



# The Catholic Parish of Pittwater

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

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



### Thoughts of Blessed Francis Jordan

First I wish you peace with God. Seek to remove all that could disturb this peace... Be assured, however, that peace sometimes means sacrifices!

## Discipleship Prayer

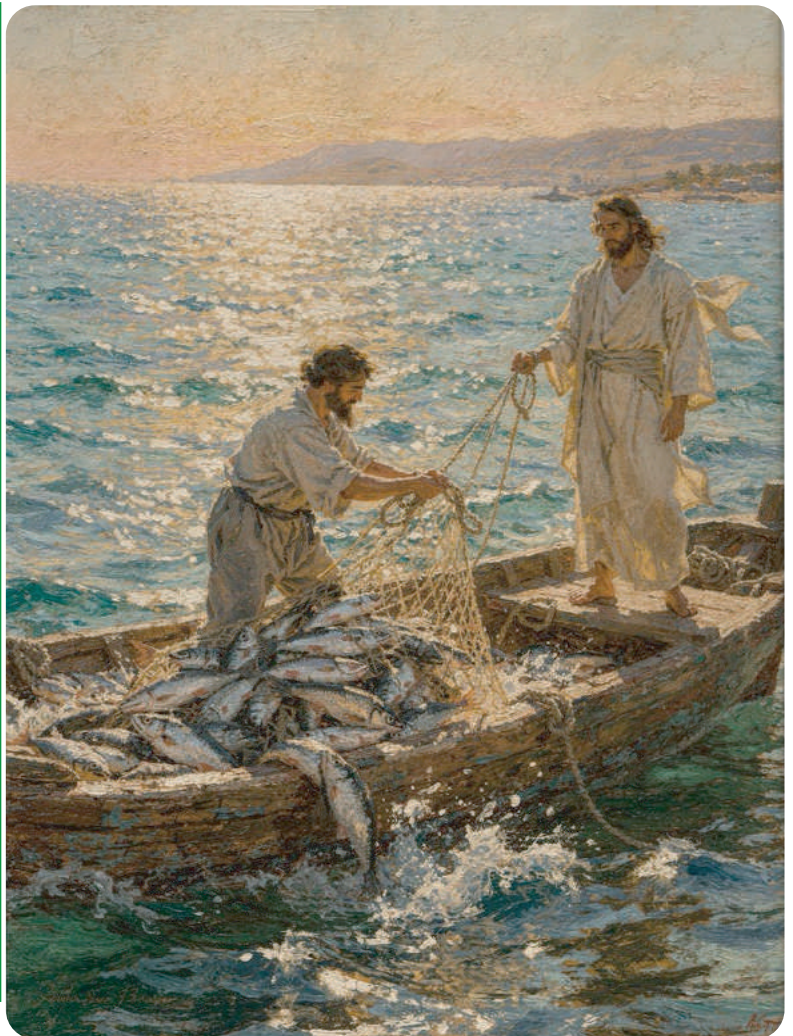
Loving Father,  
open our hearts to hidden realities:  
your love for all people,  
your presence in the community,  
your call to justice and peace.

May the sacraments stir in us  
that same love for all people.

Christ Jesus,  
help us to imitate your example;  
healing the sick, welcoming  
the stranger,  
assisting the poor and vulnerable.

May this remind us of your love  
and self-giving,  
which we strive to imitate.

We ask you, through Christ,  
our Lord.  
Amen.



### SAFEGUARDING

We, the people of the Catholic Diocese of Broken Bay and the Catholic Parish of Pittwater are committed to fostering communities of safety and care for all people, especially for children and others in the community who are vulnerable. Our commitment is underscored by our faith in Jesus Christ.



### POPE LEO'S PRAYER INTENTION FOR *January*

#### For Prayer With The Word Of God

Let us pray that praying with the Word of God be nourishment for our lives and a source of hope in our communities, helping us to build a more fraternal and missionary Church.

# MASS TIMES

## Sacred Heart Church

1 Keenan Street, Mona Vale  
**WEEKDAY MASSES**

**Tuesday 9.30 am**  
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction *from 8.30 am followed by Mass*

**Wednesday 9.30 am**

**Thursday 7 pm**  
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction *from 7.30 pm to 9.00 pm*

**Friday 9:30 am**  
First Friday of the month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction *from 9:30 am, followed by Healing Mass/ Anointing of the Sick at 10.30 am*

**WEEKEND MASSES**  
Saturday Vigil 5.00 pm  
Sunday 8.00 am, 10.00 am & 6.00 pm (SOUL)

**RECONCILIATION**  
Saturday Vigil 4.00 pm to 4.30 pm

**BAPTISM**  
4th Sunday of the Month 11.30 am

## Maria Regina Church

7 Central Road, Avalon

**WEEKDAY MASSES**

**Monday 8.00 am**

**Wednesday 8.00 am**

**Thursday 10 am**  
9.00 am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45 am

**Friday 8.00 am**  
First Friday of the month, *Healing Mass/ Anointing of the Sick at 8.00 am*

**WEEKEND MASSES**  
Saturday Vigil 6.00 pm  
Sunday 9.00 am

**RECONCILIATION**  
Before Vigil Mass on Saturday

**BAPTISM**  
3rd Sunday of the Month 11.00 am

# WE PRAY *for*

*Recently Deceased*  
**Joseph George Vescio**  
**Angela Wodzga**

May all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

*Prayer for the Sick*

Anna Śmigowska

Lily Janosik

Sue French

Maureen Larios

Elaine Boyes

Pauline Chipman

Ron Clarke

Barbara Clarke

Anna Katanec

Otma Nouak

Angela Miller

Philip Khalifeh

Joseph Khalifeh

George Azoury

Bruce Farr

Heidi Taylor

James

Jacinta Purnell - Major

Garry Gleeson

Nenita Roque

Marie Celine Roque- Maca

Neda Crvelin

Jesse Cathersides

Mary Reilly

Marta Bizubova



Memorial of  
**St Thomas Aquinas**  
28TH JANUARY

The Model Scholar who dedicated  
Knowledge and Wisdom  
to God

*Please pray for us.*

# BOOK REVIEW

**A MAN FOR OTHERS**  
Maximilian Kolbe-  
Saint of Auschwitz  
By: Patricia Treece



This is a true account of the life of the Polish Franciscan priest who gave his life for another prisoner in Auschwitz. It is riveting and easy read of his life journey - you won't want to put it down.

**ADORATION will NOT TAKE PLACE on**

**Tuesday, 27th January, as we gather instead for the School Staff Mass. Thank you for your understanding, and please keep our school community in your prayers.**

## Liturgy for the Week

26/01 Monday, Australia Day  
1 Jn 3:22 - 4:6; Mt 4:12-17, 23-25

27/01 Tuesday, Ordinary Time 3  
2 Sam 6:12-15, 17-19; Mk 3:31-35

28/01 Wednesday, St Thomas Aquinas  
2 Sam 7:4-17; Mk 4:1-20

29/01 Tuesday, Ordinary Time 3  
2 Sam 7:18-19, 24-29; Mk 4:21-25

30/01 Tuesday, Ordinary Time 3  
2 Sam 11:1-10, 13-17; Mk 4:26-34

31/01 Wednesday, St John Bosco  
2 Sam 12:1-7, 10-17; Mk 4:35-41



THE CATHOLIC PARISH  
OF PITTWATER  
**GIVING**

Our parish flourishes through the thoughtful care of resources and the generous commitment of our supporters. With gratitude, we thank all who help sustain our parish life, care for our Church and support the ministries that serve our community.

## TO Make DONATIONS

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Donations can be made weekly, fortnightly, monthly or one-off.



## Areas OF GIVING

**First Collection**

(Clergy Giving)

**Second Collection**

(Parish Giving)

**Pastoral Works Broken Bay**

All PWBB donations over \$2 are 100% tax deductible

Pastoral Works Broken Bay is the charitable outreach of our Catholic community, supporting the pastoral priorities of the Diocese. It plays a vital role in funding life changing ministries, strengthening families and nurturing parish communities across Broken Bay.

**Has Your Credit Card Expired?**  
If you support the Parish through credit card giving, please let us know if your card details have changed or expired.

**Direct Debit**

You may also choose to support the Parish through direct debit. This can be set up easily and securely by contacting the Parish Office, who will arrange it for you.



26TH JANUARY  
**HAPPY  
AUSTRALIA  
DAY**

*Grant, we pray, O Lord our God,  
that as the Cross shines in our southern  
skies, so may Christ bring light to our nation,  
to its peoples old and new, and by saving  
grace, transform our lives.*

**Mass at 8 am  
Maria Regina Church  
Avalon**

# 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

**Parish Secretary**  
*Belinda Cimino*  
Tel 9157 0999 ext 30  
office@pittwaterparish.org

**Administrative Assistant**  
*Shereae Knight*  
Tel 9157 0999 ext 30  
office@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

**Sacred Heart Church**  
1 Keenan Street, Mona Vale  
**Maria Regina Church**  
7 Central Road, Avalon

### **SCHOOLS**

**Sacred Heart School  
Mona vale**  
Tel 8197 6900  
Principal: Ms Louise O'Brien

**Maria Regina School  
Avalon**  
Tel 7256 2138  
Principal: Ms Kirsty Thorpe

**Mater Maria Catholic College  
Warriewood**  
Tel 7256 2100  
Principal: Mr Anthony Mahoney

### Correction and Apology Regarding Reconciliation Dates

We sincerely apologise for the incorrect dates for the Sacrament of Reconciliation that were published in last week's bulletin.

We regret any confusion or inconvenience this error may have caused to parishioners and families. Please know that the correct dates are listed below.

Thank you for your understanding, and we appreciate your continued patience and support.

## UPDATE FROM THE SACRAMENTAL COORDINATOR Sacrament of First Reconciliation 2026

**Maria Regina Church, Avalon**  
Tuesday, 24 March 2026  
**Sacred Heart Church, Mona Vale**  
Thursday, 26 March 2026

Children in year 4 and above are eligible to receive this sacrament if they have been Confirmed.

For further information about the First Reconciliation program and to be able to enrol your child, you MUST attend ONE of the following "Parent Information & Commitment" sessions, both at 7pm:

**Sacred Heart Church, Mona Vale**  
Wednesday, 4 February 2026  
**Maria Regina Church, Avalon**  
Thursday, 5 February 2026



# Called to be *Fishers* of MEN

Fishing nets are designed to scoop up everything in their path as they are drawn through the water. As a result, when a net is hauled into the boat, it contains all sorts of different things: edible fish, inedible fish, crustaceans, sea urchins, as well as debris of all kinds. The net doesn't discriminate between the good and the bad, or the useful and the useless. It collects everything in its path and it's up to the fisherman to decide what to keep and what to discard.

Scripture is filled with stories of Jesus "fishing" for people, both good and bad: the feeding of the five thousand, the woman caught in adultery, the corrupt tax collector Zacchaeus, the upright Pharisee Nicodemus, and so many others. No matter where he went, Jesus was always casting his net to gather people into his kingdom.

When Jesus began his earthly ministry, he called his first followers to be "fishers of men" (Matthew 4:19) and sent them out to cast their own nets to all they encountered. Today, God calls us to the exact same task. Just as indiscriminately as the first Christians did — and just as indiscriminately as Jesus himself did — we are to share the good news of Christ with others.

Try an experiment. Ask the Lord each morning to give you the opportunity to share your faith with at least one person that day. Also ask him for the courage to respond to these opportunities. You may be quite amazed at what happens. Imagine how the world could be changed if every one of us reading this article would reach out to just one person each day with the good news of Jesus Christ. The "catch" could be huge!

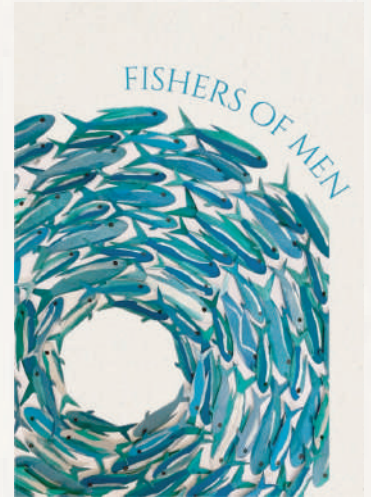
You can make a difference. You can give people a chance to hear about the love and mercy of God that is in Jesus, and to give their lives to him. You can even help others to become "fishers of men," spreading the net of Christianity even farther. There are opportunities everywhere: a family member looking for meaning in life, a neighbour who needs a sympathetic ear, a parishioner looking for a friend.

Don't be afraid of witnessing to the love and mercy of God. All you have to do is tell your own story. This may sound daunting, but it isn't. Just share how your faith has made a difference in your life. The Holy Spirit will give you the right words. And don't be concerned with

whether the people you encounter are "good" fish or "bad." Jesus only asks that you "catch" them and bring them to him. He will take care of the rest.

*"Holy Spirit, fill me with the courage and excitement to share the gospel with others. Make me into a fisher of men for Jesus Christ."*

*By: Maurice Blumberg,  
Catholic Exchange*



A National Catholic Ministry for Men, founded out of a response to a great need in the hearts & lives of men & great need in the life of the Catholic Church.

## ALL MEN ARE WELCOME

**We Meet**  
First & Third Tuesday of every Month at 7 pm  
Sacred Heart Parish Centre

### Join Us - Men's Faith Gathering

We warmly invite all men of our parish & community to come together at 7:00 pm for an informal & faith-filled evening of conversation, reflection & brotherhood.

These gatherings offer a welcoming & supportive space to share openly, grow spiritually & encourage one another in our journey of faith.

Together, we seek to renew our hearts in Christ, strengthen our commitment to God & be a vital & active force of renewal within our Church.

Come & be part of a community where faith is nurtured, friendships are formed & the Holy Spirit at work.

All are welcome. We look forward to seeing you there.

For any questions, contact  
Joe Cillia - 0418 863 814

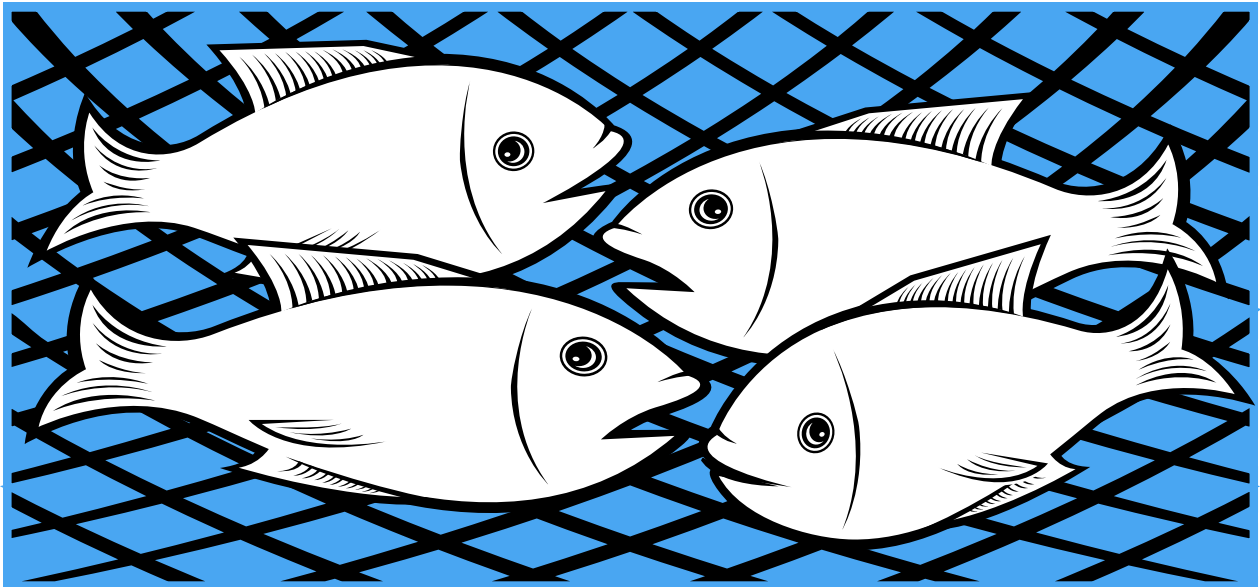
## THE BIBLE IN THE MASS

Opening blessing	Mt 28:19
Apostolic greeting	2 Cor 13:14
Amen	1 Chr 16:36
The Lord be with you.	Lk 1:28; 2 Thess 3:16; Ruth 2:4
Lord, have mercy.	Mt 17:15, 20:31; Ps 123:3
Glory to God	Lk 2:14, plus many texts in Revelation
Alleluia	Rev 19:1-6; Tob 13:18
Lift up your hearts.	Lam 3:41
Holy, holy, holy...	Rev 4:8; Is 6:3; Mk 11:9-10; Ps 118:26
Eucharistic prayer	1 Cor 11:23-26; Mt 26: 26-28; Mk 14:22-24; Lk 22:1
The great Amen	Rev 5:14
The Lord's Prayer	Mt 6:9-13
Peace be with you.	Jn 14:27; 20:19
Lamb of God	Jn 1:29; Rev 5:6
This is the Lamb of God	Rev 19:9
Lord, I am not worthy...	Mt 8:8
Go in peace.	Lk 7:50; 2 Chr 35:3
Thanks be to God.	2 Cor 9:15



**3rd Sunday in Ordinary Time, Year A**

The disciples were called by Jesus to bring people to God. Inside the fish write down some of the ways that we can bring people to God in our everyday lives.



Write down the names of four people you know who follow Jesus. For each person give an example of how they follow Jesus.

The first disciples to be called by Jesus were all fishermen. Connect each of these apostles with his correct description.



Also known as Simon, Jesus called him the “rock” upon which he would build the church. After the Ascension, he became a leader of the apostles and is regarded as the first pope.

He was the brother of John and one of the sons of Zebedee. He was chosen by Jesus to be one of the witnesses to the Transfiguration. He was the first of the apostles to be martyred.

He was one of the sons of Zebedee and a close friend of Jesus. He stood at the foot of the cross with the virgin Mary during Jesus’ crucifixion. One of the Gospels bears his name.

He was the brother of Peter and the first called by Jesus. He was martyred by being crucified on an ‘X’ shaped cross, which became his symbol. He is the patron saint of Scotland.

# 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** Isaiah 8:23 – 9:3  
**A reading from the prophet Isaiah**  
*In the Galilean country, the people have  
seen a great light.*

In days past the Lord humbled the land of  
Zebulun and the land of Naphtali, but  
in days to come he will confer glory on  
the Way of the Sea on the far side of  
Jordan, province of the nations.  
The people that walked in darkness  
has seen a great light; on those who live  
in a land of deep shadow a light has  
shone.  
You have made their gladness greater,  
you have made their joy increase,  
they rejoice in your presence  
as men rejoice at harvest time,  
as men are happy when they are dividing  
the spoils.  
For the yoke that was weighing on him,  
the bar across his shoulders,  
the rod of his oppressor,  
these you break as on the day of Midian.

**The word of the Lord**

**Responsorial Psalm**  
Ps 26:1. 4. 13-14. R. v.1  
**(R.) The Lord is my light and my  
salvation.**

The Lord is my light and my help;  
whom shall I fear?  
The Lord is the stronghold of my life;  
Before whom shall I shrink? **(R.)**

There is one thing I ask of the Lord,  
for this I long,  
to live in the house of the Lord,  
all the days of my life,  
to savour the sweetness of the Lord,  
to behold his temple. **(R.)**

I am sure I shall see the Lord's goodness  
in the land of the living.  
Hope in him, hold firm and take heart.  
Hope in the Lord! **(R.)**

**Second Reading** 1 Corinthians 1:10-13, 17  
**A reading from the first letter of St  
Paul to the Corinthians**  
*I appeal to you, my brothers and sisters,  
make up the differences between you.*

I appeal to you, brothers, for the sake of  
our Lord Jesus Christ, to make up the  
differences between you, and instead of  
disagreeing among yourselves, to be  
united again in your belief and practice.  
From what Chloe's people have been  
telling me, my dear brothers, it is clear  
that there are serious differences among  
you. What I mean are all these slogans  
that you have, like: 'I am for Paul', 'I am  
for Apollos', 'I am for Cephas', 'I am for  
Christ'. Has Christ been parcelled out?

Was it Paul that was crucified for you?  
Were you baptised in the name of Paul?  
For Christ did not send me to baptise, but  
to preach the Good News, and not to  
preach that in the terms of philosophy in  
which the crucifixion of Christ cannot be  
expressed.

**The word of the Lord.**

**Gospel Acclamation** Matthew 4:23

Alleluia, alleluia!  
Jesus preached the Good News of the  
kingdom and healed all who were sick.  
Alleluia!

**Gospel** Matthew 4:12-23  
**A reading from the holy Gospel  
according to Matthew**  
*He went to Capernaum, that the  
prophecy of Isaiah be fulfilled.*

Hearing that John had been arrested  
Jesus went back to Galilee, and leaving  
Nazareth he went and settled in  
Capernaum, a lakeside town on the  
borders of Zebulun and Naphtali. In this  
way the prophecy of Isaiah was to be  
fulfilled:

Land of Zebulun! Land of Naphtali!  
Way of the sea on the far side of Jordan,  
Galilee of the nations!  
The people that lived in darkness  
has seen a great light;  
on those who dwell in the land and  
shadow of death a light has dawned.  
From that moment Jesus began his  
preaching with the message, 'Repent, for  
the kingdom of heaven is close at hand.'  
As he was walking by the Sea of Galilee  
he saw two brothers, Simon, who was  
called Peter, and his brother Andrew;  
they were making a cast in the lake with  
their net, for they were fishermen. And  
he said to them, 'Follow me and I will  
make you fishers of men.' And they left  
their nets at once and followed him.  
Going on from there he saw another pair  
of brothers, James son of Zebedee and  
his brother John; they were in their boat  
with their father Zebedee, mending their  
nets, and he called them. At once,  
leaving the boat and their father, they  
followed him.  
He went round the whole of Galilee  
teaching in their synagogues,  
proclaiming the Good News of the  
kingdom and curing all kinds of diseases  
and sickness among the people.

**The word 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

*Discipleship is not something that we  
take upon ourselves. We are called to it.  
Some people are very conscious of this  
call. They are aware of it in their  
aspirations and dreams; they recognise it  
in the events of their lives. They hear the  
call as clearly as Simon, Andrew, James  
and John heard the voice of Jesus. For  
others, the call to discipleship is not so  
clear. They may experience an undefined  
restlessness, a dissatisfaction with their  
lives. People can respond to the call in  
one of two ways. They can consider the  
mere suggestion of discipleship an  
intrusion into their plans, or they can  
drop what they are doing, leave their  
former concerns behind and follow  
Jesus.*

*There is a misunderstanding about being  
called and leaving everything behind.  
Although the gospel says that the four  
men left their occupation of fishing in  
order to follow Jesus, this kind of  
'leaving behind' was not, and still is not,  
required of all, for it is in the ordinary  
events of life that our salvation unfolds.  
For most people, this is precisely where  
they are to function as disciples. Still,  
disciples of Jesus are called to leave  
behind certain ways of living as they  
follow him. They are called away from  
lives of pettiness and division. They are  
called away from the kind of factionalism  
that seems to have threatened the unity of  
the Corinthian community. They are  
called away from narrow-mindedness  
and mean-spirited competition. It is  
much easier to leave nets than to leave  
the web of one's prejudices.*

© Dianne Bergant CSA



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GOD MULTIPLIES WHAT YOU GIVE HIM

LUKE 9:15-17

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& let your nets down  
to catch some fish.

LUKE 5:4