



The Catholic Parish of Pittwater

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

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



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!

PRAYER FOR *Lenten Simplicity*

Free us, O Lord Jesus,
from anything that obstructs
our way to You.

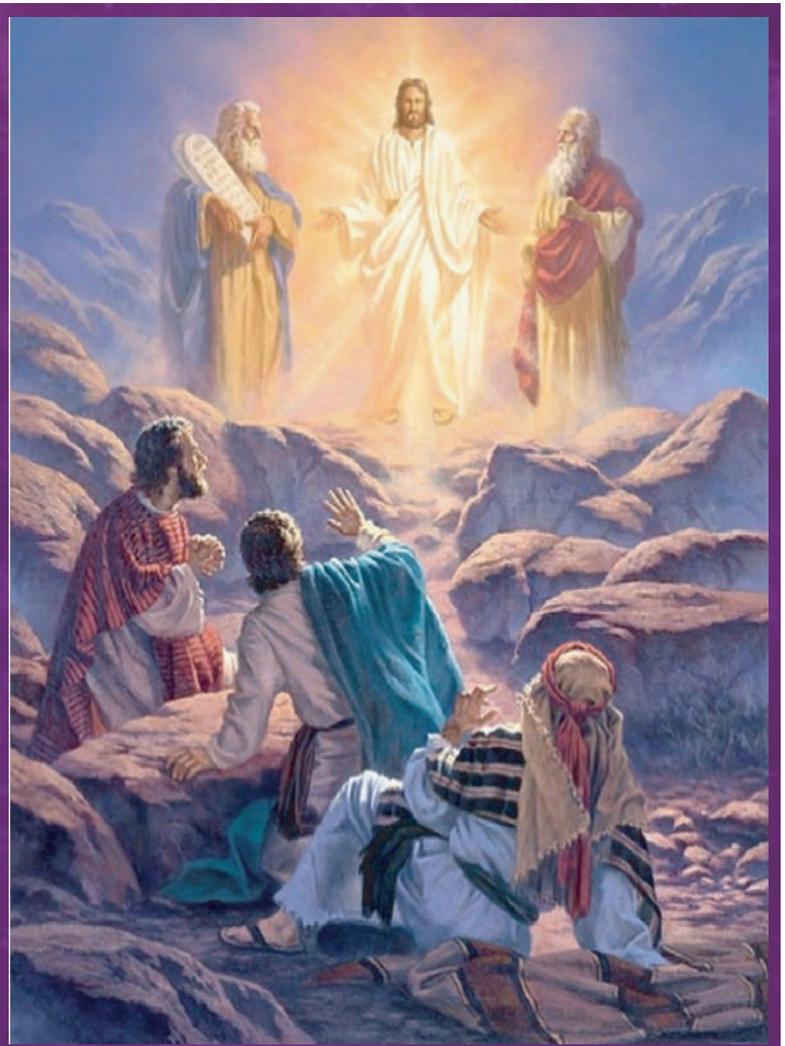
Clear away the clutter of petty grudges.
Remove smudges of resentment
and bitterness.

Cleanse us of thoughts filled
with anger, envy or self-pity.

Create space in our lives for more
kindness and less spitefulness,
greater generosity and
stronger compassion.

Enlarge our hearts with a spirit
of gratitude and hope this Lent,
so that we recognise the simple gifts
that lay in abundance all around us.

In Your sacred Name, we pray.
Amen.



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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 LEO'S PRAYER INTENTION FOR *March* For Disarmament and Peace

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

MASS TIMES

Sacred Heart Church

1 Keenan Street, Mona Vale
WEEKDAY MASSES

Tuesday 9.30 am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction *from 8.30 am followed by Mass*

Wednesday 9.30 am

Thursday 7 pm
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction *from 7.30 pm to 9.00 pm*

Friday 9:30 am
First Friday of the month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction *from 9:30 am, followed by Healing Mass/ Anointing of the Sick at 10.30 am*

WEEKEND MASSES
Saturday Vigil 5.00 pm
Sunday 8.00 am, 10.00 am & 6.00 pm (SOUL)

RECONCILIATION
Saturday Vigil 4.00 pm to 4.30 pm

BAPTISM
4th Sunday of the Month 11.30 am

Maria Regina Church

7 Central Road, Avalon

WEEKDAY MASSES

Monday 8.00 am

Wednesday 8.00 am

Thursday 10 am
9.00 am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45 am

Friday 8.00 am
First Friday of the month, *Healing Mass/ Anointing of the Sick at 8.00 am*

WEEKEND MASSES
Saturday Vigil 6.00 pm
Sunday 9.00 am

RECONCILIATION
Before Vigil Mass on Saturday

BAPTISM
3rd Sunday of the Month 11.00 am

WE PRAY *for*

Recently Deceased
Antoni Szczur
Dennis O'Connor

May all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Prayer for the Sick

Anna Śmigowska

Lily Janosik

Sue French

Maureen Larios

Elaine Boyes

Pauline Chipman

Ron Clarke

Barbara Clarke

Anna Katanec

Otma Nouak

Angela Miller

Philip Khalifeh

Joseph Khalifeh

George Azoury

Bruce Farr

James

Jacinta Purnell - Major

Garry Gleeson

Nenita Roque

Marie Celine Roque- Maca

Neda Crvelin

Jesse Cathersides

Mary Reilly

Theresa Keane

Ann Moss

BOOK REVIEW

The Sanctifier

by: Archbishop Luis M Martinez



The classic work on the Holy Spirit. One of the best books on getting to know and love the Holy Spirit present and active in our daily lives often in mysterious ways.

PARISH OFFICE WILL BE CLOSED

ON

WEDNESDAY, 4TH MARCH

as the Parish Staff will be attending the "Parish Personnel Lenten Retreat"

Liturgy for the Week

02/03 Monday, 2nd Week of Lent
Dan 9:4-10; Lk 6:36-38

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

04/03 Wednesday, 2nd Week of Lent
Jer 18:18-20; Mt 20:17-28

05/03 Thursday, 2nd Week of Lent
Jer 17:5-10; Lk 16:19-31

06/03 Friday, 2nd Week of Lent
Gen 37:3-4, 12-13, 17-28; Mt 21:33-43, 45-46

07/03 Saturday, 2nd Week of Lent
Micah 7:14-15, 18-20; Lk 15:1-3, 11-32

Thursday Spirituality Group Lenten Study

During Lent the Thursday Spirituality Group is studying the Diocese Lenten booklet "Walking in the Wilderness". We meet in the Avalon Parish Hall after 10am Mass (around 10.30) for a quick morning tea then study with prayer and discussion.

We welcome anyone who is interested in this wonderful preparation for the Easter season.



THE CATHOLIC PARISH OF PITTWATER GIVING

Our parish flourishes through the thoughtful care of resources and the generous commitment of our supporters. With gratitude, we thank all who help sustain our parish life, care for our Church and support the ministries that serve our community.

TO Make DONATIONS

SCAN the QR CODE below with your mobile phone camera and follow the prompts

Donations can be made weekly, fortnightly, monthly or one-off.



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Second Collection
(Parish Giving)

Pastoral Works Broken Bay
All PWBB donations over \$2 are 100% tax deductible

Pastoral Works Broken Bay is the charitable outreach of our Catholic community, supporting the pastoral priorities of the Diocese. It plays a vital role in funding life changing ministries, strengthening families and nurturing parish communities across Broken Bay.

Has Your Credit Card Expired?
If you support the Parish through credit card giving, please let us know if your card details have changed or expired.

Direct Debit
You may also choose to support the Parish through direct debit. This can be set up easily and securely by contacting the Parish Office, who will arrange it for you.

OUR PARISH SCHOOLS



Mater Maria Catholic College, Week 4, Term 1

It has been another busy and vibrant week at Mater Maria.

Basketball has always been a very popular sport at the College, and this week the MWBA Basketball - which runs most of the year – commenced once again. Our students have also been busy participating in the ever popular Peninsula Cup Touch Football competition.

Ash Wednesday Liturgies were held for each Year Group. With Ashes placed on our foreheads, we reflected on how Lent calls us to "turn away from sin and follow the Gospel."

Parents of students in Years 7, 8 and 9 attended an informative evening focused on student growth, engagement, communication, attendance and wellbeing through our pastoral care program.

The annual College Swimming Carnival took place on Wednesday at the Warringah Aquatic Centre. It was a wonderful day filled with house spirit, enthusiastic cheering and several record-breaking performances.

Stage 5 Ignite Mathematics students in Years 9 and 10 took part in the Cross Campus Robotics and Artificial Intelligence Workshop. Neuraxnext, which aims to equip young Australians with the knowledge and skills needed for an A.I. powered future, delivered interactive STEM experiences designed to ignite curiosity in artificial intelligence and robotics. Students gained insight into industry connections and practical steps they can take to pursue pathways in this rapidly evolving field.

A Diocesan Staff Mass was held on Thursday evening for staff across the Diocese of Broken Bay.

Faith Fridays, led by our College prefects, continue to welcome students each week to share in faith, prayer and music in the Chapel and Courtyard.

Excitement is also building for our biennial musical Spamalot, with rehearsals now underway for its May performances.

OPEN DAY – TUESDAY 3 MARCH – 4pm – 7pm

Families are warmly invited to explore our College grounds, meet staff and students, and hear from our Principal during scheduled address times. Shuttle buses will operate every 15 minutes from Pittwater RSL's lower carpark. More details are available at: matermaria.nsw.edu.au/enrolments/open-day

ENROLMENTS

Applications are now open for Year 7, 2028 and 2029. Waitlists are currently in place for Year 7, 2026 and 2027. Applications for Year 7, 2028 close at the end of Term 1, 2026. Further information can be found at: matermaria.nsw.edu.au/enrolments

Sacred Heart Update, Week 4, Term 1



Congratulations to our Keenan Colour House, who were the champion house for our school swimming carnival and to Crawford Colour House, who won the spirit cup. We have a strong swim team of 34 students representing Sacred Heart at the next level, Northern Beaches Cluster Carnival, this week on Thursday 26 February at Warringah Aquatic Centre. We look forward to sharing results next week.

Our Open Day is on Tuesday 3 March from 9-11am. It is a great opportunity to hear from our Principal, Ms O'Brien, and meet with staff, students and parents, tour the school and see what Sacred Heart has to offer. Please register for our Open Day 2026 by scanning the QR Code.



Maria Regina Catholic Primary School, Week 4



Maria Regina students have been loving their basketball lessons as part of sport this term. The courts have been full of energy as students learn new skills, build confidence, and challenge themselves. It's been wonderful to see so much teamwork on display, with everyone encouraging, supporting, and celebrating one another. A fantastic effort from all!



LENT



"Create in me a clean heart, O God,
and renew a right spirit within me."
Psalm 51:10

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*

Tel 9157 0999 ext 30

office@pittwaterparish.org

Director of Music *Monique Reeves*

Tel 9157 0999 ext 17

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

SCHOOLS

Sacred Heart School

Mona Vale

Tel 8197 6900

Principal: Ms Louise O'Brien

Maria Regina School

Avalon

Tel 7256 2138

Principal: Ms Kirsty Thorpe

Mater Maria Catholic College

Warriewood

Tel 7256 2100

Principal: Mr Anthony Mahoney

OPEN DAY 2026

Tuesday March 3

9-11am

Register Now



SACRAMENTAL PROGRAM UPDATE

Sacrament of Confirmation



This year the sacrament of Confirmation will be celebrated in November.
The following link provides the Bishop's letter with additional information

<https://www.bbcatholic.org.au/pittwater/sacraments/confirmation>

Children in Year 3 and above are eligible to receive this sacrament if they have been baptised. BOOKINGS ARE NOT OPEN YET.

For more information about the requirements of the program, the preparation groups, enrolments, etc., you **MUST** attend **ONE** of the following "Parent Information & Commitment" sessions which will take place at **7 pm** (Children do not need to attend):

**Maria Regina Church, Avalon
Wednesday, 22 April
Sacred Heart Church, Mona Vale
Wednesday, 29 April**

We need facilitators for the four weekly preparation sessions. You can share this role with another parent. If you would like to be a group facilitator or would like to have more information about the role, please contact **Sonia** on sacraments@pittwaterparish.org

STATIONS OF THE CROSS

Every Friday in Lent

after the morning Masses at
both Churches -
Sacred Heart Church, Mona Vale
and
Mari Regina Church, Avalon



A National Catholic Ministry for Men, founded out of a response to a great need in the hearts & lives of men & great need in the life of the Catholic Church.

ALL MEN ARE WELCOME

We Meet
First & Third Tuesday of every Month at 7 pm
Sacred Heart Parish Centre

Join Us - Men's Faith Gathering

We warmly invite all men of our parish & community to come together at 7:00 pm for an informal & faith-filled evening of conversation, reflection & brotherhood.

These gatherings offer a welcoming & supportive space to share openly, grow spiritually & encourage one another in our journey of faith.

Together, we seek to renew our hearts in Christ, strengthen our commitment to God & be a vital & active force of renewal within our Church.

Come & be part of a community where faith is nurtured, friendships are formed & the Holy Spirit at work.

All are welcome. We look forward to seeing you there.

For any questions, contact **Joe Cillia - 0418 863 814**

HAPPY 66TH

WEDDING ANNIVERSARY

to

*Garry and Mary
Gleeson*

*May God continue to bless your
beautiful marriage with love, peace
and joyful grace.*

PARISH MORNING TEA GATHERING

Everyone is welcome to join

Every month after the
8 am Mass

on the 1st Sunday and
after the 10 am Mass on
the 3rd Sunday at
**SACRED HEART CHURCH,
MONA VALE**

Last Sunday after the
9 am Mass
at the front of
**MARIA REGINA CHURCH,
AVALON**



**Second Sunday of Lent
28 February - 1 March 2026**

Sisilia is a 13-year-old girl living in remote Tanzania, who had to walk long distances to collect water every day. Thanks to Project Compassion, Sisilia's school and village now have safe clean water close by and she can spend more time studying so she can fulfil her dream of one day becoming a pilot.



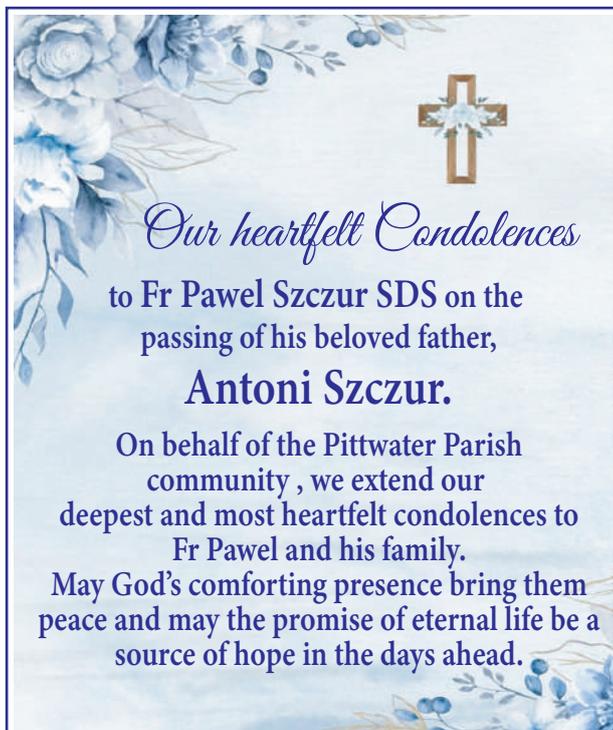
Please Donate

You can support Project Compassion 2026 through the Donation Boxes, Envelopes or by scanning the QR Code.

Or online at:

www.projectcompassion.org.au/donate

Thank You for standing with us,
as we Unite Against Poverty this Lent



Our heartfelt Condolences
to Fr Pawel Szczur SDS on the passing of his beloved father,
Antoni Szczur.

On behalf of the Pittwater Parish community, we extend our deepest and most heartfelt condolences to Fr Pawel and his family.
May God's comforting presence bring them peace and may the promise of eternal life be a source of hope in the days ahead.

40 LENTEN IDEAS

SPIRITUAL DISCIPLINES	ACTS OF LOVE & SERVICE
† No social media	† Write handwritten notes
♥ Daily Rosary	† Donate clothing
† Attend weekly Stations	♥ Volunteer local
† Read a spiritual book	† Cook a meal for a neighbor
† Silent prayer time	♥ Forgive someone
♥ Journal daily reflections	† Call family members
† Fast from complaining	† Give up a favorite treat
♥ Pray the Angelus	♥ Almsgiving weekly

ADORATION & BENEDICTION

Exposition of the Blessed Sacrament

ADORATION & RECONCILIATION
followed by
BENEDICTION & MASS

Sacred Heart Church, Mona Vale
every Tuesday from 8:30 am - 9:30 am and every Thursday 7:30 pm - 9:00 pm

Maria Regina Church, Avalon
every Thursday from 9:00 am - 9:45 am

CHRISM MASS

TUESDAY, 31st MARCH
@ 7:30 pm

Our Lady of the Rosary, Waitara

The Chrism Mass is a solemn Holy Week liturgy where the Bishop consecrates the Sacred Chrism and blesses the Oils of the Sick and Catechumens for use in sacraments throughout the year. It symbolises the unity of the diocese and the renewal of priestly vows, highlighting the Church's sacramental life.

There will be a nationwide **Holy Hour** on
Sunday, 1 March 2026

after the 9 am Mass at Maria Regina Church, Avalon and after the 10 am Mass at Sacred Heart Church, Mona Vale

To prepare well for this event, and to ensure that we do not let this opportunity slip by, each of us as members of the Catholic community here in Australia are invited to enter into a time of personal and communal reflection and prayer by focusing our attention on the Congress theme:
"This is My Body, Given for You."

We know that by participating in the Eucharistic Sacrifice, "which is the source and summit of the Christian life", we enter into profound communion with our Lord. While many different



The *Living* Word

Entrance Antiphon Psalm 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 Genesis 12:1-4
A reading from the book of Genesis
The call of Abraham, the father of God's people.

The Lord said to Abram, 'Leave your country, your family and your father's house, for the land I will show you. I will make you a great nation; I will bless you and make your name so famous that it will be used as a blessing. 'I will bless those who bless you: I will curse those who slight you. All the tribes of the earth shall bless themselves by you.' So Abram went as the Lord told him.

The word of the Lord

Responsorial Psalm
Ps 50:3-6. 12-14. 17. R. see v.3
(R.) Lord, let your mercy be on us, as we place our trust in you.

The word of the Lord is faithful and all his works to be trusted. The Lord loves justice and right and fills the earth with his love. **(R.)**

The Lord looks on those who revere him, on those who hope in his love, to rescue their souls from death, to keep them alive in famine. **(R.)**

Our soul is waiting for the Lord. The Lord is our help and our shield. May your love be upon us, O Lord, as we place all our hope in you. **(R.)**

Second Reading 2 Timothy 1:8-10
A reading from the second letter of St Paul to Timothy
God has saved us, and called us to be holy.

With me, bear the hardships for the sake of the Good News, relying on the power of God who has saved us and called us to be holy – not because of anything we ourselves have done but for his own purpose and by his own grace. This grace had already been granted to us, in Christ Jesus, before the beginning of time, but it has only been revealed by the Appearing of our saviour Christ Jesus. He abolished death, and he has proclaimed life and immortality through the Good News.

The word of the Lord.

Gospel Acclamation Matthew 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 Matthew 17:1-9
A reading from the holy Gospel according to Matthew
His face shone like the sun.

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus. As they came down from the mountain Jesus gave them this order. 'Tell no one about the vision until the Son of Man has risen from the dead.'

The Gospel of the Lord.

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

REFLECTION

by Dianne Bergant

The blessings upon which we meditate today are undeserved gifts from God. They were not earned. The graciousness of God transforms us in such a way as to effect new beginnings. It can be seen in the promises made to Abram. He leaves the past behind and moves into a new future. It can be seen in the psalm response. The Lord delivers us from death and inspires us to look to the future. It can be seen in the reading from 2 Timothy. Through Christ Jesus we are called to a new life of holiness; we escape the fetters of death and are brought into the freedom of the resurrection. We see it in the gospel, a glimpse into the future glory of Jesus which, through grace, we will be able to share. Lent is a time of new beginnings which find their origin in the abundant blessings of God. The ultimate blessing of God is Jesus himself. As Abram was called to be the source of blessing for all others, as Peter, James and John were chosen to witness the transfiguration of Jesus, so today we too are invited to look to Jesus for inspiration during this holy season. Paul speaks of the salvation that Jesus brings as having come, not because of any

works of righteousness that we might have performed, but because of the grace of God. Once again the Lenten readings focus on the merciful action of God in our lives, and in the end they point to Jesus.

© Dianne Bergant CSA

MASS SCHEDULE CHANGES

Monday, 2 March
8 am Mass at
Maria Regina Church,
Avalon

Tuesday, 3 March
9:30 Mass
Sacred Heart Church,
Mona Vale

Wednesday, 4 March
8 am Liturgy of the Word
with Holy Communion
Maria Regina Church,
Avalon
9:30 am Mass
Sacred Heart Church,
Mona Vale

Thursday, 5 March
10 am Mass
Maria Regina Church,
Avalon
7 pm Mass
Liturgy of the Word
with Holy Communion
Sacred Heart Church,
Mona Vale

LENT and Letting Go



Let go of bitterness.
Embrace forgiveness.



Let go of jealousy.
Embrace gratitude.



Let go of anger & hate.
Embrace charity.



Let go of pride.
Embrace humility.



Let go of lust.
Embrace purity.



Let go of sins.
Embrace GOD.



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The Pillars of Lent
PRAYER



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MONDAYS

9:30 - 11:30

(SCHOOL TERM)

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WHAT SHOULD I GIVE
UP FOR LENT?

HERE ARE JUST A FEW IDEAS:

- ◆ SOCIAL MEDIA
- ◆ COMPLAINING
- ◆ JUNK FOOD
- ◆ NEGATIVE SELF-TALK
- ◆ WATCHING TV
- ◆ CAFFEINE
- ◆ ALCOHOL
- ◆ LATE NIGHTS
- ◆ GOSSIPING

COMING UP CATHOLIC