



# The Catholic Parish of Pittwater

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

## Prayer for the Sick

Almighty God,  
You are the only source of  
health and healing.  
In You, there is calm and the  
only true peace in the universe.  
Grant to each one of us Your  
children an awareness of  
Your presence and give us  
perfect confidence in You.  
In all pain, weariness and  
anxiety teach us to yield  
ourselves to Your  
never-failing care.  
Knowing that Your love  
and power surround us.  
Trusting in Your wisdom  
and providence to give us  
health, strength and peace  
in Your best time.  
Through Jesus Christ,  
our Lord.  
Amen.



### Thoughts of Blessed Francis Jordan

Always be joyful and praise God constantly, whatever  
may break in upon you. Yes, always be joyful.

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

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



### POPE FRANCIS' PRAYER INTENTION FOR February

#### *For the Terminally Ill*

Let us pray that the sick who are in the final  
stages of life, and their families, receive the  
necessary medical and human care and  
accompaniment.

## MASS TIMES

**SACRED HEART CHURCH**  
1 Keenan Street, Mona Vale

### WEEKDAY MASSES

**Tuesday 9.30am**  
*Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8:30 am, followed by Mass*  
**Wednesday 9.30am**  
**Thursday 7pm**  
*Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 7.30pm to 9pm*  
**Friday 9.30am**  
*First Friday of the Month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 9.30am, followed by Mass with Anointing of the Sick at 10.30am*

### WEEKEND MASSES

**Saturday Vigil 5.00pm**  
**Sunday 8.00am • 10.00am • 6.00pm (SOUL)**

**RECONCILIATION**  
4.00pm to 4.30pm Saturday

**Baptism**  
4th Sunday - 11.30am

**MARIA REGINA CHURCH**  
7 Central Road, Avalon

### WEEKDAY MASSES

**Monday 8am**  
**Wednesday 8am**  
**Thursday 10am**  
*9am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45am*  
**Friday 8am**

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

### WEEKEND MASSES

**Saturday Vigil 6.00pm**  
**Sunday 9.00am**

**RECONCILIATION**  
Before Vigil Mass on Saturday  
**BAPTISM**  
3rd Sunday - 11.00am

*We Pray for*

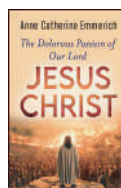
**Recently Deceased**  
*Carol Beacham*

## Prayer for the Sick

Anna Śmigowska  
Guy Zofrea  
Jeff Langley  
Mark Linfiels  
Nick Moullakis  
Bill Eyre  
Brian Gregan  
Marcia Bailey  
Bec Burroughs  
Margaret De Landre  
Stefan Bayer  
Jenny Carroll  
Matt Ukishima  
Mina Lee  
Maureen Larios  
Denise Wagner  
Tom Murphy  
Leonie Ariemetto  
Marco Sangiacamo  
Sarah Paterson  
Elaine Boyes  
Pauline Chipman  
Marta Bizubova  
Linda Cimino  
Brian Cranch

## BOOK REVIEW

**The Dolorous Passion of Our Lord Jesus Christ**  
by: Anne Catherine Emmerich



This book brings the Lenten season to us with most emphatic details which remind us of what Jesus did for our sins. It also includes details of Sister Anne's short life, which was incredible.



## Liturgy for the Week

**12/02 Monday, Ordinary Time 6**  
James 1:1-11; Mk 8:11-13  
**13/02 Tuesday, Ordinary Time 6**  
James 1:12-18; Mk 8:14-21  
**14/02 Wednesday, Ash Wednesday (Fast & Abstinence)**  
Joel 2:12-18; Mt 6:1-6, 16-18  
**15/02 Thursday, after Ash Wednesday**  
Deut 30:15-20; Lk 9:22-25  
**16/02 Friday, after Ash Wednesday**  
Is 58:1-9; Mt 9:14-15  
**17/02 Saturday, after Ash Wednesday**  
Is 58:9-14; Lk 5:27-32

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**Scan the QR code above with your camera app and follow the prompts**

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.

Available on the **App Store**

Get it on **Google play**



## Prayer for Healing

*O ever Immaculate Virgin,  
Mother of Mercy,  
health of the sick, refuge of sinners,  
comforter of the afflicted,  
you know my wants, my troubles,  
my sufferings;  
look with mercy on me.  
Amen.*



## Update from the Sacramental Coordinator

### Sacrament of First Reconciliation:

**Sacred Heart Church, Mona Vale**

**Thursday, 21 March 2024 at 5:00 pm or**

**Maria Regina Church, Avalon**

**Thursday, 11 April 2024 at 5:00 pm**

*Children in Year 4 and above are eligible to receive  
this sacrament if they have been confirmed.*

We need facilitators for the weekly preparation sessions. If you would like to be a group facilitator or would like to have more information about the role or about this sacrament, please contact Sonia on [sacraments@pittwaterparish.org](mailto:sacraments@pittwaterparish.org)



**menAlive** is a National Catholic Ministry to Men which was founded out of a response to a great need in the hearts and lives of men, and a great need in the life of the Catholic Church.

The purpose of **menAlive** is to bring men together, to renew their faith in God and to encourage them to become an active force within the Church.

Through a variety of events and programs, men are invited to explore what God would want for their lives and how they might come to experience the fullness of life that God wants for us all.

when was the last time you felt

**FULLY ALIVE?**

**Saturday, 16th Sunday -**

**17th of March 2024**

**Sacred Heart Church, Mona Vale**

**Please Contact**

**Joseph Cilia @ 0418 863 814**

[www.menalive.org.au](http://www.menalive.org.au)

God is glorified when men are fully alive  
St Irenaeus

***This is not a live in weekend - you go home on Saturday evening.***

If you are interested, please use this link and QR code to book:

**<https://www.trybooking.com/COTYJ>**



## 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](mailto:pp@pittwaterparish.org)

### Assistant Priest

**Fr Zygmunt Smigowski SDS**

Tel 9157 0999 ext 12  
[ap@pittwaterparish.org](mailto:ap@pittwaterparish.org)

### Parish Secretary

**Belinda Cimino**

Tel 9157 0999 ext 30  
[office@pittwaterparish.org](mailto:office@pittwaterparish.org)

### Administrative Assistant

**Shereae Knight**

Tel 9157 0999 ext 30  
[office@pittwaterparish.org](mailto:office@pittwaterparish.org)

### Director of Music

**Josh Willard**

Tel 9157 0999 ext 17  
[music@pittwaterparish.org](mailto:music@pittwaterparish.org)

### Media & Communications

**Coordinator**

**Conille Felias**

Tel 9157 0999 ext 31  
[media@pittwaterparish.org](mailto:media@pittwaterparish.org)

### Sacramental Coordinator

**Sonia Samartin**

Tel 9157 0999 ext 13  
[sacraments@pittwaterparish.org](mailto: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

### MONA VALE

Sacred Heart School

Tel 8197 6900

Principal: Mr Jamie Wahab

### AVALON

Maria Regina School

Tel 7256 2138

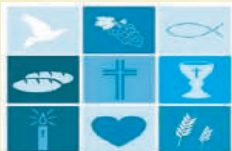
Principal: Ms Kirsty Thorpe

### WARRIEWOOD

Mater Maria Catholic College

Tel 7256 2100

Principal: Mr Marc Reicher



## CATECHIST WANTED!



### CALL TO SERVICE AS A CATECHIST

*THE CHILDREN OF THIS  
PARISH WHO ATTEND THE  
PUBLIC SCHOOLS  
NEED YOU*

**THIS MINISTRY TAKES ONLY  
1/2 HOUR OF YOUR WEEK.**

*Training is given via Zoom at  
home at **No Cost** to you.*

*Please pray and consider the power of  
your love for our faith to be passed to  
our young children.*

**The Classes below will  
begin the year **WITHOUT** a  
Catholic SRE  
(Scripture Teacher)**

#### ***Bilgola Plateau Public School Tuesdays***

Year 3	12.15pm - 12.45pm
Year 4	12.15pm - 12.45pm
Year 5	12.15pm - 12.45pm
Year 6	12.15pm - 12.45pm

#### ***Avalon Public School Fridays***

Kindergarten	11.50am - 12.20pm
Year 5	10.55am - 11.25am
Year 6	10.55am - 11.25am

#### ***Pittwater High School Fridays***

**2 hours each week**

#### ***Barrenjoey High School Thursday***

**9.00am - 10.00am  
10.00am - 11.00am**

**Please Contact  
Veronica Thomas**

**0417 061 534**

**Maureen Wooldridge**

**0421 907 469**

**Parish Office**

**9157 0999**

**email: [office@pittwaterparish.org](mailto:office@pittwaterparish.org)**

**Ash Wednesday, 14th February  
MASS TIMES**

### **MARIA REGINA CHURCH**

**8am**

**11.30am - with**

**Maria Regina Catholic School**

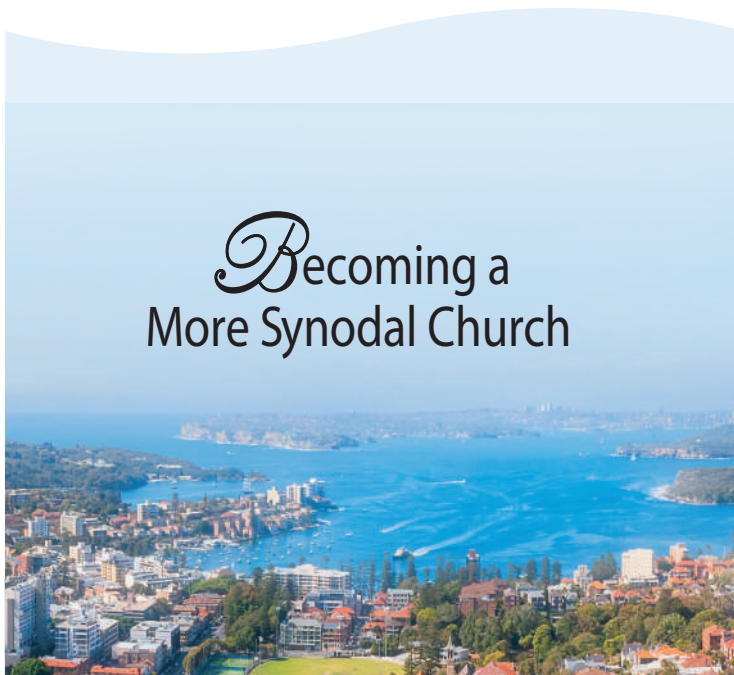
### **SACRED HEART CHURCH**

**9.30am - with**

**Sacred Heart Catholic School**

**7pm**

## Becoming a More Synodal Church



This formation gathering will be facilitated by Br Ian Cribb SJ and will provide participants with a deeper understanding of synodality.

During this one-day formation, participants will be formed in the **Conversation in the Spirit** methodology.

This event will furnish the opportunity for our Diocese to continue together our synodal path toward the XVI General Synod of Bishops second session and our Diocesan Pastoral Discernment projects.

**Everyone in the Diocese is welcome.**

**Date:** Friday, 23 February 2024

**Time:** 8:30am for a 9am start  
and finish at 4pm

**Venue:** Peter Canisius House  
102 Mona Vale Road  
Pymble NSW

**RSVP:** 15 February

**Registrations are essential!**

**Please Register at:** <https://forms.office.com/r/tYRcvAc7XG>





## Parish Bulletin - Term 1, Week 1

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.

We also welcomed parents to our Parent Engagement Evening for students in Years 10 and 11. We focused on growth for all students and staff, how to engage with student learning, methods of communication, the importance of attendance and the ways that we are supporting student wellbeing through pastoral care. Helping each student flourish and grow in their relationship with Jesus Christ is our core business here at Mater Maria Catholic College.

On Friday, we held our Opening Mass at the College for students and teachers. Father Richard Sadowski of Sacred Heart Parish in Mona Vale led the celebration as we rejoiced the beginning of a new school year as a Eucharistic community. Each member of the College community was invited to be a custodian of the College value of "Hospitality" - our call to freely contribute to the life of this community. Our new College Captains welcomed our Year 7s to the College.

Soul Mass is a vibrant Mass at Sacred Heart Parish on the first Sunday of every month. Our Mater Maria senior students prepare and undertake all Ministries of the Mass from readings to vibrant music to collectors, through to offering an inspirational reflection at the end of Mass. Due to the popularity of Soul Mass, 131 Mater students along with their family members celebrated and shared a meal together last weekend.

Join us for our Open Day on Tuesday 5 March between 4.00pm - 7.00pm - all are welcome. We are now enrolling students in Year 5 for Year 7, 2027. There is a waitlist for those students that are currently in Year 6 for Year 7, 2025 and all Year Groups for 2024.

**Please visit the College website**

[www.matermaria.nsw.edu.au/enrolments](http://www.matermaria.nsw.edu.au/enrolments)

for a prospectus. Enrolment Application form or for more information. Applications for Year 7, 2026 close on Friday 12 April 2024.



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together to raise funds for our sister  
village soibada in timor leste**

WHERE: maria regina church hall, 7 central road avalon beach

WHEN: friday 23 february @ 6pm

TICKETS: \$10 at <https://www.trybooking.com/COXNR>

INFO: tamara 0403226699



## Ash Wednesday The First Day of Lent

Ash Wednesday takes place 46 days before Easter Sunday, and is chiefly observed by Catholics, although many other Christians observe it too. Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolise the dust from which God made us. As the priest applies the ashes to a person's forehead, he speaks the words: "Remember that you are dust you shall return."

### Why We Receive The Ashes

Following the example of the Ninevites, who did penance in sackcloth and ashes to humble our hearts and reminds us that life passes away on Earth. Ashes are a symbol of penance made sacramental by the blessing of the Church and help us develop a spirit of humility and sacrifice. The distribution of ashes comes from a ceremony of ages past. Christians who had committed grave faults performed public penance. On Ash Wednesday, the Bishop blessed the hair shirts (sackcloth) which they were to wear during the forty days of penance and sprinkled over them the ashes made from the palms from the previous year. Then, while the faithful recited the Seven Penitential Psalms, the penitents were turned out of the Church because of their sins - just as Adam, the first man, was turned out of Paradise because of his disobedience. The penitents did not enter the Church again until Maundy Thursday after having won reconciliation by the toil of forty days' penance and sacramental absolution. Later, all Christians, whether public or secret penitents, came to receive ashes out of devotion. In earlier times, the distribution of ashes was followed by a penitential procession.

### The Ashes

The ashes are made from the blessed palms used in the Palm Sunday celebration of the previous year. The ashes are christened with Holy Water and are scented by exposure to incense. They are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts.

*from Catholic Online*

"Whom have I  
in heaven but you?  
And there is nothing  
on earth that I desire  
other than you.  
My flesh and my heart  
may fail,  
but God is the  
strength of my heart  
and my portion forever."

Psalms 73:25-26

# The *Living* Word

## Entrance Antiphon

Psalm 30:3-4

Be my protector, O God, a mighty stronghold to save me. For you are my rock, my stronghold! Lead me, guide me, for the sake of your name.

## First Reading

Leviticus 13:1-2. 44-46

**A reading from the book of Leviticus**  
*As long as he is unclean, he must live alone, outside the camp.*

The Lord said to Moses and Aaron, 'If a swelling or scab or shiny spot appears on a man's skin, a case of leprosy of the skin is to be suspected. The man must be taken to Aaron, the priest, or to one of the priests who are his sons.

'The man is leprosy: he is unclean. The priest must declare him unclean; he is suffering from leprosy of the head. A man infected with leprosy must wear his clothing torn and his hair disordered; he must shield his upper lip and cry, "Unclean, unclean". As long as the disease lasts he must be unclean; and therefore he must live apart; he must live outside the camp.'

## The word of the Lord

## Responsorial Psalm

Ps 31:1-2. 5. 11. R. v.5

**(R.) I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.**

Happy the man whose offence is forgiven, whose sin is remitted.  
O happy the man to whom the Lord imputes no guilt, in whose spirit is no guile **(R.)**

But now I have acknowledged my sins;  
my guilt I did not hide.  
I said: 'I will confess  
my offence to the Lord.'  
And you, Lord, have forgiven  
the guilt of my sin. **(R.)**

Rejoice, rejoice in the Lord,  
exult, you just! O come, ring out your  
joy, all you upright of heart. **(R.)**

## Second Reading

1 Corinthians 10:31 – 11:1

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

*Be imitators of me, as I am of Christ.*

Whatever you eat, whatever you drink, whatever you do at all, do it for the glory of God. Never do anything offensive to anyone – to Jews or Greeks or to the Church of God; just as I try to be helpful to everyone at all times, not anxious for my own advantage but for the advantage of everybody else, so that they may be saved.

Take me for your model, as I take Christ.

## The word of the Lord.

## Gospel Acclamation

Luke 7:16

Alleluia, alleluia!

A great prophet has appeared among us;  
God has visited his people.

Alleluia!

## Gospel

Mark 1:40-45

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

*The leprosy left him and he was cured.*

A leper came to Jesus and pleaded on his knees: 'If you want to' he said 'you can cure me.' Feeling sorry for him, Jesus stretched out his hand and touched him. 'Of course I want to!' he said. 'Be cured!' And the leprosy left him at once and he was cured. Jesus immediately sent him away and sternly ordered him, 'Mind you say nothing to anyone, but go and show yourself to the priest, and make the offering for your healing prescribed by Moses as evidence of your recovery.' The man went away, but then started talking about it freely and telling the story everywhere, so that Jesus could no longer go openly into any town, but had to stay outside in places where nobody lived. Even so, people from all around would come to him.

## The Gospel of the Lord

**Communion Antiphon** Psalm 77:29-30

They ate and had their fill,  
and what they craved the Lord gave them; they were not disappointed in what they craved.

## REFLECTION

by Dianne Bergant CSA

*Leprosy was a general term that covered a wide variety of chronic skin diseases. It caused skin to break thus exuding bodily fluids. The issue here is bodily boundaries, not hygiene. Since bodily fluids belonged within the body, emissions other than the normal functions of elimination were clearly out of place. Those with skin ailments were deemed unclean, were banished from the community, and were required to keep their distance from others, for anyone who had direct contact with someone or something unclean was considered unclean. Because social and religious alienation was so severe, it was believed that the condition was brought on by some kind of sin. Such thinking did not prevent Jesus from showing compassion. The psalm is one of the Penitential Psalms. The double statement of blessedness introduces wisdom teaching about the benefits of God's merciful pardon, which is valued more highly than prosperity or reputation. Anyone so treated by God is truly blessed. This is not 'cheap grace'. Forgiveness is not*

*given indiscriminately. Rather, it is given to those who have honestly sought forgiveness, who have admitted their sinfulness and have repented of it. The psalm ends with an exhortation to rejoice. If one is just, then rejoicing is not only encouraged, it is probably a spontaneous response to God's magnanimous mercy. The psalmist's experience of personal contrition and divine clemency is offered as an example for others to follow.*

*Paul describes the delicate balance that existed between the freedom he enjoyed because of his faith in Christ and his need to accommodate himself to those to whom he was preaching. He feared that they would be repelled by something that was not intrinsic to the gospel. The gospel is demanding enough. People did not need to be burdened with obligations extraneous to its message. Conflict occurred whenever the attitudes that operated within one religious system were transferred to another. Paul insists that neither Jewish dietary laws nor the assertion of one's freedom should be the governing principle in the lives of Christians. The glory of God and sensitivity to the consciences of others should be the driving force.*

*The man in the gospel suffered from some kind of skin ailment. Though socially alienated and ritually unclean, he did not adhere to the laws of purity. Instead, he boldly approached Jesus and begged to be made clean, not to be cured. Social and religious acceptability seem to be more important to him than physical healing. Since impurity was considered contagious, to touch the man would make Jesus unclean. But it didn't. Instead, Jesus' touch healed the man and restored him to the state of ritual purity. Because the people were captivated by the wonders he could perform, Jesus chose the seclusion of solitary places rather than the press of the crowd and their misunderstanding of his mission.*

© Dianne Bergant CSA

*"The Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous."*

- Psalms 146:8



# NOW ENROLLING YEARS K – 6

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**THE LORD SAID**  
I HAVE  
HEARD YOUR PRAYER  
AND  
SEEN YOUR TEARS  
I WILL HEAL YOU  
2 KINGS 20:5

"COME TO ME, ALL  
YOU WHO ARE WEARY  
AND BURDENED, AND  
I WILL GIVE YOU  
REST."

— Matthew 11:28



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