



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.



Parish of Pittwater



Thoughts of Fr Francis Jordan

Do everything as if you really saw God before you. This is a sure way to make great progress in virtue.



POPE FRANCIS' PRAYER INTENTION FOR MARCH For Victims of Abuse

We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.

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

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



You can find us on Instagram (pittwater_parish)

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

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

We Pray for
Deceased Anniversary
Maria Rosa Calvi
Jure Vukman

Recently Deceased
Jenny Tankard
Andrew

Prayers for the Sick

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

Liturgy for the Week

13/03 **Monday, 3rd Week of Lent**
2 Kg 5:1-15; Lk 4:24-30

14/03 **Tuesday, 3rd Week of Lent**
Dan 3:25, 34-43; Mt 18:21-35

15/03 **Wednesday, 3rd Week of Lent**
Deut 4:1, 5-9; Mt 5:17-19

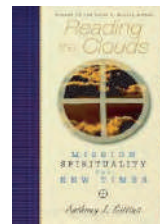
16/03 **Thursday, 3rd Week of Lent**
Jer 7:23-28; Lk 11:14-23

17/03 **Friday, St Patrick**
Jer 1:4-9; Lk 10:1-12, 17-20

18/03 **Saturday, 3rd Week of Lent**
Hosea 5:15 - 6:6; Lk 18:9-14

BOOK REVIEW

Reading the Clouds
by Anthony J. Gittins



The foreward explains how the sea and nature help us to understand our Earth, it's geography and cross cultures. He says our mission is spirituality for new times.

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Parish of
Pittwater

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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.

Maria Regina Catholic Primary School
OPEN DAY 2023



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

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Veronica Thomas
0417 061 534



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MEANING OF THE LENT

PRAY
IS LOVE FOR GOD

FAST
IS LOVE FOR YOURSELF

GIVE
IS LOVE FOR OTHERS

Mass of Installation: Congratulations

FR RICHARD SADOWSKI, SDS

On the 26th of February 2023, the Parish celebrated the installation of Fr Richard Joseph Sadowski, SDS, as Parish Priest of The Catholic Parish of Pittwater. This celebration is long overdue, because of the Covid restrictions last year.

The Most Reverend Bishop Anthony Randazzo, DD JCL, who gave a beautiful homily, was the main celebrant of the installation.

Congratulations to Fr Richard. We rejoice and give thanks for his love and service to our Lord and His People in our Parish.



Project Compassion
Third Sunday of Lent
11 & 12 March



Priscilla lives in the Hwange district in Zimbabwe with her husband, Charles, and their two grandsons. Climate change continues to bring unprecedented challenges for people living in the most vulnerable and remote communities in Zimbabwe.

With the support of Caritas Hwange, Priscilla learnt conservation farming skills to grow drought-resistant crops to support her family during the current food crisis.

Priscilla was able to produce a bumper harvest in her first year of practising conservation farming. Priscilla used the funds from her harvest to start poultry farming, which enabled her to sell eggs to pay for her grandchildren's school fees, books and stationery. The poultry farming provides a safety net for Priscilla and her family during times of hardship, like the current drought.

While the situation in Zimbabwe and across eastern Africa remains dire, the work of Caritas Hwange means that Priscilla can learn the skills she needs to build resilience and support her family during this current food crisis.

Please donate to Project Compassion 2023.

You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting caritas.org.au/project-compassion, or by calling **1800 024 413**.



 **Caritas**
AUSTRALIA



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 & Communication

Conille Felias

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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

THURSDAY MORNING SPIRITUALITY GROUP

Every Thursday, the Spirituality Group will be held at 10:30 am after the 10 am Mass for Morning Tea followed by study and contemplation until 12 noon at Maria Regina Church Hall Avalon



Parish Bulletin- Term 1 Week 6

Catholic Schools Week 2023 commenced when Mater Maria welcomed Year 3 students from Catholic Schools of the Peninsula Learning Community to join us on Monday for a day to see what it is like in secondary school at Mater Maria. Our Year 10 SRC students assisted staff with activities where Year 3 children spent the day exploring the College, building relationships, making connections between our community of schools and finding out what high school is all about. They cooked biscuits in our Food Technology room, created artwork in our Visual Arts room, watched a drama performance and participated in music activities, experimented with science, learnt a little about languages and played a variety of PDHPE sport in the Marana Complex. Despite the very hot day, everyone enjoyed their time at our College. We hope to see many students return in the coming years and we are so grateful to the accompanying Catholic primary school teachers.

Our annual Open Day was held on Wednesday evening. The day was all about sharing the wonderful things that we do at Mater Maria with the local community. We had a fantastic turn out with over 550 families visiting, commenting that they were so happy to be able to celebrate all facets of life at our College, and to display the best of what we have to offer. Visitors were impressed with the faith life of the College, many musical talents, the drama performances and the variety of work being created by students in the various TAS, VET, Visual Arts and Food Technology classrooms. We are very proud of the way in which our students, teachers and parents authentically conveyed the spirit of the College to the community.

A Year 9 Pastoral & Science incursion took place on Friday with Dorothy Maska from Catholic Mission, our Director of Pastoral Care, Mrs Michaela Woodhill, and a forensic science incursion. Ms Makasa spoke to students about world poverty and reflected upon the many ways her faith in Jesus inspired and motivated her to give her life to working for change. Students gained perspective on just how fortunate they are to reside in Australia and how wealth can be better distributed from a Catholic perspective. Mrs Woodhill spoke about cyber citizenship, helping students to acquire the knowledge, skills, and responsibility to participate meaningfully in civil society in the 21st century and build resilience against online manipulation and threats. Our students also participated in a forensic science incursion where they explored a mini- CSI to build their inquiring scientific minds, in the spirit of St Hildegard of Bingen, Pierre Teilhard de Chardin SJ and other brilliant Catholic scientists.

The annual Caritas Project Compass fundraiser was in full swing this week with a fundraising activity every day. This included an egg and spoon race, easter egg guessing competition, games & puzzles, and the annual paper plane flying competition. All activities were positively supported by our engaging students. Mater Maria mountain biking enthusiasts have been in Thredbo this week competing in the Interschools Australian Mountain Biking Competition. This was a fabulous opportunity for students to test themselves against other riders from all over Australia, whilst Year 7 students competed at the Broken Bay U13 Touch Football Gala Day.

We are now enrolling students in Year 5 for Year 7, 2025 and beyond. There is a waitlist for those students that are currently in Year 6 for Year 7 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, 2025 close on Thursday 6 April 2023.

Sacramental Program Update

Please pray for all the children who are preparing for the **Sacrament of Reconciliation** on the 22nd and 29th of March

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.**

*Happy 66th Wedding
Anniversary*

Ivan & Yagoda Vlatko

Congratulations! May God continue to bless you.

Stations of the Cross

Every Friday in Lent

after

morning Mass

at both churches.

**Sacred Heart Church
& Maria Regina Church**



The Catholic Parish of Pittwater
Sacred Heart & Maria Regina, Neighbourhoods of Grace, entrusted to the care of the Salvatorians.



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QUESTIONS
FROM YOUR
CHILDREN ABOUT
FAITH AND LIFE?



6:30 PM | 23 MAR 2023

RSVP NOW



SACRED HEART CATHOLIC
PRIMARY SCHOOL HALL
CHEESE AND WINE FROM 6PM

Vacancy

Parish Secretary – Catholic Parish of Pittwater (Avalon and Mona Vale) Permanent, full-time role

Could you see yourself as the face of our Pittwater Parish communities, providing a sense of warmth and welcome to visitors?

The Pittwater Parish is seeking to recruit a full-time Parish Secretary. This role plays an important part in the Parish team, providing support for Parish communications, administration, financial processes, Parish property, compliance and Diocesan support. The ideal candidate will have excellent people skills, a comprehensive knowledge of office administration processes and procedures and a sound understanding of Microsoft Office Suite, MYOB, bookkeeping or accounting practices.

An ability to work autonomously while remaining a team player, with a commitment to be accountable for performance, and an ability to work collaboratively

across a wide spectrum of stakeholders, supported by a good understanding of, and commitment to, Catholic values and teachings will be crucial to your success. If you have high developed administration skills coupled with well-developed relational and rapport building skills and this role interests you, please email a brief cover letter and CV to pp@pittwaterparish.org Applications close **Friday, 24 March 2023**. The Diocese of Broken Bay is committed to and promotes a culture of safety and care for all people, especially for children and others in the community who are vulnerable. Our Diocese has no tolerance to Child Abuse and is committed to ensuring our staff and volunteers understand the joint responsibility to safeguard all those within our community.

The *Living* Word

Entrance Antiphon Cf. Ps 24:15-16

My eyes are always on the Lord,
for he rescues my feet from the snare.
Turn to me and have mercy on me,
for I am alone and poor.

First Reading Ex 17:3-7
A reading from the book of Exodus
Give us water to drink.

Tormented by thirst, the people complained against Moses. 'Why did you bring us out of Egypt?' they said. 'Was it so that I should die of thirst, my children too, and my cattle?' Moses appealed to the Lord. 'How am I to deal with this people?' he said. 'A little more and they will stone me!' The Lord said to Moses, 'Take with you some of the elders of Israel and move on to the forefront of the people; take in your hand the staff with which you struck the river, and go. I shall be standing before you there on the rock, at Horeb. You must strike the rock, and water will flow from it for the people to drink.' This is what Moses did, in the sight of the elders of Israel. The place was named Massah and Meribah because of the grumbling of the sons of Israel and because they put the Lord to the test by saying, 'Is the Lord with us, or not?'

The word of the Lord

Responsorial Psalm
Ps 94:1-2. 6-9. R. v. 8

**(R.) If today you hear his voice,
harden not your hearts.**

Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord. **(R)**

Come in; let us bow and bend low;
let us kneel before the God who made us
for he is our God and we the people who
belong to his pasture, the flock that is led
by his hand. **(R)**

O that today you would listen to his
voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my
work.' **(R)**

Second Reading Rom 5:1-2. 5-8
A reading from the second letter of St Paul to the Romans
The love of God has been poured into our hearts by the Holy Spirit which has been given to us.

Through our Lord Jesus Christ by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. This hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us. We were still helpless when at his appointed moment Christ died for sinful

men. It is not easy to die even for a good man – though of course for someone really worthy, a man might be prepared to die – but what proves that God loves us is that Christ died for us while we were still sinners.

The word of the Lord.

Gospel Acclamation Jn 4:42, 15

Glory to you, Word of God, Lord Jesus Christ!
Lord, you are truly the Saviour of the world;
give me living water, that I may never thirst again.
Glory to you, Word of God, Lord Jesus Christ!

Gospel Jn 4:5-15. 19-26. 39-42
A reading from the holy Gospel according to John
The water that I shall give will turn into a spring of eternal life.

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.' His disciples had gone into the town to buy food. The Samaritan woman said to him, 'What? You are a Jew and you ask me, a Samaritan, for a drink?' – Jews, in fact, do not associate with Samaritans. Jesus replied: 'If you only knew what God is offering and who it is that is saying to you: Give me a drink, you would have been the one to ask, and he would have given you living water.' 'You have no bucket, sir,' she answered 'and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?' Jesus replied: 'Whoever drinks this water will get thirsty again: but anyone who drinks the water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside him, welling up to eternal life.' 'Sir,' said the woman, 'give me some of that water, so that I may never get thirsty and never have to come here again to draw water. I see you are a prophet, sir. Our fathers worshipped on this mountain, while you say that Jerusalem is the place where one ought to worship.' Jesus said: 'Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we do know; for salvation comes from the Jews. But the hour will come – in fact it is here already –

when true worshippers will worship the Father in spirit and truth: that is the kind of worshipper the Father wants. God is spirit, and those who worship must worship in spirit and truth.' The woman said to him, 'I know that Messiah – that is, Christ – is coming; and when he comes he will tell us everything.' 'I who am speaking to you,' said Jesus 'I am he.' Many Samaritans of that town had believed in him on the strength of the woman's testimony, so, when the Samaritans came up to him, they begged him to stay with them. He stayed for two days, and when he spoke to them many more came to believe; and they said to the woman, 'Now we no longer believe because of what you told us; we have heard him ourselves and we know that he really is the saviour of the world.'

The Gospel of the Lord

Communion Antiphon Jn 4:13-14

For anyone who drinks it, says the Lord, the water I shall give will become in him a spring welling up to eternal life.

REFLECTION
by Dianne Bergant CSA

All people thirst for meaning, but of what does that meaning consist? The people in the desert thirsted for water, but they misunderstood their thirst. The woman of Samaria thirsted. Her conversation with Jesus showed that she thirsted for understanding and insight as well as water. For what do we thirst in this world of such great excess and unmeasured need? Life has not become simpler with all of our advances. We still thirst for more – for the newest, the fastest and the best. How much is enough, and when do we cross the line into 'too much'? The gospel readings for the scrutiny Sundays very clearly lay out the choices that are placed before the catechumens and the rest of the believing community as well. This Sunday it is between water that quenches thirst and water that does not. Jesus identifies himself as the source of water that guarantees eternal life. He places before the Samaritan woman a choice that requires a step of profound faith. She knows the thirst-quenching quality of the water from Jacob's well, but she is not acquainted with the water promised by this stranger who is also an enemy of her people. The choice is not an obvious one. A similar choice is placed before us. We know the demands of our culture and the circumstances of our lives. Are we able to acknowledge the sins of which we are guilty, recognise the grace that is being offered to us, and make the right choice?

© Dianne Bergant CSA

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