



The Catholic Parish of Pittwater

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

Lenten Prayer

My loving Lord,
 it's hard to love the world
 sometimes and to love it
 the way Jesus did,
 seems impossible.
 Help me to be inspired by
 His love and be guided by
 His example.
 I need You, dear God,
 to give me support in this
 journey.
 Show me how to unlock
 my heart, so that
 I am less selfish.
 Let me be less fearful
 of the pain
 and darkness that will be
 transformed by You into
 Easter joy.
 Amen.



Thoughts of Fr Francis Jordan

If your heart is heavy within you, then on the outside you should show joy in bearing your cross. Some suffering must come.



POPE FRANCIS' PRAYER INTENTION FOR MARCH For Victims of Abuse

We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.



Parish of Pittwater



You can find us on Instagram (pittwater_parish)

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

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

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

MASS TIMES

SACRED HEART CHURCH
1 Keenan Street, Mona Vale

Weekday Masses
Tuesday 8.30am

Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8am, followed by Mass at 9.30am

Wednesday 9.30am

Thursday 7pm

Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from

7.30pm to 9pm

Friday 9.30am

First Friday of the Month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 9.30am, followed by Mass with Anointing of the Sick at 10.30am

Weekend Masses

Saturday Vigil 5.00pm

Sunday 8.00am • 10.00am • 6.00pm (SOUL)

Reconciliation

4.00pm to 4.30pm Saturday

Baptism

4th Sunday - 11.30am

MARIA REGINA CHURCH
7 Central Road, Avalon

Weekday Masses

Monday 8am

Wednesday 8am

Thursday 10am

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

Friday 8am

Mass with Anointing of the Sick - First Friday of the Month at 8am

Weekend Masses

Saturday Vigil 6.00pm

Sunday 9.00am

Reconciliation

Before Vigil Mass on Saturday

Baptism

3rd Sunday - 11.00am

We Pray for Deceased Anniversary

Jure Vukman

Recently Deceased

Maria Milic

Prayers for the Sick

Anna Smigowska

Sarah Zofrea

Guy Zofrea

Avelino Samartin

Bill O'Connor

Tim Boshier

Jeff Langley

Mark Lindfiels

Nick Moullakis

Bill Eyre

Brian Gregan

Mrian Poe

Marcia Bailey

Bec Burroughs

Susan Hickey

Sophia Burfitt

Margaret De Landre

Maeve Robinson

Jenny Carroll

Matt Ukishima

Pietrina Maiorana

Mina Lee

Denise Wagner

Tom Murphy

Leonie Ariemetto

John Graham

Liturgy for the Week

27/03 **Monday, 5th Week of Lent**
Dan 13:1-9, 15-17, 19-30,
33-62; Jn 8:1-11

28/03 **Tuesday, 5th Week of Lent**
Num 21:4-9; Jn 8:21-30

29/03 **Wednesday, 5th Week of Lent**
Dan 3:14-20, 24-25, 28;
Jn 8:31-42

30/03 **Thursday, 5th Week of Lent**
Gen 17:3-9; Jn 8:51-59

31/03 **Friday, 5th Week of Lent**
Jer 20:10-13; Jn 10:31-42

01/04 **Friday, 5th Week of Lent**
Ezek 37:21-28; Jn 11:45-56

BOOK REVIEW

"Love and Life's Journey"

Venture into Prayer

by Mark Gibbard, SSJE



As we journey through life, our confidence can grow with love and prayer. We can pray to God at any time, although He tells us to concentrate on the job at hand- computing, accounting etc. He knows that we will "talk" to Him when we desire. It does not need to be a formal prayer but rather like a chat to a good friend whom we can trust implicitly.

CATHECHISTS NEEDED!

*Help lead our Children
to Jesus.*

We need you to

VOLUNTEER

to share the

Catholic FAITH

For more information,

please contact

Maureen Wooldridge

0421 907 469 or

Veronica Thomas

0417 061 534



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Parish of
Pittwater**

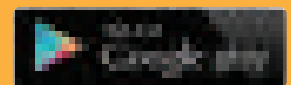
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fortnightly, monthly or one-off.**

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



THURSDAY MORNING SPIRITUALITY GROUP

Every Thursday,
the Spirituality Group
will be held at 10:30 am
after the 10 am Mass
for Morning Tea
followed by study and
contemplation until
12 noon.

at
**Maria Regina Church
Hall
Avalon**

EASTER MASS TIMES

LENTEN RECONCILIATION

30 MARCH 2023

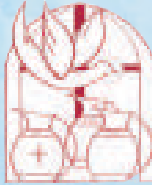
7:30 PM SACRED HEART CHURCH
(AFTER 7 PM MASS)



CHRISM MASS

4 APRIL 2023

7:30 PM OUR LADY OF THE ROSARY
CATHEDRAL, WAITARA



HOLY THURSDAY

6 APRIL 2023

7:30 PM SACRED HEART CHURCH
(NO MORNING MASSES IN MARIA REGINA CHURCH)



GOOD FRIDAY (FAST AND ABSTINENCE)

7 APRIL 2023

STATIONS OF THE CROSS
10 AM SACRED HEART CHURCH
10 AM MARIA REGINA CHURCH



HOLY SATURDAY

8 APRIL 2023

6 PM FAMILY MASS- MARIA REGINA CHURCH
7:30 PM SACRED HEART CHURCH
(No 5 PM VIGIL MASS)



EASTER SUNDAY

9 APRIL 2023

8 AM SACRED HEART CHURCH
9 AM MARIA REGINA CHURCH
10 AM SACRED HEART CHURCH
6 PM SACRED HEART CHURCH



NOTICE

Over the past years, there have been a number of building issues in relation to the Mona Vale Parish office, Parish Centre and Priests residence. With these issues requiring to be addressed the Parish is looking to review the current building structures and facilities at Mona Vale with the objective to look at opportunities and options to both optimise and improve the current state of the buildings and facilities.

The Parish is seeking the support of an Architect, or Draftsperson that would support the Parish in the process of the review and next steps of the current actions.

If you are such a person or can recommend a person with such skills and knowledge to assist the Parish efforts on this project, we would like to hear from you. Please contact the Parish Office, 9157 0999 or email us at office@pittwaterparish.org and leave your Name and Contact details and we will reach out to you or the recommended person.

Project Compassion
Fifth Sunday of Lent
25 & 26 March



Project Compassion brings together Australian schools, parishes and supporters to raise funds for people in vulnerable communities across the world. This year, we introduced you to the story of four inspiring people whose lives have been transformed with your generous support: Laxmi, Teresa, Priscilla and Thu. Today, they are creating a better world for their families, their communities and for all future generations.

Project Compassion is a demonstration of the faith, empathy and generosity of our supporters. It is the lifeblood of Caritas Australia – without it, we could not do the vital work we do. Thank you for helping transform lives today and for all future generations.

Please donate to Project Compassion 2023. Together, we can help vulnerable communities face their challenges today and build a better tomorrow For All Future Generations.

You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting caritas.org.au/project-compassion, or by calling 1800 024 413.



Parish Directory

Pittwater Parish

1 Keenan Street Mona Vale
NSW 2103
Tel 9157 0999

Parish Priest

Fr Richard Sadowski SDS
Tel 9157 0999 ext 10
pp@pittwaterparish.org

Assistant Priest

Fr Zygmunt Smigowski SDS
Tel 9157 0999 ext 12
ap@pittwaterparish.org

Director of Music

Josh Willard
Tel 9157 0999 ext 17
music@pittwaterparish.org

Media & Communication

Conille Felias
Tel 9157 0999 ext 31
media@pittwaterparish.org

Sacramental Coordinator

Sonia Samartin
Tel 9157 0999 ext 13
sacraments@pittwaterparish.org

CCD Catechist Coordinators

Maureen Wooldridge
Mobile 0421 907 469
Veronica Thomas
Mobile 0417 061 534

Parish Office Hours

Monday to Thursday
9.00 am to 4.00 pm
Friday
9.00 am to 12.00 pm

Sacred Heart Church

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

MONA VALE

Sacred Heart School

Tel 8197 6900

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



Parish Bulletin- Term 1 Week 8

The Year 7 Parent Welcome Evening was held on Tuesday evening. Our Year 11 Hospitality students donned their chef uniforms busily preparing the food and serving it during the evening. The event was well attended and was a great opportunity for parents to meet one another in an informal environment over a light supper.

On Thursday evening, parents, and staff from the College, joined with parents and staff from Sacred Heart and Maria Regina Catholic Primary Schools, for a very engaging evening with Rev. Dr. Richard Leonard, SJ. He is a Jesuit priest, author, and educator as well as a film critic. Fr Richard addressed some of the big questions in life throughout his inspiring and compelling presentation.

We held more fundraising activities this week for Project Compassion. These included several bake sales, FIFA and basketball competitions, dance party, DJ set and even a teacher auction! Our students really stepped up to living our five College values - Community, Justice, Hospitality, Spirituality, and Stewardship. We are blessed to have such compassionate and generous students in our Mater Maria community. For over 50 years, Project Compassion has been raising vital funds for Caritas Australia to help those communities living in poverty and injustice in our world.

Our Year 7 and Year 9 students applied themselves with diligence as they sat the NAPLAN numeracy test. We thanked our students for their efforts and look forward to the data that arises around student growth and how we can further help our students with their numeracy development.

Year 10 and Year 11 students attended TCS' goIT Girls this week. This is a week-long work experience program aimed at empowering female students with the skills they need to be ready for the workplace of the future. Students met senior executives from TCS and other organisations, who provided insight into the various STEM roles that exist across the business spectrum with the goal of inspiring a new generation of innovators, problem solvers and technology professionals. It included an insight into the technology industry as well as challenging gender and occupational stereotypes.

There is a waiting list for Year 7, 2024. Please note that applications for Year 7, 2025 will close on Thursday 6 April 2023. We are taking applications for 2026 and beyond.

Please visit the College website

www.matermaria.nsw.edu.au/enrolments for a prospectus, Enrolment Application form or for more information.

Sacramental Program Update

Please pray for all the children who are preparing for the **Sacrament of Reconciliation** on the **29th of March**

Sacrament of Confirmation

Saturday, 17 June 2023
at 6pm at Maria Regina Church
Sunday, 18 June 2023
at 10am and 12noon
at Sacred Heart Church

Children in Year 3 and above are eligible to receive the Sacrament of Confirmation if they have been baptised. For more information about the preparation program, enrolments, etc. you **MUST** attend **ONE** parent information session which will take place at 7:30pm:

Wednesday 3 May

Sacred Heart Church and

Thursday 4 May

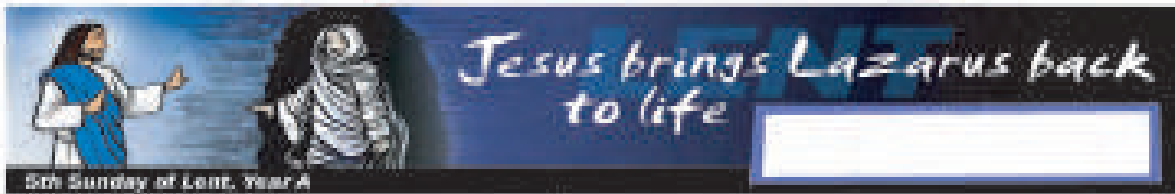
Maria Regina Church

If you have any questions, or would like to become a facilitator of your child's preparation group please contact Sonia at sacraments@pittwaterparish.org
We need the help of parents to facilitate the preparation groups.

Stations of the Cross

Every Friday in Lent
after
morning Mass
at both churches.

**Sacred Heart Church
& Maria Regina Church**



Fill in the missing word on each strip of cloth to find out what the letters in each box spell.

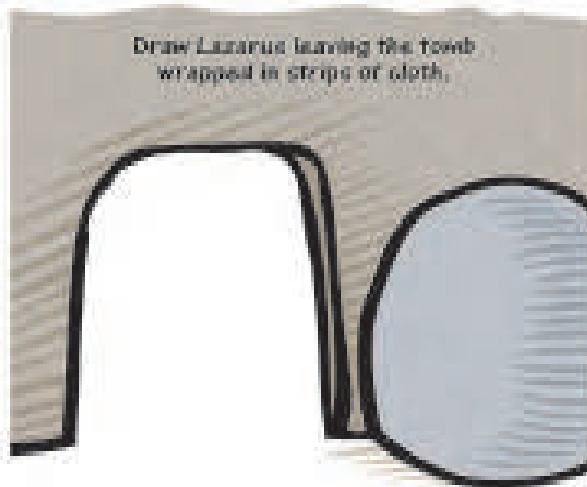
Jesus' good r n Lazarus was very sick.

Martha and M were sad when their brother died.

"Lazarus will v again", said Jesus.

Jesus went to the opened b and prayed.

Lazarus walked out of s tomb alive.



Martha and Mary were sad when Lazarus died. They missed their brother, but still they showed faith in Jesus. What do you think Martha and Mary said to Lazarus when he came out of the tomb?



John 11:1-7, 17, 20-27, 33-40

© Creative Ministry Resources

VACANCY

Parish Secretary – Catholic Parish of Pittwater (Avalon and Mona Vale) Permanent, full-time role

Could you see yourself as the face of our Pittwater Parish communities, providing a sense of warmth and welcome to visitors?

The Pittwater Parish is seeking to recruit a full-time Parish Secretary. This role plays an important part in the Parish team, providing support for Parish communications, administration, financial processes, Parish property, compliance and Diocesan support. The ideal candidate will have excellent people skills, a comprehensive knowledge of office administration processes and procedures and a sound understanding of Microsoft Office Suite, MYOB, bookkeeping or accounting practices.

An ability to work autonomously while remaining a team player, with a commitment to be accountable for performance, and an ability to work collaboratively across a wide spectrum of stakeholders, supported by

a good understanding of, and commitment to, Catholic values and teachings will be crucial to your success. If you have high developed administration skills coupled with well-developed relational and rapport building skills and this role interests you, please email a brief cover letter and CV to pp@pittwaterparish.org Applications close Friday, 31 March 2023.

The Diocese of Broken Bay is committed to and promotes a culture of safety and care for all people, especially for children and others in the community who are vulnerable. Our Diocese has no tolerance to Child Abuse and is committed to ensuring our staff and volunteers understand the joint responsibility to safeguard all those within our community.

The successful applicant must have the right to work in Australia and will be required to undertake a National Police History Check and Working With Children Check.

The *Living* Word

Entrance Antiphon

Cf. Ps 42:1-2

Give me justice, O God, and plead my cause against a nation that is faithless. From the deceitful and cunning rescue me, for you, O God, are my strength.

First Reading

Ez 37:12-14

A reading from the prophet Ezekiel
I shall put my spirit in you, and you will live.

The Lord says this: I am now going to open your graves; I mean to raise you from your graves, my people, and lead you back to the soil of Israel. And you will know that I am the Lord, when I open your graves and raise you from your graves, my people. And I shall put my spirit in you, and you will live, and I shall resettle you on your own soil; and you will know that I, the Lord, have said and done this – it is the Lord who speaks.

The word of the Lord

Responsorial Psalm

Ps 129. R. v.7

(R.) With the Lord there is mercy and fullness of redemption.

Out of the depths I cry to you, O Lord, Lord, hear my voice!
O let your ears be attentive to the voice of my pleading. **(R)**

If you, O Lord, should mark our guilt, Lord, who would survive?
But with you is found forgiveness: for this we revere you. **(R)**

My soul is waiting for the Lord, I count on his word.
My soul is longing for the Lord more than watchman for daybreak.
(Let the watchman count on daybreak and Israel on the Lord.) **(R)**

Because with the Lord there is mercy and fullness of redemption, Israel indeed he will redeem from all its iniquity. **(R)**

Second Reading

Rom 8:8-11

A reading from the letter of St Paul to the Romans

If the Spirit of him who raised Jesus from the dead is living in you, then he will give life to your own mortal bodies.

People who are interested only in unspiritual things can never be pleasing to God. Your interests, however, are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him. Though your body may be dead it is because of sin, but if Christ is in you then your spirit is life itself because you have been justified; and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

The word of the Lord.

Gospel Acclamation

Jn 11:25. 26

Glory and praise to you, Lord Jesus Christ!

I am the resurrection and the life, says the Lord;
whoever believes in me will not die for ever.

Glory and praise to you, Lord Jesus Christ!

Gospel

Jn 11:3-7. 17. 20-27. 33-45

A reading from the holy Gospel according to John

I am the resurrection and the life.

The sisters Martha and Mary sent this message to Jesus, 'Lord, the man you love is ill.' On receiving the message, Jesus said, 'This sickness will end not in death but in God's glory, and through it the Son of God will be glorified.'
Jesus loved Martha and her sister and Lazarus, yet when he heard that Lazarus was ill he stayed where he was for two more days before saying to the disciples, 'Let us go to Judaea.'

On arriving, Jesus found that Lazarus had been in the tomb for four days already. When Martha heard that Jesus had come she went to meet him. Mary remained sitting in the house. Martha said to Jesus, 'If you had been here, my brother would not have died, but I know that even now, whatever you ask of God, he will grant you.' 'Your brother' said Jesus to her 'will rise again.' Martha said, 'I know he will rise again at the resurrection on the last day.' Jesus said:

'I am the resurrection and the life. If anyone believes in me, even though he dies he will live, and whoever lives and believes in me will never die.

Do you believe this?'

'Yes, Lord,' she said 'I believe that you are the Christ, the Son of God, the one who was to come into this world.' Jesus said in great distress, with a sigh that came straight from the heart, 'Where have you put him?' They said, 'See how much he loved him!' But there were some who remarked, 'He opened the eyes of the blind man, could he not have prevented this man's death?' Still sighing, Jesus reached the tomb: it was a cave with a stone to close the opening. Jesus said, 'Take the stone away.' Martha said to him, 'Lord, by now he will smell; this is the fourth day.' Jesus replied, 'Have I not told you that if you believe you will see the glory of God?' So they took away the stone. Then Jesus lifted up his eyes and said:

'Father, I thank you for hearing my prayer. I knew indeed that you always hear me, but I speak for the sake of all these who stand round me, so that they may believe it was you who

sent me.'

When he had said this, he cried in a loud voice, 'Lazarus, here! Come out!' The dead man came out, his feet and hands bound with bands of stuff and a cloth round his face. Jesus said to them, 'Unbind him, let him go free.'

Many of the Jews who had come to visit Mary and had seen what he did believed in him.

The Gospel of the Lord

Communion Antiphon

Cf. Jn 11:26

Everyone who lives and believes in me will not die for ever, says the Lord.

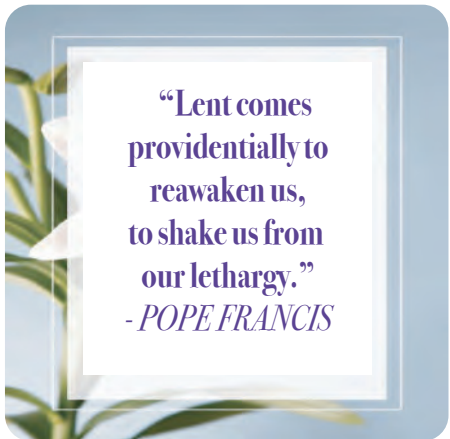
REFLECTION

by Dianne Bergant CSA

As a metaphor, death can stand for many things. The prophet Ezekiel witnessed the death of the nation. The gospel reports the death of Lazarus. Although Paul refers to the mortal character of our physical bodies, he is more concerned with spiritual life and death. Death attacks each one of us in all three of these ways. We are all mortal and subject to physical death; we are all sinners and must deal with the implications of spiritual death; we are all subject to the consequences of social sins such as terrorism, violence, group hatred, greed and ecological exploitation. The question before us is whether or not we are going to allow death to reign in our lives and in our communities.

All three readings for this Sunday, as well as the psalm response, point out our inability to raise ourselves out of the deaths that afflict us. In the passage from Ezekiel, it is God who promises to open the graves of the people; the people are helpless to do anything. The psalmist cries to God from out of the depths of pain and helplessness. Acknowledging human propensity to sin, Paul credits the Spirit of God with transforming death into life. Finally, it is Jesus who calls Lazarus out of the grave and returns him to his life. We can see that God does not leave us to languish in our various deaths. Instead, God offers us new life out of the tombs. All of this is accomplished through the mercy and compassion of God.

© Dianne Bergant CSA



“Lent comes providentially to reawaken us, to shake us from our lethargy.”
- POPE FRANCIS

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