



The Catholic Parish of Pittwater

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

I Place My Trust in You, Lord

Lord, You are the God of peace and love in Whom I place my trust.

Give me a peaceful heart that rests in You and a loving spirit that pours fourth Your love to others.

Lord, You are the God of comfort and rest in Whom I put my hope.

Give me a heart that abides in You so that Your comfort may stream through me to others who need comfort and strength.

Lord, You are the God of hope and joy in Whom I stand secure.

Give me a spirit of devotion that worships only You so that I may be a worthy witness that points to Jesus, for in Him is all peace and love and comfort and rest and hope and joy and love.

I place my trust in You, Lord.

Amen.



Thoughts of Bl 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

Religious Sisters and Consecrated Women

We pray for religious sisters and consecrated women; thanking them for their mission and their courage; may they continue to find new responses to the challenges of our times.



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

A warm welcome to all our parishioners and visitors who are celebrating the Eucharist with us at Pittwater Parish - Sacred Heart Church and Maria Regina Church.



Face Masks are mandatory in Churches.

MASS TIMES

SACRED HEART CHURCH
1 Keenan Street, Mona Vale

Weekday Masses

Tuesday 9.30am

Wednesday 9.30am

Thursday 7pm

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*

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

**Tuesday 8.30am-9.30am
Thursday 7.30pm - 9pm**

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



You can find us on
Instagram
(pittwater_parish)

We Pray *for*

**the Souls of
the faithful departed**

If you would like the names of your
relatives or friends and offerings included,
please drop the envelope in to the Parish
Office by Midday on Wednesdays.
Thank You.

Recently Deceased

**Val Ducker
James Molloy**

Prayers for the Sick

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

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

**Bishop Randazzo's article on
Lenten Penance 2022 is available
at the back of our Churches.**

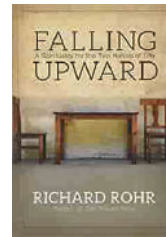
**We welcome
to Pittwater Parish
Luna Joy Ram
on 30 January 2022
at
Sacred Heart Church,
Mona Vale
for the
Sacrament of
Baptism**

**LIKE US ON
facebook
The Catholic Parish
of Pittwater**

**You keep him in perfect peace whose mind is
stayed on you, because he trusts in you. Trust in
the Lord forever, for the Lord God is an
everlasting rock. Isaiah 26:3-4**

BOOK REVIEW

Falling Upwards
A Spirituality for the Two
Halves of Life
by Richard Rohr



The second half of life does not
have to wait until middle age.
We can move into this stage
and awaken our understand of
life and its mysteries when we
are ready to go forward in our
voyage. A very thoughtful read.

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

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

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

To read the messages from
Bishop Anthony and from the
people
Vox Populi please go to
www.pittwaterparish.org.
News and events tile and
Messages from Bishop
Anthony on the drop down
menu.

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Vinnies

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9905 0424 during
business hours.**

Trusting God in the unknown

The unknown things in our lives are hard. Rarely welcome, they intrude on our sense of well-being.

Are you facing an uncertain future right now? Do you long for the assurance of a specific outcome? Does it seem like the less you know and the longer you wait, the more anxiety and fear chase away your peace of mind?

God cares about you and what's going on in your life right now. He is with you in the midst of what you're facing, and He can help in your uncertainty and suffering.

Here are the stories of three different people with very different unknowns - an unknown future, an unknown illness and an unexpected loss - and how their process of trusting God is transforming their lives.

How to Move Forward After Graduation (Jennifer Wooster)



"No matter what you decide to do, it's never outside of God's plans," shared the speaker at my campus ministry retreat. For me, a graduating college senior, these are comforting words.

God is big enough to use any decision I make. Whichever path I take, God will still be with me. If my first choice after graduation doesn't work out, I know God will provide for me. I can trust the community I've built in my church to help me as well.

How to Move Forward in the Unknown

The difficulty with transition is the many possibilities - of careers or even going back for more schooling. God seems to lead some people to a specific job or place. But I've never seen a flashing sign or a bolt of lightning telling me what to do. So I weigh my options by talking to God through prayer, and then I make a choice. Each step of the way, I pray, "If this isn't what I should be doing, make obstacles for me." But God doesn't always close a door. Often, He leaves me with several opportunities. In any case, I must choose to move forward by faith.

A New Perspective

My post-graduation plans are still uncertain, but I feel safe knowing that God has a plan for my life. And that plan doesn't have to include a straight path. Life is about the journey of maturing and growing wiser. God has never (Jordan Stroman) promised I will be rich or successful if I follow Him, but the Bible tells me that where my treasure is, there my heart is also. If I love God more than other things, it will be harder for me to be disappointed when I don't get those other things, because I will always have God.

I Lost a Friend but Learned How to Trust God (Melody Copenny)



"The same story told from two different perspectives have completely different meanings; that's what life is." This quote by director and screenwriter Ava Duvernay resonated deeply with me during the painful ending of a friendship.

A lot of misunderstanding sat between my former friend and me right before the friendship imploded.

Even when glimmers of hope surfaced that maybe it could be saved, our inability to trust again and be vulnerable with each other sealed our friendship's demise.

The rejection hurt me. Profoundly.

God saw me, and He wanted me to trust Him in the unknowns of grieving that loss. I chose to walk with Him through it so I could learn how to heal.

What I Learned From God

There's a regular inner dialogue taking place between God and me daily. One thing He revealed to me is that one person's experience doesn't get to cancel out another person's experience - both can be valid.

The pain and challenges my friend and I had with each other were real.

Another thing God helped me see is that listening to the other person in a relationship and choosing to see the story from a different viewpoint, even if you may not fully understand it, is hard work.

The work is necessary because it brings change to both people, helping them mature.

God invited me to be faithful to this process of discovery, which gave me a chance to consider:

In what ways could I become a better listener in my friendships?

How did God want me to deepen in my compassion and understanding for others?

What were unhealthy parts of that former friendship that I don't need to resurrect in new ones?

God gave me priceless lessons in how to lose and let go. Because of that, I can value my story and understand the experiences of others.

Choosing to Trust God in the Unknown (Jordan Stroman)



How do you respond when suffering enters your world, changes the way you see everything and shows you just how completely out of control you are?

My story that I'm living is about suffering, complex questions and big prayers.

I was born with a neuromuscular atrophy disease. It has caused me to gradually lose every major physical ability I once had: walking, eating orally and swallowing, speaking with volume and clarity, breathing on my own. It's been a continual journey of mourning and discovery.

Doctors have never been able to specifically diagnose the disease that

plagues my body. Because of that, there's no roadmap to give me an idea of what's ahead.

Thankful for the Mystery

Some days, the unknown terrifies me, but most of the time I'm thankful for the mystery. I'm sitting in a space where I have no semblance of control, and because of that, the One who created the stars is my one and only refuge. When you realise that the comforts you know as normal are not actually guaranteed, it's jarring.

In our anger and pain, we have a choice: We can turn away from God because "God wouldn't have allowed this if He is who He says He is." Or we can walk toward Him, believing that His love isn't dependent on our circumstances, understanding that He makes all things new, and realising that even in the most difficult experiences, He has given us a beautiful and unique purpose.

This life we've been given was never promised to be an easy one.

Through our suffering, we can experience God even more intimately than if our lives were without pain.

Because God is a Redeemer, He restores and repurposes the broken parts of our stories. They become conduits to a deeper relationship with Him and to a fuller grasp of the gospel.

Joy in Suffering

When we choose to trust God in the unknown, in the most difficult parts of our stories, we experience the truest form of joy. It's a joy that isn't dependent on our circumstances - a joy that begins to transform the way our eyes see the challenges around us.

This joy, which is a result of depending on the Holy Spirit, allows us to understand a little more of Jesus' immense sacrifice on the Cross and, therefore, to truly see how this life is a beautiful gift.

"Though you have not seen Him, you love Him. Though you do not now see Him, you believe in Him and rejoice with joy that is inexpressible and filled with glory" (1 Peter 1:8).



Dear Pittwater Catholic Parish,

Thank you for participating in the 2021 National Church Life Survey. Of course, due to Covid delays parishes are now holding Surveys in February 2022.

The National Church Life Survey will provide you with information including:

- Who is coming to Mass, their age groups and gender, education, migrant background and employment?
- What parishioners currently value in your parish
- What they see as priorities for the future
- How parishioners relate to God through prayer, the Mass etc.
- Current involvement of parishioners
- Percentage of parishioners who are growing in their faith
- Who is outreaching to the community and how
- Relationships with other parishioners – how strong is your community?

Survey period extended to Feb:

The survey period has been extended until the end of February 2022 to offer time for parishes to participate. For the first time for most, Catholic parishes will have access to Paper and Online Surveys.

This weekend, we will distribute the paper survey forms with pens/pencils in Mass and answer the survey after the Thanksgiving Prayer. Parishes have paper forms for adults and special forms for children 8-14 years (you may like to distribute children's forms directly to the children). Parishioners can fill in the surveys and place them in the box provided at the back of the Church, on that same Sunday.

We have a link for those who have not completed a paper form to participate online. The online link also enables parishioners to answer the survey in a number of languages.

Church attenders aged 15+ to complete the Attender Survey at

attendersurvey.ncls.org.au

Attender Survey online: attendersurvey.ncls.org.au and your Church Code/s
Our Church Code/s are:

TA229701 Maria Regina Catholic Church AVALON

TA229702 Sacred Heart Catholic Church Mona Vale

Child Surveys also online for those aged 8 to 14 years. Parents and carers to review the Parent Information Sheet before. Complete the Child Survey at

childsurvey.ncls.org.au

Sacramental Coordinator - Pittwater

Permanent, part-time role
Up to 18 hours per week (must have availability for after-hours and weekends)



Pittwater Parish is seeking to recruit a part-time Sacramental Coordinator, up to 18 hours per week. This role plays an important part in the Parish team, coordinating support services to enhance the Sacramental program ministry within the Parish. The ideal candidate will have relevant experience and/or qualifications in Sacramental Programs, experience working with volunteers in a Catholic environment, comfort working autonomously and an understanding of the need for accountability and ownership in a role, excellent administration and time management skills and proficiency with Microsoft Office Suite. You'll also have a good understanding of, and commitment to, Catholic values and teachings.

The role will require flexibility with the working schedule, however you will need to have availability for after-hours and weekends.

You will be working closely with Parish schools and those schools within the Pittwater community to strengthen the relationship between school and Parish.

If this role interests you, please email a brief cover letter and CV to:

recruitment@bbcatholic.org.au.

For further information please email
recruitment@bbcatholic.org.au.

Applications close Friday 18 February 2022.

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.

Follow Jesus and be not afraid



5th Sunday in Ordinary Time, Year C

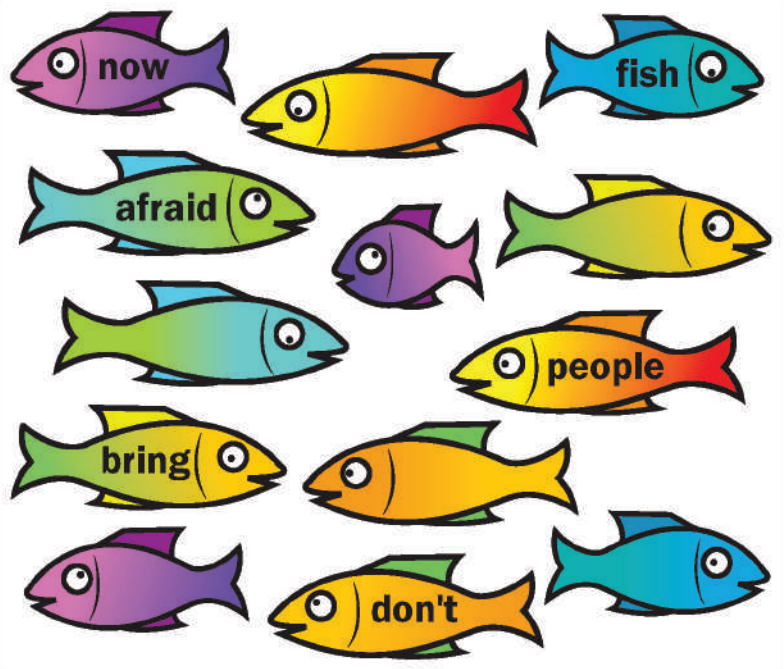
Peter, James and John left everything so that they could become disciples of Jesus. What are some of the things you would "leave behind" to follow Jesus?



Write down the names of four people you know who belong Jesus. For each person give a reason why they belong.



Use the words in the fish to complete the sentence below....



_____ be _____! From _____ on you
will _____ in _____ instead of _____.

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

Is 6:1-8

A reading from the prophet Isaiah

Here am I! Send me.

In the year of King Uzziah's death I saw
the Lord seated on a high throne; his
train filled the sanctuary; above him
stood seraphs, each one with six wings.
And they cried out to one another in this
way,

'Holy, holy, holy is the Lord of hosts.
His glory fills the whole earth.'

The foundations of the threshold shook
with the voice of the one who cried out,
and the Temple was filled with smoke. I
said:

'What a wretched state I am in! I am
lost,
for I am a man of unclean lips
and I live among a people of unclean
lips,
and my eyes have looked at the King,
the Lord of hosts.'

Then one of the seraphs flew to me,
holding in his hand a live coal which he
had taken from the altar with a pair of
tongs. With this he touched my mouth
and said:

'See now, this has touched your lips,
your sin is taken away,
your iniquity is purged.'

Then I heard the voice of the Lord
saying:

'Whom shall I send? Who will be our
messenger?'

I answered, 'Here I am, send me.'

The word of the Lord

Responsorial Psalm

Ps 137:1-5. 7-8. R. v.1

**(R.) In the sight of the angels I will
sing your praises, Lord.**

I thank you, Lord, with all my heart,
you have heard the words of my mouth.
Before the angels I will bless you.
I will adore before your holy temple. **(R)**

I thank you for your faithfulness and
love
which excel all we ever knew of you.
On the day I called, you answered;
you increased the strength of my soul.
(R)

All earth's kings shall thank you
when they hear the words of your mouth.
They shall sing of the Lord's ways;
'How great is the glory of the Lord!' **(R)**

You stretch out your hand and save me,
your hand will do all things for me.
Your love, O Lord, is eternal,
discard not the work of your hands. **(R)**

Second Reading

1 Cor 15:1-11

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

*I preach what they preach, and this is what
you believe.*

Brothers, I want to remind you of the
gospel I preached to you, the gospel that
you received and in which you are firmly
established; because the gospel will save
you only if you keep believing exactly
what I preached to you – believing
anything else will not lead to anything.
Well then, in the first place, I taught you
what I had been taught myself, namely
that Christ died for our sins, in
accordance with the scriptures; that he
was buried; and that he was raised to life
on the third day, in accordance with the
scriptures; that he appeared first to
Cephas and secondly to the Twelve. Next
he appeared to more than five hundred of
the brothers at the same time, most of
whom are still alive, though some have
died; then he appeared to James, and
then to all the apostles; and last of all he
appeared to me too; it was as though I
was born when no one expected it.
I am the least of the apostles; in fact,
since I persecuted the Church of God, I
hardly deserve the name apostle; but by
God's grace that is what I am, and the
grace that he gave me has not been
fruitless. On the contrary, I, or rather the
grace of God that is with me, have
worked harder than any of the others; but
what matters is that I preach what they
preach, and this is what you all believed.

The word of the Lord

Gospel Acclamation

Mt 4:19

Alleluia, alleluia!
Come follow me, says the Lord,
and I will make you fishers of my
people.
Alleluia!

Gospel

Lk 5:1-11

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

They left everything and followed him.

Jesus was standing one day by the lake
of Gennesaret, with the crowd pressing
round him listening to the word of God,
when he caught sight of two boats close
to the bank. The fishermen had gone out
of them and were washing their nets. He
got into one of the boats – it was Simon's
– and asked him to put out a little from
the shore. Then he sat down and taught
the crowds from the boat.

When he had finished speaking he said
to Simon, 'Put out into deep water and
pay out your nets for a catch.' 'Master,'
Simon replied 'we worked hard all night
long and caught nothing, but if you say
so, I will pay out the nets.' And when
they had done this they netted such a
huge number of fish that their nets began
to tear, so they signalled to their

companions in the other boat to come
and help them; when these came, they
filled the two boats to sinking point.
When Simon Peter saw this he fell at the
knees of Jesus saying, 'Leave me Lord; I
am a sinful man.' For he and all his
companions were completely overcome
by the catch they had made; so also were
James and John, sons of Zebedee, who
were Simon's partners. But Jesus said to
Simon, 'Do not be afraid; from now on it
is men you will catch.' Then, bringing
their boats back to land, they left
everything and followed him.

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

*Today we consider the call to continue
the mission of Jesus by engaging in some
form of ministry. The first and the last
readings are call narratives; the epistle
contains a statement of the faith that
undergirds our response to our call; the
psalm response celebrates the gracious
goodness of God that makes all of this
possible.*

*Our call is more than a summons to
faith; it is a call to ministry. Isaiah is
called in order to be sent; the fishermen
are called in order to gather others to
Jesus. So it is with us. We are called to
be sent out to the world. This call comes
to us in the ordinariness of life. It will
usually come to us as we wash our nets
or our dishes, as we teach or raise
children, as we prepare a brief for trial
or examine a patient; as we repair cars
or work at the computer. The call of God
comes to us in the ordinariness of life.
We are called to proclaim the message of
the resurrection by any and every means
possible. Some, like Isaiah and the
disciples of Jesus, will witness in open
and dramatic ways. They will teach and
preach; they will nurse the sick and care
for the elderly. Others will witness in less
conspicuous ways. They will insist on
fair practices in their own workplaces;
they will weed out expressions of
prejudice and violence so that a new and
just world can be fashioned for
themselves and for their children. Called
in the ordinariness of their lives, they
will witness to the death and resurrection
in that very ordinariness, thus
transforming everything into
extraordinariness.*

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