



The Catholic Parish of Pittwater

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

Storms Bring Out Eagles

When the “storms of life” gather darkly ahead, I think of these wonderful words I once read...

And I say to myself as threatening clouds hover, “Don’t fold up your wings and run for cover.”

But like the eagle, spread wide your wings and soar far above the troubles life brings.

For the eagle knows that the higher he flies, the more tranquil and brighter becomes the skies.

And there is nothing in life, we were ever asked to bear that we can’t soar above on the wings of prayer.

And in looking back over the storm you passed through, you’ll find you gained strength and new courage too.

For in facing life’s storms with an eagle’s wings, you can fly far above Earth’s small, petty things.

Helen Syeiner Rice



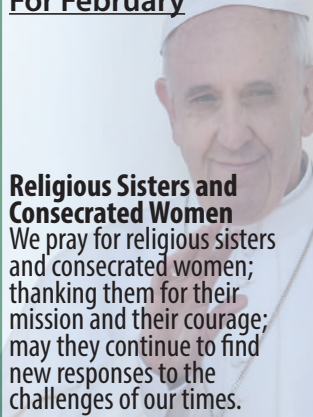
Thoughts of Bl Francis Jordan

Remember how you should have great, pure faith and how you should be men of faith! If you want to accomplish great things you should also have great trust, great hope in the Lord.



Painting by Zoriana Petriv

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.

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.

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

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.

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The Catholic Parish of Pittwater

MASS TIMES

SACRED HEART CHURCH
1 Keenan Street, Mona Vale

Weekday Masses
Tuesday 8.30am

Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8am, followed by Mass at 9.30am

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

the Souls of

Maria Rosa Calvi
Terry Buggy
Wojciech Kupczyk
Souls in Purgatory

Recently Deceased
Eddie Partridge
Judith Burer
Maurice John Brady

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

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
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

We welcome to Pittwater Parish

Grace Martins Teixeira
Luna Biancalana
on 26 February 2022

and

Zoe Mitchell
Isabelle Mitchell
Anamaria Raic

Fia Jusic

Rueben Scully

Ivy Scully

on 27 February 2022 at
Sacred Heart Church,
Mona Vale

for the
Sacrament of
Baptism

from Our Schools



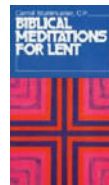
Mater Maria
Catholic College

Join us for our Open Day on Wednesday 9 March between 4.00pm - 7.00pm. We are now enrolling students in Year 5 for Year 7, 2024. There is a waitlist for those students that are currently in Year 6. Please visit the College website www.matermaria.nsw.edu.au/enrolments for a prospectus, Enrolment Application form or for more information. Applications for Year 7, 2024 close on Friday 8 April 2022.

BOOK REVIEW

Biblical Meditations
for Lent

by Carroll Stuhlmueller, C.P.



As we come into Lent, these short reflections for the Lenten Season help us to meditate and prepare for Easter.

Liturgy for the Week

28/02 **Monday Ordinary Time 8**
1 Pet 1:3-9: Mk 10:17-27:

MARCH

01/03 **Tuesday Ordinary Time 8**
1 Pet 1:10-16: Mk 10:28-31:

02/03 **ASH Wednesday**
Joel 2:12-18: 2 Cor 5:20 - 6:2:
Mt 6:1-6, 16-18:

03/03 **Thursday after Ash**
Wednesday
Deut 30:15-20: Lk 9:22-25:

04/03 **Friday after Ash Wednesday**
Is 58:1-9: Mt 9:14-15:

05/03 **Saturday after Ash**
Wednesday
Is 58:9-14: Lk 5:27-32:

PASTORAL
WORKS Broken Bay

Thank you to all who support Pastoral Works as we endeavour to reach further and wider in helping our community. Every gift makes a real difference to someone in hospital, a school for students with special needs, the deaf community or our catechists sharing the gospel with State school students.

Bishop Anthony Randazzo



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(pittwater_parity)

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Parish of
Pittwater

Cashless Fast Secure



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.

GIVING

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

LIVESTREAMS

READINGS

NEWS

Available on the
App Store

Get it on
Google play

<https://brokenbay.goodgiving.com.au>



Vinnies

For the needy, help is available by contacting the Brookvale Centre 9905 0424 during business hours.

What is Lent?

Wednesday, March 2, 2022 - Thursday, April 14, 2022



Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptised into Christ's death, died to sin and evil, and began new life in Christ.

Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. Contemplate the meaning and origins of the Lenten fasting tradition in this reflection. In addition, the giving of alms is one way to share God's gifts - not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446).

In Lent, the baptised are called to renew their baptismal commitment as others prepare to be baptised through the Rite of Christian Initiation of Adults, a period of learning and discernment for individuals who have declared their desire to become Catholics.

Why is Ash Wednesday called Ash Wednesday?

Ash Wednesday begins Lent. The day gets its name from the traditional blessing of the ashes taken after the burning of Palm branches (or crosses made from Palm leaves) from the previous year's Palm Sunday celebrations. The ashes are used to draw a cross on the head of people to mark the beginning of their Lent fast. The drawing of a cross is often done while repeating the words "Repent and believe in the Gospel" (Mark 1:15) or "Remember that you are dust, and to dust you shall return" (Genesis 3:19).

What is Holy Week?

Palm Sunday marks the beginning of Holy Week – the last week of Lent leading up to Easter. On Palm Sunday Christians everywhere remember Jesus' triumphant arrival in Jerusalem. Church services will often include a procession of palm branches, symbolic of the ones laid at Jesus' feet as he rode into the city. Palm crosses will also be distributed on this day, to be kept until the following year's Ash Wednesday as a reminder of the death and resurrection of Jesus.

As Holy Week draws to a close and Easter approaches, we have Holy Wednesday, commemorating Judas Iscariot's intent to betray Jesus; Thursday of the Lord's Supper, commemorating the Last Supper Jesus shared with his disciples in which he predicts his betrayal by the following denial by Peter; and Good Friday, the day on which Christians around the world remember Jesus' crucifixion and burial.

With Good Friday over, Christians look forward to Easter Sunday, the day on which Jesus rose from his tomb.

As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed. "Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. But go, tell his disciples and Peter, 'He is going ahead of you into Galilee. There you will see him, just as he told you.'" Mark 16:5-7

To prepare for Lent

A beautiful and prayerful Lenten Companion has been released by the Catholic Archdiocese of Sydney to journey with you through the season of Lent.



Titled COME BACK TO ME: Mercy and Healing Await, the 28-page booklet contains rich devotional reflections and prayers providing an opportunity to prepare for Easter.

A season of repentance and renewal, the companion draws on the simple traditions of the Church while gently guiding the faithful to put time aside each week to reflect on the forty-day liturgical season of fasting, special prayer and almsgiving.

Auxiliary bishop of Sydney Richard Umbers encouraged the faithful to use the Companion to help set aside time for reflection on Jesus Christ – to consider His suffering and His sacrifice, His life, death, burial and resurrection.

"Please use COME BACK TO ME, Mercy and Healing Await to strengthen your faith and deepen your relationship with God as you prepare your hearts and minds for Good Friday and Easter," he said.

"Lent is a rich tradition of our Church, a time of prayer, fasting and abstinence and preparation.

"Pope Francis reminds us that "Lent is a favourable time to make room for the Word of God. It is time to switch off the television and open the Bible. It is a time to separate from mobile phones and connect to the Gospel."

The parish has downloaded and printed 50 copies of "Come Back to Me" Lenten Companion 2022 from the Catholic Archdiocese of Sydney.

- COME BACK TO ME, Mercy and Healing Await – a free resource – can also be downloaded on the Go Make Disciples website.
- To register for training go to the Go Make Disciples events page

INTRODUCING BEST LENT EVER

This year... for the first time ever... we're offering you TWO options for BEST LENT EVER.

Every day, you will receive two short, practical and inspiring videos in your inbox, each representing a pathway leading toward a better version of you and a closer relationship with God.

Why did we double up? Well, the world has changed. You've changed. And in order to offer a truly transformative experience, we developed two pathways designed specifically to meet you where you are, no matter where you are in your spiritual journey.

To learn more: <https://www.dynamiccatholic.com/lent.html> to sign up

PROJECT COMPASSION
FOR ALL FUTURE GENERATIONS



Please take home a Project Compassion box and a set of donation envelopes to support Caritas Australia this Lenten season and help support vulnerable people around the world, now and For All Future Generations.



With your support, Caritas Australia has been able to support vulnerable communities around the world to tackle poverty, food security, education, water and sanitation and disaster risk reduction. Project Compassion 2022 reminds us that the good that we do today will extend and impact the lives of generations to come to build better future for all.

As St Pope John Paul II said,
"The future starts today, not tomorrow."

Together, we can help vulnerable communities face their challenges today and build a better tomorrow For All Future Generations. You can donate through Project Compassion donation boxes and envelopes available from your Parish, by visiting lent.caritas.org.au, or by calling 1800 024 413.



**We welcome
to Pittwater Parish**

**Annika Tebbatt
on 20 February 2022**

**Maria Regina Church,
Avalon
for the
Sacrament of
Baptism**

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.

WANTED



CATECHISTS

Top Reasons to Become a Catechist Joe Paprocki

You will grow in your own faith, learn the teachings of the Church, and deepen your relationship with Jesus.

Your Baptism calls you to share in Jesus' ministry.

Children, teens, and adults in today's world, more than ever, need to hear the Good News of Jesus.

Children, teens, and adults in today's world, more than ever, need to encounter good role models of faith.

You have much to share with those you'll teach,

and you'll have opportunities to share faith with other catechists.

Today's catechetical textbooks/resources offer outstanding support.

You'll be challenged, you'll have fun, and you'll make new friends.

You'll be helping people deepen their relationship with Jesus. (You'll be evangelising!)

You'll be handing on a 2000-year-old Tradition that changes lives.

It's our job: Jesus sent us to "go and teach all nations."

For more information call the Parish Catechists coordinators: Maureen Wooldridge - 9997 4694 or Veronica Thomas - veronicathomas2009@gmail.com

REWARD

Personal Satisfaction Guaranteed

Life in our sister Parish!

A preschool education can give kids the best start in life!

It has been a tough couple of years trying to maintain our usual level of support for our Parish sister village Soibada in Timor Leste (formerly East Timor). However, our great team of volunteers has managed to keep the momentum going and a surprising number of projects have been completed without us in country. I have found myself quite homesick without my regular visits to the village as our travel was constrained by Covid. However, importantly, this was really our aim all along! To be sustainable this charity needs to ensure that we enable those people we are assisting to do it on their own without us. Covid forced our hand on this. Whilst there are still great benefits of taking volunteers from Australia to Soibada regularly to train and assist the community with projects, the ultimate goal is that they won't need our help at all one day. In saying that though, our friendship partnership is forever!

Our Parish has been linked to Soibada since 2010 when Father George visited the village and signed the official agreement with Father Abel. The help you, have given the village has made a notable difference in the lives of the people. You have effected change in education, health, small business, tourism and hospitality, agriculture and farming and so much more.

In Soibada, as in most of Timor Leste, there are high rates of illiteracy and extreme poverty. Most families have at least seven or eight children. Children under the age of 6 face huge challenges in their right to life, survival and development. High under-5 mortality rates, malnourishment, as well as diseases such as diarrhoea from inadequate safe water, sanitation and hygiene, all impact children's start in life. Very few pre-school-age children are growing up in an environment that adequately nurtures them mentally and physically. The lack of educational facilities in Soibada disadvantages more than just the 2-5-year-olds. Older siblings, particularly girls, miss out on their schooling because they are required to stay at home to care for the younger ones. Some school-age children take their younger siblings to school where they wait outside the classrooms. Huge numbers of Timorese children are unable to access their right to education and this has a lifelong impact on their ability to realise their full potential.



Over recent months our focus has been on the Preschool. There are plans for a large preschool and youth centre development in the village that will take some years to come to fruition. This project will be conducted in partnership with several Rotary Clubs around the world and as many sponsors and supporters we can encourage to be part of it.

In the meantime, Sister Alzira, an energetic young Dominican Nun from Tasi Fatin, a remote part of

Soibada, contacted me to say that they had 80 children ready to start preschool this year! I was at a loss as to how we could raise funds in lockdown when we couldn't even hold an event. The Friends of Soibada Committee in Timor led by Parish Priest, Father John, identified an old convent building that could be refurbished to fill this need over the next few years. We only needed to raise \$8000 but we were required to do it quickly. This small amount of money will not only help the 80 children registered to attend the kindergarten but will have a huge impact on their families and the community as a whole.



To solve this immediate problem, we set up a Chuffed Crowdfunding Campaign and launched it on Facebook. This is where social media proved that if used in the right way it can be very positive. The Pittwater Community and beyond rallied and got behind us. Your generosity enabled us to reach our goal remarkably quickly and is a testament to the spirit of our community and the way we look further than our "insular peninsular". Work to make the building safe for pre-schoolers began. The funding not only provided the materials necessary for the renovation but also the wages for the local builders and tradies. That meant food for dozens of families.



It was amazing to get regular progress updates from the village and photos on Facebook. The local community had come out in droves to help prepare this facility for their children. There was much excitement and I received personal messages of hope and joy. This is Friends of Soibada's third attempt over the last 12 years to establish a preschool in the village. We have had other agencies offer to build facilities in the past but for a variety of reason the projects have not come to fruition. Soibada is very remote, and access is difficult. Perhaps those facilities would have been of higher standard however, the control and ownership of the project would not lie with the local community. This preschool project was initiated by the Soibada community, they did the work, they will run it. We merely equip them to do this and will provide any support and training they request. This is the best way for our community to support Soibada in friendship. Sometimes our good intentions are not enough and we must listen and understand what the community we are trying to help really needs.



These children will be prepared for the more formal education available in the local primary school. They will be provided with a nutritious meal and clean water each day in a safe learning environment. Their older siblings will be free to attend their school classes. Their mothers will be given the time needed to work and gain a much-needed income.

This week with much ceremony with an opening Mass, a blessing and traditional dancing, the Soibada Preschool was officially opened. Friends of Soibada was represented by our team member from Dili (the capital of Timor Leste), Amin. He visits the village regularly for meetings and updates. Amin has been our mainstay during the pandemic. A fully qualified high school English teacher, Amin has been volunteering with us for over nine years.



There is still more work for us to do to support the operational costs of the preschool. The families must pay a fee of \$5 US a month for their child to attend. Some families struggle to find even this amount, so we are offering assistance for those that need it. We are also going to fund the wages of the teachers who only earn \$100 US a month. If you are interested in supporting this project you will be provided with the opportunity to get to know the people you are helping and follow the children's development in the future. Perhaps one day you might even be interested in travelling to the village to meet them. There is an ongoing crowdfunding campaign set up for this purpose. Even just a few dollars regularly can have a big impact. Have a look at our campaign "Small People Big Beginnings".

<https://chuffed.org/project/small-people-big-beginnings>

Education the key to a bright future for these children. It is also essential for success as a young country growing from beneath the shroud of war, destruction and resulting poverty. Thank you to our generous Parish community being part of this. You are really changing the world!

Tamara
Social Justice Ministry

If you are interested in getting involved in this or any of the other projects please check out the Friends of Soibada Facebook Page or get in touch with Tamara on tamara.harding@bigpond.com



This is four year old Emiliania Ilda Costa Da Conceição. She lives in Soibada. She and over 70 others started preschool this week thanks to supporters in our Parish and on the Northern Beaches of Sydney

The *Living* Word

Entrance Antiphon Cf. Ps 17:19-20
The Lord became my protector.
He brought me out to a place of freedom;
he saved me because he delighted in me.

First Reading Sir 27:4-7
A reading from the book of Ecclesiasticus
Do not praise someone before they have spoken.

In a shaken sieve the rubbish is left behind,
so too the defects of a man appear in his talk.
The kiln tests the work of the potter,
the test of a man is in his conversation.
The orchard where the tree grows is judged on the quality of its fruit,
similarly a man's words betray what he feels.
Do not praise a man before he has spoken,
since this is the test of men.

The word of the Lord

Responsorial Psalm
Ps 91:2-3. 13-16. R. See v.2

(R.) Lord, it is good to give thanks to you.

It is good to give thanks to the Lord to make music to your name, O Most High,
to proclaim your love in the morning and your truth in the watches of the night. **(R)**

The just will flourish like the palm-tree and grow like a Lebanon cedar. **(R)**

Planted in the house of the Lord they will flourish in the courts of our God,
still bearing fruit when they are old,
still full of sap, still green,
to proclaim that the Lord is just.
In him, my rock, there is no wrong. **(R)**

Second Reading 1 Cor 15:54-58
A reading from the first letter of St Paul to the Corinthians
Victory has been given to us through Jesus Christ.

When this perishable nature has put on imperishability, and when this mortal nature has put on immortality, then the words of scripture will come true: Death is swallowed up in victory. Death, where is your victory? Death, where is your sting? Now the sting of death is sin, and sin gets its power from the Law. So let us thank God for giving us the victory through our Lord Jesus Christ.

Never give in then, my dear brothers, never admit defeat; keep on working at the Lord's work always, knowing that, in the Lord, you cannot be labouring in

vain.

The word of the Lord

Gospel Acclamation Phil 2:15-16

Alleluia, alleluia!
Shine on the world like bright stars;
you are offering it the word of life.
Alleluia!

Gospel Lk 6:39-45
A reading from the holy Gospel according to Luke
A person speaks from what is in his heart.

Jesus told a parable to his disciples, 'Can one blind man guide another? Surely both will fall into a pit? The disciple is not superior to his teacher; the fully trained disciple will always be like his teacher. Why do you observe the splinter in your brother's eye and never notice the plank in your own? How can you say to your brother, "Brother, let me take out the splinter that is in your eye," when you cannot see the plank in your own? Hypocrite! Take the plank out of your own eye first, and then you will see clearly enough to take out the splinter that is in your brother's eye.

'There is no sound tree that produces rotten fruit, nor again a rotten tree that produces sound fruit. For every tree can be told by its own fruit: people do not pick figs from thorns, nor gather grapes from brambles. A good man draws what is good from the store of goodness in his heart; a bad man draws what is bad from the store of badness. For a man's words flow out of what fills his heart.'

The Gospel of the Lord

Communion Antiphon Cf. Ps 12:6
I will sing to the Lord who has been bountiful with me,
sing psalms to the name of the Lord Most High.

Reflection

Disciples or Mask-Wearers?
In ancient Greece actors wore masks which concealed the face. One may say they were 'two-faced'. They were called 'Hypocrites', and we derive our word and the idea of 'hypocrite' from that. As did Jesus. He could always see through the veneer which people (such as you and I) present to the outside world, and his gaze would (and still can) penetrate through to the heart – the core of the personality. For us, judging the heart of someone is fraught with risk. As Jesus humorously put it, how readily we see the smallest splinter of sawdust in someone else's eye, and in super-critical mode fail to see the

plank of wood which impairs and distorts our vision. We should not rush to judgment.

The fact is that only the gaze of God can really penetrate to the heart of someone. We know that the gaze of Jesus, Who is God, is always a loving gaze visualising a heart open to salvation. (Mk 10:17-22) This is one of the reasons why recent Popes have opposed capital punishment. Time must be given for the heart of the convicted criminal to respond to that loving gaze. And it leaves the Final Judgment, even of the murderer, to God. Listen to the dying moments of Our Lord. His loving gaze penetrated beyond the masks and actions of his tormentors and focused on their hearts. Then he cried out this plea: 'Father, forgive them for they know not what they do.'

We are all conscious of the times we have fallen short of the practice and teaching of our Master despite our praying: 'Forgive us our trespasses as we forgive those who trespass against us.'
We could pause for a moment to pray that The Teacher's loving gaze fall upon us to make us whole-hearted disciples willing 'to be formed by divine teaching'.

© Fr Michael Tate

ASH WEDNESDAY

2 March 2022

Mass
Sacred Heart Church
9.30am and 7.00pm

Maria Regina Church
8am

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



This week a beautiful baby-grand piano was gifted by Laurette Faulkner to Maria Regina Church. We are very grateful to welcome this instrument, which will grace the music ministry in our Church in Avalon for years to come.

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Andrew Snow
B.PHARM. MPS

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