



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
Be faithful in everything: faithful in observances, faithful in the vows, faithful in work, in duties of your vocation, in your striving, faithful in everything.



PRAYER FOR THE SICK

Almighty God,
You are the only source of health and healing.
In you, there is calm, and the only true peace in the universe.
Grant to each one of us your children, an awareness of your presence, and give us a perfect confidence in you.
In all pain, weariness and anxiety, teach us to yield ourselves to your love and power surround us, trusting in your wisdom and providence to give us health, strength and peace when your time is best.
Through Christ, our Lord.
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 FEBRUARY
For Vocations to the Priesthood and Religious Life

Let us pray that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's mission in the priesthood and religious life.

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
**Malcolm Leonard
Corbett**

Deceased Anniversary
**James Michael
Kelly**

Prayer for the Sick

Anna Śmigowska
Lily Janosik
Trish Newman
Suzanne French
James
Bruce Farr
Maureen Larios
Denise Wagner
Owen Graham
Elaine Boyes
Pauline Chipman
Anna
Svetlana
Leonor
Sofia
Anna Katanec
Mother Pauline
Angela Miller
Philip Khalifeh
Robert McCauley

BOOK REVIEW

Steps to Life

by: Richard Rohr



A spiritual journey with Christian Mysticism and the Twelve Steps Programme which has helped millions of people overcome soul destroying addictions and get back in touch with their inner selves thereby adding meaning to their lives.

What is a Disciple?

"Simply put, a disciple is someone who follows Jesus, is transformed by Jesus, and is proclaiming His greatness to the world around them."

Liturgy for the Week

- 10/02 **Monday, St Scholastica**
Gen 1:1-19; Mk 6:53-56
- 11/02 **Tuesday, Ordinary Time 5**
Gen 1:20 - 2:4; Mk 6:53-56
- 12/02 **Wednesday, Ordinary Time 5**
Gen 2:4-9, 15-17; Mk 7:14-23
- 13/02 **Thursday, Ordinary Time 5**
Gen 2:18-25; Mk 7:24-30
- 14/02 **Friday, Sts Cyril & Methodius**
Gen 3:1-8; Mk 7:31-37
- 15/02 **Saturday, Ordinary Time 5**
Gen 3:9-24; Mk 8:1-10

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Give to our
Parish of
Pittwater

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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.

Available on the
 **App Store**

Get it on
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REGISTER NOW

**OPEN DAY
2025**

Tuesday 25 March
9am - 10.30am



FIRST RECONCILIATION 2025

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.

THE FIRST PARENT INFORMATION SESSION TOOK PLACE
LAST WEEK. IF YOU HAVE MISSED THIS SESSION,
PLEASE ATTEND THE NEXT SESSION ON

TUESDAY, 11 FEBRUARY at 7 pm - SACRED HEART CHURCH, MONA VALE

Thank you to all the parents that have volunteered to facilitate their child's weekly preparation sessions. We still NEED FACILITATORS for these 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

**WORLD DAY OF
PRAYER
FOR THE SICK
11th of February**



*Bring strength to those of us who walk with the sick.
Bring hope to all for whom the path to healing is long or may not end.
Let us never forget your special care for the sick, that they may
also know they are precious and loved. Amen.*

**Feast Day of
Our Lady of Lourdes
11th of February**

**OUR LADY OF
LOURDES,
PLEASE PRAY
FOR THE SICK
THAT THEY MAY
BE HEALED.**



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

Director of Music
Simon Morris
Tel 9157 0999 ext 17
music@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

Dear Brothers and Sisters in Christ,

As members of the Catholic Parish of Pittwater, we are blessed to come together in faith to experience God's love in the celebration of the Mass, and through one another as a community of faith.

I am deeply grateful for your meaningful participation, contributions and support in the life of our Parish, especially our past parishioners gone before us who regularly contributed to our *Planned Giving program*.

This year, the Diocese of Broken Bay is calling out for a revival of this program. I invite you to prayerfully consider becoming an ongoing Planned Giver as part of our *First Fruits Offering*, taking place over the next two weeks.

Planned Giving is a prayerful commitment to dedicate a portion of your financial income to God and His Church in gratitude for His many blessings. It helps ensure the mission and ministries of our parish continue to thrive for both our present community and future generations. Furthermore, planned giving helps our mission to support the formation of young people, maintaining our Parish Centre & planning for future projects & programs. Your contribution makes all these things possible.

Your contributions remain within our local parish and support:

- * Liturgical Needs (vestments, bread, wine, altar linens)
- * Ongoing Ministries (youth, seniors, RCIA, spirituality groups)
- * Special Ministries (catechists, sacramental programs, aged care visits)
- * Equipment and Resources (computers, photocopiers)
- * Rising Utility Costs (insurance, repairs and staff wages)

To assist you in prayerfully reflecting on this important decision, we have prepared materials and resources that are available for you to take home. These include information about *First Fruits Offering* and pledge envelopes. We encourage you to take some time to review these resources. Pray and discern how you can support our parish.

Becoming a Planned Giver is a simple yet profound way to demonstrate your commitment to God's work. If you are not yet a Planned Giver, I encourage you to take this step. If you are already contributing on an ongoing basis to the Parish, thank you.


We also thank all those who have contributed to the *first collection* as well as the *Easter & Christmas offerings*, your generosity supports;

- * Priests' Monthly Stipends
- * Priests' Household Costs (e.g. food, utilities, cleaner, etc.)
- * Priests' Care Costs
- * 15% Contribution to the Diocese of Broken Bay
- * Salvatorian Mission and Formations within & outside Australia

For more information with Planned Giving, please contact the Parish Office. We are happy to help.

Thank you for your generous support. May God bless you abundantly as you continue to live out your faith and share His mission.

In Christ's Peace and Love,


Fr Richard Sadowski SDS
Parish Priest



FIRST FRUITS OFFERING

SERVE YOUR PARISH THROUGH PLANNED GIVING



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

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



We invite you to meet our staff and students and experience an evening at Mater Maria Catholic College.

"At Mater Maria Catholic College, we focus on supporting the academic growth of all students and recognising the gifts of the individual in order for all to thrive in our Catholic faith community." Marc Reicher, Principal

Waiting lists for all Year Groups, 2025

Waiting list for Year 7, 2026

Applications close on Friday, 11 April

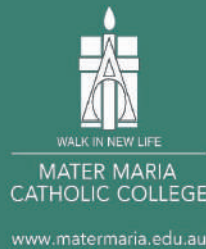
for Year 7, 2027

Currently accepting applications for 2028



PSALM 23:

So Much to Be Grateful for



**OPEN DAY
2025**

**Tuesday
4 March**

4PM - 7PM



Scan our QR code to register

If you are interested in ordering *Father Ireneusz's* book for \$50 please contact the Parish Office on 9517 0999

All proceeds will go to support the Salvatorian seminarians from East Timor in the Salvatorian Australian Region, studying in the Philippines.

This is a great way to help the Salvatorian Formation.

Father Ireneusz Czech's Jubilee Year 2025 Homilies Book

We are pleased to announce that hard copies of "Proclaiming the Truth Without Fear" by Fr. Ireneusz Czech, a collection of brief and simple homilies for Liturgical Cycle C, are now available for purchase!

Price: \$50 per copy

All proceeds will go to support Salvatorian seminarians from East Timor in the Salvatorian Australian Region, studying in the Philippines.

Support this important cause and get your copy today from:

**"Whoever sows bountifully, will also reap bountifully."
2 Corinthians 9:6**



Kindle Version available via this link tinyurl.com/yek25ape or QR Code:



The *Living* Word

Entrance Antiphon Psalm 94:6-7

O come, let us worship God and bow low before the God who made us, for he is the Lord our God.

First Reading Isaiah 6:1-8
A reading from the prophet Isaiah
Here am I! Send me.

In the year of King Uzziah's death I saw the Lord seated on a high throne; his train filled the sanctuary; above him stood seraphs, each one with six wings. And they cried out to one another in this way,

'Holy, holy, holy is the Lord of hosts. His glory fills the whole earth.'

The foundations of the threshold shook with the voice of the one who cried out, and the Temple was filled with smoke. I said:

'What a wretched state I am in! I am lost, for I am a man of unclean lips and I live among a people of unclean lips, and my eyes have looked at the King, the Lord of hosts.'

Then one of the seraphs flew to me, holding in his hand a live coal which he had taken from the altar with a pair of tongs. With this he touched my mouth and said:

'See now, this has touched your lips, your sin is taken away, your iniquity is purged.'

Then I heard the voice of the Lord saying:

'Whom shall I send? Who will be our messenger?'
I answered, 'Here I am, send me.'

The word of the Lord

Responsorial Psalm
Ps 137:1-5. 7-8. R. v.1

(R.) In the sight of the angels I will sing your praises, Lord.

I thank you, Lord, with all my heart, you have heard the words of my mouth. Before the angels I will bless you. I will adore before your holy temple. **(R.)**

I thank you for your faithfulness and love which excel all we ever knew of you. On the day I called, you answered; you increased the strength of my soul. **(R.)**

All earth's kings shall thank you when they hear the words of your mouth. They shall sing of the Lord's ways; 'How great is the glory of the Lord!' **(R.)**

You stretch out your hand and save me, your hand will do all things for me. Your love, O Lord, is eternal, discard not the work of your hands. **(R.)**

Second Reading 1 Corinthians 15:1-11

A reading from the first letter of St Paul to the Corinthians
I preach what they preach, and this is what you believe.

Brothers, I want to remind you of the gospel I preached to you, the gospel that you received and in which you are firmly established; because the gospel will save you only if you keep believing exactly what I preached to you – believing anything else will not lead to anything. Well then, in the first place, I taught you what I had been taught myself, namely that Christ died for our sins, in accordance with the scriptures; that he was buried; and that he was raised to life on the third day, in accordance with the scriptures; that he appeared first to Cephas and secondly to the Twelve. Next he appeared to more than five hundred of the brothers at the same time, most of whom are still alive, though some have died; then he appeared to James, and then to all the apostles; and last of all he appeared to me too; it was as though I was born when no one expected it.

I am the least of the apostles; in fact, since I persecuted the Church of God, I hardly deserve the name apostle; but by God's grace that is what I am, and the grace that he gave me has not been fruitless. On the contrary, I, or rather the grace of God that is with me, have worked harder than any of the others; but what matters is that I preach what they preach, and this is what you all believed.

The word of the Lord.

Gospel Acclamation Matthew 4:19

Alleluia, alleluia!

Come follow me, says the Lord, and I will make you fishers of my people. Alleluia!

Gospel Luke 5:1-11
A reading from the holy Gospel according to Luke
They left everything and followed him.

Jesus was standing one day by the lake of Gennesaret, with the crowd pressing round him listening to the word of God, when he caught sight of two boats close to the bank. The fishermen had gone out of them and were washing their nets. He got into one of the boats – it was Simon's – and asked him to put out a little from the shore. Then he sat down and taught the crowds from the boat.

When he had finished speaking he said to Simon, 'Put out into deep water and pay out your nets for a catch.' 'Master,' Simon replied 'we worked hard all night long and caught nothing, but if you say so, I will pay out the nets.' And when they had done this they netted such a huge number of fish that their nets began to tear, so they signalled to their companions in the other boat to come and help them; when these came, they filled the two boats to sinking point. When Simon Peter saw this he fell at the knees of Jesus saying, 'Leave me Lord; I am a sinful man.' For he and all his

companions were completely overcome by the catch they had made; so also were James and John, sons of Zebedee, who were Simon's partners. But Jesus said to Simon, 'Do not be afraid; from now on it is men you will catch.' Then, bringing their boats back to land, they left everything and followed him.

The Gospel of the Lord

Communion Antiphon Psalm 106:8-9

Let them thank the Lord for his mercy, his wonders for the children of men, for he satisfies the thirsty soul, and the hungry he fills with good things.

REFLECTION

by Dianne Bergant CSA

Today we consider the call to continue the mission of Jesus by engaging in some form of ministry. The first and the last readings are call narratives; the epistle contains a statement of the faith that undergirds our response to our call; the psalm response celebrates the gracious goodness of God that makes all of this possible.

Our call is more than a summons to faith; it is a call to ministry. Isaiah is called in order to be sent; the fishermen are called in order to gather others to Jesus. So it is with us. We are called to be sent out to the world. This call comes to us in the ordinariness of life. It will usually come to us as we wash our nets or our dishes, as we teach or raise children, as we prepare a brief for trial or examine a patient; as we repair cars or work at the computer. The call of God comes to us in the ordinariness of life. We are called to proclaim the message of the resurrection by any and every means possible. Some, like Isaiah and the disciples of Jesus, will witness in open and dramatic ways. They will teach and preach; they will nurse the sick and care for the elderly. Others will witness in less conspicuous ways. They will insist on fair practices in their own workplaces; they will weed out expressions of prejudice and violence so that a new and just world can be fashioned for themselves and for their children. Called in the ordinariness of their lives, they will witness to the death and resurrection in that very ordinariness, thus transforming everything into extraordinariness.

© Dianne Bergant CSA

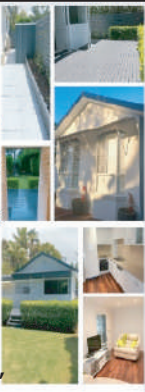


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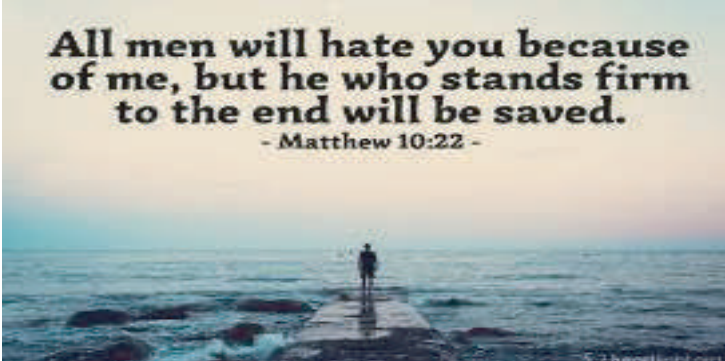


Discipleship
is a
LIFESTYLE
filled with
RELATIONSHIPS;
a life of pouring
yourself out
for others.



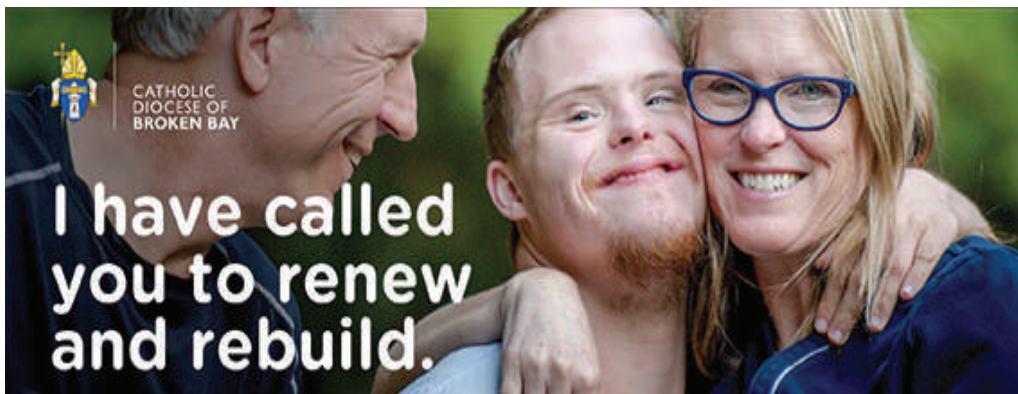
TeachingGoodThings.com

**All men will hate you because
of me, but he who stands firm
to the end will be saved.**
- Matthew 10:22 -




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JOHN 13:35

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