



The Catholic Parish of Pittwater

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

Prayer for Sundays in Lent

Heavenly father, as I enter another week of my Lenten journey, guide me to the path that leads to you.

Fill my heart with gratitude, patience, strength and peace, as I strive to become the best version of myself, honestly admitting my shortcomings and sins.

As I renew my resolve each day to become a better person, let me hear your voice in the deepest reaches of my heart.

Give me rest in you.
Help me to accept others, showing them your great love instead of casting judgement.

Stay with me through the busy days this week and remind me that when I need comfort, solitude, wisdom or guidance, I can turn to you.

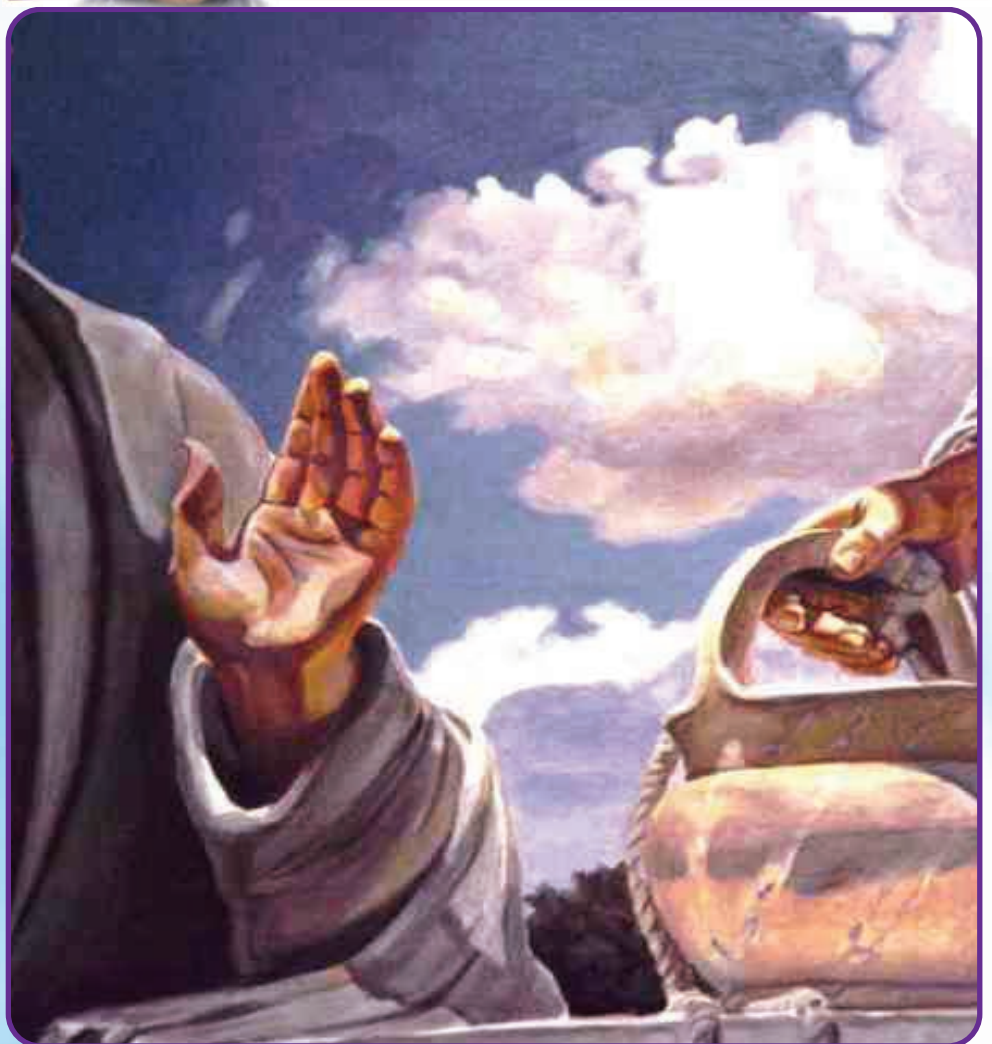
Help me develop discipline and generosity through fasting and almsgiving, and come closer to you through prayer this Lent.

Amen.



Thoughts of Fr Francis Jordan

Time speeds along whether we want it to or not, whether we close our eyes or not. Death is certain, and judgement is not.



A warm welcome to our parishioners and visitors who are celebrating the Eucharist with us at Pittwater Parish - Sacred Heart Church, Mona Vale and Maria Regina Church, Avalon

Pope Francis' Prayer Intentions for March 2020

Catholics in China

We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.





Vinnies
changes
lives
everyday.

Show your support and
give to our annual appeal



"TINNIES FOR VINNIES"

Thank you to our generous parishioners for their past donations to 'Tinnies for Vinnies'. By your generosity, our stockpile is overflowing. As such, we will not be needing anything for the month of March. You make a difference in the lives of our clients.

Sue Bowra

For the needy, help is
available by contacting
the Brookvale Centre
9905 0424 during
business hours.

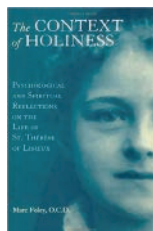
Did you know that if you are new to
our parish you can register your
details through our website or if
your contact details have changed
you can update them.

Simply go to
www.pittwaterparish.org, click on
the "Welcome" menu item and
select "Parishioner Registration"
from the dropdown menu.
If you have any problems, please
contact the parish office on
9157 0999.

BOOK REVIEW

The Context of Holiness by Marc Foley, O.C.D.

This account of the life of
Therese of Lisieux recalls her
spiritual life and her response
to God within the physical,
psychological, social and
emotional dimensions she
experienced.



We Pray for

Recently Deceased
Kevin Leys
Judith McElroy
Graham Englund

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.

Eternal Rest Grant Unto Them
O Lord, And Let Perpetual Light
Shine Upon Them.
May they Rest in Peace. Amen.
May Their Souls And The Souls
Of The Faithful Departed,
Through The Mercy Of God,
Rest In Peace. Amen.

Deceased Anniversary

Esterman and Pycke Families
Amelia Sta-ana
Teng Poe

Prayers for the Sick

Tayla Riddle
Giovanni Returra
Bill Eyre
Manny Zarb
Philip Maddrell
Gail Reiher
Imelda Vince
Eric Domagas
Vicky Villaluz
Ben Castillo
Moirra Howie
Carol Brennan
Jomar
Christine Hills
Ross Perkins
Donald McRae
Mary O'Connor
Sara Zofrea
Beryl Peo-Duncan

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

LIBRARY

The books which are reviewed here each
week are from our Parish Library situated
at Maria Regina Church, Avalon.
The Library is opened at Maria Regina
Church, Avalon before and after the
weekend Masses, Saturday 6 pm and
Sunday 9 am, and on week day Masses,
except Tuesdays, at 9.15 am. You can
browse our full collection of books and
DVDs on the Parish website. Go to
Resources > Library > Our books. If these
hours don't suit you and you would like
to borrow or have an inquiry you may
phone me on 99183973 (Home)
0401613643 (mobile).

Trish Newman



If you are experiencing
Domestic Violence.

Ring 1800 RESPECT
1800 737 732



Seminarian Anthony

To get to know Anthony better,
he was born in Vietnam,
6 December 1988.
Is the 7th of 8 children
in the family.

He joined the Salvatorians
31 May 2011.

Was a Novitiate
31 May 2016-31 May 2017

Made his First Religious
Profession 1 June 2017

He has finished 2nd year of
Theology and is undergoing
formation in the Philippines.

Came to Australia for Pastoral
Placement on Feast of St Mary
MacKillop 8 August 2019,
Pastoral Placement at the
Salvatorian Motherhouse in
Perth and from this weekend,
here at Pittwater Parish.

At the end of his Pastoral
Placement at Pittwater,
Seminarian Anthony will resume
his theological studies until
2022 (last two years in the
Formation Program).

Please make Anthony welcome,
the Pittwater way.

DATES for your DIARY



STATIONS OF THE CROSS

Every Friday in Lent after
morning mass.

LENTEN PROGRAM

During Lent The Thursday
Morning Spirituality Group
will be studying the Lenten
program, "Lenten Listening
2020." We commence at
10.30 am, with a cuppa,
finishing at 12.30 pm, in the
Maria Regina Church hall.
All are welcome.

Anointing Mass

At Nursing Homes And
Retirement Villages

MINKARA NURSING HOME

Tuesday 17 March
at 10.30am
Anointing Mass

SEABEACH GARDENS NURSING HOME

Tuesday 17 March
at 11.30am
Anointing & Communion

BAYVIEW GARDEN NURSING HOME

Tuesday 17 March
at 1.30pm
Anointing Mass

ARCARE NURSING HOME

Tuesday 17 March
at 2.30pm
Anointing & Communion

AVALON HOUSE NURSING HOME

Wednesday 25 March
at 10.45am
Anointing & Communion

MARCUS LOANE NURSING HOME

Wednesday 25 March
at 2.00pm Anointing
Mass



Mater Maria Catholic College

Last Tuesday we welcomed almost 300
Year 3 students from our local Catholic
primary schools for Links Day which
saw students participate in a range of
activities as a taste of secondary
school life. Everyone enjoyed their
time at Mater Maria and we hope to
see many students return in the
coming years.

Following this we had our annual
Open Evening on Wednesday which
was a great opportunity for the future
students and their parents to
experience what Mater Maria is all
about and get to view our new
facilities.

We are now enrolling students in Year 5 for Year 7, 2022!

Please visit the College website
www.matermaria.nsw.edu.au/enrolments
for a prospectus, Application for
Enrolment or to register for a College
tour. Applications for Year 7, 2022
close on April 3, 2020.

We acknowledge the lifelong trauma of abuse
victims, survivors and their families, the failures of
the Catholic Church to protect, believe and respond
justly to children and vulnerable adults, and the
consequent breach of community trust.

PARISH DIRECTORY

Pittwater Parish
1 Keenan Street Mona Vale NSW 2103
Tel 9157 0999 • Fax 9012 0509
www.pittwaterparish.org

Parish Priest
Fr Bronek Pietrusiewicz SDS
Tel 9157 0999 ext 0
pp@pittwaterparish.org

Assistant Priest
Fr Richard Sadowski SDS
Tel 9157 0999 ext 0
ap@pittwaterparish.org

Bishop - Emeritus
Bishop Bernard O'Grady OP
Tel 9157 0999 ext 20

Parish Secretary
Suzy Caruso
Tel 9157 0999 ext 0
office@pittwaterparish.org

Administrative Assistant
Angela Smit
Tel 9157 0999 ext 0
office@pittwaterparish.org

Youth Directors
Katrina Pratt (Yrs 5-8)
katrina.pratt.youth@gmail.com
Josh Willard (Soul Youth)
music@pittwaterparish.org

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

Media & Communication
Laura Ee
Tel 9157 0999 ext 31
media@pittwaterparish.org

Sacramental Program
Suzy Caruso
Tel 9157 0999 ext 0
sacraments@pittwaterparish.org

Parish Office Hours
Monday to Thursday
9.00am to 4.00pm
Friday 9am to 12 noon

Sacred Heart Church
1 Keenan Street Mona Vale

Maria Regina Church
7 Central Road Avalon

Mona Vale
Sacred Heart School
Tel 9999 3264
Principal: Mrs Suellen Garey

Avalon
Maria Regina School
Tel 9918 2608
Principal: Mrs Kathy Gee

Warriewood
Mater Maria Catholic College
Tel 9997 7044
Principal: Mr Marc Reicher



**PROJECT
COMPASSION**
GO FURTHER TOGETHER



Barry grew up in a tough environment. With the support of a program from Caritas Australia's partner, Red Dust Healing, Barry has overcome many of life's challenges. He is now an inspirational father to his four girls and a leader in his community.

Please donate to Project Compassion 2020 and help vulnerable people like Barry, so that they are empowered to assist members of their communities in Australia. Let's Go Further, Together. You can donate through Parish boxes and envelopes, by visiting www.caritas.org.au/projectcompassion or phoning 1800 024 413.



ADULT FAITH EDUCATION TALKS

Dear Fellow Parishioners,

You are invited to two evening talks to be given by Father Denis Uhr.

Denis was born in Brisbane and went to the MSC school Downlands in Toowoomba. After noviciate in Douglas Park and studies in Canberra and Melbourne he spent many active years in MSC schools with a focus on English, Modern History and RE. Denis is now semi retired in Kensington and has an interest in the emerging creation stories that are seeing the Universe evolving over the last 14 thousand years.

The Talks: Sacred Heart Parish Centre Mona Vale.

Talk 1: Tuesday 17th March from 7.30pm until 9pm.

Title: How Could God want Jesus Executed?

Talk 2: Tuesday 24th March from 7.30pm until 9pm.

Title: Our Role in the Resurrection of the Universal Christ.

All Adults are welcome.

Come and join us from 7pm for a coffee or tea before the talks start.

Regards,
The Adult Faith Education Team.



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.



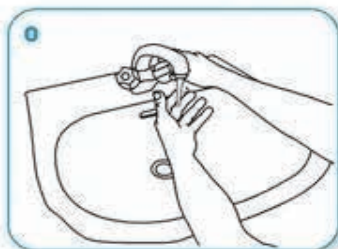
Catholic Youth Broken Bay invites all young people to our first PRAISEfest of the year kicking things off with a fun outdoor festival with free food, and heading in to celebrate and relive the joyous memories from ACYF 2019 in Perth! After a fruitful and exciting journey through Perth for ACYF, the night will be a chance to come together, share stories and catch up with old friends! The night includes a festival with food and activities, leading into a night of praise & honest worship, an inspirational message by our very own Bishop Anthony Randazzo, and time for reflection, prayer and ministry.
Date: Friday 20 March 2020 • Time: 6:00pm – 9:00pm • Venue: MacKillop College, Warnervale Parish, 91 Sparks Rd, Warnervale



How to handwash Catholic Style!



30-45 second wash time



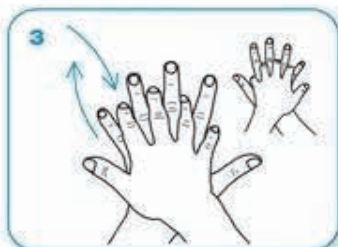
Our Father, Who art in heaven,
Hallowed be Thy Name.



Thy Kingdom come.
Thy Will be done,
on earth as it is in Heaven.



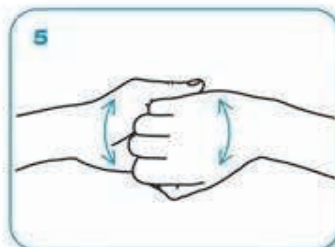
Give us this day our daily bread.



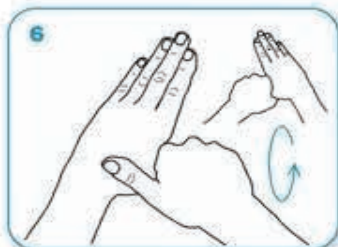
And forgive us our trespasses,
as we forgive those who trespass
against us.



And lead us not into
temptation, but deliver us
from evil. Amen.



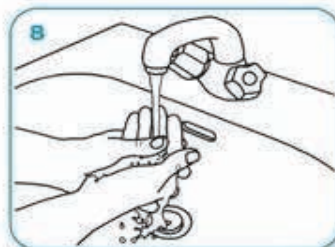
Hail Mary, Full of Grace,
The Lord is with thee.



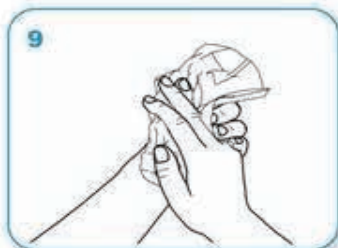
Blessed art thou among women,
and blessed is the fruit
of thy womb, Jesus.



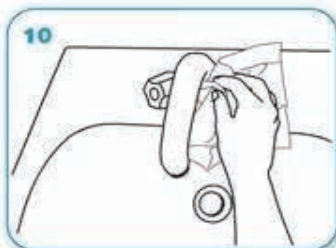
Holy Mary, Mother of God,
pray for us sinners



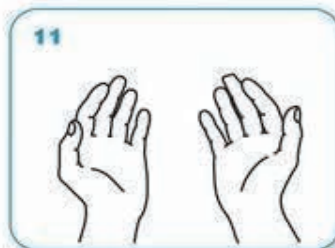
now, and at the hour of
our death. Amen.



Glory be to the Father,
and to the Son,
and to the Holy Spirit.



As it was in the beginning,
is now, and ever shall be,
world without end.



Amen.

*Clean hands are life savers
... and prayers save souls!*

IMPORTANT ANNOUNCEMENT for COMMUNION and Mass

Now, with confirmed cases of human to human transmission in the Greater Sydney area, Bishop Anthony has reviewed the instructions that he provided at both the end of January and the end of February. He now provides us with the following additional instruction proportionate to the current understanding of the coronavirus and the risks outlined by health authorities:

The chalice is not to be shared at any Masses but is to be reserved to the Celebrant(s) only.

Individuals should consider their own health, including any potential to infect others with a contagious disease, before attending a public liturgical celebration, and the manner by which they engage their participation in the celebration. Holy Water should be temporarily removed from stoups at the doors of churches to reduce the possibility of transmission of the virus. *Holy Water should continue to be available for people to take home.*

Parishes and other settings where liturgies are celebrated should make alcohol-based gels or rubs (or like products) available near entrances. Similar provisions should be considered for settings used for the Sacrament of Reconciliation.

Celebrants may exercise the option allowed in the Roman Rite for the inclusion of the Sign of the Peace in the Rite of Communion. If they choose the option for the Sign of Peace, individuals should avoid shaking hands but say "Peace be with you" and offer a smile, wave, nod or bow.

Parishes continue not to distribute Holy Communion from the Chalice until further notice. *The Faithful should be reminded that Christ is fully present under either species.*

All Ministers of Holy Communion should take particular care to wash their hands before and after distributing. Appropriate means should be made available.

The Faithful shall still have the option of receiving Communion on the tongue until the situation is further reviewed, but Ministers of Communion should disinfect their hands afterwards and avoid contact with the palm of people's hands.

The faithful who are too unwell to attend Sunday Mass – whether due to coronavirus or some other condition – or are at particular risk of contracting the COVID-19 virus can honour their Sunday obligation by participating in a time of prayer within the home, reading the Scriptures or watching Mass on television or online (<http://bit.ly/MassOnDemand>).

When conducting services in hospitals and aged care facilities, as well as those who conduct pastoral visits to other settings, including people's homes, individuals should follow the advice of local health authorities.

With appreciation for everyone's cooperation,

Fr David Ranson VG

DISCERNMENT RETREAT FOR MEN



Take a glimpse into the life and formation of the Priesthood.

Date: 27-29 March 2020

**Venue: Seminary of the Good Shepherd
50-58 Abbotsford Rd, Homebush.**

For more information, please contact
Vocations Office Diocese of Broken Bay
Vocations.ministry@bbcatholic.org.au Ph:0418522449



PEW RESTORATION APPEAL

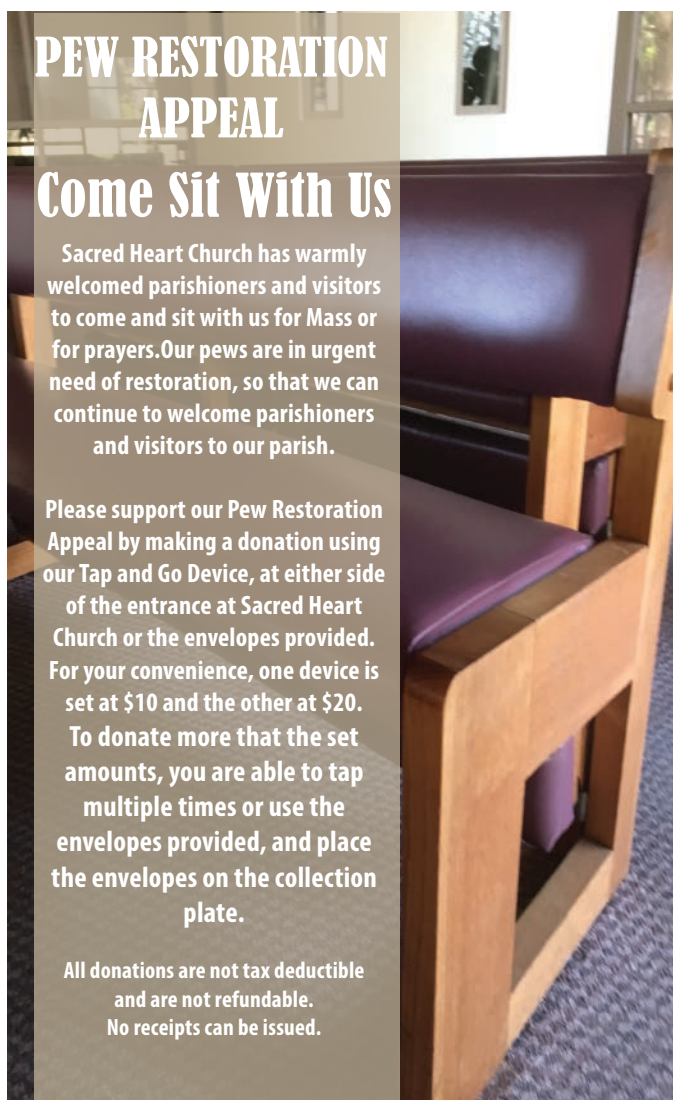
Come Sit With Us

Sacred Heart Church has warmly welcomed parishioners and visitors to come and sit with us for Mass or for prayers. Our pews are in urgent need of restoration, so that we can continue to welcome parishioners and visitors to our parish.

Please support our Pew Restoration Appeal by making a donation using our Tap and Go Device, at either side of the entrance at Sacred Heart Church or the envelopes provided. For your convenience, one device is set at \$10 and the other at \$20.

To donate more than the set amounts, you are able to tap multiple times or use the envelopes provided, and place the envelopes on the collection plate.

All donations are not tax deductible
and are not refundable.
No receipts can be issued.



The *Living* Word

First Reading

Ex 17:3-7

A reading from the book of Exodus

Give us water to drink.

Tormented by thirst, the people complained against Moses. 'Why did you bring us out of Egypt?' they said. 'Was it so that I should die of thirst, my children too, and my cattle?' Moses appealed to the Lord. 'How am I to deal with this people?' he said. 'A little more and they will stone me!' The Lord said to Moses, 'Take with you some of the elders of Israel and move on to the forefront of the people; take in your hand the staff with which you struck the river, and go. I shall be standing before you there on the rock, at Horeb. You must strike the rock, and water will flow from it for the people to drink.' This is what Moses did, in the sight of the elders of Israel. The place was named Massah and Meribah because of the grumbling of the sons of Israel and because they put the Lord to the test by saying, 'Is the Lord with us, or not?'

The word of the Lord

Responsorial Psalm

Ps 94:1-2, 6-9, R. v.8

**(R.) If today you hear his voice,
harden not your hearts.**

Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord. **(R)**

Come in; let us bow and bend low;
let us kneel before the God who made us
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand. **(R)**

O that today you would listen to his
voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my
work.' **(R)**

Second Reading

Rom 5:1-2, 5-8

A reading from the letter of St Paul to the Romans

*The love of God has been poured into our
hearts by the Holy Spirit which has been
given to us.*

Through our Lord Jesus Christ by faith
we are judged righteous and at peace
with God, since it is by faith and through
Jesus that we have entered this state of
grace in which we can boast about
looking forward to God's glory. This
hope is not deceptive, because the love
of God has been poured into our hearts
by the Holy Spirit which has been given
us. We were still helpless when at his
appointed moment Christ died for sinful
men. It is not easy to die even for a good
man – though of course for someone
really worthy, a man might be prepared
to die – but what proves that God loves
us is that Christ died for us while we
were still sinners.

The word of the Lord

Gospel Acclamation

See Jn 4:42, 15

Glory to you, Word of God, Lord Jesus
Christ!

Lord, you are truly the Saviour of the
world; give me living water, that I may
never thirst again.

Glory to you, Word of God, Lord Jesus
Christ!

Gospel

Jn 4:5-42

A reading from the holy Gospel according to John

*The water that I shall give will turn into a
spring of eternal life.*

Jesus came to the Samaritan town called
Sychar, near the land that Jacob gave to
his son Joseph. Jacob's well is there and
Jesus, tired by the journey, sat straight
down by the well. It was about the sixth
hour. When a Samaritan woman came to
draw water, Jesus said to her, 'Give me a
drink.' His disciples had gone into the
town to buy food. The Samaritan woman
said to him, 'What? You are a Jew and
you ask me, a Samaritan, for a drink?' –
Jews, in fact, do not associate with
Samaritans. Jesus replied:

'If you only knew what God is offering
and who it is that is saying to you:
Give me a drink,
you would have been the one to ask,
and he would have given you living
water.'

'You have no bucket, sir,' she answered
'and the well is deep: how could you get
this living water? Are you a greater man
than our father Jacob who gave us this
well and drank from it himself with his
sons and his cattle?' Jesus replied:

'Whoever drinks this water
will get thirsty again;
but anyone who drinks the water that I
shall give
will never be thirsty again:
the water that I shall give
will turn into a spring inside him,
well up to eternal life.'

'Sir,' said the woman, 'give me some of
that water, so that I may never get thirsty
and never have to come here again to
draw water. I see you are a prophet, sir.

Our fathers worshipped on this
mountain, while you say that Jerusalem
is the place where one ought to worship.'

Jesus said:
'Believe me, woman, the hour is coming
when you will worship the Father
neither on this mountain nor in
Jerusalem.

You worship what you do not know;
we worship what we do know;
for salvation comes from the Jews.
But the hour will come – in fact it is here
already –
when true worshippers will worship the
Father in spirit and truth:
that is the kind of worshipper
the Father wants.

God is spirit,
and those who worship
must worship in spirit and truth.'

The woman said to him, 'I know that
Messiah – that is, Christ – is coming;
and when he comes he will tell us
everything.' 'I who am speaking to you,'
said Jesus 'I am he.'

Many Samaritans of that town had

believed in him on the strength of the
woman's testimony, so, when the
Samaritans came up to him, they begged
him to stay with them. He stayed for two
days, and when he spoke to them many
more came to believe; and they said to
the woman, 'Now we no longer believe
because of what you told us; we have
heard him ourselves and we know that
he really is the saviour of the
world.' believe because of what you told
us; we have heard him ourselves and we
know that he really is the saviour of the
world.'

The Gospel of the Lord

Reflection

*All people thirst for meaning, but of what
does that meaning consist? The people in
the desert thirsted for water, but they
misunderstood their thirst. The woman of
Samaria thirsted. Her conversation with
Jesus showed that she thirsted for
understanding and insight as well as
water. For what do we thirst in this
world of such great excess and
unmeasured need? Life has not become
simpler with all of our advances. We still
thirst for more – for the newest, the
fastest and the best. How much is
enough, and when do we cross the line
into 'too much'?*

*The gospel readings for the scrutiny
Sundays very clearly lay out the choices
that are placed before the catechumens
and the rest of the believing community
as well. This Sunday it is between water
that quenches thirst and water that does
not. Jesus identifies himself as the source
of water that guarantees eternal life. He
places before the Samaritan woman a
choice that requires a step of profound
faith. She knows the thirst-quenching
quality of the water from Jacob's well,
but she is not acquainted with the water
promised by this stranger who is also an
enemy of her people. The choice is not
an obvious one. A similar choice is
placed before us. We know the demands
of our culture and the circumstances of
our lives. Are we able to acknowledge
the sins of which we are guilty, recognise
the grace that is being offered to us, and
make the right choice? readings focus on
the merciful action of God in our lives,
and in the end they point to Jesus.*

© Dianne Bergant CSS



Aid to the
Church in Need

ACN AUSTRALIA

Easter Cards are now available for purchase from
Aid to the Church in Need. Each packet contains
12 Easter cards and envelopes. Cost: First packet \$23
(includes postage). Extra packets \$15 each.
The Easter cards feature the religious paintings of
Swiss artist, Bradi Barth and include a bible verse
inside. Proceeds raised go toward ACN projects that
support the Church where she is unable to support
herself. Order over the phone: 1800 101 201 or
online: www.aidtochurch.org



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Liturgy for the Week

16/03 **Monday Third Week of Lent**
2 Kg 5:1-15; Lk 4:24-30

17/03 **Tuesday St Patrick bishop**
Jer 1:4-9; Acts 13:46-49;
Lk 10:1-12, 17-20

18/03 **Wednesday Third Week of Lent**
Deut 4:1, 5-9; Mt 5:17-19

19/03 **Thursday St Joseph spouse of
the Blessed virgin mary**
2 Sam 7:4-5, 12-14, 16; Rom 4:13,
16-18, 22; Mt 1:16, 18-21, 24 or
Lk 2:41-51

20/03 **Friday Third Week of Lent**
Hosea 14:2-10; Mk 12:28-34

21/03 **Saturday Third Week of Lent**
Hosea 5:15 - 6:6; Lk 18:9-14



Every Girl. Everywhere. Period.

On the first Sunday of every
month from 1-4pm
Days for Girls meet in
Maria Regina Church Hall.
Volunteer sewers or cutters
are welcome.
Come along and find out
more about it!
Enable girls to attend school by
providing washable hygiene kits.
Call Tamara to find out more.
0403226699

CatholicCare
Diocese of Broken Bay

**Hospital Chaplaincy and
Pastoral Care Team**

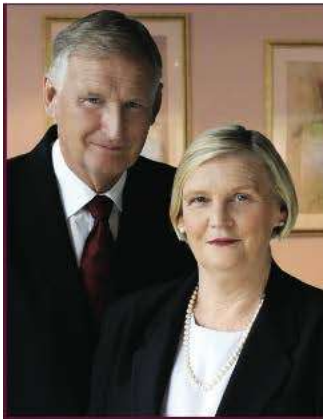
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