The Catholic Parish of Pittwater

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

Prayer during the coronavirus pandemic

God of Salvation, We turn to you with a prayer for protection and healing as the coronavirus is spreading. Help those who are affected and have become sick. Grant patience to those who live in quarantine. Give strength to those who care for the sick. Inspire scientists in their research. Strengthen between us the sense of togetherness. Let no one be abandoned, make everyone feel safe together and with You, because You are compassionate. Through the intercession of Blessed Mary of the **Apostles and Fr. Francis** Jordan, we thank you, present and faithful God, You who live and love for ever and ever.

Amen.

Salvatorians



Thoughts of Fr Francis Jordan

Storm heaven with prayer! Do not let yourself be hindered by anything!



1 May 2020

Dear Parishioners,

The fourth Sunday of Easter is known in our Catholic tradition as Good Shepherd Sunday. It is also the Sunday on which we are called to pray for vocations to the priesthood and religious life. Last month, the Salvatorians, together with the Diocese of Broken Bay, were blessed to have the Ordination to the Priesthood of Fr Paul Tran SDS, the first ordination of a Salvatorian priest in Australia. You may have had the opportunity to watch it or read about it in our bulletin on the Second Sunday of Easter. At the moment, we have Anthony, a Salvatorian Seminarian, on pastoral placement in our parish.

continued overleaf...

I encourage you to read his beautiful vocation story in this weekend's parish bulletin at https://www.bbcatholic.org.au/pittwater/news-events/bulletins He will also be speaking during our weekend Masses. You can watch our the livestream of our Masses at 5pm on Saturday and 10am on Sunday at https://www.bbcatholic.org.au/pittwater/news-events/parish-news/livestream-our-weekend-masses

So, I invite you this week to pray for vocations. I also ask that you pray for Bishop Bernard, who celebrates 25 years as a Bishop on the 15 May, Fr Richard and myself, the current priests of your parish, and for all those priests who have previously worked in our parish, that we may continue to be signs of God's presence and love.

Now that we are in May, which is dedicated to Mary, the Mother of God, Pope Francis has written a letter to the Faithful, encouraging us to pray the Rosary along with two prayers to Our Lady he will be praying in spiritual union with all of you throughout this month for an end to the COVID-19 coronavirus pandemic. You can read his letter in full in this weekend's bulletin.

In our Year of Prayer, I, too, urge you to get together with your families and pray the Rosary at home. As I asked in last weekend's Mass, please pray for the particular intention that we can come back to our churches as soon as possible, so that we can come together to celebrate the Holy Eucharist and enjoy the presence of our Lord at the Eucharist.

I pray that we will be able to unite again this month of May dedicated to Our Lady, even if it is in small groups. In the meantime, please do not hesitate to contact the parish staff for support, assistance, to arrange a time for the Sacrament of Reconciliation or Anointing of the Sick or to offer a Mass intention.

Some pastoral resources for you and your family can be found in this weekend's bulletin. Printed copies of the bulletin are available outside our Maria Regina Church, Avalon or the front of the parish office, Mona Vale and are available on our parish website.

Mass on Demand can be found at https://www.youtube.com/user/cathnews The Catholic Weekly can be read online at www.catholicweekly.com.au For those of you who don't have access to the internet, "Mass for You at Home" continues to be broadcast on Channel 10 each Sunday from 6am.

Let us pray for each other as we seek to follow the Good Shepherd more closely in our respective vocations, and let us pray especially for those still discerning their vocation, that they may hear, and trust, the voice of Jesus calling them to fullness of life.

Yours in Christ, our Good Shepherd

Fr. Blietbuschie SDS

Fr Bronek Pietrusewicz SDS Parish Priest



The Catholic Parish of Pittwater
Sacred Heart & Maria Regina. Neighbourhoods of Grace, entrusted to the care of the Salvatorians.

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Thank you for supporting our planned giving programme.

Please return the completed form to the parish office or email to office@pittwaterparish.org

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I/We hereby authorise The Catholic Parish of Pittwater to debit my/our credit card account. Monthly debits occur on the 15th day of each month or the next business day. Weekly and fortnightly debits occur on the Monday of each week or fortnight accordingly.

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Sunday 3 May 2020



WELCOME TO THE FOURTH SUNDAY OF EASTER

Jesus knows each of us personally and calls us each by name. We are invited into relationship with him to know and follow him. When we know him, we recognise his voice and are able to respond to his call. To truly know Christ is to choose to follow him and his ways; he leads us to the Father and we are assured "to have life and have it to the full" (Jn 10:10).

GOSPEL READING: JOHN 10:3-4

"The sheep hear his voice, one by one he calls his own sheep and leads them out...he goes ahead of them, and the sheep follow him because they know his voice"

Read the full text at

https://www.universalis.com/Australia/mass.htm

REFLECTION:

"It is not by domination that one can approach the sheep to have a relationship with them, but rather by the attitude of one who gives his life for them. His words are an invitation to change mentality, the way of thinking, and way of relating." https://ocarm.org/en/content/lectio/lectio-divina-john-101-10

PRAYER:



Psalm 23: 1-3 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. He guides me along the right path; he is true to his name. Amen



ADDITIONAL RESOURCES:

Hear God Speaking to You - Fr Killian J. Healy: https://catholicexchange.com/hear-godspeaking-to-you

The Good Shepherd - Loyola Press:

https://www.loyolapress.com/catholicresources/scripture-and-tradition/jesusand-the-new-testament/who-do-you-say-thati-am-names-for-jesus/the-good-shepherd/

SONG:

In the Silence – Sarah Kroger: https://www.youtube.com/watch?v=9F2VxxP1JR8

THIS WEEK:

Each day spend 10-20 minutes with Scripture. Allow time to listen to what the Lord is speaking to you. Journal what you hear.

CHILDREN'S RESOURCES:

Hosanna – Mladifest Medugorje Choir & Orchestra: https://www.youtube.com/watch?v=YUxZpLm5Sa0

Good Shepherd Learning Activity – Catholic Icing: https://www.catholicicing.com/good-shepherdlearning-activity-and/



http://www.supercoloring.com/pages/jesus-is-the-good-shepherd



MORE RESOURCES AT: bbcatholic.org.au/connected



A letter to the People of God in the Diocese of Broken Bay

Monday 27 April 2020

Dear sisters and brothers in Christ,

It was my privilege to greet you all through my online video message at Easter. At the time, I spoke about how we do not ignore the sufferings and burdens of others and that we accompany them with love, hope and joy. I mentioned that we are the twenty first century disciples of Jesus and that we share the Easter joy with everyone that we meet.

In times where we are required to protect our loved ones and our communities by staying home, we are challenged as to how we might share the Easter joy.

I would like you to reflect on your Parish communities and our Diocesan Charity, The Diocese of Broken Bay Charitable Works Fund (CWF)

Giving is an act of joy – sharing what we have with our Parish community and people in our Diocese is one way to ensure that the love of Jesus Christ is available to us all. For many in our hospitals, particularly with the restriction on hospital visitors, this can be a time of anxiety and loneliness. While our CatholicCare Pastoral Care Practitioners are not able to sit at the bedsides as they would normally do, they are on the phone to patients, praying with them and providing the support of our faith. Our health care workers in the hospitals are also calling our Pastoral Care Practitioners, as they are on the front line dealing with the consequences of the pandemic on a daily basis. We are grateful that this service, funded by your donations, is available to patients and hospital staff in our community providing this much needed connection and support.

Your donations to our Charitable Works Fund provide financial assistance to five charities in our Diocese. Information can be found here https://www.bbcatholic.org.au/give/charitable-works-fund

Your Easter Gift to the people in the Diocese of Broken Bay can be made online at www.givenow.com.au/cwf or by contacting your local Parish.

I am deeply grateful for your support and generosity and pray that God may bless you,

Sincerely yours in Christ,

+ Anthony N

MOST REVEREND ANTHONY RANDAZZO BISHOP OF BROKEN BAY PO Box 340, Pennant Hills NSW 1715, Australia P +612 8379 1614 E bishop@bbcatholic.org.au

www.bbcatholic.org.au

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Sacred Heart Church 1 Keenan Street Mona Vale

Maria Regina Church 7 Central Road Avalon

Mona Vale Sacred Heart School Tel 9999 3264 Principal: Mrs Suellen Garey

Avalon Maria Regina School Tel 9918 2608 Principal: Mrs Kathy Gee

Warriewood Mater Maria Catholic College Tel 9997 7044 Principal: Mr Marc Reicher

Vocation Story: A Journey Starts with Curiosity by Seminarian Anthony Thai SDS



First of all, I would like to take this opportunity to say thank you to Fr Bronek and Fr Richard, for your fraternal support and to your guidance which makes me feel very much at home here. I'm very thankful to many of you because of the caring support you have shown towards us here in the presbytery of Pittwater, especially in this difficult time.

Dear brothers and sisters, last week, we heard the story of two disciples who recognised Jesus at the breaking of bread. Moving on from the Emmaus Walk, we are now on the 4th Sunday of Easter or Good Shepherd Sunday. This celebration reminds us of Jesus as the brave Shepherd, who laid down his life for his flock. On this particular occasion, Fr Bronek asked me to share a little bit of my vocation journey as a religious, particularly in Salvatorian Religious Order.

I was born in Vietnam in 1988 in a family of eight children. On 31st May, 2011, I entered the seminary and began my formation in the Philippines. Many people whom I encounter ask me about my vocation story and what made me

decide to choose this way of life. When I think of the answer, there is one word that always pops up in my mind. That word is curiosity! Why curiosity? Looking back on my vocation journey, I see the importance of being curious about discovering God's message and His call. Gradually, as time goes by, I understand that it does not just the answer the question, "What is my calling?" but the journey itself towards that answer gives meaning to my life.



As a young altar server, I was always fascinated with what the priest was doing during the celebration of the Eucharist. After I finished high school, I worked for a few years before I decided to join the seminary - this period of working enriched my experience of life. Every encounter, indeed enables me to discover more about myself, the calling which God wants me to respond to His invitation. As I go through formation training, I learn new things from school, grow deeper in relationship with my fellow

seminarians, with our Founder, and especially with God. I came to realise that being a seminarian is not a status; it is a calling to be humble like Jesus, the Good Shepherd!

In the Salvatorian way of life, every gift is treasured and put into good use for the community and the people whom they come to serve. I used to be a gardener for four years during my philosophical studies. I love to do gardening, which I believe cultivates both the garden itself and my patience. In the ups and downs of the journey towards priesthood, aside from the support of the community, words of encouragement, prayers from the people whom I meet daily are vitally important for my growth. Thus as Fr Jordan says: Prayer is the most powerful weapon on earth! We, too, are in need of prayer! We pray for one another; particularly today, we offer our sincere thanks and prayers for shepherds of God's flock in our parish like Fr Bronek, Fr Richard and those who came before them who accompany you on your journey of faith. In the Celebration of the Eucharist and other sacraments, they make visible God's loving presence among His people.

Let us continue to pray and support each other in different ways and means, especially in this challenging time of Covid -19. May Jesus our Good Shepherd, protect and bless us always. Mary, help of Christians, pray for us!



2nd & 3rd May 2020



Letter and Prayers of the Holy Father LETTER OF HIS HOLINESS POPE FRANCIS to the Faithful for the Month of May 2020



Dear Brothers and Sisters,

The month of May is approaching, a time when the People of God express with particular intensity their love and devotion for the Blessed Virgin Mary. It is traditional in this month to pray the Rosary at home within the family. The restrictions of the pandemic have made us come to appreciate all the more this "family" aspect, also from a spiritual point of view.

For this reason, I want to encourage everyone to rediscover the beauty of praying the Rosary at home in the month of May. This can be done either as a group or individually; you can decide according to your own situations, making the most of both opportunities. The key to doing this is always simplicity, and it is easy also on the internet to find good models of prayers to follow.

I am also providing two prayers to Our Lady that you can recite at the end of the Rosary, and that I myself will pray in the month of May, in spiritual union with all of you. I include them with this letter so that they are available to everyone.

Dear brothers and sisters, contemplating the face of Christ with the heart of Mary our Mother will make us even more united as a spiritual family and will help us overcome this time of trial. I keep all of you in my prayers, especially those suffering most greatly, and I ask you, please, to pray for me. I thank you, and with great affection I send you my blessing.

Rome, Saint John Lateran, 25 April 2020 Feast of Saint Mark the Evangelist **FRANCIS**

First Prayer

O Mary, You shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick, who, at the foot of the cross, were united with Jesus' suffering, and persevered in your faith.

"Protectress of the people", you know our needs, and we know that you will provide, so that, as at Cana in Galilee, joy and celebration may return after this time of trial.

Help us, Mother of Divine Love, to conform ourselves to the will of the Father and to do what Jesus tells us. For he took upon himself our suffering, and burdened himself with our sorrows to bring us, through the cross, to the joy of the Resurrection.

Amen.

We fly to your protection, O Holy Mother of God; Do not despise our petitions in ournecessities, but deliver us always from every danger, O Glorious and Blessed Virgin.



Second Prayer

"We fly to your protection, O Holy Mother of God".

In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection. Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment. Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son.

anew. Plead with your divine son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust. Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and

are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health. Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone. Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus. Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions

inspired by farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realise that we are all members of one great family and to recognise the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations

of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course.

To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary. Amen.





FRIENDSHIP



The Living Word

First Reading Acts 2:14. 36-41 A reading from the Acts of the Apostles God has made Jesus both Lord and Christ.

On the day of Pentecost Peter stood up with the Eleven and addressed the crowd with a loud voice: 'The whole House of Israel can be certain that God has made this Jesus whom you crucified both Lord and Christ.'

Hearing this, they were cut to the heart and said to Peter and the apostles, 'What must we do, brothers?' 'You must repent,' Peter answered 'and every one of you must be baptised in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit. The promise that was made is for you and your children, and for all those who are far away, for all those whom the Lord our God will call to himself."

He spoke to them for a long time using many arguments, and he urged them, 'Save yourselves from this perverse generation.' They were convinced by his arguments, and they accepted what he said and were baptised. That very day about three thousand were added to their number.

Ps 22:1-6. R. v.1

The word of the Lord

Responsorial Psalm

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

(R.) Alleluia!

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. $(\mathbf{\tilde{R}})$

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 1 Pt 2:20-25 A reading from the first letter of St Peter You had gone astray but now you have come back to the shepherd and guardian of your souls.

The merit, in the sight of God, is in bearing punishment patiently when you are punished after doing your duty.

This, in fact, is what you were called to do, because Christ suffered for you and left an example for you to follow the way he took. He had not done anything wrong, and there had been no perjury in his mouth. He was

insulted and did not retaliate with insults; when he was tortured he made no threats but he put his trust in the righteous judge. He was bearing our faults in his own body on the cross, so that we might die to our faults and live for holiness; through his wounds you have been healed. You had gone astray like sheep but now you have come back to the shepherd and guardian of your souls.

The word of the Lord

Gospel Acclamation

Jn 10:14

Alleluia, alleluia! I am the good shepherd, says the Lord; I know my sheep, and mine know me. Alleluia!

Gospel

Jn 10:1-10 A reading from the holy Gospel according to John

I am the gate of the sheepfold.

Jesus said: 'I tell you most solemnly, anyone who does not enter the sheepfold through the gate, but gets in some other way is a thief and a brigand. The one who enters through the gate is the shepherd of the flock; the gatekeeper lets him in, the sheep hear his voice, one by one he calls his own sheep and leads them out. When he has brought out his flock, he goes ahead of them, and the sheep follow because they know his voice. They never follow a stranger but run away from him: they do not recognise the voice of strangers.

Jesus told them this parable but they failed to understand what he meant by telling it to them. So Jesus spoke to them again: 'I tell you most solemnly, I am the gate of the sheepfold. All others who have come are thieves and brigands; but the sheep took no notice of them. I am the gate. Anyone who enters through me will be safe: he will go freely in and out and be sure of finding pasture. The thief comes only to steal and kill and destroy. I have come so that they may have life and have it to the full.' The Gospel of the Lord

REFLECTION by Dianne Bergant CSA

This is 'Good Shepherd Sunday' and a particular focus taken today is leadership. Which voices do we follow? Why do we follow these voices and not others? Authentic leadership is rooted in authority, and authentic authority is the ability to author or bring life to birth. Genuine authority cherishes, guards and encourages the best in life; it provides rest and refreshment; it guides our steps; it nourishes us; it leads us to God. Peter is an example of authentic authority: he proclaims the truth, even if others find it hard to hear; he denounces error, even when this places him in jeopardy; he calls for a change of heart, even when it makes great demands.

Authentic leadership is patterned after the leadership of Jesus. It is gentle and familiar, like the true shepherd; it has won the confidence of those who follow, as did the true shepherd; it is committed to the enhancement of the lives of others, as was Jesus. Authentic leadership is willing to forgo its own needs and to deny its own interests in favour of the needs and interests of others.

Heavy demands are placed on those who follow authentic leadership. Those who follow the Good Shepherd must follow him in the dark vallevs as well as to the refreshing streams. They must be willing to relinquish some of their own plans and self-determination and entrust themselves to his leadership. They must never forget that they are following a shepherd who has paid the ultimate price on their behalf.



The Charitable Works Fund Thank you for your continued connection

We are so grateful to our community who demonstrate their love for their neighbours by generously supporting the Charitable Works Fund. The CWF is still working by providing the funds to ensure our trained CatholicCare Pastoral Care Practitioners are available by mobile phone for those in hospitals in our Diocese. With restrictions on visitors, Pastoral Care Practitioners are needed more than ever for the patients, their families and the staff in the hospitals in our Diocese.

The CWF is still working by providing the funds to create online resources for students in public schools in our Diocese to receive Catholic Special Religious Education Classes. This vital ministry will assist parents at home continue the valuable faith formation to Catholic students in the public schools in our Diocese.

The CWF is still working by assisting St Lucy's School and St Edmund's College care for students with special needs who are still attending providing additional funds to two schools with students with special needs.

The CWF works every day by providing funds to those who are deaf or hard of hearing through the Ephpheta Centre.

When you give to the CWF, you can be assured that your donation is working for the faith and the people of the Diocese of Broken Bay.

Donations \$2 and over are tax-deductible.

Spiritual Communion Prayer

My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

2nd & 3rd May 2020





LOCAL PEOPLE CARING FOR LOCAL FAMILIES

Our team live, work and play on the Beaches. We understand the local community and are here for you when you need us most. Whether it's to plan an immediate funeral for a loved one or plan ahead for your own with a prepaid funeral, we're here to help.

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