



The Catholic Parish of Pittwater

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

Look at Your Heart

Venerable Fulton J Sheen

It is not perfect in shape and contour like a Valentine heart.

There seems to be a small piece missing out of the side of every human heart.

I think that when God made your human heart, He found it so good and so lovable that He kept a small sample of it in Heaven.

He sent the rest of it into this world to enjoy His gifts, and to use them as stepping stones back to Him, but to be ever mindful that you can never love anything in this world with your whole heart because you have not a whole heart with which to love.

In order to be really whole-hearted you must go back again to God.



Thoughts of Fr Francis Jordan

O Lord, help me, show me the way! Without you, I can do nothing. I hope all things from You. In you, O Lord, I have hoped, I will not be confounded for ever.



Pope Francis' Prayer Intentions For January

Intention for evangelisation - Human fraternity
May the Lord give us the grace to live in full fellowship with our brothers and sisters of other religions, praying for one another, open to all.

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

A warm welcome to all our parishioners and visitors who are celebrating the Eucharist with us at Pittwater Parish - Sacred Heart Church, Mona Vale and Maria Regina Church, Avalon

Share the News

Our Churches- Sacred Heart (Mona Vale) and Maria Regina (Avalon) are open.

Come for Mass.
Come and pray.
Come and light a candle.

The NSW Government has made the wearing of masks in all churches mandatory.

We ask all coming to the Church to please wear a mask.

Please bring your own mask

thank you 🌈❤️

Parish Pastoral Council
Matthew Hyland
matthyland100@yahoo.com.au

Pittwater Parish Ministries

Catechists

Co-Directors

Maureen Wooldridge - 9997 4694
Veronica Thomas -
veronicathomas2009@gmail.com

Evangelisation Ministry

Erich Ott (Coordinator RCIA)
0409 124 840

Sr Margaret Collis - 9974 4116
Sue Berg - 0419 991 781
(Coordinators Adult Faith Education/
Formation)

Legion of Mary

Connie Robinson - Director
0458 007 706

Little Hearts Playgroup

Co-Directors-Marie Bockman -
mbockman@hotmail.com
Maureen Wooldridge - 9997 4694

Media & Communication Ministry

Laura Ee - Director
media@pittwaterparish.org

Music Ministry

Josh Willard - Director
9157 0999 ext 17

Pastoral Care and

Communion to the Sick Ministry

Co-Directors
Denise Bottero - 9997 6904
Marie Bockman -
mbockman@hotmail.com

Parish Library

Trish Newman - Director
9918 3973

Sacramental Program Ministry

Suzi Caruso
9157 0999 ext 0
sacraments@pittwaterparish.org

Social Justice Ministry

Tamara Harding - Director
0403 226 699
www.facebook.com/pages/Pittwa-
ter-Friends-Of-Soibada/162612300466694

Youth Ministry

soul@pittwaterparish.org or
Josh Willard (Soul Youth)
music@pittwaterparish.org

All our Ministries comply with Working With
Children Check requirements

We acknowledge the lifelong trauma of abuse
victims, survivors and their families, the failures of
the Catholic Church to protect, believe and
respond justly to children and vulnerable adults,
and the consequent breach of community trust.

We Pray for
Recently Deceased

Colleen Atkinson

**Eternal Rest Grant Unto Them
O Lord, And Let Perpetual Light
Shine Upon Them.
May They Rest in Peace. Amen.
May Their Souls And The Souls
Of The Faithful Departed,
Through The Mercy Of God,
Rest In Peace. Amen.**

Deceased Anniversary

**Margaret Traves
Ivan Vodanov
Leticia Buhat
Angela Mitchell
Vimala Anthony
Helen Seve
Mato & Eva Kaurinovic**

If you would like the names of your
relatives or friends and offerings
included, please drop the envelope in
to the Parish Office by Midday on
Wednesdays. Thank You.

Prayers for the Sick

Bill Eyre
Manny Zarb
Philip Maddrell
Gail Reiher
Imelda Vince
Eric Domagas
Vicky Villaluz
Ben Castillo
Molra Howie
Carol Brennan
Jomar
Christine Hills
Donald McRae
Sara Zofrea
Beryl Peo-Duncan
John Andrew Graham
John Charles Graham
Michael Carrodus
Pat Regan
Robyn Sheather
Lynette Buhat
Candida Hernandez
Chin Quang Le
Gill Page
Tony Quatroville
Garry Gleeson
Elizabeth Kral
Nazarena Custodio

The names on this list will be
removed after four weeks unless
otherwise requested or advised.
Thank you

trybooking

To ensure that we fulfil the requirements
of the 80 (Mona Vale) and 100 (Avalon)
people limit, we would like you to use
the Trybooking website to book for **our
weekend Masses.**

There is no need to book for the weekday
Masses.

The bookings are now open. Further
weekend Masses will be added each
week, taking into consideration any
changes in government restrictions.

**Here are some pointers that
might help:**

1. Once you have selected the Mass
you would like to book for, you
will need to enter the quantity of
tickets at the bottom of the page.
Then click NEXT.
2. Once you have read and agreed to
the "Additional Information" you
will need to select "YES" from the
dropdown box that says "I Agree
to the Terms Above"
3. You will then need to enter the
First Name and the Last Name of
each of the Attendees. Then
click NEXT.
4. In the Checkout, you will need to
complete all the fields, First
Name, Last Name, Phone
Number, Address, Suburb,
Postcode and Email Address.
Then click PURCHASE.
5. If you have completed the
transaction successfully, you will
see "Transaction Successful" on
the following page and you will
receive an email with the "ticket"
to the Mass you have selected.
6. If you do not see "Transaction
Successful" and you do not
receive an email (please
remember to check your junk
email) then the items may still
be in your cart and you may
need to re-complete one of the
steps.
7. You do not need to print the
ticket. We will have your name
on the "Ticket Holder List" for
each Mass.

To book for our Masses at Sacred
Heart Church, Mona Vale, please visit
<https://www.trybooking.com/BJPSE>
To book for our Masses at Maria
Regina Church, Avalon, please visit
<https://www.trybooking.com/BJPSP>

Please do not hesitate to contact the
Parish office 9157 0999 if you need
any assistance.

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**The Catholic Parish
of Pittwater**

Vinnies



**Columban Calendars 2021 \$9
each. All transactions are cash
only, as we do not have EFTPOS
facilities. Any queries, please call
the Parish Office on 9157 0999.**

**For the needy, help is
available by contacting the
Brookvale Centre 9905 0424
during business hours.**

PLANNED GIVING

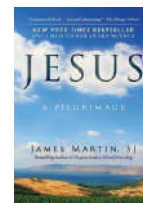
The money contributed to our parish via
our second collection helps us to meet
the running costs which our Parish
incurs, including wages, electricity,
telephones, insurances, rates, building
and equipment repairs and
maintenance, to name but a few. Whilst
you are unable to attend Mass, if you are
able to make your regular donation by
way of automatic direct debit from your
credit card, please complete the form
included in this bulletin. Or donations
can be made on our website:

www.pittwaterparish.org through the
donations and giving tile. If you would
prefer not to give by credit card, please
contact the parish office, 9157 0999 for
other ways that you can contribute.



BOOK REVIEW

**Jesus A Pilgrimage
by James Martin, S.J.**



It is partly a
travel guide,
spiritual
reflection and
also Scripture
very ably
blended by
Father James
to assist

seekers to encounter Jesus
through the eyes of the
modern pilgrim.

OFFICE HOURS

From Monday
11 January to
Wednesday
27 January 2021,
the office will be open:
Monday to Friday
9am to 12noon.

**Watch the daily Mass on Demand from Broken Bay's
Cathedral at**

<https://www.youtube.com/channel/UCNenwlf17i14XB9TsVBrLvQ>

**We hope that this will help the faithful to celebrate the Holy Mass
online wherever you are**

THURSDAY MORNING SPIRITUALITY GROUP

A Blessed New Year to everyone. We will recommence our study this year on Thursday 4th February with Pope Francis' new Encyclical Letter on Fraternity and Social Friendship. Pope Francis gives us a way of life which allows us to acknowledge, appreciate and love each person, regardless of physical proximity and regardless of where he or she was born or lives. "God has created all human beings equal in rights, duties and dignity and has called them to live together as brothers and sisters."

We meet at 10 am for morning tea followed by the study at 10.30 - 12 noon. We read through the book in a very relaxed manner gaining new insights from each other. **All are invited.**

Contact Trish Newman ocds on 99183973 or Mb. 0401613643.

Mary Star of the Sea Prayer Cards

The Prayer Cards, featuring a prayer written by Bishop Anthony, feature our Patroness of the Diocese of Broken Bay, Mary Star of the Sea. There is room on the prayer card to write your intentions. They can be used in the parish for the community to pray together or individually.



Even though the restrictions in NSW have eased and Churches can now be open. This means that the capacity of our Churches remains at 80 for Sacred Heart Church, Mona Vale and 100 for Maria Regina Church, Avalon.

We will continue to record names and contact details of those present at services along with the date and time they attend, as required by NSW health.

It is our responsibility to protect others and ourselves and stop the spread of COVID-19 in Australia.

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

Everyone must also stay 1.5 metres away from other people whenever possible. Please sit only in the marked seats.

Thank you for working with us to keep our parish community safe.

Family Prayer for the Start of a New Year

The catechetical program works best when education takes place at home as well as in the classroom. At the beginning of the year, it is important to remember that you are on a spiritual path together with your children. You can participate more substantially in your children's faith formation and in the parish community by being aware of what your children are learning and by praying together as a family.

FAMILY PRAYER

**O God,
we long to know you
and to love you,
but the busyness of life
often gets in the way.**

**Help us to recognise
the ordinary, daily ways
that our family can learn
about you and grow
closer to you.**

**We know that you are
with us, leading us and
guiding us on our way.**

Amen.

**We welcome
to Pittwater Parish
Sophie Gillespie
Henry Parker
Kiri Ready
on 17 January 2021
at Sacred Heart Church,
Mona Vale for the
Sacrament of
Baptism**

LIBRARY

Now that the restrictions have been lifted concerning the opening of churches, although at present only 100 people and Maria Regina, we can access the Library. You are very welcome to browse the vast assortment of books and DVDs in the Parish Library at Maria Regina after the daily and weekend Masses. Books and DVDs will still be reviewed in the Bulletin. If you have an inquiry you may phone me on 99183973 (Home) 0401613643 (mobile).

Trish Newman

Happy Birthday

Fr Bronek, on the 14 January,

*Asking GOD
TO BLESS you
with EVERY kind of
JOY
on your birthday
& ALWAYS!*



**JOURNEY
CATHOLIC RADIO**

"fulfillment of the promises made to Abraham and Isaac" FR MARK DE BATTISTA

This week on the Journey (Ep 389)
On the Journey this week: Fr Mark De Battista explains why John the Baptist describes Jesus as 'the Lamb of God' and its link to Abraham, Mother Hilda's story of concern for a small child outside a pub is like the Father's concern for us. Fr Dave Callaghan says there's a big difference between being in love and loving and how our cultural demands for a stimulating life challenges our commitment to loving over self-fulfilment, and Trish McCarthy says modelling clay is like feeling the fingers of God. Plus, great music!

Visit www.jcr.org.au or www.itunes.jcr.org.au where you can listen anytime and subscribe to weekly shows by email. Got friends or family who you'd like to hear this show ever week? All you've got to do is send them this email and they can subscribe by clicking here.

The Journey is a weekly program developed by the Catholic Diocese of Wollongong and is the only Catholic radio program in Australia aired on general Christian radio.

Listen to this week's presenter inputs
Gospel Reflection - Fr Mark De Battista - *The Lamb of God*
Wisdom from The Abbey - Mother Hilda - *The Boy Outside the Pub*
Smart Loving - Byron & Francine Pirolas - *The Father-in-Law from Heaven*
Living the Gospel - Pete Gilmore - *You've Got My Nose*
The Call - Fr Dave Callaghan - *Being in Love vs Loving*
Milk & Honey - Trish McCarthy - *Modelling Clay*

Catechesis on prayer. The prayer of praise

POPE FRANCIS - General Audience on 13 January Library of the Apostolic Palace



Dear brothers and sisters, good morning!

Let us continue our catechesis on prayer, and today we will give space to the dimension of praise.

We will take as our starting point a critical passage in the life of Jesus. After the first miracles and the involvement of the disciples in the proclamation of the Kingdom of God, the mission of the Messiah goes through a crisis. John the Baptist doubts and makes Him receive this message - John is in jail: "Are you he who is to come, or shall we look for another?" (Mt 11:3), because he feels this anguish of not knowing whether he is mistaken in his proclamation. There are always dark moments, moments of spiritual nighttime, and John is going through this moment. There is hostility in the villages along the lake, where Jesus had performed so many prodigious signs (see Mt 11:20-24). Now, precisely in this disappointing moment, Matthew relates a truly surprising fact: Jesus does not lift up a lament to the Father, but rather He raises a hymn of jubilation: "I thank you, Father, Lord of heaven and earth", says Jesus, "that you have hidden these things from the wise and understanding and revealed them to babes" (Mt 11:25). So, in the midst of a crisis, amid the darkness of the soul of so many people, such as John the Baptist, Jesus blesses the Father, Jesus praises the Father. But why?

First and foremost, He praises Him for who He is: "Father, Lord of heaven and earth". Jesus rejoices in His spirit because He knows and He feels that His Father is the God of the Universe, and vice versa, the Lord of all that exists is Father "My Father". Praise springs from this experience of feeling that He is "Son of the Most High". Jesus feels he is Son of the Most High.

And then Jesus praises the Father for favouring the little ones. It is what He Himself experiences, preaching in the villages: the "learned" and the

"wise" remain suspicious and closed, who are calculating; while the "little ones" open themselves and welcome His message. This can only be the will of the Father, and Jesus rejoices in this. We too must rejoice and praise God because humble and simple people welcome the Gospel. When I see these simple people, these humble people who go on pilgrimages, who go to pray, who sing, who praise, people who perhaps lack many things but whose humility leads them to praise God... In the future of the world and in the hopes of the Church there are the "little ones": those who do not consider themselves better than others, who are aware of their own limitations and their sins, who do not want to lord it over others, who, in God the Father, recognise that we are all brothers and sisters.

Therefore, in that moment of apparent failure, where everything is dark, Jesus prays, praising the Father. And His prayer also leads us, the readers of the Gospel, to judge our personal defeats in a different way, to judge differently the situations in which we do not see clearly the presence and action of God, when it seems that evil prevails and there is no way to stop it. In those moments Jesus, who highly recommended the prayer of asking questions, at the very moment when He would have had reason to ask the Father for explanations, instead begins to praise Him. It seems to be a contradiction, but it is there, it is the truth.

To whom is praise helpful? To us or to God? A text of the Eucharistic liturgy invites us to pray to God in this way, it says this: "Although you have no need of our praise, yet our thanksgiving is itself your gift, since our praises add nothing to your greatness, but profit us for salvation" (Roman Missal, Common Preface IV). By giving praise, we are saved.

The prayer of praise serves us. The Catechism defines it this way - the prayer of praise "shares

in the blessed happiness of the pure of heart who love God in faith before seeing Him in glory" (no. 2639). Paradoxically it must be practised not only when life fills us with happiness, but above all in difficult moments, in moments of darkness when the path becomes an uphill climb. That too is the time for praise. Like Jesus [who] in the dark moment praises the Father. Because we learn that, through that ascent, that difficult path, that wearisome path, those demanding passages, we get to see a new panorama, a broader horizon. Giving praise is like breathing pure oxygen: it purifies the soul, it makes you look far ahead so as not to remain imprisoned in the difficult moment, in the darkness of difficulty.

There is a great teaching in that prayer that for eight centuries has never lost its beat, that Saint Francis composed at the end of his life: the "Canticle of Brother Sun" or "of the creatures". The Poverello did not compose it in a moment of joy, in a moment of wellbeing, but on the contrary, in the midst of hardship. Francis was by then almost blind, and he felt in his soul the weight of a solitude he had never before experienced: the world had not changed since the beginning of his preaching, there were still those who let themselves be torn apart by quarrels, and in addition he was aware that death was approaching ever nearer. It could have been the moment of disillusionment, of that extreme disillusionment and the perception of his own failure. But Francis prayed at that instant of sadness, in that dark instant: "All praise is yours, my Lord". He prays by giving praise. Francis praises God for everything, for all the gifts of creation, and even for death, which he courageously calls "sister". These examples of saints, of Christians, and also of Jesus, of praising God in difficult moments, open to us the gates of a great road to wards the Lord, and they purify us always. Praise always purifies.

The Saints show us that we can always give praise, in good times and bad, because God is the faithful Friend. This is the foundation of praise: God is the faithful friend, and His love never fails. He is always beside us, He always awaits us. It has been said, "He is the sentinel who is close to you and keeps you going with confidence". In difficult and dark moments, let us have the courage to say: "Blessed are you, O Lord". Praising the Lord. This will do us so much good. Thank you.

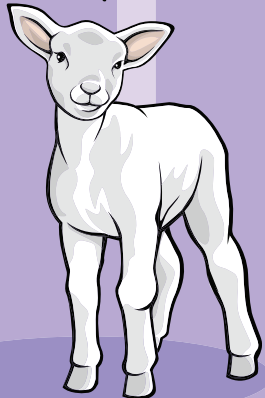




Here is the Lamb of God

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

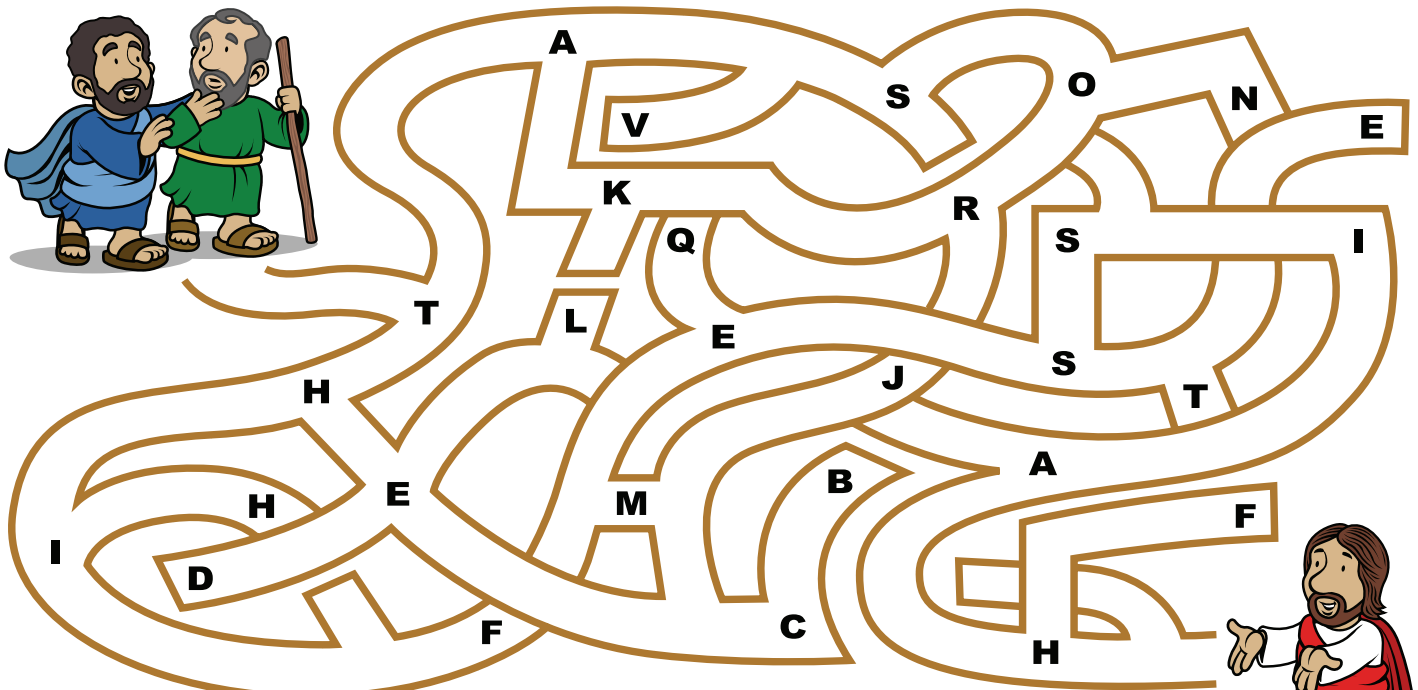
Help people in need

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.



The *Living* Word

Entrance Antiphon

Ps 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 Sm 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 Cor 6:13-15. 17-20

A reading from the 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

Jn 1:41. 17

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

Gospel

Jn 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

Cf. Ps 22:5

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

REFLECTION

by Dianne Bergant CSS

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 CSS

To read the messages from
Bishop Anthony and from
the people Vox Populi
please go to
www.pittwaterparish.org.
News and events tile and Messages
from Bishop Anthony on the drop
down menu.

**No Weekday
Masses at Sacred
Heart Church from
Monday 18 to
Friday 22 January
for carpet work
being completed.**

**Weekday Masses will be at
MARIA REGINA CHURCH, Avalon ONLY.**

Monday 8am

Tuesday 8am

Wednesday 8am

**Thursday 9am Exposition of the
Blessed Sacrament, Adoration and
Benediction at 9.45am. Mass at 10am**

Friday 8am



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Liturgy for the Week

18/01 **Monday Weekday Ordinary 2**
Heb 5:1-10; Mk 2:18-22

19/01 **Tuesday Weekday Ordinary 2**
Heb 6:10-20; Mk 2:23-28

20/01 **Wednesday Weekday
Ordinary 2**
Heb 7:1-3, 15-17; Mk 3:1-6

21/01 **Thursday St Agnes, virgin,
martyr**
Heb 7:25 - 8:6; Mk 3:7-12
(Alt. 1 Cor 1:26-31; Mt 13:44-46)

22/01 **Friday Weekday Ordinary 2**
Heb 8:6-13, Mk 3:13-19

23/01 **Saturday Weekday Ordinary 2**
Heb 9:2-3, 11-14; Mk 3:20-21

We acknowledge and thank the businesses and individuals that support our parish through advertising in our parish bulletin. We thank them for their support and ask our parish community to support their businesses in return.

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0403226699



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