



The Catholic Parish of Pittwater

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

Prayer of Thanksgiving

Heavenly Father,
I thank you for this wonderful day
that you have made.
I thank you for my life and the lives
of my loved ones.
I thank you Father for your
presence in my life.
For the confidence I have in you and
the plans you have for me.
I thank you for the immeasurable
amount of love you have for me,
and how comforting it is to know
that your Spirit is always with me.
I thank you Lord for all the big
and small wins that I attain daily by
the strength of your Spirit.
Thank you for the things in my life
that I take for granted sometimes.
I thank you for a roof over my head,
food to eat and clothes to wear.
I recognise that these things
are all a gift from you, and I'm
ever grateful.
May I develop an attitude of thanks
in all circumstances Lord.
I pray that I'll continue to
remember that all things work
together for good.
Thank you father. I love you.
In Jesus' name.
Amen.

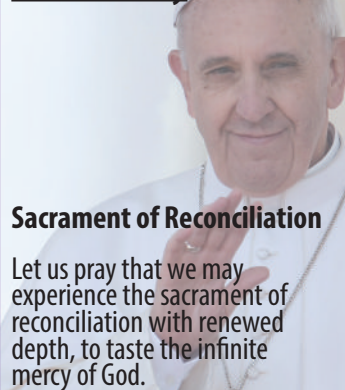


Thoughts of Fr Francis Jordan

As long as the Queen of heaven and earth is not everywhere praised,
you dare not allow yourself a moment's rest.



Pope Francis' Prayer Intentions For February



Sacrament of Reconciliation

Let us pray that we may experience the sacrament of reconciliation with renewed depth, to taste the infinite mercy of God.

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

A warm welcome to all especially our Sacred Heart School Year 3 families, our parishioners and visitors who are celebrating the Eucharist with us at Pittwater Parish - Sacred Heart Church, Mona Vale and Maria Regina Church, Avalon

Share the News

Our Churches- Sacred Heart (Mona Vale) and Maria Regina (Avalon) are open.

Come for Mass.
Come and pray.
Come and light a candle.

MASS TIMES

SACRED HEART CHURCH 1 Keenan Street, Mona Vale

Weekday Masses
Tuesday 9.30am
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 • 4.00pm Croatian (1st & 3rd Sunday) 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 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.

We Pray for

Recently Deceased

Paul Chau Nguyen
 Maureen Craig
 Karen Cosico
 Bernie Neville

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

John Shanahan
 Maria Rosa Calvi
 Jonafe Macarayan
 Milagros Macarayan
 Conrado Macarayan
 Aurelia Lorica
 Rina Yam

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.

Prayers for the Sick

Bill Eyre
 Manny Zarb
 Philip Maddrell
 Gail Reiher
 Imelda Vince
 Eric Domagas
 Vicky Villaluz
 Ben Castillo
 Moira Howie
 Joma
 Christine Hills
 Donald McRae
 Sara Zofrea
 Beryl Peo-Duncan
 John Andrew Graham
 John Charles Graham
 Michael Carrodus
 Pat Regan
 Robyn Sheather
 Candida Hernandez
 Chin Quang Le
 Gill Page
 Tony Quatroville
 Garry Gleeson
 Elizabeth Kral
 Nazarena Custodio
 Annette Davis
 Tim & Christina O'Connell
 Andrew Hood
 Roberto Ang

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

BOOK REVIEW

Blessings by Mary Craig



The author's own personal story of how she cared for her own disabled children and many strangers around the world, enabling her to find peace and greater trust in God.



Vinnies

Vinnies is proud to announce the 2021 edition of the Mini Vinnies Formation Program (MVFP) for students in Years 4 – 6, who wish to undertake Social Justice Formation in their own time. For more information please go to <https://bit.ly/VinniesMVFP>

This is the link to the Vinnies Metropolitan Schools January 2021 Newsletter: https://youthnsw.vinnies.org.au/wp-content/uploads/2021/01/School-Newsletter_Metro_Term-1-2021.pdf

Vinnies changes lives everyday.

Show your support and give to our annual appeal

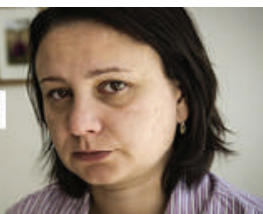
For the needy, help is available by contacting the Brookvale Centre 9905 0424 during business hours.



HELP PEOPLE LIKE JOANNE RECOVER FROM DOMESTIC ABUSE.



GIVE NOW



DATES for your DIARY



STATIONS OF THE CROSS

Every Friday in Lent after morning mass.

2nd Rite of Reconciliation
Thursday 25 March 2021
• 7.30pm
Sacred Heart Church

THE SEASON OF LENT is the most appropriate time for celebrating the SACRAMENT OF PENANCE.

Already on Ash Wednesday the people of God has heard the solemn invitation, Turn away from sin and believe the good news. It is therefore fitting to have several penitential celebrations during Lent, so that all the faithful may have an opportunity to be reconciled with God and their neighbour and so be able to celebrate the paschal mystery in the Easter Triduum with renewed hearts. RP 13 The Sacrament of Penance is better celebrated before rather than during the Easter Triduum.

THURSDAY MORNING SPIRITUALITY GROUP

"For Lent our group are breaking with the study on the Pope's Encyclical to concentrate on "The Way of Julian of Norwich". A prayer Journey through Lent. **All are invited.**

Contact Trish Newman ocds on 99183973 or Mb. 0401613643.

LIBRARY

Now that the restrictions have been lifted concerning the opening of churches, although at present 200 people at Maria Regina, we can access the Library. You are very welcome to browse the vast assortment of books and DVDs in the Parish Library at Maria Regina after the daily and weekend Masses. Books and DVDs will still be reviewed in the Bulletin. If you have an inquiry you may phone me on 99183973 (Home) 0401613643 (mobile).

Trish Newman



March roster is available on our website www.pittwaterparish.org



Giving Up Chocolate: thoughts on 'living Lent'

by Majella Dennis, March 2015



When I was in primary school, I hated Lent. My little Catholic school tended to make a big deal of the whole season. We had Caritas Project Compassion boxes with weekly fundraising goals, lots of liturgies and Masses, Religion lessons highlighting the importance of doing penance and worst of all: the Lenten Promise. This Promise (fasting, by any other name) was the subject of a great many conversations amongst my classmates in the lead-up to Ash Wednesday - who was going to give up what in order to become holy, pure and the recipient of the most chocolate eggs on Easter morning (we may have misunderstood the end goal).

Each year, I remember feeling incredibly burdened by my Lenten Promise. I suspect it was because I always fell into the trap of Competitive Promising - the act of ensuring that your Lenten fast is more sacrificial, penitential and austere than everyone else's. If my friend gave up chocolate - I needed to give up all junk food. My classmate promised to abstain from computer games - well, no riding bikes, climbing trees or anything remotely resembling fun for me!

Consequently, the forty days of Lent always stretched dreary and dark before me, my faithfulness to God tested constantly by my sin-filled little sisters who ate Caramello Koalas right in front of me in flagrant disregard of my Lenten Promise.

Naturally, I am hoping to impart a different experience of Lent to my own children.

When I was small, I understood the 'how-to' of penance and fasting in preparation for the Easter celebration. I could have told you that the practice of fasting is an imitation of Jesus' retreat to the wilderness for forty days and nights in preparation for his ministry (although the direct link between this and giving up chocolate was less clear to me). I even knew that the act of doing penance was to help us turn back to God and to deepen our relationship with Jesus. What my little self missed was the connection between my knowledge about Lent and the practice of giving up things I enjoyed. This was not because I was uninformed or because I was afraid to ask questions, but perhaps because there is a depth and breadth to Lenten spirituality that can be hard to capture in words.

As Catholics, we live Lent in preparation for the Easter Triduum, the celebration of the passion, death and resurrection of Jesus. Sometimes it seems to me that we like to skip over the "was brutally nailed to a cross in front of his friends and family" part of the story to get to the "but don't worry everyone, he overcame death and rose again" happy ending. Obviously we cannot have one without the other, but I do think there is a bias in Western culture towards focusing only on positive, happy, 'nice' parts of life. We are almost afraid to confront the darkness, the pain, the death that exists all around us, presumably because it forces us to face our own vulnerability, sin, wrongdoing.

But what we miss when we skip the crucifixion part of the story is the call to ask ourselves the hard questions, the opportunity to examine how we are living, the impetus to ask ourselves what really matters. Because when all is stripped away (as death is wont to do), what is left?

In an interview I read recently with Br David Steindl-Rast, a hermitic Benedictine monk, he said that in order to practise gratitude, we must always keep death before our eyes. When I first read this, I found it hard to digest. In my experience, focusing on life's awfulness does not often seem to inspire great happiness! And yet, as I have thought more about what he meant, I have come to realise the incredible wisdom behind it. If at any minute my life could be reduced to nothing, everything I have right now is a blessing, and cause for great thankfulness.

In the end, what I would like my children to know about Lent is this: it is an opportunity to strip back the complexity, to give away the excess, to reduce the noise and to live, breathe and love as though it could all be gone tomorrow. I want to tell them that Lent reminds us to live simply, thoughtfully and consciously so we can fully participate in the great and wonderful mysteries that life offers us. And I will gently advise them that if giving up chocolate doesn't help them to connect with what matters most, then perhaps they need to rethink their Lenten Promise.

Majella Dennis is a parishioner of St James' at Muswellbrook and a practising psychologist. She is married to Matt and they have a son and a daughter. Majella says, "I really enjoy hanging around at the intersection between spirituality and psychology."

Easter Eggs: History, Origin, Symbolism And Traditions



On Easter Sunday millions of us will be tucking into delicious chocolate eggs as the Christian world celebrates.

But while many will be at least vaguely familiar with the story of Easter, its relation to eating mountains of oval-shaped chocolate treats is less clear.

So how did it come about?

Easter celebrates the resurrection of Jesus after his crucifixion.

Jesus was crucified on Good Friday and rose again three days later. The three days are known as the Easter Triduum.

Even before the birth of Christianity, the egg was seen as a symbol of Spring, a celebration of the rebirth and reinvigoration after the harshness of winter.

That's why the Mesopotamians - an ancient Christian community living in an area roughly covered today by Iraq, Syria and Kuwait - used to stain eggs red to symbolise the blood of Christ.

Eggs would then be cracked against one another, leaving just empty shells - a symbol of the empty tomb Jesus left behind.

The tradition survives today in the shape of egg rolling, representing the rolling away of the rock from Jesus' tomb.

Payroll Giving | Charitable Works Fund

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Contributions to the Diocese of Broken Bay Charitable Works Fund are now available through Payroll Giving.

Payroll Giving as a very simple and effective way to donate. It's a secure way for employees to make regular or one-off donations via their salary. Those who donate in this way instantly receive their tax-deduction.

Many employers also offer generous donation matching eg: a gift of \$30 per month is matched by the employer and your donation becomes \$60.

Many well-known companies offer the scheme – such as Westpac, NAB, Australia Post, PwC, St George, NRMA, Toyota, Sydney Water, Citibank, Macquarie Bank – and many others. Details of such matching schemes will be available from your employer.

One of the first Diocese of Broken Bay parishioners to use the scheme made a generous donation of \$2,400 that was matched into \$4,800 for CWF.

Setting up Payroll Giving is easy.

The first step is to contact your employer's HR or Payroll team who can set it up. CWF is registered with www.good2give.ngo who facilitate Payroll giving scheme.

If you have any questions on Payroll Giving to CWF, please contact David Armstrong, David.armstrong@bbcatholic.org.au, 02 8379 1664 who can assist.



Even though the restrictions in NSW have eased and Churches can now have up to 300 people attending, the one person per two-square metre rule applies. This means that the capacity of our Churches is 160 for Sacred Heart Church, Mona Vale and 200 for Maria Regina Church, Avalon.

Masks are now not compulsory in Church.

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. Please sit only in the marked seats.

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

Thank you for working with us to keep our parish community safe.

PROJECT COMPASSION BE MORE



Oliva, 22, could not read, write or count, and her business was losing money. Then she attended Caritas Australia-supported literacy and numeracy classes, and set up a home classroom to teach her neighbours. Now her classes, business and family are thriving, and she aims to become a pastor and run for local leadership.

Please donate to Project Compassion 2021 and support people like Oliva's gain access to education to build a brighter future and live in communities that upholds everyone's dignity.

You can donate through Parish boxes and envelopes, by visiting www.caritas.org.au/project-compassion or phoning 1800 024 413.



Adoration & Benediction



MARIA REGINA CHURCH -
every Thursday
9am Exposition of the Blessed Sacrament,
Adoration and Benediction at 9.45am.
Mass at 10am

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

As Holy Water is not available at the entrances of the Church, due to the pandemic, we have made Holy Water accessible for you to take home from the water jars, next to the Baptismal Font, in both our Sacred Heart Church, Mona Vale and Maria Regina Church, Avalon. Please bring your own bottle.



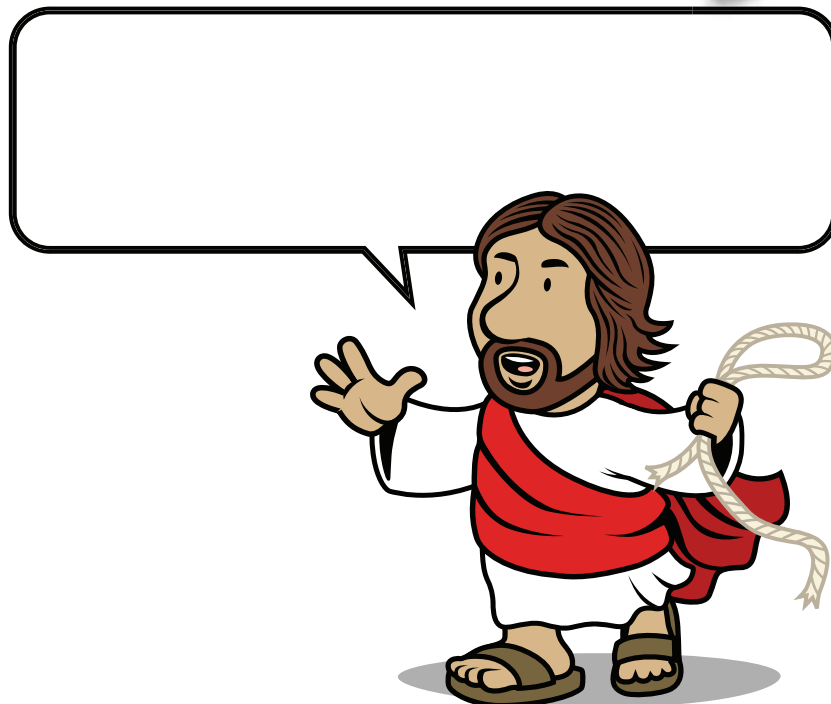
The Service NSW QR codes are now available at the entrance of both of our churches, for you to use to check in. If you do not have a smartphone or you're not carrying it with you, please provide your contact details via the sign-in sheets provided. If you have checked-in with the QR code, you do not have to use the sign-in sheets.

Jesus cleanses the temple

3rd Sunday of Lent, Year B



Jesus was not pleased when he found people selling things in the temple. Some people sold cattle, sheep and doves for sacrifice and some people changed Roman coins for temple coins. Draw some traders and money-changers in the temple and write down what Jesus said to them.



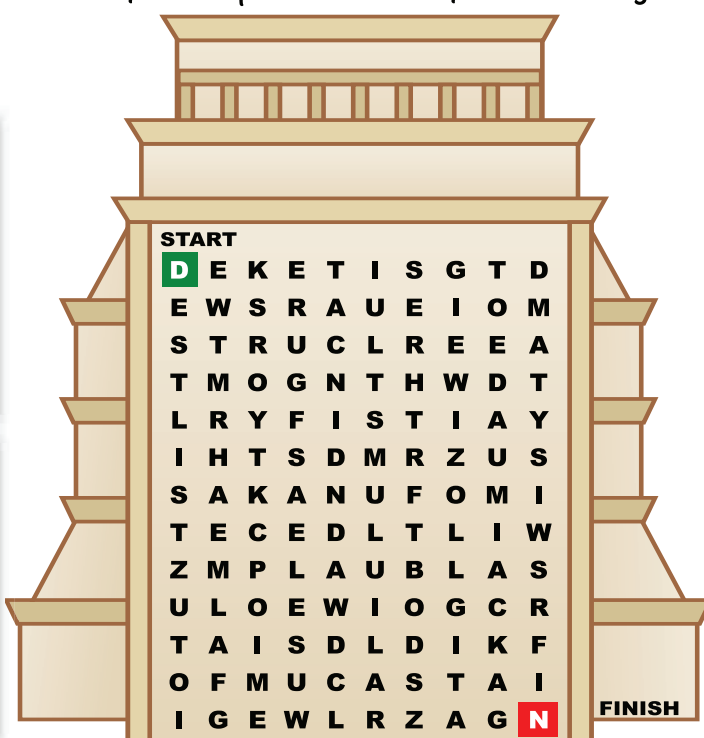
There are times when things make us angry; even Jesus got angry and upset sometimes. But there are good and bad ways of dealing with anger. Complete the statements below by using words and/or pictures.

When I'm angry I sometimes do the wrong thing by...

When I'm angry I can do the right thing by...

COMPLETE THE TEXT MAZE

"Destroy this temple and in three days I will build it again"



The *Living* Word

Entrance Antiphon

Cf. Ps 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

Ex 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 Cor 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

Jn 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

Jn 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

Cf. Ps 83: 4-5

The sparrow finds a home,
and the swallow a nest for her young:
by your altars, O Lord of hosts, my King and my God.

Blessed are they who dwell in your house,
for ever singing your praise.

REFLECTION

by Dianne Bergant CSS

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 CSS

We are excited to be able to welcome the children from our parish schools for our Family Masses once again. This week, Saturday 6th March 2021, one of the Year 3 classes from Sacred Heart School will host the 5pm Mass at Sacred Heart Church, Mona Vale.

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.

As the family goes, so goes the nation, and so goes the whole world in which we live.

(Pope St John Paul II)



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Liturgy for the Week

- 08/03 **Monday 3rd week of Lent**
2 Kg 5:1-15; Lk 4:24-30
- 09/03 **Tuesday 3rd week of Lent**
Dan 3:25, 34-43; Mt 18:21-35
- 10/03 **Wednesday 3rd week of Lent**
Deut 4:1, 5-9; Mt 5:17-19
- 11/03 **Thursday 3rd week of Lent**
Jer 7:23-28; Lk 11:14-23
- 12/03 **Friday 3rd week of Lent**
Hosea 14:2-10; Mk 12:28-34
- 13/03 **Saturday 3rd week of Lent**
Hosea 5:15 - 6:6; Lk 18:9-14

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