



The Catholic Parish of Pittwater

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

Prayer for Consecrated Life

O God, throughout the ages you have called women and men to pursue lives of perfect charity through the evangelical counsels of poverty, chastity, and obedience.

We give you thanks for these courageous witnesses of faith and models of inspiration. Their pursuit of holy lives teaches us to make a more perfect offering of ourselves to you.

Continue to enrich your Church by calling forth sons and daughters who, having found the pearl of great price, treasure the Kingdom of Heaven above all things.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.
Amen.

The NSW Government has made the wearing of masks in all churches mandatory.
We ask all coming to the Church to please wear a mask.

Please bring your own mask

thank you



Thoughts of Fr Francis Jordan

Love and serve God with all your might. He is Most High and All Holy.
In Him alone you will find true peace.



Pope Francis' Prayer Intentions For January

Intention for evangelisation - Human fraternity
May the Lord give us the grace to live in full fellowship with our brothers and sisters of other religions, praying for one another, open to all.

If you have used this bulletin, please take it home with you.

A warm welcome to all our parishioners and visitors who are celebrating the Eucharist with us at Pittwater Parish - Sacred Heart Church, Mona Vale and Maria Regina Church, Avalon

Share the News

Our Churches- Sacred Heart (Mona Vale) and Maria Regina (Avalon) are open.

Come for Mass.
Come and pray.
Come and light a candle.

PARISH DIRECTORY

Pittwater Parish
1 Keenan Street Mona Vale NSW 2103
Tel 9157 0999
www.pittwaterparish.org

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Parish Office Hours
Monday to Thursday
9.00am to 4.00pm
Friday 9am to 12 noon

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 Kirsty Thorpe

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

We acknowledge the lifelong trauma of abuse victims, survivors and their families, the failures of the Catholic Church to protect, believe and respond justly to children and vulnerable adults, and the consequent breach of community trust.

We Pray for

Recently Deceased

Barbara Owens
John Gordon
Lynette Buhat

Eternal Rest Grant Unto Them
O Lord, And Let Perpetual Light
Shine Upon Them.
May They Rest in Peace. Amen.
May Their Souls And The Souls
Of The Faithful Departed,
Through The Mercy Of God,
Rest In Peace. Amen.

Deceased Anniversary

Philomena Smith
Adam Ishac
Joseph Ishac
Soocar Ishac

If you would like the names of your relatives or friends and offerings included, please drop the envelope in to the Parish Office by Midday on Wednesdays. Thank You.

Prayers for the Sick

Bill Eyre
Manny Zarb
Philip Maddrell
Gail Reiher
Imelda Vince
Eric Domagas
Vicky Villaluz
Ben Castillo
Moira Howie
Joma
Christine Hills
Donald McRae
Sara Zofrea
Beryl Peo-Duncan
John Andrew Graham
John Charles Graham
Michael Carrodus
Pat Regan
Robyn Sheather
Candida Hernandez
Chin Quang Le
Gill Page
Tony Quatroville
Garry Gleeson
Elizabeth Kral
Nazarena Custodio

The names on this list will be removed after four weeks unless otherwise requested or advised. Thank you

Watch the daily Mass on
Demand from Broken
Bay's Cathedral at
<https://www.youtube.com/channel/UCNenwlf17i14XB9TsVBrLvQ>

We hope that this will help
the faithful to celebrate the
Holy Mass online wherever
you are

trybooking

To ensure that we fulfil the requirements of the 80 (Mona Vale) and 100 (Avalon) people limit, we would like you to use the Trybooking website to book for our weekend Masses.

There is no need to book for the weekday Masses.

The bookings are now open. Further weekend Masses will be added each week, taking into consideration any changes in government restrictions.

Here are some pointers that might help:

1. Once you have selected the Mass you would like to book for, you will need to enter the quantity of tickets at the bottom of the page. Then click NEXT.
2. Once you have read and agreed to the "Additional Information" you will need to select "YES" from the dropdown box that says "I Agree to the Terms Above"
3. You will then need to enter the First Name and the Last Name of each of the Attendees. Then click NEXT.
4. In the Checkout, you will need to complete all the fields, First Name, Last Name, Phone Number, Address, Suburb, Postcode and Email Address. Then click PURCHASE.
5. If you have completed the transaction successfully, you will see "Transaction Successful" on the following page and you will receive an email with the "ticket" to the Mass you have selected.
6. If you do not see "Transaction Successful" and you do not receive an email (please remember to check your junk email) then the items may still be in your cart and you may need to re-complete one of the steps.
7. You do not need to print the ticket. We will have your name on the "Ticket Holder List" for each Mass.

To book for our Masses at Sacred Heart Church, Mona Vale, please visit <https://www.trybooking.com/BJPSE>
To book for our Masses at Maria Regina Church, Avalon, please visit <https://www.trybooking.com/BJPSP>

Please do not hesitate to contact the Parish office 9157 0999 if you need any assistance.

PARISH LIBRARY - FREE BOOKS

This weekend you are invited to browse through the books at the entrance to our church and take what is of interest to you, or you may wish to donate a gold coin to help with purchasing new books for the Library. If you wish to borrow, please come in and familiarise yourself with the best of spiritual reading. There is something for everyone here. If you have an inquiry you may phone me on 99183973 (Home) 0401613643 (mobile). **Trish Newman**

Vinnies



Columban Calendars 2021 \$9 each. All transactions are cash only, as we do not have EFTPOS facilities. Any queries, please call the Parish Office on 9157 0999.

For the needy, help is available by contacting the Brookvale Centre 9905 0424 during business hours.

PLANNED GIVING

The money contributed to our parish via our second collection helps us to meet the running costs which our Parish incurs, including wages, electricity, telephones, insurances, rates, building and equipment repairs and maintenance, to name but a few. Whilst you are unable to attend Mass, if you are able to make your regular donation by way of automatic direct debit from your credit card, please complete the form included in this bulletin. Or donations can be made on our website: www.pittwaterparish.org through the donations and giving tile. If you would prefer not to give by credit card, please contact the parish office, 9157 0999 for other ways that you can contribute.



BOOK REVIEW

100 Letters for You by Saint Pio Pietrelcina



These are only a few of the letters St. Pio wrote to his superiors over many years. He trusted Jesus to save him from the Stigmata (a feeling in his body of the pain that Jesus suffered on the cross) which regularly occurred. His faith is amazing.

Consecrated Life Pope Francis Feast of the Presentation of the Lord World Day for Consecrated Life, Vatican Basilica

In 1997, Pope Saint John Paul II instituted a day of prayer for women and men in consecrated life. This celebration is attached to the Feast of the Presentation of the Lord on February 2nd. This Feast is also known as Candlemas Day; the day on which candles are blessed symbolising Christ who is the light of the world. So too, those in consecrated life are called to reflect the light of Jesus Christ to all peoples.



Forty days after Christmas, we celebrate the Lord who enters the Temple and comes to encounter his people. In the Christian East, this feast is called the "Feast of Encounter": it is the encounter between God, who became a child to bring newness to our world, and an expectant humanity, represented by the elderly man and woman in the Temple.

In the Temple, there is also an encounter between two couples: the young Mary and Joseph, and the elderly Simeon and Anna. The old receive from the young, while the young draw upon the old. In the Temple, Mary and Joseph find the roots of their people. This is important, because God's promise does not come to fulfilment merely in individuals, once and for all, but within a community and throughout history. There too, Mary and Joseph find the roots of their faith, for faith is not something learned from a book, but the art of living with God, learned from the experience of those who have gone before us. The two young people, in meeting the two older people, thus find themselves. And the two older people, nearing the end of their days, receive Jesus, the meaning of their lives. This event fulfils the prophecy of Joel: "Your old men shall dream dreams, and your young men shall see visions" (2:28). In this encounter, the young see their mission and the elderly realise their dreams. All because, at the centre of the encounter, is Jesus.

Let us look to our own lives, dear consecrated brothers and sisters. Everything started in an encounter with the Lord. Our journey of consecration was born of an encounter and a call. We need to keep this in mind. And if we remember aright, we will realise that in that encounter we were not alone with Jesus; there was also the people of God, the Church, young and old, just as in today's Gospel. It is striking too, that while the young Mary and Joseph faithfully observe the Law – the Gospel tells us this four times – and never speak, the elderly Simeon and Anna come running up and

prophesy. It seems it should be the other way around. Generally, it is the young who speak enthusiastically about the future, while the elderly protect the past. In the Gospel, the very opposite occurs, because when we meet one another in the Lord, God's surprises immediately follow.

For this to occur in the consecrated life, we have to remember that we can never renew our encounter with the Lord without others; we can never leave others behind, never pass over generations, but must accompany one another daily, keeping the Lord always at the centre. For if the young are called to open new doors, the elderly hold the keys. An institute remains youthful by going back to its roots, by listening to its older members. There is no future without this encounter between the old and the young. There is no growth without roots and no flowering without new buds. There is never prophecy without memory, or memory without prophecy. And constant encounter.

Today's frantic pace leads us to close many doors to encounter, often for fear of others. Only shopping malls and internet connections are always open. Yet that is not how it should be with consecrated life: the brother and the sister given to me by God are a part of my history, gifts to be cherished. May we never look at the screen of our cellphone more than the eyes of our brothers or sisters, or focus more on our software than on the Lord. For whenever we put our own projects, methods and organisation at the centre, consecrated life stops being attractive; it no longer speaks to others; it no longer flourishes because it forgets its very foundations, its very roots.

Consecrated life is born and reborn of an encounter with Jesus as he is: poor, chaste and obedient. We journey along a double track: on the one hand, God's loving initiative, from which everything starts and to which we must always return; on the other, our own response, which is

truly loving when it has no "ifs" or "buts", when it imitates Jesus in his poverty, chastity and obedience. Whereas the life of this world attempts to take hold of us, the consecrated life turns from fleeting riches to embrace the One who endures forever. The life of this world pursues selfish pleasures and desires; the consecrated life frees our affections of every possession in order fully to love God and other people. Worldly life aims to do whatever we want; consecrated life chooses humble obedience as the greater freedom. And while worldly life soon leaves our hands and hearts empty, life in Jesus fills us with peace to the very end, as in the Gospel, where Simeon and Anna come happily to the sunset of their lives with the Lord in their arms and joy in their hearts.

How good it is for us to hold the Lord "in our arms" (Lk 2:28), like Simeon. Not only in our heads and in our hearts, but also "in our hands", in all that we do: in prayer, at work, at the table, on the telephone, at school, with the poor, everywhere. Having the Lord "in our hands" is an antidote to insular mysticism and frenetic activism, since a genuine encounter with Jesus corrects both saccharine piety and frazzled hyperactivity. Savouring the encounter with Jesus is also the remedy for the paralysis of routine, for it opens us up to the daily "havoc" of grace. The secret to fanning the flame of our spiritual life is a willingness to allow ourselves to encounter Jesus and to be encountered by him; otherwise we fall into a stifling life, where disgruntlement, bitterness and inevitable disappointments get the better of us. To encounter one another in Jesus as brothers and sisters, young and old, and thus to abandon the barren rhetoric of "the good old days" – a nostalgia that kills the soul – and to silence those who think that "everything is falling apart". If we encounter Jesus and our brothers and sisters in the everyday events of our life, our hearts will no longer be set on the past or the future, but will experience the "today of God" in peace with everyone.

At the end of the Gospels, there is another encounter with Jesus that can inspire the consecrated life. It is that of the women before the tomb. They had gone to encounter the dead; their journey seemed pointless. You too are journeying against the current: the life of the world easily rejects poverty, chastity and obedience. But like those women, keep moving forward, without worrying about whatever heavy stones need to be removed (cf. Mk 16:3). And like those women, be the first to meet the Lord, risen and alive. Cling to him (cf. Mt 28:9) and go off immediately to tell your brothers and sisters, your eyes brimming with joy (cf. v. 8). In this way, you are the Church's perennial dawn. You, dear consecrated brothers and sisters, are the Church's perennial dawn! I ask you to renew this very day your encounter with Jesus, to walk together towards him. And this will give light to your eyes and strength to your steps.



Congratulations Josh and Caroline.
We're really excited to hear that your newest family member has arrived safe and sound!

May your new role as proud parents be filled with much joy and happiness.

Welcome to our family,
Eve Rose Willard.



Even though the restrictions in NSW have eased and Churches can now have up to 300 people attending, the one person per four-square metre rule still applies. This means that the capacity of our Churches remains at 80 for Sacred Heart Church, Mona Vale and 100 for Maria Regina Church, Avalon.

We will continue to record names and contact details of those present at services along with the date and time they attend, as required by NSW health.

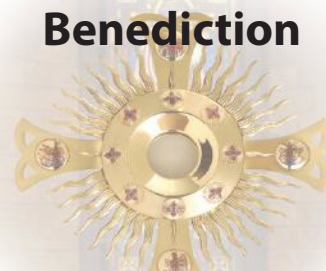
It is our responsibility to protect others and ourselves and stop the spread of COVID-19 in Australia.

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

*Everyone must also stay 1.5 metres away from other people whenever possible.
Please sit only in the marked seats.*

Thank you for working with us to keep our parish community safe.

Adoration & Benediction



MARIA REGINA CHURCH -
every Thursday

9am Exposition of the Blessed Sacrament,
Adoration and Benediction at 9.45am.
Mass at 10am

SACRED HEART CHURCH -
every Thursday

Mass at 7pm followed by Exposition of the Blessed Sacrament, Adoration and Benediction at 9pm.

To read the messages from Bishop Anthony and from the people Vox Populi please go to www.pittwaterparish.org. News and events tile and Messages from Bishop Anthony on the drop down menu.

THURSDAY MORNING SPIRITUALITY GROUP

We will recommence our study this year on Thursday 4th February with Pope Francis' new Encyclical Letter on Fraternity and Social Friendship. Pope Francis gives us a way of life which allows us to acknowledge, appreciate and love each person, regardless of physical proximity and regardless of where he or she was born or lives. "God has created all human beings equal in rights, duties and dignity and has called them to live together as brothers and sisters." We meet at 10.30 am for morning tea followed by the study until 12 noon. We read through the book in a very relaxed manner gaining new insights from each other. **All are invited.** Contact Trish Newman on 99183973 or Mb. 0401613643.

January / February roster is available on our website www.pittwaterparish.org

Mary Star of the Sea Prayer Cards

The Prayer Cards, featuring a prayer written by Bishop Anthony, feature our Patroness of the Diocese of Broken Bay, Mary Star of the Sea.

There is room on the prayer card to write your intentions. They can be used in the parish for the community to pray together or individually.



YOUTH NIGHT

7 FEB - 6PM

SACRED HEART CHURCH

WORD OF GOD SUNDAY

Join us as we begin 2021 - **the Year of Family** -
together as a family
focussing on the Word of God

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 say?

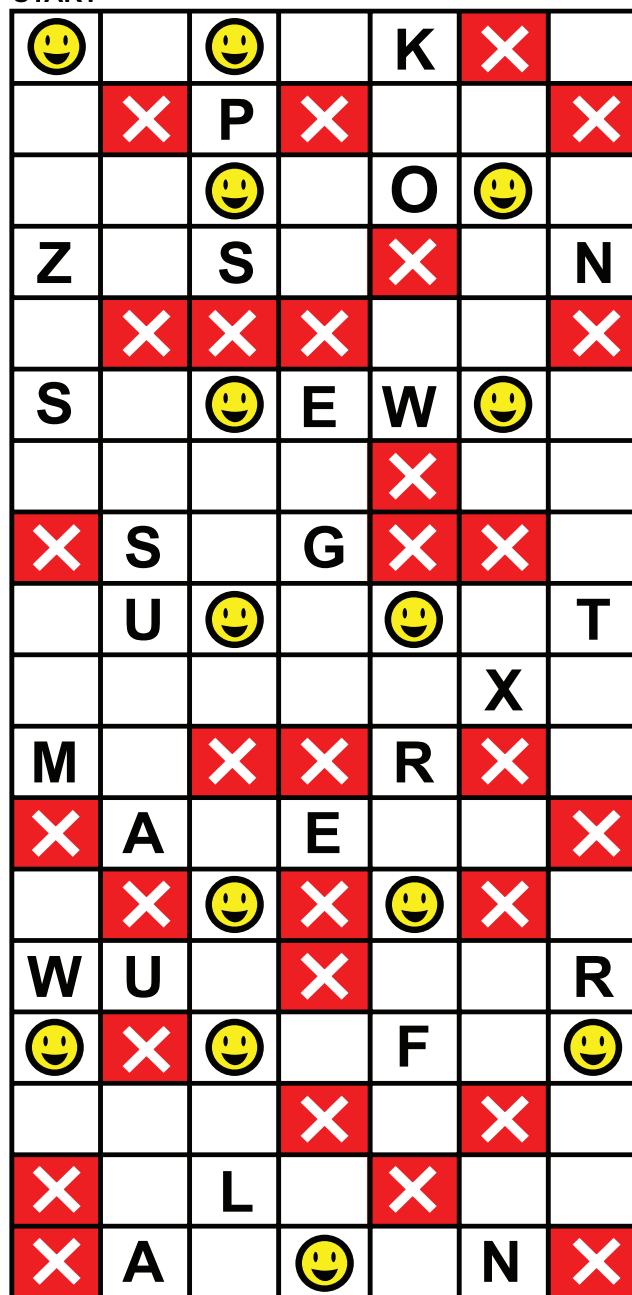


Jesus taught with great authority and people listened to him. We too are more likely to listen to someone who really believes in what they say. Draw a picture of someone who you listen to.



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

START



FINISH

People were amazed at his _____ teaching.

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

Dt 18:15-20

A reading from the 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 Cor 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

Mt 4:16

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

Gospel

Mk 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

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 CSS

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 CSS



At the beginning of each year, here in Pittwater Parish we introduce a theme that will help us to concentrate upon and explore in the months ahead. In 2019, we focused on the virtue of love, trying to discover the practical possibilities to show the love for God and for one another in our daily lives. Last year, our attention was on prayer, and accepting the invitation from God into a relationship with Him that is both personal and communal.

On 27 December 2020, Pope Francis set a year-long focus on the family to commemorate the feast of the Holy Family. This year dedicated to the family will be inaugurated on the Solemnity of Saint Joseph on the 19 March 2021.

We are all God's children and so not matter what our natural family may look like, we are all a part of God's family.

In every family there are problems and sometimes even arguments. We are human, we are weak and we all quarrel. Pope Francis has said that before the day is over, it is important to make up and not end the day without making peace. He also highlighted the importance of three key concepts to a good family life – 'Please', 'Thank you' and 'Sorry'.

Based on this announcement on the theme for the whole Church, our Parish of Pittwater will celebrate the Year of Family. Throughout this year we will focus not only on our natural families, but also on our community families. We will draw our attention to God's family, our school family and our parish family who is entrusted to the care of the Salvatorians.



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Liturgy for the Week

FEBRUARY 2021

- 01/02 **Monday Ordinary Time 4,**
Deut 18:15-20; 1 Cor 7:32-35;
Mk 1:21-28
- 02/02 **Tuesday The Presentation of
the Lord**
Malachi 3:1-4 or Heb 2:14-18;
Lk 2:22-40
- 03/02 **Wednesday Ordinary Time 4**
Heb 12:4-7, 11-15; Mk 6:1-6.
- 04/02 **Thursday Ordinary Time 4**
Heb 12:18-19, 21-24; Mk 6:7-13
- 05/02 **Friday St Agatha, virgin, martyr**
Heb 13:1-8; Mk 6:14-29
(Alt. 1 Cor 1:26-31; Lk 9:23-26)
- 06/02 **Saturday St Paul Miki and
companions, martyrs**
Heb 13:15-17, 20-21; Mk 6:30-34
(Alt. Gal 2:19-20; Mt 28:16-20)

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We acknowledge and thank the businesses and individuals that support our parish through advertising in our parish bulletin. We thank them for their support and ask our parish community to support their businesses in return.



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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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COMPOUNDING CHEMIST

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FINE WINE, SPIRITS & BEER

FLEET STREET

— MERCHANTS —

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WEEKLY HIGHLIGHT

Simply Stunning,
Luxury Home with
Ocean and Lake Views

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Elanora Heights

5 Bed | 3 Bath | 4 Car