan

Troubles and afflictions surround me.
Rise up, Lord, and help me!

*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*

SAFEGUARDING

We, the people of the Catholic Diocese of Broken Bay and the Catholic Parish of Pittwater are committed to fostering communities of safety and care for all people, especially for children and others in the community who are vulnerable. Our commitment is underscored by our faith in Jesus Christ.



POPE FRANCIS' PRAYER INTENTION FOR March

For The Martyrs of Our Day, Witnesses to Christ
Let us pray that those who risk their lives for the Gospel in various parts of the world might imbue the Church with their courage and missionary drive.

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

Deceased Anniversary

Maria Rosa Calvi
John Paul Shanahan
Rosaura Blasi
Roky Marov

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 Baver
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
George Cilia

BOOK REVIEW

Reading the Clouds

by: Anthony J. Gittins



The foreward explains how the sea and nature help us to understand our Earth, its geography and cross cultures. He says our mission is spirituality for new times.



ADORATION & BENEDICTION

Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass
Sacred Heart Church, Mona Vale
every Tuesday from 8.30am - 9.30am
and
every Thursday from 7:30pm - 9.00pm
Maria Regina Church, Avalon
every Thursday from 9.00am - 9:45am

Liturgy for the Week

- 11/03 Monday, 4th Week of Lent
Is 65:17-21; Jn 4:43-54
- 12/03 Tuesday, 4th Week of Lent
Ezek 47:1-9, 12; Jn 5:1-3, 5-16
- 13/03 Wednesday, 4th Week of Lent
Is 49:8-15; Jn 5:17-30
- 14/03 Thursday, 4th Week of Lent
Ex 32:7-14; Jn 5:31-47
- 15/03 Friday, 4th Week of Lent
Wis 2:1, 12-22; Jn 7:1-2, 10, 25-30
- 16/03 Saturday, 4th Week of Lent
Jer 11:18-20; Jn 7:40-52

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



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The **BOOK/DVD REVIEWS** you see in this bulletin each week are taken from books and DVDs in the **Parish Library** at Maria Regina Church, Avalon. The **Library is open after weekday and weekend Masses**. Please feel free to browse. If you are interested in a book or DVD but can't make it to those Masses,

PLEASE CONTACT
Trish Newman on 0401 613 643



DATES for your DIARY



STATIONS OF THE CROSS

Every Friday in Lent after morning masses at both Churches
Maria Regina Church, Avalon
after the 8.00am Mass
Sacred Heart Church, Mona Vale
after the 9:30 am Mass



LENTEN PARISH RECONCILIATION

Sacred Heart Church, Mona Vale
 21st of March, Thursday
after the 7.00pm Mass



CHRISM MASS

Our Lady of the Rosary Cathedral, Waitara
 26th of March, Tuesday
at 7.30pm



HOLY THURSDAY

Sacred Heart Church, Mona Vale
 28th of March, Thursday
at 7.00pm
(No Morning Mass at Avalon)



GOOD FRIDAY

(Stations of the Cross)

29th of March
Sacred Heart Church, Mona Vale
at 10.00am
Maria Regina Church, Avalon
at 10.00am



THE PASSION OF THE LORD

Sacred Heart Church, Mona Vale
at 3.00pm
Maria Regina Church, Avalon
at 3.00pm



HOLY SATURDAY

30th of March
Maria Regina Church, Avalon
 Family Mass
at 6.00pm
Sacred Heart Church, Mona Vale
at 7.30pm
(No 5.00pm Vigil Mass)



EASTER SUNDAY

31st of March
Sacred Heart Church, Mona Vale
at 8.00am, 10.00 am & 6.00pm
Maria Regina Church, Avalon
at 9.00am



Maria Regina Catholic Primary School Avalon
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OPEN DAY

Wednesday 27 March 2024
 9am - 10.30am



Meet our Principal, teachers, students and parents as they welcome you to the Maria Regina community.



Experience school life at Maria Regina through a personalised and intimate student-led tour.



Learn about the many opportunities Maria Regina offers our students as valued and nurtured individuals.



Gain an insight into our faith-led approach and K-12 Catholic journey.



Scan now to register

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Maria Regina Catholic Primary School
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 Avalon NSW 2107
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Project Compassion Sunday 2024

Thank you for your continued support for Project Compassion - past, present and future.

Together we can help vulnerable communities face their challenges today and build a better tomorrow For All Future Generations.

If you still have your Project Compassion box or set of envelopes at home, please bring them back to the Church or Parish Office.



CHRISM MASS

The Chrism Mass will be celebrated at 7.30pm on Tuesday 26 March at Our Lady of the Rosary Cathedral, Waitara. Priests of the Diocese of Broken Bay gather for this celebration with Bishop Anthony Randazzo to renew their priestly commitments. During Mass, the Oils of Catechumens and the Sick are blessed, and the Chrism is consecrated and brought back to each parish for use in various Sacramental liturgies throughout the year. All parishioners are warmly invited to attend this sacred occasion in the life of our Diocese.

Everyone is welcome to attend.



Parish Bulletin Term 1, Week 5

We congratulate five students in Years 7, 8 and 9 who have been selected to represent Mater Maria at the CSDA Public Speaking Competition Zone Final at St Ignatius College Riverview.

Our Year 9 Students attended a Wellbeing incursion called Smashed. This explored the life-changing effects of alcohol – impacting health, safety, relationships, and career aspirations.

Year 11 and Year 12 Musicians attended the annual Encore concert at the Sydney Opera House this week. The concert showcased a selection of outstanding performances and compositions from the 2023 HSC Music examinations and was an exciting opportunity for current music students, teachers, and the general public to see and hear a selection of exemplary works, including our very own Charlie McMurray who showcased his fantastic HSC performance on drums.

Our annual Open Day was held on Tuesday evening. The day was all about sharing the wonderful things that we do at Mater Maria with the local community. We had a fantastic turn out with over 500 families visiting, commenting that they were so happy to be able to celebrate all facets of life at our College, and to display the best of what the College has to offer. Visitors were impressed with the faith life of the College, the many musical talents, the drama performances and the variety of HSC work being created by students in the various TAS, VET, Visual Arts and Food Technology classrooms. We are very proud of the way in which our students, teachers and parents authentically conveyed the spirit of the College to the community. The Mater Swimming Carnival was held the next day at Warringah Aquatic Centre and was a fabulous day for all students.

Participation was at its highest as students accrued house points, and amazing school spirit was promoted through well practised House cheers and chants.

Each year we hold a House Liturgy and lunch for each of our five houses. Ameil house celebrated their student-led liturgy this week, and all enjoyed lunch as well. We look forward to our other House students celebrating throughout the year.

We are currently accepting applications for Year 7, 2026. 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.

Welcome to Pittwater Parish

**Maisie Grace Willard
Aaliya Tala Willard
William Lee Dillon
Max Arthur Kennard
Hunter Alexander
Browne
Cleo Julie Berriman
Venice Askaro**
at
**Sacred Heart Church
Mona Vale**
on the
25th of February 2024
for the
**Sacrament of
Baptism**

**Henrietta Jean
Ott
Jack William
De Kock**
at
**Sacred Heart Church
Mona Vale**
on the
3rd of March 2024
for the
**Sacrament of
Baptism**

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.

Through a variety of events and programs, men are invited to explore what God would want for their lives and how they might come to experience the fullness of life that God wants for us all.

***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>



www.menalive.org.au



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

Sacred Heart Church, Mona Vale

Please Contact

Joseph Cilia @ 0418 863 814

God is glorified when men are fully alive
St Irenaeus



LENTEN PARISH RECONCILIATION

Sacred Heart Church, Mona Vale

Thursday, 21st March

after the 7pm Mass

**SACRED HEART CHURCH,
Mona Vale**

**Every Saturday
from 4pm - 4.30pm
Every Thursday
from 7.30pm**

**MARIA REGINA CHURCH,
Avalon**

**Every Saturday
before the 6pm Mass
Every Thursday
from 9.45am**

The *Living* Word

Entrance Antiphon Isaiah 66:10-11

Rejoice, Jerusalem, and all who love her.
Be joyful, all who were in mourning;
exult and be satisfied at her consoling
breast.

First Reading

2 Chronicles 36:14-16. 19-23

A reading from the second book of Chronicles

The wrath and the mercy of the Lord are revealed in the exile and liberation of his people.

All the heads of the priesthood, and the people too, added infidelity to infidelity, copying all the shameful practices of the nations and defiling the Temple that the Lord had consecrated for himself in Jerusalem. The Lord, the God of their ancestors, tirelessly sent them messenger after messenger, since he wished to spare his people and his house. But they ridiculed the messengers of God, they despised his words, they laughed at his prophets, until at last the wrath of the Lord rose so high against his people that there was no further remedy. Their enemies burned down the Temple of God, demolished the walls of Jerusalem, set fire to all its palaces, and destroyed everything of value in it. The survivors were deported by Nebuchadnezzar to Babylon; they were to serve him and his sons until the kingdom of Persia came to power. This is how the word of the Lord was fulfilled that he spoke through Jeremiah, 'Until this land has enjoyed its sabbath rest, until seventy years have gone by, it will keep sabbath throughout the days of its desolation.'

And in the first year of Cyrus king of Persia, to fulfil the word of the Lord that was spoken through Jeremiah, the Lord roused the spirit of Cyrus king of Persia to issue a proclamation and to have it publicly displayed throughout his kingdom: 'Thus speaks Cyrus king of Persia, "The Lord, the God of heaven, has given me all the kingdoms of the earth; he has ordered me to build him a Temple in Jerusalem, in Judah. Whoever there is among you of all his people, may his God be with him! Let him go up."' "

The word of the Lord

Responsorial Psalm Ps 136. R. v.6
(R.) Let my tongue be silenced, if ever I forget you!

By the rivers of Babylon there we sat and wept, remembering Zion; on the poplars that grew there we hung our harps. **(R.)**

For it was there that they asked us, our captors, for songs, our oppressors, for joy. 'Sing to us,' they said, 'one of Zion's songs.' **(R.)**

O how could we sing the song of the Lord on alien soil? If I forget you, Jerusalem, let my right hand wither! **(R.)**

O let my tongue cleave to my mouth

if I remember you not, if I prize not Jerusalem above all my joys! **(R.)**

Second Reading Ephesians 2:4-10

A reading from the letter of St Paul to the Ephesians

When we were dead through sins, he brought us to life.

God loved us with so much love that he was generous with his mercy: when we were dead through our sins, he brought us to life with Christ – it is through grace that you have been saved – and raised us up with him and gave us a place with him in heaven, in Christ Jesus.

This was to show for all ages to come, through his goodness towards us in Christ Jesus, how infinitely rich he is in grace. Because it is by grace that you have been saved, through faith; not by anything of your own, but by a gift from God; not by anything that you have done, so that nobody can claim the credit. We are God's work of art, created in Christ Jesus to live the good life as from the beginning he had meant us to live it.

The word of the Lord.

Gospel Acclamation John 3:16

Glory and praise to you, Lord Jesus Christ!

God loved the world so much, he gave us his only Son,
that all who believe in him might have eternal life.

Glory and praise to you, Lord Jesus Christ!

Gospel John 3:14-21

A reading from the holy Gospel according to John

God sent his Son into the world that we might be saved through him.

Jesus said to Nicodemus:
'The Son of Man must be lifted up as Moses lifted up the serpent in the desert,
so that everyone who believes may have eternal life in him.

Yes, God loved the world so much that he gave his only Son,
so that everyone who believes in him may not be lost
but may have eternal life.

For God sent his Son into the world not to condemn the world,
but so that through him the world might be saved.

No one who believes in him will be condemned;
but whoever refuses to believe is condemned already,
because he has refused to believe in the name of God's only Son.

On these grounds is sentence

pronounced:
that though the light has come into the world
men have shown they prefer darkness to the light
because their deeds were evil.
And indeed, everybody who does wrong hates the light and avoids it,
for fear his actions should be exposed;
but the man who lives by the truth comes out into the light,
so that it may be plainly seen that what he does is done in God.'

The Gospel of the Lord

Communion Antiphon Psalm 121: 3-4

Jerusalem is built as a city bonded as one together. It is there that the tribes go up, the tribes of the Lord, to praise the name of the Lord.

REFLECTION

by Dianne Bergant CSA

Each reading provides us with an example of divine mercy. God's use of Cyrus to deliver the Israelites, even though he was not a believer, shows that every circumstance and any person can demonstrate the scope of God's love. In fact, it is often the situation or the individual that we least expect that has been chosen to manifest God's mercy to us. This same mercy is seen as God brings us to life with Christ even when we were dead in sin.

Mercy means that strict justice is set aside in favour of compassion. Dispossessed people are raised out of defeat and given another chance. Sinners condemned to severe punishment are raised out of despair and offered a reprieve. The whole world is raised up out of darkness when God's own Son is sent into that world as saviour rather than as judge. God's mercy raises us out of loss and hopelessness, out of darkness and sin, so that we might enjoy the blessings of life.

We too have been raised up so that we might live in truth and might become the visible sign of God's mercy in the world. We have been made a new people, free from the restraints of the past. Joined with Christ we become God's handiwork, creations that bear the seal of the great creator. We are the very sacrament of God's mercy. The forgiveness that we have experienced and the new life within us shine forth as witness to the mercy of God.

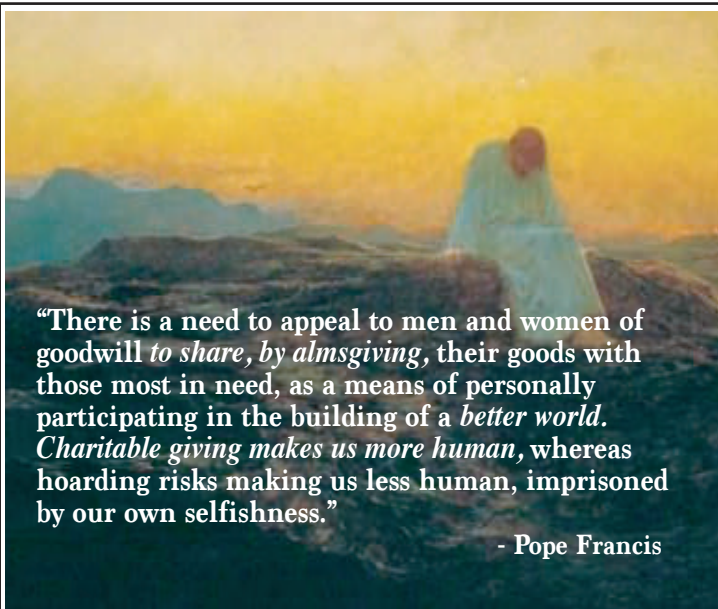
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- Pope Francis

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 The kingdom of God is at hand.
 Repent and believe in the Gospel.
 Mark 1:25



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