



The Catholic Parish of Pittwater

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

An Easter Prayer

Good and gracious God,
our most glorious Creator.
We give Your praise for a greater
sign of new life;
the Resurrection of Your Son,
our Lord Jesus Christ.

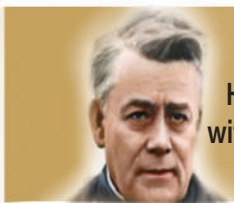
The sadness and despair of His death
has given way to the bright promise
of immortality.

For the Resurrection is our guarantee
that justice will triumph over betrayal.
Light will overcome darkness
amend love will conquer death.

As we celebrate Easter,
we ask for Your grace that we may
live the promise given to us,
by imitating the life of Jesus in reaching
the poor, the marginalised,
the least among us.

May we strive to change our lives
and our hearts to be messengers
of joy and hope.

We make our prayer through Jesus Christ,
our risen Lord forever.
Amen.



Thoughts of Blessed Francis Jordan

Hope comes from faith! We must have great faith, and
without great faith we cannot have hope or confidence in
God, or hope in the Lord!

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

SAFEGUARDING

We, the people of the Catholic Diocese of
Broken Bay and the Catholic Parish of Pittwater
are committed to fostering communities of safety
and care for all people, especially for children
and others in the community who are vulnerable.
Our commitment is underscored by our faith
in Jesus Christ.



POPE FRANCIS' PRAYER INTENTION FOR APRIL

For The Role of Women

Let us pray that the dignity and worth of women be
recognised in every culture, and for an end to the
discrimination they face in various parts of the world.

MASS TIMES

SACRED HEART CHURCH

1 Keenan Street, Mona Vale

WEEKDAY MASSES

Tuesday 9.30am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8:30 am, followed by Mass
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

Deceased Anniversary
Tony Gerathy
Conrado Macarayan Jr

May their Souls and the
Souls of the Faithful
Departed,
Through the Mercy
of God,
Rest in Peace. Amen.

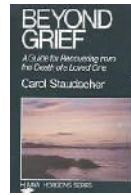
Prayer for the Sick

Anna Śmigowska
Nick Moullakis
Bill Eyre
Brian Gregan
Marcia Bailey
Bec Burroughs
Margaret De Landre
Matt Ukishima
Sean O'Sullivan
Maureen Larios
Denise Wagner
Marco Sangiacamo
Elaine Boyes
Pauline Chipman
Brian Cranch
Sheila Upjohn
Anna
Svetlana
Leonor
Sofia
Xi
Mother Pauline
George

BOOK REVIEW

Beyond Grief

A Guide for Recovering
from the Death of a
Loved One
by: Carol Staudacher



It looks at grief in the raw and helps the bereaved person to face life with renewed strength and optimism.

ANZAC DAY MASS

will be held
on
Sunday,
21st of April
at
10 am
SACRED HEART CHURCH
MONA VALE

Liturgy for the Week

15/04 Monday, 3rd Sunday of Easter
Acts 6:8-15; Jn 6:22-29
16/04 Tuesday, 3rd Sunday of Easter
Acts 7:51 - 8:1; Jn 6:30-35
17/04 Wednesday, 3rd Sunday of Easter
Acts 8:1-8; Jn 6:35-40
18/04 Thursday, 3rd Sunday of Easter
Acts 8:26-40; Jn 6:44-51
19/04 Friday, 3rd Sunday of Easter
Acts 9:1-20; Jn 6:52-59
20/04 Saturday, 3rd Sunday of Easter
Acts 9:31-42; Jn 6:60-69

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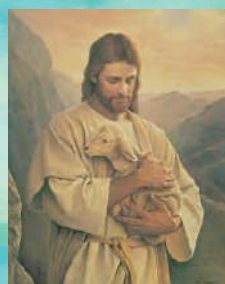
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the year are greatly appreciated.

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Fourth Sunday of Easter Good Shepherd on the 21st of April

God our Father, we thank you for calling men and women to serve in your Son's Kingdom as priests, deacons and consecrated people. Send your Holy Spirit to help others to respond generously and courageously to your call. Amen.



UPDATE FROM THE SACRAMENTAL COORDINATOR



Sacrament of Confirmation

Maria Regina Church, Avalon
Saturday, 22 June 2024 at 6:00 pm

or

Sacred Heart Church, Mona Vale
Sunday, 23 June 2024
at 10:00 am and 12 noon

Children in Year 3 and above are eligible to receive the Sacrament of Confirmation if they have been baptised.

They should also reside within the Catholic Parish of Pittwater catchment area.

For more information about the requirements, the preparation program, enrolments, etc., you **MUST ATTEND ONE** of the following

Parent Information & Commitment Sessions

which will take place at 7:30 pm:

Thursday, 2 May - Maria Regina Church, Avalon
Monday, 6 May - Sacred Heart Church, Mona Vale

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



SALVATORIAN SEMINARY APPEAL

There will be a special collection towards the *Salvatorian Seminary* on the *27th and 28th of April*. Your generous contribution will help in the training and the education of our young seminarians and the upkeep of our seminaries in Poland and the Philippines, and also support our East Timorese seminarians who will eventually work in Australia.

Since its inception, the seminary has educated more than 500 priests.

Envelopes will be in the pews or Bank Transfer to "Salvatorian Fathers Formation Account"

BSB: 086-006

Account No: 56208 8745

Please indicate "Pittwater Parish"

*Thank you in anticipation
Fr Richard and Fr Zygmunt*

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

Parish Secretary

Belinda Cimino

Tel 9157 0999 ext 30
office@pittwaterparish.org

Administrative Assistant

Shereae Knight

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office@pittwaterparish.org

Director of Music

Josh Willard

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music@pittwaterparish.org

Media & Communications Coordinator

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

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 7256 2138

Principal: Ms Kirsty Thorpe

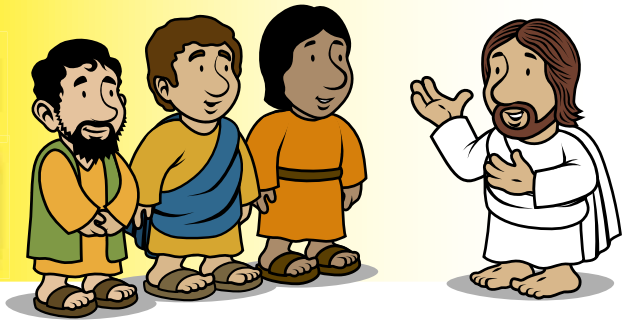
WARRIEWOOD

Mater Maria Catholic College

Tel 7256 2100

Principal: Mr Marc Reicher

Jesus rose from the dead



3rd Sunday of Easter, Year B

When Jesus appeared to his disciples he was not a ghost, but truly alive! How did Jesus help the disciples believe that he had risen from the dead? Write or draw your answer.



Jesus asked that the Good News be spread from Jerusalem to every nation. Unscramble the following words about the Good News.

esJus vases = _ _ _ _ _ s _ _ _ _

elvo = _ _ _ e

doGo sewN = _ _ _ _ _ w _

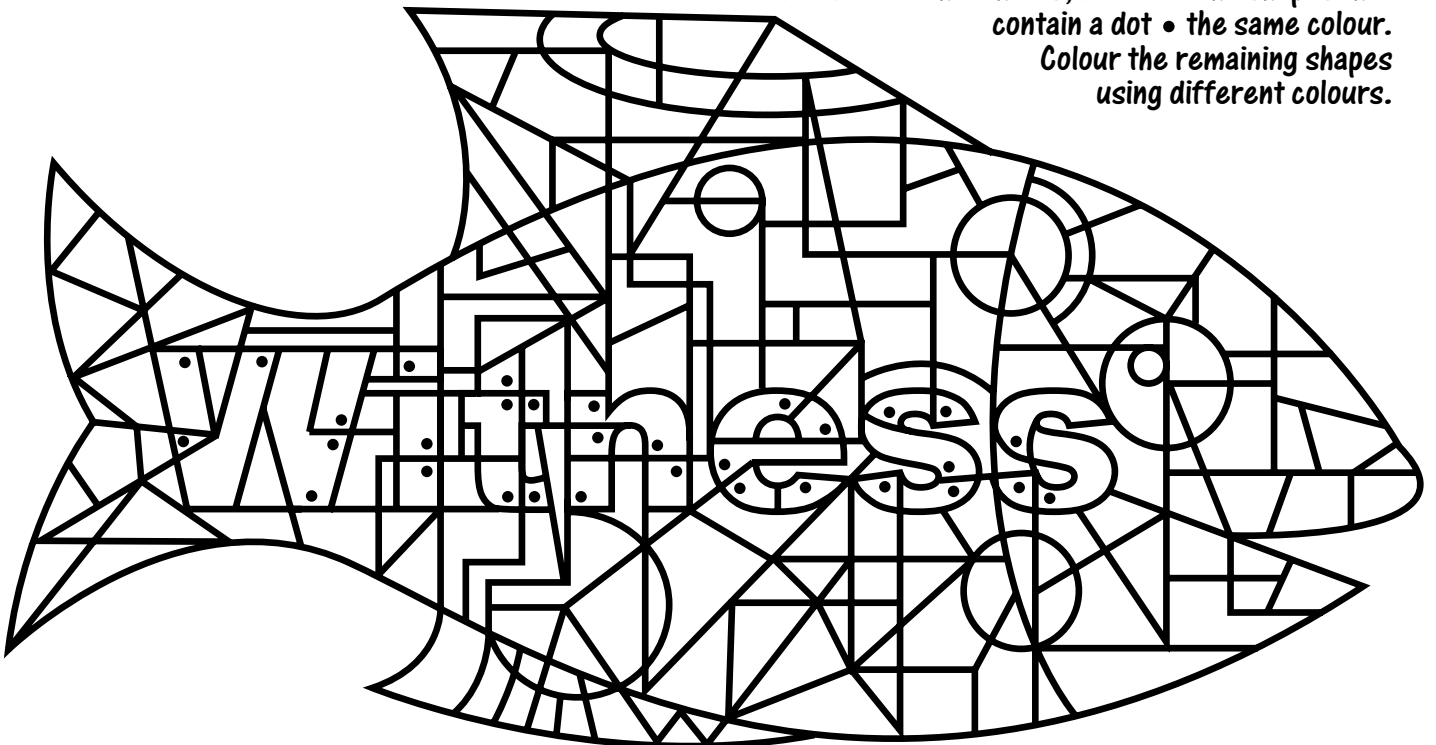
gvforie niss = f _ _ _ _ _ n _

reefdom = _ r _ _ o _

naltree flei = e _ _ _ a _ _ _ f _

gealhin = h _ _ _ _ _

There is something that Jesus asks us to do for him. To find out what that is, colour all the shapes that contain a dot • the same colour. Colour the remaining shapes using different colours.





Parish Bulletin Term 1, Week 10

During the final week of Term 1, sport has once again taken centre stage at Mater Maria Catholic College. On Tuesday and Wednesday, our teams participated in the NSWCCC Touch – U15 and Open tournaments, Wednesday saw our athletes compete in the Bill Turner Trophy Soccer event, whilst Thursday hosted a thrilling Rugby 7's Gala Day, showcasing the talent and sportsmanship of all participating students.

This week, our Year 11 Student Leaders had the honour of representing Mater Maria at Amity College's prestigious Student Leaders Iftar. During this special event, which marks the breaking of the fast during Ramadan, our students embraced unity, fostered relationships and engaged in meaningful dialogue, showcasing our commitment to friendship, understanding and social harmony. We are immensely proud of how our student leaders authentically shared our faith and values with other faith communities.

Continuing our commitment to diverse learning experiences, Year 11 students embarked on an enriching excursion to the Sydney Jewish Museum. This immersive trip provided students with valuable insights into Judaism as a living religious tradition. Meanwhile, senior students studying Ancient History had the opportunity to explore the fascinating world of Ramses II at the Australian Museum in Darlinghurst. Delving into the life and accomplishments of this legendary pharaoh, students were treated to a captivating display of 182 priceless artefacts, including the awe-inspiring sarcophagus of Ramses II. This exclusive exhibition, "Ramses & Gold of the Pharaohs," offered a glimpse into the superb craftsmanship and rich cultural heritage of ancient Egypt, providing a truly immersive learning experience.

We look forward to sharing our college news with the parish community next term.

For prospective students, applications for Year 7 in 2026 and 2027 are now open. While there is a waitlist for students transitioning from Year 6 to Year 7 in 2025, as well as for all other year groups in 2024, applications for Year 7 in 2026 closed at the end of this week. To learn more about enrollment or to submit an application, please visit our College website at www.matermaria.nsw.edu.au/enrolments.

Congratulations to all the children who made their Sacrament of the First Reconciliation

on

Thursday, 21 March 2024

at Sacred Heart Church

Mona Vale

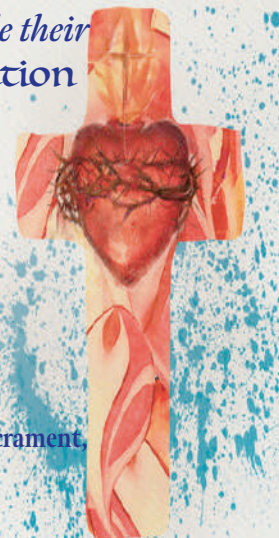
and

Thursday, 11 April 2024

at Maria Regina Church

Avalon

**May they remember the gift of forgiveness through this Sacrament,
and may they learn to live a life that draws
them closer to the Lord.**



The Disciples' Mixed and Changing Reaction to the Resurrection:

The Gospel narratives manifest the disciples' volatile situation. They want to believe, but lack confidence. They experience the sincere joy of seeing Christ resurrected, but have not completely overcome their cautious disbelief. The two from Emmaus recount their encounter, and Christ himself appears to them. Yet even when he is right there in front of them, they are slow to believe. Our Lord's patient, accepting attitude is encouraging. He did not come for a meal but takes a piece of fish to help them believe. We all have our moments of light and generosity, and our moments of sluggishness and inner resistance. I want to believe, but because it implies letting go of my false securities, I need detachment and purification. Christ aids my weakness by his closeness.

It Is I Myself:

Christ is not a ghost. He is not a figment of my imagination, nor the result of my wishful thinking—something too good to be true. Christ is more real than my fears; his grace is stronger than my weakness, more powerful than sin and death itself. As the disciples have mixed reactions to his presence, he invites them to get a grip on themselves and reflect in faith. Reflection and contemplation in faith always lead to the truth of Christ. Am I living in an illusory world of my own making because I'm not reflecting in faith on the realities and experiences of my life? All I need to do is overcome my incredulity with faith and trust in the Christ.

YOU ARE WITNESSES OF THESE THINGS

Thus It Was Written:

The Cross was not a mistake. Christ does not see it as a necessary evil. Rather, "it was written". In other words, it could not have been any other way. Without the Cross there is no resurrection. Without the Resurrection there is no experience of the fullness of life, no hope for things to come. My life too has its own experience of Christ's cross. What for me might be an unexpected twist, an obstacle or a problem, is for the Lord a means of purifying my heart and bringing me to the Resurrection.

Conversation with Christ:

At times Lord, I fear I am seeing a ghost, just like the disciples. Your plan and will are so far beyond me that at times I have difficulty distinguishing my own wishful thinking or false hopes from your will and your call. Help me to find in you the only source of my hopes and the One who will never fail me.

**by: Father Robert Presutti, LC
Catholic.net**



The *Living* Word

Entrance Antiphon

Psalm 65:1-2

Cry out with joy to God, all the earth;
O sing to the glory of his name.
O render him glorious praise, alleluia.

First Reading

Acts of the Apostles 3:13-15. 17-19

A reading from the Acts of the Apostles

You have killed the prince of life; God, however, raised him from the dead.

Peter said to the people: 'You are Israelites, and it is the God of Abraham, Isaac and Jacob, the God of our ancestors, who has glorified his servant Jesus, the same Jesus you handed over and then disowned in the presence of Pilate, after Pilate had decided to release him. It was you who accused the Holy One, the Just One, you who demanded the reprieve of a murderer while you killed the prince of life. God, however, raised him from the dead, and to that fact we are the witnesses.

'Now I know, brothers, that neither you nor your leaders had any idea what you were really doing; this was the way God carried out what he had foretold, when he said through all his prophets that his Christ would suffer. Now you must repent and turn to God, so that your sins may be wiped out.'

The word of the Lord

Responsorial Psalm Ps 4:2. 4. 7. 9. R. v.7 (R.) Lord, let your face shine on us.

When I call, answer me, O God of justice; from anguish you released me, have mercy and hear me! (R.)

It is the Lord who grants favours to those whom he loves; the Lord hears me whenever I call him. (R.)

'What can bring us happiness?' many say. Lift up the light of your face on us, O Lord. (R.)

I will lie down in peace and sleep comes at once, for you alone, Lord, make me dwell in safety. (R.)

Second Reading 1 John 2:1-5

A reading from the first letter of St John

Jesus Christ is the sacrifice that takes away our sins and those of the whole world.

I am writing this, my children, to stop you sinning; but if anyone should sin, we have our advocate with the Father, Jesus Christ, who is just; he is the sacrifice that takes our sins away, and not only ours, but the whole world's.

We can be sure that we know God only by keeping his commandments. Anyone who says, 'I know him', and does not keep his commandments,

is a liar, refusing to admit the truth. But when anyone does obey what he has said, God's love comes to perfection in him.

The word of the Lord.

Gospel Acclamation

Luke 24:32

Alleluia, alleluia!

Lord Jesus, make your word plain to us: make our hearts burn with love when you speak.

Alleluia!

Gospel

Luke 24:35-48

A reading from the holy Gospel according to Luke

It was written that the Christ would suffer and on the third day rise from the dead.

The disciples told their story of what had happened on the road and how they had recognised Jesus at the breaking of bread.

They were still talking about all this when Jesus himself stood among them and said to them, 'Peace be with you!' In a state of alarm and fright, they thought they were seeing a ghost. But he said, 'Why are you so agitated, and why are these doubts rising in your hearts? Look at my hands and feet; yes, it is I indeed. Touch me and see for yourselves; a ghost has no flesh and bones as you can see I have.' And as he said this he showed them his hands and feet. Their joy was so great that they could not believe it, and they stood dumbfounded; so he said to them, 'Have you anything here to eat?' And they offered him a piece of grilled fish, which he took and ate before their eyes.

Then he told them, 'This is what I meant when I said, while I was still with you, that everything written about me in the Law of Moses, in the Prophets and in the Psalms, has to be fulfilled.' He then opened their minds to understand the scriptures, and he said to them, 'So you see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this.'

The Gospel of the Lord

Communion Antiphon

Luke 24:35

The disciples recognized the Lord Jesus in the breaking of the bread, alleluia.

REFLECTION

by Dianne Bergant CSA

The first sentence of the gospel reading sets the context for the themes of today:

'Jesus was made known to them in the breaking of the bread.' Who is the Jesus that they recognised? And what does this recognition require?

Jesus is the servant of the God of the early ancestors, the long awaited messiah, and the innocent sufferer portrayed in the prophetic tradition. He is the fulfilment of our deepest aspirations. When we gather around the table for the sacramental meal, we encounter the Risen Lord. There the sacred traditions of our religious heritage are opened for us and we are enabled to recognise him in the traditions and in the breaking of the bread.

In order to encounter the Risen Lord in the breaking of the bread and in the breaking open of the word, we need docile hearts ready to embrace the deepest meaning of our religious heritage. We need hearts that have been purified in the love of God; hearts that have been totally transformed. The commandment of love requires nothing less.

Having recognised the Risen Lord, we, like the people described in the first reading, must live reformed lives. Having recognised the Risen Lord, we, like the people addressed in the second reading, must be obedient to God's commandment of love. Having recognised the Risen Lord, we, like the disciples portrayed in the gospel, must preach the good news of God's forgiveness to all nations. Easter faith assures us that all of this is possible.

© Dianne Bergant CSA

A Catholic Response to Domestic Violence

The theme for Safeguarding Awareness 2024 is The Voice of the Vulnerable and Bishop Anthony wanted a particular focus on domestic family violence, which affects women, children and men across our communities.

The video is called "A Catholic Response to Violence".

It can be viewed on the Diocese website at [A Catholic Response to Domestic Violence - Catholic Diocese of Broken Bay](https://www.bbcatholic.org.au) (bbcatholic.org.au) where other resources, including a booklet, are also available.

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 IN THE WORLD YOU
 WILL HAVE TRIBULATION;
 BUT BE OF GOOD CHEER,
**I HAVE OVERCOME
 THE WORLD.**

JOHN 16:33

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SCHOOL HOLIDAY

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 May you all enjoy a safe and
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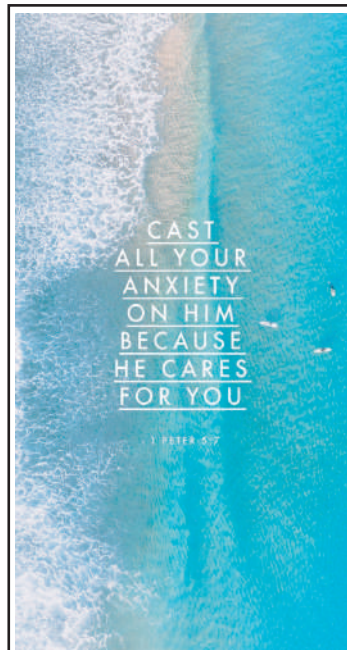
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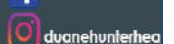
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