



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 forever.



A Prayer for Lenten Simplicity

Free me, Lord Jesus, from anything that obstructs my way to You. Clear away the clutter of petty grudges. Remove smudges of resentment and bitterness.

Cleanse me of thoughts filled with anger, envy or self-pity. Create space in my life for more kindness and less spitefulness, greater generosity and stronger compassion.

Enlarge my heart with a spirit of gratitude and Hope this Lent, so that I recognise the simple gifts that lay in abundance all around me.

In Your sacred Name, I pray. 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
Veronica Jill Engles

Deceased Anniversary
Roki Marov
John Shanahan
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 Clarke

Barbara Clarke

Anna Katanec

Mother Pauline

Angela Miller

Philip Khalifeh

Joseph Khalifeh

Heidi Taylor

Cathy Dyer

Jacinta Purnell - Major

BOOK REVIEW

Then Sanctifier

by: Archbishop Luis M Martinez



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

"My body and my heart fail, but God is my heart's rock and my share forever."

PSALM 73:26

Liturgy for the Week

17/03 Monday, St Patrick
Jer 1:4-9; Lk 10:1-12, 17-20

18/03 Tuesday, 2nd Week of Lent
Is 1:10, 16-20; Mt 23:1-12

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

20/03 Thursday, 2nd Week of Lent
Jer 17:5-10; Lk 16:19-31

21/03 Friday, 2nd Week of Lent
Gen 37:3-4, 12-13, 17-28

22/03 Saturday, 2nd Week of Lent
Micah 7:14-15, 18-20; Lk 15:1-3, 11-32

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Parish of
Pittwater

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

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REGISTER NOW

OPEN DAY
2025

Tuesday 25 March
9am - 10.30am



Broken Bay Pilgrim Passports

In this Jubilee 2025, Bishop Anthony has encouraged us to deepen our relationship with the Lord, as the Door through which we enter into the fullness of hope.



Step-by-step guideline to the Broken Bay Pilgrim Passports

- 1) Pilgrims can have their Jubilee Passports stamped at each Shrine and the Cathedral by the respective Parishes to acknowledge their time of prayer there. Not forgetting our children in **Broken Bay Jubilee Passport for Kids** which is **downloadable to print from the Diocesan website** when they are visiting the Shrines with their families/caregivers.
- 2) Upon visiting all three Shrines and Cathedral, and gaining respective stamps, a Pilgrim can consider their passport "complete". We encourage pilgrims then to visit their own parish to verify this at the Parish office.
- 3) We ask each Parishes to notify Mission Broken Bay at the end of each month, the names of those pilgrims who have completed their passport. A special commemorative certificate signed by Bishop Anthony will then be prepared and sent back to the parish of the Pilgrim to either be presented or collected. This is a wonderful opportunity to highlight the Jubilee by presenting these certificates at the end of a Sunday Mass.
- 4) There will also be a live TALLY on the www.bbjubilee.com.au website to add a further joyful essence, noting how many pilgrims have completed the Jubilee Shrines of Hope Pilgrimage and which parishes they are from.

Passports are available at the back of both Churches.

The Transfiguration: *Divine Light and Holy Darkness*

by: Fr Billy Swan - Word on Fire



In Scripture, God reveals himself on mountaintops. In the Old Testament, God gave Moses the Ten Commandments on Mount Sinai, and in the New Testament, Jesus gives us the Beatitudes after "going up a hill" (Matt. 5:1). Jesus died on the hill of Calvary, where the fullest revelation of his saving love took place. With the Transfiguration on Mount Tabor, we have the revelation of Jesus' divinity that shone through him as a blinding light for Peter, James, and John to behold (Matt. 17:1-9; Mark 9:2-10; Luke 9:28-36).

The image that the Gospels use to convey the Transfiguration is light. Jesus' face shone like the sun, and his clothes became dazzling white. This is appropriate, for light allows us to see what is already there. Jesus was always divine, but people could not always see his divinity. On the top of Mount Tabor, it became clear to Peter, James, and John who Jesus truly was: "God from God" and "Light from Light," as the Nicene Creed tells us. This light shone out from his humanity and concrete existence. God's light shone through him and not apart from him. This point is crucial as we understand our lives in Christ. God's grace and light shine through our humanity and make it radiant in transfiguration. Our faith in Christ is not an obstruction to living a fully human life; it is the source of living a fully human life.

At our Baptism, our parents received our baptismal candle that was lit from the Paschal candle. This gesture symbolized the truth described by C.S. Lewis, that "we are mirrors whose brightness is wholly derived from the sun that shines upon us" (The Four Loves). We have been enlightened by Christ. Therefore, when Jesus calls us to be "the light of the world" (Matt. 5:14), it is his light that we are called to radiate and not our own. He commissions us to be bearers of his own light into the arenas where we find ourselves—into the great spheres of culture, such as education, entertainment, politics, sport, the internet, family, school, university, and parish life, to name but a few. In these places, we are called to carry Christ's light so that others might be attracted to that light too. With the encouraging words of St. Paul, we are to "walk as children of light" (Eph. 5:8).

This is what it means to be holy. Holiness is to take on the nature of Christ and to become luminous with his grace. That is why many representations of the saints in sacred art display them with a halo around their heads and bodies. At the Transfiguration, Jesus' radiance with the light of heaven entices us and excites us with the prospect of our own transfiguration in him.

We give thanks for the gift of that light that we have received at Baptism and that we joyfully bear to all. As we navigate experiences of darkness and suffering, may we come to believe that God still loves us in the night as his grace purifies us, changes us, and unites us more deeply to himself.

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



Fr George's Episcopal Ordination Mass

will be livestreamed on the Bunbury Diocese' YouTube channel

<https://www.youtube.com/@CatholicDioceseofBunbury>

from 12.30 pm (Sydney time)
Wednesday, 19 March 2025

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. 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** as soon as possible on sacraments@pittwaterparish.org

Stations of the Cross



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



Second Sunday of Lent 15th and 16th March 2025

Toefuata'iga - (*Toy-foo-ah-tah-ing-ah*) a primary school student from Samoa faced severe water shortages at her school. Thanks to Caritas Australia and the generosity of supporters like you, her primary school now has a 10,000 L water tank. Teachers and students now have access to clean drinking water at their school and are able to focus on education.



Photo credit: Caritas Australia

Please Donate

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



PARISH EASTER RECONCILIATION

Sacred Heart Church, Mona Vale
Thursday, 10th April
after the 7 pm Mass

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

SACRED HEART CHURCH, Mona Vale
Every Saturday from 4.00 pm - 4.30 pm
Every Thursday from 7.30 pm

MARIA REGINA CHURCH, Avalon
Every Saturday before the 6 pm Mass
Every Thursday from 9.00 am - 9.45 am



Parish Bulletin – Term 1, Week 6

Our Year 7 and Year 9 students applied themselves diligently as they sat their writing, reading and languages NAPLAN tests. These tests continue next week. We thank our students for their efforts and look forward to the data that will inform us about student growth and how we can further support their literacy and numeracy development.

We officially launched the annual Premier Reading Challenge this week with a delightful morning tea. Many of our enthusiastic Year 7 students joined and are excited to dive into our selection of 1,200 books.

Engineers Australia hosted 'Discover Engineering Day' for our Year 9 and Year 10 TAS students, providing them with the opportunity to tackle engineering design challenges and receive mentorship from professional engineers as they collaboratively worked on solutions.

Our senior students were busy with excursions. Textiles and Design students attended the TexStyle Exhibition and Seminars at Gallery 76 Embroiderers Guild NSW to prepare for their HSC. They engaged with course experts, completed an embroidery sampler, and participated in a guided tour, tools presentation and library research project. Meanwhile, our Visual Arts students attended a workshop and study morning at the Art Gallery NSW to outline the expectations and exemplary artworks from Arts Express and the Gallery's permanent collection. This will form part of the students' assessment this semester.

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

Mater Maria's U15 cricket team, brilliantly captained by William Cunningham, won the Manly Shield for the first time since 1980 by defeating Pittwater House in a T20 at Manly Oval, with standout performances from Byron Brand, Rocco Rulli, Hudson Woods and Lara Hughes. Another student, Jack Kelly, has been selected for the NSWCCC Opens Baseball Team. Students who advanced from the recent College Swimming Carnival competed at the Broken Bay Swimming Carnival this week at Homebush. We had three winners who will now progress to the NSWCCC Swimming Championships. We also had many students competing in the NSW Secondary Schools Regionals Oztag Gala Day held at Nolans Reserve in North Manly.

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.

**Be merciful,
just as your
father is merciful**

Luke 6:36

MASS SCHEDULE CHANGES

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**

Happy 90th Birthday to

Ron Clarke

19 th March

May the light of the Lord shine upon
you and grant you more blessings
on this special day and forever.



Solemnity of

St Patrick

17 March

2025 LENTEN RESOURCE/ PILGRIM OF HOPE



The 2025 Lenten Program Focuses on the Sunday
Gospel Readings . It can be used individually
or as 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.*

The *Living* Word

Entrance Antiphon Psalm 26:8-9

Of you my heart has spoken, Seek his face. It is your face, O Lord, that I seek; hide not your face from me.

First Reading Genesis 15:5-12. 17-18
A reading from the book of Genesis
God made a covenant with Abraham, his faithful servant.

Taking Abram outside the Lord said, 'Look up to heaven and count the stars if you can. Such will be your descendants,' he told him. Abram put his faith in the Lord, who counted this as making him justified.

'I am the Lord' he said to him 'who brought you out of Ur of the Chaldeans to make you heir to this land.' 'My Lord, the Lord' Abram replied, 'how am I to know that I shall inherit it?' He said to him, 'Get me a three-year-old heifer, a three-year-old goat, a three-year-old ram, a turtledove and a young pigeon.' He brought him all these, cut them in half and put half on one side and half facing it on the other; but the birds he did not cut in half. Birds of prey came down on the carcasses but Abram drove them off. Now as the sun was setting Abram fell into a deep sleep, and terror seized him. When the sun had set and darkness had fallen, there appeared a smoking furnace and a firebrand that went between the halves. That day the Lord made a Covenant with Abram in these terms: 'To your descendants I give this land, from the wadi of Egypt to the Great River.'

The word of the Lord

Responsorial Psalm

Ps 26:1. 7-9. 13-14. R. v.1

(R.) The Lord is my light and my salvation.

The Lord is my light and my help; whom shall I fear? The Lord is the stronghold of my life before whom shall I shrink? **(R.)**

O Lord, hear my voice when I call; have mercy and answer. Of you my heart has spoken: 'Seek his face.' **(R.)**

It is your face, O Lord, that I seek, hide not your face. Dismiss not your servant in anger; you have been my help. **(R.)**

I am sure I shall see the Lord's goodness in the land of the living. Hope in him, hold firm and take heart. Hope in the Lord! **(R.)**

Second Reading Philippians 3:17 – 4:1
A reading from the letter of St Paul to the Philippians

Christ will transfigure these bodies of ours into copies of his glorious body.

My brothers, be united in following my rule of life. Take as your models everybody who is already doing this and

study them as you used to study us. I have told you often, and I repeat it today with tears, there are many who are behaving as the enemies of the cross of Christ. They are destined to be lost. They make foods into their god and they are proudest of something they ought to think shameful; the things they think important are earthly things. For us, our homeland is in heaven, and from heaven comes the saviour we are waiting for, the Lord Jesus Christ, and he will transfigure these wretched bodies of ours into copies of his glorious body. He will do that by the same power with which he can subdue the whole universe. So then, my brothers and dear friends, do not give way but remain faithful in the Lord. I miss you very much, dear friends; you are my joy and my crown.

The word of the Lord.

Gospel Acclamation Matthew 17:5

Glory and praise to you, Lord Jesus Christ!

From the shining cloud the Father's voice is heard:
this is my beloved Son, hear him.

Glory and praise to you, Lord Jesus Christ!

Gospel Luke 9:28-36

A reading from the holy Gospel according to Luke

As Jesus prayed, the aspect of his face was changed, and his clothing became brilliant as lightning.

Jesus took with him Peter and John and James and went up the mountain to pray. As he prayed, the aspect of his face was changed and his clothing became brilliant as lightning. Suddenly there were two men there talking to him; they were Moses and Elijah appearing in glory, and they were speaking of his passing which he was to accomplish in Jerusalem. Peter and his companions were heavy with sleep, but they kept awake and saw his glory and the two men standing with him. As these were leaving him, Peter said to Jesus, 'Master, it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' – He did not know what he was saying. As he spoke, a cloud came and covered them with shadow; and when they went into the cloud the disciples were afraid. And a voice came from the cloud saying, 'This is my Son, the Chosen One. Listen to him.' And after the voice had spoken, Jesus was found alone. The disciples kept silence and, at that time, told no one what they had seen.

The word of the Lord.

Communion Antiphon
Matthew 17:5

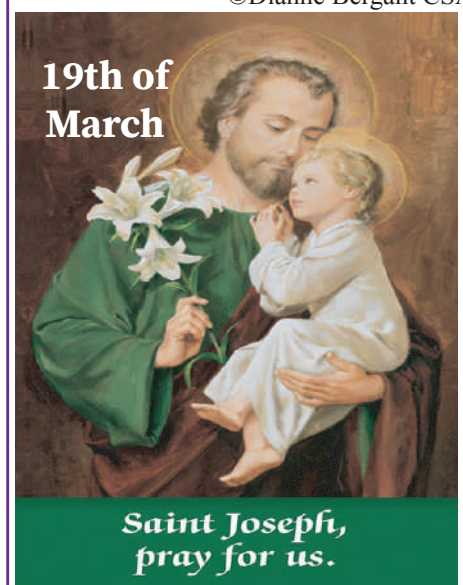
This is my beloved Son, with whom I am well pleased; listen to him.

REFLECTION
by Dianne Bergant

The Second Sunday of Lent celebrates the epiphanies of God, the ways in which God's divine presence is revealed. The first divine epiphany is the manifestation of God as one who initiates a covenant, an intimate relationship with human beings. Not only does God initiate this agreement, but God also seals it with blood, making it official. Although we ritualise our relationship with God in a religious setting, the call to enter into the covenant can come in the ordinary events of life. The important thing to remember about this covenant is that God enters into our lives and initiates the relationship. No life is too simple; no life is too busy. Human history in all of its contours is the setting for the encounter with God.

The glory of God is revealed in the transfigured Jesus, the one who discussed his suffering and death with Moses and Elijah. Lent is a time for us to enter into this suffering, not merely through reflection, prayer and penance, but concretely, by sharing in the suffering of the body of Christ. We see this suffering all around us. God is revealed through women and men who live lives of Christian commitment. In those whose integrity strengthens us, in those whose religious sentiments inspire us, in those whose endurance gives us confidence. God is revealed in those who get involved in bettering the lives of others. God is revealed in very ordinary ways, if we but open our eyes to see.

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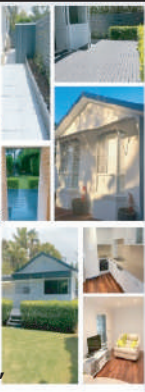


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Be strong and
 courageous. Do
 not be frightened,
 and do not be
 dismayed, for the
LORD your God is
 with you wherever
 you go.

Joshua 1:9