



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
 No sacrifice, no cross, no desolation, no trial, no temptation, oh! absolutely nothing should be too difficult for you with the help of God's grace. I can do all things in God who strengthens me.

PRAYER FOR DEEPENING FAITH IN LENT

Our Father,
 during this Lenten season,
 we humbly come before You
 seeking a deepening faith.

Help us draw closer to You,
 to trust in Your plan,
 and to surrender our doubts
 and fears.

May our hearts be open
 to Your guidance and
 our spirits be strengthened
 by Your love.

In this time of reflection
 and sacrifice,
 may our faith be renewed
 and our connection
 with You
 be strengthened.
 Amen.



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 Pittwater
 Catholic Parish




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INSTAGRAM



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
Melissa Zeituni
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

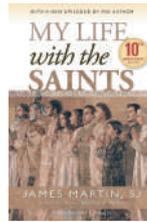
Theresa Keane

Marta Bizubova

Ivan Kral

BOOK REVIEW

My Life With The Saints
By: Fr James Martin SJ



This book has one a few words... "One of the best spiritual memoirs in years," - Robert Ellsberg
Martin's final word is as Jungian as it is Catholic. God does not want us to be Mother Theresa or Dorothy Day. God wants us to be most fully ourselves.

"During Lent,
let us find
concrete ways
to overcome
our
indifference."

-Pope Francis

Liturgy for the Week

23/03 Monday, 5th Week of Lent
Dan 13:1-9, 15-17, 19-30,
33-62; Jn 8:1-11

24/03 Tuesday, 5th Week of Lent
Num 21:4-9; Jn 8:21-30

25/03 Wednesday, The
Annunciation of the Lord
Is 7:10-14, 8:10; Lk 1:26-38

26/03 Thursday, 5th Week of Lent
Gen 17:3-9; Jn 8:51-59

27/03 Friday, 5th Week of Lent
Jer 20:10-13; Jn 10:31-42

28/03 Saturday, 5th Week of Lent
Ezek 37:21-28; Jn 11:45-46

Mass Changes During Easter

Due to the Easter season, the *Healing Mass* will be rescheduled from the first week of the month to the second week. It will now take place on **10 April**. The *First Saturday Mass* will also be moved to the second Saturday, which falls on **11 April**.



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.



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 7, 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 Pre-Loved Uniform Shop opened for the term this week, offering parents wearable uniform items at a 70% discount, with all proceeds donated to charity. It's a fantastic way to support our community and promote sustainability.

The Year 7 Parent Welcome Evening was held on Tuesday evening. The event was well attended and provided a wonderful opportunity for parents to meet their child's teachers and connect with one another in an informal setting over a light supper.

Our Year 7 and Year 9 students applied themselves diligently as they completed their writing, reading and language conventions NAPLAN tests. We thank our students for their efforts and look forward to the data that will help inform student growth and guide further support in literacy and numeracy development.

Year 8 students participated in their annual Spirituality Day, themed Flourishing Olympics. Developed in partnership with Young La Sallians, the program encouraged personal growth and flourishing. Over twenty trained Year 10 Small Group Leaders facilitated sessions throughout the day, creating a meaningful and engaging formation experience for our Year 8 cohort.

As part of the Pathways program, Year 10 English students attended the Manly Writers Festival at Mackellar Girls' High School, exploring the power of storytelling, ethical issues in truth and representation, and how writing can be used to find and share their voice.

Year 12 Visual Arts students visited the Art Gallery of NSW and White Bay Power Station to deepen their understanding of HSC artworks and gain inspiration for their own creative practice.

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

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

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 for details. Applications for Year 7, 2028 close on Thursday 2 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 7, Term 1



We had a successful Open Day recently, but for those families that were unable to attend, we have a group tour coming up on Monday 30 March from 3:30-4:30pm. Register on our website for the tour under "Enrol->See Our School in Action". If you have a child starting school in 2027 and are interested in Sacred Heart Catholic Primary School, be sure to submit your enrolment application as soon as possible as interviews are underway.



This term we have been busy on Mondays participating in the ZING Activ Dance Program and our students are preparing for the end of term performances. Our K-2 students are excited to showcase their new dancing skills at school to their parents and carers, and our Yr3-6 students are practicing their partner dancing and group dance to compete at the Interschool Dance Challenge at Homebush in the final week of term.



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



Maria Regina Catholic Primary School

SCHOOL TOUR

Book Today

Enquire Now



Parish Directory

Pittwater Parish

1 Keenan Street,
Mona Vale
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Tel 9157 0999

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pp@pittwaterparish.org

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ap@pittwaterparish.org

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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



PARISH EASTER RECONCILIATION

Sacred Heart Church, Mona Vale
26 March, Thursday
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 10.00 am



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



PARISH EASTER RECONCILIATION

**26th March,
Thursday
7:30 pm after Mass**



PALM SUNDAY OF THE PASSION OF THE LORD 29th March

*Hosanna! Blessed is he who comes in the of th Lord!
Blessed is the kingdom of our father David that is to come! Hosanna is the highest!*
Mark 11:9-10



Palm Sunday

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

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**



**PROJECT
COMPASSION**

**Fifth Sunday of Lent
21 March - 22 March 2026**



Since October 2023, Caritas Jerusalem staff in Gaza have endured displacement, personal loss, and danger alongside the communities they serve. Despite unimaginable challenges, they remain committed to providing lifesaving support, standing in solidarity with families enduring this conflict.

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

SOLEMNITY

THE ANNUNCIATION
OF THE LORD
25TH MARCH



Parish Notice – Palm Sunday

A kind request to our parish community — if you have any *palm leaves or olive branches* to share for the upcoming Palm Sunday, we would greatly appreciate your generosity. Donations can be dropped off at the parish on **Thursday, 26th March or Friday 27th March MORNINGS.** Thank you for your support in helping us prepare for this special celebration.



Jesus brings Lazarus back to life

5th Sunday of Lent, Year A

Fill in the missing word on each strip of cloth to find out what the letters in each box spell.

Jesus' good [] [] r [] [] n [] Lazarus was very sick.

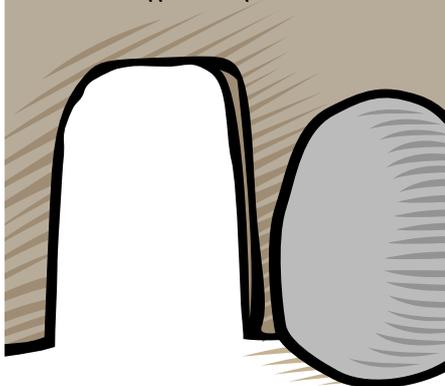
Martha and M [] [] [] were sad when their brother died.

"Lazarus will [] [] v [] again", said Jesus.

Jesus went to the opened [] [] [] b and prayed.

Lazarus walked out of [] [] [] s tomb alive.

Draw Lazarus leaving the tomb wrapped in strips of cloth.



Martha and Mary were sad when Lazarus died. They missed their brother, but still they showed faith in Jesus. What do you think Martha and Mary said to Lazarus when he came out of the tomb?



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

LENT

Create in me a clean heart, O God.

The *Living* Word

Entrance Antiphon Psalm 42:1-2

Give me justice, O God,
and plead my cause against a nation that
is faithless. From the deceitful and
cunning rescue me, for you, O God, are
my strength.

First Reading Ezekiel 37:12-14
A reading from the prophet Ezekiel
*I shall put my spirit in you, and you will
live.*

The Lord says this: I am now going to
open your graves; I mean to raise you
from your graves, my people, and lead
you back to the soil of Israel. And you
will know that I am the Lord, when I
open your graves and raise you from
your graves, my people. And I shall put
my spirit in you, and you will live, and I
shall resettle you on your own soil; and
you will know that I, the Lord, have said
and done this – it is the Lord who speaks.

The word of the Lord

Responsorial Psalm Ps 22 R. v.1
**(R.) With the Lord there is mercy
and fullness of redemption.**

Out of the depths I cry to you, O Lord,
Lord, hear my voice! O let your ears be
attentive to the voice of my pleading. **(R.)**

If you, O Lord, should mark our guilt,
Lord, who would survive? But with you
is found forgiveness: for this we revere
you. **(R.)**

My soul is waiting for the Lord, I count
on his word. My soul is longing for the
Lord more than watchman for daybreak.
Let the watchman count on daybreak
and Israel on the Lord. **(R.)**

Because with the Lord there is mercy
and fullness of redemption, Israel indeed
he will redeem from all its iniquity. **(R.)**

Second Reading Romans 8:8-11
**A reading from the letter of St Paul to
the Romans**
*If the Spirit of him who raised Jesus from
the dead is living in you, then he will
give life to your own mortal bodies.*

People who are interested only in
unspiritual things can never be pleasing
to God. Your interests, however, are not
in the unspiritual, but in the spiritual,
since the Spirit of God has made his
home in you. In fact, unless you
possessed the Spirit of Christ you would
not belong to him. Though your body
may be dead it is because of sin, but if
Christ is in you then your spirit is life
itself because you have been justified;
and if the Spirit of him who raised Jesus
from the dead is living in you, then he
who raised Jesus from the dead will give
life to your own mortal bodies through
his Spirit living in you.

The word of the Lord.

Gospel Acclamation John 11:25. 26

*Glory and praise to you, Lord Jesus
Christ!*

I am the resurrection and the life, says
the Lord; whoever believes in me will
not die for ever.

*Glory and praise to you, Lord Jesus
Christ!*

Gospel John 11:3-7. 17. 20-27. 33-45
**A reading from the holy Gospel
according to John**

I am the resurrection and the life.

The sisters Martha and Mary sent this
message to Jesus, ‘Lord, the man you
love is ill.’ On receiving the message,
Jesus said, ‘This sickness will end not in
death but in God’s glory, and through it
the Son of God will be glorified.’

Jesus loved Martha and her sister and
Lazarus, yet when he heard that Lazarus
was ill he stayed where he was for two
more days before saying to the disciples,
‘Let us go to Judaea.’

On arriving, Jesus found that Lazarus
had been in the tomb for four days
already. When Martha heard that Jesus
had come she went to meet him. Mary
remained sitting in the house. Martha
said to Jesus, ‘If you had been here, my
brother would not have died, but I know
that even now, whatever you ask of God,
he will grant you.’ ‘Your brother’ said
Jesus to her ‘will rise again.’ Martha
said, ‘I know he will rise again at the
resurrection on the last day.’ Jesus said:
‘I am the resurrection and the life.

If anyone believes in me, even though he
dies he will live,
and whoever lives and believes in me
will never die.

Do you believe this?’

‘Yes, Lord,’ she said ‘I believe that you
are the Christ, the Son of God, the one
who was to come into this world.’ Jesus
said in great distress, with a sigh that
came straight from the heart, ‘Where
have you put him?’ They said, ‘See how
much he loved him!’ But there were
some who remarked, ‘He opened the
eyes of the blind man, could he not have
prevented this man’s death?’ Still
sighing, Jesus reached the tomb: it was a
cave with a stone to close the opening.

Jesus said, ‘Take the stone away.’ Martha
said to him, ‘Lord, by now he will smell;
this is the fourth day.’ Jesus replied,

‘Have I not told you that if you believe
you will see the glory of God?’ So they
took away the stone. Then Jesus lifted up
his eyes and said:
‘Father, I thank you for hearing my
prayer.
I knew indeed that you always hear me,
but I speak
for the sake of all these who stand round
me,
so that they may believe it was you who
sent me.’

When he had said this, he cried in a loud

voice, ‘Lazarus, here! Come out!’ The
dead man came out, his feet and hands
bound with bands of stuff and a cloth
round his face. Jesus said to them,
‘Unbind him, let him go free.’
Many of the Jews who had come to visit
Mary and had seen what he did believed
in him.

The Gospel of the Lord.

Communion Antiphon John 11:26

Everyone who lives and believes in me
will not die for ever, says the Lord.

REFLECTION

by Dianne Bergant

*As a metaphor, death can stand for many
things. The prophet Ezekiel witnessed the
death of the nation. The gospel reports
the death of Lazarus. Although Paul
refers to the mortal character of our
physical bodies, he is more concerned
with spiritual life and death. Death
attacks each one of us in all three of
these ways. We are all mortal and subject
to physical death; we are all sinners and
must deal with the implications of
spiritual death; we are all subject to the
consequences of social sins such as
terrorism, violence, group hatred, greed
and ecological exploitation. The question
before us is whether or not we are going
to allow death to reign in our lives and in
our communities.*

*All three readings for this Sunday, as
well as the psalm response, point out our
inability to raise ourselves out of the
deaths that afflict us. In the passage from
Ezekiel, it is God who promises to open
the graves of the people; the people are
helpless to do anything. The psalmist
cries to God from out of the depths of
pain and helplessness. Acknowledging
human propensity to sin, Paul credits the
Spirit of God with transforming death
into life. Finally, it is Jesus who calls
Lazarus out of the grave and returns him
to his life. We can see that God does not
leave us to languish in our various
deaths. Instead, God offers us new life
out of the tombs. All of this is
accomplished through the mercy and
compassion of God.*

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**“LENT
calls us to
WAKE UP
to remind us that
WE ARE CREATURES,
that we are simply
NOT GOD”**

POPE FRANCIS

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**"Lent is not something
 we do for God – Lent
 is something we do
 with God."**

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To find out more, call Tamara
 0403226699



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friends.
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MONDAYS

9:30 - 11:30

(SCHOOL TERM)

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Lent is the
season of
Reflection,
Prayer and
Renewal

-Purely Graceful