



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, hoped, I will not be confounded for ever.



The scriptures were fulfilled on this day.

Luke 1:1-4

AUSTRALIA DAY PRAYER

*We bless you,
God of the universe,
for this land,
for its contrasts of landscape
and climate,
for its abundance of wealth
and opportunity.*

*We bless you for our history,
with all its struggle in adversity,
its courage and hope.*

*Give us in our diversity,
tolerance and respect for each
other and a passionate
commitment to justice for all.*

*Bless us so that we might be
a blessing to others.*

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 JANUARY FOR THE RIGHT TO AN EDUCATION

Let us pray for migrants, refugees, and those affected by war, that their right to an education, which is necessary to build a better world, might always be respected.

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
Jadwigi Skulskiej
Maria Turner

Deceased Anniversary
Elizabeth Kral
Anita Seve

Prayer for the Sick

Anna Śmigowska
Lily Janosik
James
Bruce Farr
Maureen Larios
Denise Wagner
Anna Maria
Elaine Boyes
Pauline Chipman
Anna
Svetlana
Leonor
Sofia
Anna Katanec
Mother Pauline
Angela Miller
Philip Khalifeh
Joseph Khalifeh
Robert McCauley

BOOK REVIEW

A MAN FOR OTHERS
Maximilian Kolbe -
Saint of Auschwitz
by: Patricia Treece



This is a true account of the life of this Polish Franciscan priest who gave his life for another prisoner in Auschwitz.

It is a riveting and easy read of his life journey- you won't want to put it down.

Bless the Lord, O my Soul. O Lord my God, thou art very great; thou art clothed with honour and majesty.

Psalm 104:1

Liturgy for the Week

- 27/01 **Monday, Ordinary Time 3**
Heb 9:15, 24-28; Mk 3:22-30
- 28/01 **Tuesday, St Thomas**
Heb 10:11-18; Mk 4:1-20
- 29/01 **Wednesday, Ordinary Time 3**
Heb 10:11-18; Mk 4:1-20
- 30/01 **Thursday, Ordinary Time 3**
Heb 10:19-25; Mk 4:21-25
- 31/01 **Friday, St John Bosco**
Heb 10:32-39; Mk 4:26-34
- 01/02 **Thursday, Ordinary Time 3**
Heb 11:1-2, 8-19; Mk 4:35-41

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LIMITED SPACES AVAILABLE

Parish Directory

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Mona Vale
NSW 2103
Tel 9157 0999

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sacraments@pittwaterparish.org

CCD Catechist
Coordinators
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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

Our deepest sympathy and prayers to
Fr Greg Skulski SDS and his family
for the passing of their Beloved Mother,

Jadwigi Skulskiej

*May she rest in the arms of the
Lord and be welcomed into His
garden of paradise. Amen.*

UPDATE FROM THE SACRAMENTAL COORDINATOR SACRAMENT OF FIRST RECONCILIATION

MARIA REGINA CHURCH, AVALON - *Wednesday, 2 April 2025 at 5.00 pm*
SACRED HEART CHURCH, MONA VALE - *Wednesday, 9 April 2025 at 5.00 pm*
*Children in Year 4 and above are eligible to receive this Sacrament if they
have been Confirmed.*

For further information about the First Reconciliation programme and
to enrol your child, you **MUST** attend **ONE** of the following
Parent Information & Commitment Sessions:

*Thursday, 6 February 2025 - Maria Regina Church at 7 pm OR
Tuesday, 11 February 2025 - Sacred Heart Church at 7 pm*



*Graciously heavenly Father, we thank and praise you for
this land, Australia.*

*We praise you for its beauty and its bounty, for mountains,
hills and plains, for rivers, creeks and seas and
wonderful variety of animals,
birds and sea creatures. Amen.*

How Catholics Should Approach Scripture



In his apostolic exhortation *Evangelii Gaudium*, Pope Francis devotes quite a bit of attention to the importance of the homily and in this he also says something critical, I believe, about an authentic Catholic approach to the Scriptures. The Holy Father writes, The first step (of preparing to preach), after calling upon the Holy Spirit in prayer is to give our entire attention to the biblical text, which needs to be the basis of our preaching. Whenever we stop and attempt to understand the message of a particular text, we are practicing “reverence for the truth.” This is the humility of heart that recognizes that the word is always beyond us, that “we are neither its masters or owners, but its guardians, heralds and servants.” This attitude of humble and awe-filled veneration of the word is expressed by taking the time to study it with the greatest care and holy fear lest we distort it. To interpret a biblical text, we need to be patient, to put aside all other concerns and to give it our time, interest and undivided attention. We must leave aside any other pressing concerns and create an environment of serene concentration.

A tendency that we can fall into on the Catholic side of things (I know I have) is to reduce Scripture to just being a proof text for the sacraments and for apologetics regarding Catholic Church teaching. This “reduction” does not demonstrate the fullness of “reverence for truth” that Pope Francis is calling us to in our approach to Scripture as both preachers and also all Christians in general. Yes, sacramental theology and all Church teaching is based in Scripture and it is certainly fair to point this connection out and even dive deeply into it but Sacred Scripture is also and always the living word of God and this should never be lost sight of.

To too heavily handedly equate a passage a Scripture solely as a proof text to Church teaching is to lose something of the “awe-filled veneration of the word” that, as Christians, we should cherish and

treat with the deepest respect and holy fear and even build our very lives of discipleship around!

My hunch is that we Catholics have too easily accepted the supposition that Catholics have the sacraments and Protestants have the Bible. What I say is that Catholics have both! After all, we do speak of the two parts of the Mass: the Liturgy of the Word and the Liturgy of the Eucharist. But, do we believe it? Do our actions and preparation, both as preachers preparing to preach the word and as community preparing to receive the word, demonstrate this belief? I think that this is a question Pope Francis openly asks in his apostolic exhortation. Our liturgical documents teach that Christ is uniquely present in the Eucharist but this is not an “all or nothing” equation, the same documents also teach that Christ is present in the proclamation of the word! I take this to mean that there is a grace present in the proclamation of Scripture and in encounter with Scripture both within and outside of liturgical prayer.

How might we learn to encounter the fullness of Scripture and to avoid any reductionist tendency toward Scripture?

I think that the passage quoted above from *Evangelii Gaudium* specifies two attitudes that guard against any reductionist approach to Scripture – humility of heart and patience. One of my favorite saints, St. Teresa of Avila had a saying, “While on this earth – humility.” Humility means knowing who we are and who we are not. We are forgiven sinners beloved of the Father and if I can bring that awareness with me when I read Scripture then I realize that Scripture is first and foremost a place of living encounter and not just interesting stories from the past or the foundational document for religious tenets. When we read Scripture, God seeks us out and God wants encounter with us. The Bible is not a dead book it is an amazing and grace-filled place of encounter!

Humility of heart enables me to both be receptive to this and to even experience

it firsthand as I make my journey of faith!

Patience may not be a prized virtue in our age of instant gratification but it is esteemed throughout Scripture and essential for true maturity of faith. Patience in regards to Scripture, the Holy Father notes, particularly means giving Sacred Scripture the time and attention it deserves. Reading Scripture is not like reading the daily paper where I expect to know the “who, what, when, where and how” within the first few sentences in order to then move on to the next story. Regretfully, I must confess that just as I have had rushed to size a person and his or her story up at different times I have also done the same toward Scripture. “Oh, I know this parable ... these are the key points.” I am ashamed to admit how many times I have done this. Patience with Scripture means taking the time to encounter the word and being patient to let the word speak a new and probably surprising truth to my heart that I need today in this moment. Being patient with Scripture means admitting that I never fully know a passage even if I have read it a thousand times before! There is always a new truth to be revealed if I take the time and if I do not rush. For this very reason Scripture can never be reduced to being just a proof text for anything. God, himself, is at work through Scripture!

St. Jerome gave us the great one liner; “Ignorance of Scripture is ignorance of Christ.” I am not a scholar of St. Jerome but in this quote I do not believe that the saint only means that Scripture tells us about Christ (which it does) but even more so that within Scripture we encounter Christ himself. Within Scripture, Christ seeks us out and he speaks to our hearts!

Sacred Scripture can never be reduced to just being a proof text for anything. Pope Francis is right. The only authentic way to approach Scripture is in a profound reverence for truth, knowing we are never Scriptures’ masters but rather its humble servants.

*By: Fr Michael Cummins
Word on Fire*

Five First Saturdays



The Five First Saturdays with Holy Eucharist

The 100th Anniversary of Fatima has awakened the Catholic faithful to Our Lady's original request (July 13, 1917), for devotion to the 5 First Saturdays. Later, (December 10, 1925) Our Lord and Our Lady appeared to Lucy, (who was an 18 year old postulant in the sisters of St. Dorothy). Jesus spoke of the thorns covering His mother's heart and the need for reparation to remove those thorns.

Our Lady's Promise

Our Lady said, "I promise to assist at the moment of death, with all the graces necessary for salvation, those who on the first Saturday of five consecutive months, shall confess, receive Holy Communion, recite five decades of the Rosary, and keep me company for fifteen minutes while meditating on the fifteen mysteries of the Rosary with the intention of making reparation to me."

The Fifteen Minute Meditation

Catholics know how to go to confession, receive Communion and say the rosary, but they are not familiar with meditating (or mental prayer). The following 20 meditations on the rosary will help.

How to Use the 20 Meditations

These meditations follow St. Ignatius' method which he used to help his active Jesuits to pray mentally before beginning their day. Mental prayer deliberately involves all the inner powers (imagination, memory, feelings, intellect and will) and opens the soul to God's greatest blessings. Use the following steps:

1. Read the gospel and the context. This absorbs your intellect.
2. Take a few moments to imagine the gospel scene. This draws you away from distractions.
3. Slowly read the thoughts. This fills the intellect. If one or two strike you, forget the rest.
4. Now you come to the heart of mental prayer, called "the affections". Hopefully, your heart is warm and you pour out your feelings in your own words. Again, use those affections which absorb you.
5. Make a good resolution and memorize a short quote.

Progress in Prayer

Don't turn mental prayer into spiritual reading. When the meditations help you to pray mentally (talking with Jesus), put aside the written words. These meditations are "can openers". Once the can is opened, you put aside the opener. The real mental prayer lies in the affections. All the rest just prepares for them. You will be delightfully surprised to find that the 15 minutes goes very quickly. Congratulations, you are making progress. Meditate every day.



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 WELCOME

We Meet
First & Third Tuesday of every Month
At 7pm
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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

31ST OF JANUARY 2025, FRIDAY

WELCOME BACK TO ALL THE
TEACHERS OF
PITTWATER PARISH
CATHOLIC SCHOOLS
THERE WILL BE A SPECIAL
SCHOLL STAFF MASS
@ 9.30 AM

Sacred Heart Church, Mona Vale

The *Living* Word

Entrance Antiphon Psalm 95:1,6
O sing a new song to the Lord; sing to the Lord, all the earth. In his presence are majesty and splendour, strength and honour in his holy place.

First Reading Nehemiah 8:2-6. 8-10
A reading from the book of Nehemiah
They read from the book of Law and they understood what was read.

Ezra the priest brought the Law before the assembly, consisting of men, women, and children old enough to understand. This was the first day of the seventh month. On the square before the Water Gate, in the presence of the men and women, and children old enough to understand, he read from the book from early morning till noon; all the people listened attentively to the Book of the Law.

Ezra the scribe stood on a wooden dais erected for the purpose. In full view of all the people – since he stood higher than all the people – Ezra opened the book; and when he opened it all the people stood up. Then Ezra blessed the Lord, the great God, and all the people raised their hands and answered Amen! Amen!; then they bowed down and, face to the ground, prostrated themselves before the Lord. And Ezra read from the Law of God, translating and giving the sense, so that the people understood what was read.

Then Nehemiah – His Excellency – and Ezra, priest and scribe (and the Levites who were instructing the people) said to all the people, ‘This day is sacred to the Lord your God. Do not be mournful, do not weep’. For the people were all in tears as they listened to the words of the Law. He then said, ‘Go, eat the fat, drink the sweet wine, and send a portion to the man who has nothing prepared ready. For this day is sacred to our Lord. Do not be sad: the joy of the Lord is your stronghold.’

The word of the Lord

Responsorial Psalm
Ps 18:8-10. 15. R. See Jn 6:63

(R.) Your words, Lord, are spirit and life.

The law of the Lord is perfect, it revives the soul. The rule of the Lord is to be trusted, it gives wisdom to the simple. **(R.)**

The precepts of the Lord are right, they gladden the heart. The command of the Lord is clear, it gives light to the eyes. **(R.)**

The fear of the Lord is holy, abiding for ever. The decrees of the Lord are truth and all of them just. **(R.)**

May the spoken words of my mouth, the thoughts of my heart, win favour in your sight, O Lord, my rescuer, my rock! **(R.)**

Second Reading
1 Corinthians 12:12-14, 27

A reading from the first letter of St Paul to the Corinthians
Together you are Christ's body; but each of you is a different part of it.

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink. Nor is the body to be identified with any one of its many parts. Now you together are Christ's body; but each of you is a different part of it.

The word of the Lord.

Gospel Acclamation Luke 4:18

Alleluia, alleluia!

The Lord sent me to bring Good News to the poor and freedom to prisoners.

Alleluia!

Gospel Luke 1:1-4. 4:14-21
A reading from the holy Gospel according to Luke
The scriptures were fulfilled on this day.

Seeing that many others have undertaken to draw up accounts of the events that have taken place among us, exactly as these were handed down to us by those who from the outset were eyewitnesses and ministers of the word, I in my turn, after carefully going over the whole story from the beginning, have decided to write an ordered account for you, Theophilus, so that your Excellency may learn how well founded the teaching is that you have received.

Jesus, with the power of the Spirit in him, returned to Galilee; and his reputation spread throughout the countryside. He taught in their synagogues and everyone praised him. He came to Nazara, where he had been brought up, and went into the synagogue on the sabbath day as he usually did. He stood up to read, and they handed him the scroll of the prophet Isaiah. Unrolling the scroll he found the place where it is written:

The spirit of the Lord has been given to me, for he has anointed me. He has sent me to bring the good news to the poor, to proclaim liberty to captives and to the blind new sight, to set the downtrodden free, to proclaim the Lord's year of favour. He then rolled up the scroll, gave it back to the assistant and sat down. And all eyes in the synagogue were fixed on him. Then he began to speak to them, ‘This

text is being fulfilled today even as you listen.’

The Gospel of the Lord

Communion Antiphon Psalm 33:6

Look toward the Lord and be radiant; let your faces not be abashed.

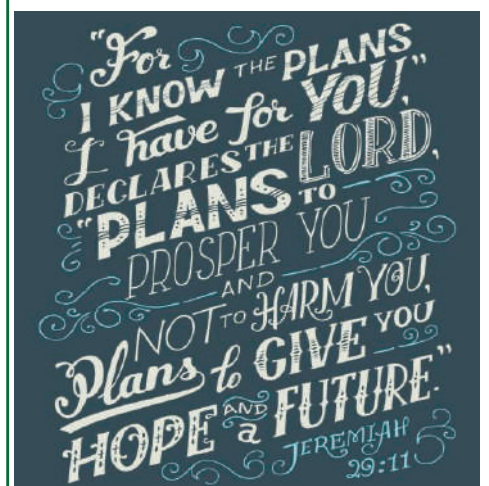
REFLECTION
by Dianne Bergant CSA

In both the reading from Nehemiah and the Gospel passage, we see the dynamic power of the word of God. Paul's teaching originated as oral proclamation, and like the texts read by Ezra the priest and the one interpreted by Jesus himself, it was first proclaimed aloud. Only later were these proclamations written and handed down from one community to another, from one generation to the next.

The word of God elicits various responses. In the first reading, the people cried out in response: ‘Amen, amen! So be it! We hear and we will obey!’ From the verses contained in today's gospel, we do not know how those who heard Jesus' interpretation reacted to it. We do know that both audiences listened intently to the sacred words of Scripture. Can we do less? Are we eager to obey? Do we view the law as a treasure, as life-giving? Have we learned to live with each other as members of one body, each member being important and contributing to the total health of the entire body?

Both Ezra and Jesus proclaimed the word of God within the context of a liturgical celebration, a setting similar to the ones wherein most people today hear God's word proclaimed. According to the teaching of Vatican II, the liturgy is described as the source and summit of our lives, and the liturgy of the word is an essential part of that celebration. With the people of Ezra, we are invited to respond: ‘Amen, amen! Thanks be to God!’

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With God's help I will
do mighty things!

Psalm 60:12

So in Christ Jesus you are all children of God through faith, for all of you who were baptized into Christ have clothed yourselves with Christ.

Galatians 3:26-27

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