



# The Catholic Parish of Pittwater

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

## 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.

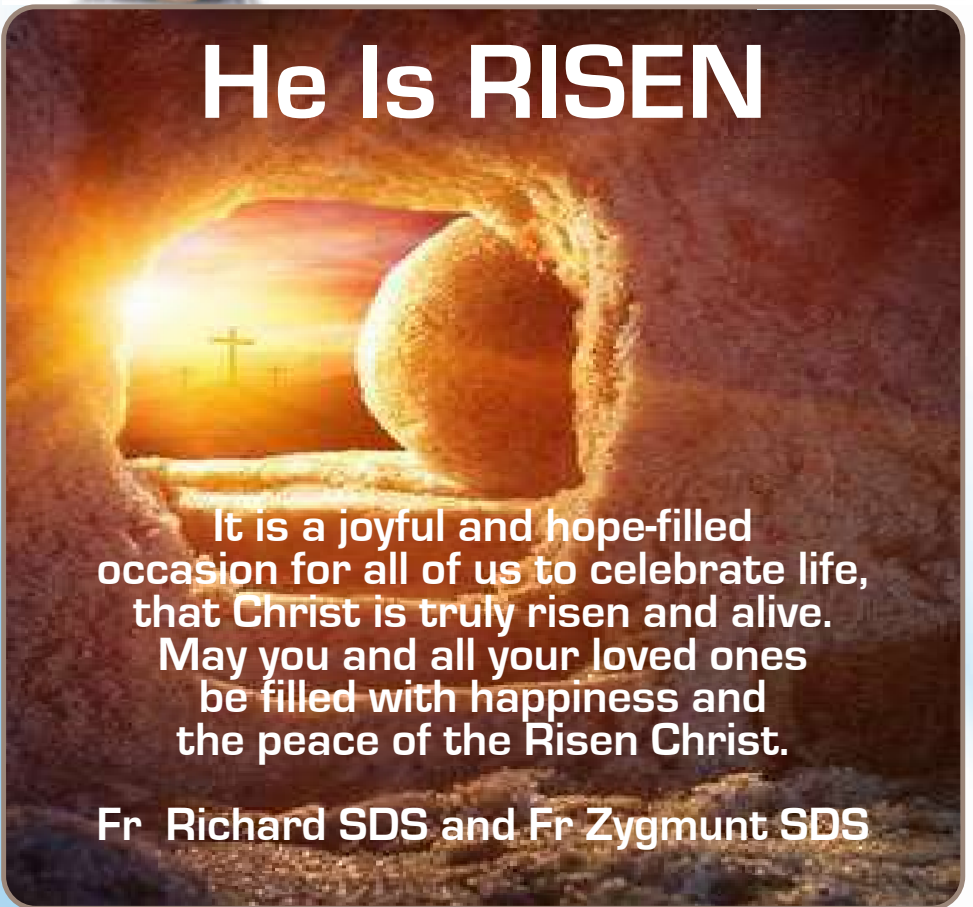
He is Risen and we praise you,  
Father.

Hosanna and Amen.



## Thoughts of Fr Francis Jordan

May the risen Saviour fill each of you with abundant graces and blessings.  
Work courageously at making progress in doing good and put your whole trust  
in God who is our helper.

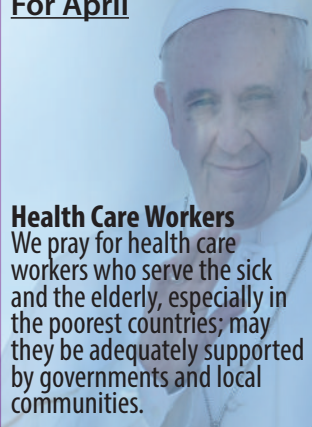


# He Is RISEN

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 SDS and Fr Zygmunt SDS

## Pope Francis' Prayer Intentions For April



**Health Care Workers**  
We pray for health care workers who serve the sick and the elderly, especially in the poorest countries; may they be adequately supported by governments and local communities.

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.



## 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

**Terry Jones**  
**Patricia Heyde**  
**Teresa Shepherd**  
**Theodore Shepherd**

### Recently Deceased

**Alison Brent**

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

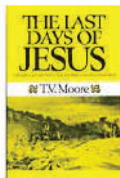
Beryl Peo-Duncan  
 Michael Carroodus  
 Pat Regan  
 Garry Gleeson  
 Annette Davis  
 Andrew Hood  
 Jeff Langley  
 Warwick Chipman  
 Erin Ocampo  
 Mark Lindfield  
 Vicky Kalingasan  
 Bill Eyre  
 Brian Gregan  
 Marian Poe  
 Marcia Bailey  
 Bec Burroughs  
 Susan Hickey  
 Sophia Burfitt  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

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

## BOOK REVIEW

### The Last Days of Jesus

by T V Moore



The author reminds 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

## ANZAC DAY MASS

**Sunday,**  
**24 April 2022**  
**at 10am Mass**  
**Sacred Heart Church,**  
**Mona Vale**

We will commemorate the men and women of the Australian and New Zealand Army, Air Force and Navy who have served their country and especially those who gave their lives and health.

Ex Service men and Next of Kins, wearing their medals and ribbons are requested to assemble outside the Church and are invited to march into Church together.

Please join us at the Parish Centre after Mass for morning tea.



*Lest We Forget*

"Throw all your anxiety onto him, because he cares about you."  
 1 PETER 5:7

### Liturgy for the Week

- 18/04 **Monday Octave of Easter**  
Acts 2:14,22-33; Mt 28:8-15
- 19/04 **Tuesday Octave of Easter**  
Acts 2:36-41; Jn 20:11-18
- 20/04 **Wednesday Octave of Easter**  
Acts 3:1-10; Lk 24:13-35
- 21/04 **Thursday Octave of Easter**  
Acts 3:11-26; Lk 24:35-48
- 22/04 **Friday Octave of Easter**  
Acts 4:1-12; Jn 21:1-14
- 23/04 **Saturday Octave of Easter**  
Acts 4:13-21; Mk 16:9-15

**Scan to**  
**Give to our**  
**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>

### Caritas Ukraine urgently needs your support

Caritas Australia is currently raising funds to support communities impacted by the conflict in Ukraine. Visit: [caritas.org.au/donate/emergency-appeals/ukraine/](https://caritas.org.au/donate/emergency-appeals/ukraine/) or call: 1800 024 413 toll free to provide much needed support.

**Caritas**  
 AUSTRALIA

**MARIA REGINA OPEN DAY 2022**  
 Tuesday 15th March 09:15-10:30 ☎ 99182608

# The Lord has Risen! Alleluia!



**And behold, there was a great earthquake; for an angel of the Lord descended from heaven, approached, rolled back the stone, and sat upon it. His appearance was like lightning and his clothing was white as snow. The guards were shaken with fear of him and became like dead men. Then the angel said to the women in reply, "Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Matthew 28:2-6b**

What an experience that must have been! Mary Magdalene and the other Mary went to the tomb early in the morning to pay tribute to our Lord's sacred body. They brought the oils and perfumes that they planned on placing on his beaten and bruised body. They came to offer Him their last act of love. But as the women arrived, the earth quaked and the angel of God appeared to them.

As they left, Scripture says they then left the tomb quickly, "fearful yet overjoyed." All they could think about was telling the other disciples of their encounter when another incredible joy befell them. Jesus Himself met them on the way. In their amazement, the women fell at His feet and did Him homage. Not the homage they planned on doing to a dead body, but the homage due to a risen Savior. They worshipped Him. Jesus then spoke: "Do not be afraid. Go tell my brothers to go to Galilee, and there they will see me" (Mt. 28:10).

It was true. All they had hoped for came true. They saw Jesus arrested. They saw Him beaten. They saw Him falsely accused. They saw Him sentenced to death. And they saw Him die. Now for the miracle of miracles, they saw their Savior alive. Every hope that they had came true. Everything came to fruition in that moment. All that was lost was restored a hundredfold.

The Resurrection of Christ is not simply an event that took place long ago. It's an event that continues to take place when we patiently walk with our Lord through the trials, crosses and sufferings of life, with hope and trust in His power to do all good things. Evil always loses in the end when we remain steadfast in our hope in Him.

As we celebrate the reality of the Resurrection of Christ, ponder the promise He has spoken to you. If you have surrendered all to Him and died to the world of sin, keep your eyes now on the Resurrection. Have hope in Him and in His power to breathe new life into your heaviest cross.

Sometimes we have hope in our own ideas of the Resurrection. We ask for some hope to come true because we think it is what we need. But the Resurrection of Christ should teach us that His plan for new life for each one of us is far superior than what we could ever imagine. Do you believe that? Do you maintain your hope in Christ even when all seems lost?

Reflect, today, upon the unfathomable plan that God has for your life. Know that if you remain faithful until the end, our Lord will bring forth greater joys in your life than you could ever think possible. It may not happen according to your schedule or your wishes, but it will happen in accord with His perfect divine will. Do not doubt. Do not be afraid. Have hope and trust, and anticipate the moments when the power of the Resurrection brings forth the greatest joys you could ever imagine.

*My Resurrected Lord, I trust You with all my mind, heart, soul and strength. I believe that You are faithful to perfection and that Your fidelity will never fail. Give me hope when I need it the most and help me to keep my eyes on the glory that awaits. You have conquered all evil. May I always trust in You!*

*From Catholic Daily Reflection*

## 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 also 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



We welcome to Pittwater Parish



**Jade Tresha Marie Maloney**

for the Sacraments of Baptism, Confirmation and Eucharist



**Margaret Wendy Schouten**

to the full communion with the Catholic Church and the Sacraments of Confirmation and Eucharist



**Aaron Duncan Hughes**

for the Sacraments of Confirmation and Eucharist

on Easter Vigil

Saturday, 16 April 2022

at Sacred Heart Church

Mona Vale



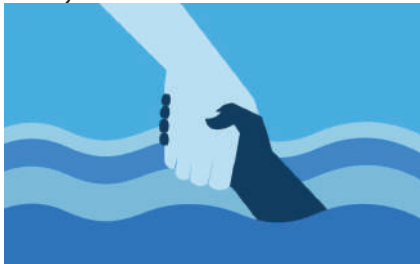
# Vinnies

## Vinnies NSW calls for donations in support of emergency flood appeal

In response to the devastating floods impacting the Northern Rivers, the St Vincent de Paul Society NSW has launched an emergency flood appeal to assist residents with their immediate needs as well as longer-term recovery.

"Families have had their lives upended and homes have been destroyed as a result of this crisis," said Jack de Groot, Vinnies NSW CEO.

"These floods, on top of the bushfires and COVID, are the latest punch to the stomach for communities who have done it so tough in recent years.



"For 140 years, St Vincent de Paul Society volunteers have been there to support people in times of need when times get tough.

"We are asking those who can to donate so that we can supply those hardest hit with the assistance they need to rebuild their lives.

"Making a financial donation today to the Vinnies NSW Flood Appeal is the most effective way to support people right now.

"All donations will go towards assisting people and communities impacted by the floods," Mr de Groot said.

The Northern Rivers community of Lismore has been one of the hardest hit areas by the floods with homes and businesses, including the local Vinnies Shop, overflowing with water.

"Vinnies has volunteers located in communities across the state who are ready and willing to offer practical financial and material assistance, as well as emotional support, to people in need during this challenging period," said Paul Burton, Vinnies NSW State Council President.

"We need the help of the community to support people now and over the longer-term.

"We know that the need for assistance does not disappear when the floodwaters subside.

"As with other natural disasters, our members will be in the affected communities helping for the long haul and they are taking proactive steps now to ensure this," Mr Burton said.

Donations to the Vinnies Flood Appeal can be made at [www.vinnies.org.au/nswfloodappeal](http://www.vinnies.org.au/nswfloodappeal), by calling 13 18 12, or at any Vinnies Shop.

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



## 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 second 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 the Church.

To read or view the messages from Bishop Anthony and from the people Vox Populi please visit [www.bbcatholic.org.au](http://www.bbcatholic.org.au)



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.



## Divine Mercy Sunday

**24 April 2022**  
Sacred Heart Church,  
Mona Vale

**3.00pm**

**Exposition  
of the Blessed Sacrament**

**Adoration**

**Reconciliation**

**Chaplet of Divine Mercy**

**Benediction**

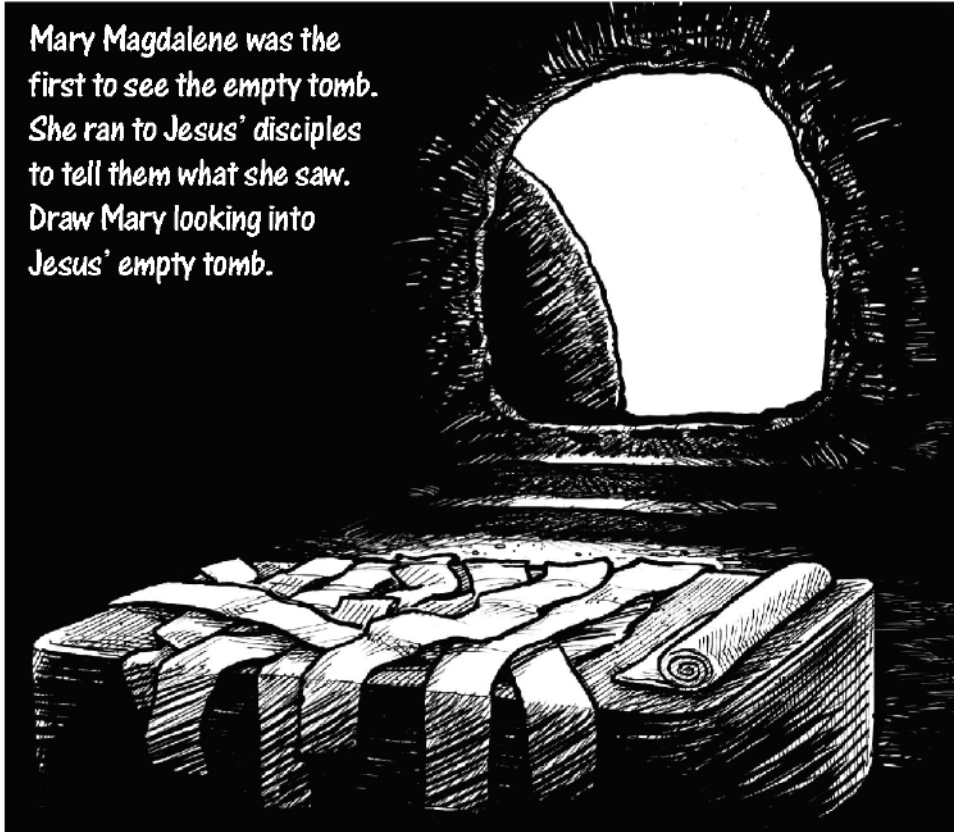


# He is risen! Alleluia!

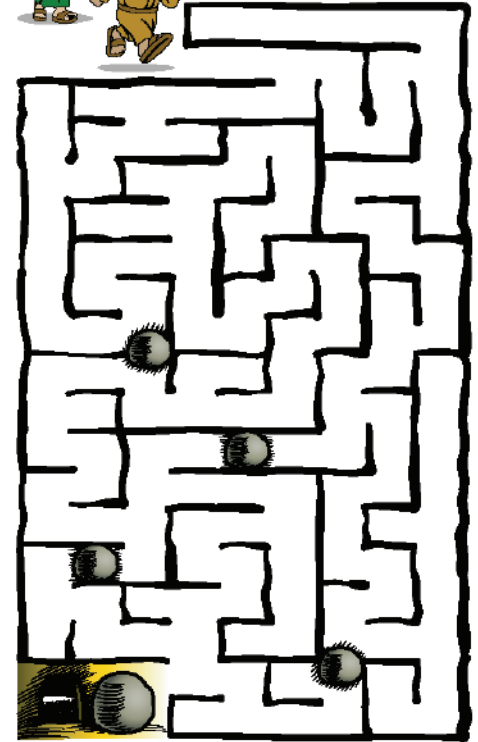
Easter Sunday of the Resurrection of the Lord



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.

# The *Living* Word

## 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. or**

**(R) Alleluia!**

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 Colossians

*Look for the things that are in heaven, where Christ is.*

ince you have been brought back to true life with Christ, you must look for the things that are in heaven, where Christ is, sitting at God's right hand. Let your thoughts be on heavenly things, not on the things that are on the earth, because you have died, and now the life you have is hidden with Christ in God. But when Christ is revealed – and he is your life – you too will be revealed in all your glory with him.

## The word of the Lord

## 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!

## 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

### REFLECTION

by Dianne Bergant CSS

*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 CSS

## SACRAMENT OF CONFIRMATION 2022

Our next programme for the Sacrament of Confirmation for children in Year 3 and above will commence with our parent information evenings.

If you would like your child to participate in our upcoming programme, you will need to attend one of the following information sessions:

Monday 2 May 2022 at 7pm at  
Sacred Heart Church, Mona Vale  
OR

Wednesday 4 May 2022 at 7pm at  
Maria Regina Church, Mona Vale

The Sacrament of Confirmation will be celebrated in our parish on  
Sunday 19 June 2022.

## Receiving Holy Communion on the tongue during COVID

The Faithful shall still have the option of receiving Communion on the tongue until the situation is further reviewed, but Ministers of Communion should sanitise their hands afterwards and avoid contact with the palm of people's hands. In this situation, if you desire to receive Holy Communion on the tongue, please present yourself last and only to the priest.

**Advertising Space Available**

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



**PITTWATER DOLPHINS**

BOYS, GIRLS & MIXED TEAMS  
U5s LITTLE DOLPHINS  
AGES U6 - U18



GEAR SUPPLIED | NO REGISTRATION FEES | NO GRADING

**REGISTER NOW!**  
[pittwaterrugby.com.au](http://pittwaterrugby.com.au)



**Electrical  
Plumbing  
Air Conditioning.**

⚡ **Ph: (02) 9905 8800**

**We turn up,  
Clean up &  
Guarantee our  
Work!!!**

**GET  
IN TOUCH  
TODAY**

**Compassion,  
care, love,  
understanding  
and support**



Ann, Kate and John of Wilson Family Funerals

Personally, talk to Ann Wilson and her team at Wilson Family Funerals. They have decades of experience caring for Northern Beaches families in their time of need.

*Family operated & 100% Australian owned*

Suite 3, 1440 Pittwater Road,  
North Narrabeen, Sydney  
CALL 02 9913 7131  
[wilsonfamilyfunerals.net.au](http://wilsonfamilyfunerals.net.au)



**WILSON  
FAMILY  
FUNERALS**



**BROCK'S  
— Plumbing —**

YOUR LOCAL PLUMBER  
SERVICING THE NORTHERN  
BEACHES FOR OVER 30 YEARS.

- BLOCKED DRAINS
- PIPE RELINING
- GENERAL PLUMBING
- EMERGENCY HOT WATER
- GAS FITTING


**call now**

**1800 99 58 58**

[www.rapidreline.com.au](http://www.rapidreline.com.au) | [admin@brocksplumbing.com.au](mailto:admin@brocksplumbing.com.au)

**Advertising Space Available**

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



To find out more, call Tamara 0403226699

Every Girl. Everywhere. Period.



**CATHOLIC DIOCESE OF  
BROKEN BAY**

**I have called  
you to renew  
and rebuild.**

**PASTORAL  
WORKS** Broken Bay

Donate to help families and parish communities in Broken Bay.



# LOCAL PEOPLE CARING FOR LOCAL FAMILIES

Our team live, work and play on the Beaches. We understand the local community and are here for you when you need us most. Whether it's to plan an immediate funeral for a loved one or plan ahead for your own with a prepaid funeral, we're here to help.

## ANN WILSON FUNERALS

Contact us to find out more.

844 Pittwater Road, Dee Why    Cnr Barrenjoey Road & Darley Street, Mona Vale  
 9971 4224    9979 5978

[annwilsonfunerals.com.au](http://annwilsonfunerals.com.au)

**JOHNSON BROS  
MITRE 10**

Part of the local community since 1957

51 Bassett St, Mona Vale  
Ph: 9999 3340

49 Avalon Pde, Avalon  
Ph: 9918 3315

Serving Northern Beaches Families & Businesses since 1976!

**Ph: 9913 2624**  
2 Devitt Street  
Narrabeen

Australia's largest real estate brand is now open in **WARRIEWOOD...**

**Paul Franks 0404 491 240**

The Northern Beaches only local family owned and operated funeral company.

With over 35 years experience we can guide you with the sensitivity and respect your loved one deserves.

- 24 hour professional service
- Enquire about pre-paid funerals
- Unique funerals a speciality.

**9999 5211**  
[www.peninsulafunerals.com.au](http://www.peninsulafunerals.com.au)

Purveyors of Specialty Coffee

Driven by a passion for community & quality.

Award winning coffee beans available online  
[www.coffeebros.com.au](http://www.coffeebros.com.au)

**PITTWATER PHARMACY**  
COMPOUNDING CHEMIST

**Ralph Papandrea**  
B.PHARM (Hons) MSc. MPS  
**Len Papandrea**  
B.PHARM. MPS  
**Sam Papandrea**  
B.PHARM. MPS  
**Andrew Snow**  
B.PHARM. MPS

1771 Pittwater Road  
Mona Vale 2103  
Ph: 9999 3398 Fax: 9999 3910

FINE WINE, SPIRITS & BEER

**FLEET STREET**

MERCHANTS

**PAUL BOTTERO**

1755 Pittwater Road  
Mona Vale NSW 2103

Phone: 9999 3055  
Fax: 9999 3055

HUNTER ESTATE AGENTS

Agency of the Year  
Eumera Heights

**Duane Hunter**  
0415 708 992  
9970 7220

Follow us on  
f  
duanehunterhea