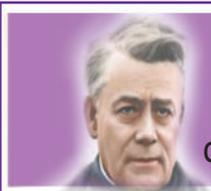




The Catholic Parish of Pittwater

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

O Lord, help me, show me the way! Without you, I can do nothing. I hope all things from You. In you, O Lord, I have hoped, I will not be confounded for ever.

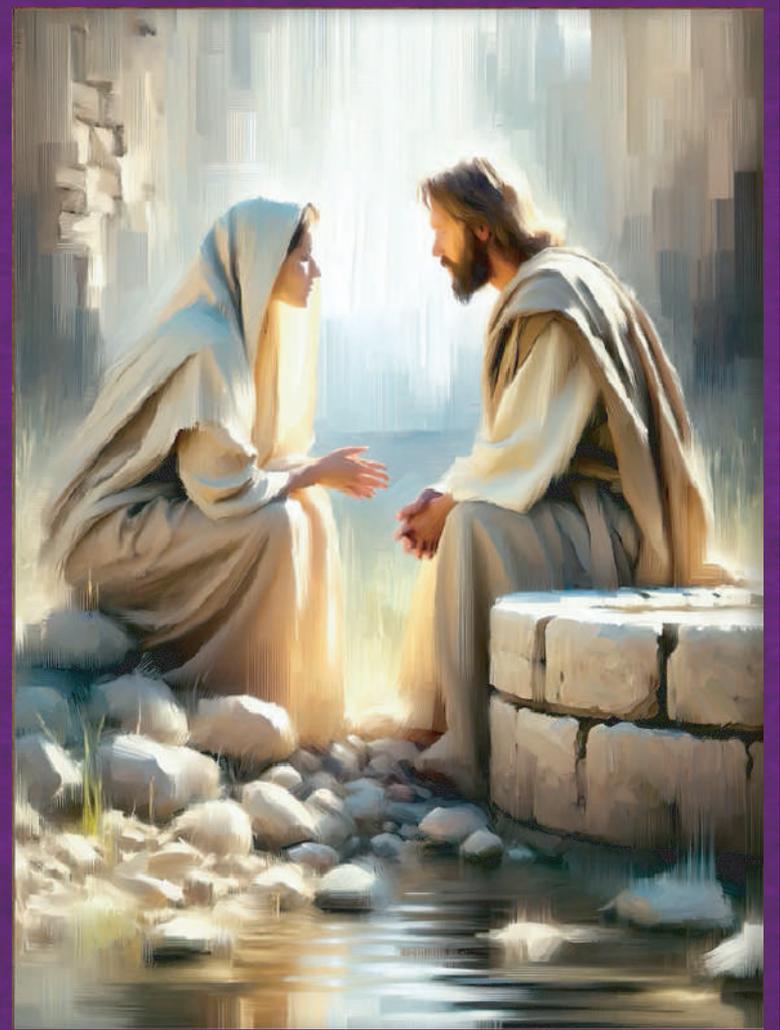
Prayer for Lent

Heavenly Father,
as we enter another week of
our Lenten journey,
guide us to the path that
leads to You.

You have given the
human race,
Jesus Christ, our Saviour,
as a model of humility.

Fill our hearts with gratitude,
patience, strength and peace as
we strive to become the best
version of ourselves.
Honestly admitting our
shortcomings and sins.

Make us worthy to share in
the Resurrection of Your Son,
our Lord Jesus Christ.
Amen.



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Pittwater
Catholic Parish



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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*

Deceased Anniversary

Ilka Spadina
Roko Marov
Pietro Ferrau

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 Monastery of the Heart

by: Joan Chittister



If you are looking for the true meaning on life while facing seemingly countless options, both spiritual and secular, and are feeling overwhelmed by choices, Joan gives us the spiritual knowledge we need.

"Lent comes providentially to awaken us, to shake us from our lethargy."

-Pope Francis

Liturgy for the Week

09/03 Monday, 3rd Week of Lent
2 Kg 5:1-15; Lk 4:24-30

10/03 Tuesday, 3rd Week of Lent
Dan 3:25, 34-43; Mt 18:21-35

11/03 Wednesday, 3rd Week of Lent
Deut 4:1, 5-9; Mt 5:17-19

12/03 Thursday, 3rd Week of Lent
Jer 7:23-28; Lk 11:14-23

13/03 Friday, 3rd Week of Lent
Hosea 14:2-10; Mk 12:28-34

14/03 Saturday, 3rd Week of Lent
Hosea 5:15 - 6:6; Lk 18:9-14

Thursday Spirituality Group Lenten Study



During Lent the Thursday Spirituality Group is studying the Diocese Lentan 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 PITTPATER 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.



Areas of Giving

First Collection
(Clergy Giving)

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 5, Term 1

As part of our ongoing partnership with our local parishes, we are delighted to share this update from Mater Maria Catholic College.

This week has been eventful at our College. Our annual Open Day on Tuesday evening showcased the wonderful facets of life at Mater Maria to over 300 families. Visitors admired the faith life, musical talents, drama and dance performances, and interactive displays in our classrooms, with students, staff and parents authentically conveying the College spirit.

Our Year 11 Drama students performed the annual Anti-Bullying Play, "The Power of Some," for our local Catholic Primary schools, teaching Years 4–6 about bullying and fostering positive relationships.

Year 9 students joined students from other CSBB schools at Our Lady of Dolours Catholic Primary School in Chatswood to attend a Writers Collective workshop, bringing students together in person with their teacher and peers.

Students from St Edmund's College in Wahroonga attended a fun day at Mater Maria, led by our Year 11 students as part of their Faith in Action program.

Year 11 and Year 12 musicians attended the annual Encore concert at the Sydney Opera House this week. The concert showcased outstanding performances and compositions from the 2025 HSC Music examinations, providing an exciting opportunity for current music students, teachers and the general public to experience exemplary works.

Other senior students attended the UTS Start Up Summit at the ICC to learn from relatable young founders and discover that entrepreneurship is a normal, desirable and accessible career path.

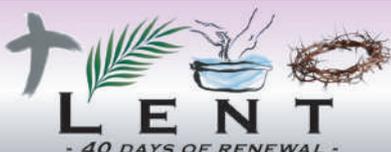
Senior students on the Zonta Committee attended the International Women's Day Breakfast at the Royal Prince Alfred Yacht Club in Newport. Others attended the Amity College in Auburn to experience an Islamic Iftar with students from other schools in Sydney, an opportunity which provided a greater understanding into the Islamic faith and fostered interfaith dialogue.

Every Friday, our prefects lead Faith Fridays, inviting all students to join in for faith and music in the Chapel and Courtyard, a lovely way to wrap up the week and come together as a community.

Excitement continues to grow for our biennial musical, Spamalot, with weekly rehearsals progressing well ahead of the May performances.

Applications for Year 7 in 2028–2030 are now open. Limited waitlist places are available for 2026 and 2027. Visit matermaria.nsw.edu.au/enrolments for details. Applications for Year 7, 2028 close on Thursday 12 April, 2026.

We thank our parish communities for their ongoing prayers and support and look forward to continuing to share the life of our College with you.



Sacred Heart Update, Week 5, Term 1



Congratulations to our swim team of 34 students who competed last week at the Northern Beaches Swimming Carnival. They displayed wonderful team spirit and are to be warmly congratulated for their efforts. We are also delighted to share that Sacred Heart Mona Vale has won Champion School—a fantastic achievement for our swimmers and our community.



This week we have had a team of 5 students competing in the Mountain Biking Interschools competition down in Thredbo. The boys showed great comradery throughout the event representing Sacred Heart. Well done!



On Tuesday this week we held our Open Day at Sacred Heart and welcomed over 70 families through our school. It was lovely to hear the warm and positive feedback about our Year 6 students conducting the tours and thank you to our Principal, Assistant Principal and School Captains, who addressed the group.

Maria Regina Catholic Primary School, Week 5



Maria Regina students have been embracing their time in the school ECO Garden, turning it into a vibrant hub of care, curiosity, and community. Each week, our garden club gathers to water, weed, plant, and nurture this beautiful space, taking real pride in watching it grow and flourish. The joy on their faces says it all, this is a place where they feel connected, responsible, and inspired.

Parents often join in before school, adding to the warm, communal spirit that makes the garden such a special part of Maria Regina. Their support helps model stewardship and teamwork, and it's wonderful to see students and families working side by side.

The ECO Garden has become more than just a garden, it's a reflection of the heart of Maria Regina, a caring community, a love of learning, and a shared commitment to looking after our world.



Parish Directory

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Mona Vale
NSW 2103
Tel 9157 0999

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pp@pittwaterparish.org

Assistant Priest
Fr Zygmunt Smigowski SDS

Tel 9157 0999 ext 12

ap@pittwaterparish.org

Parish Secretary
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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

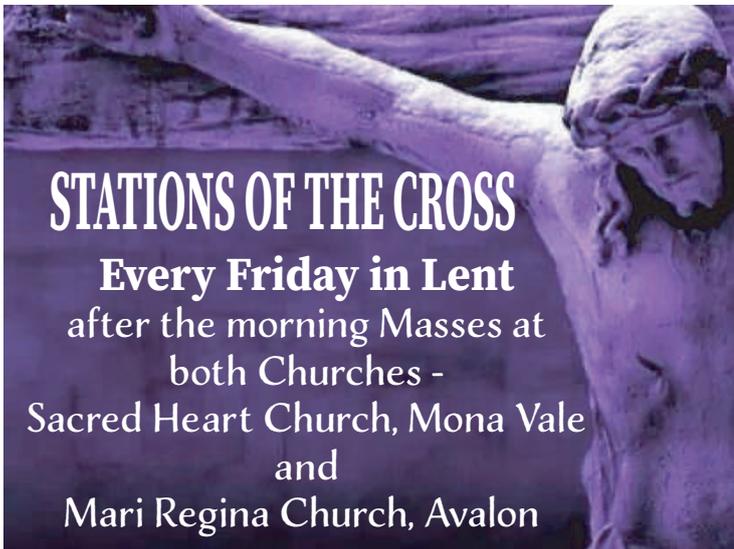
Tel 7256 2138

Principal: Ms Kirsty Thorpe

Mater Maria Catholic College
Warriewood

Tel 7256 2100

Principal: Mr Anthony Mahoney



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

ADORATION & BENEDICTION

Exposition of the Blessed Sacrament



My Lord and God

John 20:28

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*

**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**

MARY MACKILLOP
Spirituality Ministry
Baulkham Hills

With Courage and Quiet Strength

WOMEN'S BREAKFAST CELEBRATING THE FEAST OF SAINT JOSEPH

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9:00 AM**
MARY MACKILLOP
SPIRITUALITY CENTRE
33 Barina Downs Rd
Norwest NSW 2153
\$20 per person, RSVP by
17 MARCH- 02 9634 2317

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scan QR code

or head to
<https://tinyurl.com/4pcjv9ef>

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

Parish Easter Reconciliation

THURSDAY, 26th MARCH
at 7:30 pm after Mass
Sacred Heart Church, Mona Vale

*There are more opportunities to seek the mercy of God
in the Sacrament of Reconciliation.*

SACRED HEART CHURCH, Mona Vale
Every Saturday from 4 pm - 4:30 pm
Every Thursday from 7:30 pm

MARIA REGINA CHURCH, Avalon
Every Saturday from 5 pm - 5:30 pm
Every Thursday from 9 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.



Lenten "Food" for Thought

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 have trust in God

Fast from complaints ...
and contemplate simplicity

Fast from pressures ...
and be prayerful

Fast from bitterness ...
and fill your hearts with joy

Fast from selfishness ...
and be compassionate to others

Fast from grudges ...
and be reconciled

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



KEEPING A HOLY
LENT




Third Sunday of Lent
7 March - 8 March 2026

Monoranjon lives in a village in Bangladesh close to the sea, where floods and storms often damage his crops and his home. With support from Project Compassion, he learnt climate-resilient farming techniques and new ways to diversify his income, helping his family survive and build a safer, more sustainable future.




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 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

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

The *Living* Word

Entrance Antiphon Psalm 24:15-16
My eyes are always on the Lord, for he rescues my feet from the snare. Turn to me and have mercy on me, for I am alone and poor.

First Reading Exodus 17:3-7
A reading from the book of Exodus
Give us water to drink.

Tormented by thirst, the people complained against Moses. 'Why did you bring us out of Egypt?' they said. 'Was it so that I should die of thirst, my children too, and my cattle?' Moses appealed to the Lord. 'How am I to deal with this people?' he said. 'A little more and they will stone me!' The Lord said to Moses, 'Take with you some of the elders of Israel and move on to the forefront of the people; take in your hand the staff with which you struck the river, and go. I shall be standing before you there on the rock, at Horeb. You must strike the rock, and water will flow from it for the people to drink.' This is what Moses did, in the sight of the elders of Israel. The place was named Massah and Meribah because of the grumbling of the sons of Israel and because they put the Lord to the test by saying, 'Is the Lord with us, or not?'

The word of the Lord

Responsorial Psalm Ps 94:1-2. 6-9. R. v.8
(R.) If today you hear his voice, harden not your hearts.

Come, ring out our joy to the Lord; hail the rock who saves us. Let us come before him, giving thanks, with songs let us hail the Lord. **(R.)**

Come in; let us bow and bend low; let us kneel before the God who made us for he is our God and we the people who belong to his pasture, the flock that is led by his hand. **(R.)**

O that today you would listen to his voice!
'Harden not your hearts as at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work.' **(R.)**

Second Reading Romans 5:1-2. 5-8
A reading from the letter of St Paul to the Romans
The love of God has been poured into our hearts by the Holy Spirit which has been given to us.

Through our Lord Jesus Christ by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. This hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us. We were still helpless when at his appointed moment Christ died for sinful

men. It is not easy to die even for a good man – though of course for someone really worthy, a man might be prepared to die – but what proves that God loves us is that Christ died for us while we were still sinners.

The word of the Lord.

Gospel Acclamation John 4:42. 15

Glory to you, Word of God, Lord Jesus Christ!

Lord, you are truly the Saviour of the world; give me living water, that I may never thirst again.

Glory to you, Word of God, Lord Jesus Christ!

Gospel John 4:5-15. 19-26. 39-42
A reading from the holy Gospel according to John

The water that I shall give will turn into a spring of eternal life.

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.' His disciples had gone into the town to buy food. The Samaritan woman said to him, 'What? You are a Jew and you ask me, a Samaritan, for a drink?' – Jews, in fact, do not associate with Samaritans. Jesus replied:

'If you only knew what God is offering and who it is that is saying to you:

Give me a drink, you would have been the one to ask, and he would have given you living water.'

'You have no bucket, sir,' she answered 'and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?' Jesus replied:

'Whoever drinks this water will get thirsty again: but anyone who drinks the water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside him, welling up to eternal life.'

'Sir,' said the woman, 'give me some of that water, so that I may never get thirsty and never have to come here again to draw water. I see you are a prophet, sir. Our fathers worshipped on this mountain, while you say that Jerusalem is the place where one ought to worship.'

Jesus said: 'Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem.

You worship what you do not know; we worship what we do know; for salvation comes from the Jews.

But the hour will come – in fact it is here already – when true worshippers will worship the Father in spirit and truth: that is the kind of worshipper the Father wants.

God is spirit, and those who worship must worship in spirit and truth.' The woman said to him, 'I know that Messiah – that is, Christ – is coming; and when he comes he will tell us everything.' 'I who am speaking to you,' said Jesus 'I am he.'

Many Samaritans of that town had believed in him on the strength of the woman's testimony, so, when the Samaritans came up to him, they begged him to stay with them. He stayed for two days, and when he spoke to them many more came to believe; and they said to the woman, 'Now we no longer believe because of what you told us; we have heard him ourselves and we know that he really is the saviour of the world.'

The Gospel of the Lord.

Communion Antiphon John 4:13-14
For anyone who drinks it, says the Lord, the water I shall give will become in him a spring welling up to eternal life.

REFLECTION

by Dianne Bergant

All people thirst for meaning, but of what does that meaning consist? The people in the desert thirsted for water, but they misunderstood their thirst. The woman of Samaria thirsted. Her conversation with Jesus showed that she thirsted for understanding and insight as well as water. For what do we thirst in this world of such great excess and unmeasured need? Life has not become simpler with all of our advances. We still thirst for more – for the newest, the fastest and the best. How much is enough, and when do we cross the line into 'too much'?

The gospel readings for the scrutiny Sundays very clearly lay out the choices that are placed before the catechumens and the rest of the believing community as well. This Sunday it is between water that quenches thirst and water that does not. Jesus identifies himself as the source of water that guarantees eternal life. He places before the Samaritan woman a choice that requires a step of profound faith. She knows the thirst-quenching quality of the water from Jacob's well, but she is not acquainted with the water promised by this stranger who is also an enemy of her people. The choice is not an obvious one. A similar choice is placed before us. We know the demands of our culture and the circumstances of our lives. Are we able to acknowledge the sins of which we are guilty, recognise the grace that is being offered to us, and make the right choice?

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**BUT THE WATER THAT I SHALL
 GIVE HIM SHALL BE IN HIM A
 WELL OF WATER SPRINGING UP
 INTO EVERLASTING LIFE.**

John 4:14

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(SCHOOL TERM)

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that Jesus is the
Son of God, God
lives in them and
they in God.

1 John 4:15