



# The Catholic Parish of Pittwater

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

## DO YOU WANT TO FAST FOR LENT?

**Fast from hurting words and say kind words**

**Fast from sadness and be filled with gratitude**

**Fast from anger and be filled with patience**

**Fast from pessimism and be filled with hope**

**Fast from worries and trust in God**

**Fast from complaints and contemplate simplicity**

**Fast from pressures and be prayerful**

**Fast from bitterness and fill your heart with joy**

**Fast from selfishness and be compassionate**

**Fast from grudges and be reconciled**

**Fast from words and be silent so you can listen.**

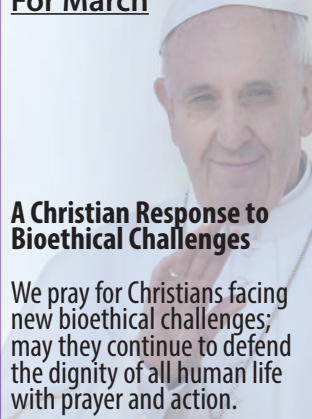


## Thoughts of Bl Francis Jordan

Truly the Almighty will help you in all your worries and sufferings. He will never abandon you. He will give you courage and strength.



### Pope Francis' Prayer Intentions For March



#### **A Christian Response to Bioethical Challenges**

We pray for Christians facing new bioethical challenges; may they continue to defend the dignity of all human life with prayer and action.

**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.



## PARISH DIRECTORY

**Pittwater Parish**  
1 Keenan Street Mona Vale NSW 2103  
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**Parish Office Hours**  
Monday to Thursday  
9.00am to 4.00pm  
Friday 9am to 12 noon

**Sacred Heart Church**  
1 Keenan Street Mona Vale

**Maria Regina Church**  
7 Central Road Avalon

**Mona Vale Sacred Heart School**  
Tel 81976900  
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

## 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/](http://caritas.org.au/donate/emergency-appeals/ukraine/) or call: 1800 024 413 toll free to provide much needed support.



We Pray for

the Souls of

Maria Rosa Calvi  
Franciszek Hersztek  
Souls in Purgatory

Recently Deceased

Judith Burer  
Josephine Mary Sekulich  
Margaret Baker

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  
Ron

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

## BOOK REVIEW

### Easter Vigil and Other Poems

by Karol Wojtyla  
(Pope John Paul II)



Translated from Polish by Jerzy Peterkiewicz these beautiful and thought provoking poems are a joy to read

Blessed  
is the man who

Trusts  
in the Lord  
Jeremiah 17:7

from Our Schools



Mater Maria  
Catholic College

From Monday this week, NSW restrictions eased and we were able to open Mater Maria Catholic College back up to parents with students and staff no longer required to wear face masks on the College grounds. This week our Year 7s experienced their camp at Sydney Academy of Sport and Recreation in Narrabeen. Most activities could continue despite the wet weather. On Wednesday we held our Ash Wednesday liturgy to acknowledge the start of lent. Sport at Mater Maria continues to shape up with Baseball selections, and the U15 and Open Rugby League Trials, although our outdoor annual Swimming Carnival was cancelled due to the severe weather. We will be investigating opportunities for a competitors swimming event leading up to the Broken Bay Swimming Championships. 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. Please visit [www.matermaria.nsw.edu.au/enrolments/open-day](http://www.matermaria.nsw.edu.au/enrolments/open-day) for more information. 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, 2024 close on Friday 8 April 2022.

## Liturgy for the Week

- 07/03 **Monday First Week of Lent**  
Lev 19:1-2, 11-18; Mt 25:31-46:
- 08/03 **Tuesday First Week of Lent**  
Is 55:10-11; Mt 6:7-15:
- 09/03 **Wednesday First Week of Lent**  
Jonah 3:1-10; Lk 11:29-32:
- 10/03 **Thursday First Week of Lent**  
Esther 14:1, 3-5, 12-14;  
Mt 7:7-12:
- 11/03 **Friday First Week of Lent**  
Ezek 18:21-28; Mt 5:20-26:
- 12/03 **Saturday First Week of Lent**  
Deut 26:16-19; Mt 5:43-48:

## DATES for your DIARY



## STATIONS OF THE CROSS

Every Friday in Lent after morning mass.

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Pittwater

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through the second collection.  
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## GIVING

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# Preparing for Lent: Seven Principles to Apply



I'm experiencing "Lent" arriving a bit early, having unscheduled activities that require my attention with the addition of my family being under the weather, allowing minimal writing time. In 2015, I had the flu, right before the Lenten season began, and in response I wrote about the Lessons the Flu Taught Me. Seven years later (and with through all the Covid hullabaloo), I find these are the same thoughts and applications I'm using to apply to my Lenten preparation. This post is a slight revision of the 2015 version:

With the beginning of Lent starting on Ash Wednesday, I'm running out of time to strategise how I will spend this holy season. I have had all sorts of posts planned, some partially drafted, but when you are short on time and sick, it's difficult to write. But I realised my Lenten preparation was not all lost. Lent is not just about "giving up" something or mastering myself in self-help approaches. In fact, not being in complete control of my time gave me a better idea of how I should be approaching Lent.

## 1) His Ways Keep Us Guessing:

*For my thoughts are not your thoughts, neither are your ways my ways, says the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. (Isaiah 55:8-9)*

Sickness or unplanned events never come at a good time. They disrupt the routines and rhythms, and when it's serious, all outside commitments are canceled and the home routine can be pared down to basic survival. Sometimes I don't schedule all these extras that impact our lives, but I have to recognise this is the best thing for me because it is God's plan.

While I'm contemplating my Lenten resolutions, I need to realise that God might have different ideas for me. The unfolding of His providence might throw a wrench in my seemingly best laid plans. So this Lent I will implement my resolutions and penances, but be ready to recognise when God makes other plans for me. I need to say yes to Him and let His plans take priority.

## 2) Don't Be an Anxious Control Freak:

*Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on.... But seek first his kingdom and his righteousness, and all these things shall be yours as well. (Matt. 6:25, 34)*

The unexpected happens, and sickness is one of those unexpected life events. We all can get sick. I can help boost my immunity, but when I do succumb to illness, how do I act when I get sick? How do I act when my family members get sick? Did I accept it grudgingly? Do I get angry? Do I give into anxiety because of everything that wasn't being done? Or do I thank God for His blessing and place my trust and confidence in Him?

Sickness is a reminder to be open and vulnerable to His love, to surrender my trust to God and cooperate with Grace. I have to allow myself to expose and admit my weaknesses. I need Him and cannot accomplish anything (including the Lenten journey) without His grace. I will put all my cares, concerns and Lenten resolutions into His hands.

## 3) His Grace Is Always More Than Enough:

*[B]ut he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." I will all the more gladly boast of my weaknesses, that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities; for when I am weak, then I am strong!" (2 Cor 12:9-10).*

During all the different crosses in life, including following someone else's schedule, headaches and other symptoms, I have to remember that I do not bear it alone. And God never gives us a cross without providing the grace to bear it.

Lent is not about me choosing a penance for self-conquest. It's not to earn bragging rights on my personal triumphs. Any interior growth is accomplished only through His grace. Only with Christ can I triumph over my weaknesses and faults.

## 4) Relish the Time Alone with God:

*But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you (Matt 6:6).*

I think of the times when I was alone in my "sickroom" recovering; the isolation did help to remove distractions. It was easier to come face-to-face with God, even while wrecked with pain, because there weren't other interruptions. I was alone with God.

We can't remove ourselves from the world to live a monastic life during Lent. Normal life continues. But we can find ways to trim the fat: eliminate the extra outside social commitments; turn off the noise of TV and music and other electronics; and reduce or eliminate the social media. The less outside distraction makes it easier to turn into our "inner room" to be alone and converse with God. It's hard in our busy, loud lives, but Lent can be a time to make it a priority to be alone with God.

## 5) All Our Work Is Not For Public Display:

*Take care not to perform righteous deeds in order that people may see them; otherwise, you will have no recompense from your heavenly Father. When you give alms, do not blow a trumpet before you, as the hypocrites do in the synagogues and in the streets to win the praise of others. Amen, I say to you, they have received their reward. But when you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you. (Matt 6:1-4).*

Sometimes our busy schedules or illness brings isolation. Especially when I was sick, I was very alone, partially to keep the germs from spreading to the other family members, but also recovery requires rest. While people care, no one really wants to hear all the gory details of the sickness and recovery. This was my private and personal struggle.

In the same way, our spiritual life during Lent is not a group activity or for public display. Our choices for fasting, praying and almsgiving are completely personal. It should be between us and God. We don't need to list (or even brag) about the difficult penances we have planned. I'm not supposed to be wearing badges with my "accomplishments." We do not need other people's praise in our progress. Our Lenten journey is between God and us.

## 6) Learn to Detach Ourselves

*Jesus said to him, "If you wish to be perfect, go, sell what you have and give to [the] poor, and you will have treasure in heaven. Then come, follow me." When the young man heard this statement, he went away sad, for he had many possessions. Then Jesus said to his disciples, "Amen, I say to you, it will be hard for one who is rich to enter the kingdom of heaven. Again I say to you, it is easier for a camel to pass through the eye of a needle than for one who is rich to enter the*

kingdom of God" (Matt 19:21-24).

Sometimes when I am very sick or just feeling overwhelmed, I find little consolation in creature comforts. Food, even dessert, is not appetising; TV, computer encourages eye pain and headaches and the doldrums. I have little interest in social media. All the little pleasures in life no longer gave any temporary satisfaction.

Lent is a reminder that we shouldn't try to find consolation in material things. Only in God will we find true peace and joy. Denying myself some of those creature comforts this Lent might help in detaching myself. Little mortifications of innocent pleasures add up to the larger goal of only finding consolation in Christ.

### 7) A Little Help From (and For) My Friends:

*I give you a new commandment: love one another. As I have loved you, so you also should love one another. This is how all will know that you are my disciples, if you have love for one another" (John 13:34-35)*

In the different circumstances that are out of my control, proceeding forward doesn't mean charging ahead alone and then drowning because I have no help. I have been blessed by family and friends who can help along the way, with errands, helping with meals, etc.

We are not supposed to live in isolation, as we are all connected with Christ through His Mystical Body. We are brothers and sisters in Christ. This family relationship needs to be nurtured with charity. I need to reach out and love my neighbour. This is the almsgiving part of Lent. But there are also times when we are the helpless ones that provide that opportunity for others to practice charity and Corporal and Spiritual Works of Mercy. Charity needs to flow both ways, as sometimes we are the giver and sometimes the recipient.



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

## Congratulations Catherine Calleia



on receiving the award for **30 years of bringing the faith to children as a catechist.**

**Congratulations to Maureen Woodridge, Jan Wasley and Judi Woodward, for their many years of commitment and service. We need more like them.**

To read the messages from Bishop Anthony and from the people Vox Populi please go to [www.pittwaterparish.org](http://www.pittwaterparish.org). News and events tile and Messages from Bishop Anthony on the drop down menu.

## Adoration & Benediction



**SACRED HEART CHURCH, Mona Vale - every Tuesday from 8.30am**  
**Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass at 9.30am.**

**MARIA REGINA CHURCH, Avalon - every Thursday from 9am**  
**Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass at 10am.**

**SACRED HEART CHURCH, Mona Vale - Every Thursday - Mass at 7pm followed by Exposition of the Blessed Sacrament, Adoration, Reconciliation to 9pm.**

**SACRED HEART CHURCH, Mona Vale - First Friday of the Month from 9.30am**  
**Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass at 10.30am.**



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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](http://lent.caritas.org.au), or by calling 1800 024 413.



### Social Justice News

Last weekend I attended the regular meeting of our Diocese Social Justice Group, SJ Around the Bay. It links people and communities inspired by the Gospel and the Social and Environmental Teachings of the Christian Church, in the area around Broken Bay, people who share a commitment to developing collaborative activities. You can read more about the group at this link <https://sjaroundthebay.org/> or follow us on Facebook. [https://www.facebook.com/SJ-Around-the-Bay-101372708465964/?ref=page\\_internal](https://www.facebook.com/SJ-Around-the-Bay-101372708465964/?ref=page_internal) If you are interested in hearing more about it get in touch with me.

**Tamara Sloper Harding OAM**  
**0403226699**



# The Holy Spirit led Jesus into the desert

1st Sunday of Lent, Year C

During the season of Lent, we prepare for Holy week and Easter by focusing on our faith and love for God. Write down some ways you can do this.

Read a passage from Luke's Gospel every night before I go to bed.

When Jesus went into the desert, he chose the ordinary path of human life and resisted the temptation to use his miraculous powers to make life easier for himself. Draw a picture of yourself performing a selfless act that would make life easier for someone else.

Help Jesus find the right path through the desert and into Galilee. Be wary of temptation along the way!

The devil appeared to Jesus and offered him the power to rule all the nations of the earth, if he worshiped him instead of God. Select the right path for Jesus to take.

Worship the devil

Run Away

Worship God and serve him

# The *Living* Word

## Entrance Antiphon Cf. Ps 90:15-16

When he calls on me, I will answer him;  
I will deliver him and give him glory,  
I will grant him length of days.

## First Reading Dt 26:4-10

**A reading from the book of Deuteronomy**  
*The confession of faith of the elect.*

Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

'My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me.' You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

## The word of the Lord

## Responsorial Psalm

Ps 90:1-2. 10-15. R. v.15

### (R.) Be with me, Lord, when I am in trouble.

He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: 'My refuge, my stronghold, my God in whom I trust!' (R)

Upon you no evil shall fall,  
no plague approach where you dwell.  
For you has he commanded his angels,  
to keep you in all your ways. (R)

They shall bear you upon their hands  
lest you strike your foot against a stone.  
On the lion and the viper you will tread  
and trample the young lion and the dragon. (R)

His love he set on me, so I will rescue him;  
protect him for he knows my name.  
When he calls I shall answer: 'I am with you.'  
I will save him in distress and give him glory. (R)

## Second Reading Rom 10:8-13

**A reading from the letter of St Paul to the Romans**

*The confession of faith of the believers in Christ.*

Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved.

By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

## The word of the Lord

## Gospel Acclamation Mt 4:4

Praise to you, Lord Jesus Christ, king of endless glory!  
No one lives on bread alone,  
but on every word that comes from the mouth of God.  
Praise to you, Lord Jesus Christ, king of endless glory!

## Gospel Lk 4:1-13

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

*Filled with the Holy Spirit, Jesus was led by the Spirit through the wilderness where he was tempted.*

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.'

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him, 'Scripture says:

You must worship the Lord your God, and serve him alone.'  
Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God', he said to him 'throw yourself down from here, for scripture says:

He will put his angels in charge of you to guard you,  
and again:

They will hold you up on their hands

in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said:

You must not put the Lord your God to the test.'

Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

## The Gospel of the Lord

## Communion Antiphon Mt 4:4

One does not live by bread alone,  
but by every word that comes forth from the mouth of God.

## Reflection

*Lent is a time when we are reminded that there is nothing we can do to win our salvation. It is a pure gift from God. Like Jesus in the wilderness, we are to allow God's plan to unfold in and through us. Lent is a time for us to enter actively into the mysteries of the death and resurrection of Jesus, and there to marvel at what God has done for us. The temptations of Jesus are the same temptations that we face when we are inclined to think that somehow we are in control. While the goals of the temptations may be admirable – feed the hungry, bring the world under the control of good, trust in God's power to protect us – we often choose to accomplish them in ways that are less than admirable. We try to perform the extraordinary so that what we do reflects favourably on us. We use brute force in order to achieve control. We put God to the test rather than live peacefully with God's plan as it unfolds within and around us. We seek to become the super-hero, the super-minister, the super-Christian on our own. In his responses to the tempter, we see Jesus constantly deferring to the power of God: It is not by bread alone . . . worship only God . . . do not put God to the test. In a real sense, these temptations are a reminder that the fundamental temptation is to deny our human limitations and refuse to let God be God for us.*

© Dianne Bergant CSA

## 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.

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