



The Catholic Parish of Pittwater

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



A Stewardship Prayer

Lord of all Creation,
we praise and thank You
for everything that we are.
All we have is Your gift to us.
Through Your love for us,
You gave us the greatest
gift of all;
Jesus Christ.

Filled with Your love,
we respond to Your call
to be disciples of Your Son.
Unite us as a community
of Your disciples.

Open our hearts and minds
to Your abundant grace so
that we might become good
stewards.

Teach us to receive
Your gifts gratefully,
nurture them responsibly,
share them generously,
and return them to You with
greater value,
through Jesus Christ,
our Lord.
Amen.



Thoughts of Blessed Francis Jordan

No matter in what position we may find ourselves,
let us see to it that we possess patience,
which is the test of Humility.

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

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



POPE FRANCIS' PRAYER INTENTION FOR January

For the Gift of Diversity in the Church
Let us pray that Spirit help us recognise the gift
of different charisms within the Christian
community and to discover the richness of
different ritual traditions in the heart of
the Catholic Church.

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 8:30 am, 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

Recently Deceased
*Elizabeth Kral
Brian Moss
Zena Mariados
Sara Roche*

Deceased Anniversary
*Nora Hagar
Ishac Family
Sr Helen Kaltoum*

Prayer for the Sick

Anna Śmigowska

Guy Zofrea

Jeff Langley

Mark Linfiels

Nick Moullakis

Bill Eyre

Brian Gregan

Marcia Bailey

Bec Burroughs

Margaret De Landre

Stefan Baver

Jenny Carroll

Matt Ukishima

Mina Lee

Maureen Larios

Denise Wagner

Tom Murphy

Leonie Ariemetto

Marco Sangiacamo

Sarah Paterson

Elaine Boyes

Pauline Chipman

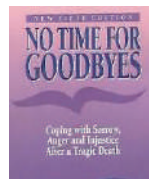
Marta Bizubova

Linda Cimino

BOOK REVIEW

No Time for Goodbyes

by: Janice Harris Lord



The title is something which not one of us wish to encounter. But tragedies do occur. This book helps the griever to move on despite their grief. It also gives friends helpful suggestions to aid the family and help them cope with their tragic loss.

"Have patience with all things, but first of all with yourself."

-St Francis de Sales

Liturgy for the Week

29/01 **Monday, Ordinary Time 4**
2 Sam 15:13-14, 30, 16:5-13;
Mk 5:1-20

30/01 **Tuesday, Ordinary Time 4**
2 Sam 18:9-10, 14, 24-25,
30 - 19:3; Mk 5:21-43

31/01 **Wednesday, St John Bosco**
2 Sam 24:2, 9-17; Mk 6:1-6

01/02 **Thursday, Ordinary Time 4**
1 Kg 2:1-4, 10-12; Mk 6:7-13

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

03/02 **Saturday, Ordinary Time 4**
1 Kg 3:4-13; Mk 6:30-34

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Feast of the Presentation of the Lord
2 February



menAlive is a National Catholic Ministry to Men which was founded out of a response to a great need in the hearts and lives of men, and a great need in the life of the Catholic Church.

The purpose of **menAlive** is to bring men together, to renew their faith in God and to encourage them to become an active force within the Church.

Through a variety of events and programs, men are invited to explore what God would want for their lives and how they might come to experience the fullness of life that God wants for us all.

when was the last time you felt
FULLY ALIVE?

**Saturday, 16th Sunday -
17th of March 2024**

Sacred Heart Church, Mona Vale

Please Contact

Joseph Cilia @ 0418 863 814

www.menalive.org.au

God is glorified when men are fully alive
St Irenaeus

This is not a live in weekend - you go home on Saturday evening.

If you are interested, please use this link and QR code
to book:

<https://www.trybooking.com/COTYJ>



We pray to the Lord... For those who have responded to the prompting of the Holy Spirit to be a consecrated person that they may experience the support of the Church as they continue their growth in holiness.

Parish Directory

Pittwater Parish

1 Keenan Street Mona Vale
NSW 2103
Tel 9157 0999

Parish Priest

Fr Richard Sadowski SDS

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Fr Zygmunt Smigowski SDS

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ap@pittwaterparish.org

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Director of Music

Josh Willard

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Media & Communications Coordinator

Conille Felias

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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

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 7256 2138

Principal: Ms Kirsty Thorpe

WARRIEWOOD

Mater Maria Catholic College

Tel 7256 2100

Principal: Mr Marc Reicher

Jesus teaches with authority



4th Sunday in Ordinary Time, Year B

Jesus showed that he is the one to be listened to. What are some things people would have heard



Jesus taught with great authority and people listened to him. We too are more likely to listen to someone who really believes in what they say. Draw a picture of someone who you listen to.



Help spread the good news by connecting all the faces 😊. Only use straight lines - including diagonal lines - but do not pass through crossed boxes **X**. Complete the sentence below by adding each letter that your line passes through.

START

😊		😊		K	X	
	X	P	X			X
		😊		O	😊	
Z		S		X		N
	X	X	X			X
S		😊	E	W	😊	
				X		
X	S		G	X	X	
	U	😊		😊		T
					X	
M		X	X	R	X	
X	A		E			X
	X	😊	X	😊	X	
W	U		X			R
😊	X	😊		F		😊
			X		X	
X		L		X		
X	A		😊		N	X

FINISH

People were amazed at his
_____ teaching.

The Presentation of the Lord Reminds Us of the Importance of Community



As we celebrate Jesus' presentation at the temple. This event is recorded only in the Gospel of Luke and is rooted in the Jewish practices of purification of a mother after childbirth and the offering of the firstborn son. While the event centers on Mary, Joseph and Jesus, two community members support the Holy Family during this celebration.

The tradition described in Luke has its roots in Leviticus 12, which prescribes rules of purification and presentation. In ancient Judaism, after childbirth women were required to be purified before interacting with people and sacred objects. Giving birth to Jesus made Mary ceremonially unclean for 40 days (Lv 12:2-4). For the first seven days, she would avoid contact with people. For an additional 33 days, she would avoid contact with holy objects and the sanctuary. Though this may sound peculiar, it is important to remember that although childbirth was considered a divine blessing, purity regulations like these developed out of concerns and taboos regarding bodily fluids and their relation to religious activities.

At the end of the purification period, Mary and Joseph offered a sacrifice of two pigeons, which was expected from

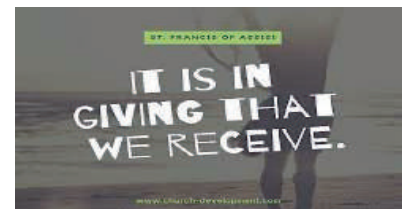
people who could not afford to offer a sheep (Lv 12:8). The parents also present Jesus at the temple, as was customary for all firstborn male children (Ex 13:2). The first and second readings complement this event, as Malachi prophesies about a messenger of the covenant at the temple, and the Letter to the Hebrews recognizes Jesus' participation in Jewish rituals.

When Mary and Joseph present Jesus, they encounter two prophetic figures, Simeon and Anna, both of whom recognize the significance of Jesus. Filled with the Holy Spirit, Simeon had received a divine message that he would see the Messiah before his death. Recognising the Messiah, Simeon takes Jesus into his arms and affirms that he can die having seen the Christ. Simeon asserts that Jesus is "a light for revelation to the Gentiles and glory for your people Israel" (Lk 2:32). Jesus is the Messiah for both Gentiles and Jews. Mary and Joseph are surprised that this relative stranger recognises who Jesus is. Simeon blesses the parents and offers a message specifically to Mary that despite his importance, Jesus would be rejected by many.

We also hear about a woman prophet, Anna. Anna's piety is highlighted, as she regularly worships, prays and fasts at the temple. Although there is no quoted speech from Anna, we are told that at the presentation she offers praise and thanksgiving to God and speaks about Jesus to all who were looking for redemption (Lk 2:38).

Although the Holy Family is central to this feast of the Presentation, Simeon and Anna play vital roles. Simeon publicly confirms Jesus' identity and future ministry, and Anna shares Jesus with the world, proclaiming him to the Gentiles and Jews mentioned in Simeon's prophecy. These community members affirm the significance of Jesus to the world.

*by: Jamie L Waters
America- The Jesuit Review*



Update from the Sacramental Coordinator

Sacrament of First Reconciliation:

Sacred Heart Church, Mona Vale

Thursday, 21 March 2024 at 5:00 pm or

Maria Regina Church, Avalon

Thursday, 11 April 2024 at 5:00 pm

Children in Year 4 and above are eligible to receive this sacrament if they have been confirmed.

If you want your child to prepare for First Reconciliation, you **MUST** attend **ONE** of the following
Parent Information and Commitment Sessions:

Tuesday, 6 February - Sacred Heart Church at 7:30 pm or

Thursday, 8 February - Maria Regina Church at 7:30 pm

We need facilitators for the weekly preparation sessions. If you would like to be a group facilitator or would like to have more information about the role or about this sacrament, please contact Sonia on sacraments@pittwaterparish.org

The *Living* Word

Entrance Antiphon

Psalm 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

Deuteronomy 18:15-20

A reading from book of Deuteronomy

I will put my words into the prophet's mouth, and he will tell them all I command.

Moses said to the people: 'Your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die."'

The word of the Lord

Responsorial Psalm Ps 94:1-2. 6-9. R. v.9

**(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 kneel 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

1 Corinthians 7:32-35

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

The unmarried woman dedicates herself to the things of the Lord, that she might be holy.

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a

married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

The word of the Lord.

Gospel Acclamation

Matthew 4:16

Alleluia, alleluia!

A people in darkness have seen a great light: a radiant dawn shines on those lost in death.

Alleluia!

Gospel

Mark 1:21-28

A reading from the holy Gospel according to Mark

This is a new kind of teaching that speaks with authority.

Jesus and his followers went as far as Capernaum, and as soon as the Sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

The Gospel of the Lord

Communion Antiphon

Psalm 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

Discipleship requires a change in us. We

want to change because in so many ways we are being strangled to death by demons. We are caught in dysfunction and sin; we live in the midst of the battle between good and evil, the struggle of human finitude and failure. We are plunged into the throes of human suffering and pain, and there seems to be no escape.

The demonic seduces us in more ways than we can count and we are often caught in its web before we recognise what has happened. There have always been many and varied voices that claim to have the remedy for our ills.

Preachers and politicians have stirred up crowds and ignited their emotions. Promises have been made and predictions advanced, yet the conflict goes on, the demons continue to hold sway. The demon recognised the authority in the voice of Jesus. Do we recognise it?

When we are released by Jesus from the demons that possess us, we are freed from the stranglehold of evil and liberated to live far less encumbered and divided lives. No Earthly reality will possess us, neither relationships nor obligations nor even religious practices. Rather, we will be possessed by Christ who liberates us for the reign of God. Therefore, whether married or unmarried, whether in the midst of the community or at its margins, we will be able to heed the voice of God in our hearts and to recognise Jesus in our midst.

© Dianne Bergant CSA

**30 January,
Tuesday
School Staff
Mass
@ 9:30 am**

**ADORATION will be
SHORTENED
for this day ONLY.**

**AS GOOD STEWARDS OF THE
MANIFOLD GRACE OF GOD, EACH
OF YOU SHOULD USE WHATEVER
GIFT HE HAS RECEIVED TO SERVE
ONE ANOTHER.
- 1 PETER 4:10**

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1 PETER 4:10

You will be
ENRICHED
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so that you can be
GENEROUS
on every occasion
and through us your
GENEROSITY
will result in
THANKSGIVING
to God.
11 Corinthians 9:23



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