



The Catholic Parish of Pittwater

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

The Fast Life

**Fast from judging others;
Feast on Christ dwelling
in them.**

**Fast from fear of illness;
Feast on the healing
power of God.**

**Fast from words that
pollute;
Feast on speech that
purifies.**

**Fast from discontent;
Feast on gratitude.**

**Fast from anger;
Feast on patience.**

**Fast from pessimism;
Feast on hope.**

**Fast from negatives;
Feast on encouragement.**

**Fast from bitterness;
Feast on forgiveness.**

**Fast from self-concern;
Feast on compassion.**

**Fast from suspicion;
Feast on truth.**

**Fast from gossip;
Feast on purposeful
silence.**

**Fast from problems that
overwhelm;
Feast on prayer that
sustains.**

**Fast from anxiety;
Feast on faith.**

- Author Unknown



Thoughts of Bl 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.



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.

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

John Shanahan
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 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

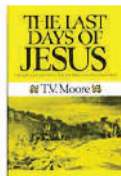
Ron

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

from Our Schools



Mater Maria
Catholic College

Unfortunately, our planned Open Day did not take place this week. Due to the recent poor weather and the large number of people impacted in our local community, we felt that the best decision was to postpone the event.

Also due to the bad weather, most of the events planned for our students this week had to be cancelled.

Our Open Day will now be held on Thursday 31 March and we welcome all interested visitors to attend this event. There is no need to register to attend.

Please visit the College website www.matermaria.nsw.edu.au/enrolments for a prospectus, Enrolment Application form or for more information. Applications for Year 7, 2024 close on Friday 8 April, 2021.

DATES for your DIARY



STATIONS OF THE CROSS

Every Friday in Lent after morning mass.

"Throw all your anxiety onto him, because he cares about you."

1 PETER 5:7

Liturgy for the Week

14/03 **Monday 2nd Week of Lent**
Dan 9:4-10; Lk 6:36-38:

15/03 **Tuesday 2nd Week of Lent**
Is 1:10, 16-20; Mt 23:1-12:

16/03 **Wednesday 2nd Week of Lent**
Jer 18:18-20; Mt 20:17-28:

17/03 **Thursday ST PATRICK, bishop**
Jer 1:4-9; Lk 10:1-12, 17-20:

18/03 **Friday 2nd Week of Lent**
Gen 37:3-4, 12-13, 17-28;
Mt 21:33-43, 45-46:

19/03 **Saturday ST JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY**
2 Sam 7:4-5, 12-14, 16;
Ps 88:2-5, 27, 29;
Rom 4:13, 16-18, 22;
Mt 1:16, 18-21, 24; or
Lk 2:41-51: See



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Parish of
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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
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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/ or call: 1800 024 413 toll free to provide much needed support.

Caritas
AUSTRALIA

Reflecting on the Lenten Season



People often don't look forward to Lent. Childhood memories of giving up candy or sitting through weekly Stations of the Cross come immediately to mind. Words like "sacrifice," "discipline," and "self-denial" are often used in ways that suggest that Lent is something to be endured rather than a time of grace and spiritual growth.

Have you ever thought of Lent as a yearly second chance? Each year the Church gives us six weeks to take a long, loving look at our lives to see if our values and priorities are in line with God's desires for us. Since most of us find that we've wandered from God's path, Lent becomes that second chance, or do-over, to "return to God with our whole heart."

We're highlighting Lenten practices and memories of people who have shared their stories with us. Their experiences range from pious and traditional to creative and out-of-the-ordinary, but all of them represent attempts to make the season of Lent a meaningful time of prayer, fasting, and almsgiving for themselves, their loved ones, and their communities. Invite family members to share their thoughts, hopes, and desires for Lent. Decide to support one another in whatever you choose to do. As you journey through this annual second chance, remember that each step brings you closer to the welcoming arms of our loving God.

YOUR Favorite Lenten Practices

From the breakfast table to the car seat, from writing to drawing, from giving something up to doing something more . . . Let the wisdom and spirit of these stories inspire you in your own Lenten journey.

Around the breakfast table

One of my best Lenten practices was begun when my children were in elementary school and I was a working parent. It seemed as though we were struggling to find time to eat dinner as a family and this was greatly disturbing me. I decided that if we were unable to hold the dinner hour sacred due to work schedules and after school activities, I would instead hold the breakfast hour sacred. I made sure to get up each morning during Lent just a little earlier so that I could not only provide breakfast for my family but actually sit together, pray our meal prayer and begin each day on a happy note. It began in Lent and didn't end until my children went off to college many years later. I learned that Lenten habits could carry far off into the future with my family. The impact was dramatic in that each day was started with a prayer and positive attitudes. Breakfast became and remains one of our favorite rituals of the day.

Roberta, IL

Drawing a prayer

I took time every day to draw in a sketchbook. I called the time my "God Time." I wanted to make each day of Lent special by taking time to reflect on God and my relationship to God.

Barbara, OH

My Lenten jar

I always have nice things that I'd like to do, but never seem to make time to get to: write a letter to a friend, visit a lonely person, call a distant friend. At the beginning of Lent, I write down 40 plus tasks, one per little slip of paper, and toss them in a jar. Then, each morning of Lent, I pull one out and do the task written there. It teaches me that I like surprise and variety in my Lenten practices. For me, this is a simple way to concentrate on the disciplines of giving alms and doing good for others.

Mark G., KS

Dialing into God

Instead of listening to music or talk radio in my car, I decided to take that time for prayer and to listen to God. At first, it was a difficult transition; the silence was deafening. But soon, I began to enjoy the quiet time. I prayed for people who I knew needed my prayers. I prayed for my family and myself. I also thanked God for my many blessings. I found that I became much more calm and peaceful during this time. This reflective time grounded and centered me to do my best.

Donna, NC

A note a day

Each day of Lent, through prayer, a name surfaces of a person who has had an impact on my life in some way. I then take the time to write a handwritten note to that person. I have been amazed at the people that have surfaced: from my 3rd grade teacher; to a cousin; to a priest; to a high school student who had written me a note after a presentation I gave at her school. I send the notes without the expectation of a response. Yet, I have received several emails and notes stating how much it meant to the person. Life is too short - we see that with Jesus - but, we have the opportunity to share our thoughts with those who have made an impact (some don't even know it, until they receive the note). This embodies the idea of Lent: prayer - praying for a specific person each day; fasting - fasting from negative thoughts; and almsgiving - sending a note with affirmations is a great gift to give.

Suzanne, NY

Reflection questions:

How do you live out in your own life the Lenten practices of prayer, fasting, and almsgiving?

What have you learned about yourself, your faith, and God through your own Lenten practices?

MEN'S **Breakfast**
Saturday, 19 March 2022
An opportunity for men to get together for fellowship, faith, fun and food.
All men of all ages are invited.
Breakfast at 7.30am followed by a short talk at 8.30am by Fr Dr David Ranson, Vicar General, Diocese of Broken Bay.



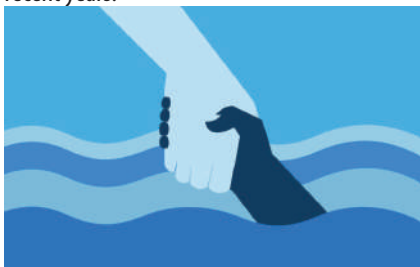
Vinnies

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 today 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, 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.

Thank you

Fr Pawel Szczur SDS

Thank you for your faithful and loving service to Pittwater Parish.

May Christ, in whose place you stand as a priest, give you continuing grace to teach, guide and sanctify His people.

Thank you for always making us smile and with surprises that magically appear and may you bring that love and care to your new appointment in Esperance.

Please join us for morning tea on 20 March after the 10am Mass at Sacred Heart Church, and on 27 March after the 9am Mass at Maria Regina Church.

Rite for Reconciliation of Several Penitents with Individual Confession and Absolution with Candidates for Full Communion with the Catholic Church



The liturgical season of Lent for those undergoing the Rite of Christian Initiation of Adults (RCIA) is a period of 'Purification and Enlightenment.'

On the First Sunday in Lent our Catechumens were enrolled into the list of the Elect to receive their Sacraments at the Easter Vigil. Because they are Baptised, they are already eligible to receive the Sacrament of Reconciliation.

This year Bishop Anthony has decided to hold Penitential Services in each of the Deaneries of the Diocese to allow us to gather as a local Catholic community and seek the mercy of God in the Sacrament of Reconciliation, while also supporting the newest members of the Church as they receive the beautiful gift of absolution for the first time. During the Rite there will be communal prayers, Scripture readings, music, and personal Confession. All are invited to join Bishop Anthony and the priests of the Deaneries for these Penitential Services.

NORTHERN BEACHES DEANERY

Date: Thursday 31 March

Time: 7pm - St Mary's Church, Manly or

Our Parish, Second Rite of Reconciliation will be on Thursday 7 April 2022 at Sacred Heart Church Mona Vale. Mass at 7pm followed by Exposition, Adoration, Reconciliation and Benediction.



Biru 30, lives in a rural village in Jharkand State in India's east. He lost mobility in one of his legs, after contracting polio as a child, which makes it difficult for him to walk. With your generous support, Biru was able to access an entrepreneurship and livelihoods development program, run by Caritas Australia's partner, Caritas India. He gained the skills, support and encouragement he needed to establish his own bicycle repair business.

Now, Biru is able to provide a good life for his family – and an essential service to his community. He has discovered a sense of pride, confidence and hope which has inspired others living with a disability and paved the way For All Future Generations.

Please donate to Project Compassion 2022 and help people living with disabilities in India gain access to education and clean water, empowering them with skills to build a better future for all.

Together, we can help vulnerable communities face their challenges today and build a better tomorrow **For All Future Generations.**

You can donate through Project Compassion donation boxes and envelopes available from your Parish, by visiting lent.caritas.org.au, or by calling 1800 024 413.



To read the messages from Bishop Anthony and from the people Vox Populi please go to www.pittwaterparish.org. News and events tile and Messages from Bishop Anthony on the drop down menu.



This is my chosen Son
Listen to what he says!

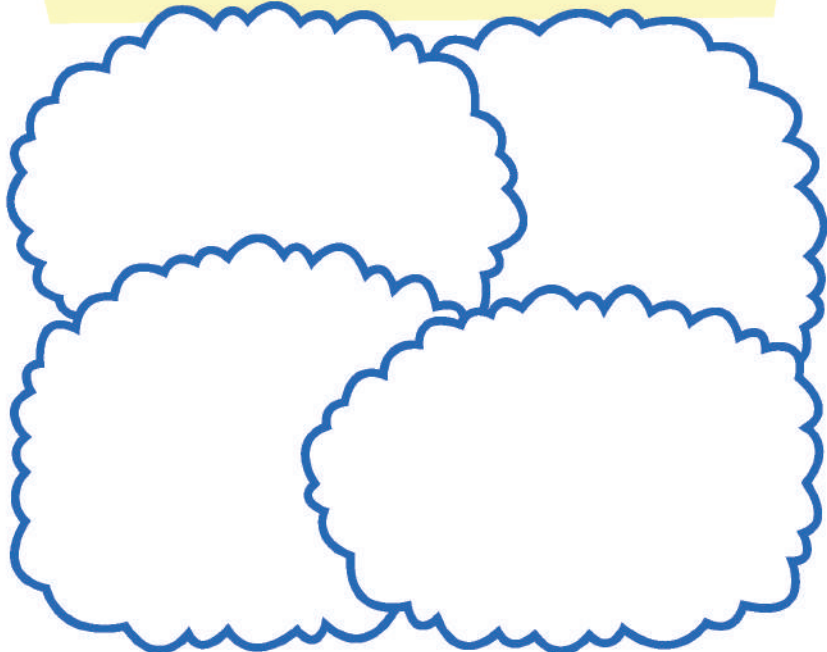


2nd Sunday of Lent, Year C

When Peter, James and John awoke on the mountain, they saw Moses and Elijah talking with Jesus. The true nature of Jesus and his work was revealed to them in what is known as the Transfiguration. Draw Moses and Elijah talking to Jesus. You can draw yourself looking on with the disciples.



God spoke to the disciples and told them to listen to Jesus. Write down two ways we can listen to Jesus. What are two things Jesus is telling you?



TRANSFIGURATION

How many words can you make from the letters in the word TRANSFIGURATION?

The *Living* Word

Entrance Antiphon Cf. Ps 26:8-9
Of you my heart has spoken, Seek his face.
It is your face, O Lord, that I seek;
hide not your face from me.

First Reading Gen 15:5-12, 17-18
A reading from the book of Genesis
God made a covenant with Abraham, his faithful servant.

Taking Abram outside the Lord said, 'Look up to heaven and count the stars if you can. Such will be your descendants' he told him. Abram put his faith in the Lord, who counted this as making him justified. 'I am the Lord' he said to him 'who brought you out of Ur of the Chaldeans to make you heir to this land.' 'My Lord, the Lord' Abram replied, 'how am I to know that I shall inherit it?' He said to him, 'Get me a three-year-old heifer, a three-year-old goat, a three-year-old ram, a turtledove and a young pigeon.' He brought him all these, cut them in half and put half on one side and half facing it on the other; but the birds he did not cut in half. Birds of prey came down on the carcasses but Abram drove them off. Now as the sun was setting Abram fell into a deep sleep, and terror seized him. When the sun had set and darkness had fallen, there appeared a smoking furnace and a firebrand that went between the halves. That day the Lord made a Covenant with Abram in these terms: 'To your descendants I give this land, from the wadi of Egypt to the Great River.'

The word of the Lord

Responsorial Psalm Ps 26:1, 7-9, 13-14, R. v.1

(R.) The Lord is my light and my salvation.

The Lord is my light and my help;
whom shall I fear?
The Lord is the stronghold of my life
before whom shall I shrink? **(R)**

O Lord, hear my voice when I call;
have mercy and answer.
Of you my heart has spoken:
'Seek his face.' **(R)**

It is your face, O Lord, that I seek,
hide not your face.
Dismiss not your servant in anger;
you have been my help. **(R)**

I am sure I shall see the Lord's goodness
in the land of the living.
Hope in him, hold firm and take heart.
Hope in the Lord! **(R)**

Second Reading Phil 3:17 – 4:1
A reading from the letter of St Paul to the Philippians
Christ will transfigure these bodies of ours into copies of his glorious body.

My brothers, be united in following my rule of life. Take as your models everybody who is already doing this and study them as you used to study us. I have told you often, and I repeat it today with tears, there are many who are behaving as the enemies of the cross of Christ. They are destined to be lost. They make foods into their god and they are proudest of something they ought to think shameful; the things they think important are earthly things. For us, our homeland is in heaven, and from heaven comes the saviour we are waiting for, the Lord Jesus Christ, and he will transfigure these wretched bodies of ours into copies of his glorious body. He will do that by the same power with which he can subdue the whole universe. So then, my brothers and dear friends, do not give way but remain faithful in the Lord. I miss you very much, dear friends; you are my joy and my crown.

The word of the Lord

Gospel Acclamation Mt 17:5

Glory and praise to you, Lord Jesus Christ!
From the shining cloud the Father's voice is heard:
this is my beloved Son, hear him.
Glory and praise to you, Lord Jesus Christ!

Gospel Lk 9:28-36
A reading from the holy Gospel according to Luke
As Jesus prayed, the aspect of his face was changed, and his clothing became brilliant as lightning.

Jesus took with him Peter and John and James and went up the mountain to pray. As he prayed, the aspect of his face was changed and his clothing became brilliant as lightning. Suddenly there were two men there talking to him; they were Moses and Elijah appearing in glory, and they were speaking of his passing which he was to accomplish in Jerusalem. Peter and his companions were heavy with sleep, but they kept awake and saw his glory and the two men standing with him. As these were leaving him, Peter said to Jesus, 'Master, it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' – He did not know what he was saying. As he spoke, a cloud came and covered them with shadow; and when they went into the cloud the disciples were afraid. And a voice came from the cloud saying, 'This is my Son, the Chosen One. Listen to

him.' And after the voice had spoken, Jesus was found alone. The disciples kept silence and, at that time, told no one what they had seen.

The Gospel of the Lord

Communion Antiphon Mt 17:5
This is my beloved Son, with whom I am well pleased; listen to him.

Reflection

The Second Sunday of Lent celebrates the epiphanies of God, the ways in which God's divine presence is revealed. The first divine epiphany is the manifestation of God as one who initiates a covenant, an intimate relationship with human beings. Not only does God initiate this agreement, but God also seals it with blood, making it official. Although we ritualise our relationship with God in a religious setting, the call to enter into the covenant can come in the ordinary events of life. The important thing to remember about this covenant is that God enters into our lives and initiates the relationship. No life is too simple; no life is too busy. Human history in all of its contours is the setting for the encounter with God.

The glory of God is revealed in the transfigured Jesus, the one who discussed his suffering and death with Moses and Elijah. Lent is a time for us to enter into this suffering, not merely through reflection, prayer and penance, but concretely, by sharing in the suffering of the body of Christ. We see this suffering all around us. God is revealed through women and men who live lives of Christian commitment. In those whose integrity strengthens us, in those whose religious sentiments inspire us, in those whose endurance gives us confidence. God is revealed in those who get involved in bettering the lives of others. God is revealed in very ordinary ways, if we but open our eyes to see.

© 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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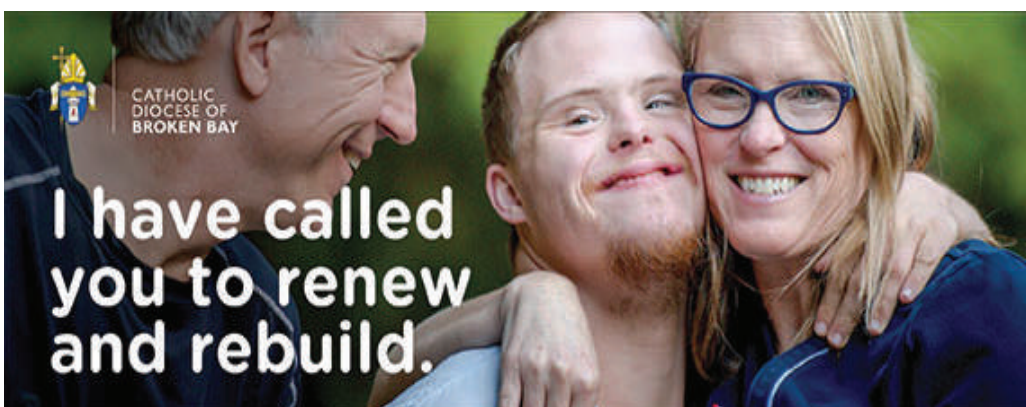
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