



The Catholic Parish of Pittwater

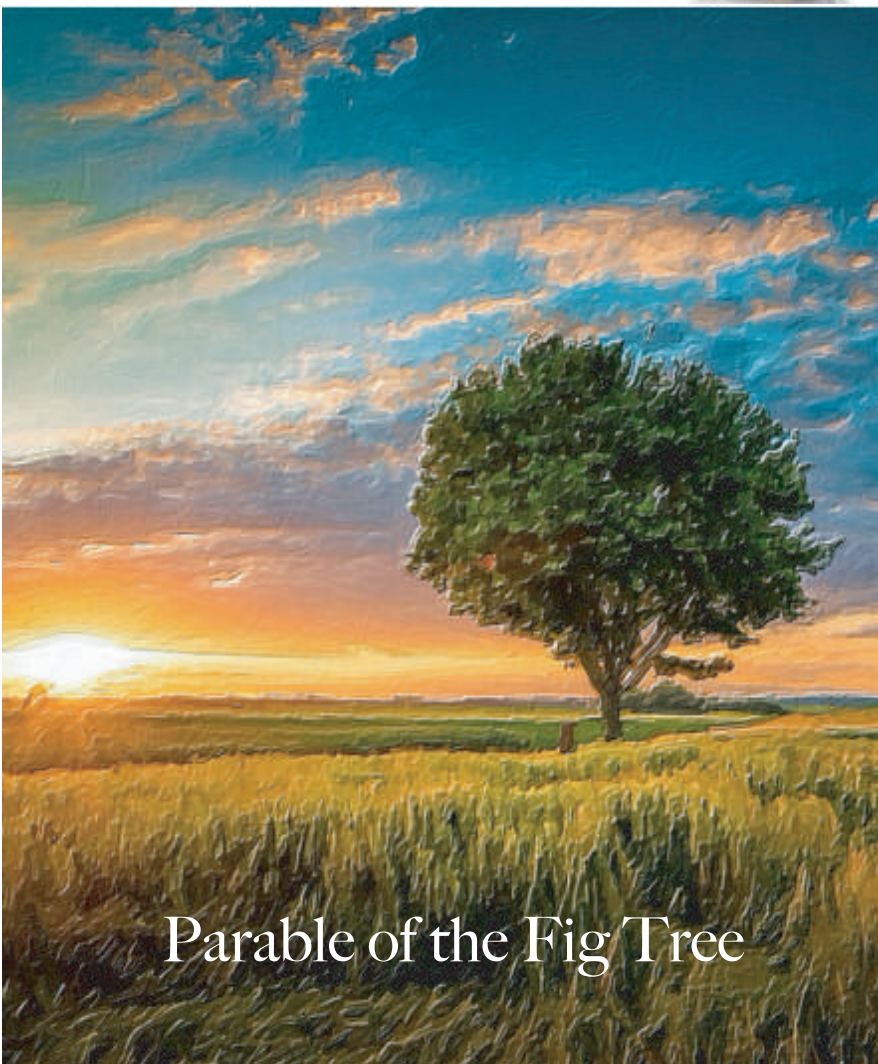
Sacred Heart & Maria Regina. Neighbourhoods of Grace, entrusted to the care of the Salvatorians.

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

Always be joyful and praise God constantly, whatever may break in upon you. Yes, always be joyful.



Parable of the Fig Tree

Act of Contrition

O my God,
I am sorry and repent with all my heart for all the wrong I have done and for the good I have failed to do, because by sinning I have offended you, who are all good and worthy to be loved above all things. I firmly resolve, with the help of your grace, to do penance, to sin no more, and avoid the occasions of sin. Through the merits of the Passion of our Saviour Jesus Christ. Lord, have mercy. 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

Pave Lucic
Roki Marov
John Shanahan
Ilka Spadina-Kretic

Prayer for the Sick

Anna Śmigowska
Lily Janosik
Trish Newman
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

The Monastery of the Heart

by: *Joan Chittister*



If you are looking for the true meaning on life while facing seemingly countless options, both spiritual and secular, and are feeling overwhelmed by choices, Joan gives us the spiritual knowledge we need.

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

— ACTS 3:19 —

Liturgy for the Week

- 24/03 **Monday, 3rd Week of Lent**
2Kg 5:1-15; Lk 4:24-30
- 25 /03 **Tuesday, The Annunciation of the Lord**
Is 7:10-14, 8:10; Lk 1:26-38
- 26/03 **Wednesday, 3rd Week of Lent**
Deut 4:1, 5-9; Mt 5:17-19
- 27/03 **Thursday, 3rd Week of Lent**
Jer 7:23-28; Lk 11:14-23
- 28/03 **Friday, 3rd Week of Lent**
Hosea 14:2-10; Mk 12:28-34
- 29/03 **Saturday, 3rd Week of Lent**
Hosea 5:15 - 6:6; Lk 18:1

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Parish of
Pittwater

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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

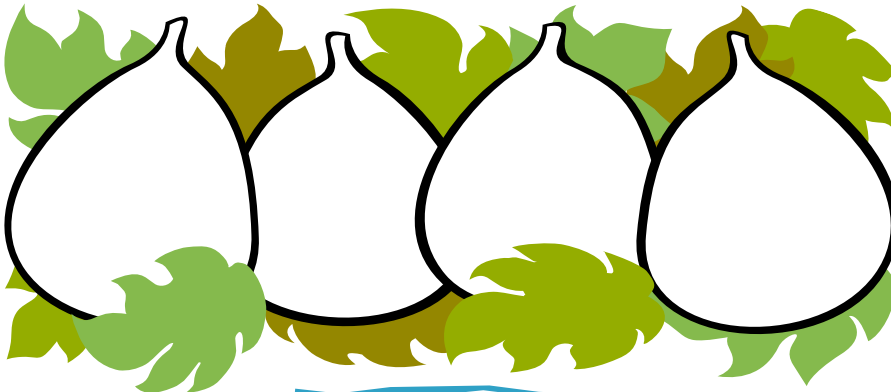
Tuesday 25 March
9am - 10.30am



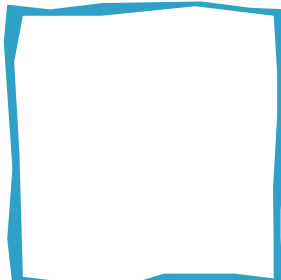


3rd Sunday of Lent, Year C

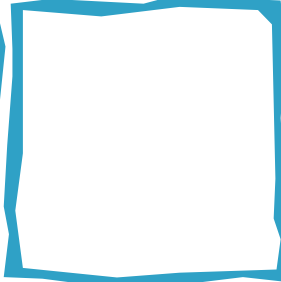
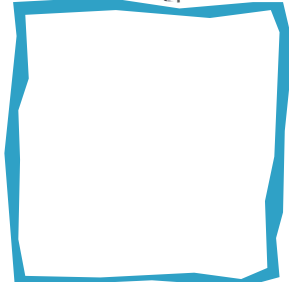
Jesus told his followers the story of a fig tree that would not bear fruit. The gardener said he would try hard for one more year to help it grow. God wants us to try hard so that we too can grow, and 'bear fruit'. What are four things you can do during Lent that help you be a better Christian and bring you closer to Jesus?



Jesus told parables to help his followers understand his teachings more clearly. Can you draw pictures from three different parables?



Can you spot the eight differences between these two pictures?



Luke 13:6-9

© Creative Ministry Resources

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.

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



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 4pm - 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

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**



CARITAS AUSTRALIA
**PROJECT
COMPASSION**

Third Sunday of Lent
22nd and 23rd March 2025

Lam is 27 years old from a small village in rural Vietnam who faced significant challenges due to his short stature. Through the I-SHINE program Lam completed a six-month course developing his graphic design skills. He now runs a successful freelance graphic design business from home, serving clients worldwide and earning a steady income.



Photo credit: Caritas Australia

Please Donate

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

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 at sacraments@pittwaterparish.org

Little Hearts Playgroup

playgroup details

Monday's 9:30-11:30am
(school term)
at Sacred Heart Catholic Church Mona Vale

Join us

Join us at our Play Group to connect with other parents and children, enjoy playtime, and make new friends. Stay for a cup of tea or coffee —everyone is welcome

Contact Nikki on 0481009376 for more information



Parish Bulletin – Term 1, Week 7

We've had an amazing week filled with activities and events that really brought out the best in our students.

Our students embraced our annual Project Compassion fundraiser this week, taking part in various recess and lunch activities. There was a strong focus on our College value of 'Stewardship' and generosity as our students really stepped up to meet the challenge, just as St. (Mother) Teresa of Calcutta implored us to "Give to the poor in handfuls." We are blessed to have such compassionate and generous students in our Mater Maria community. For over 50 years, Project Compassion has been raising vital funds for Caritas Australia to help communities living in poverty and injustice around the world.

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.

Our Zonta members have been busy making Care Cushions for patients recovering from surgery in local hospitals. Their hard work and dedication are truly making a difference.

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

Every Friday, our prefects lead Faith Fridays, inviting all students to join in for some faith and music in the Chapel and Courtyard. It's a lovely way to wrap up the week and come together as a community.

Our senior students showed off their skills at the Broken Bay Opens Touch Football Gala Day in Manly. Peninsula Cup Touch Football continues to be an exciting event for our athletes, whilst our MWBA Basketball teams continue to impress on the court.

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.**

Who gave himself for us
to redeem us from all
wickedness and to purify
for himself a people
that are his very own,
eager to do what is good.

Titus 2:14



The Jubilee 2025 logo

FOUR FIGURES

Representing all humanity
from the four corners
of the earth

They embrace to indicate
that we journey
together as
pilgrim people.

THE CROSS

The figure at the front holds
onto a cross, a sign of faith &
hope that can never
be abandoned.

The cross bends
toward humanity.

ANCHOR

A symbol of hope,
anchors stabilize ships
during storms.

We are anchored in Christ, our
hope, as we navigate the
storms on our journeys.

Rough Waves

Rough waters
symbolize the fact that
life's pilgrimage doesn't
always travel on smooth waters.



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.*

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

2nd and 4th Sundays after the 9am Mass

at the front entrance of

Maria Regina Church, Avalon



The *Living* Word

Entrance Antiphon Psalm 24:15-16

My eyes are always on the Lord, for he rescues my feet from the snare. Turn to me and have mercy on me, for I am alone and poor.

First Reading Exodus 3:1-8. 13-15

A reading from the book of Exodus
This is what you must say to the children of Israel: I Am has sent me to you.

Moses was looking after the flock of Jethro, his father-in-law, priest of Midian. He led his flock to the far side of the wilderness and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in the shape of a flame of fire, coming from the middle of a bush. Moses looked; there was the bush blazing but it was not being burnt up. 'I must go and look at this strange sight,' Moses said, 'and see why the bush is not burnt.' Now the Lord saw him go forward to look, and God called to him from the middle of the bush. 'Moses, Moses!' he said. 'Here I am' he answered. 'Come no nearer' he said. 'Take off your shoes, for the place on which you stand is holy ground. I am the God of your father,' he said 'the God of Abraham, the God of Isaac and the God of Jacob.' At this Moses covered his face, afraid to look at God.

And the Lord said, 'I have seen the miserable state of my people in Egypt. I have heard their appeal to be free of their slave-drivers. Yes, I am well aware of their sufferings. I mean to deliver them out of the hands of the Egyptians and bring them up out of that land to a land rich and broad, a land where milk and honey flow.'

Then Moses said to God, 'I am to go, then, to the sons of Israel and say to them, "The God of your fathers has sent me to you." But if they ask me what his name is, what am I to tell them?' And God said to Moses, 'I Am who I Am. This' he added 'is what you must say to the sons of Israel: "The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you." This is my name for all time; by this name I shall be invoked for all generations to come.

The word of the Lord

Responsorial Psalm
Ps 102:1-4. 6-8. 11. R. v.8

(R.) The Lord is kind and merciful.

My soul, give thanks to the Lord, all my being, bless his holy name. My soul give thanks to the Lord and never forget all his blessings. **(R.)**

It is he who forgives all your guilt, who heals every one of your ills, who redeems your life from the grave, who crowns you with love and compassion. **(R.)**

The Lord does deeds of justice, gives judgement for all who are oppressed. He made known his ways to Moses

and his deeds to Israel's sons. **(R.)**

The Lord is compassion and love, slow to anger and rich in mercy. For as the heavens are high above the earth so strong is his love for those who fear him. **(R.)**

Second Reading

1 Corinthians 10:1-6, 10-12

A reading from the first letter of St Paul to the Corinthians

All this that happened to the people of Moses in the desert was written for our benefit.

I want to remind you how our fathers were all guided by a cloud above them and how they all passed through the sea. They were all baptised into Moses in this cloud and in this sea; all ate the same spiritual food and all drank the same spiritual drink, since they all drank from the spiritual rock that followed them as they went, and that rock was Christ. In spite of this, most of them failed to please God and their corpses littered the desert.

These things all happened as warnings for us, not to have the wicked lusts for forbidden things that they had. You must never complain; some of them did, and they were killed by the Destroyer.

All this happened to them as a warning and it was written down to be a lesson for us who are living at the end of the age. The man who thinks he is safe must be careful that he does not fall.

The word of the Lord.

Gospel Acclamation Matthew 4:17

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

Repent, says the Lord;
the kingdom of heaven is at hand.

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

Gospel Luke 13:1-9

A reading from the holy Gospel according to Luke

Unless you repent you will all perish as they did.

Some people arrived and told Jesus about the Galileans whose blood Pilate had mingled with that of their sacrifices. At this he said to them, 'Do you suppose these Galileans who suffered like that were greater sinners than any other Galileans? They were not, I tell you. No; but unless you repent you will all perish as they did. Or those eighteen on whom the tower at Siloam fell and killed them? Do you suppose that they were more guilty than all the other people living in Jerusalem? They were not, I tell you. No; but unless you repent you will all perish

as they did.'

He told this parable: 'A man had a fig tree planted in his vineyard, and he came looking for fruit on it but found none. He said to the man who looked after the vineyard, "Look here, for three years now I have been coming to look for fruit on this fig tree and finding none. Cut it down: why should it be taking up the ground?"' "Sir," the man replied "leave it one more year and give me time to dig round it and manure it: it may bear fruit next year; if not, then you can cut it down."

The word of the Lord.

Communion Antiphon

John 4:13-14

For anyone who drinks it, says the Lord, the water I shall give will become in him a spring welling up to eternal life.

REFLECTION

by Dianne Bergant

One major theme emerges from today's readings: incomprehensibility of God. We see it in the mysterious divine name, which distinguishes the God of Israel from all others and yet leaves us in the dark as to its meaning. We see it as God communicates with us through inanimate objects and the people in our lives. Finally, we see that God both pardons iniquities and decides to root out unfruitful branches, and we are confused by such inconsistency.

In the midst of this ambiguity we have one sure source of stability – Christ. It is Christ who reveals the nature and meaning of the divine name; it is Christ who intercedes for us before God. Christ, the one who set his face toward Jerusalem, there to suffer and die, is the great messenger through whom God is revealed. He is the one who reveals majesty through the simplicity of a bush; he is the one who judges with the patience of a gardener. However, the limits of the experience and mercy of God in our lives are defined by our own openness. Despite the blessings that we receive in the wildernesses of our lives, it could happen that God is not pleased with us. We must not take God's goodness for granted.

These readings close on a note of caution. Take care! We might be able to rest secure in the knowledge of the love and mercy of God, but these readings tell us that we should not dare to rest passively or complacently.

©Dianne Bergant CSA

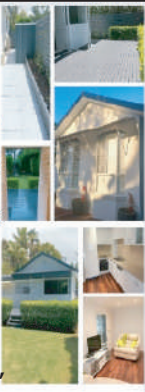


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For any questions contact
Joe Cilla - 0418 863 814

The one who conceals his sins
will not prosper,
but whoever confesses
and renounces them
will find mercy.

Proverbs 28:13



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the earth! For I am
God, and there is no
other."

- ISAIAH 45:22



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GOD IN CHRIST
FORGAVE YOU.

Ephesians 4:32

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