



The Catholic Parish of Pittwater

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



Prayer of Appreciation

(A Prayer of Thanks for the Blessing of Life)

Lord, let the details in life take my attention today.
 A warm mug of tea,
 the gentle grass under my feet and the chance just to gather and eat.
 O Lord, let the everyday pleasures ring out melodies in my heart.
 The smile of a friend,
 a warm comfy bed,
 the sunlight on the trees and walks in the park.
 O Lord, let the more ordinary reveal its amazing delight.
 Clouds drifting by,
 birds sweeping high,
 the sunset that transforms day into night.
 Lord may these things inspire me to praise and bring a clear moment of sight.
 Now I see how amazing the world truly is and soak in Your goodness and light.
 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 wish to obtain something from the Lord, you will obtain whatever you ask for through prayer.



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.**



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
Nora Hagar

Recently Deceased

Patrika Hole

Prayers for the Sick

Anna Smigowska

Sarah Zofrea

Guy Zofrea

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

Liturgy for the Week

30/01 **Monday Ordinary Time 4**
Heb 11:32-40; Mk 5:1-20

31/01 **Tuesday, St John Bosco**
Heb 12:1-4; Mk 5:21-43

01/02 **Wednesday Ordinary Time 4**
Heb 12:4-7, 11-15; Mk 6:1-6

02/02 **The Presentation of the Lord**
Mal 3:1-4; Lk 2:22-40

03/02 **Friday Ordinary Time 4**
Heb 13:1-8; Mk 6:14-29

04/02 **Saturday Ordinary Time 4**
Heb 13:15-17, 20-21;
Mk 6:30-34

BOOK REVIEW

Call of the Ages

by

Thomas W. Petrisko



A fascinating read. People will remember this deep and thought provoking work far into the future.

Lorem ipsum



To all Students , Teachers and Principals

Sacred Heart Primary School
Maria Regina Primary School
and
Mater Maria Catholic College.

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school zones.

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Pittwater

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GIVING

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READINGS
NEWS

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Trust and wait for
what is still unseen.
Rom 8:24

Year of GRATITUDE

2023

Over the years we have reflected on different aspects of our faith and personal virtues which help us build our Parish Community and our personal relationship with God.

This year I would like us to contemplate the theme of GRATITUDE.

Gratitude is a thankful disposition of mind and heart. It is one of the most beautiful virtues we can acquire. Gratitude makes our soul glow and helps develop a generous spirit.

Pope Francis shared in an audience that gratitude “is a virtue that for believers is born from the same heart of their faith. ... [It] is also the language of God, to whom above all we must express our gratitude.”

When we are thankful to God for all He has given us, our gratitude overflows into our relationships. It helps strengthen the bonds of friendship and shows the interior nature of the giver. The virtue of gratitude frees us from selfishness, isolation, and loneliness and helps us understand that we are made for each other and to live in community.

When we are thankful for everything God has given us, we also receive consolation in times of difficulty, which helps us understand that God is with us, no matter the circumstances.

What are you grateful for? In other words, in what ways has God blessed you in abundance? If you are not immediately aware of your blessings from God, that is a good sign that you may need to spend more time “counting your blessings.” It’s good to keep our eyes on the countless blessings God has bestowed upon us, to see them, name them and be joyful in them.

Reflections on Gratitude By Sister Rosalie Locati

The seed of gratitude nestles in the deepest recesses of the heart. From our birth it begins to bud forth triggered by the love, attention and sustenance of parents, family, and friends. It begins to leaf out into a variety of words and actions as we grow and develop into unique persons. From the modelling, teaching, mentoring, and educating of those around us, gratitude takes its place within our conscious attitudes, ideas and responses to life’s experiences. It is both an emotional response and a choice. It crosses all boundaries of race, age, creed, vocation, gender, and nation and yet is emphasized by all great religious traditions.

Gratitude engenders other virtues such as generosity, humility, compassion, wisdom, joy, integrity, and trust. The daily practice of gratitude keeps the heart open regardless of what comes our way. The disposition of mindfulness, of being aware of and thankful for our blessings, helps cultivate our virtues and significantly diminishes or can even eradicate any obstacles to gratitude we may face.



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

Word of God Sunday

FEBRUARY 5, 2023

In September 2019, Pope Francis instituted the celebration of Word of God Sunday when issuing the apostolic letter *Aperuit Illis*. The letter encouraged the celebration, study and dissemination of the Word of God. In Australia, Word of God Sunday is celebrated on the first Sunday in February each year.

catholic.au



World Day of Consecrated Life 2 February 2023

It is celebrated on the Feast of the Presentation of the Lord in the temple (2 February). The Feast Day was chosen by Pope John Paul II because it reflects how consecrated people offer their lives to God, in the same way as Mary presented Jesus in total service of God.

Blessed are the Poor in spirit



4th Sunday in Ordinary Time, Year A

Draw a line from the first half of each beatitude to its correct ending.



Blessed are those who grieve...

Blessed are the merciful...

Blessed are those who make peace...

Blessed are those with pure hearts...

...they will be treated with mercy.

...they will be called God's children.

...they will see God.

...they will find comfort.



Jesus told his disciples that even though people may be mean to you, as a follower of Christ you will have a great reward in heaven. What are some of the ways we can follow Christ?

Complete the Text Maze

"Blessed are the humble, the earth will belong to them."

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

The *Living* Word

Entrance Antiphon Ps 105:47

Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.

First Reading Zep 2:3; 3:12-13

A reading from the prophet Zephaniah
In your midst I will leave a humble and a lowly people.

Seek the Lord
all you, the humble of the earth,
who obey his commands.
Seek integrity,
seek humility:
you may perhaps find shelter
on the day of the anger of the Lord.
In your midst I will leave
a humble and lowly people,
and those who are left in Israel will seek
refuge in the name of the Lord.
They will do no wrong,
will tell no lies;
and the perjured tongue will no longer
be found in their mouths.
But they will be able to graze and rest
with no one to disturb them.

The word of the Lord

Responsorial Psalm

Ps 145:7-10. R. Mt 5:3

**(R.) Happy the poor in spirit;
the kingdom of heaven is theirs!**

It is the Lord who keeps faith forever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free. **(R)**

It is the Lord who gives sight to the
blind,
who raises up those who are bowed
down,
the Lord, who protects the stranger
and upholds the widow and orphan. **(R)**

It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age. **(R)**

Second Reading 1 Cor 1:26-31

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

God has chosen what is weak by human reckoning.

Take yourselves, brothers, at the time when you were called: how many of you were wise in the ordinary sense of the word, how many were influential people, or came from noble families? No, it was to shame the wise that God chose what is foolish by human reckoning, and to shame what is strong that he chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones that God has chosen – those who are nothing at all to show up those who are everything. The

human race has nothing to boast about to God, but you, God has made members of Christ Jesus and by God's doing he has become our wisdom, and our virtue, and our holiness, and our freedom. As scripture says: if anyone wants to boast, let him boast about the Lord.

The word of the Lord.

Gospel Acclamation Mt 4:23

Alleluia, alleluia!

Rejoice and be glad;
Your reward will be great in heaven.

Alleluia!

Gospel Mt 5:1-12

A reading from the holy Gospel according to Matthew

Happy are the poor in spirit.

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

'How happy are the poor in spirit:
theirs is the kingdom of heaven.

Happy the gentle:
they shall have the earth for their heritage.

Happy those who mourn:
they shall be comforted.
Happy those who hunger and thirst for what is right:

they shall be satisfied.
Happy the merciful:
they shall have mercy shown them.

Happy the pure in heart:
they shall see God.

Happy the peacemakers:
they shall be called sons of God.

Happy those who are persecuted in the cause of right:
theirs is the kingdom of heaven.

'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'

The Gospel of the Lord

Communion Antiphon Cf. Ps 30:17-18

Let your face shine on your servant.
Save me in your merciful love.
O Lord, let me never be put to shame, for I call on you.

REFLECTION
by Dianne Bergant CSA

To follow Jesus does not mean merely that one travels with him from place to place. It means that one learns from him, that one follows his manner of life and his way of thinking. To follow Jesus

means to follow his example in the way he respects himself and other people, in his use of the things of the natural world. It means that one listens to what he says, and asks for an explanation when what he says is not understood. All of this requires that the disciple be a learner, one who can learn from the life of Jesus as well as from his teaching.

The first lessons that the disciples must learn are found in the beatitudes. The same lessons are placed before us, the modern-day disciples. The setting of Jesus' teaching is so serene; a mountain apart, a teacher with his disciples gathered around him, simple statements that are coupled with glorious rewards. However, the reality of the lessons is in stark contrast with this tranquil scene. These beatitudes, these blessings call for profound inner transformation.

The gospel outlines the kind of person the disciple is to become; the psalm sketches the program to which the learner is called. The disciples of Jesus are not merely his followers; they also continue the work that he began. In whatever circumstance of life we find ourselves, as disciples of Jesus we work to sustain the good that is in the world and to transform whatever needs transformation.

© Dianne Bergant CSA



NEW OPENING HOURS 

for JANUARY

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

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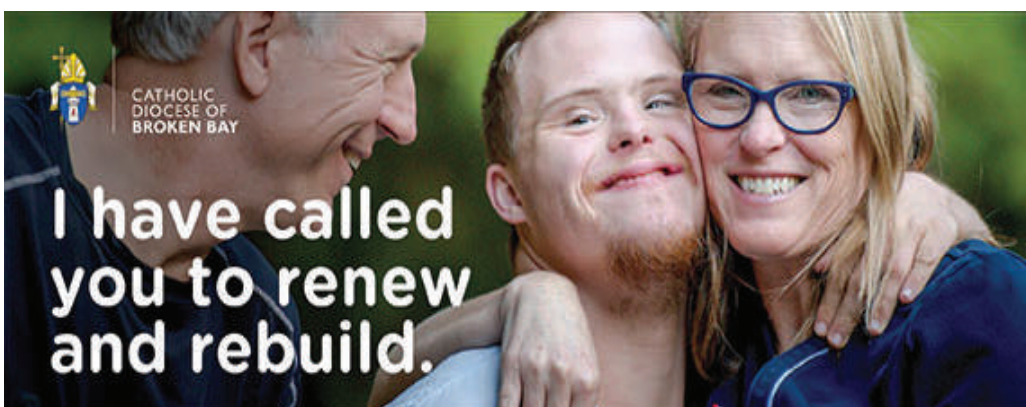
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