



The Catholic Parish of Pittwater

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

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

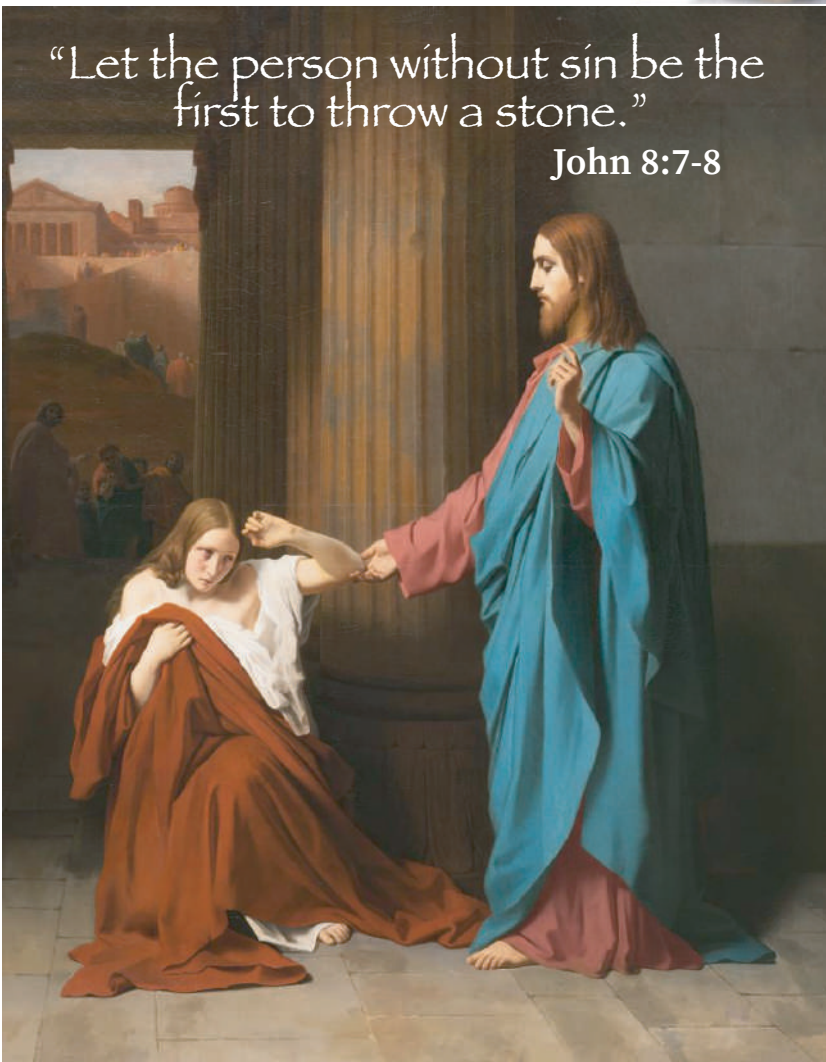


Thoughts of Blessed Francis Jordan

Therefore, all I can say is seek God, who is good and perfect and you need not care about other needs.

"Let the person without sin be the first to throw a stone."

John 8:7-8



Lenten Prayer

Almighty and ever living God,
You invite us deeper
into Your world,
Your people,
Your Lent.

May this time be one of
outward focus;
seeking You in those
we often ignore.

Help us live a Lent
focused on freedom,
generosity and encounter.

Give us hearts hungry
to serve You and
those who need what
we have to give.
Amen.

SAFEGUARDING

We, the people of the Catholic Diocese of Broken Bay and the Catholic Parish of Pittwater are committed to fostering communities of safety and care for all people, especially for children and others in the community who are vulnerable. Our commitment is underscored by our faith in Jesus Christ.



POPE FRANCIS' PRAYER INTENTION FOR APRIL

For the Use of the New Technologies

Let us pray that the use of the new technologies will not replace relationships, will respect the dignity of the person, and will help us face the crises of our times.

MASS TIMES

Sacred Heart Church

1 Keenan Street, Mona Vale

WEEKDAY MASSES

Tuesday 9.30 am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8.30 am followed by Mass

Wednesday 9.30 am

Thursday 7 pm
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 7.30 pm to 9.00 pm

Friday 9:30 am
First Friday of the month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 9:30 am, followed by *Healing Mass/ Anointing of the Sick* at 10.30 am

WEEKEND MASSES

Saturday Vigil 5.00 pm
Sunday 8.00 am, 10.00 am & 6.00 pm (SOUL)

RECONCILIATION

Saturday Vigil
4.00 pm to 4.30 pm

BAPTISM

4th Sunday of the Month
11.30 am

Maria Regina Church

7 Central Road, Avalon

WEEKDAY MASSES

Monday 8.00 am

Wednesday 8.00 am

Thursday 10 am
9.00 am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45 am

Friday 8.00 am
First Friday of the month, *Healing Mass/ Anointing of the Sick* at 8.00 am

WEEKEND MASSES

Saturday Vigil 6.00 pm
Sunday 9.00 am

RECONCILIATION

Before Vigil Mass on Saturday

BAPTISM

3rd Sunday of the Month
11.00 am

We Pray for

Recently Deceased

Reg Bucknell

May all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Deceased Anniversary

Mato Kaurinovic

Prayer for the Sick

Anna Śmigowska
Lily Janosik
Trish Newman
Giannina Amore
Bruce Farr
Maureen Larios
Owen Graham
Elaine Boyes
Pauline Chipman
Ron Clarke
Barbara Clarke
Anna Katanec
Mother Pauline
Angela Miller
Philip Khalifeh
Joseph Khalifeh
Heidi Taylor
Cathy Dyer
Jacinta Purnell - Major

BOOK REVIEW

My Life with the Saints

by Fr James Martin SJ

This book has one a few awards... "One of the best spiritual memoirs in years," -

Robert Ellsberg

An outstanding and hilarious memoir.

"Martin's final word is as Jungian as it is Catholic:

God does not want us to be Mother Teresa or

Dorothy Day. God wants us to be most

fully ourselves.



Chrism Mass

The Chrism Mass will be celebrated at 7:30 pm on **Tuesday, 15 April** at **Our Lady of the Rosary, Waitara.**

Priests of the Diocese of Broken Bay gather for this celebration with Bishop Anthony Randazzo to renew priestly commitments.

During Mass, the Oils of Catechumens and the Sick are blessed and the Chrism is consecrated and brought back to each parish for use in various Sacramental liturgies throughout the year. **All parishioners are warmly invited to attend.**

Liturgy for the Week

07/04 Monday, 5th Week of Lent
Dan 13:1-9, 15-17, 19-30, 33-62; Jn 8:1-11

08/04 Tuesday, 5th Week of Lent
Num 21:4-9; Jn 8:21-30

09/04 Wednesday, 5th Week of Lent
Dan 3:14-20, 24-25, 28; Jn 8:31-42

10/04 Thursday, 5th Week of Lent
Gen 17:3-9; Jn 8:51-59

11/04 Friday, 5th Week of Lent
Jer 20:10-13; Jn 10:31-42

12/04 Saturday, 5th Week of Lent
Ezek 37:21-28; Jn 11:45-56

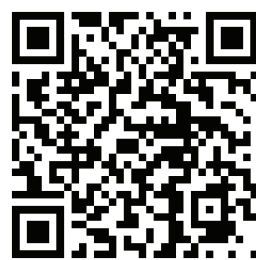
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Parish of

Pittwater

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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.

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



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App Store



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Google play

ADORATION & BENEDICTION

Exposition of the Blessed Sacrament, Adoration & Reconciliation followed by Benediction and Mass

Sacred Heart Church, Mona Vale

every Tuesday from 8:30 am - 9:30 am and every Thursday from 7:30 pm - 9:00 pm



Maria Regina Church, Avalon

every Thursday from 9:00 am - 9:45 am

PARISH EASTER RECONCILIATION

Sacred Heart Church, Mona Vale

Thursday, 10th April
after the 7 pm Mass

SACRED HEART CHURCH, Mona Vale

Every Saturday from 4pm - 4.30 pm

Every Thursday from 7.30 pm

MARIA REGINA CHURCH, Avalon

Every Saturday before the 6 pm Mass

Every Thursday from 9.00 am - 9.45 am

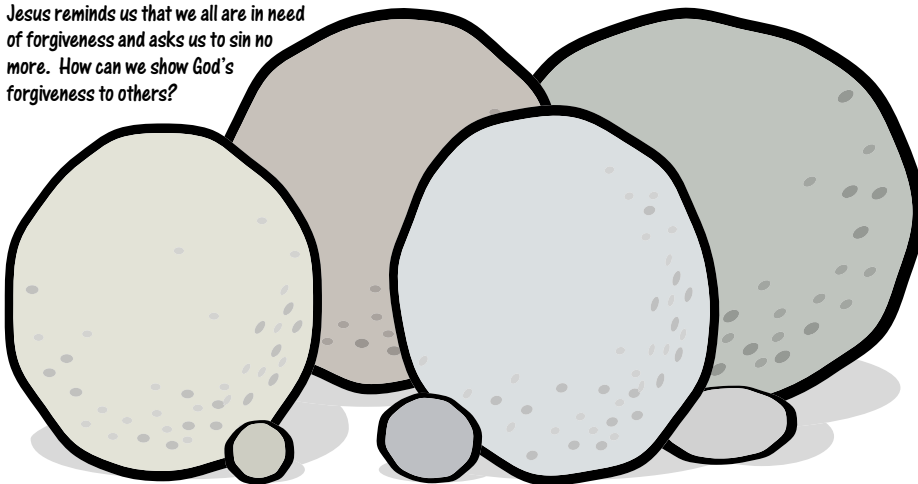


if any of you have never
sinned then go ahead and
throw the first stone
my name is



5th Sunday of Lent, Year C

Jesus reminds us that we all are in need of forgiveness and asks us to sin no more. How can we show God's forgiveness to others?



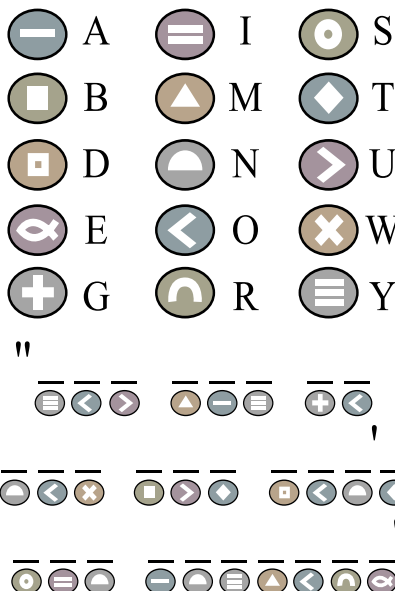
During this final week of Lent we can all work really hard at being the best Christians we can be, in preparation for Holy Week.

Use the code below to work out what Jesus said to the accused woman

At the start of Lent, what was one of the things about your life that you wanted to improve?

How well do you think you have done so far?
Give yourself a score between 5 (Great!!)
and 1 (hmmm...not so great).

What are some ways you can do even better during this final week of Lent and Holy Week?



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

Parish Secretary

Belinda Cimino

Tel 9157 0999 ext 30

office@pittwaterparish.org

Administrative Assistant

Shereae Knight

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office@pittwaterparish.org

Media & Communications Coordinator

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

Sacred Heart Church

1 Keenan Street, Mona Vale

Maria Regina Church

7 Central Road, Avalon

SCHOOLS

Sacred Heart School Mona Vale

Tel 8197 6900

Principal: Mr Jamie Wahab

Maria Regina School Avalon

Tel 7256 2138

Principal: Ms Kirsty Thorpe

Mater Maria Catholic College Warriewood

Tel 7256 2100

Principal: Mr Marc Reicher

DATES for your *DIARY*

STATIONS OF THE CROSS



Every Friday in Lent after morning masses at both Churches
Maria Regina Church, Avalon
after the 8am Mass

Sacred Heart Church, Mona Vale
after the 9:30 am Mass

LENTEN PARISH RECONCILIATION



Sacred Heart Church, Mona Vale
10th of April, Thursday
after the 7.00pm Mass

CHRISM MASS



Our Lady of the Rosary Cathedral, Waitara
15th of April, Tuesday
at 7.30pm

HOLY THURSDAY



Sacred Heart Church, Mona Vale
17th of April, Thursday
at 7.00pm
(No Morning Mass at Avalon)

GOOD FRIDAY

(Stations of the Cross)



18th of April
Sacred Heart Church, Mona Vale
at 10.00 am
Maria Regina Church, Avalon
at 10.00am

THE PASSION OF THE LORD



18th of April, Friday
Sacred Heart Church, Mona Vale
at 3.00pm
Maria Regina Church, Avalon
at 3.00pm

HOLY SATURDAY



19th of April
Maria Regina Church, Avalon
FAMILY MASS
at 6.00pm
Sacred Heart Church, Mona Vale
at 7.30pm
(No 5.00pm Vigil Mass)

EASTER SUNDAY



20th of April
Sacred Heart Church, Mona Vale
at 8.00am, 10.00am & 6.00pm
Maria Regina Church, Avalon
at 9.00am

Little Hearts Playgroup

playgroup details

Starting on 7th April
MONDAYS 9.30-11.30

at Sacred Heart Catholic Church Mona Vale

Join us

Join us at our Play Group to connect with other parents and children, enjoy playtime, and make new friends. Stay for a cup of tea or coffee —everyone is welcome

Contact Nikki on 0481009376 for more information

PARISH MORNING TEA GATHERING

Everyone is welcome to join and get to know everyone in our Parish Community

Every month after the 8 am Mass on the 1st Sunday and after the 10 am Mass on the 3rd Sunday at	2nd and 4th Sundays after the 9 am Mass at the front of
SACRED HEART CHURCH, MONA VALE	MARIA REGINA CHURCH, AVALON

**CARITAS AUSTRALIA
PROJECT
COMPASSION**

Fifth Sunday of Lent

5th and 6th April 2025

The life-changing work of Caritas Australia is only made possible by the unwavering generosity of our supporters and the dedication of our local partners on the ground.

Our partners are the true heroes, working tirelessly on the frontlines every day to transform lives and build brighter, more hopeful futures for their communities.

Please Donate

You can support Project Compassion 2025 through the donation boxes, envelopes or by scanning the QR code above. THANK YOU



Parish Bulletin – Term 1, Week 3

Our Project Compassion fundraising initiatives continued this week with a delightful array of activities, including lolly bag sales, sausage sizzle, an exciting Easter egg hunt, and our much-anticipated annual Concert for Caritas. We are grateful for the compassion and generosity displayed by our Mater Maria community, truly embodying our five College values: Community, Justice, Hospitality, Spirituality and Stewardship. For over 50 years, Project Compassion has raised essential funds for Caritas Australia, supporting communities affected by poverty and injustice globally.

This week, our Year 9 students embarked on a significant journey of self-discovery during their annual Spirituality Day, focused on "Leadership." This enriching program prepares them for their senior years in high school and their transition into adulthood.

Our adventurous Year 10 students took on the challenge of their Duke of Edinburgh Bronze Qualifying Adventurous Journey. They climbed to Barrenjoey Lighthouse, camped overnight behind the school, and trekked around Narrabeen Lakes, Warriewood headland and Bayview before returning to Mater Maria.

Year 11 VET Entertainment students travelled to Sydney Olympic Park for an induction by Youth Up Front, as they gear up to work at the Easter Show for their work placement.

On Thursday evening, our talented Year 12 Hospitality students showcased their culinary skills by creating, producing and serving delicious three-course meals for their parents.

Year 12 Geography students ventured to Barangaroo for their mandatory fieldwork, gaining valuable hands-on experience.

It has been a dynamic week of sport at Mater Maria Catholic College. Our students participated in the MWBA basketball competitions and U14s rugby league, demonstrating outstanding sportsmanship and determination against other local school teams. Many of our students also competed in the NSWCCC Swimming Championships held at SOPAC in Homebush.

Every Friday, our prefects lead Faith Fridays, inviting all students to join in for faith and music in the Chapel and Courtyard. It's a wonderful way to wrap up the week and come together as a community.

Applications are open for Year 7, 2028, and 2027, with a waitlist for Year 7, 2026, and all Year Groups in 2025. Visit

<http://www.matermaria.nsw.edu.au/enrolments> for details. **Applications for Year 7, 2027 are closing soon on Friday 11 April 2025.**

DO NOT JUDGE,
OR YOU TOO WILL BE JUDGED.
FOR IN THE SAME WAY
YOU JUDGE OTHERS,
YOU WILL BE JUDGED,
AND WITH THE MEASURE YOU USE,
IT WILL BE MEASURED TO YOU.

MATTHEW 7:1-2



SACRAMENTAL PROGRAM UPDATE

SACRAMENT OF CONFIRMATION

This year the **Sacrament of Confirmation**

will be on **Saturday, 21 June 2025**

Children in Year 3 and above are eligible to receive the Sacrament of Confirmation if they have been baptised.

For more information about the requirements, the preparation program, enrolments, etc.

you **MUST** attend one

"Parent Information & Commitment"

session which will take place at **7.00pm:**

Wednesday 30 April

Sacred Heart Church, Mona Vale

Thursday 1 May

Maria Regina Church, Avalon

We need facilitators for the four weekly preparation sessions. You can share this role with another parent.

If you would like to be a group facilitator or would like to have more information about the role,

please contact **Sonia** as soon as possible at

sacraments@pittwaterparish.org

Welcome to Pittwater Parish

**Margot Thomas
Dolan**

**Jayden Joseph
Vumbaca**

Quinn June Dolan

**Cameron Cooper
Stephenson**

**Nicholas Joshua
Ciabatti**

**Nate Karl
Wooldridge**

**Benjamin Richard
Ciabatti**

Isla Belle Rennie

**Wilhemina Mae
Rennie**

**William James
Ciabatti**

**Aleksandr Igor
Fernandez**

at

at

**Sacred Heart Church,
Mona Vale on**

9th of March 2025

for the

**Sacrament of
BAPTISM**

**Sacred Heart Church,
Mona Vale on**

16th of March 2025

for the

**Sacrament of
BAPTISM**

The *Living* Word

Entrance Antiphon Psalm 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 Isaiah 43:16-21

A reading from the prophet Isaiah
I am doing a new thing and I will give drink to my people.

Thus says the Lord, who made a way through the sea, a path in the great waters; who put chariots and horse in the field and a powerful army, which lay there never to rise again, snuffed out, put out like a wick: No need to recall the past, no need to think about what was done before.

See, I am doing a new deed, even now it comes to light; can you not see it?

Yes, I am making a road in the wilderness, paths in the wilds. The wild beasts will honour me, jackals and ostriches, because I am putting water in the wilderness (rivers in the wild) to give my chosen people drink. The people I have formed for myself will sing my praises.

The word of the Lord

Responsorial Psalm Ps 125. R. v.3

(R.) The Lord has done great things for us; we are filled with joy.

When the Lord delivered Zion from bondage, it seemed like a dream. Then was our mouth filled with laughter, on our lips there were songs. **(R.)**

The heathens themselves said: 'What marvels the Lord worked for them!' What marvels the Lord worked for us! Indeed we were glad. **(R.)**

Deliver us, O Lord, from our bondage as streams in dry land. Those who are sowing in tears will sing when they reap. **(R.)**

They go out, they go out, full of tears, carrying seed for the sowing: they come back, they come back, full of song, carrying their sheaves. **(R.)**

Second Reading Philippians 3:8-14

A reading from the letter of St Paul to the Philippians
Because of Christ I look upon everything else as useless in order to gain him.

I believe nothing can happen that will outweigh the supreme advantage of knowing Christ Jesus my Lord. For him I have accepted the loss of everything, and I look on everything as so much rubbish if only I can have Christ and be given a place in him. I am no longer trying for

perfection by my own efforts, the perfection that comes from the Law, but I want only the perfection that comes through faith in Christ, and is from God and based on faith. All I want is to know Christ and the power of his resurrection and to share his sufferings by reproducing the pattern of his death. That is the way I can hope to take my place in the resurrection of the dead. Not that I have become perfect yet: I have not yet won, but I am still running, trying to capture the prize for which Christ Jesus captured me. I can assure you my brothers, I am far from thinking that I have already won. All I can say is that I forget the past and I strain ahead for what is still to come; I am racing for the finish, for the prize to which God calls us upwards to receive in Christ Jesus.

The word of the Lord.

Gospel Acclamation Joel 2:12-13

Praise to you, Lord Jesus Christ, king of endless glory!

With all your heart turn to me, for I am tender and compassionate.

Praise to you, Lord Jesus Christ, king of endless glory!

Gospel John 8:1-11

A reading from the holy Gospel according to John

Let the person without sin be the first to throw a stone.

Jesus went to the Mount of Olives. At daybreak he appeared in the Temple again; and as all the people came to him, he sat down and began to teach them. The scribes and Pharisees brought a woman along who had been caught committing adultery; and making her stand there in full view of everybody, they said to Jesus, 'Master, this woman was caught in the very act of committing adultery, and Moses has ordered us in the Law to condemn women like this to death by stoning. What have you to say?' They asked him this as a test, looking for something to use against him. But Jesus bent down and started writing on the ground with his finger. As they persisted with their question, he looked up and said, 'If there is one of you who has not sinned, let him be the first to throw a stone at her.' Then he bent down and wrote on the ground again. When they heard this they went away one by one, beginning with the eldest, until Jesus was left alone with the woman, who remained standing there. He looked up and said, 'Woman, where are they? Has no one condemned you?' 'No one, sir,' she replied. 'Neither do I condemn you,' said Jesus 'go away, and don't sin any more.'

The word of the Lord.

Communion Antiphon John 8:10-11

Has no one condemned you, woman? No one, Lord. Neither shall I condemn you. From now on, sin no more.

REFLECTION

by Dianne Bergant

Lent ends on a note of wonder: In the face of all the mighty works that God has already performed for the people, God promises something even more magnificent.

Throughout this season we have reflected on the marvels that God accomplished in the lives of the people, cutting a covenant with Abraham, leading the people out of bondage, revealing God's own personal name, bring them into a land that is bursting with life. Now God says: You haven't seen anything yet.

The first reading proclaims that something new is about to appear. In the gospel, this new thing unfolds before our eyes. Here we see Jesus neither rejecting the law nor changing it. Instead, he shows that the law, as good as it might be, serves something higher. He shows that the mercy and compassion of God exceed the authority of the law. Once again we see that the readings of Lent are less concerned with mortification and penance than they are with divine graciousness and our response of joy and thanksgiving.

Paul is not satisfied with the blessings of the past. In fact, he considers them rubbish when compared with knowing and being united with Christ. Life with Christ transforms us from people who are caught in sin to women and men who have been forgiven. Life in Christ is the new thing that God has fashioned for us. God is the one who creates something new; we are the ones who are re-created.

© Dianne Bergant CSA

FAMILY MASS

Everyone is invited to the upcoming

Family Mass

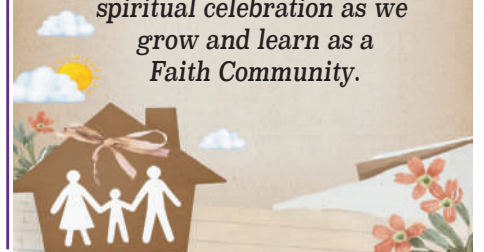
on the 19th of April,

Holy Saturday

@ 6.00 pm at the

MARIA REGINA CHURCH, AVALON

We can all come together to celebrate faith, hope and love. Join us in this spiritual celebration as we grow and learn as a Faith Community.



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A National Catholic Ministry for Men, founded out of a response to a great need in the hearts & lives of men & great need in the life of the Catholic Church.

ALL MEN WELCOME

We Meet

First & Third Tuesday of every Month

At 7pm

Sacred Heart Parish Centre

We will also be beginning a series on

METANOIA

A video series & discussion, inviting everyone to a deeper more profound conversion - a metanoia - that moves us from *something* to *someone*, as metanoia ultimately turns us to Jesus.

Bringing men together, to renew their faith in God & encourage them to be an active force of renewal in the Church

For any questions contact

Joe Cilla - 0418 863 814

IF WE CONFESS OUR SINS, HE IS
FAITHFUL AND JUST AND WILL
FORGIVE US OUR SINS AND
PURIFY US FROM ALL
UNRIGHTEOUSNESS.

1 John 1:9



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MITRE 10

What you say
flows from what
is in your
heart.

Luke 6:45
(NLT)

allyssainward.com

"Blessed are those
whose lawless deeds
are forgiven, and
whose sins are covered;
blessed is the man
against whom the Lord
will not count his sin."

ROMANS 4:7-8

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"So welcome each other,
in the same way that
Christ also welcomed
you, for God's glory."

ROMANS 15:7
womans day