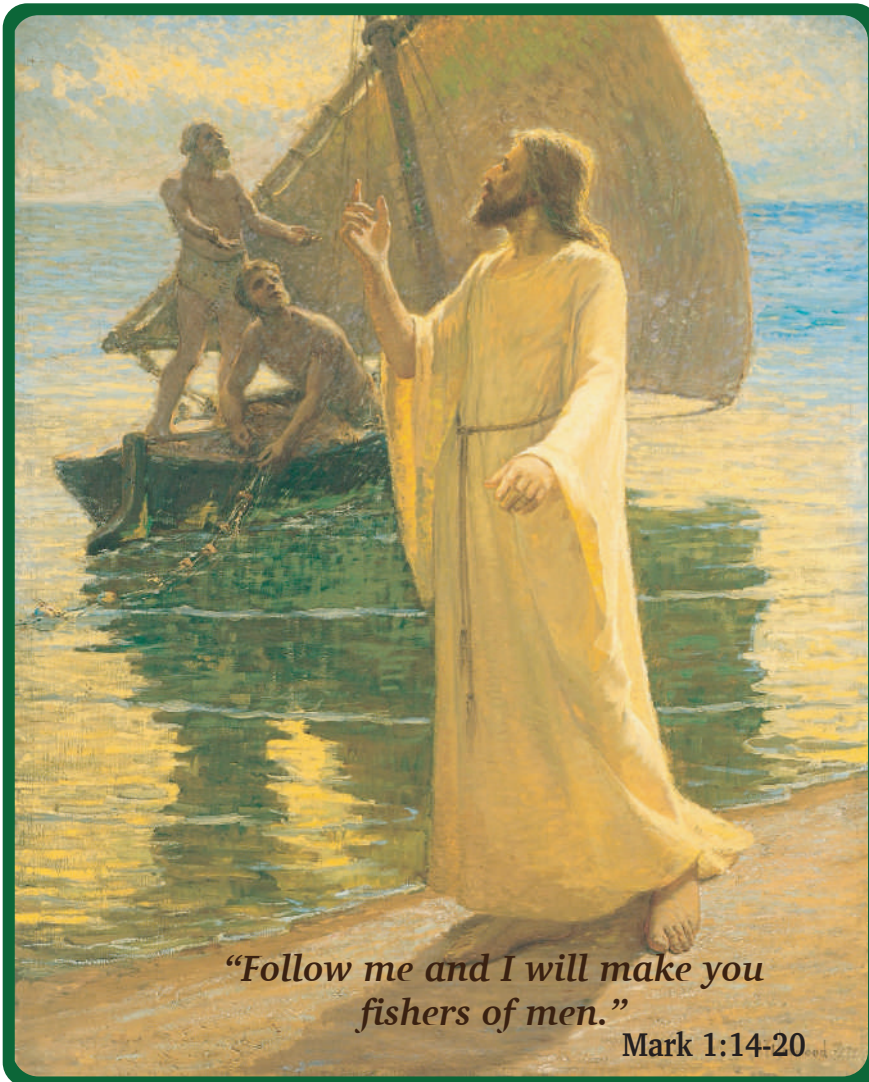




The Catholic Parish of Pittwater

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



*"Follow me and I will make you
fishers of men."*

Mark 1:14-20

Prayer of Repentance

Have mercy on me, O Lord,
according to Your faithful love
and abundant mercy,
forgive my wrongdoings.
Wash me thoroughly from
my transgressions and
cleanse me from my sins.

Create in me a clean heart,
O merciful Father.
May Your presence and the
Holy Spirit renew a light
within me.

Restore to me the joy of
Your salvation and sustain
me with the willing spirit to
spread the Good News.
Amen.



Thoughts of Blessed Francis Jordan

Remember that the more you rescue souls, the greater your
crown becomes.

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

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



POPE FRANCIS' PRAYER INTENTION FOR January

For the Gift of Diversity in the Church
Let us pray that Spirit help us recognise the gift
of different charisms within the Christian
community, and to discover the richness of
different ritual traditions in the heart of
the Catholic 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 8:30 am, 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

Recently Deceased
Susan Hickey
Elizabeth Kral

Deceased Anniversary
Joe Crumlin

Prayer for the Sick

Anna Śmigowska

Guy Zofrea

Jeff Langley

Mark Linfiels

Nick Moullakis

Bill Eyre

Brian Gregan

Marcia Bailey

Bec Burroughs

Margaret De Landre

Stefan Baver

Jenny Carroll

Matt Ukishima

Mina Lee

Maureen Larios

Denise Wagner

Tom Murphy

Leonie Ariemetto

Marco Sangiacamo

Sarah Paterson

Elaine Boyes

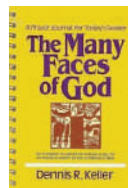
Pauline Chipman

Marta Bizubova

Linda Cimino

BOOK REVIEW

The Many Faces of God
by: Dennis R Keller



God is always there- we only have to remember and call Him. This book, divided into 6 separate weeks, asks inspired questions which really make us think and delve into our deeper selves. In essence, it brings us closer to God. Written by a pastor of Grace United Methodist Church, it teaches us that we are all searching, in our own ways, for the Many Faces of God.

"If you have faith, you will receive whatever you pray for."

MATTHEW 21:22

Liturgy for the Week

22/01 **Monday, Ordinary Time 3**
2 Sam 5:1-7, 10; Mk 3:22-30

23/01 **Tuesday, Ordinary Time 3**
2 Sam 6:12-15, 17-19;
Mk 3:31-35

24/01 **Wednesday, St Francis de Sales**
2 Sam 7:4-17; Mk 4:1-20

25/01 **Thursday, The Conversion of St Paul**
Acts 22:3-16; Mk 16:15-18

26/01 **Friday, Australia Day**
Is 32:15-18; Mt 5:1-12

27/01 **Saturday, Ordinary Time 3**
2 Sam 12:1-7, 10-17;
Mk 4:35-41

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Graciously heavenly Father, we thank and praise you for this land, Australia.

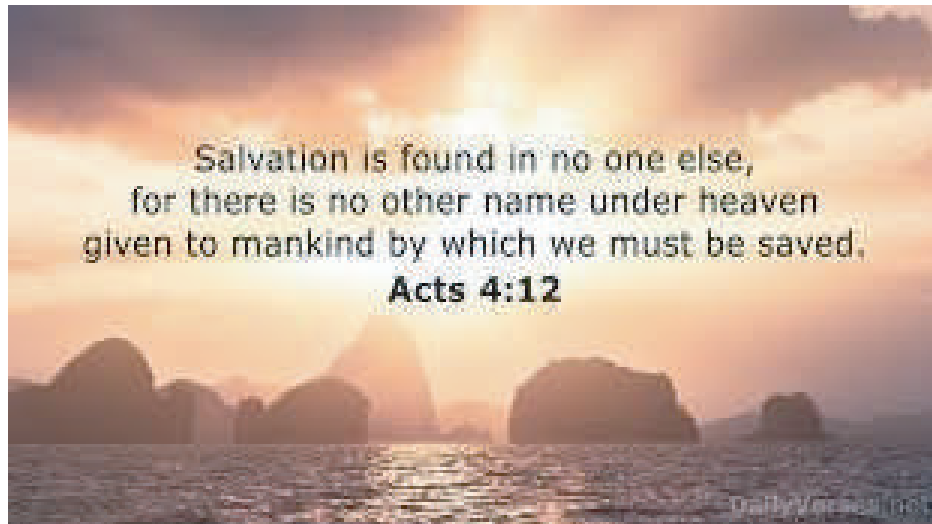
We praise you for its beauty and its bounty, for mountains, hills and plains, for rivers, creeks and seas, and wonderful variety of animals, birds and sea creatures. Amen.





CONVERSION OF ST. PAUL

January 25th



Salvation is found in no one else,
for there is no other name under heaven
given to mankind by which we must be saved.
Acts 4:12



menAlive is a National Catholic Ministry to Men which was founded out of a response to a great need in the hearts and lives of men, and a great need in the life of the Catholic Church.

The purpose of **menAlive** is to bring men together, to renew their faith in God and to encourage them to become an active force within the Church.

Through a variety of events and programs, men are invited to explore what God would want for their lives and how they might come to experience the fullness of life that God wants for us all.

when was the last time you felt
FULLY ALIVE?

**Saturday, 16th - Sunday, 17th of
March 2024**

Sacred Heart Church, Mona Vale
Please Contact

Joseph Cilia @ 0418 863 814

www.menalive.org.au

God is glorified when men are fully alive
St Irenaeus

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

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Belinda Cimino

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Administrative Assistant

Shereae Knight

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Director of Music

Josh Willard

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Sacramental Coordinator

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sacraments@pittwaterparish.org

CCD Catechist Coordinators

Maureen Wooldridge

Mobile 0421 907 469

Veronica Thomas

Mobile 0417 061 534

Sacred Heart Church

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

MONA VALE

Sacred Heart School

Tel 8197 6900

Principal: Mr Jamie Wahab

AVALON

Maria Regina School

Tel 7256 2138

Principal: Ms Kirsty Thorpe

WARRIEWOOD

Mater Maria Catholic College

Tel 7256 2100

Principal: Mr Marc Reicher

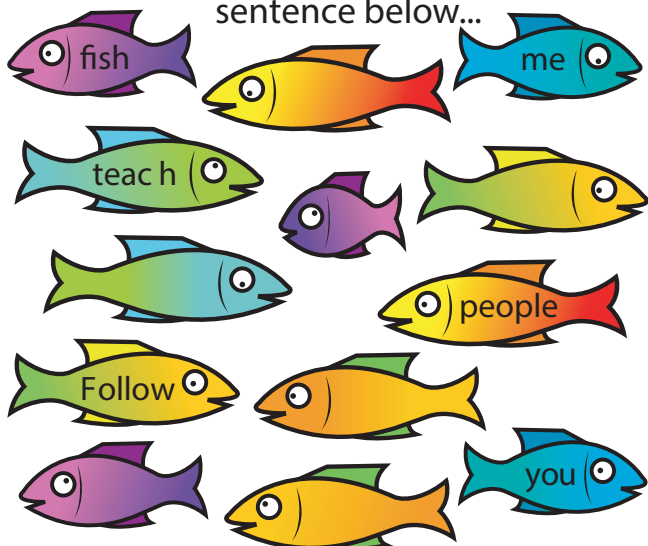


3rd Sunday in Ordinary Time, Year B

Follow me!

If you had to tell someone the good news about Jesus, what would you say?

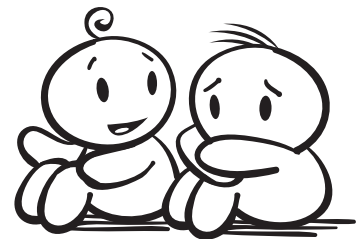
Use the words in the fish to complete the sentence below...



_____ and I will _____
 _____ to _____ for _____.

Answering Jesus' Call

The disciples were called by Jesus to bring people to God. Write or draw some of the ways that we can bring people to God in our everyday lives.



A Humble and Contrite Heart



Prerequisite of the Kingdom:

"The kingdom of God is at hand," "The kingdom of God is within you," and You are not far from the kingdom, are all expressions of Our Lord. He came to establish a kingdom, one that would begin here on earth and continue on into eternity. We build the kingdom within ourselves by practicing virtue; we allow God's grace to purify us from selfishness and vice and to build us up in faith, hope and charity. There is, however, a pre-requisite for grace to begin and continue to work its ongoing miracle: acknowledgement of our failings and belief in Christ. We must "repent, and believe in the Gospel" (Mark 1:15). Am I aware of my constant need to turn to God and turn from my daily sins? Can I truly say that I'm striving to overcome my sins and faults so that I can be more like Christ and closer to him?

Interior Sackcloth and Ashes

The type of penance that Jesus seeks must begin in our interior. When Peter becomes aware of who Christ is, he falls on his knees and exclaims, "Leave me, Lord, for I am a sinful man" (Luke 5:8). "Jesus call to conversion and penance, like that of the prophets before him, does not aim first at outward works, "sackcloth and ashes," fasting and mortification, but at conversion of heart, interior conversion. Without this, such penances remain sterile and false; however, interior conversion urges expression in visible signs, gestures and works of penance" (Catechism of the Catholic Church, no. 1420). The best "expression in visible signs" of conversion and penance is our imitation of Christ. The apostles "abandoned their nets and followed him" (Mark 1:18).

Venues of Conversion

In Number 1434 of the Catechism we learn that conversion and penance are not things we embrace only once or only after serious sin, by going to confession and then leaving them aside. "The interior penance of a Christian," rather "can be expressed in many and various

ways". Fasting, prayer and almsgiving are mentioned as venues for expressing our ongoing conversion. Other more specific ways are "efforts at reconciliation with one's neighbor, tears of repentance, concern for the salvation of one's neighbor, the intercession of the saints, and the practice of charity "which covers a multitude of sins." Does my heart resonate with these ways, and if not, why not? What could be more important than an intimate friendship with my Lord and God, with whom I hope to spend all eternity?

Conversation with Christ

Jesus, my days are booked up with so much activity and noise that it's extremely hard for me even to reflect about my need for conversion of heart. Please help me to turn away from my sins and bad habits by turning to you and imitating you. Wash me of my sins, and draw me close to you.

Resolution

I will meekly apologize for having offended someone without touching on anything negative about that person.

Catholic.Net

THEN JESUS TOLD HIS DISCIPLES,
"IF ANYONE WANTS TO COME
AFTER ME, HE MUST DENY HIMSELF
AND TAKE UP HIS CROSS AND
FOLLOW ME.
- MATTHEW 16:24

Parish Morning Tea

Everyone is welcome to join us every month after Masses

8am on the

First Sunday

10am on the

Third Sunday

at the

SACRED HEART PARISH CENTRE

It provides an opportunity to all parishioners to connect and get to know each other.

Second & Fourth Sundays

after the 9am Mass

in front of the

Maria Regina Church Avalon

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Garabandal · Loyola (St. Ignatius)
France: Lourdes (St. Bernadette)

Depart Perth Thursday 16 May -
Return Perth Friday 31 May 2024

The *Living* Word

Entrance Antiphon

Psalm 95:1,6

O sing a new song to the Lord;
sing to the Lord, all the earth.
In his presence are majesty and
splendour, strength and honour in his
holy place.

First Reading

Jonah 3:1-5. 10

A reading from the prophet Jonah

The Ninevites renounced their evil ways.

The word of the Lord was addressed to Jonah: 'Up!' he said 'Go to Nineveh, the great city, and preach to them as I told you to.' Jonah set out and went to Nineveh in obedience to the word of the Lord. Now Nineveh was a city great beyond compare: it took three days to cross it. Jonah went on into the city, making a day's journey. He preached in these words, 'Only forty days more and Nineveh is going to be destroyed.' And the people of Nineveh believed in God; they proclaimed a fast and put on sackcloth, from the greatest to the least. God saw their efforts to renounce their evil behaviour. And God relented: he did not inflict on them the disaster which he had threatened.

The word of the Lord

Responsorial Psalm

Ps 24:4-9. R. v.4

(R.) Teach me your ways, O Lord.

Lord, make me know your ways.
Lord, teach me your paths.
Make me walk in your truth, and teach
me: for you are God my saviour. (R.)

Remember your mercy, Lord,
and the love you have shown from of
old. In your love remember me,
because of your goodness, O Lord. (R.)

The Lord is good and upright.
He shows the path to those who stray,
he guides the humble in the right path;
he teaches his way to the poor. (R.)

Second Reading

1 Corinthians 7:29-31

A reading from the first letter of St Paul to the Corinthians

The world as we know it is passing away.

Brothers, our time is growing short.
Those who have wives should live as
though they had none, and those who
mourn should live as though they had
nothing to mourn for; those who are
enjoying life should live as though there
were nothing to laugh about; those
whose life is buying things should live as
though they had nothing of their own;
and those who have to deal with the
world should not become engrossed in it.
I say this because the world as we know
it is passing away.

The word of the Lord.

Gospel Acclamation

Mark 1:15

Alleluia, alleluia!

The kingdom of God is near:
believe the Good News!

Alleluia!

Gospel

Mark 1:14-20

A reading from the holy Gospel according to Mark

Repent, and believe the Good News.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

As he was walking along by the Sea of Galilee he saw Simon and his brother Andrew casting a net in the lake – for they were fishermen. And Jesus said to them, 'Follow me and I will make you into fishers of men.' And at once they left their nets and followed him.

Going on a little further, he saw James son of Zebedee and his brother John; they too were in their boat, mending their nets. He called them at once and, leaving their father Zebedee in the boat with the men he employed, they went after him.

The Gospel of the Lord

Communion Antiphon

Psalm 33:6

Look toward the Lord and be radiant;
let your faces not be abashed.

REFLECTION

by Dianne Bergant CSA

Today we reflect on the first and most important responsibility of discipleship, namely, evangelisation, the goal of which is the proclamation of the reign of God. God seems to choose the most unlikely people to preach to others. It does not matter who brings the good news, but who receives it. Jonah the prophet was sent to outsiders, even enemies. The disciples were fishermen who spoke to the people of their own country. God's salvation is intended for all, and it seems to make little difference who brings this good news.

Today's readings call for repentance. The grace of God requires a new way of living, a life of faith and commitment. The gospel invites us into the age of fulfilment, a salvific reign of truth, compassion and kindness. It is a way of life that leads to justice.

There is an urgency in these readings. This world in its present form is passing away, and God's call demands a total response. Like the disciples, we must leave the familiarity of our former ways and follow the call that we have heard in the depths of our hearts. We are called first to enter the reign of God and then to

spread it. As ambassadors of God, we bring the good news of salvation wherever we are and in whatever we do. Called by God, we now begin to live in a totally different way, guided by the values of the reign of God rather than those of the world that is passing away.

© Dianne Bergant CSA

Update from the Sacramental Coordinator

Sacrament of First Reconciliation:

Sacred Heart Church, Mona Vale

Thursday, 21 March 2024 at 5:00 pm or

Maria Regina Church, Avalon

Thursday, 11 April 2024 at 5:00 pm

Children in Year 4 and above are eligible to

receive this sacrament if they

have been confirmed.

If you want your child to prepare for
First Reconciliation, you **MUST** attend

ONE of the following

Parent Information and

Commitment Sessions:

Tuesday, 6 February -

Sacred Heart Church at 7:30 pm

or

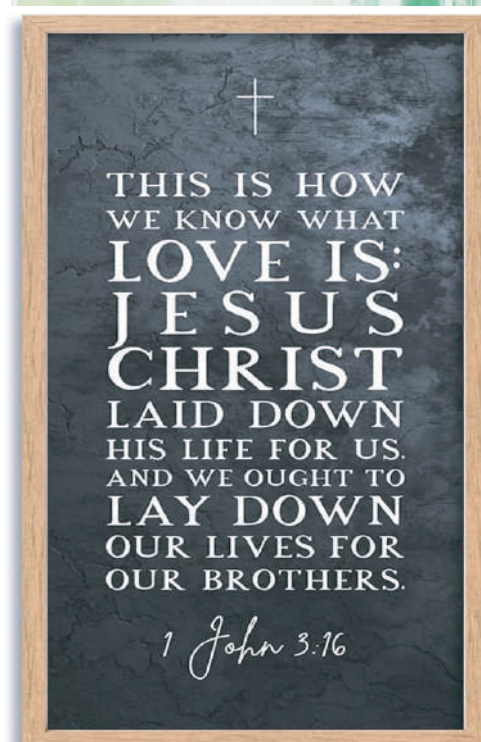
Thursday, 8 February

Maria Regina Church at 7:30 pm

We need facilitators for the weekly
preparation sessions.

If you would like to be a
group facilitator or would like to
have more information about the
role or about this sacrament,

please contact **Sonia** on
sacraments@pittwaterparish.org



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tenderhearted,
forgiving one another,
as God in Christ
forgave you.*

[Ephesians 4:32]



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