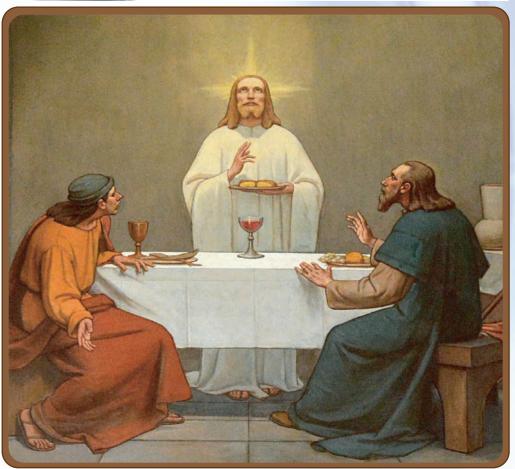


Sacred Heart & Maria Regina. Neighbourhoods of Grace, entrusted to the care of the Salvatorians.



Thoughts of Fr Francis Jordan

Truly the Almighty will help you in all your worries and sufferings. He will never abandon you. He will give you courage and strength.



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



POPE FRANCIS' PRAYER
INTENTION FOR APRIL
For Culture of Peace
and Non- Violence
We pray for the spread of
peace and non-violence, by
decreasing the use of weapons by
states and citizens



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



Prayer of Faith

22nd & 23rd April 2023

Father, I put myself into Your hands: Do with me whatever Your will is. Whatever You may do, I thank You. I am ready for all, I accept all. Let only Your will be done. I wish no more than this, OLord. Into Your hands I commend my spirit; I offer it to You, Lord. I need to to surrender myself to You. Without reserve and with boundless confidence. For You are my Father. Amen.

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

MASS TIMES

SACRED HEART CHURCH 1 Keenan Street, Mona Vale

Weekday Masses Tuesday 8.30am **Exposition of the**

Blessed Sacrament, Adoration, Reconciliation and Benediction from 8am. followed by Mass at 9.30am

> Wednesday 9.30am Thursday 7pm

Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 7.30pm to 9pm Friday 9.30am

First Friday of the Month, **Exposition of the Blessed Sacrament**, Adoration, Reconciliation and Benediction from 9.30am, followed by Mass with Anointing of the Sick at 10.30am

Weekend Masses Saturday Vigil 5.00pm Sunday 8.00am • 10.00am • 6.00pm (SOUL)

Reconciliation 4.00pm to 4.30pm Saturday

Baptism 4th Sunday - 11.30am

MARIA REGINA CHURCH

7 Central Road, Avalon

Weekday Masses Monday 8am Wednesday 8am Thursday 10am 9am Exposition of the Blessed Sacrament, **Adoration and Benediction** at 9.45am Friday 8am

Mass with Anointing of the Sick - First Friday of the Month at 8am

Weekend Masses Saturday Vigil 6.00pm Sunday 9.00am

Reconciliation **Before Vigil Mass on Saturday**

> **Baptism** 3rd Sunday - 11.00am

Prayers for the Sick

Anna Smigowska Sarah Zofrea Guy Zofrea Avelino Samartin Bill O'Connor **Jeff Langley** Mark Lindfiels Nick Moullakis Bill Eyre Brian Gregan Jim Hammond Marcia Bailey **Bec Burroughs** Susan Hickey Sophia Burfitt Margaret De Landre Maeve Robinsonn Jenny Carroll Matt Ukishima Pietrina Maiorana Mina Lee **Denise Wagner** Tom Murphy Leonie Ariemetto John Graham

Liturgy for the Week

24/04 Monday, 3rd week of Easter Acts 6:8-15; Jn 6:22-29

25/04 Tuesday, 3rd week of Easter Wis 3:1-9; Jn 12:23-28

26/04 Wednesday, St Mark 1 Pet 5:5-14;Mk 16:15-20

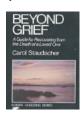
27/04 Thursday, 3rd week of Easter Acts 8:26-40; Jn 6:44-51

28/04 Friday, St Peter Chanel Acts 9:1-20;Jn 6:52-59

29/04 Saturday, St Catherine of Siena Acts 9:31-42; Jn 6:60-69

BOOK REVIEW

Beyond Grief A Guide for Recovering from the Death of a Loved One by: Carol Staudacher



It looks at grief in the raw and helps the bereaved person to face life with renewed strength and optimism.

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Maria Regina

Catholic Primary School Avalon

OPEN DAYS

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

42 Central Rd, Avaion 2107 | 02 9918 2608 | www.mradbb.catholic.edu.au







Third Sunday of Easter: From confusion to faith

The most important detail in Luke's accounts of the disciples meeting the risen Jesus may be the fact that he slowly opened their minds to understand what they had previously been unwilling or unable to grasp. Their facile and self-interested ideas about Jesus as Lord or Messiah fell apart with the Passion.

Those of us born into a so-called Christian society may unwittingly share their lack of understanding. We sometimes proclaim, "He was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day," with about the same amount of wonder as we say, "The light just turned green."

When we read the Gospels, it is all too easy to overlook the mind-boggling confusion they convey and thus avoid their invitation to undergo the transformation they offer. To the extent that we succeed in those evasions, we prevent ourselves from sharing the faith experience of an encounter with Christ that the evangelists wanted to communicate.

Sometimes we enter into the stories we hear from Scripture as if they were played out with all the serious solemnity of a papal funeral. That approach can both shroud the fact that people genuinely enjoyed being with Jesus and erase the impact of his great sense of humor. Jesus was well-known for his proficiency as the comeback artist. His great one-liners included challenging the righteous that they'd better remove the 2-by-4 from their eyes before going after a speck in someone else's, as well as challenging the Pharisees with the observation that while straining to avoid ingesting a gnat they were swallowing a camel (Luke 6:42, Matthew 23:24). He never let his followers take themselves too seriously.

It seems at least remotely possible that when Jesus suddenly materialized in the midst of his disciples on the night of his resurrection, he might have been at least tempted to startle them with a resounding "Boo!"

Luke quotes Jesus as saying "Peace be with you," but that greeting apparently had exactly the same effect as if he had plotted and carried off a plan to make them jump right out of their sandals. Luke says the disciples were "startled and terrified." That sounds like a progression from bad to worse. When

their good sense kicked in, they figured that they were seeing a phantom. (So much for giving your friends a wonderful surprise ...)

When we read the Resurrection accounts without supplementary overlays of piety and unquestioned faith, we can start to comprehend how hard it was for the disciples to understand the risen Christ. That is simply because the Resurrection fulfilled everything Jesus had tried to teach them during his ministry, but they had never grasped it. They had loved him, but their faith was never more than a ghost of his own.

The risen Jesus had to begin by convincing them that he himself had returned to them and that he was truly alive; they could see the scars of his suffering and, just as he had done throughout their life together, he could eat with them.

Luke tells us that Jesus nudged his friends through their incredulity and amazement to the point that he could open their minds to understand the Scriptures. The Gospels attest to the fact that until they had been through Jesus' death and resurrection, they did not and perhaps could not understand what he had tried to teach them.

It was one thing to hear him proclaim that the last would be first; it was quite another for them to meet their crucified friend arisen from the dead. They had often heard him preach metanoia and forgiveness, but they began to learn what it meant when he transformed their way of thinking by returning to them with his message of peace.

In the end, Jesus mandated his disciples to be his witnesses. He knew that the only way they could learn what his message was about was through preaching it in word and deed.

Thus, in today's reading from Acts, we meet the new Peter. No longer the braggart, he is a witness. He has become a preacher and agent of forgiveness, even ready to risk his skin for the message that has captivated him. On one hand, people might not recognize him; on another, they would say he had become what he was always meant to be.

In the end, Easter is God's invitation that we all become what we are meant to be in and through the encounter with the risen Christ. All the saints will tell us that the process involves terrible confusion and frightening realizations that prod us beyond our safe boundaries and easy creeds. They will also tell us that the peace we will find is worth any cost

> By: Mary M McGlone National Catholic Reporter

Sacrament of Confirmation

Saturday, 17 June 2023 at 6pm at Maria Regina Church Sunday, 18 June 2023 at 10am and 12noon at Sacred Heart Church Children in Year 3 and above are eligible to receive the Sacrament of Confirmation if they have been baptised. For more information about the preparation program, enrolments, etc. you MUST attend **ONE** parent information session which will take place at **7:30pm**: Wednesday 3 May Sacred Heart Church and **Thursday 4 May** Maria Regina Church If you have any questions, or would like to become a facilitator of your child's preparation group please contact Sonia at sacraments@pittwaterparish.org We need the help of parents to facilitate the preparation groups.



Parish Directory

Pittwater Parish

1 Keenan Street Mona Vale NSW 2103 Tel 9157 0999

Parish Priest

Fr Richard Sadowski SDS

Tel 9157 0999 ext 10 pp@pittwaterparish.org

Assistant Priest

Fr Zygmunt Smigowski SDS

Tel 9157 0999 ext 12 ap@pittwaterparish.org

Director of Music

Josh Willard

Tel 9157 0999 ext 17 music@pittwaterparish.org

Media & Communications Coordinator

Conille Felias

Tel 9157 0999 ext 31 media@pittwaterparish.org

Sacramental Coordinator

Sonia Samartin

Tel 9157 0999 ext 13 sacraments@pittwaterparish.org

CCD Catechist Coordinators

Maureen Wooldridge Mobile 0421 907 469 Veronica Thomas Mobile 0417 061 534

Parish Office Hours Monday to Thursday 9.00 am to 4.00 pm Friday 9.00 am to 12.00 pm

Sacred Heart Church

1 Keenan Street Mona Vale Maria Regina Church 7 Central Road Avalon

MONA VALE **Sacred Heart School** Tel 8197 6900

Principal: Mr Jamie Wahab

AVALON Maria Regina School Tel 9918 2608

Principal: Miss Kirsty Thorpe

WARRIEWOOD Mater Maria Catholic College Tel 9997 7044

Principal: Mr Marc Reicher

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Saturday May 13th - 11.30am - 1.00pm

Fr. Restituto Ogsimer C S

(will be Celebrant and preach the homily)

Mass will be preceded by

Entrance Procession (in the Cathedral) with the Pilgrim Virgin Statue of Our Lady of Fatima (With the Immaculate Heart) Rosary, Litany of Loreto Act of Consecration to the Immaculate Heart of Mary

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SERRA VOCATIONS MASS AND DINNER MEETING

Bishop Emeritus David Walker, will be celebrating Mass for Serra at Sacred Heart Church Pymble on Thursday 27th April 2023.

The evening commences with Mass at 7.00 PM followed by a light meal and a short meeting.

Following the meeting Bishop David will be our guest speaker, his topic will be "Our Christian Conscience".

> Everyone is welcome. Please "come and see".

Please remember to pray every day for vocations to the priesthood, diaconate, the consecrated life, ecclesial women, all seminarians and novices and for the perseverance of existing vocations.

Please telephone: Terry Scanlan on 0438 887 295 or email terry scanlan@bigpond.com if you would like to attend.

Our Lady of the Rosary Roster Update

Can people on Our Lady of the Rosary roster please confirm if they still wish to stay on it? All parishioners are most welcome to join the group. The Statue of our Lady is usually dropped off to the Next Person on the list on a Sunday or left at one of the Churches for pick-up.

Please note: It will now be 2 weeks with our Lady's Statue. For those who are interested, please Text or E-mail me your

Suzzanne De Landre 0438 135 030 sdelandre@hotmail.com Kindly put Our Lady's Statue as Reference.

Please confirm by 15 May 2023 Our Lady of the Rosary Statue is truly a Blessing in your home. Thank you & God Bless Always, Suzzane



Jesus is always with us

3rd Sunday of Easter, Year A

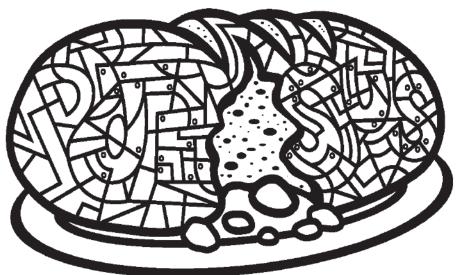
Life is like being on a journey of faith, but sometimes we encounter obstacles along the way. What are some of the toughest obstacles on your path of life?



How does Jesus help you and guide you along that path?



Jesus is always with us, even when we don't realise he is there. Where or when can we recognise Jesus in our everyday life?



Colour the shapes that contain a white dot o in red. Colour the remaining shapes in colours that you find in a loaf of bread.

The Living Word

Entrance Antiphon Cf. Ps 65:1-2 Cry out with joy to God, all the earth; O sing to the glory of his name. O render him glorious praise, alleluia.

First Reading Acts 2:14, 22-33 **A reading from the Acts of the Apostles** *It was impossible for him to be held by the power of Hades.*

On the day of Pentecost, Peter stood up with the Eleven and addressed the crowd in a loud voice: 'Men of Israel, listen to what I am going to say: Jesus the Nazarene was a man commended to you by God by the miracles and portents and signs that God worked through him when he was among you, as you all know. This man, who was put into your power by the deliberate intention and foreknowledge of God, you took and had crucified by men outside the Law. You killed him, but God raised him to life, freeing him from the pangs of Hades; for it was impossible for him to be held in its power since, as David says of him:

I saw the Lord before me always, for with him at my right hand nothing can shake me. So my heart was glad and my tongue cried out with joy: my body, too, will rest in the hopethat you will not abandon my soul to Hades nor allow your holy one to experience corruption. You have made known the way of life to me, you will fill me with gladness through your presence.

Brothers, no one can deny that the

'Brothers, no one can deny that the patriarch David himself is dead and buried: his tomb is still with us. But since he was a prophet, and knew that God had sworn him an oath to make one of his descendants succeed him on the throne, what he foresaw and spoke about was the resurrection of the Christ: he is the one who was not abandoned to Hades, and whose body did not experience corruption. God raised this man Jesus to life, and all of us are witnesses to that. Now raised to the heights by God's right hand, he has received from the Father the Holy Spirit, who was promised, and what you see and hear is the outpouring of that Spirit.'

The word of the Lord

Responsorial Psalm PPs 15:1-2. 5. 7-11. R. v.11

(R.) Lord, you will show us the path of

Preserve me, God, I take refuge in you. I say to the Lord: 'You are my God. O Lord, it is you who are my portion and cup; it is you yourself who are my prize.' (R)

I will bless the Lord who gives me counsel, who even at night directs my heart. I keep the Lord ever in my sight: since he is at my right hand, I shall stand firm.(**R**)

And so my heart rejoices, my soul is glad; even my body shall rest in safety. For you will not leave my soul among the dead, nor let your beloved know decay. (R)

You will show me the path of life, the fullness of joy in your presence, at your right hand happiness for ever.(R.)

Second Reading 1 Pt 1:17-21 A reading from the first letter of St Peter

The ransom that was paid to free you was the blood of the Lamb, Jesus Christ. If you are acknowledging as your Father one who has no favourites and judges everyone according to what he has done, you must be scrupulously careful as long as you are living away from your home. Remember, the ransom that was paid to free you from the useless way of life your ancestors handed down was not paid in anything corruptible, neither in silver nor gold, but in the precious blood of a lamb without spot or stain, namely Christ; who, though known since before the world was made, has been revealed only in our time, the end of the ages, for your sake. Through him you now have faith in God, who raised him from the dead and gave him glory for that very reason - so that you would have faith and hope in God.

The word of the Lord.

Gospel Acclamation

Lk 24:32

Alleluia, alleluia!

Lord Jesus, make your word plain to us: make our hearts burn with love when you speak.

Álleluia!

Gospel Lk 24:13-35 A reading from the holy Gospel according to Luke

They recognised him at the breaking of the bread.

Two of the disciples of Jesus were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. Now as they talked this over, Jesus himself came up and walked by their side; but something prevented them from recognising him. He said to them, 'What matters are you discussing as you walk along?' They stopped short, their faces downcast.

Then one of them, called Cleopas, answered him, 'You must be the only person staying in Jerusalem who does not know the things that have been happening there these last few days.' What things?' he asked. 'All about Jesus of Nazareth' they answered 'who proved he was a great prophet by the things he said and did in the sight of God and of the whole people; and how our chief priests and our leaders handed him over to be sentenced to death, and had him crucified. Our own hope had been that he would be the one to set Israel free. And this is not all: two whole days have gone by since it all happened; and some women from our group have astounded us: they went to the tomb in the early morning, and when they did not find the body, they came back to tell us they had seen a vision of angels who declared he was alive. Some of our friends went to the tomb and found everything exactly as the women had reported, but of him they

saw nothing.'
Then he said to them, 'You foolish men!
So slow to believe the full message of the

prophets! Was it not ordained that the Christ should suffer and so enter into his glory?' Then, starting with Moses and going through all the prophets, he explained to them the passages throughout the scriptures that were about himself. When they drew near to the village to which they were going, he made as if to go on, our me, retailed to stay with them. 'It is nearly evening' to stay with them. 'It is nearly evening' salmost over.' So made as if to go on; but they pressed him he went in to stay with them. Now while he was with them at table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?'They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions, who said to them, 'Yes, it is true. The Lord has risen and has appeared to Simon.' Then they told their story of what had happened on the road and how they had recognised him at the breaking of bread.

The Gospel of the Lord

Communion Antiphon Lk 24:35 The disciples recognized the Lord Jesus in the breaking of the bread, alleluia.

REFLECTION by Dianne Bergant CSA

The Easter mystagogical instruction continues. Today we reflect on life as a journey. This theme expresses well the fact that life is not static, but is a movement from one point to another. Actually, we do not so much make the journey as we join one that is already in progress. Nor are we alone on it. We have companions who share their encouragement and support, their talents and insight. Like the two disciples travelling to Emmaus, we have certain expectations which Jesus does not seem to fulfil. They did not realise that through his death he had accomplished everything. They did not realise that the Risen Lord himself was their travelling companion.

As with them, so with us. We may not see the extraordinary in the ordinary. We may not see the hand of God in our lives. Perhaps we need someone to interpret for us both the tradition and the events of life. Despite appearances, something is happening beneath what we are able to observe. God is at work beneath and within our lives. Once we realise who this unique travelling companion really is, our hearts too will burn within us, our eyes too will be opened, and we too will look at life with the assurance of faith. Easter fåith will transform our disillusionment into missionary zeal. Some of us may be called upon to give public witness, as did Peter. Most will preach with the example of our lives. All can enter this mystery as we recognise him in the breaking of the bread.

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