



The Catholic Parish of Pittwater

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

For my Family

Lord God,
I give you all the members
of our family. You know them all so
well and love them all.
I ask that you would cover us with
a rainbow of hope.

Hope that draws us together
to work out our differences.
Hope that helps us to celebrate
together and care for one another.
Hope that rides like a banner in our
lives and watches over us
wherever we go.
Hope that overcomes adversity and
gathers strength to overcome.
Hope that guides us and gives us
vision for our future alone
and together.

Hope filled with love.
Hope that fuels faith.
Hope that breathes peace.

May our family live in you
underneath your promises.



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 Intentions For March

Sacrament of Reconciliation

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

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

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

Share the News

Our Churches-
Sacred Heart (Mona Vale)
and Maria Regina (Avalon)
are open.

Come for Mass.
Come and pray.
Come and light a candle.

Parish 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

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 Trish Newman - Director
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 Suzy Caruso
 9157 0999 ext 0
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Social Justice Ministry
 Tamara Harding - Director
 0403 226 699
 www.facebook.com/pages/Pittwater-
 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

Roberto Ang
 Victor Newman
 Maria Vukovic

**Eternal Rest Grant Unto Them
 O Lord, And Let Perpetual Light
 Shine Upon Them.
 May They Rest in Peace. Amen.
 May Their Souls And The Souls
 Of The Faithful Departed,
 Through The Mercy Of God,
 Rest In Peace. Amen.**

Deceased Anniversary

Roki Marov
 Pave Lucic
 John Shanahan
 Pat Barry
 Sean Barry
 David Barry

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

Prayers for the Sick

Bill Eyre
 Manny Zarb
 Philip Maddrell
 Gail Reiher
 Imelda Vince
 Eric Domagas
 Vicky Villaluz
 Ben Castillo
 Moira Howie
 Joma
 Christine Hills
 Donald McRae
 Sara Zofrea
 Beryl Peo-Duncan
 John Andrew Graham
 John Charles Graham
 Michael Carrodus
 Pat Regan
 Robyn Sheather
 Candida Hernandez
 Chin Quang Le
 Gill Page
 Tony Quatroville
 Garry Gleeson
 Elizabeth Kral
 Nazarena Custodio
 Annette Davis
 Tim & Christina O'Connell
 Andrew Hood
 Jeff Langley
 Peter Vorlicek

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



BOOK REVIEW

**Your Sorrow Is
 My Sorrow**
 by Joyce Rupp



This book looks at the reality
 of sorrow in Mary's life and
 each person's life.
 It tells us about how we can
 experience hope and strength
 in times of suffering.

**THURSDAY MORNING
 SPIRITUALITY GROUP**

"For Lent our group are breaking
 with the study on the Pope's
 Encyclical to concentrate on "The
 Way of Julian of Norwich". A prayer
 Journey through Lent. **All are
 invited.**
 Contact Trish Newman ocds on
 99183973 or Mb. 0401613643.

**We welcome
 to Pittwater Parish
 Holly, Evie and
 Miley WILSON**

**Ireland, Hendrix,
 Memphis and
 Aspen DOWDALL**

**Jade and Zoe
 DANSWAN**

**Hugo and Evelyn
 STEVENS**

**on 20 March 2021
 at Sacred Heart
 Church, Mona Vale
 for the Sacrament
 of Baptism**

**We welcome
 to Pittwater Parish
 Harry KROON
 Bowie BROWNING
 Malakai WALTON
 on 21 March 2021
 at Maria Regina
 Church, Avalon
 for the Sacrament
 of Baptism**

DATES for your DIARY



STATIONS OF THE CROSS

Every Friday in Lent after
 morning mass.



**SECOND RITE OF
 RECONCILIATION**

Thursday 25 March 2021
 7.30pm Sacred Heart Church



CHRISM MASS

Tuesday 30 March 2021
 Our Lady of the Rosary
 Cathedral, Waitara.



HOLY THURSDAY

Thursday 1 April 2021
 7.30pm Sacred Heart Church
 (no morning Mass in Avalon)



GOOD FRIDAY

(fast and abstinence)

Friday 2 April 2021

STATIONS of the CROSS

10am Sacred Heart Church &
 10am Maria Regina Church

**FRIDAY of the PASSION OF
 THE LORD**

3pm Sacred Heart Church &
 3pm Maria Regina Church



HOLY SATURDAY

Saturday 3 April 2021
 6pm Family Mass
 Maria Regina Church
 7.30pm
 Sacred Heart Church
 (There will not be a 5pm
 Vigil Mass)

EASTER SUNDAY

Sunday 4 April 2021
 8am Sacred Heart Church
 10am Sacred Heart Church
 6pm Sacred Heart Church

7.30am Maria Regina Church
 9am Maria Regina Church

Pope announces year-long reflection on family, 'Amoris Laetitia'

For Pope Francis, the family is key in the new evangelisation. Unless Christians live holiness in their daily lives - which begins in their families - the Church cannot inspire the world



To focus attention on the fifth anniversary of his apostolic exhortation on marriage and family life – which makes up 99 per cent of the Church – Pope Francis has dedicated 2021 to a year-long reflection on Amoris Laetitia. Photo: CNS photo illustration, Mike Crupl

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

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

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

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



The 'Amoris Laetitia Family Year'

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

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

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

In "Amoris Laetitia," Pope Francis's 2016 apostolic exhortation on marriage and family life, the pope said marriage is not the "end of the road," but 'a life-long calling based on a firm and realistic decision to face all trials and difficult moments together.'

Headed for the 2022 World Meeting of Families

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

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

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

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

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

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

Forgiveness

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

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

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

Witnesses in everyday life

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

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

BB35
CELEBRATING
35 YEARS
DIOCESE OF BROKEN BAY



**THE YEAR
OF ST JOSEPH
& THE FAMILY
2021**

Thirty five years ago, the Diocese of Broken Bay was established and this anniversary is an opportunity to look back and remember the story of our Diocesan journey with hearts of gratitude, so that we might look forward to the future in hope.

In the Universal Church, Pope Francis has also proclaimed a year for St Joseph and the Family for 2021. The combination of these three themes allow us to approach our activities and mission this year with renewed depth of faith in what God is calling us to be in the community of the Church of Broken Bay.

If you have any stories you can share about the history of the Diocese of Broken Bay, and any old photos, please send them through to Melissa Loughlin, Editor, Broken Bay News news@bbcatholic.org.au

PROJECT COMPASSION BE MORE



Halima is raising her two children in a refugee camp in Bangladesh while caring for her mother, who has a disability. Widowed at 21, Halima fled violence in Myanmar's Rakhine State and arrived at the camp with nothing.

Caritas Australia, through Caritas Bangladesh, helped Halima out with a shelter, cooking equipment, hygiene and sanitation training. She took on the role of community trainer herself, organising the cleaning of washrooms, wells and toilets.

Halima aspired to 'Be More'. She is proud that she is now able to earn a small income while maintaining the health of her family and the cleanliness of the camp community.

Please donate to Project Compassion 2021 to so this transformational program can continue to empower vulnerable women, men and children, and strengthen the communities around them.

You can donate through Parish boxes and envelopes, by visiting www.caritas.org.au/project-compassion or



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

Masks are now not compulsory in Church.

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

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

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



The Service NSW QR codes are now available at the entrance of both of our churches, for you to use to check in. If you do not have a smartphone or you're not carrying it with you, please provide your contact details via the sign-in sheets provided. If you have checked-in with the QR code, you do not have to use the sign-in sheets. Thank you for working with us to keep our parish community safe.

ENCOUNTERING JESUS IN RECONCILIATION



Sin is never simply personal in its impact. It always has a social consequence as well. It breaks our personal communion with God and, at the same time, it damages our communion with the Church, thereby impacting the body's communion with her head, Jesus Christ. Consequently, the healing of this rupture requires reconciliation with both God and Christ's body, the Church.

The sacrament of reconciliation (or penance) liturgically expresses and accomplishes just this. The whole purpose and effect of this sacrament consists in "restoring us to God's grace and joining us with him in an intimate friendship." It brings about the "restoration of the dignity and blessings of the life of the children of God." (CCC 1468) It is a great gift since the sacrament repairs that communion for which we are destined.

**Join us for the 2nd Rite of Reconciliation
Thursday 25 March 2021 • 7.30pm
Sacred Heart Church**

Blessing of the Easter Food



In Slavic countries the blessing of Easter foods is an important tradition. This blessing is still found in the updated Roman Ritual, and is a wonderful practice. Many parishes still participate in this custom of the blessing of the Easter food or baskets. The blessing of special Easter food takes place on Holy Saturday. A basket containing lamb (which of course signifies Jesus, the Lamb of God), boiled eggs, dyed and plain, Pascha (a special Easter bread) and other foods are taken to the church where the priest blesses it.

Among the Polish people the same custom is practiced, but the main foods blessed are an egg which is broken and shared by all on Easter Sunday morning, and a lamb moulded of butter or pastry. This butter-lamb and blessed Easter egg have a place of honour on the festive Easter table.

In Rome on Holy Saturday there is an old custom which is still in practice. A fresh table cloth is spread on the table in the dining room and on it are laid out the Easter meal, including the uncooked Easter Lamb which is decorated with flowers, eggs, wine, fruit, and a large traditional cake called "pizza". These are sprinkled with holy water, and are given a special blessing by the priest. **There will be blessing of Easter foods or baskets on Saturday 3 April at 11am, at Sacred Heart Church, Mona Vale.**



Charitable Works Fund *Catholic Diocese of Broken Bay Survey 2021*

We invite you to complete the CWF Survey 2021. It will only take about 2-3 minutes of your time.

Listening to our parish community is important and we would love to know more about you and what you value most about CWF. Your feedback will help us better serve the community, plan our priorities and how to communicate with you more effectively.

The survey is open to all parishioners in the Catholic Diocese of Broken Bay. Closing date for responses is Wednesday 7 April 2021.

The online CWF survey can be found here - www.surveymonkey.com/r/CWF2021

We take your privacy seriously, and please be assured your answers are confidential. If you require a physical copy of the survey, please call David Armstrong 02 8379 1664 with your contact details.

Your support and generosity are gratefully appreciated and makes a huge difference to those we serve.

May Christ be with you during the Lenten season.



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

Jer 31:31-34

A reading from the prophet Jeremiah

*The days are coming when I will make a new
covenant with Israel and I will forgive their
iniquity.*

See, the days are coming – it is the Lord who speaks – when I will make a new covenant with the House of Israel and the House of Judah, but not a covenant like the one I made with their ancestors on the day I took them by the hand to bring them out of the land of Egypt. They broke that covenant of mine, so I had to show them who was master. It is the Lord who speaks. No, this is the covenant I will make with the House of Israel when those days arrive – it is the Lord who speaks. Deep within them I will plant my Law, writing it on their hearts. Then I will be their God and they shall be my people. There will be no further need for neighbour to try to teach neighbour, or brother to say to brother, ‘Learn to know the Lord!’ No, they will all know me, the least no less than the greatest – it is the Lord who speaks – since I will forgive their iniquity and never call their sin to mind.

The word of the Lord

Responsorial Psalm Ps 50:3-4. 12-15. R. v.12

(R.) Create a clean heart in me, O God.

Have mercy on me, God, in your kindness.
In your compassion blot out my offence.
O wash me more and more from my guilt.
and cleanse me from my sin. (R)

A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit. (R)

Give me again the joy of your help;
with a spirit of fervour sustain me,
that I may teach transgressors your ways
and sinners may return to you. (R)

Second Reading

Heb 5:7-9

A reading from the letter to the Hebrews

*He learnt to obey and became for all the
source of eternal salvation.*

During his life on earth, Christ offered up prayer and entreaty, aloud and in silent tears, to the one who had the power to save him out of death, and he submitted so humbly that his prayer was heard. Although he was Son, he learnt to obey through suffering; but having been made perfect, he became for all who obey him the source of eternal salvation.

The word of the Lord

Gospel Acclamation

Jn 12:26

Glory to you, Word of God, Lord Jesus Christ!
If you serve me, follow me, says the Lord;
and where I am, my servant will also be.
Glory to you, Word of God, Lord Jesus Christ!

Gospel

Jn 12:20-33

A reading from the holy Gospel according to John

If a grain of wheat falls on the ground and dies, it yields a rich harvest.

Among those who went up to worship at the festival were some Greeks. These approached Philip, who came from Bethsaida in Galilee, and put this request to him, ‘Sir, we should like to see Jesus.’ Philip went to tell Andrew, and Andrew and Philip together went to tell Jesus. Jesus replied to them:

‘Now the hour has come for the Son of Man to be glorified. I tell you most solemnly, unless a wheat grain falls on the ground and dies, it remains only a single grain; but if it dies, it yields a rich harvest. Anyone who loves his life loses it; anyone who hates his life in this world will keep it for the eternal life. If a man serves me, he must follow me, wherever I am, my servant will be there too.

If anyone serves me, my Father will honour him.

Now my soul is troubled.

What shall I say:

Father, save me from this hour?

But it was for this very reason that I have come to this hour.

Father, glorify your name!’

A voice came from heaven, ‘I have glorified it, and I will glorify it again.’ People standing by, who heard this, said it was a clap of thunder; others said, ‘It was an angel speaking to him.’ Jesus answered, ‘It was not for my sake that this voice came, but for yours.

‘Now sentence is being passed on this world;

now the prince of this world is to be overthrown.

And when I am lifted up from the earth, I shall draw all men to myself.’

By these words he indicated the kind of death he would die.

The Gospel of the Lord

Communion Antiphon

Jn 12: 24

Amen, Amen I say to you: Unless a grain of wheat falls to the ground and dies, it remains a single grain.
But if it dies, it bears much fruit.

As the family goes, so goes the nation, and so goes the whole world in which we live.

(Pope St John Paul II)

REFLECTION

by Dianne Bergant CSS

The moment of eschatological fulfilment gathers together the sense of the past (‘the days when Christ was in the flesh’), the future (‘the days are coming’), and the present (‘the hour has come’). We live in the time when the past and the future are made present; we live in the ‘already-but-not-yet’ time of anticipation/fulfilment. This is a moment of great ambiguity, of fear and trepidation but of electric excitement. It is a moment of decision. We hover at the edge of dawn, weighing whether or not to step forward into the new day or to return to the darkness of night. This ‘hour’ brings a new covenant, a deep interior relationship with God that is not based on law but which overflows from a commitment of the heart. It brings an abundant harvest that springs from a simple grain of wheat. It brings a promise from God’s own Son that those who serve him will be honoured by God, and those who obey him will enjoy eternal life. Although the ‘hour’ brings all of these blessings, it only does so with a price. The new covenant could only be written on new hearts; the abundant harvest sprang from the dying grain of wheat; eternal salvation was won at the price of Christ’s blood. As challenging as the message of these readings may be, the last note is one of hope. It can overcome the demons that control us, because it is the power of the almighty God.

© Dianne Bergant CSS

We are excited to be able to welcome the children from our parish schools for our Family Masses once again.

Next week, Saturday 27th March 2021, one of the Year 5 classes from Sacred Heart School will host the 5pm Mass at Sacred Heart Church, Mona Vale.

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.

Daylight saving will end at 3am on Easter Sunday, 4 April 2020 when clocks go back one hour.





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Liturgy for the Week

- 22/03 **Monday 5th week of Lent**
Dan 13:1-9, 15-17, 19-30, 33-62;
Jn 8:1-11
- 23/03 **Tuesday 5th week of Lent**
Num 21:4-9; Jn 8:21-30
- 24/03 **Wednesday 5th week of Lent**
Dan 3:14-20, 24-25, 28;
Jn 8:31-42
- 25/03 **Thursday Annunciation of the Lord**
Is 7:10-14, 8:10; Heb 10:4-10;
Lk 1:26-38
- 26/03 **Friday 5th week of Lent**
Jer 20:10-13; Jn 10:31-42
- 27/03 **Saturday 5th week of Lent**
Ezek 37:21-28; Jn 11:45-56

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