



The Catholic Parish of Pittwater

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

For Trust In Times Of Uncertainty

Heavenly Father, sometimes the way ahead seems so clear, but at other times the way seems shrouded with uncertainty and the road ahead seems to be hidden in the questioning shadows.

I want to be in Your perfect will Lord, and I pray that Your will be done in every area of my life.

I long to have Your assurance that this is the way to walk, but at times Your will seems to be hidden by a cloud of uncertainty and swamped by a foggy mist of unknowing.

As I step out into the future Lord, I place my trust in You. My desire is to remain in the centre of Your perfect will for my life.

Lead me Lord on the right path that is best for me I pray. You have promised to be with me wherever I go, for You know the steps that I take. My trust is in You and I want to do only that which glorifies You. In Jesus' name I pray,

Amen.

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

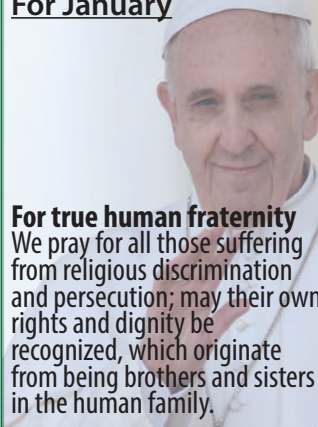


Thoughts of Bl Francis Jordan

O Lord, help me, show me the way! Without you, I can do nothing. I hope all things from You. In you, O Lord, I have hoped, I will not be confounded for ever.



Pope Francis' Prayer Intentions For January



For true human fraternity
We pray for all those suffering from religious discrimination and persecution; may their own rights and dignity be recognized, which originate from being brothers and sisters in the human family.



The Service NSW QR codes are now available at the entrance of both of our churches, for you to use to check in. If you do not have a smartphone or you're not carrying it with you, please download your personal QR code with Service NSW, and scan your code at the entrance of the church. Thank you for working with us to keep our parish community safe.

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.



Face Masks are mandatory in 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 9.30am, followed by Mass
Wednesday 9.30am
Thursday 7pm
 (Followed by Adoration and Benediction at 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 the Souls of

Helen Seve
Angela Mitchell (Mansfield)
Ronald Mitchell

If you would like the names of your relatives or friends and offerings included, please drop the envelope in to the Parish Office by Midday on Wednesdays. Thank You.

Recently Deceased

Carmel Crannage
Tom Kasch
Fr Manoj Manuel

Prayers for the Sick

Beryl Peo-Duncan
 Michael Carrodus
 Pat Regan
 Garry Gleeson
 Annette Davis
 Andrew Hood
 Jeff Langley
 Warwick Chipman
 Erin Ocampo
 Mark Lindfield
 Vicky Kalingasan
 Bill Eyre
 Brian Gregan
 Marian Poe
 Marcia Bailey
 Bec Burroughs
 Susan Hickey
 Sophia Burfitt
 Margaret De Landre
 Maeve Robinson
 Jenny Carroll
 Matt Ukishima
 Pietrina Maiorana
 Marta Bizubova
 Susan Makabenta
 Dominic Ursino
 George Carpenter

The names on this list will be removed after four weeks unless otherwise requested or advised. Thank you

Pope Francis has announced the next Apostolic Nuncio to Australia.



Archbishop Charles Balvo has served in the Holy See's diplomatic service for more than 30 years, including as Apostolic Nuncio to New Zealand and the Pacific Island nations for eight years.

Born and ordained in New York, he has been in the Czech Republic since 2018.

Bishop Randazzo looks forward to welcoming the new Nuncio to our Diocese as the year unfolds.

DVD REVIEW

For Greater Glory



A true story about Mexico in 1926 about the persecution of the Catholic Church when the government destroyed churches and murdered priests. Free men became outlaws as they risked everything for family faith in Mexico

It is our responsibility to protect others and ourselves and stop the spread of COVID-19 in Australia.

Everyone must also stay 1.5 metres away from other people whenever possible.

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

Bishop Anthony will celebrate a Memorial Mass for the late Fr Manoj Manuel at Our Lady of the Rosary Cathedral, Waitara at 11am on Friday 28 January 2022. All are invited to attend, and clergy are invited to concelebrate.

Liturgy for the Week

- 24/01 **Monday St Francis de Sales, bishop, doctor**
 2 Sam 5:1-7, 10; Mk 3:22-30; (Alt. Eph 3:8-12; Ps 36:3-6, 30-31; Jn 15:9-17)
- 25/01 **Tuesday The Conversion of Paul**
 Acts 22:3-16; or Acts 9:1-22; Mk 16:15-18;
- 26/01 **Wednesday Australia Day**
 Is 32:15-18; 1 Cor 12:4-11; or Rom 12:9-13; Mt 5:1-12; or Lk 12:22-32;
- 27/01 **Thursday Ordinary Time 3**
 2 Sam 7:18-19, 24-29; Mk 4:21-25;
- 28/01 **Friday St Thomas Aquinas, priest, doctor**
 2 Sam 11:1-10, 13-17; Mk 4:26-34;
- 29/01 **Saturday Ordinary Time One**
 2 Sam 1:1-4, 11-12, 17, 19, 23-27; Mk 3:20-21;

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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.

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



<https://brokenbay.goodgiving.com.au>

To read the messages from Bishop Anthony and from the people
 Vox Populi please go to www.pittwaterparish.org. News and events tile and Messages from Bishop Anthony on the drop down menu.

The Everyday Catholic's Guide to Eucharistic Adoration



The first time I went to Eucharistic Adoration was when I was littler than I can remember. My family had an Adoration hour at our church, and mom would bring all the littles. I could have cared less about Jesus in the Eucharist. I was more into the cheerios and coloring books mom had brought to keep us occupied for the hour.

It wasn't until I was in high school that I started to become present during Adoration (no cheerios, no coloring books). During a retreat my senior year of high school, I remember seeing Christ for the first time in Adoration as He truly was - present, under the appearance of bread, waiting for me.

After I came back from the retreat, I wanted the same exact experience over and over again. So I hightailed it to my nearest adoration chapel and begin to pray. I lasted a good 2 minutes before I was glancing at the clock and wondering how on earth time was passing so slowly. Everyone else who was in the chapel seemed to be peaceful, and thoroughly enjoying their time with Christ. I, on the other hand, was antsy and anxious for the hour to pass. Why wasn't this Adoration hour like the one that I experienced on retreat?

In college, I signed up for an Adoration hour at my campus centre. I begin asking God for the desire to spend undivided time with Him. And slowly, over the course of my freshman year, I begin to look forward to my Adoration hour. It was an hour of quiet silence, a chance to focus on the thing that matters the most in this life - an intimate relationship with Christ.

Now, Joseph and I have an adoration hour together on a weekday evening. Sometimes I sit peacefully and just gaze at Christ in the Eucharist.

Sometimes my heart is restless and I'm ready to go to home and go to bed. But each time, I'm incredibly thankful for the opportunity to sit with Our Lord and pray.

“Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet him in adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our adoration never cease.”

— SAINT POPE JOHN PAUL II

Sometimes, it can be intimidating to go to Eucharistic Adoration. It's not necessarily because we fear encountering Jesus, but instead because we're not sure what to do for such a long time of prayer. Is it okay to bring a book, read the Bible, journal, or pray a rosary during Adoration? Or do we have to sit, staring straight at the monstrance, not moving or making even the tiniest sound?

While visiting Christ in the Eucharist, there are a variety of options when it comes to prayer and meditation. How do you start? Here are five quick tips to praying in Eucharistic Adoration:

1. Be patient with yourself

There have been many an adoration hour where I will sit down from prayer and glance at the clock, sure that at least thirty minutes have passed - only to find out that I've only been in adoration for five minutes. I'll beat myself up about it, angry that I can't spend five minutes with the Lord without looking at my watch. "Have patience with all things, but first with yourself," Saint Francis de Sales once wrote.

If adoration is a struggle, focus on the beauty.

True, it has only been five minutes in adoration, but you're here with Christ. There is no scripted, perfect way to spend time in adoration. In fact, my favorite story about Eucharistic adoration comes from a story that Saint John Vianney told. He went into the chapel one day and someone came up and asked him what he did all day in adoration. "Nothing," he replied, "I just look at Him and He looks at me."

Grow in friendship with the Lord - you don't have to say anything, you don't have to make sure you're "doing" adoration correctly. Instead, experience the joy of being with someone who wants to have a deep, intimate, friendship with you.

2. Adore Him

Well, it is called Eucharistic Adoration, so this seems like an obvious one. But how do you go about adoring God?

We adore God when we worship Him in His Real Presence in the Eucharist. You can come for as long or short as you wish, but while you are there you can simply tell God how amazing He is. This can be done through mental prayer, journaling, or just sitting in His presence and being in awe of who He is.

You can focus on the mysteries of the rosary, the Passion of Christ, or a particular Scripture verse. But whatever way you pray, Adoration is an incredible time to be in the presence of God.

3. Practice silence

I'm just one chapter into Cardinal Sarah's *The Power of Silence - Against the Dictatorship of Noise*, but I would place a bet that it will be my book of the year - the one I learn the most from in this season of my life. I loved this quote that I read in adoration last night. Cardinal Sarah writes: "There is no place on earth where God is more present than in the human heart. This heart truly is God's abode, the temple of silence. . . The Father waits for his children in their own hearts."

The world we live in is so busy and loud - noise comes at us from every corner. Our car radios, alerts from our phone, and the background noise from the television fill our days with constant noise. Eucharistic adoration is a beautiful time to sit in silence with our Lord and spend time with Him, free from distraction.

4. Come into His presence with thanksgiving

Translated from Greek, the word *Eucharisteo* means thanksgiving. It's all Greek to me, but Christian writer Ann Voskamp explains it

beautifully, writing: "The root word of eucharisteo is charis, meaning "grace." Jesus took the bread and saw it as grace and gave thanks. He took the bread and knew it to be gift and gave thanks. Eucharisteo, thanksgiving, envelopes the Greek word for grace, charis. But it also holds its derivative, the Greek word chara, meaning "joy." Charis. Grace. Eucharisteo. Thanksgiving. Chara. Joy."

We find deep, true joy at the table of the Eucharist. The Eucharist, the source and summit of our faith as Catholics, is a call for thanksgiving. What better time to give thanks to the Lord for what He has done in our lives than while looking at Him in the gift of the Eucharist? You can thank Him for the big things in life, like a job interview that went well, or a great friendship. But you can also thank Him for the littlest gifts He's given you that day - how the sun shone on your drive to work, or how beautiful a cup of coffee tasted after a long night up with the littlest. Nothing small goes unnoticed by God - He keeps track of even the smallest of sparrows.

5. Bring a book with you

I used to avoid bringing books into adoration because I thought they distracted me from quality time with God. But when I was in college I read what Saint Jerome wrote about the use of spiritual books. He said, "When we pray we speak to God; but when we read, God speaks to us." And Jerome is not the only saint to recommend bringing a book with you into your holy hour. "Without good books and spiritual reading, it will be morally impossible to save our souls," Saint Alphonsus Liguori wrote.

adoration.jpg

One of the books I've been bringing to adoration lately is 100 Holy Hours for Women. Originally written as a religious sister's guide for daily adoration, it contains an amazing collection of beautiful and profound spiritual insights into the mystery of the Eucharist. Each meditation is a few pages long and focuses on one Bible verse. It begins by delving into the verse, and then finishes with a personal examination and prayer, with questions that encourage me to take a closer look at my interior life.



Adoration & Benediction



SACRED HEART CHURCH, Mona Vale - every Tuesday from 8.30am
Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass at 9.30am.

MARIA REGINA CHURCH, Avalon - every Thursday from 9am
Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass at 10am.

SACRED HEART CHURCH, Mona Vale - every Thursday from 7pm
Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass at 9pm.

SACRED HEART CHURCH, Mona Vale - First Friday of the Month from 9.30am
Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass at 10.30am.

Vinnies
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Vinnies founder shaped 'social Catholicism'

The St Vincent de Paul Society National Council has released a fresh reflection on Catholic Social Teaching, the principles which have underpinned the Society's work for more than 150 years.



St Vincent de Paul Society founder Frederic Ozanam (FamVin)

Speaking at the launch of Catholic Social Teaching: Dreaming as a Single Human Family, written by theologian Dr John Honner, the society's national President Claire Victory said that in a world where individualism trumps the common good, it's worth reflecting on the core principles that motivated our forebears and inspire us still.

"As Vincentians, the dignity of every human being is at the core of our work. We oppose individualism as we commit to the common good. And we encourage the empowerment of people through participation at whatever level might be possible," Ms Victory said.

"We stand with others who share these values and above all we defend our priority for people living with the impact of the structural causes of poverty and disadvantage. In addition, we share the care of our common home."

Ms Victory said the society's lead founder, Blessed Frederic Ozanam, "was instrumental in shaping 'social Catholicism'".

"The Honner report visits Frederic Ozanam's vision which influenced the formation of Catholic Social Teaching; the evolution of the principles in response to historical events; and exploration of the six principles through the lens of Vincentian spirituality with an eye on their possible applications in today's social context."

Catholic Social Teaching: Dreaming as a Single Human Family is available on the National Council's website.



Vinnies

The Lord has sent me to bring the Good News



3rd Sunday in Ordinary Time, Year C

After reading from the scriptures, Jesus told his listeners how Isaiah's prophecy was now fulfilled - as God had sent Jesus as His chosen one to bring the good news to the poor and suffering. Write down some of the good things Jesus tells us about God.



DECODE THE PROPHECY

Use the code below to decipher the prophet's message

A	B	C	D	E	F	G	H	I	J	K	L	M
∴	∴	∴	∴	∴	∴	∴	∴	∴	∴	∴	∴	∴
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
∴	∴	∴	∴	∴	∴	∴	∴	∴	∴	∴	∴	∴



Jesus said to those listening, "What you have just heard me read has come true today." Circle the statements below which are true.

JESUS TAUGHT IN SYNAGOGUES

JESUS READ FROM A NEWSPAPER

THE POWER OF THE SPIRIT WAS IN JESUS

JESUS GREW UP IN BETHLEHEM

A SYNAGOGUE IS A JEWISH PLACE OF PRAYER

ISAIAH WAS A PROPHET

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 Neh 8:2-6. 8-10

A reading from the book of Nehemiah
They read from the book of Law and they understood what was read.

Ezra the priest brought the Law before the assembly, consisting of men, women, and children old enough to understand. This was the first day of the seventh month. On the square before the Water Gate, in the presence of the men and women, and children old enough to understand, he read from the book from early morning till noon; all the people listened attentively to the Book of the Law.

Ezra the scribe stood on a wooden dais erected for the purpose. In full view of all the people – since he stood higher than all the people – Ezra opened the book; and when he opened it all the people stood up. Then Ezra blessed the Lord, the great God, and all the people raised their hands and answered Amen! Amen!; then they bowed down and, face to the ground, prostrated themselves before the Lord. And Ezra read from the Law of God, translating and giving the sense, so that the people understood what was read.

Then Nehemiah – His Excellency – and Ezra, priest and scribe (and the Levites who were instructing the people) said to all the people, ‘This day is sacred to the Lord your God. Do not be mournful, do not weep’. For the people were all in tears as they listened to the words of the Law.

He then said, ‘Go, eat the fat, drink the sweet wine, and send a portion to the man who has nothing prepared ready. For this day is sacred to our Lord. Do not be sad: the joy of the Lord is your stronghold.’

The word of the Lord

Responsorial Psalm

Ps 18:8-10. 15. R. See Jn 6:63

(R.) Your words, Lord, are spirit and 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)

May the spoken words of my mouth,
the thoughts of my heart,
win favour in your sight, O Lord,
my rescuer, my rock! (R)

Second Reading 1 Cor 12:12-30

A reading from the first letter of St Paul to the Corinthians
Together you are Christ's body; but each of you is a different part of it.

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink. Nor is the body to be identified with any one of its many parts. If the foot were to say, ‘I am not a hand and so I do not belong to the body’, would that mean that it stopped being part of the body? If the ear were to say, ‘I am not an eye, and so I do not belong to the body’, would that mean that it is not a part of the body? If your whole body was just one eye, how would you hear anything? If it was just one ear, how would you smell anything?

Instead of that, God put all the separate parts into the body on purpose. If all the parts were the same, how could it be a body? As it is, the parts are many but the body is one. The eye cannot say to the hand, ‘I do not need you,’ nor can the head say to the feet, ‘I do not need you.’ What is more, it is precisely the parts of the body that seem to be the weakest which are the indispensable ones; and it is the least honourable parts of the body that we clothe with the greatest care. So our more improper parts get decorated in a way that our more proper parts do not need. God has arranged the body so that more dignity is given to the parts which are without it, and so that there may not be disagreements inside the body, but that each part may be equally concerned for all the others. If one part is hurt, all parts are hurt with it. If one part is given special honour, all parts enjoy it.

Now you together are Christ's body; but each of you is a different part of it. In the Church, God has given the first place to apostles, the second to prophets, the third to teachers; after them, miracles, and after them the gift of healing; helpers, good leaders, those with many languages. Are all of them apostles, or all of them prophets, or all of them teachers? Do they all have the gift of miracles, or all have the gift of healing? Do all speak strange languages, and all interpret them?

The word of the Lord



You can find us on
Instagram
(pittwater_parish)

Gospel Acclamation See Lk 4:18

Alleluia, alleluia!
The Lord sent me to bring Good News to the poor
and freedom to prisoners.
Alleluia!

Gospel

Lk 1:1-4. 4:14-21

A reading from the holy Gospel according to John

The scriptures were fulfilled on this day.

Seeing that many others have undertaken to draw up accounts of the events that have taken place among us, exactly as these were handed down to us by those who from the outset were eyewitnesses and ministers of the word, I in my turn, after carefully going over the whole story from the beginning, have decided to write an ordered account for you, Theophilus, so that your Excellency may learn how well founded the teaching is that you have received.

Jesus, with the power of the Spirit in him, returned to Galilee; and his reputation spread throughout the countryside. He taught in their synagogues and everyone praised him. He came to Nazara, where he had been brought up, and went into the synagogue on the sabbath day as he usually did. He stood up to read, and they handed him the scroll of the prophet Isaiah. Unrolling the scroll he found the place where it is written:

The spirit of the Lord has been given to me, for he has anointed me.

He has sent me to bring the good news to the poor,
to proclaim liberty to captives
and to the blind new sight,
to set the downtrodden free,
to proclaim the Lord's year of favour.

He then rolled up the scroll, gave it back to the assistant and sat down. And all eyes in the synagogue were fixed on him. Then he began to speak to them, ‘This text is being fulfilled today even as you listen.’

The Gospel of the Lord

Communion Antiphon

Cf. Ps 33:6

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

Receiving Holy Communion on the tongue during COVID

The Faithful shall still have the option of receiving Communion on the tongue until the situation is further reviewed, but Ministers of Communion should sanitise their hands afterwards and avoid contact with the palm of people's hands. In this situation, if you desire to receive Holy Communion on the tongue, please present yourself last and only to the priest.

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