



# The Catholic Parish of Pittwater

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

## My Daily Prayer

Dear God, as I begin this day  
Let me turn my thoughts to you,  
and ask your help in guiding me  
in everything I do.

Give me the patience that  
I need to keep my peace of mind,  
and with life's cares,  
I hope dear God, some happiness  
to find.

Let me live but for today,  
not worrying what's ahead,  
for I have trust that you will see  
I get my "Daily Bread".

Give me the courage to face life's  
trials and not from troubles run,  
Let me keep this thought in mine,  
"Thy Will", not "Mine" be done.

And if some wish I do not get  
Though I prayed to Thee  
Help me to believe and  
understand  
You know what's best for me.

I've failed you many times I know,  
but when tonight I rest,  
I hope that I can kneel and say,  
"Dear God, I've tried my best.

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

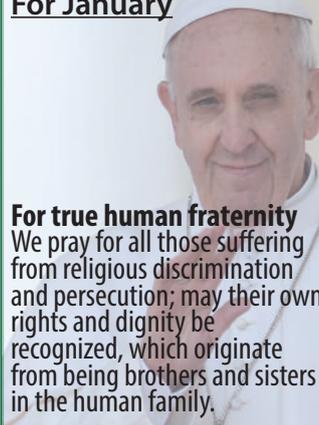


## Thoughts of Bl Francis Jordan

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



**For true human fraternity**  
We pray for all those suffering from religious discrimination and persecution; may their own rights and dignity be recognized, which originate from being brothers and sisters in the human family.



The Service NSW QR codes are now available at the entrance of both of our churches, for you to use to check in. If you do not have a smartphone or you're not carrying it with you, please download your personal QR code with Service NSW, and scan your code at the entrance of the church. Thank you for working with us to keep our parish community safe.

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.



**Face Masks are mandatory in Churches.**

## MASS TIMES

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

**Weekday Masses**  
**Tuesday 9.30am**

**Wednesday 9.30am**

**Thursday 7pm**

**(Followed by Adoration and  
Benediction at 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 the Souls of

**Helen Seve**  
**Angela Mitchell (Mansfield)**  
**Ronald Mitchell**

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.

## Recently Deceased

**Carmel Krannage**

## Prayers for the Sick

Beryl Peo-Duncan  
Michael Carrodus  
Pat Regan  
Garry Gleeson  
Annette Davis  
Andrew Hood  
Jeff Langley  
Warwick Chipman  
Erin Ocampo  
Mark Lindfield  
Vicky Kalingasan  
Bill Eyre  
Brian Gregan  
Marian Poe  
Marcia Bailey  
Bec Burroughs  
Susan Hickey  
Sophia Burfitt  
Margaret De Landre  
Maeve Robinson  
Jenny Carroll  
Matt Ukishima  
Pietrina Maiorana  
Marta Bizubova  
Susan Makabenta  
Dominic Ursino

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

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

## PARISH OFFICE HOURS

Monday  
**10**

From Monday  
10 January to Tuesday  
25 January 2022,  
the office will be open:  
**Monday to Friday  
from 9am to 12noon.**

Tuesday  
**25**

From Thursday  
27th January, normal  
hours will resume.

## DVD REVIEW

**Being a Saint in the  
World**  
by Fr. Jerry Gehringer



This DVD is a good follow up to readings on 7th Sunday of Ordinary time. We are simple people and God lives in each of us. We are all sinners but we must strive for holiness every day and show compassion. This internal struggle will strengthen us in our life with all humanity.



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**Everyone must also stay  
1.5 metres away from  
other people whenever  
possible.**

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

## Liturgy for the Week

- 17/01 **Monday St Anthony, abbot**  
1 Sam 15:16-23; Ps 49:8-9, 16-17,  
21, 23; Mk 2:18-22;  
(Alt. Eph 6:10-13, 18; Ps 15:1-2,  
5, 7-8, 11; Mt 19:16-26)
- 18/01 **Tuesday Ordinary Time Two**  
1 Sam 16:1-13; Ps 88:20-22,  
27-28; Mk 2:23-28;
- 19/01 **Wednesday Ordinary Time 2**  
1 Sam 17:32-33, 37, 40-51;  
Ps 143:1-2, 9-10; Mk 3:1-6;
- 20/01 **Thursday Ordinary Time Two**  
1 Sam 18:6-9, 19:1-7; Ps 55:2-3,  
9-14; Mk 3:7-12;
- 21/01 **Friday St Agnes, virgin, martyr**  
1 Sam 24:3-21; Ps 56:2-4, 6, 11;  
Mk 3:13-19; (Alt. 1 Cor 1:26-31;  
Ps 22; Mt 13:44-46)
- 22/01 **Saturday Ordinary Time One**  
2 Sam 1:1-4, 11-12, 17, 19,  
23-27; Ps 79:2-3, 5-7;  
Mk 3:20-21;

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## GIVING

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**LIVESTREAMS  
READINGS  
NEWS**



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To read the messages from  
Bishop Anthony and from the  
people

Vox Populi please go to  
[www.pittwaterparish.org](http://www.pittwaterparish.org).  
News and events tile and  
Messages from Bishop  
Anthony on the drop down  
menu.

## Vox Episcopi – The Voice of the Bishop 11 January 2022



My dear brothers and sisters in Christ,

Greetings in the Lord as we commence another year. Many people are hoping for a smooth 2022 compared to 2020 and 2021. With the Christmas Season not far behind us, I have not lost sight of the Star of Hope – the symbol and sign of Emmanuel, God-with-us.

There have been a few disruptions to our ecclesial and social communities already this year. Despite the challenges that continue to emerge during this pandemic, I would like to encourage you to remain strong in your faith and to be vigilant in your love and care for others. We are people of hope, but we are also people of faith and love (cf 1 Corinthians 13:4-13).

Faith, hope, and love are virtues which prompt us to behave in an honourably good manner. They are often spotted in the smallest acts of tenderness and kindness made towards others; by putting the weak, the sick, or the vulnerable before ourselves. They are also visible when one defends the rights of others, especially when another person may be compromised or injured. For the Christian disciple, faith, hope, and love are also seen when our duties or obligations are met with cheerfulness, honesty, integrity, and compassion.

I am aware that many of our parishes are now dealing with COVID sickness and quarantine, a reality which will remain with us for some time, it would appear. Practically, I encourage you to continue to be in contact with my Vicar General, Fr David Ranson and my Chancellor, Kelly Paget as case alerts are received and as some of our clergy find themselves testing positive. Please join me so that together we might remain steadfast in our pastoral outreach, to sustain our communities of faith, continuing to be Christ-centred people in all that we think, and say, and do.

Let us offer prayers of gratitude for our frontline workers, that our gracious God may uphold them, give them strength, and keep them safe.

I continue to entrust you, your families, and your loved ones to the intercession of Mary, Star of the Sea, asking her to intercede for us all to her son, Jesus Christ Our Lord.

With my prayers and blessing

**+Anthony**

# 3 Important Lessons We Can Learn from the Wedding at Cana



The story about the wedding at Cana is important because it was the first miraculous sign that Jesus gave. It was the first time that Jesus revealed his glory when he walked this earth. It is also when the disciples began to believe in him. When he called them, they knew something was different about him, but this first miracle helped them to really see. Even though they would see much more later!

Turning water into wine is a miracle. Jesus used miracles to help his followers see, but they weren't meant to make them believe. Miracles are awe-inducing in the moment but often fade from our thoughts when they are over. There were a lot of guests at the wedding at Cana. Human nature can vary extremely. Some of them were astonished at the sudden reappearance of wine. Some of them were cynical and probably thought that there was a secret stash of wine. The bride, groom, and the master of ceremonies were glad that their celebration wasn't ruined. Some saw a miracle. Some probably didn't pay attention. But Mary and the disciples, and probably some of the servants, took note.

## **What Happened at the Wedding at Cana?**

The story of the wedding at Cana is told in John 2:1-12. Early in Jesus's ministry, there was a wedding celebration in the village of Cana in Galilee. Jesus and his mother were invited and so were his disciples. During the celebration, the wine supply ran out. Mary must have known the bride and groom well and didn't want anything to bring down the excitement. She went to Jesus to inform him that there was no more wine. Mary knew Jesus was special and could help. However, Jesus politely replied that his time hadn't arrived yet. So, Mary, still hoping that he would do something, told the servants to listen to Jesus and do whatever he says.

Six stone water jars that held twenty to thirty gallons each were in the serving area. Jesus simply said, "Fill those up with water." The servants did that. Then Jesus added, "Now dip some out and take it to the master of ceremonies." The servants followed his instructions, although they were probably wondering why they were serving plain water.

The master of ceremonies tasted it and called the bridegroom over. The master of ceremonies gushed over the superb quality of the wine. At every other celebration, people would serve the best wine first and then later when the attendees

were rather tipsy and not discerning, they would bring out lesser wines.

At this wedding at Cana in Galilee, the best wine was saved for last. After the wedding, Jesus went to Capernaum for a few days with his mother, his brothers, and his disciples.

## **Here are 3 important lessons we can take away from this miraculous event at Cana:**

### **1. Take Your Requests to Jesus but Humbly Accept His Answer**

The wine supply ran out during the festivities, so Jesus's mother told him, "They have no more wine."

"Dear woman, that's not our problem," Jesus replied. "My time has not yet come." John 2:3-4 Mary couldn't make Jesus do anything even though she was special to him. No matter how close you feel you are to Jesus, you can't make Him do anything if the time isn't right. Jesus wanted to be sure he was working on the Father's schedule toward the ultimate goal of redemption for his people.

God doesn't work on our cues. We must trust Him with our plans and the timing of those plans. In doing so, we bring our plans in conjunction with his master plan and things work out much better. We must always wait patiently for the Lord, be brave and courageous, and continue to wait patiently for the Lord (Psalm 27:14).

### **2. Cultivate a Humble and Obedient Heart**

But his mother told the servants, "Do whatever he tells you." John 2:5

Since you can't make Jesus do your will, resign yourself to do whatever he says. Obey him and you'll have much more peace.

All believers in Christ should seek to have the heart of Mary. Her heart sought to glorify the Lord, rejoice in him, and humbly serve him. She stored up his mighty deeds within her heart. She knew that his mercy was overflowing for those who fear him. He fills up the hungry and waits for the rich to realize their emptiness (Luke 1:46-55). When you resign yourself to doing his will, you may also get what you asked him for. He doesn't work on cue, but he does help us in our need. He is a very good and loving Father and Shepherd. Jesus told the servants, "Fill the jars with water." When the jars had been filled, he said, "Now dip some out, and take it to the master of ceremonies." So, the servants followed his instructions. John 2:7-8

The servants followed his instructions even though they had just seen those jars being filled with water. Were they shaking the whole time they walked to the master of ceremonies? Would they be fired if he took a sip of plain old water? Sometimes we need to do things that don't seem to make sense to our human minds. When we step forward in faith, despite our doubts, we may

see a miracle!

### **3. Remember that in God's Hands, the Ordinary Becomes Extraordinary**

When the master of ceremonies tasted the water that was now wine, not knowing where it had come from (though, of course, the servants knew), he called the bridegroom over. "A host always serves the best wine first," he said. "Then, when everyone has had a lot to drink, he brings out the less expensive wine. But you have kept the best until now!" John 2:9-10

Ordinary things can become extraordinary when they're blessed by God. God uses ordinary people. The disciples themselves were ordinary people before they were called. Believers today are similar. Before God called you, you weren't necessarily wise by human standards. You weren't necessarily influential.

God chooses the lowly people of the world so that they will not be able to boast in their own goodness. The goal of a follower of Christ should be that Christ becomes more and more noticeable in their life. We want people to see him in us. When people see the courage and wisdom of ordinary people that are simply obeying God it stands out as being from God because their own meager efforts aren't that spectacular. But with God, ordinary things and people become extraordinary.

God takes our empty places and fills them. He supplies our needs from his glorious riches, and we end up getting much more than we asked for originally.

### **Conclusion to Our Lessons from the Wedding at Cana**

After the wedding he went to Capernaum for a few days with his mother, his brothers, and his disciples. John 2:12

Jesus didn't stay in Cana and celebrate his miracle. He knew that human nature doesn't remember miracles for very long. People think if they ask for a miracle and God grants it, they will trust God forever. Miracles only make people believe temporarily. When the magic of the moment wears off, so will their belief. Real faith isn't developed this way. Human nature will want another miracle after that and then another. Real faith is trusting in God for who He is, not what He can do. He is the God who loved you before you were born. If you're going to believe, you'll believe before you see a miracle, like Mary and the disciples. Seeing a miracle only solidifies a budding faith. It doesn't start the fire in your heart.

When you see miracles, healings, or answered prayer, take time to rest in your gratitude to God. Don't get so caught up in "what happened" that you forget Who made it happen.

*Jennifer Heeren*



# We put our faith in Jesus

2nd Sunday in Ordinary Time, Year C

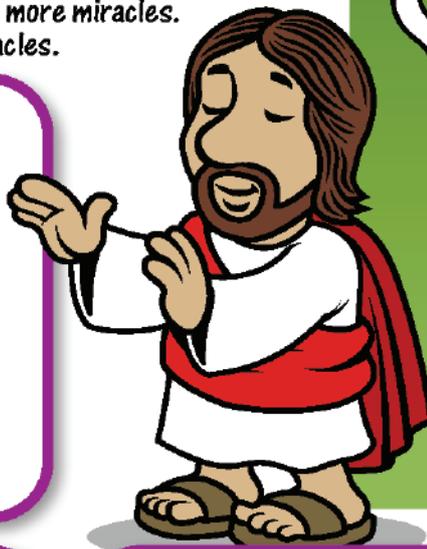
When the wine ran out at a wedding at Cana, Jesus performed his first miracle by turning the water in six stone jars into wine. After seeing this, Jesus' disciples put all their faith in him. Write down some of the ways that you show your faith in God.



Find the stream of water that turns into wine.



After the wedding at Cana, Jesus performed many more miracles. Draw Jesus performing three other miracles.



# 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** Is 62:1-5  
**A reading from the prophet Isaiah**  
*As the bridegroom rejoices in his bride, so will your God rejoice in you.*

About Zion I will not be silent,  
about Jerusalem I will not grow weary,  
until her integrity shines out like the dawn  
and her salvation flames like a torch.  
The nations then will see your integrity,  
all the kings your glory,  
and you will be called by a new name,  
one which the mouth of the Lord will confer.  
You are to be a crown of splendour in the hand of the Lord,  
a princely diadem in the hand of your God;  
no longer are you to be named  
'Forsaken',  
nor your land 'Abandoned',  
but you shall be called 'My Delight'  
and your land 'The Wedded';  
for the Lord takes delight in you  
and your land will have its wedding.  
Like a young man marrying a virgin,  
so will the one who built you wed you,  
and as the bridegroom rejoices in his bride,  
so will your God rejoice in you.

**The word of the Lord**

**Responsorial Psalm** Ps 95:1-3, 7-10. R. v.3

**(R.) Proclaim his marvellous deeds to all the nations.**

O sing a new song to the Lord,  
sing to the Lord all the earth.  
O sing to the Lord, bless his name. **(R)**

Proclaim his help day by day,  
tell among the nations his glory  
and his wonders among all the peoples. **(R)**

Give the Lord, you families of peoples,  
give the Lord glory and power,  
give the Lord the glory of his name. **(R)**

Worship the Lord in his temple.  
O earth, tremble before him.  
Proclaim to the nations: 'God is king.'  
He will judge the peoples in fairness. **(R)**

**Second Reading** 1 Cor 12:4-11  
**A reading from the first letter of St Paul to the Corinthians**  
*One and the same spirit distributes different gifts as he chooses.*

There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord;

working in all sorts of different ways in different people, it is the same God who is working in all of them. The particular way in which the Spirit is given to each person is for a good purpose. One may have the gift of preaching with wisdom given him by the Spirit; another may have the gift of preaching instruction given him by the same Spirit; and another the gift of faith given by the same Spirit; another again the gift of healing, through this one Spirit; one, the power of miracles; another, prophecy; another the gift of recognising spirits; another the gift of tongues and another the ability to interpret them. All these are the work of one and the same Spirit, who distributes different gifts to different people just as he chooses.

**The word of the Lord**

**Gospel Acclamation** See 2 Thes 2:14

Alleluia, alleluia!  
God has called us with the gospel  
to share in the glory of our Lord Jesus Christ.  
Alleluia!

**Gospel** Jn 2:1-11  
**A reading from the holy Gospel according to John**  
*The first of the signs given by Jesus was at Cana in Galilee*

There was a wedding at Cana in Galilee. The mother of Jesus was there, and Jesus and his disciples had also been invited. When they ran out of wine, since the wine provided for the wedding was all finished, the mother of Jesus said to him, 'They have no wine.' Jesus said, 'Woman, why turn to me? My hour has not come yet.' His mother said to the servants, 'Do whatever he tells you.' There were six stone water jars standing there, meant for the ablutions that are customary among the Jews; each could hold twenty or thirty gallons. Jesus said to the servants, 'Fill the jars with water,' and they filled them to the brim. 'Draw some out now' he told them, 'and take it to the steward.' They did this; the steward tasted the water, and it had turned into wine. Having no idea where it came from – only the servants who had drawn the water knew – the steward called the bridegroom and said, 'People generally serve the best wine first, and keep the cheaper sort till the guests have had plenty to drink, but you have kept the best wine till now.'  
This was the first of the signs given by Jesus: it was given at Cana in Galilee. He let his glory be seen, and his disciples believed in him.

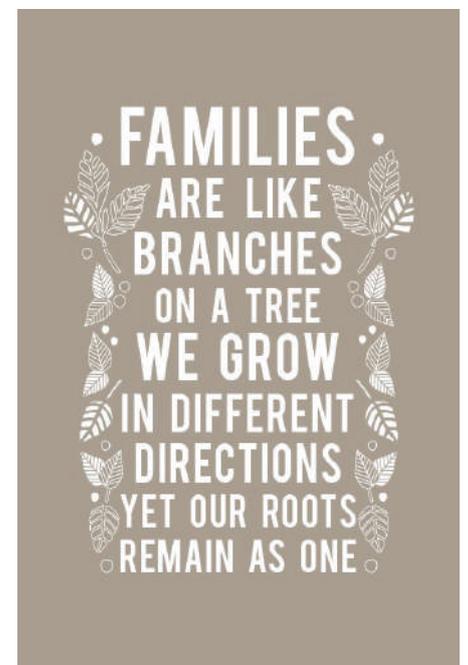
**The Gospel of the Lord**

**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

*The readings that are offered to us as we begin Ordinary Time carry over some of the themes that we considered during the Christmas season. Then we celebrated the new era that God inaugurated through the birth of Jesus. Now we look deeply into our minds and hearts to see just how open we are to the demands of that new year. Last Sunday we considered the manifestation of the Spirit at the time of the baptism of Jesus. This Sunday we contemplate the various manifestations of that same Spirit in our own lives. Finally, we are brought to realise that this variety of Spirit-filled ministries is intended to be a source of Christian unity and not of fragmentation or division. One of the major themes gleaned from the readings for today is that of the call to newness. God summons us to something new, gives us a new name, provides us with new experiences, launches us into new ministries, and calls us to sing a new song of praise. Even Jesus experienced a call to newness. Through Mary, God called him out into ministry, a ministry that would bring the fruits of the eschatological age of fulfilment to the whole world. We may be inclined to think of Pentecost as the season of the Spirit, but in reality the newness of God always comes to us through the Spirit regardless of the season of the year. In the world of the new age, the real glory of Jesus will be manifested in the variety of the gifts of the Spirit given to the church.*

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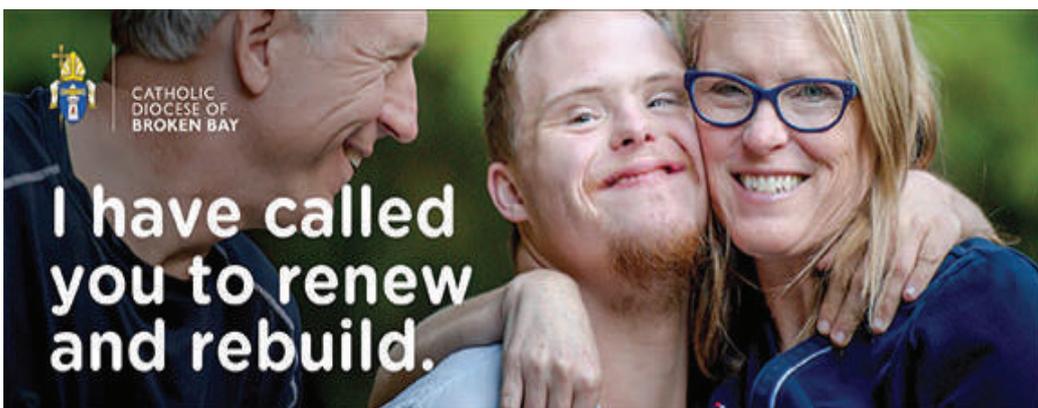
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