



# The Catholic Parish of Pittwater

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

## *The Cross in my pocket*

I carry a cross in my pocket  
A simple reminder to me  
Of the fact that I am a Christian  
No matter where I may be.

This little cross is not magic,  
Nor is it a good luck charm  
It isn't meant to protect me  
From every physical harm.

It's not for identification  
For all the world to see  
It's simply an understanding  
Between my Saviour and me.

When I put my hand in my  
pocket  
To bring out a coin or a key  
The cross is there to remind me  
Of the price He paid for me.

It reminds me, too, to be thankful  
For my blessings day by day  
And to strive to serve Him better  
In all that I do and say.

It's also a daily reminder  
Of the peace and comfort I share  
With all who know my Master  
And give themselves to His care.

So, I carry a cross in my pocket  
Reminding no one but me  
That Jesus Christ is the Lord  
of my life  
If only I'll let Him be.

(Poem accredited to Mrs Verna Mae Thomas)

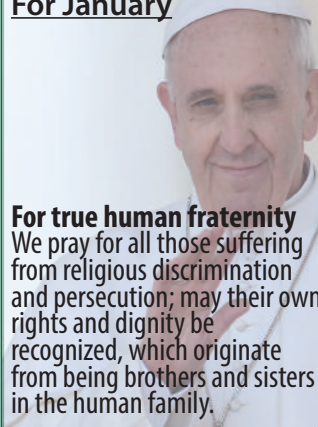


## Thoughts of Bl Francis Jordan

Trust in the Lord and do not lose heart! He can do all.



## Pope Francis' Prayer Intentions For January



**For true human fraternity**  
We pray for all those suffering from religious discrimination and persecution; may their own rights and dignity be recognized, which originate from being brothers and sisters in the human family.



The Service NSW QR codes are now available at the entrance of both of our churches, for you to use to check in. If you do not have a smartphone or you're not carrying it with you, please download your personal QR code with Service NSW, and scan your code at the entrance of the church. Thank you for working with us to keep our parish community safe.

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.



**Face Masks are mandatory in Churches.**

## PARISH DIRECTORY

**Pittwater Parish**  
1 Keenan Street Mona Vale NSW 2103  
Tel 9157 0999  
[www.pittwaterparish.org](http://www.pittwaterparish.org)

**Parish Administrator**  
Fr Richard Sadowski SDS  
Tel 9157 0999 ext 0  
[pp@pittwaterparish.org](mailto:pp@pittwaterparish.org)

**Priest**  
Fr Paul Szczur SDS  
Tel 9157 0999 ext 0  
[ap@pittwaterparish.org](mailto:ap@pittwaterparish.org)

**Bishop - Emeritus**  
Bishop Bernard O'Grady op  
Tel 9918 0372

**Parish Secretary**  
Donita Kerin  
Tel 9157 0999 ext 0  
[office@pittwaterparish.org](mailto:office@pittwaterparish.org)

**Youth Director**  
Josh Willard (Soul Youth)  
[music@pittwaterparish.org](mailto:music@pittwaterparish.org)

**Music Director**  
Josh Willard  
Tel 9157 0999 ext 17  
[music@pittwaterparish.org](mailto:music@pittwaterparish.org)

**Media & Communication**  
Laura Ee  
Tel 9157 0999 ext 31  
[media@pittwaterparish.org](mailto:media@pittwaterparish.org)

**Sacramental Program**  
TBA  
Tel 9157 0999 ext 13  
[sacraments@pittwaterparish.org](mailto:sacraments@pittwaterparish.org)

**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 81976900  
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



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

## We Pray for the Souls of

**Helen Seve**  
**Angela Mitchell (Mansfield)**  
**Ronald Mitchell**

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.

## Recently Deceased

**Fr Manoj Manuel**  
**Val Ducker**  
**James Molloy**

## Prayers for the Sick

Beryl Peo-Duncan  
Michael Carrodus  
Pat Regan  
Garry Gleeson  
Annette Davis  
Andrew Hood  
Jeff Langley  
Warwick Chipman  
Erin Ocampo  
Mark Lindfield  
Vicky Kalingasan  
Bill Eyre  
Brian Gregan  
Marian Poe  
Marcia Bailey  
Bec Burroughs  
Susan Hickey  
Sophia Burfitt  
Margaret De Landre  
Maeva Robinson  
Jenny Carroll  
Matt Ukishima  
Pietrina Maiorana  
Marta Bizubova  
Susan Makabenta  
Dominic Ursino  
George Carpenter  
Diane Williams

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



**Welcome back to school all students, teachers and principals - Sacred Heart Primary School, Maria Regina Primary School and Mater Maria Catholic College.**

**Schools back drive with care.**



## DVD REVIEW

### Joseph of Nazareth



This is the story of the man closest to Christ. It begins many years before Joseph met Mary and gives a realistic view of his background, his faith and then his years as father to Jesus, including the flight into Egypt and his witness of Jesus preaching in the temple. Compelling viewing.

*Everyone must also stay 1.5 metres away from other people whenever possible.*

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

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

To read the messages from Bishop Anthony and from the people  
Vox Populi please go to [www.pittwaterparish.org](http://www.pittwaterparish.org).  
News and events tile and Messages from Bishop Anthony on the drop down menu.

### Liturgy for the Week

31/01 **Monday St John Bosco, priest**  
2 Sam 15:13-14, 30, 16:5-13:  
Mk 5:1-20:

### FEBRUARY

01/02 **Tuesday Ordinary Time Four**  
2 Sam 18:9-10, 14, 24-25, 30 -  
19:3: Mk 5:21-43:

02/02 **Wednesday The Presentation of the Lord**  
Mal 3:1-4: or Heb 2:14-18:  
Lk 2:22-40:

03/02 **Thursday Ordinary Time Four**  
1 Kg 2:1-4, 10-12: Mk 6:7-13:

04/02 **Friday Ordinary Time Four**  
Sirach 47:2-11: Mk 6:14-29:

05/02 **Saturday St Agatha, virgin, martyr**  
1 Kg 3:4-13: Mk 6:30-34:



You can find us on **Instagram** ([pittwater\\_parish](https://www.instagram.com/pittwater_parish))

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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.

## GIVING

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

**LIVESTREAMS READINGS NEWS**



<https://brokenbay.goodgiving.com.au>

*"TRUST and WAIT for what is still UNSEEN."*  
Rom 8:24

# Year of Trust



Over the years we have reflected on different aspects of our faith and personal virtues which help us build our Parish Community and our personal relationship with God.

In 2022 I would like to introduce the "TRUST". To trust is to believe in the reliability, truth, ability and strength of something or someone. For our Catholic community this trust is placed in our Lord, so when it comes to trusting God this means believing in His Reliability, His Word, His Ability, and His Strength, infallibly trusting that he will guide us on our journey and be with us always with eternal love. This is especially prevalent right now with the many changes and challenges we have all faced in varying degrees.

Thinking about trust, we are reminded of the Story of Jesus walking on the water, and Jesus invited Peter to do the same. When Peter trusted Jesus he walked towards him, even though it made no sense, when he became aware of the other forces around him he became consumed with fear and began to sink, crying for help and assistance from Jesus.

Jesus immediately reached out and took hold of Peter saying to him 'Man of little faith, why did you doubt?'

The message from the story is that God is always near at hand, ready to reach out, assist, protect and guide us. It is easy to trust when life is smooth going and we are enjoying the benefits, however when circumstances change, and when we face obstacles in our life, do we look for God and place our trust in Him?

The principle is clear, particularly when life is tumultuous, look for God and continue looking to Him.

So what can we do to strengthen our trust in God,

especially when we are going through difficult times?

We can only grow in trust with a God we have come to know. Making connecting with God a habit, is the perfect way to learn how to trust him more. Incorporate God into your daily routine by spending time with him, journaling, attending Mass and through prayer. Give Him thanks for the blessings in your life.

Even though we can't physically see God we have a reminder of his love in the cross, that His Son born for us. Whenever we look at the cross, we are reminded that we are not alone. Christ is with us, ready to pick us up when we falter.

God doesn't ask you to trust blindly. He wants you to walk with him and learn to trust him as you take each step on our life journey.

So let us ask ourselves, "Do I really trust God?"

The answer is not simple nor straightforward. With different reflections and activities planned, throughout the year, we will have the opportunity to learn and strengthen our trust in God.



THE  
**RETURN**  
OF

# YOUTH NIGHT

SUN 6 FEB - 6PM  
SACRED HEART CHURCH

**JOIN US FOR MASS AND DINNER**

**Social Justice** 8 SESSIONS (OVER 16 WEEKS)  
FACILITATED BY DR SANDIE CORNISH  
**TEACHINGS** STARTS 15 FEB

**There's still time to enrol . . .**

An on-line course in social justice teachings facilitated by Dr Sandie Cornish at Broken Bay Institute starting 15 Feb 2022.

The course runs over 16 weeks and is very reasonably priced at \$310 plus GST.

This course would be useful for anyone who works in, or has an interest in, social justice ministry.

If the fee presents a challenge, please contact Emma Baker at emma.baker@bbcatholic.org.au.

Evangelisation Broken Bay is offering to contribute towards the cost of the course for those who have a desire to enrol but may not have the financial capacity at present.

"I ask you to pray the Our Father for peace in Ukraine, now and throughout this day... May the prayers and supplications that today rise up to heaven touch the minds and hearts of world leaders, so that dialogues may prevail and the common good be placed ahead of partisan interests. Please, no more war."

*Pope Francis*  
January 26th, 2022

**United in Prayer**  
#PrayforUkraine

**Pray for Tonga**

Tonga is reeling after a violent underwater volcano eruption triggered tsunamis, destroyed telecommunications and blanketed the country in ash and rock.

Roads, bridges and homes are damaged. Water supplies have been contaminated by volcanic ash and saltwater.

Tonga needs your support urgently. Give now to help with emergency response.

Visit: [www.caritas.org.au/donate/emergency-app-eals/pacific](http://www.caritas.org.au/donate/emergency-app-eals/pacific) or call 1800 024 413 toll free to make your donation.

**Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.** Proverbs 3:5-6

**Adoration & Benediction**



**SACRED HEART CHURCH, Mona Vale - every Tuesday from 8.30am**  
Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass at 9.30am.

**MARIA REGINA CHURCH, Avalon - every Thursday from 9am**  
Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass at 10am.

**SACRED HEART CHURCH, Mona Vale - every Thursday from 7pm**  
Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass at 9pm.

**SACRED HEART CHURCH, Mona Vale - First Friday of the Month from 9.30am**  
Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass at 10.30am.

**Vinnies**

**Vinnies changes lives everyday.**

Show your support and give to our annual appeal



4th Sunday in Ordinary Time, Year C

When Jesus began teaching at the Jewish meeting places, people started talking about Jesus and were amazed at the wonderful things he said. Complete the sentences of things that Jesus said during his ministry.

Thy \_\_\_\_\_ come, thy \_\_\_\_\_ be \_\_\_\_\_.

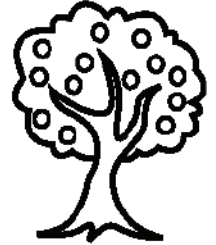
A good \_\_\_\_\_ cannot produce bad \_\_\_\_\_.

I am the \_\_\_\_\_ of life, he who \_\_\_\_\_ to \_\_\_\_\_ shall not \_\_\_\_\_.

Blessed are the meek, \_\_\_\_\_

inherit the \_\_\_\_\_.

I am the light \_\_\_\_\_.



Write a prayer to say sorry for the times when you have been angry and said or done things that have hurt others.

When the people got angry at Jesus they tried to harm him. Circle the words below that show the best ways that we can deal with our own anger.

- JEALOUSY**      **REASON**
- STUBBORNNESS**
- PATIENCE**      **CRUELTY**
- FRUSTRATION**      **LOVE**
- HATE**      **HUMILITY**
- FORGIVENESS**
- ARROGANCE**
- UNDERSTANDING**

# 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

Jer 1:4-5, 17-19

### A reading from the prophet Jeremiah

*I have appointed you as prophet to the nations.*

In the days of Josiah, the word of the Lord was addressed to me, saying,  
‘Before I formed you in the womb I knew you;  
before you came to birth I consecrated you;  
I have appointed you as prophet to the nations.  
So now brace yourself for action.  
Stand up and tell them  
all I command you.  
Do not be dismayed at their presence,  
or in their presence I will make you dismayed.  
I, for my part, today will make you  
into a fortified city,  
a pillar of iron,  
and a wall of bronze  
to confront all this land:  
the kings of Judah, its princes,  
its priests and the country people.  
They will fight against you  
but shall not overcome you,  
for I am with you to deliver you –  
it is the Lord who speaks.’

## The word of the Lord

## Responsorial Psalm

Ps 70:1-6, 15, 17, R. v.15

### (R.) I will sing of your salvation.

In you, O Lord, I take refuge;  
let me never be put to shame.  
In your justice rescue me, free me:  
pay heed to me and save me. (R)

Be a rock where I can take refuge,  
a mighty stronghold to save me;  
for you are my rock, my stronghold.  
Free me from the hand of the wicked.  
(R)

It is you, O Lord, who are my hope,  
my trust, O Lord, since my youth.  
On you I have leaned from my birth,  
from my mother’s womb you have been  
my help. (R)

My lips will tell of your justice  
and day by day of your help.  
O God, you have taught me from my  
youth  
and I proclaim your wonders still. (R)

## Second Reading

1 Cor 12:31 – 13:13

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

*There are three things that last: faith, hope and love; and the greatest of these is love.*

Be ambitious for the higher gifts. And I am going to show you a way that is better than any of them.

If I have all the eloquence of men or of angels, but speak without love, I am simply a gong booming or a cymbal clashing. If I have the gift of prophecy, understanding all the mysteries there are, and knowing everything, and if I have faith in all its fullness, to move mountains, but without love, then I am nothing at all. If I give away all that I possess, piece by piece, and if I even let them take my body to burn it, but am without love, it will do me no good whatever.

Love is always patient and kind; it is never jealous; love is never boastful or conceited; it is never rude or selfish; it does not take offence, and is not resentful. Love takes no pleasure in other people’s sins but delights in the truth; it is always ready to excuse, to trust, to hope, and to endure whatever comes. Love does not come to an end. But if there are gifts of prophecy, the time will come when they must fail; or the gift of languages, it will not continue for ever; and knowledge – for this, too, the time will come when it must fail. For our knowledge is imperfect and our prophesying is imperfect; but once perfection comes, all imperfect things will disappear. When I was a child, I used to talk like a child, and think like a child, and argue like a child, but now I am a man, all childish ways are put behind me. Now we are seeing a dim reflection in a mirror; but then we shall be seeing face to face. The knowledge that I have now is imperfect; but then I shall know as fully as I am known. In short, there are three things that last: faith, hope and love; and the greatest of these is love.

## The word of the Lord

## Gospel Acclamation

Lk 4:18

Alleluia, alleluia!  
The Lord sent me to bring Good News to the poor  
and freedom to prisoners.  
Alleluia!

## Gospel

Lk 4:21-30

### A reading from the holy Gospel according to Luke

*Jesus, like Elijah and Elisha, was not sent only to the Jews.*

Jesus began to speak in the synagogue, ‘This text is being fulfilled today even as you listen.’ And he won the approval of all, and they were astonished by the gracious words that came from his lips. They said, ‘This is Joseph’s son, surely?’ But he replied, ‘No doubt you will quote me the saying, “Physician, heal yourself” and tell me, “We have heard all that happened in Capernaum, do the same here in your own countryside.”’ And he

went on, ‘I tell you solemnly, no prophet is ever accepted in his own country.

‘There were many widows in Israel, I can assure you, in Elijah’s day, when heaven remained shut for three years and six months and a great famine raged throughout the land, but Elijah was not sent to any one of these: he was sent to a widow at Zarephath, a Sidonian town. And in the prophet Elisha’s time there were many lepers in Israel, but none of these was cured, except the Syrian, Naaman.’

When they heard this everyone in the synagogue was enraged. They sprang to their feet and hustled him out of the town; and they took him up to the brow of the hill their town was built on, intending to throw him down the cliff, but he slipped through the crowd and walked away.

## 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

*In the readings for this week we see the reaction of those who hear the word of God. Jeremiah was told that he had been called to be a prophet even before he was born. Yet he had to fight against the people to whom he was sent. Those who heard Jesus were first amazed at his words and then later sought to throw him off a cliff. We too are often quite resistant to the word of God.*

*Neither Jeremiah nor Jesus recoiled from the implications of their call, regardless of the resistance they experienced.*

*Instead, they entered even more deeply into the call to love. Lest he brood over his injuries, Jeremiah is reassured of God’s protection. And, without aggressively demonstrating his strength when he was threatened with harm, Jesus exhibited patience and kindness. Both men bore and endured their bitter misfortunes. This is the image that is placed before us as an example for us to follow.*

*The call to discipleship is a call to live in the eschatological age of fulfilment inaugurated by Jesus. We can say with certainty that God calls us to a new way of living. We may chafe under the suffering that it could cause us, but we will not be left alone in our distress. As God was with Jeremiah so we can depend upon God to be with us in our need. We must remember that, however we do react, our response must be born out of love.*

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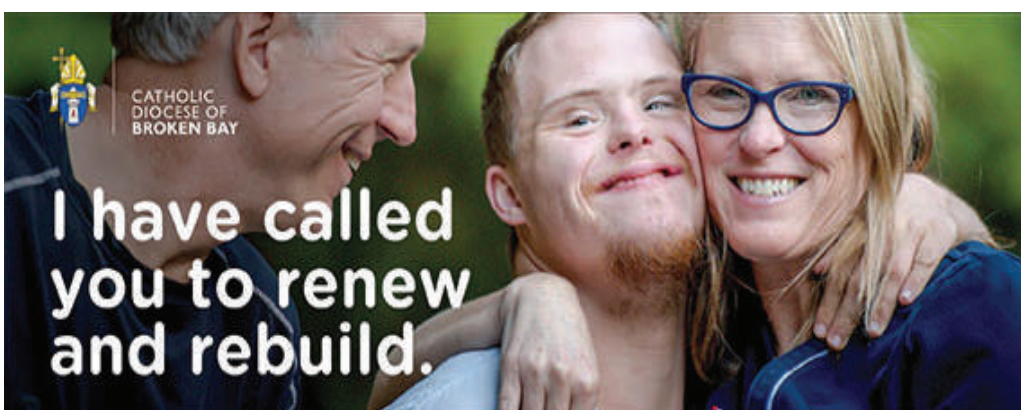
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