



# 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

Truly the Almighty will help you in all your worries and sufferings. He will never abandon you. He will give you courage and strength.

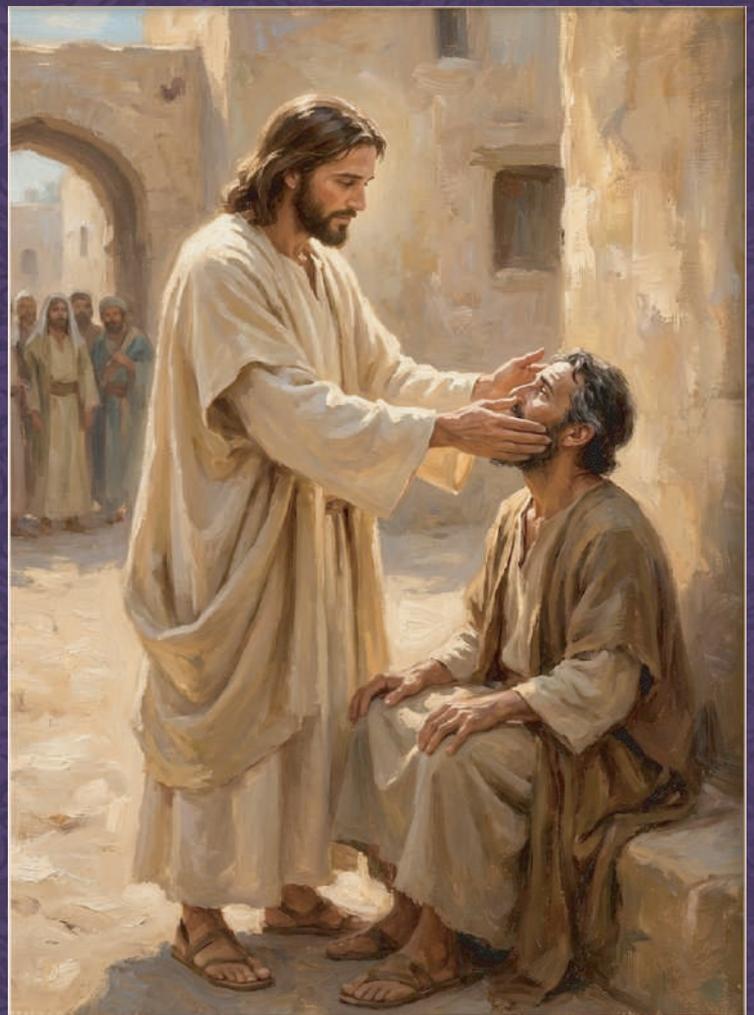
## Lenten Prayer

Almighty and ever living God,  
You invite us deeper into  
Your world, Your people,  
Your Lent.

May this time be one of  
outward focus;  
seeking You in those we  
often ignore.

Help us live Lent focused  
on freedom, generosity  
and encounter.

Give us hearts hungry  
to serve You and those who  
need what we have to give.  
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

*Recently Deceased*  
**Ann Moss  
 Draga Vrcek**

*Deceased Anniversary*  
**Pave Lucic  
 Roko Marov  
 Pietro Ferrau**

*Prayer for the Sick*

**Anna Šmigowska**

**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**

**Marta Bizubova**

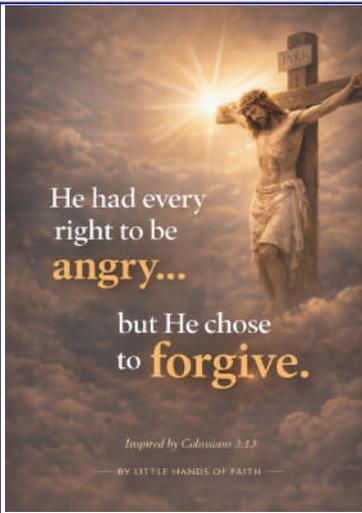
**Ivan Kral**

# BOOK REVIEW

**Our Father's Plan**  
 A Catholic Bible Study of  
 Salvation Army  
 with Scott Hahn & Jeff Cavins



Jeff Cavins gives the broad overview of Bible history by breaking the Scriptures into 12 understandable periods. This portion of the program is followed by an in-depth discussion with Scott Hahn on a theme pertinent to the Bible period.



## Liturgy for the Week

16/03 Monday, 4th Week of Lent  
 Is 65:17-21; Jn 4:43-54

17/03 Tuesday, 4th Week of Lent  
 Jer 1:4-9; Lk 10:1-12, 17-20

18/03 Wednesday, 4th Week of Lent  
 Is 49:8-15; Jn 5:17-30

19/03 Thursday, St Joseph, Spouse of the Blessed Virgin Mary  
 2 Sam 7:4-5, 12-14, 16; Mt 1:16, 18-21, 24

20/03 Friday, 4th Week of Lent  
 Wis 2:1, 12-22; Jn 7:1-2, 10, 25-30

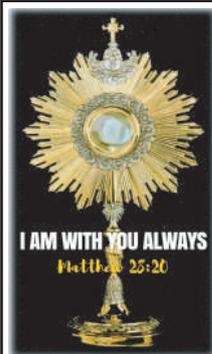
21/03 Saturday, 4th Week of Lent  
 Jer 11:18-20; Jn 7:40-52

## 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



I AM WITH YOU ALWAYS  
 Matthew 28:20



## 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 6, Term 1

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

Our Year 7 and Year 9 students applied themselves diligently as they completed their NAPLAN writing, reading and languages assessments. We thank them for their steady efforts and look forward to reviewing the data that will help us track student growth and guide future literacy and numeracy support.

This week we welcomed Rugby Sevens legend Sharni Smale, who spoke in our library at lunchtime. Students heard her remarkable story of competing in three Olympic Games, the Rugby World Cup and the Commonwealth Games. Her message of determination, resilience and excellence deeply resonated with our students, and we were grateful for the insights she shared.

Each Friday, our prefects lead Faith Fridays, inviting students to gather in the Chapel and Courtyard for faith, reflection and music - a beautiful way to come together as a community at the end of the week.

Excitement continued to grow around our biennial musical, Spamalot, with rehearsals progressing well ahead of the upcoming May performances.

Our students also represented the College at a range of sporting events. They competed at the Broken Bay Swimming Carnival at SOPAC, Homebush, as part of the selection process for the NSWCCC Swimming Championships. In addition, students participated in the Peninsula Cup Touch Football, MWBA basketball and the North Sydney Oztag Regionals across Years 7 - 12 at Nolans Reserve. Broken Bay Open Touch Football was also held at Nolans, serving as the selection trial for the Opens Broken Bay team for the NSWCCC trials.

Applications for Year 7 in 2028 - 2030 are now open, with limited waitlist places available for 2026 and 2027. Families are encouraged to visit [matermaria.nsw.edu.au/enrolments](http://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 6, Term 1



Congratulations to our swim team of 19 students who competed on Tuesday at the Broken Bay Swimming Carnival at Homebush. There were many outstanding results, and we are pleased to announce that 6 students have been selected for the Broken Bay representative team and will compete at the Polding Swimming Championships:



This week our Year 6 students have been enjoying 3 days and 2 nights away for the Year 6 Camp at The Great Aussie Bush Camp.

Last Friday evening we held our 2026 Welcome BBQ. This was such a special event for the school community to celebrate the year ahead. Our playground was full of fun stalls put together by the Year 6 students, for everyone to enjoy, showing creativity and leadership.



## Maria Regina Catholic Primary School, Week 6



We came together on Saturday evening for a beautiful Family Mass with Father Richard, and what a wonderful celebration it was. It was truly heartwarming to see so many Maria Regina families gathered in prayer, reflection, and community. Moments like these remind us of the strong, faith-filled spirit that makes our school so special.



## 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**

## LENT

My soul waits, and in  
his word I put my hope.  
—Psalm 130:5-6

# 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

# DATES *for your DIARY*

## STATIONS OF THE CROSS

Every Friday in Lent after morning masses at both Churches  
**Maria Regina Church, Avalon**  
after the 8am Mass  
**Sacred Heart Church, Mona Vale**  
after the 9:30 am Mass



## LENTEN PARISH RECONCILIATION

**Sacred Heart Church, Mona Vale**  
**26 March, Thursday**  
after the 7.30 pm after the Mass



## CHRISM MASS

**Our Lady of the Rosary Cathedral, Waitara**  
**31 MARCH, TUESDAY**  
at 7.30pm



## HOLY THURSDAY (The Lord's Supper)

**Sacred Heart Church, Mona Vale**  
**2 April, Thursday**  
at 7.00pm  
*(No Morning Mass at Avalon)*



## GOOD FRIDAY

*(Stations of the Cross)*  
**3 April**

**Sacred Heart Church, Mona Vale**  
at 10.00 am  
**Maria Regina Church, Avalon**  
at 10.00am



## THE PASSION OF THE LORD

**3 April, Friday**  
**Sacred Heart Church, Mona Vale**  
at 3.00pm  
**Maria Regina Church, Avalon**  
at 3.00pm



## BLESSING OF EASTER FOODS

**4 April, Saturday**  
**Sacred Heart Church, Mona Vale**  
at 11.00 am



## HOLY SATURDAY

**4 April**  
**Maria Regina Church, Avalon**  
FAMILY MASS  
at 6.00pm  
**Sacred Heart Church, Mona Vale**  
at 7.30pm  
*(No 5.00pm Vigil Mass)*



## EASTER SUNDAY

**5 April**  
**Sacred Heart Church, Mona Vale**  
at 8.00am, 10.00am & 6.00pm  
**Maria Regina Church, Avalon**  
at 9.00am



## 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](mailto:sacraments@pittwaterparish.org)

## LENT

A SEASON OF REFLECTION, RENEWAL, AND PREPARATION



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**



**PROJECT  
COMPASSION**

**Fourth Sunday of Lent  
14 March - 15 March 2026**

Life was hard *Manaini* and her children living in rural Fiji. With the support from Caritas Australia's partner, FRIEND, she learnt food processing and gardening skills, improving nutrition and creating new income opportunities to support her children's education.



**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](http://www.projectcompassion.org.au/donate)

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

# SOLEMNITIES

## ST PATRICK 17TH MARCH



**Interesting Facts about St Patrick:**

- \*He wasn't Irish. He was captured by Irish pirates and brought to Ireland from Roman-Britain in the early 5th Century.
- \*Experienced a vision of the Irish asking him to teach them about Christ.
- \*Having become a Bishop, he was sent back to Ireland. He preached first to the members of the royal family, and soon his audiences grew. He used the druid rituals as evangelising tools.

audiences grew. He used the druid rituals as evangelising tools.

\*He used the shamrock to explain the Trinity because the Irish had a love for nature.

\*Instituted what is known as the Croagh Patrick Hike, where he prayed that Ireland would always keep her Christian Faith. To this day, young and old hikers follow route in pilgrimage.

## ST JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY 19TH MARCH



**St Joseph Prayer**  
Protector of the Holy Family, humble and faithful servant of God, I place myself under your care.

Guide me in my work and decisions. Provide for my needs, guard my home, and give me peace of heart.

Help me to trust God's timing and to do what is right with quiet strength.

St Joseph, pray for me. Amen.

## 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

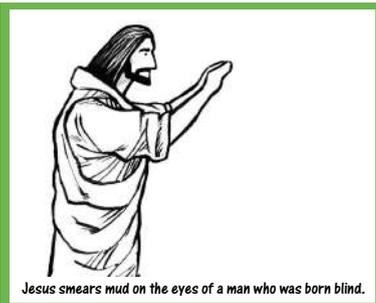
## Jesus heals the blind man



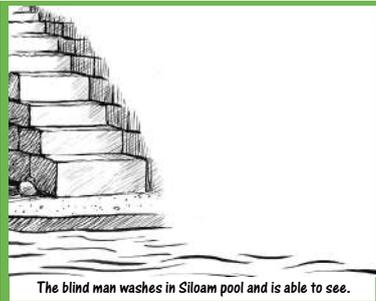
4th Sunday of Lent, Year A

Draw the story of Jesus healing the blind man

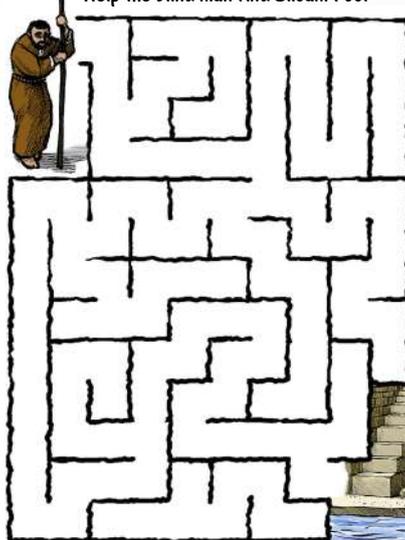
Help the blind man find Siloam Pool



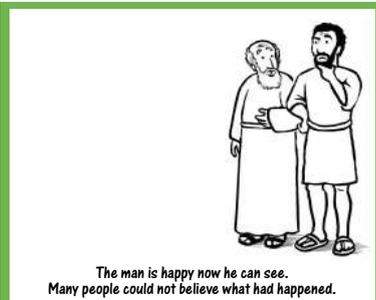
Jesus smears mud on the eyes of a man who was born blind.



The blind man washes in Siloam pool and is able to see.



When he met Jesus again, the man who had been blind put his faith in Jesus and worshipped him. What can we do to show that we believe in Jesus?



The man is happy now he can see. Many people could not believe what had happened.

John 9:1.6-12.35-38

© Creative Ministry Resources

# Forgive others as Christ forgives you

# The *Living* Word

**Entrance Antiphon** Isaiah 66:10-11  
Rejoice, Jerusalem, and all who love her.  
Be joyful, all who were in mourning;  
exult and be satisfied at her consoling  
breast.

**First Reading** 1 Samuel 16:1. 6-7. 10-13  
**A reading from the first book of Samuel**

*In the presence of the Lord God, they  
anointed David king of Israel.*

The Lord said to Samuel, 'Fill your horn with oil and go. I am sending you to Jesse of Bethlehem, for I have chosen myself a king among his sons.' When Samuel arrived, he caught sight of Eliab and thought, 'Surely the Lord's anointed one stands there before him,' but the Lord said to Samuel, 'Take no notice of his appearance or his height for I have rejected him; God does not see as man sees; man looks at appearances but the Lord looks at the heart.' Jesse presented his seven sons to Samuel, but Samuel said to Jesse, 'The Lord has not chosen these.' He then asked Jesse, 'Are these all the sons you have?' He answered, 'There is still one left, the youngest; he is out looking after the sheep.' Then Samuel said to Jesse, 'Send for him; we will not sit down to eat until he comes.' Jesse had him sent for, a boy of fresh complexion, with fine eyes and pleasant bearing. The Lord said, 'Come, anoint him, for this is the one.' At this, Samuel took the horn of oil and anointed him where he stood with his brothers; and the spirit of the Lord seized on David and stayed with him from that day on.

## The word of the Lord

**Responsorial Psalm** Ps 22 R. v.1  
**(R.) The Lord is my shepherd; there is nothing I shall want.**

The Lord is my shepherd; there is nothing I shall want. Fresh and green are the pastures where he gives me repose. Near restful waters he leads me, to revive my drooping spirit. **(R.)**

He guides me along the right path; he is true to his name. If I should walk in the valley of darkness no evil would I fear. You are there with your crook and your staff; with these you give me comfort. **(R.)**

You have prepared a banquet for me  
In the sight of my foes. My head you  
have anointed with oil; my cup is  
overflowing. **(R.)**

Surely goodness and kindness shall  
follow me all the days of my life.  
In the Lord's own house shall I dwell  
for ever and ever. **(R.)**

**Second Reading** Ephesians 5:8-14  
**A reading from the letter of St Paul to the Ephesians**  
*Rise from the dead, and Christ will shine  
on you.*

You were darkness once, but now you are light in the Lord; be like children of light, for the effects of the light are seen in complete goodness and right living and truth. Try to discover what the Lord wants of you, having nothing to do with the futile works of darkness but exposing them by contrast. The things which are done in secret are things that people are ashamed even to speak of; but anything exposed by the light will be illuminated and anything illuminated turns into light. That is why it is said: Wake up from your sleep, rise from the dead, and Christ will shine on you.

## The word of the Lord.

**Gospel Acclamation** John 8:12

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

I am the light of the world, says the Lord; whoever follows me will have the light of life.

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

**Gospel** John 9:1. 6-9. 13-17. 34-38  
**A reading from the holy Gospel according to John**

*The blind man went off and washed himself and came away with his sight restored.*

As Jesus went along, he saw a man who had been blind from birth. He spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him, 'Go and wash in the Pool of Siloam' (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored.

His neighbours and people who earlier had seen him begging said, 'Isn't this the man who used to sit and beg?' Some said, 'Yes, it is the same one.' Others said, 'No, he only looks like him.' The man himself said, 'I am the man.'

They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see, he said, 'He put a paste on my eyes, and I washed, and I can see.' Then some of the Pharisees said, 'This man cannot be from God: he does not keep the sabbath.' Others said, 'How could a sinner produce signs like this?' And there was disagreement among them. So they spoke to the blind man again, 'What have you to say about him yourself, now that he has opened your eyes?' 'He is a prophet' replied the man.

'Are you trying to teach us,' they replied 'and you a sinner through and through, since you were born!' And they drove him away.

Jesus heard they had driven him away, and when he found him he said to him,

'Do you believe in the Son of Man?' 'Sir,' the man replied 'tell me who he is so that I may believe in him.' Jesus said, 'You are looking at him; he is speaking to you.' The man said, 'Lord, I believe', and worshipped him.

## The Gospel of the Lord.

**Communion Antiphon** John 9:11,38  
The Lord anointed my eyes: I went, I washed, I saw and I believed in God.

## REFLECTION

by Dianne Bergant

*Humans see and judge by appearances, but God looks into the heart, and there finds the real person. God's standards are not superficial, as are so many of the standards of the world. It is not age, beauty or physical strength that is important; it is not social position or religious role that is preferred. God chooses whom God chooses. God saw in David, the insignificant shepherd, the potential for being the chief shepherd of his people. The man who was born blind became the one through whom others would see the mighty works of God. Yet, neither young David nor the man in the gospel made the initial step; each simply responded with openness to God's choice of him.*

*By what criteria do we judge others? Do we consider some people too insignificant for greatness? Are we overly concerned with status? Do we categorise people according to the disease or physical limitation that they must endure? Do we sometimes blame them for their disability? Do our eyes perceive life in accord with the standards of a materialistic, body-orientated, pleasure-seeking society? Or do we look into the other's heart, as God does? As with the other scrutiny Sundays, catechumens and long-standing members alike are exhorted to make a choice. Jesus is the one who gives sight to blind eyes and religious insight to those open to receive it. However, there is a price to pay. Will it be the standards of the world, or the power of God in Jesus Christ?*

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 Fasting      Reconciliation  
 Penance      Almsgiving

**LENT**

" Because of the increase of iniquity, the love of many will grow cold" (Mt 24: 12)

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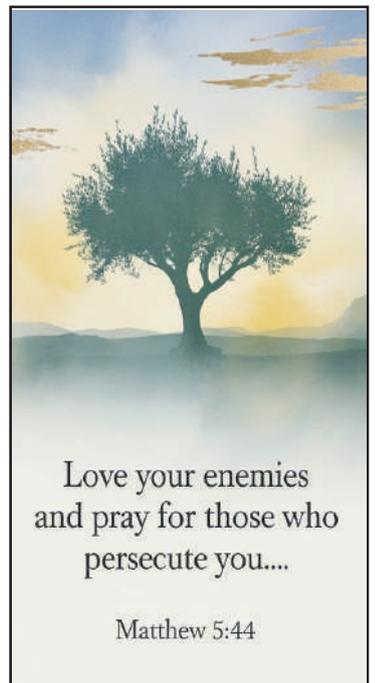
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Love your enemies  
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Matthew 5:44