



# The Catholic Parish of Pittwater

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



## Discipleship Prayer

Loving Father,  
open our hearts to hidden realities:  
your love for all people,  
your presence in the community,  
your call to justice and peace.  
May the sacraments stir in us  
that same love for all people.

Jesus Christ,  
help us to imitate your example;  
healing the sick,  
welcoming the stranger,  
assisting the poor and vulnerable.  
May these remind us of your love  
and self-giving,  
which we strive to imitate.

We ask you,  
through Christ,  
our Lord.  
Amen.



## Thoughts of Blessed Francis Jordan

Now and then read and meditate on  
the Most Holy Eucharist.

*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 January

**For the Gift of Diversity in the Church**  
Let us pray that Spirit help us recognise the gift  
of different charisms within the Christian  
community, and to discover the richness of  
different ritual traditions in the heart of  
the Catholic 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 8:30 am, 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

*Paulina Fabian*  
*Susan Hickey*

### Deceased Anniversary

*Helena Seve*  
*Nita Seve*  
*Leonard Nezeti*

### 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

Mina Lee

Maureen Larios

Denise Wagner

Tom Murphy

Leonie Ariemetto

Marco Sangiacamo

Sarah Paterson

Elaine Boyes

Pauline Chipman

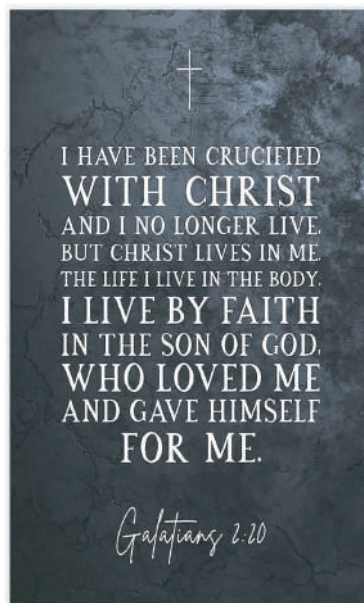
Marta Bizubova

## BOOK REVIEW

**What Do You Want of Me**  
**The Apparitions and Message**  
**of our Lady of Fatima**  
by: Fr Charles M Manga



We all know about the apparitions but perhaps we should ask ourselves what does God want of us, too. We can all do better if we think about it.



### Liturgy for the Week

15/01 **Monday, Ordinary Time 2**  
1 Sam 15:16-23; Mk 2:18-22

16/01 **Tuesday, Ordinary Time 2**  
1 Sam 16:1-13; Mk 2:23-28

17/01 **Wednesday, St Anthony**  
1 Sam 17:32-33, 37, 40-51;  
Mk 3:1-6

18/01 **Thursday, Ordinary Time 2**  
1 Sam 18:6-9, 19:1-7;  
Mk 3:7-12

19/01 **Friday, Ordinary Time 2**  
1 Sam 24:3-21; Mk 3:13-19

20/01 **Saturday, Ordinary Time 2**  
2 Sam 1:1-4, 11-12, 17, 19,  
23-27; Mk 3:20-21

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2023  
Our Year of  
*Stewardship*



**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.

when was the last time you felt  
**FULLY ALIVE?**

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

**Sacred Heart Church, Mona Vale**

**Please Contact**

**Joseph Cilia @ 0418 863 814**

[www.menalive.org.au](http://www.menalive.org.au)

God is glorified when men are fully alive  
St Irenaeus

## 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  
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### Assistant Priest

**Fr Zygmunt Smigowski SDS**

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[ap@pittwaterparish.org](mailto:ap@pittwaterparish.org)

### Parish Secretary

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**Josh Willard**

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### Media & Communications

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[media@pittwaterparish.org](mailto:media@pittwaterparish.org)

### Sacramental Coordinator

**Sonia Samartin**

Tel 9157 0999 ext 13  
[sacraments@pittwaterparish.org](mailto: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

**RESIDENTIAL RETREATS FOR 2024**  
STARTS ON FRIDAY, 5:30PM ENDS ON SUNDAY, 4:00PM

|   |
|---|
| Volunteers Retreat 9th-11th February            |
| Inner Healing Growth Retreat 16th-18th February |
| Lenten Growth Retreat 15th-17th March           |
| Divine Mercy Growth Retreat 5th-7th April       |
| Couples Growth Retreat 17th-19th May            |
| Inner Healing Growth Retreat 14th-16th June     |
| Family & Children Retreat 12th-14th July        |
| Inner Healing Growth Retreat 16th-18th August   |
| Youth Retreat 13th-15th September               |
| Marian Growth Retreat 18th-20th October         |
| Inner Healing Growth Retreat 15th-17th November |
| Advent Retreat 13th-15th December               |

(Live-in, Accommodation and food provided)  
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Sharing - \$185 each (including meals),  
4 bedded rooms: Single person - \$250 (including meals),  
Sharing \$ 170 each (including meals).

**For more info & bookings**  
please contact: 02 4372 1598 or email: [drcretreatreg@gmail.com](mailto:drcretreatreg@gmail.com)

**Special Dates to Remember**

|  |   |
|--|---|
| <b>DIVINE MERCY FEAST</b><br>April 7th, 9:00am to 4:00pm.            | <b>ST TERESA OF CALCUTTA FEAST</b><br>5th September                               |
| <b>ST VINCENT DE PAUL FEAST</b><br>September 29th, 9:00am to 4:00pm. | <b>ST FAUSTINA KOWALSKA FEAST</b><br>5th October                                  |
|  | <b>7:00am to 9:00am</b><br>•Confession •Holy Adoration •Holy Mass                 |
|  | <i>A partial indulgence is granted to all who venerate the relic on this day.</i> |

**NEW YEAR'S EVE**  
31st Dec, 8:00pm- Confession 10:00pm- Praise and worship, Rosary, 11:00pm- Holy Mass





# Here is the Lamb of God

2nd Sunday in Ordinary Time, Year B

John the Baptist called Jesus the Lamb of God. In Jesus' time, lambs were often used as sacrifices to please God. Jesus would eventually sacrifice his life for us. What are some sacrifices you can make that could help others?



## Following Jesus

Following the example of Jesus' life isn't always easy. For each of the following things that Jesus asks us to do, write down why you find it either easy or difficult to do.

Love your enemies

Be a peace maker

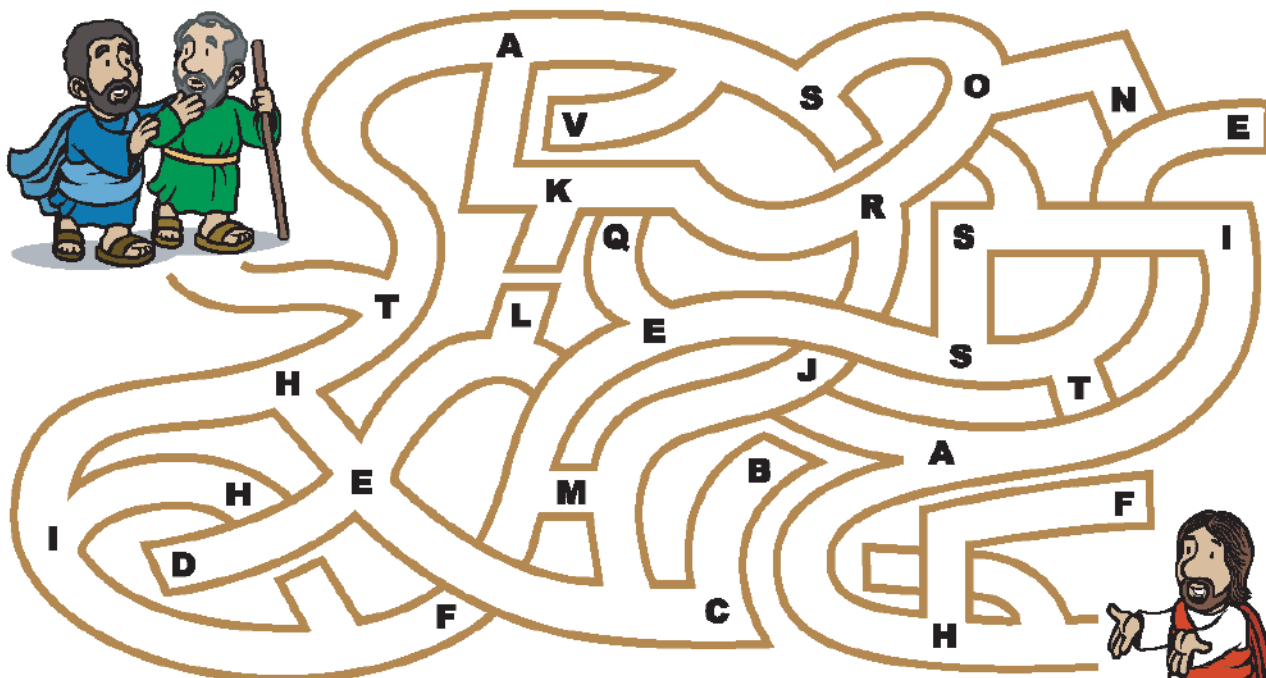
Help people in need

Forgive those who do wrong by you

Be kind to others

Lead others to Christ

As Andrew leads Simon to Jesus, enter each letter into the corresponding box below to reveal who they find.



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# THE LAMB, THE ROCK AND HOW TO KNOW WHAT YOU ARE SEEKING



***"Do Thou give strength to seek... My strength and my infirmity are in Thy sight: preserve the one, and heal the other." ~ St. Augustine***

If you want to find something, the best way to do so is to start looking! Perhaps you won't find exactly what you're looking for, but at least you will have lived.

A beautiful and slightly strange word that illustrates the advantages of giving it your all is serendipity. It's a word that comes from the ancient Persian name of Sri Lanka (Serendip) and refers to the fortune of finding one thing while you are searching for another.

Maybe this is the way it is with God sometimes and we must learn to entrust ourselves to His serendipity, because God always surprises us. He never simply lets our expectations play out as we had imagined and we never truly know exactly what we're looking for. As Augustine said, "If you comprehend it, that is not God."

Perhaps this is the reason the Gospels always start with someone who is The only thing that they know what to ask for is a relationship! The place where we live speaks to who we are. The house is the place where one becomes like family. Once a relationship becomes strong enough, then you feel free to invite someone to your house.

Though one of the two disciples remembers perfectly even the time of day of the encounter (it was about four in the afternoon), the scripture does not tell us where Jesus lives. That place remains unknown because there are so many possible places in which we can find Jesus. God does not allow Himself to be enclosed within our experiences.

The two disciples do not stay in the house with Jesus forever: they go out again. Our relationship with the Lord, if it is fruit of an authentic encounter, becomes an announcement, a proclamation: there is always a brother whom we must bring to Jesus. Andrew found Simon. And it is through these encounters that lives are changed. Simon becomes Cephas.

Life is set in motion by our desires and we alter reality along the way. Perhaps not everything will change at once, but at least we will have initiated

something, searching for something, but who isn't quite sure what he's looking for. Matthew starts with the Magi who are following an improbable star, Mark with John the Baptist who awaits a Messiah who is different from the one that comes to be baptized by him, Luke undertakes the investigations of a professional historian, and John presents us with blundering disciples who do not know where they are going.

And yet, all are seeking. In this way, the Gospels suggest that the fundamental attitude that one must have in order to find God is simply to seek!

This week's passage from John's Gospel develops around the interplay of looks and words that are not fully understood. First John the Baptist fixes his gaze on Jesus, and later it is Jesus who looks upon Simon. And between these gazes there are mysterious words: John the Baptist says that Jesus is the Lamb of God, an audacious metaphor that might have brought ancient memories into the minds of the disciples (the lamb of the Paschal supper or the sacrificial lamb of the Temple?).

In any case, they certainly aren't ready to understand why He is the Lamb of God. It is equally difficult for Simon to be called rock. He probably felt strangely exposed, as perhaps he realized that that name touched on something profound about his life.

In any case, the lamb and the rock are words that evoke something that is not yet clear.

To seek something means to let yourself be compelled by words that you do not yet fully understand. He who doesn't think of setting out unless the road is completely smooth and straight will probably never set foot outside his doorway.

In order to snap us out of our stagnant state, Jesus invites us to recognize our emptiness, that we lack something essential. This absence takes on the name desire. We start seeking when we desire something that we don't yet possess.

And since we can never possess God, we can do nothing but seek Him, continually. In the Gospel, Jesus often asks the question: what do you seek? What would you like me to do? Do you

want to be healed? Jesus' desire is to fill the emptiness that inhabits each of us. Like the first disciples, we too seek an answer. And yet, life pushes us beyond the established definitions of things, especially with God.

The first two apostles do not ask Jesus for a lesson, for a sure truth, perhaps because they are a little surprised and confused by the initiative Jesus takes with them: it is He that turns towards them and it is He that invites them to become aware of the question that they hold in their hearts.

***By: Fr Gaetano Piccolo  
Catholic Link***

**You must each decide in your heart how much to give. And don't give reluctantly or in response to pressure. "For God loves a person who gives cheerfully."  
2 Corinthians 9:7**

## **UPDATE FROM THE SACRAMENTAL COORDINATOR**

### **Sacrament of First Reconciliation:**

**Sacred Heart Church, Mona Vale**

**Thursday, 21 March 2024 at 5:00 pm or**

**Maria Regina Church, Avalon**

**Thursday, 11 April 2024 at 5:00 pm**

*Children in Year 4 and above are eligible to receive this sacrament if they have been confirmed.*

**If you want your child to prepare for First Reconciliation, you **MUST** attend**

**ONE of the following**

**Parent Information and Commitment Sessions:**

**Tuesday, 6 February -**

**Sacred Heart Church at 7:30 pm**

**or**

**Thursday, 8 February**

**Maria Regina Church at 7:30 pm**

**We need facilitators for the weekly preparation sessions.**

**If you would like to be a group facilitator or would like to have more information about the role or about this sacrament, please contact Sonia on [sacraments@pittwaterparish.org](mailto:sacraments@pittwaterparish.org)**



# The *Living* Word

## Entrance Antiphon

Psalm 65:4

All the earth shall bow down before you,  
O God, and shall sing to you,  
shall sing to your name, O Most High!

## First Reading

1 Samuel 3:3-10.19

### A reading from the first book of Samuel

*Speak, O Lord, your servant is listening.*

Samuel was lying in the sanctuary of the Lord where the ark of God was, when the Lord called, 'Samuel! Samuel!' He answered, 'Here I am'. Then he ran to Eli and said, 'Here I am, since you called me.' Eli said, 'I did not call. Go back and lie down.' So he went and lay down. Once again the Lord called, 'Samuel! Samuel!' Samuel got up and went to Eli and said, 'Here I am, since you called me.' He replied, 'I did not call you, my son; go back and lie down.' Samuel had as yet no knowledge of the Lord and the word of the Lord had not yet been revealed to him. Once again the Lord called, the third time. He got up and went to Eli and said, 'Here I am, since you called me.' Eli then understood that it was the Lord who was calling the boy, and he said to Samuel, 'Go and lie down, and if someone calls say, "Speak, Lord, your servant is listening."' So Samuel went and lay down in his place. The Lord then came and stood by, calling as he had done before, 'Samuel! Samuel!' Samuel answered, 'Speak, Lord, your servant is listening.' Samuel grew up and the Lord was with him and let no word of his fall to the ground.

## The word of the Lord

### Responsorial Psalm

Ps 39:2. 4. 7-10. R. vv. 8.9

**(R.) Here am I, Lord; I come to do your will.**

I waited, I waited for the Lord,  
and he stooped down to me;  
he heard my cry. He put a new song into  
my mouth, praise of our God. **(R.)**

You do not ask for sacrifice and  
offerings, but an open ear. You do not ask  
for holocaust and victim. Instead, here  
am I. **(R.)**

In the scroll of the book it stands written  
that I should do your will. My God, I  
delight in your law in the depth of my  
heart. **(R.)**

Your justice I have proclaimed  
in the great assembly. My lips I have not  
sealed; you know it, O Lord. **(R.)**

## Second Reading

1 Corinthians 6:13-15. 17-20

### A reading from first letter of St Paul to the Corinthians

*Your bodies are members of the body of Christ.*

The body is not meant for fornication; it is for the Lord, and the Lord for the body. God, who raised the Lord from the dead, will by his power raise us up too. You know, surely, that your bodies are members making up the body of Christ; anyone who is joined to the Lord is one spirit with him.

Keep away from fornication. All the other sins are committed outside the body; but to fornicate is to sin against your own body. Your body, you know, is the temple of the Holy Spirit, which is in you since you have received him from God. You are not your own property; you have been bought and paid for. That is why you should use your body for the glory of God.

## The word of the Lord.

### Gospel Acclamation

John 1:41. 17

Alleluia, alleluia!

We have found the Messiah:  
Jesus Christ, who brings us truth and  
grace.

Alleluia!

## Gospel

John 1:35-42

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

*They saw where Jesus lived and they stayed with him.*

As John stood with two of his disciples, Jesus passed, and John stared hard at him and said, 'Look, there is the lamb of God.' Hearing this, the two disciples followed Jesus. Jesus turned round, saw them following and said, 'What do you want?' They answered, 'Rabbi,' – which means Teacher – 'where do you live?' 'Come and see' he replied; so they went and saw where he lived, and stayed with him the rest of that day. It was about the tenth hour.

One of these two who became followers of Jesus after hearing what John had said was Andrew, the brother of Simon Peter. Early next morning, Andrew met his brother and said to him, 'We have found the Messiah' – which means the Christ – and he took Simon to Jesus. Jesus looked hard at him and said, 'You are Simon son of John; you are to be called Cephas' – meaning Rock.

## The Gospel of the Lord

### Communion Antiphon

Psalm 22:5

You have prepared a table before me,  
and how precious is the chalice that  
quenches my thirst.

## REFLECTION

by Dianne Bergant CSA

*Today we consider the call to discipleship. The readings outline the various stages of this call and provide a*

*sketch of some of the characteristics of each stage: the invitation, the discerning process and the resulting transformation. The call is an invitation from God. It might come to us as inner sensitivity, a kind of a dream or inspiration. Our interest might be captured by a person or an event that first attracts us and then beckons us to investigate further. It can come in the innocence and naivete of childhood, in the vigour of young adulthood, or in the wisdom of years. It comes when God calls.*

*The second stage involves discernment. Most of us need help recognising moments of religious importance and so we seek out women and men who are practiced in the ways of God, who can help us test the spirit. They might be recognised religious leaders or prophetic guides, or they could be friends or loved ones who know us well and who are also attuned to the workings of God in their own lives.*

*Finally, when we respond to the call, we discover that we no longer belong solely to ourselves; as disciples, we belong to the body of Christ. We belong to the reign of God; we are now part of the mission of Christ. As disciples, we are called to proclaim to the world the justice of God. What a glorious honour this is!*

© Dianne Bergant CSA

Finally, be strong  
in the Lord and in  
his mighty power.

Ephesians 6:10

THE GRACEFUL CHAPTER



# NOW ENROLLING YEARS K - 6

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Behold, the fire and the  
wood, but where is the lamb  
for a burnt offering?  
Abraham said, "God will  
provide for himself the lamb  
for a burnt offering, my  
son."

Gen 22:7-8

I give them eternal life, and they shall never perish;  
no one will snatch them out of my hand. My Father,  
who has given them to me, is greater than all;  
no one can snatch them out of my Father's hand.  
I and the Father are one.

**John 10:28-30**

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