



The Catholic Parish of Pittwater

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



Australia Day Prayer

We bless you,
 God of the universe,
 for this land,
 for its contrasts of landscape
 and climate,
 for its abundance of wealth
 and opportunity.
 We bless you for our history,
 with all its struggle in adversity,
 its courage and hope.
 Give us in our diversity,
 tolerance and respect for each
 other and a passionate
 commitment to justice for all.
 Bless us so that we might be a
 blessing to others.
 Amen.



POPE FRANCIS' PRAYER INTENTION FOR JANUARY Educators

We pray that educators may be credible witnesses, teaching fraternity rather than competition and helping the youngest and most vulnerable above all.



Thoughts of Fr Francis Jordan

If you could not preach at all with words, example alone is already a mighty sermon that would capture the spectator.



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

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



You can find us on **Instagram** (pittwater_parish)

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

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
Helen Seve
Nita Seve

Recently Deceased

Cesar Esterman
Joseph Crumlin
Nadou Bernadette
Dallez
Patrika Hole

Prayers for the Sick

Anna Smigowska
Nick Moullakis
M. Miller
Avelino Samartin
Barbara Clarke
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

A Mass will be offered
for the repose of the
soul of
Cesar Esterman
at
Maria Regina Church, Avalon
on
Wednesday, 25th of January
at
8 am

Liturgy for the Week

23/01 **Monday Ordinary Time 3**
Heb 9:15, 24-28; Mk 3:22-30

24/01 **Tuesday, St Francis de Sales**
Heb 10:1-10; Mk 3:31-35

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

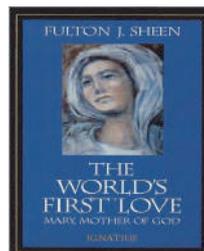
26/01 **Thursday, Australia Day**
Is 32:15-18; Mt 5:1-12

27/01 **Friday Ordinary Time 3**
Heb 10:32-39; Mk 4:26-34

28/01 **Saturday, St Thomas Aquinas**
Heb 11:1-2, 8-19; Mk 4:35-41

BOOK REVIEW

The World's First Love
by
Fulton J. Sheen



This is the story of the Blessed Virgin Mary and the beliefs which have been attached to her from the Immaculate Conception to the miracle of Fatima.

Welcome Back to our
School's Staff

The staff from
Sacred Heart Catholic
Primary School,
Maria Regina Catholic
Primary School
and
Mater Maria Catholic
College
will be joining the
Mass
on Friday, 27 January,
9:30 am
at
Sacred Heart Church,

Scan to
Give to our
Parish of
Pittwater

Cashless Fast Secure



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.

GIVING

Thank you for your continued
contributions and support. Your
financial contributions and your
generous donations throughout
the year are greatly appreciated.

LIVESTREAMS
READINGS
NEWS



*Thank you, Lord, for
the blessings you have
bestowed on our
lives. Amen.*

Discipleship in Christ – Life of Grace in the Church

The Catholic Church, as we have been taught, stresses its foundation in the world on the “universal call to holiness.” Individuals in the Church find the richness of Christ’s teachings in the Gospel and once they are attracted to those teachings and are attracted to the Person of Christ, they become more than followers, they become disciples—adherents in a special way to Jesus Christ. They live out this Faith publicly through the Church that Jesus Himself founded by His own Paschal Mystery and the life-giving witness of the Twelve Apostles and the foundational leaders of the Church. The Catechism of the Catholic Church defines a disciple this way: “The disciple of Christ must not only keep the faith and live on it, but also profess it, confidently bear witness to it, and spread it.” o bounds.

Discipleship is not a “private matter” nor is its practice simply an act of “spiritual practice” of one sort or another. Contemporary society has watered down discipleship into a matter of personal preference or simple choice between “spiritual” and “institutional.” In such a way, it matters little whether one is Catholic or any other “anything” at all. The “rules” have become obscured, thus leading to a sense that “one is as good as another.” That concept is patently untrue. Such a philosophy of life, if one can call it such a thing, would basically encourage belief in anything and everything. That fortifies a favorite axiom of mine: “If you stand for nothing, you’ll fall for anything.” It certainly seems that we are espousing such an attitude about our Faith, its reality in our lives, and our willingness to understand it and live it practically. Thus, the catechism’s definition of discipleship may call for further pondering in the life of most Catholics in today’s world.

As we consider discipleship in our present thinking, we would do well to consider the teaching of Pope St. Leo the Great. I encourage you to read about his life and the times in which he reigned as pope. Two particular heresies troubled the Church—and they still do today. One, the heresy of Pelagianism. We don’t speak about it as the grievous and empty-headed evil it is, primarily because we either know nothing about it, or we believe it (without knowing anything about it). Basically, Pelagianism is a mistaken notion that denies Original Sin and the necessity of God’s grace for salvation. It continues to flourish in our day and stresses the belief that we can perfect ourselves—without God’s grace. (How many current beliefs can you think of that support this concept?)

Leo’s second major heretical struggle came up against a system called Manichaeism—big word, big trouble. Basically, it denied the goodness of the human body—thus, it failed to understand the beauty of the Incarnation. It affects us today, basically, by thinking that everything material is good—sex, lust, money, etc. Still a major error in thinking and acting for Catholics and pretty much everybody who tends to think beyond “creature comforts,” etc., today.

These two heresies, and their prevalence in our society today, still do damage to the vitality and vibrancy of Catholic discipleship. There is so much more we tend to overlook and dismiss when it comes to “living the faith, professing it, confidently bearing witness to it, and spreading it.”

COVID-19 couldn’t have happened in our world at a more difficult time for people of Faith. We were spiritually weak. The virus came among us and prevented us from taking advantage of the true medicine we needed—the practice of our Faith, the reception of the sacraments and the strength of the knowledge of Jesus Christ and our public witness.

Going back to Church is not going to be a matter of walking back into a building—sanitized or not—masked or not. So many overt things disturb us, and rightfully so. These are challenging times. But Faith—following Jesus Christ as His disciples—these thoughts and ideas must be found in our lives and urge future vitality and energy in our hearts and minds. We do have a future ahead of us—and we must move with Faith from within. As Pope St. Leo the Great said in one of his sermons:

“Christian, recognize your dignity and now that you share in God’s own nature, do not return to your former base condition by sinning. Remember who is your head and of whose body you are a member. Never forget that you have been rescued from the power of darkness and brought into the light of the Kingdom of God.”

By: Most Reverend William Patrick Callahan- Catholic Life Issue



**A Pontifical Funeral Mass
for His Eminence,
Cardinal George Pell AC
will be held at 11 am
on Thursday,
2 February 2023
at St Mary’s Cathedral,
Sydney**

**After the Mass, Cardinal Pell’s body
will be laid to rest in the
Cathedral’s Crypt.**

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

Donita Kerin
Tel 9157 0999 ext 30
office@pittwaterparish.org

Director of Music

Josh Willard
Tel 9157 0999 ext 17
music@pittwaterparish.org

Media & Communication

Conille Felias
Tel 9157 0999 ext 31
media@pittwaterparish.org

Sacrament 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

Sacramental Program Update: First Reconciliation 2023

Sacred Heart Church, Mona Vale
Wednesday, 22 March 2023 at 5.00pm
or

Maria Regina Church, Avalon
Wednesday, 29 March 2023 at 5.00pm

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

If you want your child to receive the Sacrament of First Reconciliation, you must attend one of the following

Parent Information Sessions:

Tuesday, 7 February - Maria Regina Church at 7.30pm or
Wednesday, 8 February - Sacred Heart Church at 7.30pm

HAPPY AUSTRALIA DAY!

26th January

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

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

Welcome Back

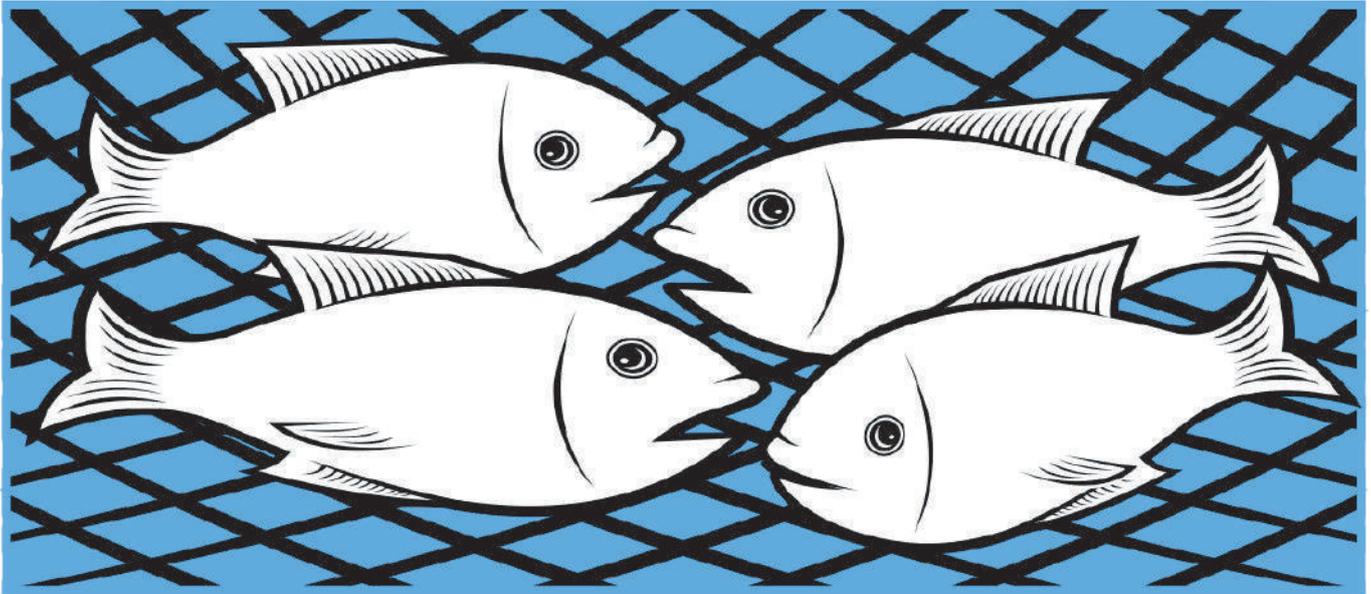
Fr Bronek has returned to Australia and before he commence his duty at St Patrick's Parish in Gosford, he will spend a few days in our Parish.
He had his 60th birthday recently. Everyone is invited to join and celebrate his special day on

Sunday, 28 January,
after the 10 am Mass
at the Parish Centre.

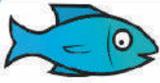


3rd Sunday In Ordinary Time, Year A

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 Cf. Ps 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 Is 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 Cor 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 Mt 4:23

Alleluia, alleluia!

Jesus preached the Good News of the
kingdom
and healed all who were sick.

Alleluia!

Gospel Mt 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 Gospel of the Lord

Communion Antiphon Cf. Ps 33:6

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

REFLECTION
by Dianne Bergant CSA

*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

**NEW OPENING
HOURS** 
for JANUARY

**The parish
office hours
are amended
to 9am-12pm**

Advertising Space Available

For more information call the Parish Office on 9157 0999



PITTWATER DOLPHINS
BOYS, GIRLS & MIXED TEAMS
U5s LITTLE DOLPHINS
AGES U6 - U18



GEAR SUPPLIED | NO REGISTRATION FEES | NO GRADING

REGISTER NOW!
pittwaterrugby.com.au



**Electrical
Plumbing
Air Conditioning.**

Ph: (02) 9905 8800

**We turn up,
Clean up &
Guarantee our
Work!!!**

**GET
IN TOUCH
TODAY**

**Compassion,
care, love,
understanding
and support**



Ann, Kate and John of Wilson Family Funerals

Personally, talk to Ann Wilson and her team at Wilson Family Funerals. They have decades of experience caring for Northern Beaches families in their time of need.

Family operated & 100% Australian owned

Suite 3, 1440 Pittwater Road,
North Narrabeen, Sydney
CALL 02 9913 7131
wilsonfamilyfunerals.net.au



**WILSON
FAMILY
FUNERALS**




**BROCK'S
— Plumbing —**

YOUR LOCAL PLUMBER
SERVICING THE NORTHERN
BEACHES FOR OVER 30 YEARS.

- BLOCKED DRAINS
- PIPE RELINING
- GENERAL PLUMBING
- EMERGENCY HOT WATER
- GAS FITTING



1800 99 58 58

www.rapidreline.com.au | admin@brocksplumbing.com.au

Advertising Space Available

For more information call the Parish Office on 9157 0999



DAYS FOR GIRLS

To find out more, call Tamara
0403226699

Every Girl. Everywhere. Period.



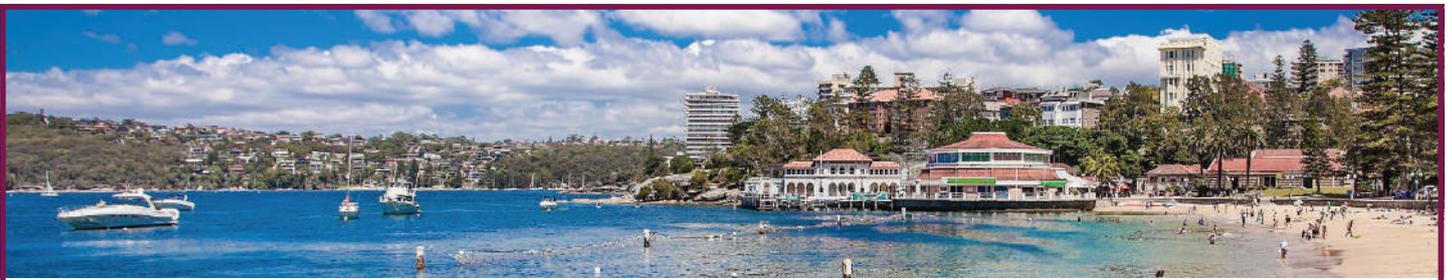
**CATHOLIC
DIOCESE OF
BROKEN BAY**

**I have called
you to renew
and rebuild.**



**PASTORAL
WORKS** Broken Bay

**Donate to help
families and parish
communities in
Broken Bay.**



LOCAL PEOPLE CARING FOR LOCAL FAMILIES

Our team live, work and play on the Beaches. We understand the local community and are here for you when you need us most. Whether it's to plan an immediate funeral for a loved one or plan ahead for your own with a pre-paid funeral, we're here to help.

ANN WILSON FUNERALS

Contact us to find out more.

844 Pittwater Road, Dee Why
9971 4224

Cnr Barrenjoey Road & Darley Street, Mona Vale
9979 5978

annwilsonfunerals.com.au

Part of the local community since 1957

51 Bassett St, Mona Vale
Ph: 9999 3340

49 Avalon Pde, Avalon
Ph: 9918 3315

Serving Northern Beaches Families & Businesses since 1976!

Ph: 9913 2624
2 Devitt Street
Narrabeen

Advertising Space Available

For more information call the Parish Office on 9157 0999

The Northern Beaches only local family owned and operated funeral company.

With over 35 years experience we can guide you with the sensitivity and respect your loved one deserves.

- 24 hour professional service
- Enquire about pre-paid funerals
- Unique funerals a speciality.

9999 5211
www.peninsulafunerals.com.au

Purveyors of Specialty Coffee

Driven by a passion for community & quality.

Award winning coffee beans available online
www.coffeebrothers.com.au

PITTWATER PHARMACY
COMPOUNDING CHEMIST

Ralph Papandrea
B.PHARM (Hons) MSc. MPS
Len Papandrea
B.PHARM. MPS
Sam Papandrea
B.PHARM. MPS
Andrew Snow
B.PHARM. MPS

1771 Pittwater Road
Mona Vale 2103
Ph: 9999 3398 Fax: 9999 3910

FINE WINE, SPIRITS & BEER

FLEET STREET

MERCHANTS

PAUL BOTTERO

1755 Pittwater Road
Mona Vale NSW 2103

Phone: 9999 3055
Fax: 9999 3055

HUNTER ESTATE AGENTS

Agency of the Year
Emerging Agents

Duane Hunter
0415 708 992
9970 7220

Follow us on
f
duanehunterhea