



The Catholic Parish of Pittwater

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

Lenten Prayer

My loving Lord,
it's hard to love the world
sometimes and to love it
the way Jesus did,
seems impossible.
Help me to be inspired by
His love and be guided
by His example.
I need You, dear God,
to give me support in
this journey.
Show me how to unlock
my heart, so that
I am less selfish.
Let me be less fearful of the
pain and darkness that will be
transformed by You
into Easter joy.
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.



Thoughts of Blessed Francis Jordan

Pray therefore, and pray again! That is the means by which you can achieve so much!

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 March

For The Martyrs of Our Day, Witnesses to Christ

Let us pray that those who risk their lives for the Gospel in various parts of the world might imbue the Church with their courage and missionary drive.

MASS TIMES

SACRED HEART CHURCH
1 Keenan Street, Mona Vale

WEEKDAY MASSES

Tuesday 9.30am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8:30 am, followed by Mass
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

All the
Souls of the Faithful
Departed,
Through the Mercy
of God,
Rest in Peace. Amen.

Prayer for the Sick

Anna Śmigowska
Jeff Langley
Mark Linfiels
Nick Moullakis
Bill Eyre
Brian Gregan
Marcia Bailey
Bec Burroughs
Margaret De Landre
Stefan Bayer
Jenny Carroll
Matt Ukishima
Sean O'Sullivan
Maureen Larios
Denise Wagner
Tom Murphy
Leonie Ariemetto
Marco Sangiacamo
Sarah Paterson
Elaine Boyes
Pauline Chipman
Marta Bizubova
Linda Cimino
Brian Cranch
George Cilia
Brian Moss

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.



ADORATION & BENEDICTION

Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass
Sacred Heart Church, Mona Vale
every Tuesday from 8.30am - 9.30am
and
every Thursday from 7:30pm - 9.00pm

Maria Regina Church, Avalon
every Thursday from 9.00am - 9:45am

Liturgy for the Week

04/03 Monday, 3rd Week of Lent
2 Kg 5:1-15; Lk 4:24-30
05/03 Tuesday, 3rd Week of Lent
Dan 3:25, 34-34; Mt 18:21-35
06/03 Wednesday, 3rd Week of Lent
Deut 4:1, 5-9; Mt 5:17-19
07/03 Thursday, 3rd Week of Lent
Jer 7:23-28; Lk 11:14-23
08/03 Friday, 3rd Week of Lent
Hosea 14:2-10; Mk 12:28-34
09/03 Saturday, 2nd Week of Lent
Hosea 5:15 - 6:6; Lk 18:9-14

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Parish of
Pittwater

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Scan the QR code above
with your camera app
and follow the prompts

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.



PARISH EASTER RECONCILIATION

Sacred Heart Church, Mona Vale

Thursday, 21st March
after the 7pm Mass

*There are more opportunities to seek the mercy of God in the
Sacrament of Reconciliation*

SACRED HEART CHURCH, Mona Vale
Every Saturday from 4pm - 4.30pm
Every Thursday from 7.30pm

MARIA REGINA CHURCH, Avalon
Every Saturday before the 6pm Mass
Every Thursday from 9.45am

CHANGES TO MASS SCHEDULE FOR THIS WEEK

NO MASS on Wednesday, 6 March & Friday, 8 March at
Maria Regina Church, Avalon *but there will be
Liturgy of the Word with Holy Communion.*
NO MASS on Thursday evening, 7 March at
Sacred Heart Church, Mona Vale *but there will be
Liturgy of the Word with Holy Communion.*

Update from the Sacramental Coordinator SACRAMENT OF CONFIRMATION

Maria Regina Church, Avalon

Saturday, 22 June 2024 at 6:00 pm **or**

Sacred Heart Church, Mona Vale

Sunday, 23 June 2024

at 10:00 am and 12 noon

*Children in Year 3 and above are eligible to receive the Sacrament of Confirmation
if they have been baptised.*

For more information about the requirements, the preparation program,
enrolments, etc., you **MUST ATTEND ONE** of the following

Parent Information & Commitment Sessions

which will take place at 7:30 pm:

Thursday, 2 May - Maria Regina Church, Avalon

Monday, 6 May - Sacred Heart Church, Mona Vale

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



Sacred Heart Catholic Primary School Mona Vale



OPEN DAY 2024

Tuesday 5 March, 9-11am



Meet our Principal, teachers, students
and parents.



Learn about how students at Sacred
Heart are provided with a diverse
range of opportunities to thrive
academically, spiritually, in sports and
in the creative and performing arts.



Visit our school facilities and gain a
real sense of the Sacred Heart
community.



**Scan now
to register**

Jamie Wahab, Principal
Sacred Heart Catholic
Primary School
Cnr Keenan St & Waratah St,
Mona Vale
9999 3264
shmvdcb.catholic.edu.au



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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

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

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



Project Compassion Sunday 2024 Memory, Malawi

As the eldest child in a low-income farming family, Memory faced many barriers to her education. But with the support of Caritas Australia she enrolled in a technical school and became the first female carpenter in her village.

Please take home a Project Compassion box or set of donation envelopes to support Caritas Australia this Lenten season and help support vulnerable people around the world, now and for all future generations. With your support, Caritas Australia has been able to support communities around the world to tackle poverty, food security, education, water and sanitation and disaster risk reduction.

You can donate Project Compassion donation boxes and envelopes available at the back of our Churches - Sacred Heart Church and Maria Regina Church.



Faith-centred learning with community at its heart.



You're invited to meet the staff and students, and experience an evening at Mater Maria Catholic College

At Mater Maria Catholic College, we focus on supporting the academic growth of all students and recognising the gifts of the individual in order for all to thrive in our Catholic faith community.
Marc Reicher, Principal

Waiting list for Year 7, 2025

Applications for Year 7, 2026 close on Friday 12 April, 2024

Currently accepting applications for 2027


WALK IN NEW LIFE
MATER MARIA
CATHOLIC COLLEGE
www.matermaria.edu.au

**OPEN DAY
2024**

Tuesday
5 March

4pm – 7pm



For more information
please scan our QR code



Stations of the Cross

Every Friday in Lent after
the morning Mass at both
Churches -

after the 8am Mass @
Maria Regina Church
Avalon
and

after 9.30am Mass @
Sacred Heart Church
Mona Vale

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.

***This is not a live in weekend -
you go home on Saturday evening.***

If you are interested, please use this
link and QR code to book:

<https://www.trybooking.com/COTYJ>



www.menalive.org.au

**men
ALIVE**
men's weekend

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

God is glorified when men are fully alive
St Irenaeus



Parish Bulletin Term 1, Week 4

Catholic Schools Broken Bay (CSBB) held their second annual Year 7 "Belong" Day this week with all Year 7 students from other CSBB schools. This was a diocesan Gathering at The Light of Christ Centre, Waitara where all our Year 7 students along with their Religious Education teachers were in attendance. Students met with Bishop Anthony Randazzo, our Director of Schools Mr Danny Casey, CSBB Principals, including our own Mr Marc Reicher, along with the CSBB Evangelisation Team. The day focused on belonging to Mater Maria and to our Catholic Diocese.

The Year 7 Parent Welcome Evening was held on Tuesday evening. Our Year 11 Hospitality students donned their chef uniforms busily preparing the food and serving it during the evening. The event was well attended and was a great opportunity for parents to meet their child's teachers and one another in an informal environment over a light supper. Our annual Caritas Project Compass fundraiser commenced this week with fundraising activities being planned over the coming weeks by almost every mentor class at the College. This week, students sold ice lollies and organised a dance party in our theatre. These activities were positively supported by our engaging students. For over 50 years, Project Compassion has been raising vital funds for Caritas Australia to help those communities living in poverty and injustice in our world. Sport is in full swing at the College with MWBA Basketball on every afternoon this week. Year 9 and 10 Engineering Studies students attended a zoom incursion run by the Engineers Australia Education Outreach program which included hands on activities and group work. Meanwhile our Year 9 Visual Arts students attended the Art Gallery of NSW in Sydney's CBD to view Kandinsky and Art Express.

Please join us for our College Open Day on Tuesday 5 March between 4.00pm - 7.00pm. Registration is not required. We welcome prospective and current parents and students to this day of fun and learning about the outstanding qualities of College life at Mater Maria. Prospective parents can discover the curriculum, the co-curricular and enrichment activities offered, sporting opportunities available, see students working in specialty classroom facilities, listen to the entertainment provided by the College's music ensembles and take time to speak to teaching staff. Listen to our Principal's Address at one of the following sessions: 4:15pm 4:45pm 5:15pm 5:45pm 6:15pm. Parking is available at the Pittwater RSL lower level carpark (adjacent to the futsal courts). Shuttle transfers will run to the College between 4:00pm to 6:45pm every 15 minutes (approximately). Please enter via the Jubilee Avenue entrance.



Maria Regina Catholic Primary School Avalon

Ignite • Connect • Excel



OPEN DAY

Wednesday 27 March 2024
9am - 10.30am



Meet our Principal, teachers, students and parents as they welcome you to the Maria Regina community.



Experience school life at Maria Regina through a personalised and intimate student-led tour.



Learn about the many opportunities Maria Regina offers our students as valued and nurtured individuals.



Gain an insight into our faith-led approach and K-12 Catholic journey.



**Scan now
to register**

Kirsty Thorpe, Principal
Maria Regina Catholic
Primary School
42 Central Road
Avalon NSW 2107
(02) 7256 2138
mra@dbb.catholic.edu.au



*Authentic, professional Catholic education,
delivered with care and compassion*



Maria Regina Catholic Primary School, Avalon is looking for a Parent Engagement Coordinator (PEC)

Are you a good communicator? Are you willing to share your faith and support families and care givers in a part-time position within Catholic School Broken Bay? (CSBB). The PEC role could be for you.

The PEC supports key goals and initiatives in schools to enhance parent involvement and strengthen the bond between families, and the wider parish communities to improve student learning and wellbeing. The PEC plays a crucial role in building and maintaining a welcoming school environment and building sound, respectful relationships between the school, parents/carers, parent bodies, parish and the wider Catholic community.

If you are interested in finding out more please contact:

Jo Spek

Jo.Spek@dbb.catholic.edu.au

Year of Prayer

**Towards the 2025 Jubilee Year
as "Pilgrims of Hope"**



The *Living* Word

Entrance Antiphon Psalm 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 Exodus 20:1-17
A reading from the book of Exodus
The Law was given through Moses.

God spoke all these words. He said, 'I am the Lord your God who brought you out of the land of Egypt, out of the house of slavery.

'You shall have no gods except me. 'You shall not make yourself a carved image or any likeness of anything in heaven or on earth beneath or in the waters under the earth; you shall not bow down to them or serve them. For I, the Lord your God, am a jealous God and I punish the father's fault in the sons, the grandsons, and the great-grandsons of those who hate me; but I show kindness to thousands of those who love me and keep my commandments.

'You shall not utter the name of the Lord your God to misuse it, for the Lord will not leave unpunished the man who utters his name to misuse it.

'Remember the sabbath day and keep it holy. For six days you shall labour and do all your work, but the seventh day is a sabbath for the Lord your God. You shall do no work on that day, neither you nor your son nor your daughter nor your servants, men or women, not your animals nor the stranger who lives with you. For in six days the Lord made the heavens and the earth and the sea and all that these hold, but on the seventh day he rested; that is why the Lord has blessed the sabbath day and made it sacred.

'Honour your father and your mother so that you may have a long life in the land that the Lord your God has given to you.

'You shall not kill.
'You shall not commit adultery.

'You shall not steal.

'You shall not bear false witness against your neighbour.

'You shall not covet your neighbour's house. You shall not covet your neighbour's wife, or his servant, man or woman, or his ox, or his donkey, or anything that is his.'

The word of the Lord

Responsorial Psalm

Ps 18:8-11. R. Jn 6:68

(R.) Lord, you have the words of everlasting life.

The law of the Lord is perfect,
it revives the soul. The rule of the Lord is to be trusted, it gives wisdom to the simple. **(R.)**

The precepts of the Lord are right,
they gladden the heart. The command of the Lord is clear, it gives light to the eyes. **(R.)**

The fear of the Lord is holy,
abiding for ever. The decrees of the Lord

are truth and all of them just. **(R.)**

They are more to be desired than gold,
than the purest of gold and sweeter are they than honey, than honey from the comb. **(R.)**

Second Reading 1 Corinthians 1:22-25

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

We are preaching a crucified Christ, a scandal to many, but to those who have been called, the wisdom of God.

While the Jews demand miracles and the Greeks look for wisdom, here are we preaching a crucified Christ; to the Jews an obstacle that they cannot get over, to the pagans madness, but to those who have been called, whether they are Jews or Greeks, a Christ who is the power and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

The word of the Lord.

Gospel Acclamation John 3:16

Praise to you, Lord Jesus Christ, king of endless glory!

God loved the world so much, he gave us his only Son, that all who believe in him might have eternal life.

Praise to you, Lord Jesus Christ, king of endless glory!

Gospel John 2:13-25

A reading from the holy Gospel according to John

Destroy this sanctuary, and in three days I will raise it up.

Just before the Jewish Passover Jesus went up to Jerusalem, and in the Temple he found people selling cattle and sheep and pigeons, and the money changers sitting at their counters there. Making a whip out of some cord, he drove them all out of the Temple, cattle and sheep as well, scattered the money changers' coins, knocked their tables over and said to the pigeon-sellers, 'Take all this out of here and stop turning my Father's house into a market.' Then his disciples remembered the words of scripture: Zeal for your house will devour me. The Jews intervened and said, 'What sign can you show us to justify what you have done?' Jesus answered, 'Destroy this sanctuary, and in three days I will raise it up.' The Jews replied, 'It has taken forty-six years to build this sanctuary: are you going to raise it up in three days?' But he was speaking of the sanctuary that was his body, and when Jesus rose from the dead, his disciples remembered that he had said this, and they believed the scripture

and the words he had said.

During his stay in Jerusalem for the Passover many believed in his name when they saw the signs that he gave, but Jesus knew them all and did not trust himself to them; he never needed evidence about any man; he could tell what a man had in him.

The Gospel of the Lord

Communion Antiphon John 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

Israel believed that the temple was built over the navel of the universe, the axis mundi, that spot where the world above and the world below met the world of history, thus enabling the three worlds to communicate. When Jesus called himself the new temple, he was claiming to be the centre of the universe, the spot where three-way cosmic communication occurs, the presence of God in the midst of the community. When we accept him in faith, we are accepting these claims. We may profess this belief, but do our lives reflect it?

Although some consider the law a rigid set of precepts, it is really more a collection of directives that have grown out of the experience of life. To say that Jesus is the wisdom of God means that God's wisdom is made known in him and that he is the way that points to God. While laws often embody distinctive cultural values or customs, as wisdom of God, Jesus crosses cultural boundaries and breaks down cultural distinctions. As the wisdom of God, Jesus fulfils the expectations of any and all codes of law. Both the law and the temple witness to the power of God in the lives of believers. However, both institutions pale in the light of Jesus who is identified as the power of God. This divine power is not revealed in lofty precepts or in magnificent stones, but rather in the broken and pierced body of Jesus Christ. How willing are we to accept him?

© Dianne Bergant CSA

POPE FRANCIS' LENTEN MESSAGE



"Through the Desert God Leads us to Freedom" is the theme of Pope Francis' Message for Lent. Let us make room for God, who delivers us from all forms of slavery. May we welcome Lent as an opportunity for conversion.

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Email: stunningcottage21@gmail.com

PHONE:

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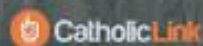
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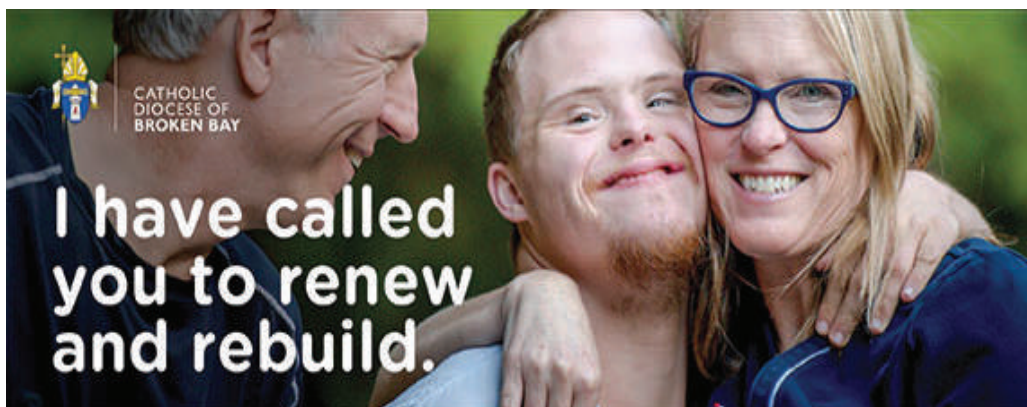
*"The Lord is faithful in all his words,
and gracious in all his deeds. The Lord
upholds all who are falling. The Lord
raises up all who are bowed down."*

Ps 145:13-14



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