



The Catholic Parish of Pittwater

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

Families are ...

One of God's greatest treasures and the embodiment of all that is important in life.

Families are a refuge in good times and bad, a warm place of peace where acceptance reigns.

It matters not what you do or where you are, one thing you never doubt is your family.

The members are always there, arms ready to embrace with healing hugs and hearts with unconditional love to share.

A family is a gift that's never completely unwrapped, it is a present for which each member is eternally thankful.

Becky Speckels Hare



Thoughts of Fr Francis Jordan

Now and then read and meditate on the Most Holy Eucharist.



Pope Francis' Prayer Intentions For March

Sacrament of Reconciliation

Let us pray that we may experience the sacrament of reconciliation with renewed depth, to taste the infinite mercy of God.



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

A warm welcome to all especially 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

Parish Priest
Fr Bronek Pietrusewicz SDS
Tel 9157 0999 ext 0
pp@pittwaterparish.org

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Tel 9157 0999 ext 0
ap@pittwaterparish.org

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Bishop Bernard O'Grady op
Tel 9918 0372

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Sacramental Program
Suzy Caruso
Tel 9157 0999 ext 13
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 9999 3264
Principal: Mrs Suellen Garey

Avalon
Maria Regina School
Tel 9918 2608
Principal: Miss 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**

Roberto Ang
Victor Newman
Bernie Neville
Maria Vukovic
Norma Fagen

**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

Roki Marov
Pave Lucic

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
Annette Davis
Tim & Christina O'Connell
Andrew Hood

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

LIKE US ON
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The Catholic Parish
of Pittwater

BOOK REVIEW**Between Heaven and Hell**
by Peter Kreeft

A dialogue somewhere beyond death with John E. Kennedy, C.S. Lewis and Aldous Huxley, all of whom died on 22nd November 1963, immediately after they died. A good read.

THURSDAY MORNING SPIRITUALITY GROUP

"For Lent our group are breaking with the study on the Pope's Encyclical to concentrate on "The Way of Julian of Norwich". A prayer Journey through Lent. **All are invited.**

Contact Trish Newman ocds on 99183973 or Mb. 0401613643.

**Vinnies**

Vinnies changes lives everyday.

Show your support and give to our annual appeal

Vinnies is proud to announce the 2021 edition of the Mini Vinnies Formation Program (MVFP) for students in Years 4 – 6, who wish to undertake Social Justice Formation in their own time. For more information please go to <https://bit.ly/VinniesMVFP>

This is the link to the Vinnies Metropolitan Schools January 2021 Newsletter:
https://youthnsw.vinnies.org.au/wp-content/uploads/2021/01/School-Newsletters_Metro_Term-1-2021.pdf

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

DATES for your DIARY**STATIONS OF THE CROSS**

Every Friday in Lent after morning mass.

2nd Rite of Reconciliation
Thursday 25 March 2021
• 7.30pm
Sacred Heart Church

THE SEASON OF LENT is the most appropriate time for celebrating the SACRAMENT OF PENANCE.

Already on Ash Wednesday the people of God has heard the solemn invitation, Turn away from sin and believe the good news. It is therefore fitting to have several penitential celebrations during Lent, so that all the faithful may have an opportunity to be reconciled with God and their neighbour and so be able to celebrate the paschal mystery in the Easter Triduum with renewed hearts. RP 13 The Sacrament of Penance is better celebrated before rather than during the Easter Triduum.

LIBRARY

Now that the restrictions have been lifted concerning the opening of churches, although at present 200 people at Maria Regina, we can access the Library. You are very welcome to browse the vast assortment of books and DVDs in the Parish Library at Maria Regina after the daily and weekend Masses. Books and DVDs will still be reviewed in the Bulletin. If you have an inquiry you may phone me on 99183973 (Home) 0401613643 (mobile).

Trish Newman

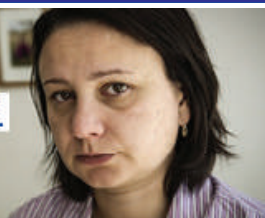
**Consultation for Women**

Catholic women are being invited to participate in a national consultation via Zoom on 27 March. The event invites women to articulate and celebrate their contribution to and vision for the mission of the Catholic Church in Australia. The event is being organised by the Bishops Commission for Evangelisation, Laity and Ministry. Find more information at www.nce.catholic.org.au/catholicwomen

**HELP PEOPLE LIKE JOANNE
RECOVER FROM DOMESTIC ABUSE.**



GIVE NOW



Pope Francis announces a yearlong reflection on 'Amoris Laetitia' and family



Pope Francis leads the recitation of the Angelus prayer Dec. 27, 2020, from the library of the Apostolic Palace. Marking the feast of the Holy Family, Pope Francis announced the Catholic Church will observe a special year dedicated to the family from March 19, 2021, to June 26, 2022. (CNS photo/Vatican Media)

As the fifth anniversary of his apostolic exhortation **"Amoris Laetitia"** approaches, Pope Francis announced that the Catholic Church will dedicate more than a year to focusing on the family and conjugal love.

During his Sunday Angelus address December 27, the pope commemorated the feast of the Holy Family and said that it served as a reminder "of the example of evangelising with the family" as highlighted in his exhortation.

Beginning March 19, he said, the year of reflection on **"Amoris Laetitia"** will be an opportunity "to focus more closely on the contents of the document."

"I invite everyone to take part in the initiatives that will be promoted during the year and that will be coordinated by the Dicastery for Laity, the Family and Life," he added. "Let us entrust this journey, with families all over the world, to the Holy Family of Nazareth, in particular to St. Joseph, the devoted spouse and father."

According to the dicastery's website, the **"Amoris Laetitia Family"** year "aims to reach every family around the world through several spiritual, pastoral and cultural proposals that can be implemented within parishes, dioceses, universities, ecclesial movements and family associations."

The dicastery said that the goals of the celebration include sharing the contents of the apostolic exhortation more widely, proclaiming the gift of the sacrament of marriage and enabling families to "become active agents of the family apostolate."

The **"Amoris Laetitia Family"** year will include forums, symposiums, video projects and catechesis as well as providing resources for family spirituality, pastoral formation and marriage preparation.

The commemoration will conclude June 26, 2022, "on the occasion of the World Meeting of Families in Rome," the dicastery said.

Pope Francis already had declared a year of St. Joseph, which began Dec. 8 and ends Dec. 8, 2021.

In his Angelus talk, the pope said that the Holy Family is a model in which "all families of the world can find their sure point of reference and sure inspiration."

Through them, he said, "we are called to rediscover the educational value of the family unit; it must be founded on the love that always regenerates relationships, opening up horizons of hope."

Families can experience sincere communion when they live in prayer, when forgiveness prevails over discord and "when the daily harshness of life is softened by mutual tenderness and serene adherence to God's will," he added.

"I would like to say something to you: If you quarrel within the family, do not end the day without making peace," the pope said. "And do you know why? Because cold war, day after day, is extremely dangerous. It does not help."

Pope Francis also reflected on the theme of forgiveness during his Angelus address on the feast of St. Stephen Dec. 26.

Recalling St. Stephen's martyrdom, the pope said that although it may seem that his death was in vain, among those who witnessed and consented to his stoning was St. Paul, who eventually became "the greatest missionary in history."

St. Stephen's example "was the seed" of St. Paul's conversion, he said. "This is the proof that loving actions change history: even the ones that are small, hidden, every day."

Christians, he added, can become witnesses of Christ through their everyday actions, "even just by fleeing the shadow of gossip" or refusing to speak ill of others.

"When an argument starts at home, instead of trying to win it, let's try to diffuse it," and forgive one another, Pope Francis said. Small efforts and gestures, he said, "change history because they open the door, they open the window to Jesus' light."

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Payroll Giving as a very simple and effective way to donate. It's a secure way for employees to make regular or one-off donations via their salary. Those who donate in this way instantly receive their tax-deduction.

Many employers also offer generous donation matching eg: a gift of \$30 per month is matched by the employer and your donation becomes \$60.

Many well-known companies offer the scheme – such as Westpac, NAB, Australia Post, PwC, St George, NRMA, Toyota, Sydney Water, Citibank, Macquarie Bank – and many others. Details of such matching schemes will be available from your employer.

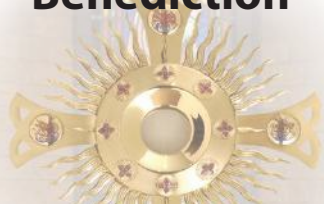
One of the first Diocese of Broken Bay parishioners to use the scheme made a generous donation of \$2,400 that was matched into \$4,800 for CWF.

Setting up Payroll Giving is easy.

The first step is to contact your employer's HR or Payroll team who can set it up. CWF is registered with www.good2give.ngo who facilitate Payroll giving scheme.

If you have any questions on Payroll Giving to CWF, please contact David Armstrong, David.armstrong@bbcatholic.org.au, 02 8379 1664 who can assist.

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.

PROJECT COMPASSION BE MORE



Arsad, an Indonesian farmer, had no toilet, so he and his family always had to walk into the forest to an open defecation area. His family was often sick and open defecation caused many neighbourhood disputes.

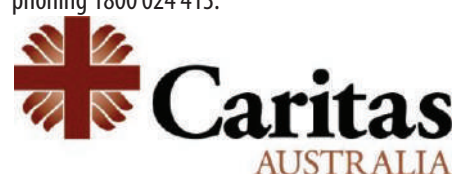
With the support of Caritas Australia and its partner, Laz Harfa, Arsad took part in hygiene, sanitation and financial management training. He then funded the building of a toilet in his house and helped other community members to save for toilets. Now Arsad's family is healthier. Their community no longer practices open defecation and is more harmonious. Arsad inspired his community to 'Be More.'

Please donate to Project Compassion 2021 and help improve health and wellbeing of communities in Indonesia so they can work towards eradicating poverty, providing a better future for all.

You can donate through Parish boxes and envelopes, by visiting

www.caritas.org.au/project-compassion or

phoning 1800 024 413.



Even though the restrictions in NSW have eased and Churches can now have up to 300 people attending, the one person per two-square metre rule applies. This means that the capacity of our Churches is 160 for Sacred Heart Church, Mona Vale and 200 for Maria Regina Church, Avalon.

Masks are now not compulsory in Church.

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

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

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

Continue to practise good hygiene.

Please use the hand sanitisers provided in both of our Churches.

As Holy Water is not available at the entrances of the Church, due to the pandemic, we have made Holy Water accessible for you to take home from the water jars, next to the Baptismal Font, in both our Sacred Heart Church, Mona Vale and Maria Regina Church, Avalon. Please bring your own bottle.



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 provide your contact details via the sign-in sheets provided. If you have checked-in with the QR code, you do not have to use the sign-in sheets.

Catholic Education celebrating 200 years



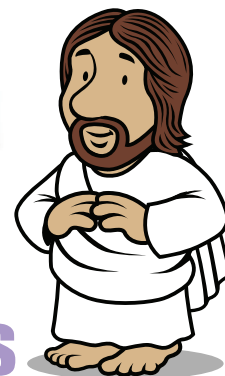
Faith in the future

www.200years.catholic.edu.au



God gave his only Son to save us

4th Sunday of Lent, Year B



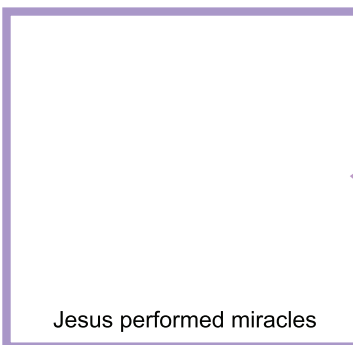
Draw or write some of the ways we can see God's love in the world today.

Jesus Saves Us

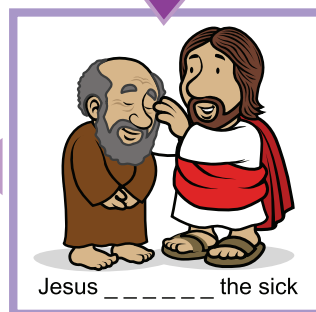


Jesus was _____ in a stable

When he grew up he proclaimed the Good News



Jesus performed miracles



Jesus _____ the sick

Write a prayer about how you would like God to help you.

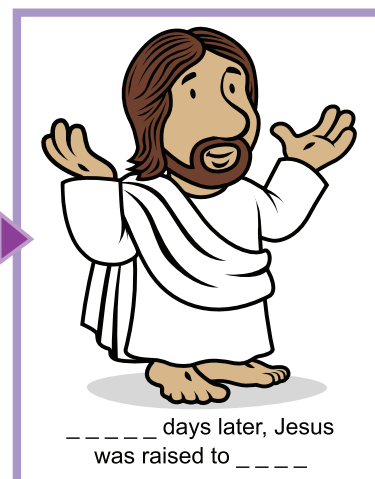
Dear Lord,



Jesus' disciples joined him for the Last _____



Jesus was nailed to a cross and died



_____ days later, Jesus was raised to _____

Amen.

The *Living* Word

Entrance Antiphon

Cf. Is 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

2 Chr 36:14-16, 19-23

A reading from the second book of Chronicles

The wrath and the mercy of the Lord are revealed in the exile and liberation of his people.

All the heads of the priesthood, and the people too, added infidelity to infidelity, copying all the shameful practices of the nations and defiling the Temple that the Lord had consecrated for himself in Jerusalem. The Lord, the God of their ancestors, tirelessly sent them messenger after messenger, since he wished to spare his people and his house. But they ridiculed the messengers of God, they despised his words, they laughed at his prophets, until at last the wrath of the Lord rose so high against his people that there was no further remedy. Their enemies burned down the Temple of God, demolished the walls of Jerusalem, set fire to all its palaces, and destroyed everything of value in it. The survivors were deported by Nebuchadnezzar to Babylon; they were to serve him and his sons until the kingdom of Persia came to power. This is how the word of the Lord was fulfilled that he spoke through Jeremiah, 'Until this land has enjoyed its sabbath rest, until seventy years have gone by, it will keep sabbath throughout the days of its desolation.' And in the first year of Cyrus king of Persia, to fulfil the word of the Lord that was spoken through Jeremiah, the Lord roused the spirit of Cyrus king of Persia to issue a proclamation and to have it publicly displayed throughout his kingdom: 'Thus speaks Cyrus king of Persia, "The Lord, the God of heaven, has given me all the kingdoms of the earth; he has ordered me to build him a Temple in Jerusalem, in Judah. Whoever there is among you of all his people, may his God be with him! Let him go up."'

The word of the Lord

Responsorial Psalm

Ps 136. R. v.6

(R.) Let my tongue be silenced, if ever I forget you!

By the rivers of Babylon
there we sat and wept,
remembering Zion;
on the poplars that grew there
we hung our harps. **(R)**

For it was there that they asked us,
our captors, for songs,
our oppressors, for joy.
'Sing to us,' they said,
'one of Zion's songs.' **(R)**

O how could we sing
the song of the Lord
on alien soil?
If I forget you, Jerusalem,
let my right hand wither! **(R)**

O let my tongue
cleave to my mouth
if I remember you not,
if I prize not Jerusalem
above all my joys! **(R)**

Second Reading

Eph 2:4-10

A reading from the letter of St Paul to the Ephesians

When we were dead through sins, he brought us to life.

God loved us with so much love that he was generous with his mercy: when we were dead through our sins, he brought us to life with Christ – it is through grace that you have been saved – and raised us up with him and gave us a place with him in heaven, in Christ Jesus. This was to show for all ages to come, through his goodness towards us in Christ Jesus, how infinitely rich he is in grace. Because it is by grace that you have been saved, through faith; not by anything of your own, but by a gift from God; not by anything that you have done, so that nobody can claim the credit. We are God's work of art, created in Christ Jesus to live the good life as from the beginning he had meant us to live it.

The word of the Lord

Gospel Acclamation

Jn 3:16

Glory and praise to you, Lord Jesus Christ!
God loved the world so much, he gave us his only Son,
that all who believe in him might have eternal life.
Glory and praise to you, Lord Jesus Christ!

Gospel

Jn 3:14-21

A reading from the holy Gospel according to John

God sent his Son into the world that we might be saved through him.

Jesus said to Nicodemus:
'The Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him. Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved. No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son. On these grounds is sentence pronounced: that though the light has come into the world men have shown they prefer darkness to the light because their deeds were evil.

And indeed, everybody who does wrong hates the light and avoids it, for fear his actions should be exposed; but the man who lives by the truth comes out into the light, so that it may be plainly seen that what he does is done in God.'

The Gospel of the Lord

Communion Antiphon

Cf. Ps 121: 3-4

Jerusalem is built as a city bonded as one together.
It is there that the tribes go up, the tribes of the Lord,
to praise the name of the Lord.

REFLECTION

by Dianne Bergant CSS

Each reading provides us with an example of divine mercy. God's use of Cyrus to deliver the Israelites, even though he was not a believer, shows that every circumstance and any person can demonstrate the scope of God's love. In fact, it is often the situation or the individual that we least expect that has been chosen to manifest God's mercy to us. This same mercy is seen as God brings us to life with Christ even when we were dead in sin. Mercy means that strict justice is set aside in favour of compassion. Dispossessed people are raised out of defeat and given another chance. Sinners condemned to severe punishment are raised out of despair and offered a reprieve. The whole world is raised up out of darkness when God's own Son is sent into that world as saviour rather than as judge. God's mercy raises us out of loss and hopelessness, out of darkness and sin, so that we might enjoy the blessings of life. We too have been raised up so that we might live in truth and might become the visible sign of God's mercy in the world. We have been made a new people, free from the restraints of the past. Joined with Christ we become God's handiwork, creations that bear the seal of the great creator. We are the very sacrament of God's mercy. The forgiveness that we have experienced and the new life within us shine forth as witness to the mercy of God.

© Dianne Bergant CSS

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.

March roster is available
on our website
www.pittwaterparish.org



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**Next week, Saturday 20th
March 2021, one of the Year 5
classes from Sacred Heart
School will host the 5pm Mass
at Sacred Heart Church, Mona
Vale.**

**Yr 3 & Yr 4 classes from Maria
Regina School will host the
6pm Mass at Maria Regina
Church, Avalon**

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Liturgy for the Week

15/03 Monday 4th week of Lent
Is 65:17-21; Jn 4:43-54

16/03 Tuesday 4th week of Lent
Ezek 47:1-9, 12; Jn 5:1-3, 5-16

17/03 Wednesday St Patricks, bishop
Jer 1:4-9; Acts 13:46-49;
Lk 10:1-12, 17-20

18/03 Thursday 4th week of Lent
Ex 32:7-14; Jn 5:31-47

**19/03 Friday ST JOSEPH, SPOUSE OF
THE BLESSED VIRGIN MARY**
2 Sam 7:4-5, 12-14, 16; Rom 4:13,
16-18, 22; Mt 1:16, 18-21, 24 or
Lk 2:41-51

20/03 Saturday 4th week of Lent
Jer 11:18-20; Jn 7:40-52

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SERRA VOCATIONS MASS AND DINNER MEETING

Fr Geoff Bugden will be celebrating Mass for Serra at Sacred Heart Church,
2 Richard Porter Way Pymble on Thursday 18th March 2021.
The evening commences with Mass at 6.00 PM followed by a light meal and a short meeting.

Following the meeting we will be showing a video presentation given by Bishop Anthony
Randazzo in 2018 on the life of Eileen O'Connor and her path to Canonisation. It is an important
message which should not be missed. Everyone is welcome. Please "come and see".
Please remember to pray every day for vocations to the priesthood, diaconate, the consecrated
life, ecclesial women, all seminarians and novices and for the perseverance of existing vocations.
Please telephone: Terry Scanlan on 0438 887 295 or email terry_scanlan@bigpond.com,
if you would like to attend.

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[instagram.com/soul-pittwater](https://www.instagram.com/soul-pittwater)

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annwilsonfunerals.com.au

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