



The Catholic Parish of Pittwater

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

Lenten Prayer

*Almighty and ever living God,
 You invite us deeper into
 Your world, Your people,
 Your Lent.
 May this time be one of
 outward focus;
 seeking You in those we
 often ignore.
 Help us live a Lent focused
 on freedom, generosity
 and encounter.
 Give us hearts hungry to
 serve You and those
 who need what we
 have to give.
 Amen.
 - Author Unknown*



Thoughts of Fr Francis Jordan

If your heart is heavy within you, then on the outside you should show joy in bearing your cross. Some suffering must come.



POPE FRANCIS' PRAYER INTENTION FOR MARCH For Victims of Abuse

We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.

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



Parish of Pittwater



You can find us on Instagram (pittwater_parish)

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

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

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

Recently Deceased
Glenn Carnovale
Julia Bridget Evans

Prayers for the Sick

Anna Smigowska

Sarah Zofrea

Guy Zofrea

Avelino Samartin

Bill O'Connor

Andrew Hood

Jeff Langley

Mark Lindfiels

Nick Moullakis

Bill Eyre

Brian Gregan

Mrian Poe

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

06/03 **Monday, 2nd Week of Lent**
Dan 9:4-10; Lk 6:36-38

07/03 **Tuesday, 2nd Week of Lent**
Is 1:10, 16-20; Mt 23:1-12

08/03 **Wednesday, 2nd Week of Lent**
Jer 18:18-20; Mt 20:17-28

09/03 **Thursday, 2nd Week of Lent**
Jer 17:5-10; Lk 16:19-31

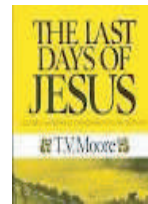
10/03 **Friday, 2nd Week of Lent**
Gen 37:3-4, 12-13, 17-28;
Mt 21:33-43, 45-46

11/03 **Saturday, 2nd Week of Lent**
Micah 7:14-15, 18-20;
Lk 15:1-3, 11-32

BOOK REVIEW

The Last Days of Jesus

by T V Moore



The author reminds us of the importance of the forty days which followed the resurrection and provides a sure guide to the significance of our Lord's ministry to his disciples during this time.

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GIVING

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LIVESTREAMS
READINGS
NEWS

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Google play

LENT

A time for renewing
Faith, Hope and
Love
-Pope Francis



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Maureen Wooldridge
0421 907 469 or
Veronica Thomas
0417 061 534

Lent As An Opportunity For Deeper Devotion To The Eucharist



that god loves us so much. This love led him to give us this eternal gift from heaven. It is a gift that will never end.

by: Anne DeSantis, Epic

We would like to thank
DONITA KERIN
for her contribution to
the Parish.
We wish her all the best
in her future endeavours.

Opportunities to grow during Lent

Sunday Mass is a time to rejoice each week as we celebrate our Eucharistic Lord in communion not only with our communities but with the worldwide church. Daily Mass is a perpetual invitation to Christ's flock to believe in and to receive him. Some parishes add extra Mass times during the week to accommodate those who usually cannot attend normal daily Mass times. It is a perfect idea to find out where you may attend a noon mass or evening if available during Lent.

Spiritual Communion Prayers

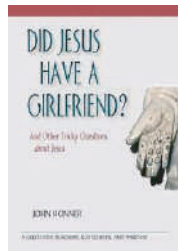
Reading the daily Mass readings each day is an excellent practice when unable to attend daily mass. The spiritual communion prayer is one that can be recited after the readings as a way of uniting oneself to Jesus. There are a variety of prayers which can be said in uniting oneself to the Lord. A simple prayer from the heart may suffice in expressing the longing of the heart. It is a way to give thanks. The spiritual communion prayer is another avenue to acknowledge and cherish Christ's Eucharistic heart.

Preparation for reception of the Eucharist

Preparing our hearts, our minds, and our souls to receive Jesus in the Eucharist may be one of the most overlooked aspects of all. Going to confession regularly, following the precepts of the church, and living as an authentic Catholic will help in preparation for receiving him. In addition, dressing properly for Mass in terms of modesty, cleanliness, and properness honors him. This awareness draws us closer to the lord. It is a way to love and serve him.

Lent is indeed the right time to begin the journey of loving our Lord in the greatest of ways. These practices are not just meant for Lent, they are meant to be continued. Most of all, marvel at the fact

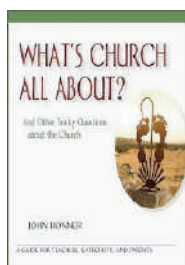
Did Jesus Have A Girlfriend? by: John Honner



My book on Jesus, which we promoted last year, is now available in the Northern Beaches library collection. It is located in the Avalon Community Library on Old Barrenjoey Rd., but can be ordered by click and collect from the Mona Vale Library, as shown in the image below. It would be good if parishioners borrowed the book to encourage our local community libraries in offering religious books.

-John Honner

What's Church All About? by: John Honner



The second is that the third book in the series, which is about the Church, has now been published and is available from Paulist Press or any on-line supplier.

Project Compassion Second Sunday of Lent 4 & 5 March



Tereesa is a Gamilaroi woman from Western Sydney who struggled with homelessness while raising her four children. At just 16 years old, she had to leave school after falling pregnant with her first child. A single mother struggling with homelessness, Tereesa's only concern was finding stability for her children. Seeking a better future for her family, Tereesa joined Baabayn Aboriginal Corporation's Young Mums and Bubs Group, supported by Caritas Australia. Baabayn helped Tereesa access housing and psychological support. Today, Tereesa is studying a certificate in Community Services so that she can strengthen her skills and give back to her community. Tereesa now works at Baabayn, providing support to young mothers and mentoring the next generation of young people.

Please donate to Project Compassion 2023.

You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting caritas.org.au/project-compassion, or by calling 1800 024 413.



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



Parish Bulletin- Term 1 Week 5

Catholic Schools Broken Bay (CSBB) held their first ever Year 7 "Belong" Day this week with all Year 7 students from other CSBB schools. This was a diocesan Gathering at The Light of Christ Centre, Waitara where all of our Year 7 students along with their Religious Education teachers were in attendance. Students met with Bishop Anthony Randazzo, our Director of Schools Mr Danny Casey, CSBB Principals, including our own Mr Marc Reicher, along with the CSBB Evangelisation Team. The day focused on belonging to Mater Maria and to our Catholic Diocese. Over twenty of our Year 10 students, who were trained as Small Group Leaders, facilitated small group sessions for our students on the day. Mater Maria Year 11 and Year 12 students also performed musical items throughout the day, including the Broken Bay World Youth Day Lisbon '23 song, "Magnify." It was an excellent day for our new students.

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 2022 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.

Year 12 students studying Advanced English had an excursion to Surry Hills to watch a performance of King Richard III, held in Eighteen80 Hall (an old Church) in Surry Hills, performed by the theatre group Sport for Jove. The annual Mater Maria Swimming Carnival was held on Thursday at the Warringah Aquatic Centre. We had a high attendance from our students, and large participation rates fuelled a day full of quality swimming and many fast times. The school spirit created by the students was amazing with all swimmers being cheered on by their Houses.

Please join us for our Open Day on Wednesday 8 March from 4.00pm to 7.00pm - all are welcome. We are now enrolling students in Year 5 for Year 7, 2025 and beyond. There is a waitlist for those students that are currently in Year 6 for Year 7 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,
2025 close on Thursday 6 April 2023.

Sacramental Program Update

Please pray for all the children
who are preparing for the
Sacrament of Reconciliation
on the
22nd and 29th of March

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:

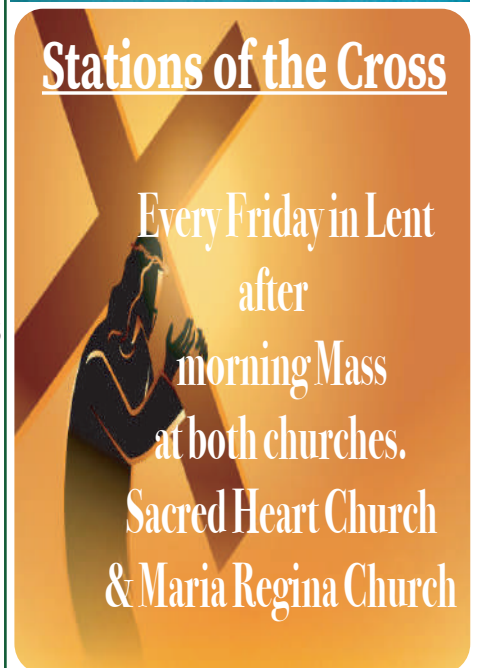
Wednesday 3 May
Sacred Heart Church and
Thursday 4 May
Maria Regina Church

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
We need the help of parents to facilitate the preparation groups.

Stations of the Cross

Every Friday in Lent
after
morning Mass
at both churches.

**Sacred Heart Church
& Maria Regina Church**





2nd Sunday of Lent, Year A

This is my own dear Son
Listen to what he says!



Peter, James and John saw Moses and Elijah talking with Jesus. The true nature of Jesus and his work was revealed to them as they witnessed the Transfiguration. Draw Jesus, Moses and Elijah on top of the mountain as the apostles look on.



God wants us to listen to Jesus. Write down three things that Jesus is telling you.

Three empty rectangular boxes for writing.

Matthew 17:1-9

By using the words below, can you work out what the voice from the cloud said to the apostles?

SON AM LISTEN TO SAYS
BELOVED HIM IS PLEASED

Word puzzle cloud: THIS __ MY
_____,
AND I _____
WITH _____
__ WHAT HE _____.

© Creative Ministry Resources

Changes to Mass Schedule for this Week

No Masses on Wednesday, 8 March & Friday, 10 March at Maria Regina Church but there will be a Communion Service

No Mass on Thursday Evening, 9 March at Sacred Heart Church but there will be a Communion Service

Adoration of the Blessed Sacrament is at the usual time.

Maria Regina Catholic Primary School
OPEN DAY 2023



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

The *Living* Word

Entrance Antiphon Cf. Ps 26:8-9
Of you my heart has spoken, Seek his face.
It is your face, O Lord, that I seek;
hide not your face from me.

First Reading Gen 12:1-4
A reading from the book of Genesis
The call of Abraham, the father of God's people.

The Lord said to Abram, 'Leave your country, your family and your father's house, for the land I will show you. I will make you a great nation; I will bless you and make your name so famous that it will be used as a blessing. 'I will bless those who bless you: I will curse those who slight you. All the tribes of the earth shall bless themselves by you.' So Abram went as the Lord told him.

The word of the Lord

Responsorial Psalm
Ps 32:4-5. 18-20. 22. R. v.22

**(R.) Lord, let your mercy be on us,
as we place our trust in you.**

The word of the Lord is faithful
and all his works to be trusted.
The Lord loves justice and right
and fills the earth with his love. **(R)**

The Lord looks on those who revere him,
on those who hope in his love,
to rescue their souls from death,
to keep them alive in famine. **(R)**

Our soul is waiting for the Lord.
The Lord is our help and our shield.
May your love be upon us, O Lord,
as we place all our hope in you. **(R)**

Second Reading 2 Tm 1:8-10
A reading from the second letter of St Paul to Timothy
God has saved us, and called us to be holy.

With me, bear the hardships for the sake of the Good News, relying on the power of God who has saved us and called us to be holy – not because of anything we ourselves have done but for his own purpose and by his own grace. This grace had already been granted to us, in Christ Jesus, before the beginning of time, but it has only been revealed by the Appearing of our saviour Christ Jesus. He abolished death, and he has proclaimed life and immortality through the Good News.

The word of the Lord.

Gospel Acclamation Mt 4:4

Glory and praise to you, Lord Jesus Christ!
From the shining cloud the Father's voice is heard: this is my beloved Son, hear him.
Glory and praise to you, Lord Jesus Christ!

Gospel Mt 17:1-9
A reading from the holy Gospel according to Matthew
His face shone like the sun.

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus. As they came down from the mountain Jesus gave them this order. 'Tell no one about the vision until the Son of Man has risen from the dead.'

The Gospel of the Lord

Communion Antiphon Mt 17:5

This is my beloved Son, with whom I am well pleased; listen to him.

REFLECTION
by *Dianne Bergant CSA*

The blessings upon which we meditate today are undeserved gifts from God. They were not earned. The graciousness of God transforms us in such a way as to effect new beginnings. It can be seen in the promises made to Abram. He leaves the past behind and moves into a new future. It can be seen in the psalm response. The Lord delivers us from death and inspires us to look to the future. It can be seen in the reading from 2 Timothy. Through Christ Jesus we are called to a new life of holiness; we escape the fetters of death and are brought into the freedom of the resurrection. We see it in the gospel, a glimpse into the future glory of Jesus which, through grace, we will be able to share. Lent is a time of new beginnings which find their origin in the abundant blessings of God. The ultimate blessing of God is Jesus himself. As Abram was called to be the source of blessing for all others, as Peter, James and John were chosen to witness the transfiguration of Jesus, so today we too are invited to look to Jesus for inspiration during this holy season. Paul speaks of the salvation that Jesus brings

as having come, not because of any works of righteousness that we might have performed, but because of the grace of God. Once again the Lenten readings focus on the merciful action of God in our lives, and in the end they point to Jesus.

© Dianne Bergant CSA

Welcome to Pittwater Parish

Oliver John Sherwood

Emilia Ipschwitz

Aliscia Ipschwitz

Poppy Crystal Prentice

Maddison Rae Rosati

Harrison Phillip Pegram

on the
26th of February 2023

at

Sacred Heart Church

Mona Vale

for the

Sacrament of

Baptism

**THURSDAY MORNING
SPIRITUALITY GROUP**

**Every Thursday,
the Spirituality Group
will be held at 10:30 am
after the 10 am Mass
for Morning Tea
followed by study and
contemplation until
12 noon.**

**at
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Hall
Avalon**

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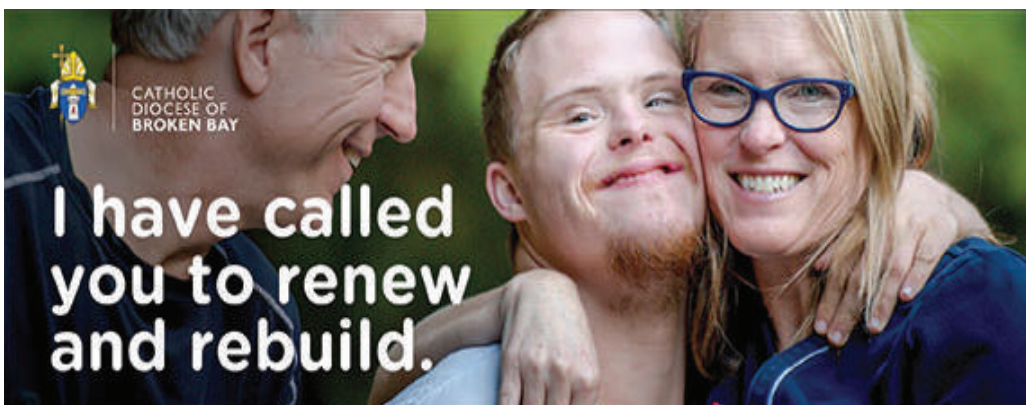
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