



The Catholic Parish of Pittwater

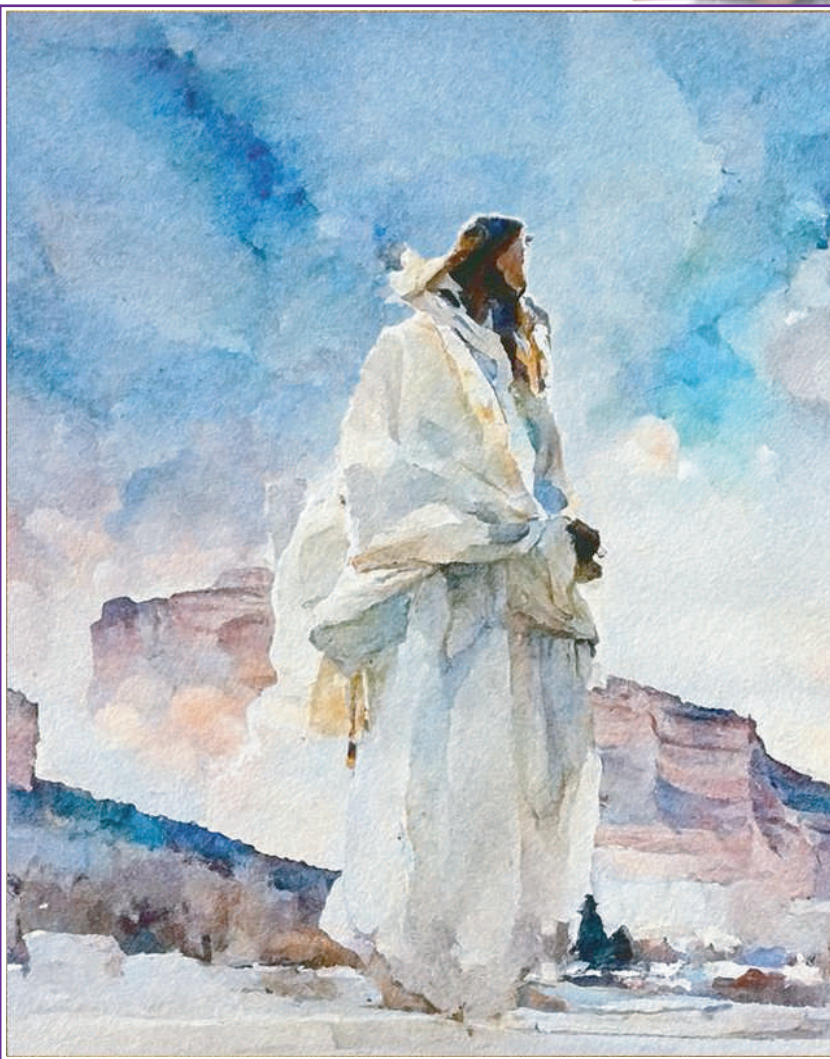
Sacred Heart & Maria Regina. Neighbourhoods of Grace, entrusted to the care of the Salvatorians.

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.



A Prayer for Lenten Grace

Loving God, during the sacred season of Lent, bring me closer to You. Prepare a place in my home for silence and solitude, so that I may rediscover the grace of a prayerful life. Help me to fast from those things that threaten the well-being of my body and soul. Remind me of the grace of simplicity. Enlarge my heart so that I can give to those in need and embrace the grace of gratitude and generosity. May this season be filled with grace to rekindle my love and faith in You. Amen.

SAFEGUARDING

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



POPE FRANCIS' PRAYER INTENTION FOR MARCH For Family in Crisis

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

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

Denise Wagner

Deceased Anniversary

John Shanahan

Pave Lucic

Ilka Spadina -

Kretic

Prayer for the Sick

Anna Śmigowska

Lily Janosik

Trish Newman

Suzanne French

Giannina Amore

Bruce Farr

Maureen Larios

Owen Graham

Elaine Boyes

Pauline Chipman

Ron Clark

Barbara Clark

Anna Katanec

Mother Pauline

Angela Miller

Philip Khalifeh

Joseph Khalifeh

Heidi Taylor

Cathy Dyer

Jacinta Parnell - Major

DVD REVIEW

Prophecies of Fatima



A message of hope for the modern world. Learn about the famous message of Our Lady of Fatima and how nations would be afflicted by terrible crisis if it be unheeded. However, as she promised, "In the end, my Immaculate Heart will triumph!"



Liturgy for the Week

- 10/03 **Monday, 1st Week of Lent**
Lev 19:1-2, 11-18; Mt 25:31-46
- 11 /03 **Tuesday, 1st Week of Lent**
Is 55:10-11; Mt 6:7-15
- 12/03 **Wednesday, 1st Week of Lent**
Jonah 3:1-10; Lk 11:29-32
- 13/03 **Thursday, 1st Week of Lent**
Esther 4:17; Mt 7:7-12
- 14/03 **Friday, 1st Week of Lent**
Ezek 18:21-28; Mt 5:20-26
- 15/03 **Saturday, 1st Week of Lent**
Deut 26:16-19; Mt 5:43-48

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Give to our

Parish of

Pittwater

Cashless Fast Secure



Scan the QR code above with your camera app and follow the prompts

Use this App to support our Clergy through the first collection and our Parish through the second collection. Donations can be made weekly, fortnightly, monthly or one-off.

Thank you for your continued contributions and support. Your financial contributions and your generous donations throughout the year are greatly appreciated.



REGISTER NOW

OPEN DAY 2025

Tuesday 25 March
9am - 10.30am



2025 LENTEN RESOURCE/ PILGRIM OF HOPE



The 2025 Lenten Program Focuses on the Sunday Gospel Readings . It can be used individually or part of a group.

Here is the link to read the flip book:
<https://www.bbcatholic.org.au/mission/lenen-resource-2025-a-promise-of-hope>

Hard copies of the book are available at the back of both Churches. Please feel free to get one.

MASS SCHEDULE CHANGES

Monday, 10 March
8 am Mass at
Maria Regina Church, Avalon

Tuesday, 11 March
9.30 am Mass at
Sacred Heart Church, Mona Vale

Wednesday, 12 March
8 am Liturgy of the Word with
Holy Communion at
Maria Regina Church, Avalon

9.30 am Mass at
Sacred Heart Church, Mona Vale

Thursday, 13 March
10 am Mass at
Maria Regina Church, Avalon

7 pm Liturgy of the Word with
Holy Communion
Sacred Heart Church, Mona Vale

Friday, 14 March
8 am Liturgy of the Word with
Holy Communion at
Maria Regina Church, Avalon

9.30 am Mass at
Sacred Heart Church Mona Vale

Monday, 17 March
8 am Mass at
Maria Regina Church, Avalon

Tuesday, 18 March
9.30 am Mass at
Sacred Heart Church, Mona Vale

Wednesday, 19 March
8 am Liturgy of the Word with
Holy Communion at
Maria Regina Church, Avalon

9.30 am Mass at
Sacred Heart Church, Mona Vale

Thursday, 20 March
10 am Mass at
Maria Regina Church, Avalon

7 pm Liturgy of the Word with
Holy Communion
Sacred Heart Church, Mona Vale



THURSDAY MORNING SPIRITUALITY GROUP

During Lent, our group is studying our own
Sheila Upjohn's book

"The Way of Julian of Norwich"

Part of the series 'Prayer Journey Through Lent',
Sheila reveals "how Julian's fresh perspectives
on sin and judgement, anger and forgiveness,
the Incarnation and the crucifixion can challenge and
enlighten us, six hundred years later,
in a world so badly in need of the assurance of
God's unconditional love."

We meet *after 10am mass (around 10:30)*
in the *Avalon Parish Hall* for morning tea, followed
by study and contemplation until 12 noon. We read
through the book in a very relaxed manner gaining
insights from each other. *All are invited.*

Contact Margaret Abrahams via the office on 9157 0999.

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

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: Mr Jamie Wahab

Maria Regina School
Avalon
Tel 7256 2138
Principal: Ms Kirsty Thorpe

Mater Maria Catholic College
Warriewood
Tel 7256 2100
Principal: Mr Marc Reicher

SACRAMENTAL PROGRAM UPDATE

SACRAMENT OF CONFIRMATION

This year the Sacrament of Confirmation will be on **Saturday, 21 June 2025**

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

For more information about the requirements, the preparation program, enrolments, etc.

you **MUST** attend one

"Parent Information & Commitment"

session which will take place at **7.00pm:**

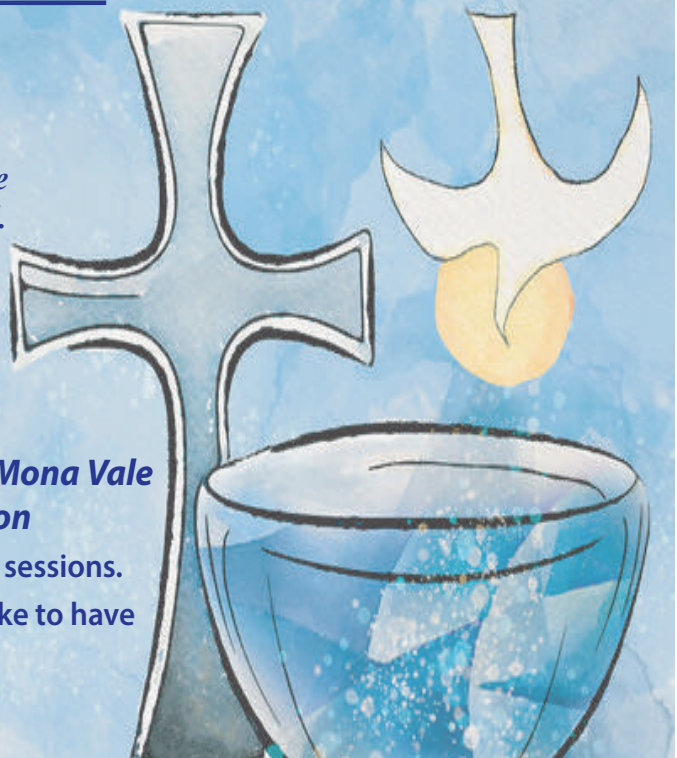
Wednesday, 30 April - Sacred Heart Church, Mona Vale

Thursday, 1 May - Maria Regina Church, Avalon

We need facilitators for the four weekly preparation sessions.

If you would like to be a group facilitator or would like to have more information about the role,

please contact Sonia as soon as possible on sacraments@pittwaterparish.org



First Sunday of Lent 8th and 9th March 2025

Project Compassion 2025 shares three stories from around the world. We'll meet **Toefuata'iga** - (*Toy-foo-ah-tah-ing-ah*) from Samoa, **Lam** from Vietnam and **Irene** from the Democratic Republic of the Congo (DRC).

Each of this year's stories reflects diverse challenges, yet they are united by the shared determination to overcome adversity and create better futures for themselves and their communities.



Please Donate

You can support Project Compassion 2025 through the donation boxes, envelopes or by scanning the QR code above.

Stations of the Cross

Every Friday in Lent
after the morning Masses at
both Churches -
**Sacred Heart Church,
Mona Vale
and
Maria Regina Church,
Avalon**

Parish Morning Tea Gathering

Everyone is welcome to join us

Every Month after the

8am Mass on the

1st Sunday

10 am Mass on the

3rd Sunday

at

Sacred Heart Church, Mona Vale

Maria Regina Church, Avalon

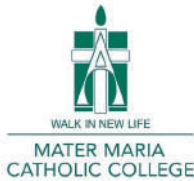
2nd and 4th Sundays

after the 9am Mass

in the front entrance

of





Parish Bulletin – Term 1, Week 5

Our annual Open Day on Tuesday evening showcased the wonderful facets of life at Mater Maria to over 400 families. Visitors admired the faith life, musical talents, drama performances and HSC projects across various classrooms, with our students, teachers and parents authentically conveying the College's spirit.

The following day, Ash Wednesday Liturgies were held for each Year Group. With Ashes placed on our foreheads, we learned how Lent is our time to "Turn away from sin and follow the Gospel." Project Compassion, supporting Caritas Australia, was launched by student leaders to promote care, compassion and awareness of injustices.

Thursday's Swimming Carnival at Warringah Aquatic Centre was a fantastic day of house spirit, cheers and record-breaking results.

Author and alumnus Kayin Van Nelson spoke to Years 8 and 9 English students about real-world applications of their curriculum, through examples provided in his book.

Stage 5 Ignite Mathematics students in Years 9 and 10 tackled mathematical challenges at St Peter's Catholic College in Tuggerah.

Year 11 students learned essential health skills from GPs in Schools, fostering comfort and personal development.

Senior students on the Zonta Committee attended the International Women's Day Breakfast at the Royal Prince Alfred Yacht Club in Newport.

Faith Fridays, led by prefects, continue weekly, welcoming all students to share faith and music in the Chapel and Courtyard.

Applications are open for Year 7, 2028, and 2027, with a waitlist for Year 7, 2026, and all Year Groups in 2025. Visit <http://www.matermaria.nsw.edu.au/enrolments> for details. Applications for Year 7, 2027 close Friday 11 April 2025.

Lastly, sports remain vibrant, with MWBA Basketball running daily, Peninsula Cup Touch Football involving Years 7-9, and the Manly Shield Cricket Final against Pittwater House wrapping up this week.

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15 MARCH 2025 FROM 8.30PM AVRSL

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AVALEN BEACH RSL CLUB



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ALL MEN WELCOME

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

We will also be beginning a series on
METANOIA

A video series & discussion, inviting everyone to a deeper more profound conversion - a metanoia - that moves us from *something* to *someone*, as metanoia ultimately turns us to Jesus.

Bringing men together, to renew their faith in God & encourage them to be an active force of renewal in the Church

For any questions contact
Joe Cilia – 0418 863 814

The *Living* Word

Entrance Antiphon Psalm 90:15-16

When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.

First Reading Deuteronomy 26:4-10
A reading from the book of Deuteronomy

The confession of faith of the elect.

Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

'My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me.' You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

The word of the Lord

Responsorial Psalm
Ps 90:1-2, 10-15. R. v.15

(R.) Be with me, Lord, when I am in trouble.

He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: 'My refuge, my stronghold, my God in whom I trust!' **(R.)**

Upon you no evil shall fall,
no plague approach where you dwell.
For you has he commanded his angels,
to keep you in all your ways. **(R.)**

They shall bear you upon their hands
lest you strike your foot against a stone.
On the lion and the viper you will tread
and trample the young lion and the dragon. **(R.)**

His love he set on me, so I will rescue him;
protect him for he knows my name.
When he calls I shall answer: 'I am with you.'
I will save him in distress and give him glory. **(R.)**

Second Reading Romans 10:8-13
A reading from the letter of St Paul to the Romans
The confession of faith of the believers in Christ.

Scripture says: The word, that is the faith

we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

The word of the Lord.

Gospel Acclamation Matthew 4:4

Praise to you, Lord Jesus Christ, king of endless glory!

No one lives on bread alone,
but on every word that comes from the mouth of God.

Praise to you, Lord Jesus Christ, king of endless glory!

Gospel Luke 4:1-13
A reading from the holy Gospel according to Luke
Filled with the Holy Spirit, Jesus was led by the Spirit through the wilderness where he was tempted.

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.'
Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him, 'Scripture says: You must worship the Lord your God, and serve him alone.'
Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God', he said to him 'throw yourself down from here, for scripture says: He will put his angels in charge of you to guard you, and again: They will hold you up on their hands in case you hurt your foot against a stone.'
But Jesus answered him, 'It has been

said: You must not put the Lord your God to the test.'
Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

The Gospel of the Lord

Communion Antiphon
Matthew 4:4

One does not live by bread alone, but by every word that comes forth from the mouth of God.

REFLECTION
by Dianne Bergant

Lent is a time when we are reminded that there is nothing we can do to win our salvation. It is a pure gift from God. Like Jesus in the wilderness, we are to allow God's plan to unfold in and through us. Lent is a time for us to enter actively into the mysteries of the death and resurrection of Jesus, and there to marvel at what God has done for us. The temptations of Jesus are the same temptations that we face when we are inclined to think that somehow we are in control. While the goals of the temptations may be admirable – feed the hungry, bring the world under the control of good, trust in God's power to protect us – we often choose to accomplish them in ways that are less than admirable. We try to perform the extraordinary so that what we do reflects favourably on us. We use brute force in order to achieve control. We put God to the test rather than live peacefully with God's plan as it unfolds within and around us. We seek to become the super-hero, the super-minister, the super-Christian on our own. In his responses to the tempter, we see Jesus constantly deferring to the power of God: It is not by bread alone . . . worship only God . . . do not put God to the test. In a real sense, these temptations are a reminder that the fundamental temptation is to deny our human limitations and refuse to let God be God for us.

©Dianne Bergant CSA

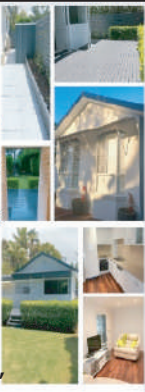


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**BE STRONG AND
COURAGEOUS, ALL
YOU WHO PUT YOUR
HOPE IN THE LORD!**

PSALM 31:24

Haven't I commanded you: be strong and courageous? Do not be afraid or discouraged, for the Lord your God is with you wherever you go.

Joshua 1:9

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1 CORINTHIANS 16:13



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ASKING GOD TO
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FAITH IS ABOUT
TRUSTING GOD TO
HELP YOU
THROUGH THE
STORM.
JUST BELIEVE**