



The Catholic Parish of Pittwater

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

God Made Us A Family

We need one another.

We love one another.

We forgive one another.

We work together.

We play together.

We worship together.

Together we use God's word.

Together we grow in Christ.

Together we love all people.

Together we serve our God.

Together we hope for heaven.

These are our hopes and ideals.

Help us to attain them,

O God, through Jesus Christ
our Lord.

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

Cast all your cares to the Lord and soon you will discover that the Lord directs all things to the best outcome!



Pope Francis' Prayer Intentions For February



Violence Against Women

We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

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

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.*

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

Parish Pastoral Council
Matthew Hyland
matthyland100@yahoo.com.au

Pittwater Parish Ministries

Catechists
Co-Directors
Maureen Wooldridge - 9997 4694
Veronica Thomas -
veronicathomas2009@gmail.com

Evangelisation Ministry
Erich Ott (Coordinator RCIA)
0409 124 840
Sr Margaret Collis - 9974 4116
Sue Berg - 0419 991 781
(Coordinators Adult Faith Education/
Formation)

Legion of Mary
Connie Robinson - Director
0458 007 706

Little Hearts Playgroup
Co-Directors-Marie Bockman -
mbockman@hotmail.com
Maureen Wooldridge - 9997 4694

Media & Communication Ministry
Laura Ee - Director
media@pittwaterparish.org

Music Ministry
Josh Willard - Director
9157 0999 ext 17

**Pastoral Care and
Communion to the Sick Ministry**
Co-Directors
Denise Bottero - 9997 6904
Marie Bockman -
mbockman@hotmail.com

Parish Library
Trish Newman - Director
9918 3973

Sacramental Program Ministry
Suzy Caruso
9157 0999 ext 0
sacraments@pittwaterparish.org

Social Justice Ministry
Tamara Harding - Director
0403 226 699
www.facebook.com/pages/Pittwa-
ter-Friends-Of-Soibada/162612300466694

Youth Ministry
soul@pittwaterparish.org or
Josh Willard (Soul Youth)
music@pittwaterparish.org

All our Ministries comply with Working With
Children Check requirements

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 Buhai

**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

**Pero & Iva Brekalo
Kristof Pecar**

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
Bernie Neville
Tim & Christina O'Connell

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/UCNenwlf1i14XB9TsVBrLvQ>**

**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.

Sacrament of Baptism

**Our Baptism program
for school age children
will be starting on
16 February 2021.
If you are interested in
this program, please
call the parish office on
9157 0999**

from Our Schools

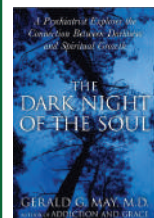


**Mater Maria
Catholic College**

WALK IN NEW LIFE
Last week, we warmly welcomed our
Years 8 to 12 returning students as well
as our new Year 7 students.
On Thursday, our Year 7 students sampled
high school for the first time and were
supported by our Year 11 Peer Leaders.
The support and encouragement of our
community is extended to these new
students as they make this important
transition in their lives.
This week, students in Year 7 enjoyed
their first high school camp in Nepean
and got to know their fellow peers as
they prepare for the year ahead. The aim
of the two-day camp was to develop
friendships across the whole Year 7
cohort and promote positive and healthy
relationships.
Year 9 also went on camp for three days
in Morisset. They faced the challenge of
outdoor activities to help them discover
the qualities of self-reliance, leadership
and responsibility. A positive attitude to
healthy outdoor pursuits will be
encouraged during this year, and the
bonds between students and teachers
will be strengthened.
Our Seniors went on their Year 12 Retreat
at the Benedict XVI Center in Grose Vale.
The retreat is an important component of
the Religious Education and formation
program offered at the College and is a
special opportunity for students to enrich
and deepen the quality of their
relationships with peers, staff and God.
Join us for our Open Day on Thursday 4
March between 4.00pm - 7.00pm. We
are now enrolling students in Year 5 for
Year 7, 2023.
Please visit the College website
www.matermaria.nsw.edu.au/enrolment
s for a prospectus, Enrolment Application
form or for more information.
Applications for Year 7, 2022 close on 24
March, 2021.

BOOK REVIEW

**The Dark Night of
the Soul
by Gerald G. May, M.D.**



The author is
a psychiatrist
and shows
how our
most
desperate
moments are
necessary for
authentic
spiritual growth
and vital to
our experiencing both
freedom and joy.



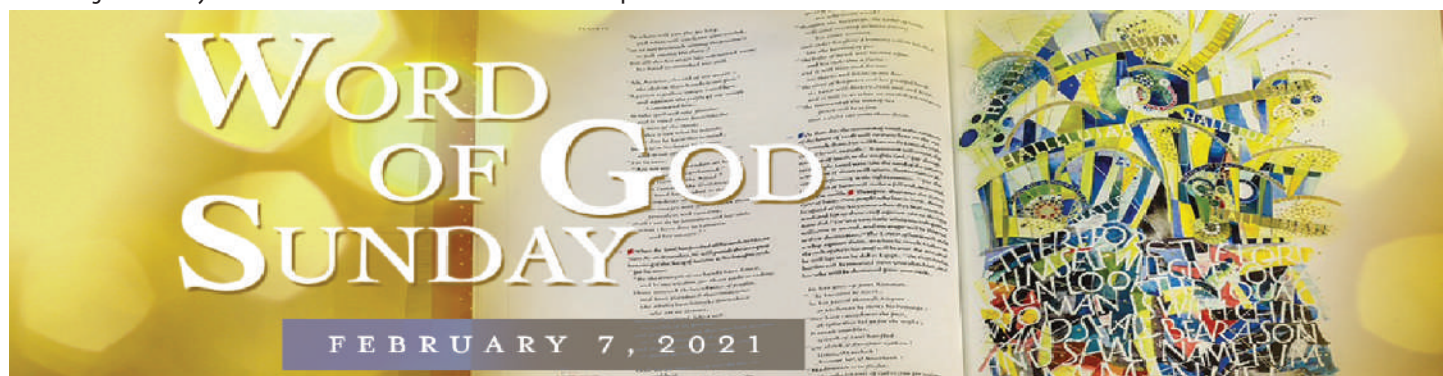
At the conclusion of the Year of Mercy in 2016, Pope Francis proposed:

"It would be beneficial if every Christian community, on one Sunday of the liturgical year, could renew its efforts to make the Sacred Scriptures better known and more widely diffused. It would be a Sunday given over entirely to the word of God, so as to appreciate the inexhaustible riches contained in that constant dialogue between the Lord and his people." (*Misericordia et Misera*, 7)

On 30 September 2019, Pope Francis made this a reality for the Church by instituting the Sunday of the Word of God. The announcement was sparked

by 2020 being the 10th anniversary of *Verbum Domini*, Pope Benedict XVI's Apostolic Exhortation on 'The Word of the Lord' and the 1600th anniversary of St Jerome's death (30 September 2020). St Jerome (347 – 30 September 420), Priest and Doctor of the Church, is best known for translating the Bible from the Greek (Septuagint) into the Latin (Vulgate).

In Australia, the Church will celebrate this special Sunday on the 1st Sunday of February each year. This year the Sunday of the Word of God falls on 7th of February 2021.



ROME- The newly established "Sunday of the Word of God" is an invitation to Catholics across the world to deepen their appreciation, love and faithful witness to God and his word, Pope Francis said.



By papal decree, the third Sunday in Ordinary Time is to be observed as a special day devoted to "the celebration, study and dissemination of the word of God."

A day dedicated to the Bible will help the Church "experience anew how the risen Lord opens up for us the treasury of his word and enables us to proclaim its unfathomable riches before the world," the pope said in the document establishing the special Sunday observance. Dioceses and parishes have been invited to respond with creative initiatives, helpful resources and renewed efforts for helping Catholics engage more deeply with the Bible at church and in their lives.

Archbishop Rino Fisichella, president of the Pontifical Council for Promoting New Evangelisation, said added emphasis on the importance of the word of God is needed because "the overwhelming majority" of Catholics are not familiar with sacred Scripture. For many, the only time they hear the word of God is when they attend Mass, he told Vatican News Sept. 30, when the papal document, titled *Aperuit Illis*, was published.

"The Bible is the most widely distributed book,

but it's also perhaps the one most covered in dust because it is not held in our hands," the archbishop said.

With this apostolic letter, the pope "invites us to hold the word of God in our hands every day as much as possible so that it becomes our prayer" and a greater part of one's lived experience, he said.

In his letter, Pope Francis wrote, "A day devoted to the Bible should not be seen as a yearly event but rather a yearlong event, for we urgently need to grow in our knowledge and love of the Scriptures and of the risen Lord, who continues to speak his word and to break bread in the community of believers."

"We need to develop a closer relationship with sacred Scripture; otherwise, our hearts will remain cold and our eyes shut, struck as we are by so many forms of blindness," he wrote.

Sacred Scripture and the sacraments are inseparable, he wrote. Jesus speaks to everyone with his word in sacred Scripture, he said, and if people "hear his voice and open the doors of our minds and hearts, then he will enter our lives and remain ever with us."

Francis urged priests to be extra attentive to creating a homily each Sunday that "speaks from the heart" and really helps people understand Scripture "through simple and suitable" language.

The homily "is a pastoral opportunity that should not be wasted," he wrote. "For many of our faithful, in fact, this is the only opportunity they have to grasp the beauty of God's word and to see it applied to their daily lives."

Pope Francis encouraged people to read the Second Vatican Council's Dogmatic Constitution on Divine Revelation, *Dei Verbum*, and Pope Benedict XVI's apostolic exhortation on the Bible, *Verbum Domini*, whose teaching remains "fundamental for our communities."

The pope also suggested pastors provide parishioners with the Bible, a book of the Gospels or other catechetical resources, "enthroned" the Bible in order to emphasise the honour and sacred nature of the text, bless or commission lectors of the parish and encourage people to read and pray with Scripture every day, especially through *lectio divina*.

"The Bible cannot be just the heritage of some, much less a collection of books for the benefit of a privileged few. It belongs above all to those called to hear its message and to recognise themselves in its words," the pope wrote.

"The Bible is the book of the Lord's people, who, in listening to it, move from dispersion and division toward unity" as well as come to understand God's love and become inspired to share it with others, he added.

The celebration of the Sunday of the Word of God also "has ecumenical value, since the Scriptures point out, for those who listen, the path to authentic and firm unity," he wrote. The third Sunday in Ordinary Time falls during that part of the year when the Church is encouraged to strengthen its bonds with the Jewish people and to pray for Christian unity.

The document was published on the feast of St. Jerome, patron saint of biblical scholars and doctor of the Church, who said, "Ignorance of Scripture is ignorance of Christ." The title, *Aperuit Illis*, is based on a verse from the Gospel of St. Luke, "Then he opened their minds to understand the Scriptures."

The pope said it is impossible to understand the Scriptures in depth without the Lord who opens people's minds to his word, yet "without the Scriptures, the events of the mission of Jesus and of his church in this world would remain incomprehensible."

Fifth Sunday in Ordinary Time

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. Masks are compulsory in Church.

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.

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.

**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.



COME & SEE

Seminary

Day

SUNDAY 14 FEBRUARY 2021

The graphic features a blue background with a collage of images: a man in a suit, a group of men in white robes, a group of men in suits, and a man in a white robe. The text 'COME & SEE' is in large white letters, with 'Seminary' and 'Day' in cursive script. Below the images, the date 'SUNDAY 14 FEBRUARY 2021' is written in white.

THINKING ABOUT PRIESTHOOD?

A Seminary Open Day will be held at on Sunday 14 February 2021 at the Good Shepherd Seminary, 52-58 Abbotsford Road, Homebush starting with Morning Prayer at 9.00am and a public Mass at 10:00am. The day will include prayer, conversations with seminarians and priests, talks with information about the studies required of men training for the priesthood and a guided tour around the Seminary. Brunch will be provided.

For registration or more information visit us at vocationcentre.org.au or contact us at the Vocation Centre on 02 9307 8424 or email vocations@sydneycatholic.org or alternatively contact the Vocations Office Broken Bay on 0418 522 449. Please RSVP your attendance.

DISSEMINATE THE WORD OF GOD

Resources to disseminate the Word of God to all parishioners

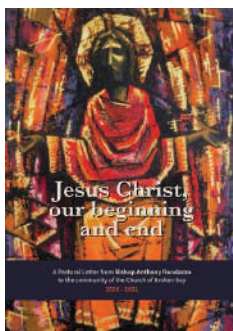
Jesus Christ, the Alpha and the Omega – A Lenten Program for the Diocese of Broken Bay

This year, parishes of the Diocese of Broken Bay will take part in a Diocesan Lenten Program, Jesus Christ, the Alpha and the Omega.

This resource invites you to prayerfully reflect on the Sunday Gospel readings in Lent together with the six priorities set before us by Bishop Anthony Randazzo in his Pastoral Letter to the community of the Church of Broken Bay, dated 29 November 2020.

For each of the 6 weeks of Lent, this resource includes a reading of the Gospel text; a reflection on the text which draws on one of Bishop Anthony's priority areas; and a personal testimony on an aspect of that particular priority area. All materials and reflections have been prepared by members from our Broken Bay Church community, making this resource relevant to us and the journey we are on as a community. Copies of Bishop Anthony Randazzo, Pastoral Letter is available at the back of our Churches

Lenten booklets will be available for parishioners soon, and the resource will also be available online at www.bbcatholic.org.au



6th & 7th February 2021

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.

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

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 ocds on 99183973 or Mb. 0401613643.

PROJECT COMPASSION BE MORE

Caritas Australia invites you to be part of their Project Compassion Virtual Immersions via Zoom during each week of the Lenten season. These digital engagements will focus on prayer and reflection, Catholic Social Teaching and an interview and Q&A with Caritas International Program staff. Sessions will run Tuesdays and Thursdays for one hour across Australia. Please register at <http://lent.caritas.org.au/virtualimmersions>

ASH WEDNESDAY 17 February 2021



Mass

Sacred Heart Church
9.30am and 7.00pm
11.30am with Sacred Heart Primary School

Maria Regina Church
8am & 10am with Maria Regina Primary School

Ash Wednesday and Good Friday are days of fast and abstinence.



Jesus is the Good News

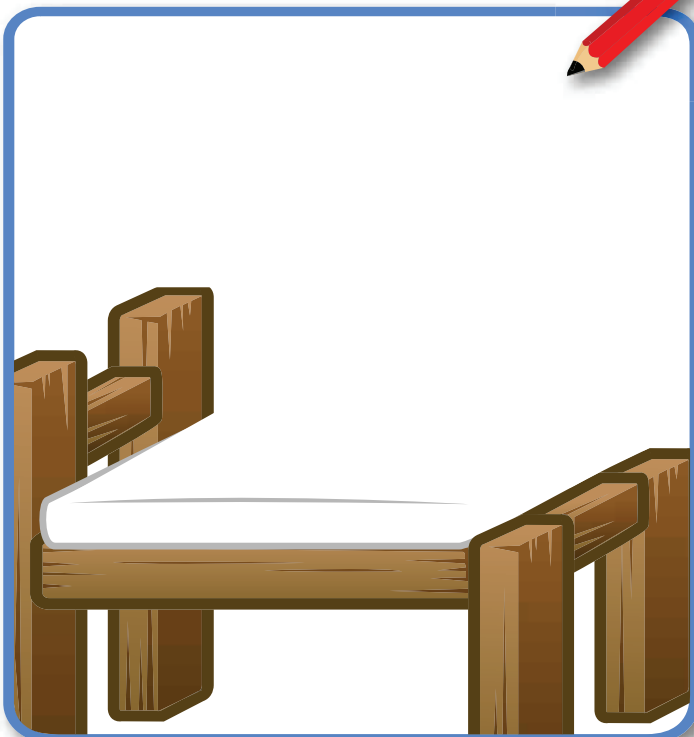
5th Sunday in Ordinary Time, Year B



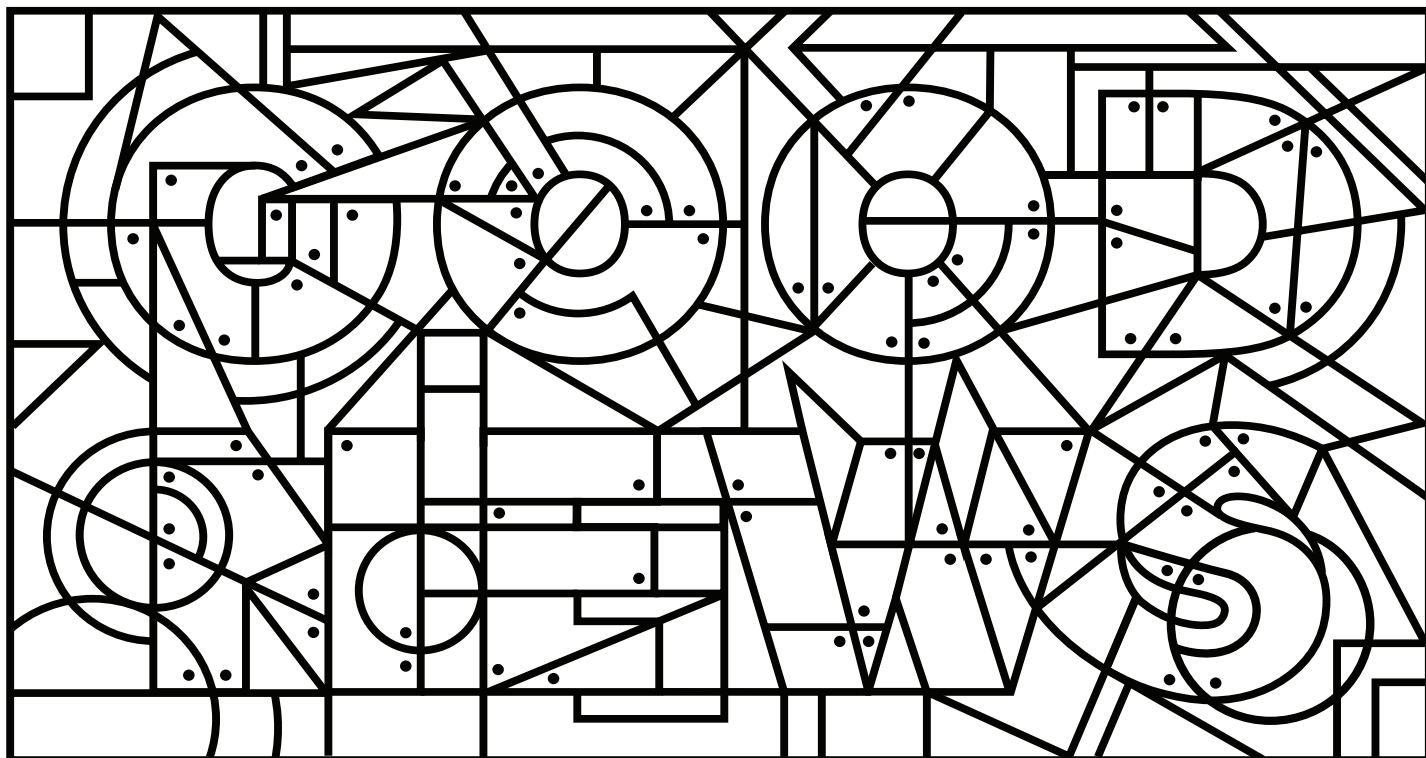
Draw Jesus healing Simon's sick mother-in-law



Jesus went away to be alone and pray.
Where are some places that you pray?



Colour in all the shapes that contain dots to reveal what Jesus wants everyone to know.



The *Living* Word

Entrance Antiphon

Ps 94:6-7

O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.

First Reading

Jb 7:1-4. 6-7

A reading from the book of Job

I am filled with sorrow all day long.

Job began to speak:

Is not man's life on earth nothing more
than pressed service,
his time no better than hired drudgery?
Like the slave, sighing for the shade,
or the workman with no thought but his
wages,
months of delusion I have assigned to
me,
nothing for my own but nights of grief.
Lying in bed I wonder, 'When will it be
day?'
Risen I think, 'How slowly evening
comes!'
Restlessly I fret till twilight falls.
Swifter than a weaver's shuttle my days
have passed,
and vanished, leaving no hope behind.
Remember that my life is but a breath,
and that my eyes will never again see
joy.

The word of the Lord

Responsorial Psalm

Ps 146:1-6. R. v.3

**(R.) Praise the Lord who heals the
broken-hearted.**

or

(R.) Alleluia!

Praise the Lord for he is good;
sing to our God for he is loving:
to him our praise is due. **(R)**

The Lord builds up Jerusalem
and brings back Israel's exiles,
he heals the broken-hearted,
he binds up all their wounds.
He fixes the number of the stars;
he calls each one by its name. **(R)**

Our Lord is great and almighty;
his wisdom can never be measured.
The Lord raises the lowly;
he humbles the wicked to the dust. **(R)**

Second Reading

1 Cor 9:16-19. 22-23

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

*Punishment will come to me if I do not preach
the Gospel.*

I do not boast of preaching the gospel,
since it is a duty which has been laid on
me; I should be punished if I did not
preach it! If I had chosen this work
myself, I might have been paid for it, but
as I have not, it is a responsibility which
has been put into my hands. Do you
know what my reward is? It is this: in my
preaching, to be able to offer the Good
News free, and not insist on the rights
which the gospel gives me.
So though I am not a slave of any man I
have made myself the slave of everyone
so as to win as many as I could. For the

weak I made myself weak. I made myself
all things to all men in order to save
some at any cost; and I still do this, for
the sake of the gospel, to have a share in
its blessings.

The word of the Lord

Gospel Acclamation

Mt 8:17

Alleluia, alleluia!
He bore our sickness,
and endured our suffering.
Alleluia!

Gospel

Mk 1:29-39

**A reading from the holy Gospel according
to Mark**

*He cured many who suffered from diseases of
one kind or another.*

On leaving the synagogue, Jesus went
with James and John straight to the house
of Simon and Andrew. Now Simon's
mother-in-law had gone to bed with
fever, and they told him about her
straightaway. He went to her, took her by
the hand and helped her up. And the
fever left her and she began to wait on
them.

That evening, after sunset, they brought
to him all who were sick and those who
were possessed by devils. The whole
town came crowding round the door, and
he cured many who were suffering from
diseases of one kind or another; he also
cast out many devils, but he would not
allow them to speak, because they knew
who he was.

In the morning, long before dawn, he got
up and left the house, and went off to a
lonely place and prayed there. Simon and
his companions set out in search of him,
and when they found him they said,
'Everybody is looking for you.' He
answered, 'Let us go elsewhere, to the
neighbouring country towns, so that I can
preach there too, because that is why I
came.' And he went all through Galilee,
preaching in their synagogues and
casting out devils.

The Gospel of the Lord

Communion Antiphon

Cf. Ps 106:8-9

Let them thank the Lord for his mercy,
his wonders for the children of men,
for he satisfies the thirsty soul,
and the hungry he fills with good things.

REFLECTION

by Dianne Bergant CSS

*Today we see three snapshots from the
photo album of life.
Suffering comes to everyone. It can take
such a hold of us that the happiness of
the past is swallowed up, the beauty of
better days is forgotten, and the hope of a
brighter future is imperilled. Life ceases
to be an adventure and takes on the guise
of drudgery. At such times suffering
appears to be our permanent fate, and
life seems too short for suffering to run
its course. If we become identified with
our distress, we will be tormented.*

*Jesus knew the harshness of life, because
he was one of us. He saw it in the lives of
those he loved, and he was touched by
their torment. He came to release people
from the demons that possess them, from
the illness that undermined their lives.
He came to bring the reign of God, the
reign of peace and fulfilment. He came to
heal the brokenhearted, to bind up their
wounds.*

*Paul was a messenger of this gospel of
salvation and fulfilment. He was so
committed to his mission that he
empathised with all those who heard his
preaching – the slaves, the weak, the
brokenhearted, all those who knew well
the harshness of life. Now it is our turn.
We are the disciples who must bring the
good news to the brokenhearted, to those
who are enslaved, to those who are weak.
We are the ones who will then share in
the blessings of this good news.*

©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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TODAY**



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for boys & girls ages U5 - U18

REGISTER NOW!

info@pittwaterrugby.com.au



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Liturgy for the Week

FEBRUARY 2021

08/02 **Monday Ordinary Time 5,**
Gen 1:1-19; Mk 6:53-56

09/02 **Tuesday Ordinary Time 5**
Gen 1:20 - 2:4; Mk 7:1-13

10/02 **Wednesday St Scholastica,**
virgin
Gen 2:4-9, 15-17; Mk 7:14-23
(Alt. Song 8:6-7; Lk 10:38-42)

11/02 **Thursday Ordinary Time 5**
Gen 2:18-25; Mk 7:24-30

12/02 **Friday Ordinary Time 5**
Gen 3:1-8; Mk 7:31-37

13/02 **Saturday Ordinary Time 5**
Gen 3:9-24; Mk 8:1-10



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