



# The Catholic Parish of Pittwater

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



## Thoughts of Fr Francis Jordan

At this holy Easter time I wish you every happiness and blessing.  
May the dear God sustain you in his holy grace.  
May the Risen Saviour...fill you more with his Spirit.

## A Prayer for Easter

Dear Father,  
My eyes lift to Heaven  
in total adoration of the  
one true God You are.  
Your incredible love  
for the world exceeds my  
imagination, and Your gracious  
gift of life excels beyond  
my understanding.

When I reflect on the Cross of  
Calvary, my mind fails to grasp  
the depth of darkness.

The day You turned your back  
on Your Son, as He bore the  
sins of the world, for everyone  
ever born.  
For me.

The price was so great yet His  
blood poured out to yield the  
highest return of investment  
ever known.

O Death - where is your sting?  
O Grave - where is your victory?  
Death? It is extinguished.  
The Grave? It has been conquered.  
And the Empty tomb? Celebrated.

He is Risen and we praise You,  
Father.  
Hosanna and Amen.

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



# He is Risen!

## *Celebrate the Saviour*

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



### POPE FRANCIS' PRAYER INTENTION FOR APRIL For Culture of Peace and Non-Violence

We pray for the spread of  
peace and non-violence, by  
decreasing the use of weapons by  
states and citizens



You can find us on  
**Instagram**  
(pittwater\_parish)

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



Like us on  
**Facebook**

**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**

## Prayers for the Sick

Anna Smigowska  
Sarah Zofrea  
Guy Zofrea  
Avelino Samartin  
Bill O'Connor  
Tim Boshier  
Jeff Langley  
Mark Lindfiels  
Nick Moullakis  
Bill Eyre  
Brian Gregan  
Jim Hammond  
Marcia Bailey  
Bec Burroughs  
Susan Hickey  
Sophia Burfitt  
Margaret De Landre  
Maeve Robinson  
Jenny Carroll  
Matt Ukishima  
Pietrina Maiorana  
Mina Lee  
Denise Wagner  
Tom Murphy  
Leonie Ariemetto  
John Graham

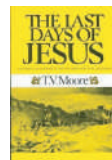
## Liturgy for the Week

- 10/04 Monday within the Octave of Easter**  
Acts 2:14, 22-33; Mt 28:8-15
- 11/04 Tuesday within the Octave of Easter**  
Acts 2:36-41; Jn 20:11-18
- 12/04 Wednesday within the Octave of Easter**  
Acts 3:1-10; Lk 24:13-35
- 13/04 Thursday within the Octave of Easter**  
Acts 3:11-26; Lk 24:35-48
- 14/04 Friday within the Octave of Easter**  
Acts 4:1-12; Jn 21:1-14
- 15/04 Saturday within the Octave of Easter**  
Acts 4:13-21; Mk 16:9-15

## BOOK REVIEW

The Last Days of Jesus

by: T V Moore



The author remind us of the importance of the forty days which followed the resurrection and provides a sure guide to the significance of our Lord's ministry to his disciples during this time.



## NEW MONSTRANCE

We would like to thank one family in our parish community for their generosity in sponsoring this exquisite new Monstrance for our Maria Regina Church. Your kindness and support is very much appreciated. May God bless you abundantly.

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Parish of  
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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.



## THURSDAY MORNING SPIRITUALITY GROUP

Every Thursday, the Spirituality Group will be held at 10:30 am after the 10 am Mass for Morning Tea followed by study and contemplation until 12 noon.

at  
Maria Regina Church  
Hall  
Avalon

## Divine Mercy Sunday

16 April 2023  
Sacred Heart  
Mona Vale  
at  
3.00 pm

Exposition  
of the Blessed Sacrament

Adoration

Reconciliation

Chaplet of Divine Mercy

Benediction



## Divine Mercy Novena

The Divine Mercy novena prayers were given to St Faustina through an apparition of our Lord Jesus. Each day has a new petition that seeks God's mercy for different purposes.

The message of Divine Mercy is a powerful and moving way to come closer to Christ. His Mercy is central to our lives and we must continually depend on it and ask for it daily.

The Divine Mercy Novena begins on Good Friday, and goes until Divine Mercy Saturday, the 2nd Sunday of Easter is Divine Mercy Sunday.

*You can join thousands of people in praying the novena this year!*  
Leaflets are available at the back of both Churches.

It is a joyful and hope-filled occasion for all of us to celebrate life, that Christ is truly risen and alive.  
May you and all your loved ones be filled with happiness and the peace of the Risen Christ.

Fr Richard Sadowski SDS and  
Fr Zygmunt Smigowski SDS

## NOTICE

Over the past years, there have been a number of building issues in relation to the Mona Vale Parish office, Parish Centre and Priests residence. With these issues requiring to be addressed the Parish is looking to review the current building structures and facilities at Mona Vale with the objective to look at opportunities and options to both optimise and improve the current state of the buildings and facilities.

The Parish is seeking the support of an Architect, or Draftsperson that would support the Parish in the process of the review and next steps of the current actions.

If you are such a person or can recommend a person with such skills and knowledge to assist the Parish efforts on this project, we would like to hear from you. Please contact the Parish Office, 9157 0999 or email us at [office@pittwaterparish.org](mailto:office@pittwaterparish.org) and leave your Name and Contact details and we will reach out to you or the recommended person.

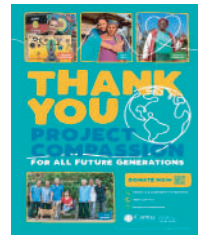
Project Compassion  
Easter Sunday  
9 April



*Happy Easter from all at Caritas Australia!*

Thank you for your continued support for Project Compassion – past, present and future. Together, we can help vulnerable communities face their challenges today and build a better tomorrow For All Future Generations.

If you still have your Project Compassion box or set of envelopes at home, please bring them back to the Church or Parish Office.



## Thank You

I would like to take this opportunity to thank our wonderful and dedicated musicians, singers, junior and senior servers, readers, computer operators, and all involved in our Easter Celebrations.

Thank you to all our parishioners for your contributions and support throughout the year.

Your financial contributions in our Planned Giving Programme and your generous donations throughout the year to Pastoral Works Broken Bay are greatly appreciated.

I also wish to extend a warm welcome to any new parishioners to Pittwater Parish.

Fr Richard SDS



Meet and Greet  
with  
Lay Salvatorian  
Australian Chairperson  
Sammantha Da Luz

Please join us for Mass  
and coffee afterwards

Friday, 14th April 2023  
Sacred Heart Church  
Mona Vale

For more enquiries:  
[layaustraliaicds@gmail.com](mailto:layaustraliaicds@gmail.com)

# 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

## Assistant Priest

**Fr Zygmunt Smigowski SDS**  
Tel 9157 0999 ext 12  
ap@pittwaterparish.org

## Director of Music

**Josh Willard**  
Tel 9157 0999 ext 17  
music@pittwaterparish.org

## Media & Communication

**Conille Felias**  
Tel 9157 0999 ext 31  
media@pittwaterparish.org

## Sacramental Coordinator

**Sonia Samartin**  
Tel 9157 0999 ext 13  
sacraments@pittwaterparish.org

## CCD Catechist Coordinators

**Maureen Wooldridge**  
Mobile 0421 907 469  
**Veronica Thomas**  
Mobile 0417 061 534

## Parish Office Hours

**Monday to Thursday**  
9.00 am to 4.00 pm  
**Friday**  
9.00 am to 12.00 pm

## 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 9918 2608

**Principal: Miss Kirsty Thorpe**

## WARRIEWOOD

### Mater Maria Catholic College

Tel 9997 7044

**Principal: Mr Marc Reicher**

## Easter Message from Bishop Anthony Randazzo

My dear brothers and sisters in Christ,

If you search “Jesus” on Wikipedia you will find the following: Jesus of Nazareth (ca.4 BC – AD 30–33), commonly referred to as Jesus Christ or simply as Jesus or Christ, was a first-century Jewish preacher and religious leader; he is the central figure of Christianity, the world’s largest religion. Most Christians believe he is the incarnation of God the Son and the awaited Messiah (the Christ) prophesied in the Hebrew Bible.

What is interesting about this entry is that since I last looked, someone has removed the line, “that he rose from the dead after being crucified”.

It is a simple portrayal not accurately described which is not surprising in today’s world, where often only the appealing or comfortable bits of a story are recounted. This description is more or less accurate but powerless and impersonal.

Saint Paul recalls “we believe that having died with Christ we shall return to life with him” (Romans 6:8). This is why the Son of God took flesh and broke into human history as the God-man Jesus Christ. This is why he was crucified. This is why he rose from the dead with all authority and promised to be with us to the end of time - to create a people whose sins are forgiven, and whose hearts are full of the love of God, and who are so animated by the victorious Christ, that they spend their lives with challenges and sacrifice and charity to assist others know and enjoy the magnitude of Jesus Christ for all eternity.

As we journey together through this most holy of weeks, I would invite you to spend some time, both individually and with our community of the Church, to recognise Jesus as the Christ. Remember that he is the lover of our souls, and his passion and death are for the forgiveness of our sins.

As we probe the mystery of faith, I pray that our words and actions, our love and compassion, might reveal to the world that Christ, the true Christ, the ever-living Christ in the Church which seeks to preach him, in whose body we are formed, is the saviour of the world.

Is this not what we were made for? Is there not something in your own soul that witnesses to you that this is true and worthy of full acceptance?

May the blessings of Christ, crucified and risen, be yours this Easter.

+ **Anthony**

## Sacramental Program Update

### Sacrament of Confirmation

Saturday, 17 June 2023  
at 6pm at Maria Regina Church  
Sunday, 18 June 2023  
at 10am and 12noon  
at Sacred Heart Church

Children in Year 3 and above are eligible to receive the Sacrament of Confirmation if they have been baptised. For more information about the preparation program, enrolments, etc. you **MUST** attend **ONE** parent information session which will take place at 7:30pm:

Wednesday 3 May

Sacred Heart Church and

Thursday 4 May

Maria Regina Church

If you have any questions, or would like to become a facilitator of your child’s preparation group please contact **Sonia** at

[sacraments@pittwaterparish.org](mailto:sacraments@pittwaterparish.org)

**We need the help of parents to facilitate the preparation groups.**

## Pontifical Good Friday Collection 2023

The annual collection for the support of the Church in the Holy Land will take place on **Good Friday, 7 April.**

**Faith, Memory & Culture –**

**The Holy Places**

Holy Land Franciscans and staff maintain the holy places and shrines. This enables those who live in the Holy Land and those who visit to deepen their faith and their spiritual and cultural connection to salvation history.

**Social & Charitable Activities**

In order to assist Christians to remain in the Holy Land, including the poor and young couples, the Custody builds thousands of residential units. Additionally, they build senior care facilities. Medical assistance is provided for the needy.

**Educational & Scientific Activities**

The Franciscans operate and support schools open to all, regardless of religion or nationality. They provide scholarships for students to prepare them to get jobs and remain in the Holy Land as part of living Catholic communities. Funds are distributed to young men studying to become Franciscan priests or brothers. Finally, Franciscan archaeologists pursue ongoing research at the Holy Places discovering historical artefacts. Please remember the Christians of the Holy Land on Good Friday and please keep them in your prayers. Thank You.

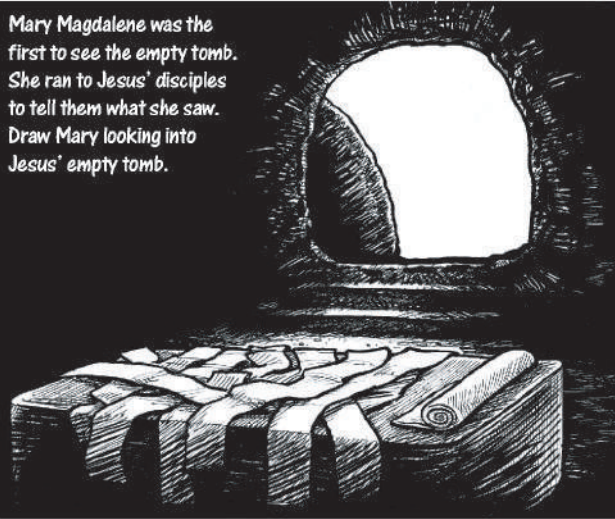


# He is risen! Alleluia!

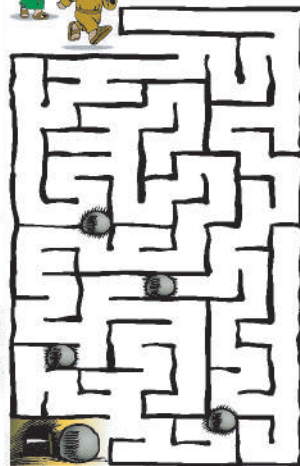


Easter Sunday of the Resurrection of the Lord

Mary Magdalene was the first to see the empty tomb. She ran to Jesus' disciples to tell them what she saw. Draw Mary looking into Jesus' empty tomb.



Help the disciples find their way to Jesus' empty tomb.



This is the day the Lord has made. Let us rejoice!



What can you do to make people glad today?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Fill in the missing words below to find out what the letters in the boxes spell.

Mary M  went to the tomb.

"They have taken the  from the tomb", she said.

Peter was a d  of Jesus.

The other disciple ran f  than Peter.

He saw the strips of  cloth lying inside the tomb.

B  he did not go in.

When he saw  he believed.

The Scriptures s  Jesus would rise to life.

John 20:1-9

© Creative Ministry Resources

## Welcome to Pittwater Parish

Chloe Rose Campbell  
Charlie Glasford  
Campbell  
Camilla June Campbell  
Blaire Nora Campbell  
Ned Wallace Campbell

on the  
2nd of April 2023

at  
Maria Regina Church  
Avalon

for the  
Sacrament of  
Baptism

## We welcome to Pittwater Parish



**Bianca Ipschwitz**  
FOR THE SACRAMENT OF BAPTISM



**Hazel Soriano**  
FOR THE SACRAMENTS OF CONFIRMATION AND  
HOLY COMMUNION



**Arielle Soriano**  
FOR THE SACRAMENTS OF CONFIRMATION AND  
HOLY COMMUNION



**Louise Kirychenko**  
TO THE FULL COMMUNION WITH THE  
CATHOLIC CHURCH AND THE SACRAMENTS OF  
CONFIRMATION AND EUCHARIST

on Easter Vigil, Saturday, 8 April 2023  
at Sacred Heart Church, Mona Vale



# The *Living* Word

**Entrance Antiphon**  
Cf. Ps 138:18,5-6

I have risen, and I am with you still,  
alleluia.  
You have laid your hand upon me,  
alleluia.  
Too wonderful for me, this knowledge,  
alleluia, alleluia.

**First Reading** Acts 10:34, 37-43  
**A reading from the Acts of the Apostles**  
*We have eaten and drunk with him after his resurrection from the dead.*

Peter addressed Cornelius and his household: 'You must have heard about the recent happenings in Judaea; about Jesus of Nazareth and how he began in Galilee, after John had been preaching baptism. God had anointed him with the Holy Spirit and with power, and because God was with him, Jesus went about doing good and curing all who had fallen into the power of the devil. Now I, and those with me, can witness to everything he did throughout the countryside of Judaea and in Jerusalem itself: and also to the fact that they killed him by hanging him on a tree, yet three days afterwards God raised him to life and allowed him to be seen, not by the whole people but only by certain witnesses God had chosen beforehand. Now we are those witnesses – we have eaten and drunk with him after his resurrection from the dead – and he has ordered us to proclaim this to his people and to tell them that God has appointed him to judge everyone, alive or dead. It is to him that all the prophets bear this witness: that all who believe in Jesus will have their sins forgiven through his name.'

**The word of the Lord**

**Responsorial Psalm**  
Ps 117:1-2, 16-17, 22-23, R. v.24

**(R.) This is the day the Lord has made; let us rejoice and be glad.**

Give thanks to the Lord for he is good,  
for his love has no end.  
Let the sons of Israel say:  
'His love has no end.' (R)

The Lord's right hand has triumphed;  
his right hand raised me up.  
I shall not die, I shall live  
and recount his deeds. (R)

The stone which the builders rejected  
has become the corner stone.  
This is the work of the Lord,  
a marvel in our eyes. (R)

**Second Reading** Col 3:1-4  
**A reading from the letter of St Paul to the Corinthians**  
*Throw away the old yeast, that you may be new dough.*

You must know how even a small amount of yeast is enough to leaven all the dough, so get rid of all the old yeast, and make yourselves into a completely new batch of bread, unleavened as you are meant to be. Christ, our passover, has

been sacrificed; let us celebrate the feast, then, by getting rid of all the old yeast of evil and wickedness, having only the unleavened bread of sincerity and truth.

**Sequence**

Christians, to the Paschal Victim offer sacrifice and praise.  
The sheep are ransomed by the Lamb; and Christ, the undefiled, hath sinners to his Father reconciled. Death with life contended: combat strangely ended!  
Life's own Champion, slain, yet lives to reign.  
Tell us, Mary: say what thou didst see upon the way.  
The tomb the Living did enclose; I saw Christ's glory as he rose!  
The angels there attesting; shroud with grave-clothes resting.  
Christ, my hope, has risen: he goes before you into Galilee.  
That Christ is truly risen from the dead we know.  
Victorious king, thy mercy show!

**The word of the Lord.**

**Gospel Acclamation** 1 Cor 5:7-8

Alleluia, alleluia!

Christ has become our paschal sacrifice; let us feast with joy in the Lord.

Alleluia!

**Gospel** Jn 20:1-9

**A reading from the holy Gospel according to John**  
*The teaching of scripture is that he must rise from the dead.*

It was very early on the first day of the week and still dark, when Mary of Magdala came to the tomb. She saw that the stone had been moved away from the tomb and came running to Simon Peter and the other disciple, the one Jesus loved. 'They have taken the Lord out of the tomb' she said 'and we don't know where they have put him.'  
So Peter set out with the other disciple to go to the tomb. They ran together, but the other disciple, running faster than Peter, reached the tomb first; he bent down and saw the linen cloths lying on the ground, but did not go in. Simon Peter who was following now came up, went right into the tomb, saw the linen cloths on the ground, and also the cloth that had been over his head; this was not with the linen cloths but rolled up in a place by itself. Then the other disciple who had reached the tomb first also went in; he saw and he believed. Till this moment they had failed to understand the teaching of scripture, that he must rise from the dead.

**The Gospel of the Lord**

**Communion Antiphon** 1 Cor 5:7-8

Christ our Passover has been sacrificed, alleluia;  
therefore let us keep the feast with the unleavened bread of purity and truth, alleluia, alleluia.

**REFLECTION**  
by *Dianne Bergant CSA*

*Easter is the season of mystagogical catechesis, that instruction that unpacks the hidden mystery of the experience of the sacraments of initiation received or renewed at Easter. The readings of each Sunday concentrate on some aspect of this mystery. The central theme of this Sunday is newness of life in Christ. This newness is not without its historical context. It burst forth first in the resurrection of Christ, and then through the preaching of the first Christians. The readings testify that if we die with Christ, we will appear with him in glory; if we cast out the old yeast, we will be fresh dough. And when this wondrous transformation takes place, everything is new; everything is fresh. To what newness are we called? To what must we die in order to rise transformed? What old yeast of corruption must be cast out in order that we might be fresh dough? At Easter we renew our baptismal vows. What is it that we really renounce? Ours is a world of violence, of prejudice, of indifference. Too often we harbour feelings of anger and resentment, of selfishness and disdain. Easter proclaims that Christ has died and has risen; with him we die to all of the wickedness in our lives and in our world, and we set our hearts on higher things, on sincerity and on truth.*

© Dianne Bergant CSA



**From Good Friday, 7th April  
until Tuesday, 11th April  
and will re-open on Wednesday,**

**12th April 2023**

**The phones & emails are  
monitored regularly.  
So please don't hesitate to  
contact us & leave a message.**

**Have a Blessed Easter!**

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*For more information call the Parish Office on 9157 0999*



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