



# The Catholic Parish of Pittwater

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

## Lenten Prayer

Heavenly Father, as we enter another week of our Lenten journey, guide us to the path that leads to You.

You have given the human race, Jesus Christ, our Saviour as a model of humility.

Fill our hearts with gratitude, patience, strength and peace as we strive to become the best version of ourselves, honestly admitting our shortcomings and sins.

Make us worthy to share in Your Resurrection.

We ask this through our Lord Jesus Christ, Your Son.

Amen.



### Thoughts of Fr Francis Jordan

Reveal to me and teach me Your will Oh God almighty!  
See, I am ready, but you, Lord, help me.



### POPE FRANCIS' PRAYER INTENTION FOR MARCH For Victims of Abuse

We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.

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



Parish of Pittwater



You can find us on Instagram (pittwater\_parish)

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

*Jakov Urem*

*Ana Urem*

*Mara Urem*

*Jakov Jnr Urem*

*Josip Urem*

## Prayers for the Sick

Anna Smigowska

Sarah Zofrea

Guy Zofrea

Avelino Samartin

Bill O'Connor

Andrew Hood

Jeff Langley

Mark Lindfiels

Nick Moullakis

Tim Boshier

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



**CATECHISTS  
WANTED**

*Help lead our Children to Jesus.  
We need you to VOLUNTEER  
to share the Catholic FAITH*

## Liturgy for the Week

20/03 Monday, St Joseph, Spouse of the Blessed Virgin Mary  
2 Sam 7:4-5, 12-14, 16;  
Mt 1:16, 18-21, 24

21/03 Tuesday, 4th Week of Lent  
Ezek 47:1-9, 12; Jn 5:1-3, 5-16

22/03 Wednesday, 4th Week of Lent  
Is 49:8-15; Jn 5:17-30

23/03 Thursday, 4th Week of Lent  
Ex 32:7-14; Jn 5:31-47

24/03 Friday, 4th Week of Lent  
Wis 2:1, 12-22; Jn 7:1-2, 10, 25-30

25/03 Saturday, The Annunciation of the Lord  
Is 7:10-14, 8:10; Lk 1:26-38

## BOOK REVIEW

**Lord, Have Mercy**  
The Healing Power of Confession  
by Anthony J. Gittins



As a former Protestant, Scott found confession a challenge which, with wise guidance, he came to understand was the gift of forgiveness which we receive in the sacrament to free us from our guilt.

For more information,  
please contact  
**Maureen Wooldridge**

0421 907 469 or

**Veronica Thomas**

0417 061 534

## SERRA VOCATION MASS AND DINNER MEETING

Father Ireneusz (Irek) Czech SDS, Parish Priest of Pymble Catholic Parish, will be celebrating Mass for Serra at Sacred Heart Church Pymble on

**Thursday 23rd March 2023.**

The evening commences with Mass at 6.00 PM followed by a light meal and a short meeting. Following the meeting Father Irek will speak to us about his vocation journey and discuss Salvatorian Spirituality.

Everyone is welcome. Please "come and see".

Please remember to pray every day for vocations to the priesthood, diaconate, the consecrated life, ecclesial women, all seminarians and novices and for the perseverance of existing vocations.

Please telephone: Terry Scanlan on 0438 887 295 or email [terry\\_scanlan@bigpond.com](mailto:terry_scanlan@bigpond.com) if you would like to attend.



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Pittwater**

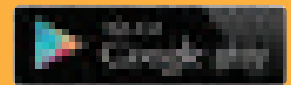
Cashless Fast Secure



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.

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



## THURSDAY MORNING SPIRITUALITY GROUP

Every Thursday, the Spirituality Group will be held at 10:30 am after the 10 am Mass for Morning Tea followed by study and contemplation until 12 noon.

at  
**Maria Regina Church  
Hall  
Avalon**

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ANSWER THE BIG  
QUESTIONS  
FROM YOUR  
CHILDREN ABOUT  
FAITH AND LIFE?



6:30 PM 23 MAR 2023

SACRED HEART CATHOLIC  
PRIMARY SCHOOL HALL  
CHEESE AND WINE FROM 6PM

There will be Sign Up Sheets at the back of both Churches to RSVP for this event.

## Stations of the Cross

Every Friday in Lent  
after  
morning Mass  
at both churches.  
Sacred Heart Church  
& Maria Regina Church

## PARISH LENTEN RECONCILIATION

Thursday, 30th of March  
after 7pm Mass  
followed by the  
Exposition of the  
Blessed Sacrament,  
and opportunity for  
RECONCILIATION

To prepare for Reconciliation,  
you may pick up a flyer with the  
Examination of Conscience at the  
back of both Churches.

## Project Compassion Third Sunday of Lent 18 & 19 March



Thu lives in Vietnam. When Thu was 12 years old, he stepped on an unexploded land mine and lost his leg. Living with a disability in rural Vietnam presented many challenges for Thu, who worked mainly as a rice farmer. Thu also took on the role of caring for his wife, Linh, after she suffered a stroke. Determined to turn their lives around, Thu and Linh joined the Empowerment of People with Disabilities program, run by Caritas Australia's local partner in Vietnam, the Centre for Sustainable Rural Development (SRD). For Thu, the greatest impact the program has had is enabling the change in Linh's physical and mental wellbeing. With the support of a physiotherapist, Linh can now walk short distances with the aid of a walking stick.

Please donate to Project Compassion 2023.

You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting [caritas.org.au/project-compassion](http://caritas.org.au/project-compassion), or by calling 1800 024 413.



Caritas  
AUSTRALIA



# 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

### 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

### Sacramental 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**



## Parish Bulletin- Term 1 Week 7

Catholic Schools Week 2023 commenced when Mater Maria welcomed Year 3 students from Catholic Schools of the Peninsula Learning Community to join us on Monday for a day to see what it is like in secondary school at Mater Maria. Our Year 10 SRC students assisted staff with activities where Year 3 children spent the day exploring the College, building relationships, making connections between our community of schools and finding out what high school is all about. They cooked biscuits in our Food Technology room, created artwork in our Visual Arts room, watched a drama performance and participated in music activities experimented with science, learnt a little about languages and played a variety of PDHPE sport in the Marana Complex.

Despite the very hot day, everyone enjoyed their time at our College. We hope to see many students return in the coming years and we are so grateful to the accompanying Catholic primary school teachers.

Our annual Open Day was held on Wednesday evening. The day was all about sharing the wonderful things that we do at Mater Maria with the local community. We had a fantastic turn out with over 550 families visiting, commenting that they were so happy to be able to celebrate all facets of life at our College, and to display the best of what we have to offer. Visitors were impressed with the faith life of the College, many musical talents, the drama performances and the variety of work being created by students in the various TAS, VET, Visual Arts and Food Technology classrooms. We are very proud of the way in which our students, teachers and parents authentically conveyed the spirit of the College to the community.

A Year 9 Pastoral & Science incursion took place on Friday with Dorothy Maska from Catholic Mission, our Director of Pastoral Care, Mrs Michaela Woodhill, and a forensic science incursion. Ms Makasa spoke to students about world poverty and reflected upon the many ways her faith in Jesus inspired and motivated her to give her life to working for change. Students gained perspective on just how fortunate they are to reside in Australia and how wealth can be better distributed from a Catholic perspective. Mrs Woodhill spoke about cyber citizenship, helping students to acquire the knowledge, skills, and responsibility to participate meaningfully in civil society in the 21st century and build resilience against online manipulation and threats. Our students also participated in a forensic science incursion where they explored a mini- CSI to build their inquiring scientific minds, in the spirit of St Hildegard of Bingen, Pierre Teilhard de Chardin SJ and other brilliant Catholic scientists.

The annual Caritas Project Compass fundraiser was in full swing this week with a fundraising activity every day. This included an egg and spoon race, easter egg guessing competition, games & puzzles, and the annual paper plane flying competition. All activities were positively supported by our engaging students. Mater Maria mountain biking enthusiasts have been in Thredbo this week competing in the Interschools Australian Mountain Biking Competition. This was a fabulous opportunity for students to test themselves against other riders from all over Australia, whilst Year 7 students competed at the Broken Bay U13 Touch Football Gala Day.

Please visit the College website  
[www.matermaria.nsw.edu.au/enrolments](http://www.matermaria.nsw.edu.au/enrolments)  
for a prospectus, Enrolment Application form or  
for more information. Applications for Year 7,  
2025 close on Thursday 6 April 2023.

## Sacramental Program Update

Please pray for all the children  
who are preparing for the  
**Sacrament of Reconciliation**  
on the  
22nd and 29th of March

**Sacrament of Confirmation**  
Saturday, 17 June 2023  
at 6pm at Maria Regina Church  
Sunday, 18 June 2023  
at 10am and 12noon  
at Sacred Heart Church

Children in Year 3 and above are eligible to receive the Sacrament of Confirmation if they have been baptised. For more information about the preparation program, enrolments, etc. you **MUST** attend **ONE** parent information session which will take place at 7:30pm:

**Wednesday 3 May**

**Sacred Heart Church and  
Thursday 4 May**

**Maria Regina Church**

If you have any questions, or would like to become a facilitator of your child's preparation group please contact **Sonia** at [sacraments@pittwaterparish.org](mailto:sacraments@pittwaterparish.org)  
**We need the help of parents to facilitate the preparation groups.**

## CHRISM MASS

The Chrism Mass will be  
celebrated at 7.30pm on  
**Tuesday, 4 April at  
Our Lady of the Rosary Cathedral,  
Waitara.**

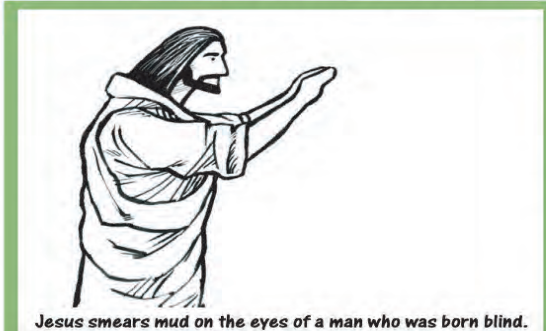
The priests of our Diocese gather for  
this celebration with  
**Most Rev Bishop Anthony Randazzo**  
to renew their priestly commitment.  
During Mass, the oils of Catechumens  
and the Sick are blessed, and the  
Chrism is consecrated and then taken  
back to each parish for use in various  
Sacramental liturgies throughout  
the year.



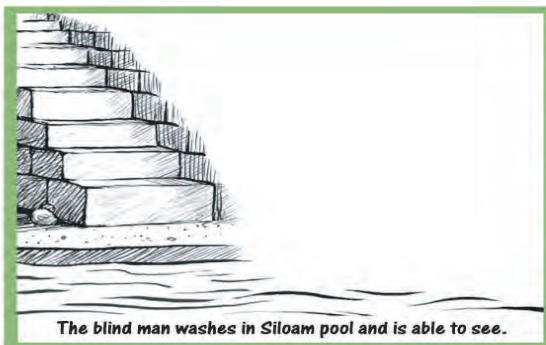
# Jesus heals the blind man

4th Sunday of Lent, Year A

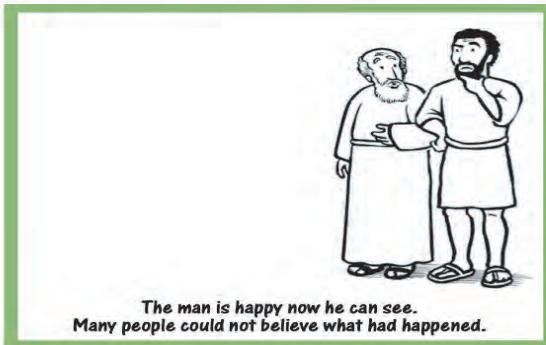
Draw the story of Jesus healing the blind man



Jesus smears mud on the eyes of a man who was born blind.



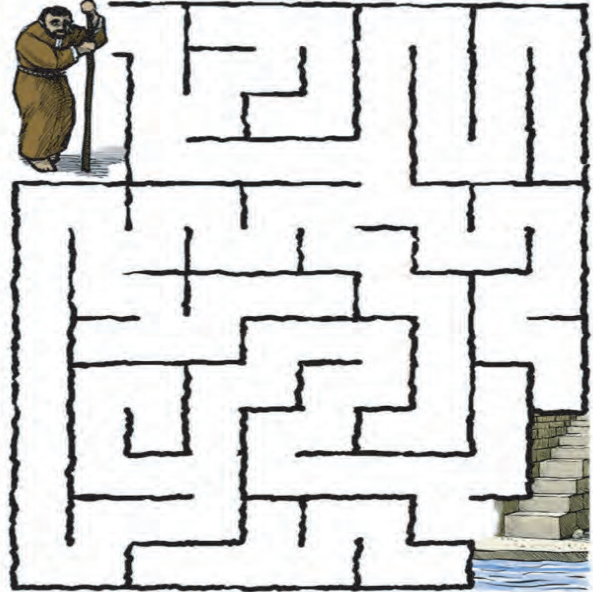
The blind man washes in Siloam pool and is able to see.



The man is happy now he can see. Many people could not believe what had happened.

John 9:1. 6-12. 35-38

Help the blind man find Siloam Pool



When he met Jesus again, the man who had been blind put his faith in Jesus and worshipped him. What can we do to show that we believe in Jesus?

Three empty rectangular boxes for writing answers.

© Creative Ministry Resources

## VACANCY

### Parish Secretary – Catholic Parish of Pittwater (Avalon and Mona Vale) Permanent, full-time role

Could you see yourself as the face of our Pittwater Parish communities, providing a sense of warmth and welcome to visitors?

The Pittwater Parish is seeking to recruit a full-time Parish Secretary. This role plays an important part in the Parish team, providing support for Parish communications, administration, financial processes, Parish property, compliance and Diocesan support. The ideal candidate will have excellent people skills, a comprehensive knowledge of office administration processes and procedures and a sound understanding of Microsoft Office Suite, MYOB, bookkeeping or accounting practices.

An ability to work autonomously while remaining a team player, with a commitment to be accountable for performance, and an ability to work collaboratively across a wide spectrum of stakeholders, supported by

a good understanding of, and commitment to, Catholic values and teachings will be crucial to your success. If you have high developed administration skills coupled with well-developed relational and rapport building skills and this role interests you, please email a brief cover letter and CV to [pp@pittwaterparish.org](mailto:pp@pittwaterparish.org) Applications close Friday, 24 March 2023.

The Diocese of Broken Bay is committed to and promotes a culture of safety and care for all people, especially for children and others in the community who are vulnerable. Our Diocese has no tolerance to Child Abuse and is committed to ensuring our staff and volunteers understand the joint responsibility to safeguard all those within our community.

The successful applicant must have the right to work in Australia and will be required to undertake a National Police History Check and Working With Children Check.

# The *Living* Word

**Entrance Antiphon** Cf. Is 66:10-11

Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning; exult and be satisfied at her consoling breast.

**First Reading** 1 Sm 16:1. 6-7. 10-13  
**A reading from the book of Samuel**  
*In the presence of the Lord God, they anointed David king of Israel.*

The Lord said to Samuel, 'Fill your horn with oil and go. I am sending you to Jesse of Bethlehem, for I have chosen myself a king among his sons.' When Samuel arrived, he caught sight of Eliab and thought, 'Surely the Lord's anointed one stands there before him,' but the Lord said to Samuel, 'Take no notice of his appearance or his height for I have rejected him; God does not see as man sees; man looks at appearances but the Lord looks at the heart.' Jesse presented his seven sons to Samuel, but Samuel said to Jesse, 'The Lord has not chosen these.' He then asked Jesse, 'Are these all the sons you have?' He answered, 'There is still one left, the youngest; he is out looking after the sheep.' Then Samuel said to Jesse, 'Send for him; we will not sit down to eat until he comes.' Jesse had him sent for, a boy of fresh complexion, with fine eyes and pleasant bearing. The Lord said, 'Come, anoint him, for this is the one.' At this, Samuel took the horn of oil and anointed him where he stood with his brothers; and the spirit of the Lord seized on David and stayed with him from that day on.

**The word of the Lord**

**Responsorial Psalm** Ps 22 R. v.1

**(R.) The Lord is my shepherd; there is nothing I shall want.**

The Lord is my shepherd;  
there is nothing I shall want.  
Fresh and green are the pastures  
where he gives me repose.  
Near restful waters he leads me,  
to revive my drooping spirit. **(R)**

He guides me along the right path;  
he is true to his name. If I should walk in  
the valley of darkness no evil would I  
fear.  
You are there with your crook and your  
staff; with these you give me comfort. **(R)**

You have prepared a banquet for me  
In the sight of my foes.  
My head you have anointed with oil;  
my cup is overflowing. **(R)**

Surely goodness and kindness shall  
follow me  
all the days of my life.  
In the Lord's own house shall I dwell  
for ever and ever. **(R)**

**Second Reading** Eph 5:8-14  
**A reading from the letter of St Paul to the Ephesians**  
*Rise from the dead, and Christ will shine on you.*

You were darkness once, but now you are light in the Lord; be like children of light, for the effects of the light are seen in complete goodness and right living and truth. Try to discover what the Lord wants of you, having nothing to do with the futile works of darkness but exposing them by contrast. The things which are done in secret are things that people are ashamed even to speak of; but anything exposed by the light will be illuminated and anything illuminated turns into light. That is why it is said:  
Wake up from your sleep,  
rise from the dead,  
and Christ will shine on you.

**The word of the Lord.**

**Gospel Acclamation** Jn 8:12

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

I am the light of the world, says the Lord; whoever follows me will have the light of life.

Glory to you, Word of God, Lord Jesus Christ

**Gospel** Jn 9:1. 6-9. 13-17. 34-38

**A reading from the holy Gospel according to John**

*The blind man went off and washed himself and came away with his sight restored.*

As Jesus went along, he saw a man who had been blind from birth. He spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him, 'Go and wash in the Pool of Siloam' (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored.

His neighbours and people who earlier had seen him begging said, 'Isn't this the man who used to sit and beg?' Some said, 'Yes, it is the same one.' Others said, 'No, he only looks like him.' The man himself said, 'I am the man.' They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see, he said, 'He put a paste on my eyes, and I washed, and I can see.' Then some of the Pharisees said, 'This man cannot be from God: he does not keep the sabbath.' Others said, 'How could a sinner produce signs like this?' And there was disagreement among them. So they spoke to the blind man again, 'What have you to say about him yourself, now that he has opened your eyes?' 'He is a prophet' replied the man. 'Are you trying to teach us,' they replied 'and you a sinner through and through, since you were born!' And they drove him away.

Jesus heard they had driven him away,

and when he found him he said to him, 'Do you believe in the Son of Man?' 'Sir,' the man replied 'tell me who he is so that I may believe in him.' Jesus said, 'You are looking at him; he is speaking to you.' The man said, 'Lord, I believe', and worshipped him.

**The Gospel of the Lord**

**Communion Antiphon** Cf. Jn 9:11,38

The Lord anointed my eyes: I went, I washed, I saw and I believed in God.

**REFLECTION**  
*by Dianne Bergant CSA*

*Humans see and judge by appearances, but God looks into the heart, and there finds the real person. God's standards are not superficial, as are so many of the standards of the world. It is not age, beauty or physical strength that is important; it is not social position or religious role that is preferred. God chooses whom God chooses. God saw in David, the insignificant shepherd, the potential for being the chief shepherd of his people. The man who was born blind became the one through whom others would see the mighty works of God. Yet, neither young David nor the man in the gospel made the initial step; each simply responded with openness to God's choice of him.*

*By what criteria do we judge others? Do we consider some people too insignificant for greatness? Are we overly concerned with status? Do we categorise people according to the disease or physical limitation that they must endure? Do we sometimes blame them for their disability? Do our eyes perceive life in accord with the standards of a materialistic, body-orientated, pleasure-seeking society? Or do we look into the other's heart, as God does? As with the other scrutiny Sundays, catechumens and long-standing members alike are exhorted to make a choice. Jesus is the one who gives sight to blind eyes and religious insight to those open to receive it. However, there is a price to pay. Will it be the standards of the world, or the power of God in Jesus Christ?*

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