



The Catholic Parish of Pittwater

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



Thoughts of Fr Francis Jordan

God became a human being for us to redeem us, to rescue our souls.
Therefore, let us seek only the honour of God
and the salvation of souls.

Prayer of Blessing on Palm Sunday

God, our loving Father,
increase the faith of those who
place their hope in You.
Graciously hear the prayers
of those who call on You.
May today hold high these
branches to hail Christ in
His triumphs.
May it bear fruit by the good
works accomplished in
His home.
May we also receive Your
powerful protection from every
evil, sickness and misfortune.
Through our Lord, Jesus Christ,
Your Son, who lives and reigns
with You, in the unity of the
Holy Spirit, one God,
forever and ever.
Amen.



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

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


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

We Pray for
Recently Deceased
Maria Milic

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

03/04 **Monday of Holy Week**
Is 42:1-7; Jn 12:1-11

04/04 **Tuesday of Holy Week**
Is 49:1-6; Jn 13:21-33, 36-38

05/04 **Wednesday of Holy Week**
Is 50:4-9; Mt 26:14-25

06/04 **Thursday of Lord's Supper**
Ex 12:1-8, 11-14; Jn 13:1-15

07/04 **Friday of the Passion of the Lord**
Is 52:13 - 53:12; Jn 18:1 - 19:42

08/04 **Holy Saturday- Easter Vigil in the Holy night**
Gen 1:1-2:2; Ex 14:15- 15:1; Is 55:1-11; Rom 6:3-11; Mt 28:1-10

BOOK REVIEW

Biblical Meditation for Lent
by: Carroll Stuhlmüller, C P



This book offers reflections on the readings for weekdays in Lent and also for Cycle A, B and C Sundays in Lent. Our grandparents observed Lent with frequent Mass and austere fasting. However, we are encouraged to observe the Lenten season with insight into our world-with love to reach out to help our neighbour. These meditations will help us do just that.

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, 7 April and goes until Divine Mercy Saturday, 16 April 2023 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.

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.

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

EASTER MASS TIMES

CHRISM MASS

4 APRIL 2023

7:30 PM OUR LADY OF THE ROSARY
CATHEDRAL, WAITARA



HOLY THURSDAY

6 APRIL 2023

7:30 PM SACRED HEART CHURCH
(NO MORNING MASSES IN MARIA REGINA CHURCH)



GOOD FRIDAY

(FAST AND ABSTINENCE)

7 APRIL 2023



STATIONS OF THE CROSS

10 AM SACRED HEART CHURCH

10 AM MARIA REGINA CHURCH

PASSION OF THE LORD

3 PM SACRED HEART CHURCH

3 PM MARIA REGINA CHURCH

HOLY SATURDAY

8 APRIL 2023

BLESSING OF THE EASTER FOODS

AT 11 AM

6 PM FAMILY MASS- MARIA REGINA CHURCH

7:30 PM SACRED HEART CHURCH

(NO 5 PM VIGIL MASS)



EASTER SUNDAY

9 APRIL 2023

8 AM SACRED HEART CHURCH

9 AM MARIA REGINA CHURCH

10 AM SACRED HEART CHURCH

6 PM SACRED HEART CHURCH



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 and leave your Name and Contact details and we will reach out to you or the recommended person.

Project Compassion

Palm Sunday

1 & 2 April

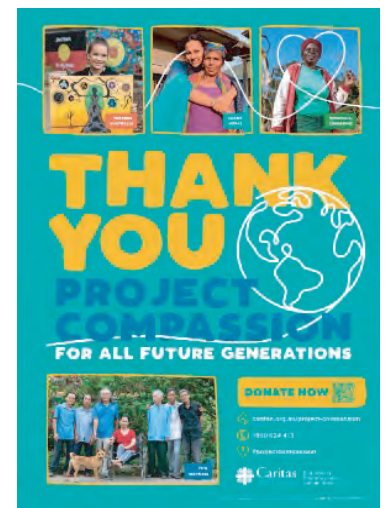


Every day, more than 200 million children miss out on school, around 690 million people go hungry and 2.2 billion people cannot access clean drinking water. In recent years, COVID-19 has also devastated vulnerable communities already living in poverty, with the health and economic impacts to reverberate for years to come. It's through the generous support of people like you that we are able to continue to help lift vulnerable communities out of poverty support that is needed now more than ever. 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.

Please donate to Project Compassion 2023 to help continue empowering vulnerable communities around the world to lift themselves and their communities out of poverty.

You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting

caritas.org.au/project-compassion, or by calling 1800 024 413.



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



Parish Bulletin- Term 1 Week 9

During this week's assembly, our students watched Year 11 Drama students perform the annual Anti-Bullying Play which has recently toured local Catholic primary schools to expose the issue of bullying to students in Years 4 – 6. We recognised our many age champions at the recent Swimming Carnival. We also recognised the many contributions of students who participated in the NSW Government Volunteers Recognition Program for the difference that they have made in their communities. Congratulations to all these students.

Our Project Compassion fundraising continued this week with an Easter raffle, luxury ice-cream and bake sales, reptile show, market stall, BBQ, running races and our annual Concert for Caritas. We are blessed to have such compassionate and generous students in our Mater Maria community as they step up to living our five College values - Community, Justice, Hospitality, Spirituality, and Stewardship. For over 50 years, Project Compassion has been raising vital funds for Caritas Australia to help those communities living in poverty and injustice in our world.

The variety of sport offered at the College was evident this week. Students in Years 7 – 10 were given the opportunity to represent Mater Maria in an OZTAG tournament against other Secondary schools within Regional NSW. Year 10 PASS students attended a Primary School Gala Day, refereeing either soccer at Cromer Park or cricket at North Narrabeen reserve. They also travelled to Mona Vale Beach for a biathlon which consisted of a 600metre swim and 2km beach run. Our Year 8, Year 9 and Year 10 girls attended a Rugby 7s development afternoon which was a great experience for all those wishing to give the sport a go this coming season. Our U15 and U18 teams attended the BBSSA Girls Rugby League Trials; And our competitive swimmers attended the NSWCCC Swimming & Diving Championships at the Sydney Olympic Park Aquatic Centre.

Northern Composure, celebrating its 20th anniversary, is the largest and longest-running youth band competition in the area and offers musicians local exposure as well as invaluable stage experience. Bands compete in two heats, semi-finals and a grand final for a total prize pool of over \$15,000. Mater Maria was well-represented at the musical event with many current students and ex-students performing in various bands. We congratulate our current students in the 'Tiger' band, who will compete in the Grand Final on 28th April at Dee Why PCYC.

There is a waiting list for Year 7, 2024. **Please note that applications for Year 7, 2025 close soon on Thursday 6 April 2023.** We are taking applications for 2026 and beyond.

Please visit the College website www.matermaria.nsw.edu.au/enrolments for a prospectus, Enrolment Application form or for more information.

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

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.



Fill in the details of the events of Holy Week.

PASSION SUNDAY

Write down what you know about the procession of palm.

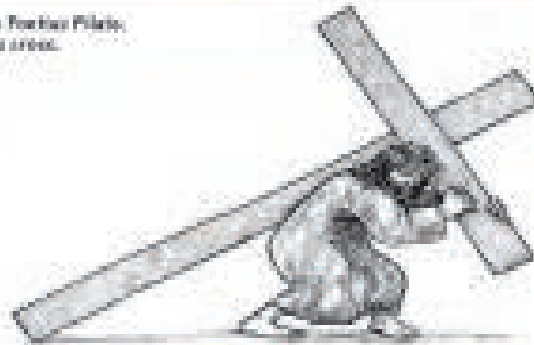


HOLY THURSDAY

Draw Jesus and his disciples at the last supper.

GOOD FRIDAY

Draw Jesus standing trial before Pontius Pilate. Then colour in Jesus carrying his cross.



HOLY SATURDAY

Holy Saturday is a quiet time when we reflect on the death of Jesus.

How do you think Jesus' friends and family were feeling on that day?

Matthew 26:1-13, Matthew 27:11-54

© Creative Ministry Resources

VACANCY

Parish Secretary – Catholic Parish of Pittwater (Avalon and Mona Vale) Permanent, full-time role

Could you see yourself as the face of our Pittwater Parish communities, providing a sense of warmth and welcome to visitors?

The Pittwater Parish is seeking to recruit a full-time Parish Secretary. This role plays an important part in the Parish team, providing support for Parish communications, administration, financial processes, Parish property, compliance and Diocesan support. The ideal candidate will have excellent people skills, a comprehensive knowledge of office administration processes and procedures and a sound understanding of Microsoft Office Suite, MYOB, bookkeeping or accounting practices.

An ability to work autonomously while remaining a team player, with a commitment to be accountable for performance, and an ability to work collaboratively across a wide spectrum of stakeholders, supported by

a good understanding of, and commitment to, Catholic values and teachings will be crucial to your success.

If you have high developed administration skills coupled with well-developed relational and rapport building skills and this role interests you, please email a brief cover letter and CV to pp@pittwaterparish.org Applications close **Friday, 7 April 2023**.

The Diocese of Broken Bay is committed to and promotes a culture of safety and care for all people, especially for children and others in the community who are vulnerable. Our Diocese has no tolerance to Child Abuse and is committed to ensuring our staff and volunteers understand the joint responsibility to safeguard all those within our community.

The successful applicant must have the right to work in Australia and will be required to undertake a National Police History Check and Working With Children Check.

The *Living* Word

Entrance Antiphon

Cf. Jn 12: 1, 12-13; Ps 23: 9-10

Six days before the Passover,
when the Lord came into the city of
Jerusalem,
the children ran to meet him;
in their hands they carried palm branches
and with a loud voice cried out:

* Hosanna in the highest!

Blessed are you, who have come in your
abundant mercy!

O gates, lift high your heads;
grow higher, ancient doors.

Let him enter, the king of glory!

Who is this king of glory?

He, the Lord of hosts, he is the king of
glory.

* Hosanna in the highest!

Blessed are you, who have come in your
abundant mercy!

First Reading

Is 50:4-7

A reading from the prophet Isaiah

*I did not cover my face against insult and
I know I will not be ashamed.*

The Lord has given me a disciple's
tongue. So that I may know how to reply
to the wearied he provides me with
speech.

Each morning he wakes me to hear,
to listen like a disciple.

The Lord has opened my ear.

For my part, I made no resistance,
neither did I turn away.

I offered my back to those who struck
me, my cheeks to those who tore at my
beard; I did not cover my face against
insult and spittle.

The Lord comes to my help,

so that I am untouched by the insults.

So, too, I set my face like flint;

I know I shall not be shamed.

The word of the Lord

Responsorial Psalm

Ps 21: 8-9. 17-20. 23-24. R. v.2

**(R.) My God, my God, why have you
abandoned me?**

All who see me deride me. They curl their
lips, they toss their heads. 'He trusted in
the Lord, let him save him; let him release
him if this is his friend.' **(R)**

Many dogs have surrounded me, a band
of the wicked beset me.

They tear holes in my hands and my feet.
I can count every one of my bones. **(R)**

They divide my clothing among them.

They cast lots for my robe.

O Lord, do not leave me alone,

my strength, make haste to help me! **(R)**

I will tell of your name to my brethren

and praise you where they are assembled.

'You who fear the Lord give him praise;

all sons of Jacob, give him glory.

Revere him, Israel's sons.' **(R)**

Second Reading

Phil 2:6-11

A reading from the letter of St Paul to the Philippians

*He humbled himself to become like us
and God raised him on high..*

His state was divine, yet Christ Jesus did
not cling to his equality with God but
emptied himself to assume the condition
of a slave, and became as men are, and
being as all men are, he was humbler yet,
even to accepting death, death on a cross.
But God raised him high and gave him
the name which is above all other names
so that all beings in the heavens, on earth
and in the underworld, should bend the
knee at the name of Jesus and that every
tongue should acclaim Jesus Christ as
Lord, to the glory of God the Father.

The word of the Lord.

Gospel Acclamation

Phil 2:8-9

Praise to you, Lord Jesus Christ, king of
endless glory!

Christ became obedient for us even to
death
dying on the cross.

Therefore God raised him on high
and gave him a name above all other
names.

Praise to you, Lord Jesus Christ, king of
endless glory!

Gospel

Mt 26:14 – 27:66

The passion of our Lord Jesus Christ according to Matthew

Communion Antiphon

Mt 26:42

Father, if this chalice cannot pass without
my drinking it,
your will be done.

REFLECTION

by Dianne Bergant CSA

*As we prepare to enter the sacred time of
Holy Week, we look again at the
significance of Christ in our lives.*

Though he was really in the form of God,

Jesus came in the form of a slave. We

have a saviour who was crushed for our

iniquities, nailed to a cross as a

convicted felon, and there endured the

sense of abandonment. We have a

saviour who was finally lifted up and

exalted precisely because he emptied

himself of his divine privileges. Unlike

conquerors who triumph by putting down

their opponents, Jesus was raised up

because he himself was first willing to be

put down. We have a saviour who first

offered himself for us and then continues

to offer himself to us as an example to

follow. As he was willing to empty

himself for our sake, so we must be

willing to empty ourselves for the sake of

others.

The best way to enter Holy Week with

Jesus is in the company of those with

whom he has identified himself: the poor

and the broken; the humiliated and the

marginalised; those who suffer the abuse

of others; those who never use rank to

*force their will. If we are to be saved, we
must go where salvation takes place: in
our streets and in our homes where
violence rages; in the dark corners of life
where despair holds sway; wherever the
innocent are abused or the needy are
neglected; wherever there is
misunderstanding or fear or jealousy. We
must go wherever Christ empties himself
for our sake.*

© Dianne Bergant CSA

Welcome to Pittwater Parish

Sofia Rose Caterina
Zuri Joan Bengston
Eloise Charlotte Belleri
Maddison Claire Longo
Mason Jeffrey Longo
Azalia Marianne
Reisenberger
Van Anthony
Reisenberger

on the

26th of March 2023

at

Sacred Heart Church

Mona Vale

for the

Sacrament of

Baptism

OFFICE CLOSED

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 Holy Week

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B.PHARM (Hons) MSc. MPS
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