



# The Catholic Parish of Pittwater

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



## Thoughts of Fr Francis Jordan

May the risen Saviour fill each of you with abundant graces and blessings. Work courageously at making progress in doing good and put your whole trust in God who is our helper.

“Jesus,  
I trust in You!”



## Prayer of Entrustment to the Divine Mercy

O Lord, our God,  
we place our trust in You,  
because You are mercy  
itself.

We repent our sins and turn  
to You for mercy.

We trust You to provide for  
our every need, according  
to Your will.

Help us to forgive others  
as You forgive us.

We promise to be merciful  
by our deeds, words  
and prayers.

Though we have fears  
because of human weakness,  
we rely on Your infinite  
goodness and mercy.

We entrust to You the future  
of our world, Church,  
families and all our needs.  
Look upon us, created in  
Your image and likeness.

Form us in the heart of  
Mary by the power of the  
Holy Spirit into  
living images of mercy.

May all come to know the  
depth of Your love and  
sing the praises of  
Your mercy forever.  
Amen.

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



**POPE FRANCIS' PRAYER  
INTENTION FOR APRIL  
For Culture of Peace  
and Non- Violence**

We pray for the spread of  
peace and non-violence, by  
decreasing the use of weapons by  
states and citizens



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**Parish  
of Pittwater**

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

## MASS TIMES

**SACRED HEART CHURCH**  
1 Keenan Street, Mona Vale

**Weekday Masses**  
**Tuesday 8.30am**

*Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8am, followed by Mass at 9.30am*

**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**  
**Jun Macarayan**

### Prayers for the Sick

Anna Smigowska

Sarah Zofrea

Guy Zofrea

Avelino Samartin

Bill O'Connor

Tim Boshier

Jeff Langley

Mark Lindfiels

Nick Moullakis

Bill Eyre

Brian Gregan

Jim Hammond

Marcia Bailey

Bec Burroughs

Susan Hickey

Sophia Burfitt

Margaret De Landre

Maeve Robinson

Jenny Carroll

Matt Ukishima

Pietrina Maiorana

Mina Lee

Denise Wagner

Tom Murphy

Leonie Ariemetto

John Graham

## Liturgy for the Week

**17/04 Monday, 2nd week of Easter**  
Acts 4:23-31; Jn 3:1-8

**18/04 Tuesday, 2nd week of Easter**  
Acts 4:32-37; Jn 3:7-15

**19/04 Wednesday, 2nd week of Easter**  
Acts 5:17-26; Jn 3:16-21

**20/04 Thursday, 2nd week of Easter**  
Acts 5:27-33; Jn 3:31-36

**21/04 Friday, 2nd week of Easter**  
Acts 5:34-42; Jn 6:1-15

**22/04 Saturday, 2nd week of Easter**  
Acts 6:1-7; Jn 6:16-21

## BOOK REVIEW

### The Contemplative Way of Prayer

by: Robert Faricy SJ and Lucy Rooney SND



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LEST WE FORGET  
**ANZAC DAY**  
25TH APRIL

## ANZAC DAY MASS

**Sunday**

**23 April 2023**

**at 10 am Mass**



*Please join at the Parish Centre after Mass for morning tea.*





# The other Saint of Divine Mercy: Blessed Michał Sopoćko

by Dawn Beutner The Catholic World Report



When we think about the Divine Mercy image, novena, or chaplet, it's hard not to think about two great saints as well. Saint Maria Faustina Kowalska (1905-1938) was a Polish religious sister and mystic whose diary describes her visions involving Divine Mercy. Saint John Paul II (1920-2005) instituted the feast of Divine Mercy, following the instructions in Faustina's diary, after he had become pope.

But, for many decades after Faustina's death in Poland, it was a priest, Blessed Michał Sopoćko, who kept this devotion alive and in the hearts of Catholics all over the world.

When Michał was born in 1888, his hometown was known as Juszewszczyzna, Russia (now Nowosady, Poland). His family was persecuted by the czarist authorities both because they were Polish and because they were Catholic. Michał recognized God's call to the priesthood; he was ordained in 1914, serving as a parish priest until 1918. He then became a military chaplain and even accompanied Polish soldiers on the front lines during a war with Russia. He later entered the seminary for advanced studies and completed a doctorate in theology.

Michał was clearly an intelligent, hard-working priest, eventually serving as spiritual director to seminarians, regional coordinator for military chaplains, rector of a parish, and head of a theology department. In 1933, he was asked to add another responsibility to his priestly life, serving as the confessor and spiritual director to the Sisters of Our Lady of Mercy in the city of Vilnius.

That's when he met an unusually gifted and devout woman: Maria Faustina Kowalska. Sister Faustina had been receiving visions of our Lord for some time, visions in which Jesus appeared to her and insisted that she share a message of God's love and mercy with the entire world. Her superiors and confessors didn't believe her, with the single exception of Jesuit priest Joseph Andrzej. Struggling to understand these messages, discouraged by those around her, and limited by her own lack of education, Sister Faustina humbly begged our Lord to send her a spiritual director who could help her discern God's will. When she saw Father Michał Sopoćko for the first time, the voice in her soul told her that he was the one.

Father Sopoćko listened to Faustina and evaluated her mystical experiences carefully. He asked her to keep a written journal of what she experienced in her relationship with the Lord, which she obediently did. He helped her find an artist, Eugeniusz Kazimirowski, to paint

an image of Jesus Christ according to the vision she had seen. He did not scoff at her inspiration to establish a new religious congregation, although he encouraged her to remain in her own congregation for various reasons. He supported her through spiritual direction as she suffered from debilitating ill health, ridicule from other sisters, and spiritual difficulties.

Demonstrating that even saints need spiritual direction, Faustina destroyed her earliest journal at one point when an angel appeared to her and told her to burn her diary, proving Saint Paul's admonition (2 Cor 11:14) that Satan can even disguise himself as an angel to mislead us. Fortunately, Faustina never disobeyed Father Sopoćko again, and, at the time of her death in 1938, she left behind 700 handwritten pages describing her experiences, visions, and spiritual reflections.

As a priest, Father Sopoćko was assigned various tasks over the years following Faustina's death. During World War II, he secretly supported Polish Jews, who were constantly being persecuted under the Nazis, and he narrowly escaped arrest and imprisonment for doing so. After the war, he served as a seminary professor and taught many subjects. But the devotion that Faustina described, now known as devotion to the Divine Mercy, influenced the rest of Father Sopoćko's life.

Not only did a love of God's mercy inspire his own priestly service, he promoted the devotion to others. He organized the printing of prayers and litanies, including the now-famous Divine Mercy chaplet and novena. He made sure the Divine Mercy image painted by Kazimirowski was publicly displayed on the Sunday after Easter, and he preached about its meaning. There were 150 Divine Mercy centers in Poland just thirteen years after Sister Faustina's death, and he wrote articles about God's mercy in Polish magazines for decades. He passed on Divine Mercy materials to other priests, including a Marian priest who was the first one to bring the devotion to the US. He remembered Faustina's insistence about founding a new religious congregation and wrote the constitution for what is now the Congregation of the Sisters of the Divine Mercy.

Michał Sopoćko died on February 15, 1975, just a few years shy of the total vindication of Saint Faustina's writings, after having spent a lifetime promoting devotion to God's mercy. He was declared a blessed on September 28, 2008 in Białystok, Poland, as a result of his own holy life.

## Sacrament of Confirmation

Saturday, 17 June 2023  
at 6pm at Maria Regina Church  
Sunday, 18 June 2023  
at 10am and 12noon  
at Sacred Heart Church

Children in Year 3 and above are eligible to receive the Sacrament of Confirmation if they have been baptised. For more information about the preparation program, enrolments, etc. you **MUST** attend **ONE** parent information session which will take place at 7:30pm:

**Wednesday 3 May**  
**Sacred Heart Church and**  
**Thursday 4 May**  
**Maria Regina Church**

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](mailto:sacraments@pittwaterparish.org)  
**We need the help of parents to facilitate the preparation groups.**

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## Welcome to Pittwater Parish

**Elodie Rose Skeeles**  
*on the*  
**9th of April 2023**  
at  
**Sacred Heart Church**  
**Mona Vale**  
for the  
**Sacrament of**  
**Baptism**

# 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

## **Director of Music**

**Josh Willard**

Tel 9157 0999 ext 17  
music@pittwaterparish.org

## **Media & Communication** **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

## **Parish Office Hours**

**Monday to Thursday**

**9.00 am to 4.00 pm**

**Friday**

**9.00 am to 12.00 pm**

## **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 9918 2608

**Principal: Miss Kirsty Thorpe**

## **WARRIEWOOD**

## **Mater Maria Catholic College**

Tel 9997 7044

**Principal: Mr Marc Reicher**



## 7 Things You Need to Know About Divine Mercy Sunday

### **1. What is Divine Mercy Sunday?**

Divine Mercy Sunday is celebrated on the Second Sunday of Easter. It is based on the private revelations of St. Faustina Kowalska, which recommended a particular devotion to the Divine Mercy.

### **2. When Was it Made Part of the Church's Calendar?**

In 2000, Pope John Paul II canonized St. Faustina, during the ceremony when he announced it. It is important then that we accept the whole message that comes to us from the word of God on this Second Sunday of Easter, which from now on throughout the Church will be called "Divine Mercy Sunday".

### **3. If This is Based on Private Revelation, Why is it on the Church's Calendar?**

In his theological commentary in *The Message of Fatima*, then-Cardinal Joseph Ratzinger wrote: We might add that private revelations often spring from popular piety and leave their stamp on it, giving it a new impulse and opening the way for new forms of it.

Popular piety is a sign that the faith is spreading its roots into the heart of a people in such a way that it reaches into daily life. Popular religiosity is the first and fundamental mode of "inculturation" of the faith. While it must always take its lead and direction from the liturgy, it in turn enriches the faith by involving the heart.

### **4. What Does the Church Do to Encourage the Celebration of Devotion to the Divine Mercy on this Day?**

To ensure that the faithful would observe this day with intense devotion, the Supreme Pontiff [John Paul II] himself established that this Sunday be enriched by a plenary indulgence, as will be explained below, so that the faithful might receive in great abundance the gift of the consolation of the Holy Spirit.

### **5. What is the Divine Mercy Image?**

The Divine Mercy image is a depiction of Jesus based on a vision that St. Faustina had in 1931. There have been a number of paintings made of this image. The original, though not the most popular one today, is shown above.

Jesus is shown in most versions as raising his right hand in blessing, and pointing with his left hand on his chest from which flow forth two rays: one red and one white (translucent).

The depictions often contains the message "Jesus, I trust in You!"

(Polish: Jezu ufam Tobie).

The rays streaming out have symbolic meaning: red for the blood of Jesus (which is the Life of Souls), and pale for the water (which justify souls). The whole image is symbolic of charity, forgiveness and love of God, referred to as the "Fountain of Mercy".

### **6. What is the Chaplet of Divine Mercy?**

The Chaplet of Divine Mercy is a set of prayers used as part of the Divine Mercy devotion.

They are usually said using a standard set of Rosary beads, often at 3 p.m. (the time of Jesus' death), but with a different set of prayers than those used in the Marian Rosary.

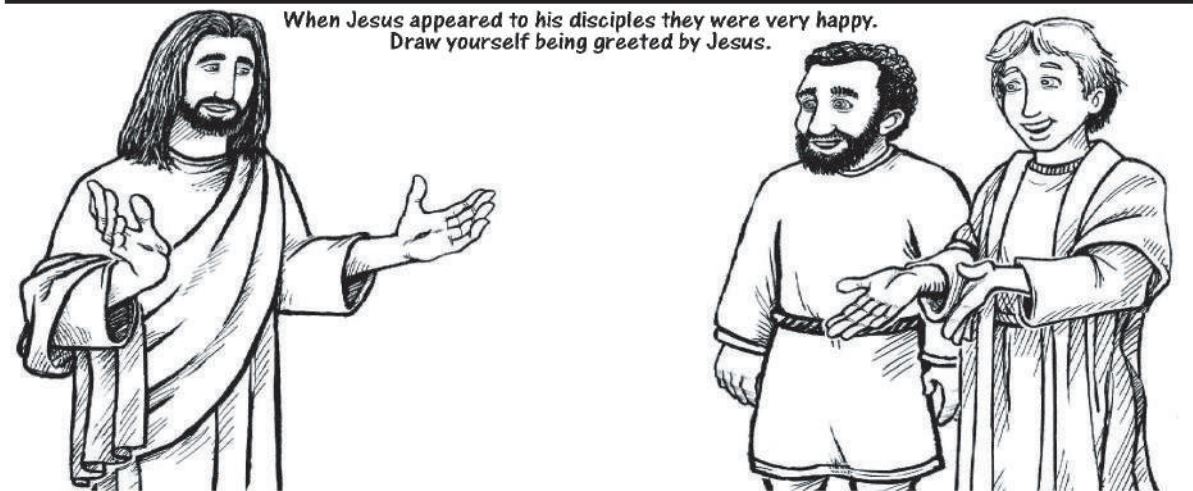
### **7. How is the Divine Mercy Devotion Linked to the Scripture Readings for the Second Sunday of Easter?**

The Divine Mercy image depicts Jesus at the moment he appears to the disciples in the Upper Room, after the Resurrection, when he empowers them to forgive or retain sins.

This moment is recorded in John 20:19-31, which is the Gospel reading for this Sunday in all three yearly Sunday liturgical cycles (A, B, and C).

This reading is placed on this day because it includes the appearance of Jesus to the Apostle Thomas (in which Jesus invites him to touch his wounds). This event occurred on the eighth day after the Resurrection (John 20:26), and so it is used on the liturgy eight days after Easter.





What do you think it would feel like to be re-united with a close friend who you didn't think you would ever see again?

There are many things present in our lives that we don't see with our eyes. Circle the words which represent things we do not see.

- BIBLE

CRUCIFIX

LOVE

FORGIVENESS

JOY

PEACE

ALTAR

FLOWERS

BREATH

CANDLE

CHALICE

HOPE

## Complete the Text maze:

"You are my Lord and my God!"

E	D	R	C	A	S	F	O	START
S	A	O	L	F	W	A	U	A
D	N	S	Y	M	E	R	E	R
M	A	O	L					
Y	G	D	O					
K	O	H	T					
C	D	F	P					
FINISH								

Jn 20:19-29

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**Maria Regina**  
Catholic Primary School Avalon

# OPEN DAYS 2023

**Tuesday 14 March - 9am - 10.30am**  
**Wednesday 14 June - 9am - 10.30am**

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# The *Living* Word

## Entrance Antiphon

1 Pt 2:2

Like newborn infants, you must long for the pure, spiritual milk, that in him you may grow to salvation, alleluia.

## First Reading

Acts 2:42-47

**A reading from the Acts of the Apostles**  
*The faithful lived together and owned everything in common.*

The whole community remained faithful to the teaching of the apostles, to the brotherhood, to the breaking of bread and to the prayers.

The many miracles and signs worked through the apostles made a deep impression on everyone.

The faithful all lived together and owned everything in common; they sold their goods and possessions and shared out the proceeds among themselves according to what each one needed.

They went as a body to the Temple every day but met in their houses for the breaking of bread; they shared their food gladly and generously; they praised God and were looked up to by everyone. Day by day the Lord added to their community those destined to be saved.

## The word of the Lord

### Responsorial Psalm

Ps 117:2-4. 13-15. 22-24. R. v.1

**(R.) Give thanks to the Lord for he is good, his love is everlasting.**

Let the sons of Israel say:

‘His love has no end.’

Let the sons of Aaron say:

‘His love has no end.’

Let those who fear the Lord say:

‘His love has no end.’ **(R)**

I was thrust, thrust down and falling but the Lord was my helper.

The Lord is my strength and my song; he was my saviour.

There are shouts of joy and victory in the tents of the just. **(R)**

The stone which the builders rejected has become the corner stone.

This is the work of the Lord, a marvel in our eyes.

This day was made by the Lord; we rejoice and are glad. **(R)**

## Second Reading

1 Pt 1:3-9

**A reading from the first letter of St Peter**

*He has given us a new birth as his children, by raising Jesus Christ from the dead.*

Blessed be God the Father of our Lord Jesus Christ, who in his great mercy has given us a new birth as his sons, by raising Jesus Christ from the dead, so that we have a sure hope and the promise of an inheritance that can never be spoilt or soiled and never fade away, because it is being kept for you in the heavens. Through your faith, God’s power will

guard you until the salvation which has been prepared is revealed at the end of time. This is a cause of great joy for you, even though you may for a short time have to bear being plagued by all sorts of trials; so that, when Jesus Christ is revealed, your faith will have been tested and proved like gold – only it is more precious than gold, which is corruptible even though it bears testing by fire – and then you will have praise and glory and honour. You did not see him, yet you love him; and still without seeing him, you are already filled with a joy so glorious that it cannot be described, because you believe; and you are sure of the end to which your faith looks forward, that is, the salvation of your souls.

## The word of the Lord.

### Gospel Acclamation

Jn 20:29

Alleluia, alleluia!

You believe in me, Thomas, because you have seen me; happy those who have not seen me, but still believe!

Alleluia!

### Gospel

Jn 20:19-31

**A reading from the holy Gospel according to John**

*After eight days Jesus came in and stood among them.*

In the evening of that same day, the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, ‘Peace be with you,’ and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, ‘Peace be with you. ‘As the Father sent me, so am I sending you.’

After saying this he breathed on them and said:

‘Receive the Holy Spirit.

For those whose sins you forgive, they are forgiven;

for those whose sins you retain, they are retained.’

Thomas, called the Twin, who was one of the Twelve, was not with them when Jesus came. When the disciples said, ‘We have seen the Lord’, he answered, ‘Unless I see the holes that the nails made in his hands and can put my finger into the holes they made, and unless I can put my hand into his side, I refuse to believe.’ Eight days later the disciples were in the house again and Thomas was with them. The doors were closed, but Jesus came in and stood among them. ‘Peace be with you,’ he said. Then he spoke to Thomas, ‘Put your finger here; look, here are my hands. Give me your hand; put it into my side. Doubt no longer but believe.’ Thomas replied, ‘My Lord and my God!’ Jesus said to him:

‘You believe because you can see me.

Happy are those who have not seen and yet believe.’

There were many other signs that Jesus worked and the disciples saw, but they are not recorded in this book. These are recorded so that you may believe that Jesus is the Christ, the Son of God, and that believing this you may have life through his name.

## The Gospel of the Lord

### Communion Antiphon

1 Cor 5:7-8

Bring your hand and feel the place of the nails, and do not be unbelieving but believing, alleluia.

### REFLECTION

*by Dianne Bergant CSA*

*The themes for the second Sunday of Easter set the tone for the entire Easter season. They are all directed toward mystagogical instruction, primarily of the neophytes who were baptised during the Easter Vigil, but also of the whole Christian community. The readings for this season provide us an extended meditation on the resurrection and on our own incorporation into it through the mysteries of initiation.*

*Most of us are like Thomas who looked for some tangible evidence of the resurrection. We do not find it any easier to live by faith than he did. However, when we do live by faith, we actually discover tangible proof. This proof can be seen in the way the community reaches out in care and support to others. Jesus extends his wounded hands to us as he did to Thomas, and the community is invited to touch his wounds as we touch the wounds of our world. We find a similar situation in the reading from Acts where the fledgling Christian community grew in number as a result of the teaching of the apostles. So it has always been. Those who are not eye witnesses of the actual events are called, through the teaching of others, to witness to the power of the resurrection.*

*Although the blessings that we derive from the resurrection are clearly gifts from God, they are nonetheless costly gifts. They have been won through the blood of Christ, and we too may have to pay dearly for having received them.*

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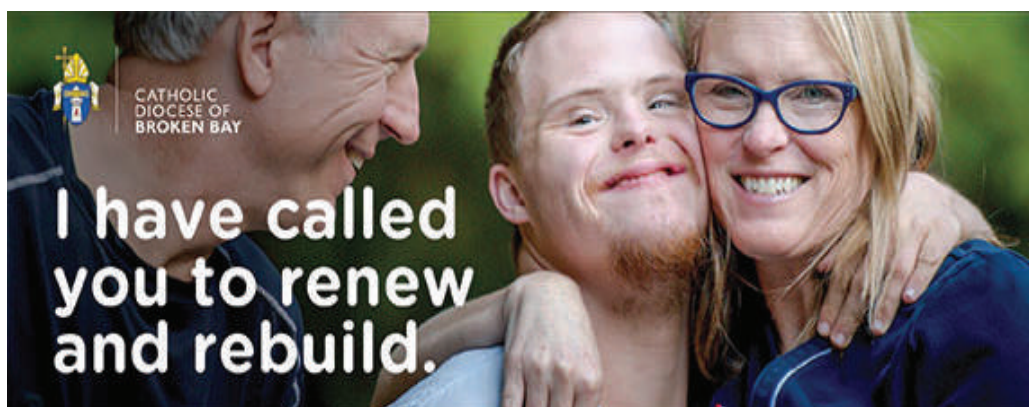
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