



The Catholic Parish of Pittwater

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

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



Thoughts of Blessed Francis Jordan

Carry on your spiritual dialogue with the Saviour.
Sit, at His feet, humble and docile,
and attend to His words.



Prayer for Lent

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
the Resurrection of Your Son,
our Lord Jesus Christ.
Amen.

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.



POPE FRANCIS' PRAYER INTENTION FOR MARCH

For Family in Crisis

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

MASS TIMES

Sacred Heart Church

1 Keenan Street, Mona Vale

WEEKDAY MASSES

Tuesday 9.30 am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8.30 am followed by Mass

Wednesday 9.30 am

Thursday 7 pm
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 7.30 pm to 9.00 pm

Friday 9:30 am
First Friday of the month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 9:30 am, followed by *Healing Mass/ Anointing of the Sick* at 10.30 am

WEEKEND MASSES

Saturday Vigil 5.00 pm
Sunday 8.00 am, 10.00 am & 6.00 pm (SOUL)

RECONCILIATION

Saturday Vigil
4.00 pm to 4.30 pm

BAPTISM

4th Sunday of the Month
11.30 am

Maria Regina Church

7 Central Road, Avalon

WEEKDAY MASSES

Monday 8.00 am

Wednesday 8.00 am

Thursday 10 am
9.00 am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45 am

Friday 8.00 am
First Friday of the month, *Healing Mass/ Anointing of the Sick* at 8.00 am

WEEKEND MASSES

Saturday Vigil 6.00 pm
Sunday 9.00 am

RECONCILIATION

Before Vigil Mass on Saturday

BAPTISM

3rd Sunday of the Month
11.00 am

We Pray for

Recently Deceased
Denise Wagner

May all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

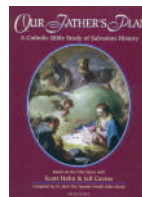
Deceased Anniversary
Pave Lucic
Roki Marov

Prayer for the Sick

Anna Śmigowska
Lily Janosik
Trish Newman
Giannina Amore
Bruce Farr
Maureen Larios
Owen Graham
Elaine Boyes
Pauline Chipman
Ron Clarke
Barbara Clarke
Anna Katanec
Mother Pauline
Angela Miller
Philip Khalifeh
Joseph Khalifeh
Heidi Taylor
Cathy Dyer
Jacinta Purnell - Major

DVD REVIEW

Our Father's Plan
A Catholic Bible Study of Salvation History
with Scott Hahn & Jeff Cavins



Jeff Cavins gives the broad overview of Bible history by breaking the Scriptures into 12 understandable periods. This portion of the program is followed by an in-depth discussion with Scott Hahn on a theme pertinent to the Bible period.

HIS MERCIES ARE
new every morning:
GREAT IS
your faithfulness
LAMENTATIONS 3:23



Liturgy for the Week

- 31/03 Monday, 4th Week of Lent**
Is 65:17-21; Jn 4:43-54
- 01/04 Tuesday, 4th Week of Lent**
Ezek 47:1-9, 12; Jn 5:1-3, 5-16
- 02/04 Wednesday, 4th Week of Lent**
Is 49:8-15; Jn 5:17-30
- 03/04 Thursday, 4th Week of Lent**
Ex 32:7-14; Jn 5:31-47
- 04/04 Friday, 4th Week of Lent**
Wis 2:1, 12-22; Jn 7:1-2, 10, 25-30
- 05/04 Saturday, 4th Week of Lent**
Jer 11:18-20; Jn 7:40-52

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Parish of
Pittwater

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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.

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Laetare
Sunday
Fourth Sunday of Lent

Laetare Sunday is the fourth Sunday of the Season of Lent, the midpoint of Lent, and is traditionally a day of joy within the solemn period of Lent.

"Laetare" means "rejoice" and comes from the traditional Latin Introit of the Mass of the day: "Laetare Jerusalem" ("Rejoice, O Jerusalem"), taken from Isaiah 66:10.



ADORATION & BENEDICTION

*Exposition of the
Blessed Sacrament,
Adoration & Reconciliation
followed by
Benediction and Mass*

**Sacred Heart Church,
Mona Vale**
*every Tuesday from
8:30 am - 9:30 am
and
every Thursday from
7:30 pm - 9:00 pm*

**Maria Regina Church,
Avalon**
*every Thursday from
9:00 am - 9:45 am*



**CARITAS AUSTRALIA
PROJECT
COMPASSION**

Fourth Sunday of Lent 29th and 30th March 2025

Irene lives in the Kongolo Region in the Democratic Republic of the Congo (DRC) and faced immense challenges after losing her father to war and raising her children in poverty. With support from Caritas Australia, Irene received vocational training in sewing and farming and can now support her whole family.



Photo credit: Arlette Bashizi/Caritas Australia

Please Donate

You can support Project Compassion 2025 through the donation boxes, envelopes or by scanning the QR code above.

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
Belinda Cimino
Tel 9157 0999 ext 30
office@pittwaterparish.org

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office@pittwaterparish.org

**Media & Communications
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Conille Felias
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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

Sacred Heart Church
1 Keenan Street, Mona Vale
Maria Regina Church
7 Central Road, Avalon

SCHOOLS

Sacred Heart School
Mona Vale
Tel 8197 6900
Principal: Mr Jamie Wahab

Maria Regina School
Avalon
Tel 7256 2138
Principal: Ms Kirsty Thorpe

Mater Maria Catholic College
Warriewood
Tel 7256 2100
Principal: Mr Marc Reicher

HOW TO FORGIVE

PRAY

(Matthew 5:44)

LOVE AND DO GOOD TO THE OFFENDER

(Roman 12:9)

DON'T SPEAK POORLY OF THE OFFENDER

(Romans 12:14)

RELEASE THEM FROM YOUR PUNISHMENT

(Romans 12:17-19)

DON'T CELEBRATE THEIR FAILURES

(Proverbs 24:17)

TREAT THEM THE WAY YOU WANT TO BE TREATED

(Luke 6:31)

STOP DWELLING ON THE PAST

(Isaiah 43:18)

PARISH EASTER RECONCILIATION

Sacred Heart Church, Mona Vale
Thursday, 10th April
after the 7 pm Mass

SACRED HEART CHURCH, Mona Vale

Every Saturday from 4pm - 4.30 pm

Every Thursday from 7.30 pm

MARIA REGINA CHURCH, Avalon

Every Saturday before the 6 pm Mass

Every Thursday from 9.00 am - 9.45 am

DATES for your *DIARY*

STATIONS OF THE CROSS



Every Friday in Lent after morning masses at both Churches

Maria Regina Church, Avalon

after the 8am Mass

Sacred Heart Church, Mona Vale

after the 9:30 am Mass

LENTEN PARISH

RECONCILIATION



Sacred Heart Church, Mona Vale

10th of April, Thursday

after the 7.00pm Mass

CHRISM MASS



Our Lady of the Rosary Cathedral, Waitara

15th of April, Tuesday

at 7.30pm

HOLY THURSDAY



Sacred Heart Church, Mona Vale

17th of April, Thursday

at 7.00pm

(No Morning Mass at Avalon)

GOOD FRIDAY

(Stations of the Cross)



18th of April

Sacred Heart Church, Mona Vale

at 10.00 am

Maria Regina Church, Avalon

at 10.00am

THE PASSION OF THE LORD



18th of April, Friday

Sacred Heart Church, Mona Vale

at 3.00pm

Maria Regina Church, Avalon

at 3.00pm

HOLY SATURDAY

19th of April

Maria Regina Church, Avalon

FAMILY MASS

at 6.00pm



Sacred Heart Church, Mona Vale

at 7.30pm

(No 5.00pm Vigil Mass)

EASTER SUNDAY

20th of April

Sacred Heart Church, Mona Vale

at 8.00am, 10.00am & 6.00pm

Maria Regina Church, Avalon

at 9.00am



Little Hearts Playgroup

playgroup details

Starting on 7th April
MONDAYS 9.30-11.30
(school term)

at Sacred Heart Catholic Church Mona Vale

Join us

Join us at our Play Group to connect with other parents and children, enjoy playtime, and make new friends. Stay for a cup of tea or coffee —everyone is welcome

Contact Nikki on 0481009376 for more information

SACRAMENTAL PROGRAM UPDATE

SACRAMENT OF CONFIRMATION

This year the Sacrament of Confirmation will be on **Saturday, 21 June 2025**

Children in Year 3 and above are eligible to receive the Sacrament of Confirmation if they have been baptised.

*For more information about the requirements, the preparation program, enrolments, etc. you **MUST** attend one*

"Parent Information & Commitment" session which will take place at **7.00pm:**

Wednesday 30 April

Sacred Heart Church, Mona Vale

Thursday 1 May

Maria Regina Church, Avalon

We need facilitators for the four weekly preparation sessions. You can share this role with another parent.

If you would like to be a group facilitator or would like to have more information about the role, please contact Sonia as soon as possible at sacraments@pittwaterparish.org



Parish Bulletin – Term 1, Week 8

This week has been eventful at our College. Our Year 11 Drama students performed the annual Anti-Bullying Play, "The Power of Some," for local Catholic Primary schools, teaching Years 4–6 about bullying and fostering positive relationships.

Twenty-five Year 10 students attended the Prevent Alcohol and Risk-Related Trauma in Youth (P.A.R.T.Y) program at Royal North Shore Hospital. This interactive program educates students on the consequences of risky choices and helps them make informed decisions about their future activities and behaviour.

Our Year 11 Advanced English students participated in the Manly Writers Festival's "Fact or Fake: Your Guide to News Literacy" pathways program. Featuring experts like Gavin Fang and Tracey Kirkland from the ABC, Kim Smee from the Manly Observer, and PR executive Jill Valentine, the event focused on understanding news presentation and its impact on readers and writers, enhancing students' skills in discerning fact from fiction, crucial for their persuasive and discursive writing curriculum.

Every Friday, our prefects lead Faith Fridays, inviting all students to join in for faith and music in the Chapel and Courtyard, a lovely way to wrap up the week and come together as a community.

Our students embraced the annual Project Compassion fundraiser, participating in various recess and lunch activities. Emphasising our College value of 'Stewardship' and generosity, our students stepped up to meet the challenge, inspired by St. (Mother) Teresa of Calcutta's call to "Give to the poor in handfuls." For over 50 years, Project Compassion has raised vital funds for Caritas Australia to help communities living in poverty and injustice worldwide.

Sports were in full swing with the Broken Bay Opens Basketball Gala Day in Terrigal, weekly MWBA Basketball games, Touch Football Grand Finals, and Surf Tag for senior boys and girls at Queenscliff Beach.

Applications are open for Year 7, 2028, and 2027, with a waitlist for Year 7, 2026, and all Year Groups in 2025. Visit

<http://www.matermaria.nsw.edu.au/enrolments> for details. Applications for Year 7, 2027 close Friday 11 April, 2025.

Welcome to Pittwater Parish

Harry Thomas
Mockford

at

Maria Regina Church,
Avalon on

9th of March 2025

for the

Sacrament of
BAPTISM

The Episcopal Ordination of The Most Reverend Jerzy (George) Kolodziej SDS 5th Bishop of Bunbury

Our very own Pittwater Parish Priest for 10 years, "Fr George" was ordained as the new Bishop of Bunbury. Bishop George served in the Diocese of Broken Bay for almost 2 decades. He is well loved by all the parishioners in this faith community.

May the Lord bestow Bishop George with guidance, wisdom and strength to lead the Church, embodying Christ's love and service. May the faithful be nourished and strengthened under his leadership. AMEN.



The *Living* Word

Entrance Antiphon

Isaiah 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

Joshua 5:9-12

A reading from the book of Joshua

*The people of God went to the promised
land and there kept the passover.*

The Lord said to Joshua, ‘Today I have
taken the shame of Egypt away from
you.’

The Israelites pitched their camp at
Gilgal and kept the Passover there on the
fourteenth day of the month, at evening
in the plain of Jericho. On the morrow of
the Passover they tasted the produce of
that country, unleavened bread and
roasted ears of corn, that same day. From
that time, from their first eating of the
produce of that country, the manna
stopped falling. And having manna no
longer, the Israelites fed from that year
onwards on what the land of Canaan
yielded.

The word of the Lord

Responsorial Psalm

Ps 33:2-7. R. v.9

(R.) Taste and see the goodness of the Lord.

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad. (R.)

Glorify the Lord with me. Together let us
praise his name. I sought the Lord and he
answered me; from all my terrors he set
me free. (R.)

Look towards him and be radiant;
let your faces not be abashed. This poor
man called; the Lord heard him and
rescued him from all his distress. (R.)

Second Reading

2 Corinthians 5:17-21

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

*God reconciled us to himself through
Christ.*

For anyone who is in Christ, there is a
new creation; the old creation has gone,
and now the new one is here. It is all
God’s work. It was God who reconciled
us to himself through Christ and gave us
the work of handing on his
reconciliation. In other words, God in
Christ was reconciling the world to
himself, not holding men’s faults against
them, and he has entrusted to us the news
that they are reconciled. So we are
ambassadors for Christ; it is as though
God were appealing through us, and the
appeal that we make in Christ’s name is:
be reconciled to God. For our sake God
made the sinless one into sin, so that in
him we might become the goodness of
God.

The word of the Lord.

Gospel Acclamation

Luke 15:18

Praise and honour to you, Lord Jesus
Christ!

I will rise and go to my Father and tell
him: Father, I have sinned against heaven
and against you.

Praise and honour to you, Lord Jesus
Christ!

Gospel

Luke 15:1-3. 11-32

A reading from the holy Gospel according to Luke

*Your brother here was dead and has
come to life.*

The tax collectors and the sinners were
all seeking the company of Jesus to hear
what he had to say, and the Pharisees and
the scribes complained. ‘This man’ they
said ‘welcomes sinners and eats with
them.’ So he spoke this parable to them:
‘A man had two sons. The younger said
to his father, “Father, let me have the
share of the estate that would come to
me.” So the father divided the property
between them. A few days later, the
younger son got together everything he
had and left for a distant country where
he squandered his money on a life of
debauchery.

‘When he had spent it all, that country
experienced a severe famine, and now he
began to feel the pinch, so he hired
himself out to one of the local
inhabitants who put him on his farm to
feed the pigs. And he would willingly
have filled his belly with the husks the
pigs were eating but no one offered him
anything. Then he came to his senses and
said, “How many of my father’s paid
servants have more food than they want,
and here am I dying of hunger! I will
leave this place and go to my father and
say: Father, I have sinned against heaven
and against you; I no longer deserve to
be called your son; treat me as one of
your paid servants.” So he left the place
and went back to his father.

‘While he was still a long way off, his
father saw him and was moved with pity.
He ran to the boy, clasped him in his
arms and kissed him tenderly. Then his
son said, “Father, I have sinned against
heaven and against you. I no longer
deserve to be called your son.” But the
father said to his servants, “Quick! Bring
out the best robe and put it on him; put a
ring on his finger and sandals on his feet.
Bring the calf we have been fattening,
and kill it; we are going to have a feast, a
celebration, because this son of mine was
dead and has come back to life; he was
lost and is found.” And they began to
celebrate.

‘Now the elder son was out in the fields,
and on his way back, as he drew near the
house, he could hear music and dancing.

Calling one of the servants he asked
what it was all about. “Your brother has
come” replied the servant “and your
father has killed the calf we had fattened
because he has got him back safe and
sound.” He was angry then and refused
to go in, and his father came out to plead
with him; but he answered his father,
“Look, all these years I have slaved for
you and never once disobeyed your
orders, yet you never offered me so
much as a kid for me to celebrate with
my friends. But for this son of yours,
when he comes back after swallowing up
your property – he and his women – you
kill the calf we had been fattening.”
‘The father said, “My son, you are with
me always and all I have is yours. But it
is only right we should celebrate and
rejoice, because your brother here was
dead and has come to life; he was lost
and is found.”’

The word of the Lord.

Communion Antiphon

Luke 15: 32

You must rejoice, my son, for your
brother was dead and has come to life;
he was lost and is found.

REFLECTION

by Dianne Bergant

*In the midst of Lent we are given a
moment for rejoicing, Laetare Sunday.
All of the readings provide us with
reasons for rejoicing. The overarching
theme is the prodigal goodness of God.
The responsorial psalm sets the context
for the reflections. The other readings
show how needy people were showered
with divine favour. Even in the midst of
this rejoicing, we find a challenge. We
must undergo a change of heart if we are
to rejoice in God.*

*The goodness of God is strikingly
portrayed in the radically new image of
father. This is a God who allows us to
follow our own dreams, who is partial to
no one, who faithfully and patiently waits
for us to return, who gently corrects our
misperceptions. God longs to be
reconciled with us even more than we
long to be reconciled with God.
The challenges placed before us set out
some of the conditions required if we are
to be a new creation. We are called to a
profound and total reconciliation, first
with God and then with each other.
Christ was identified with sin so that we
might be identified with God’s
righteousness. Reconciliation requires
that we be open to giving and receiving
forgiveness. It requires that we both
remember and forget. We must always
remember the causes of alienation, so
that we not succumb to them again.
However, we must forget the resentment
that we felt so that we not allow it to
influence our lives.*

© Dianne Bergant CSA

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ALL MEN WELCOME

We Meet

First & Third Tuesday of every Month

At 7pm

Sacred Heart Parish Centre

We will also be beginning a series on

METANOIA

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For any questions contact

Joe Cilia - 0418 863 814

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Instead, be kind to each
other, tenderhearted,

1-Minute
Bible Love
Notes

forgiving
one
another,
just as
God
through Christ
has forgiven
you."

Ephesians 4:31-32

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"The Lord is
slow to anger,
abounding in love
and forgiving
sin and rebellion."

—NUMBERS 14:18