



The Catholic Parish of Pittwater

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

A Prayer for Lenten Simplicity

Free me, Lord Jesus,
from anything that obstructs
my way to You.
Clear away the clutter of petty grudges.
Remove smudges of resentment
and bitterness.

Cleanse me of thoughts filled with
anger, envy or self-pity.
Create space in my life for more
kindness and less spitefulness,
greater generosity and
stronger compassion.

Enlarge my heart with a spirit of
gratitude this Lent,
so that I recognise the simple gifts
that lay in abundance
all around me.

In Your sacred Name, I pray.
Amen.



Thoughts of Blessed Francis Jordan

Hope comes from faith! We must have great faith, and
without great faith we cannot have hope or
confidence in God, or hope in the Lord!

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.

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 February *For the Terminally Ill*

Let us pray that the sick who are in the final
stages of life, and their families, receive the
necessary medical and human care and
accompaniment.

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
Timothy Bottero

May His Soul and the Souls of the Faithful Departed, Through the Mercy of God, Rest in Peace. Amen.

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

DVD REVIEW

The Eucharist

"In Communion with Me"



This film is designed to bring out Christ's great gift of Himself to us in the Eucharist. It also deals briefly with certain Eucharistic miracles approved by the Catholic Church. These are powerful reminders of the true presence of Jesus Christ in the Eucharist.

MEANING OF THE LENT

PRAY
IS LOVE FOR GOD

FAST
IS LOVE
FOR YOURSELF

GIVE
IS LOVE FOR OTHERS

Liturgy for the Week

26/02 Monday, 2nd Week of Lent
Dan 9:4-10; Lk 6:36-38
27/02 Tuesday, 2nd Week of Lent
Is 1:10, 16-20; Mt 23:1-12
28/02 Wednesday, 2nd Week of Lent
Jer 18:18-20; Mt 20:17-28
29/02 Thursday, 2nd Week of Lent
Jer 17:5-10; Lk 16:19-31
01/03 Friday, 2nd Week of Lent
Gen 37:3-4, 12-13, 17-28; Mt 21:33-43, 45-46
02/03 Saturday, 2nd Week of Lent
Micah 7:14-15, 18-20; Lk 15:1-3, 11-32

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Give to our
Parish of
Pittwater

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Scan the QR code above with your camera app and follow the prompts

Use this App to support our Clergy through the first collection and our Parish through the second collection. Donations can be made weekly, fortnightly, monthly or one-off.

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

Available on the
App Store

Get it on
Google play



PARISH EASTER RECONCILIATION

Sacred Heart Church, Mona Vale

Thursday, 21st March
after the 7pm Mass

There are more opportunities to seek the mercy of God in the Sacrament of Reconciliation

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



Maria Regina Catholic Primary School Avalon

Ignite • Connect • Excel



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**

Kirsty Thorpe, Principal
Maria Regina Catholic
Primary School
42 Central Road
Avalon NSW 2107
(02) 7256 2138
mra@dbb.catholic.edu.au



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Parish Directory

Pittwater Parish

1 Keenan Street Mona Vale
NSW 2103
Tel 9157 0999

Parish Priest

Fr Richard Sadowski SDS

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pp@pittwaterparish.org

Assistant Priest

Fr Zygmunt Smigowski SDS

Tel 9157 0999 ext 12
ap@pittwaterparish.org

Parish Secretary

Belinda Ciminio

Tel 9157 0999 ext 30
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Administrative Assistant

Shereae Knight

Tel 9157 0999 ext 30
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Director of Music

Josh Willard

Tel 9157 0999 ext 17
music@pittwaterparish.org

Media & Communications

Coordinator

Conille Felias

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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

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

Update from the Sacramental Coordinator

SACRAMENT OF CONFIRMATION

Maria Regina Church, Avalon

Saturday, 22 June 2024 at 6:00 pm

or

Sacred Heart Church, Mona Vale

Sunday, 23 June 2024

at 10:00 am and 12 noon

Children in Year 3 and above are eligible to receive the Sacrament of Confirmation if they have been baptised.

For more information about the requirements, the preparation program, enrolments, etc., you **MUST ATTEND ONE** of the following

Parent Information & Commitment Sessions

which will take place at 7:30 pm:

Thursday, 2 May - Maria Regina Church, Avalon

Monday, 6 May - Sacred Heart Church, Mona Vale

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

PROJECT COMPASSION FOR ALL FUTURE GENERATIONS



Project Compassion Sunday 2024 Leaia's Story, Samoa

Not having access to a reliable source of clean water was very difficult for Leaia and her family. But with the support of Caritas Australia, a water tank was installed at their home, improving their health and living conditions.

Please take home a Project Compassion box or set of donation envelopes to support Caritas Australia this Lenten season and help support vulnerable people around the world, now and for all future generations. With your support, Caritas Australia has been able to support communities around the world to tackle poverty, food security, education, water and sanitation and disaster risk reduction.

You can donate Project Compassion donation boxes and envelopes available at the back of our Churches - Sacred Heart Church and Maria Regina Church.



STATIONS OF THE CROSS

Every Friday in Lent after the morning Mass at both Churches -

after the 8am Mass @
Maria Regina Church
Avalon

and
after 9.30am Mass @
Sacred Heart Church
Mona Vale

Faith-centred learning with community at its heart.



You're invited to meet the staff and students, and experience an evening at Mater Maria Catholic College

At Mater Maria Catholic College, we focus on supporting the academic growth of all students and recognising the gifts of the individual in order for all to thrive in our Catholic faith community.
Marc Reicher, Principal

Waiting list for Year 7, 2025

Applications for Year 7, 2026 close on Friday 12 April, 2024

Currently accepting applications for 2027

WALK IN NEW LIFE
MATER MARIA
CATHOLIC COLLEGE
www.matermaria.edu.au

**OPEN DAY
2024**

Tuesday
5 March

4pm – 7pm

For more information
please scan our QR code

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>



**men
ALIVE
men's weekend**

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

Parish Bulletin Term 1, Week 3

This week we welcomed back some of our high achieving students from the HSC Class of 2023, including our DUX who received 99.35 ATAR, and congratulated them on their academic achievements. These individuals were recognised as High Achievers for 2023 at Mater Maria and have all enrolled to do various degrees at universities all over Sydney and New South Wales. We extend our congratulations and best wishes to all the Year 12s, their families and all the Mater Maria staff for achieving extraordinary results for their bright futures.

We also welcomed parents to our Parent Information Evening for students in Years 8 and 9. We focused on growth for all students and staff, how to engage with student learning, methods of communication, the importance of attendance and the ways that we are supporting student wellbeing through pastoral care. Helping each student flourish and grow in their relationship with Jesus Christ is our core business here at Mater Maria Catholic College.

Our Year 12 Visual Arts students attended a workshop at the Art Express exhibition at the Art Gallery of NSW and Museum of Contemporary Art as part of their HSC Assessment Task; Whilst Japanese students in the Cross Campus Centre Japanese Beginners and Japanese Cultural course attended an orientation excursion to Sydney CBD to visit examples of Japanese culture in the city such as Kinokuniya bookstore and Regent Place. They met with a native Japanese speaker and had an opportunity to practice their Japanese speaking skills.

We continued to support new students with our Year 7 mentoring program focused on Mater Maria's procedures, dress code and behavioural expectations, as well as technology and what it means to belong in the Mater community. Sport is in full swing at the College with MWBA Basketball on every afternoon this week. Many students in Years 7, 8 and 9 participated in the Peninsula Cup Touch Football Competition, whilst many others attended either the CSBB U15 and Open Touch Football Gala Day or the All Schools Triathlon. Join us for our Open Day on Tuesday 5 March between 4.00pm - 7.00pm – all are welcome. 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.**



The Transfiguration

One day, Jesus took Peter, James and John to the top of a high mountain. They then witnessed Jesus talking with Moses and Elijah and heard the voice of God. Draw a picture of the Transfiguration.



God wants us to listen to Jesus. What are some things that Jesus tells us?

Draw a line from each of the following statements to either Moses or Elijah.



Moses

God's law was revealed to him

He challenged King Ahab for worshipping a false god

A great prophet mentioned in the first book of Kings

He rescued God's people from Egypt

Elisha became his successor

He became the leader of the Israelites



Elijah

Mk 9:2-10

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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 prayers that sustain.**

***Fast from anxiety;
Feast on faith.**

-Author Unknown

The *Living* Word

Entrance Antiphon Psalm 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 Genesis 22:1-2. 9-13. 15-18

A reading from the book of Genesis

The sacrifice of Abraham, our father in faith.

God put Abraham to the test. 'Abraham, Abraham,' he called. 'Here I am,' he replied. 'Take your son,' God said 'your only child Isaac, whom you love, and go to the land of Moriah. There you shall offer him as a burnt offering, on a mountain I will point out to you.' When they arrived at the place God had pointed out to him, Abraham built an altar there, and arranged the wood. Then he bound his son Isaac and put him on the altar on top of the wood. Abraham stretched out his hand and seized the knife to kill his son. But the angel of the Lord called to him from heaven. 'Abraham, Abraham,' he said. 'I am here,' he replied. 'Do not raise your hand against the boy,' the angel said. 'Do not harm him, for now I know you fear God. You have not refused me your son, your only son.' Then looking up, Abraham saw a ram caught by its horns in a bush. Abraham took the ram and offered it as a burnt offering in place of his son. The angel of the Lord called Abraham a second time from heaven. 'I swear by my own self – it is the Lord who speaks – because you have done this, because you have not refused me your son, your only son, I will shower blessings on you, I will make your descendants as many as the stars of heaven and the grains of sand on the seashore. Your descendants shall gain possession of the gates of your enemies. All the nations of the earth shall bless themselves by your descendants, as a reward for your obedience.'

The word of the Lord

Responsorial Psalm

Ps 115:10. 15-19. R. 114:9

(R.) I will walk in the presence of the Lord in the land of the living.

I trusted, even when I said: 'I am sorely afflicted.' O precious in the eyes of the Lord is the death of his faithful. **(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.)**

My vows to the Lord I will fulfil before all his people, in the courts of the house of the Lord, in your midst, O Jerusalem. **(R.)**

Second Reading Romans 8:31-34

A reading from letter of St Paul to the Romans

God did not spare his own Son.

With God on our side who can be against us? Since God did not spare his own Son, but gave him up to benefit us all, we may be certain, after such a gift, that he will not refuse anything he can give. Could anyone accuse those that God has chosen? When God acquits, could anyone condemn? Could Christ Jesus? No! He not only died for us – he rose from the dead, and there at God's right hand he stands and pleads for us.

The word of the Lord.

Gospel Acclamation Matthew 17:5

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 Mark 9:2-10

A reading from the holy Gospel according to Mark

This is my Son, the beloved; listen to him.

Jesus took with him Peter and James and John and led them up a high mountain where they could be alone by themselves. There in their presence he was transfigured: his clothes became dazzlingly white, whiter than any earthly bleacher could make them. Elijah appeared to them with Moses; and they were talking with Jesus. Then Peter spoke to Jesus. 'Rabbi,' he said 'it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' He did not know what to say; they were so frightened. And a cloud came, covering them in shadow; and there came a voice from the cloud, 'This is my Son, the Beloved. Listen to him.' Then suddenly, when they looked round, they saw no one with them any more but only Jesus. As they came down from the mountain he warned them to tell no one what they had seen, until after the Son of Man had risen from the dead. They observed the warning faithfully, though among themselves they discussed what 'rising from the dead' could mean.

The Gospel of the Lord

Communion Antiphon Matthew 17:5

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

REFLECTION

by Dianne Bergant CSA

We all have dreams for the future, dreams about success and well-being. We all want a better world for our children

and grandchildren. Our religious tradition sets before us aspirations that call for personal transformation. However, sometimes when we follow the inspiration of our most devout aspirations, obstacles are thrown in our path preventing us from following our dreams. Still, God does not call us out of our dreams into a vacuum. If we are asked to relinquish a possible future, it is only to be offered God's future. Our aspirations may be noble, but the possibilities that God offers will outstrip them in excellence. Abraham was promised an heir; he relinquished his hold on his heir, and he was granted heirs beyond counting. Jesus came as a Rabbi; he allowed himself to be handed over to death, and he was revealed as the beloved Son of God. Those preparing for Baptism might be asked to relinquish the dreams that they previously held in order to embrace the future God has in store for them. We who are already joined to Christ will be asked to recommit ourselves to this transformative experience. Do we have faith, or do we need a glimpse of Christ's transfiguration in order to believe in his resurrection? Do we have to see and touch Jesus, or are we able to believe because we have heard his message? God's future in Christ is open to us, but we must accept it in faith, even when we do not fully understand what it means.

© Dianne Bergant CSA



ADORATION & BENEDICTION

**Sacred Heart Church,
Mona Vale**

**every Tuesday from
8.30am - 9.30am
and**

**every Thursday from
7:30pm - 9.00pm**

**Exposition of the Blessed Sacrament,
Adoration, Reconciliation
followed by
Benediction and Mass**

**Maria Regina Church,
Avalon**

**every Thursday from
9.00am - 9:45am**

**Exposition of the Blessed Sacrament,
Adoration, Reconciliation
followed by
Benediction and Mass**

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Faith
 IS **CONFIDENCE** IN
 WHAT WE HOPE FOR
 AND ASSURANCE ABOUT
 WHAT WE DO NOT SEE
HEBREWS 11:1

**"So faith, hope, love abide, these three; but the
 greatest of these is love."**
-1 Corinthians 13:13

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