



The Catholic Parish of Pittwater

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

A Family Prayer

Heavenly Father, thank you for the gift of our family. Enlighten our hearts and minds that we may live more fully this vocation to love.

In our daily life and work, may we reflect the self-giving love which you, O Father, eternally show with your Son and the Holy Spirit.

Let your love be evident in the peace that reigns in our home and in the faith we profess and live. May our family always be a place of generosity, understanding, forgiveness and joy.

Kindly give us the wisdom and courage to be witnesses to your eternal design for the family; and grant that the Holy Family of Nazareth may always guide our path to holiness as a family.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God forever and ever.

Amen

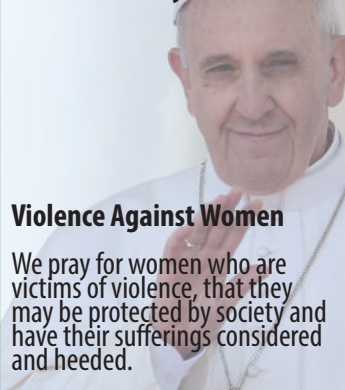


Thoughts of Fr Francis Jordan

Put all your hope and trust in God alone,
He will fight for you like a mighty hero.



Pope Francis' Prayer Intentions For February



Violence Against Women

We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

If you have used this bulletin, please take it home with you.

A warm welcome to all our parishioners and visitors who are celebrating the Eucharist with us at Pittwater Parish - Sacred Heart Church, Mona Vale and Maria Regina Church, Avalon

Share the News

Our Churches - Sacred Heart (Mona Vale) and Maria Regina (Avalon) are open.

Come for Mass. Come and pray. Come and light a candle.

MASS TIMES

SACRED HEART CHURCH
1 Keenan Street, Mona Vale

Weekday Masses
Tuesday 9.30am
Wednesday 9.30am
Thursday 7pm
(Followed by Adoration and Benediction at 9pm)
Friday 9.30am
First Friday of the Month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 9.30am, followed by Mass with Anointing of the Sick at 10.30am

Weekend Masses
Saturday Vigil 5.00pm
Sunday 8.00am • 10.00am • 4.00pm Croatian (1st & 3rd Sunday) 6.00pm (SOUL)

Reconciliation
4.00pm to 4.30pm Saturday

Baptism
4th Sunday - 11.30am

MARIA REGINA CHURCH
7 Central Road, Avalon

Weekday Masses
Monday 8am
Wednesday 8am
Thursday 10am
9am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45am
Friday 8am

Mass with Anointing of the Sick - First Friday of the Month at 8am

Weekend Masses
Saturday Vigil 6.00pm
Sunday 9.00am

Reconciliation
Before Vigil Mass on Saturday

Baptism
3rd Sunday - 11.00am

We acknowledge the lifelong trauma of abuse victims, survivors and their families, the failures of the Catholic Church to protect, believe and respond justly to children and vulnerable adults, and the consequent breach of community trust.

We Pray for

Recently Deceased

Thomas Cleary

Eternal Rest Grant Unto Them O Lord, And Let Perpetual Light Shine Upon Them. May They Rest in Peace. Amen. May Their Souls And The Souls Of The Faithful Departed, Through The Mercy Of God, Rest In Peace. Amen.

Deceased Anniversary

Timothy Bottero
Giovanni Battista Caruso
Joseph Vumbaca
Jason Mason

If you would like the names of your relatives or friends and offerings included, please drop the envelope in to the Parish Office by Midday on Wednesdays. Thank You.

Prayers for the Sick

Bill Eyre
Manny Zarb
Philip Maddrell
Gail Reiher
Imelda Vince
Eric Domagas
Vicky Villaluz
Ben Castillo
Moira Howie
Joma
Christine Hills
Donald McRae
Sara Zofrea
Beryl Peo-Duncan
John Andrew Graham
John Charles Graham
Michael Carrodus
Pat Regan
Robyn Sheather
Candida Hernandez
Chin Quang Le
Gill Page
Tony Quatroville
Garry Gleeson
Elizabeth Kral
Nazarena Custodio
Annette Davis
Bernie Neville
Tim & Christina O'Connell
Andrew Hood

The names on this list will be removed after four weeks unless otherwise requested or advised. Thank you

Watch the daily Mass on Demand from Broken Bay's Cathedral at
<https://www.youtube.com/channel/UCNenwlf17i14XB9TsVBrLvQ>

We hope that this will help the faithful to celebrate the Holy Mass online wherever you are

BOOK REVIEW



The Way of Julian of Norwich
A Prayer Journey Through Lent
by Sheila Upjohn SPCK

In his encyclical Fratelli Tutti, Pope Francis commends St Francis, whose name he bears, as one who called for 'a love that transcends the barriers of geography and distance.' The barriers between twenty-first century Australians and a woman who lived in one small room in England 600 years ago might seem insurmountable, but the covid pandemic has brought her startlingly up to date.

'Julian of Norwich wrote... in a city suffering the effects of the Black Death. She brings to us the insights of her own form of lockdown' writes the Rt Rev Alan Hopes, Catholic Bishop of East Anglia, in an appreciation of the book. 'Sheila Upjohn has made A Revelation of Divine Love thoroughly relevant to today.'

The Way of Julian of Norwich (SPCK) is a six week course that explores Julian's perspectives on sin and judgement, anger and forgiveness, the incarnation and the crucifixion – insights which were once thought so controversial that her book had to be kept hidden for centuries. 'The book's message is so positive and uplifting, yet the more challenging aspects of our faith and relationship with God are not compromised,' writes Fr Aloysius Rego, the prior of Mount Carmel Retreat Centre Varroville.

Each of the six chapters has questions and reflections. It also includes an ecumenical Way of the Cross, as authorised by Pope John Paul II in 1991, with readings from Julian alongside Scripture readings. The book is available in Australia as a paperback and as a kindle edition.

In cooperation of the Catholic diocese of East Anglia, Norwich Cathedral and the Friends of Julian of Norwich are running an on-line course on the book. This will be available in the UK and USA each Friday in Lent, but sadly the time difference means it could only be viewed in the middle of the night in Australia.

Sheila Upjohn is a long-time member of Sacred Heart congregation.

DATES for your DIARY



STATIONS OF THE CROSS

Every Friday in Lent after morning mass.



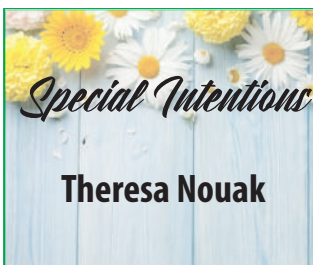
Love your neighbour

Please wear a **MASK** for **MASS**

thank you

THURSDAY MORNING SPIRITUALITY GROUP

"For Lent our group are breaking with the study on the Pope's Encyclical to concentrate on "The Way of Julian of Norwich". Please read the review in the Book Review column. **All are invited.** Contact Trish Newman ocds on 99183973 or Mb. 0401613643.



Theresa Nouak





The Catholic Parish of Pittwater

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

Dear Parishioners,

As of today, Friday 12 February 2021, the restrictions in NSW have eased to allow for one parishioner for every two-square metres in our Churches.

Whilst the restrictions are at this level, you do not need to book your place for Mass via Trybooking.

The Service NSW QR codes are now available at the entrance of both of our churches, for you to use to check in. If you do not have a smartphone or you're not carrying it with you, please provide your contact details via the sign-in sheets provided.

Also from today, people attending places of worship do not need to mandatorily wear a mask, however they are recommended in indoor settings where social distancing can't be guaranteed and especially if you are a vulnerable person.

Yours in Christ,

Fr. Pietruszewicz SDS
Fr Broniek Pietruszewicz SDS
Parish Priest



LENTEN PENANCE

In the liturgy and liturgical catechesis of Lent, the reminder of baptism already received or the preparation for its reception, as well as the theme of repentance, renew the entire community along with those being prepared to celebrate the paschal mystery, in which each of the elect will share through the sacraments of initiation. For both the elect and the local community, therefore, the Lenten season is a time of spiritual recollection in preparation for the celebration of the paschal mystery. *RCIA 125*

This year the season of Lent commences on **Ash Wednesday, 17 February**, and concludes on **Thursday 1 April**. In our Catholic tradition, it is marked as a time for conversion, repentance, and renewal. It begins on Ash Wednesday with the imposition of ashes coupled with the words of invitation, “*Turn away from sin and believe the good news*”. In this annual invitation, we recognise our human frailty and our reliance on the grace and mercy of God.

As Jesus fasted for forty days and forty nights in the desert (Matthew 4:1-11); he accompanies us as we too make the journey into the desert of our souls. It is there that we are encouraged to resist and turn away from sin, which places limitation on our lives and relationships. It is precisely in those moments of vulnerability that we are called to take refuge in the God of mercy and compassion.

Lent is a time of pruning back the obstacles in our relationships so that we might flourish and have “life to the full” (John 10:10). Through the season of Lent we come to Easter, which is a celebration of the life, death, and resurrection of Christ. It is a joyful time to celebrate the new life promised to us and the whole world by the risen Jesus, our hope and our salvation.

DAYS OF PENANCE

On Ash Wednesday and Good Friday, abstinence from meat is to be observed by those who have completed their fourteenth year of age. Those who are aged between 18 and 60 are to fast on these days. Priests should encourage those under their pastoral care to embrace the spirit of abstinence and fasting. This Lenten practice is not to be a burden upon those who have health issues or special needs.

On all other Fridays of the year the law of the common practice of penance is fulfilled by performing any one of the following:

1. *Prayer* – for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the Rosary; or in other ways;
2. *Self-denial* – for example, not eating meat; not eating sweets or desserts; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor in one's own country and elsewhere; or in other ways;
3. *Helping others* – for example, special attention to someone who is poor, sick, elderly, lonely or overburdened or feeling isolated from our Church community; or in other ways.

Lent is from **Ash Wednesday** (17 February 2021) until the **Mass of the Lord's Supper** (1 April 2021) inclusive. Fasting is also observed on **Good Friday** and if possible on **Holy Saturday** until the Easter Vigil.

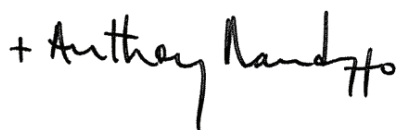
PASCHAL PRECEPT

Each of the faithful is obliged to receive Holy Communion at least once a year. This is done between **Ash Wednesday** (17 February 2021) and **Trinity Sunday** (30 May 2021), unless for a good reason it is done at another time during the year.

All of the faithful who have reached the age of discretion (seven years old) are obliged to confess their grave sins at least once a year.

I would encourage you also to consider being part of a Lenten prayer or discussion group and to read the Scriptures in your homes. A visit to a church for private personal prayer before the Blessed Sacrament is also a marvellous way to strengthen one's prayer life during this season. Do not hesitate or be fearful, "the Lord waits to be gracious to you" (Isaiah 30:18).

My dear brothers and sisters in Christ, my prayer over these coming weeks is that our Catholic community in the Diocese of Broken Bay will seek to live the new life in Christ. This Lent, may we move with confidence and loving reverence deeper into the heart of the Father who is grace, mercy and love.



Most Rev Anthony Randazzo DD JCL
Bishop of Broken Bay
3 February 2021

MESSAGE OF HIS HOLINESS POPE FRANCIS FOR THE XXIX WORLD DAY OF THE SICK 2021

"You have but one teacher and you are all brothers" (Mt 23:8). A trust-based relationship to guide care for the sick

Dear brothers and sisters,

The celebration of the XXIX World Day of the Sick on 11 February 2021, the liturgical memorial of the Blessed Virgin Mary of Lourdes, is an opportunity to devote special attention to the sick and to those who provide them with assistance and care both in healthcare institutions and within families and communities. We think in particular of those who have suffered, and continue to suffer, the effects of the worldwide coronavirus pandemic. To all, and especially to the poor and the marginalised, I express my spiritual closeness and assure them of the Church's loving concern.

1. The theme of this Day is drawn from the Gospel passage in which Jesus criticises the hypocrisy of those who fail to practise what they preach (cf. Mt 23:1-12). When our faith is reduced to empty words, unconcerned with the lives and needs of others, the creed we profess proves inconsistent with the life we lead. The danger is real. That is why Jesus uses strong language about the peril of falling into self-idolatry. He tells us: "You have but one teacher and you are all brothers" (v. 8).

Jesus' criticism of those who "preach but do not practise" (v. 3) is helpful always and everywhere, since none of us is immune to the grave evil of hypocrisy, which prevents us from flourishing as children of the one Father, called to live universal fraternity.

Before the needs of our brothers and sisters, Jesus asks us to respond in a way completely contrary to such hypocrisy. He asks us to stop and listen, to establish a direct and personal relationship with others, to feel empathy and compassion, and to let their suffering become our own as we seek to serve them (cf. Lk 10:30-35).

2. The experience of sickness makes us realise our own vulnerability and our innate need of others. It makes us feel all the more clearly that we are creatures dependent on God. When we are ill, fear and even bewilderment can grip our minds and hearts; we find ourselves powerless, since our health does not depend on our abilities or life's incessant worries (cf. Mt 6:27).

Sickness raises the question of life's meaning, which we bring before God in faith. In seeking a new and deeper direction in our lives, we may not find an immediate answer. Nor are our relatives and friends always able to help us in this demanding quest.

The biblical figure of Job is emblematic in this regard. Job's wife and friends do not accompany him in his misfortune; instead, they blame him and only aggravate his solitude and distress. Job feels forlorn and misunderstood. Yet for all his

extreme frailty, he rejects hypocrisy and chooses the path of honesty towards God and others. He cries out to God so insistently that God finally answers him and allows him to glimpse a new horizon. He confirms that Job's suffering is not a punishment or a state of separation from God, much less as sign of God's indifference. Job's heart, wounded and healed, then makes this vibrant and touching confession to the Lord: "I had heard of you by word of mouth, but now my eye has seen you" (42:5).

3. Sickness always has more than one face: it has the face of all the sick, but also those who feel ignored, excluded and prey to social injustices that deny their fundamental rights (cf. Fratelli Tutti, 22). The current pandemic has exacerbated inequalities in our healthcare systems and exposed inefficiencies in the care of the sick. Elderly, weak and vulnerable people are not always granted access to care, or in an equitable manner. This is the result of political decisions, resource management and greater or lesser commitment on the part of those holding positions of responsibility. Investing resources in the care and assistance of the sick is a priority linked to the fundamental principle that health is a primary common good. Yet the pandemic has also highlighted the dedication and generosity of healthcare personnel, volunteers, support staff, priests, men and women religious, all of whom have helped, treated, comforted and served so many of the sick and their families with professionalism, self-giving, responsibility and love of neighbour. A silent multitude of men and women, they chose not to look the other way but to share the suffering of patients, whom they saw as neighbours and members of our one human family.

Such closeness is a precious balm that provides support and consolation to the sick in their suffering. As Christians, we experience that closeness as a sign of the love of Jesus Christ, the Good Samaritan, who draws near with compassion to every man and woman wounded by sin. United to Christ by the working of the Holy Spirit, we are called to be merciful like the Father and to love in particular our frail, infirm and suffering brothers and sisters (cf. Jn 13:34-35). We experience this closeness not only as individuals but also as a community. Indeed, fraternal love in Christ generates a community of healing, a community that leaves no one behind, a community that is inclusive and welcoming, especially to those most in need.

Here I wish to mention the importance of fraternal solidarity, which is expressed concretely in service and can take a variety of forms, all directed at supporting our neighbours. "Serving means caring . . . for the vulnerable of our families, our society, our people" (Homily in Havana, 20 September 2015). In this outreach, all are "called to set aside their own wishes and

desires, their pursuit of power, before the concrete gaze of those who are most vulnerable . . . Service always looks to their faces, touches their flesh, senses their closeness and even, in some cases, 'suffers' that closeness and tries to help them. Service is never ideological, for we do not serve ideas, we serve people" (ibid.).

4. If a therapy is to be effective, it must have a relational aspect, for this enables a holistic approach to the patient. Emphasising this aspect can help doctors, nurses, professionals and volunteers to feel responsible for accompanying patients on a path of healing grounded in a trusting interpersonal relationship (cf. New Charter for Health Care Workers [2016], 4). This creates a covenant between those in need of care and those who provide that care, a covenant based on mutual trust and respect, openness and availability. This will help to overcome defensive attitudes, respect the dignity of the sick, safeguard the professionalism of healthcare workers and foster a good relationship with the families of patients.

Such a relationship with the sick can find an unending source of motivation and strength in the charity of Christ, as shown by the witness of those men and women who down the millennia have grown in holiness through service to the infirm. For the mystery of Christ's death and resurrection is the source of the love capable of giving full meaning to the experience of patients and caregivers alike. The Gospel frequently makes this clear by showing that Jesus heals not by magic but as the result of an encounter, an interpersonal relationship, in which God's gift finds a response in the faith of those who accept it. As Jesus often repeats: "Your faith has saved you".

5. Dear brothers and sisters, the commandment of love that Jesus left to his disciples is also kept in our relationship with the sick. A society is all the more human to the degree that it cares effectively for its most frail and suffering members, in a spirit of fraternal love. Let us strive to achieve this goal, so that no one will feel alone, excluded or abandoned.

To Mary, Mother of Mercy and Health of the Infirm, I entrust the sick, healthcare workers and all those who generously assist our suffering brothers and sisters. From the Grotto of Lourdes and her many other shrines throughout the world, may she sustain our faith and hope, and help us care for one another with fraternal love. To each and all, I cordially impart my blessing.

Rome, Saint John Lateran, 20 December 2020,

Franciscus

Sixth Sunday in Ordinary Time

Even though the restrictions in NSW have eased and Churches can now have up to 300 people attending, the one person per two-square metre rule applies. This means that the capacity of our Churches is 160 for Sacred Heart Church, Mona Vale and 200 for Maria Regina Church, Avalon. Masks are now not compulsory in Church.

We will continue to record names and contact details of those present at services along with the date and time they attend, as required by NSW health.

Continue to practise good hygiene.
Please use the hand sanitisers provided in both of our Churches.

It is our responsibility to protect others and ourselves and stop the spread of COVID-19 in Australia.

**Everyone must also stay 1.5 metres away from other people whenever possible.
Please sit only in the marked seats.**

Thank you for working with us to keep our parish community safe.

DISSEMINATE THE WORD OF GOD

Resources to disseminate the Word of God to all parishioners

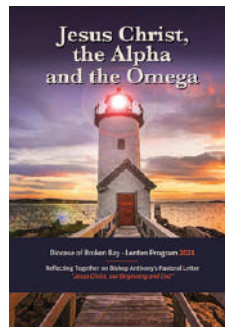
Jesus Christ, the Alpha and the Omega – A Lenten Program for the Diocese of Broken Bay

This year, parishes of the Diocese of Broken Bay will take part in a Diocesan Lenten Program, Jesus Christ, the Alpha and the Omega.

This resource invites you to prayerfully reflect on the Sunday Gospel readings in Lent together with the six priorities set before us by Bishop Anthony Randazzo in his Pastoral Letter to the community of the Church of Broken Bay, dated 29 November 2020.

For each of the 6 weeks of Lent, this resource includes a reading of the Gospel text; a reflection on the text which draws on one of Bishop Anthony's priority areas; and a personal testimony on an aspect of that particular priority area. All materials and reflections have been prepared by members from our Broken Bay Church community, making this resource relevant to us and the journey we are on as a community. Copies of Bishop Anthony Randazzo's Pastoral Letter is available at the back of our Churches.

Lenten booklets are available for parishioners in both Churches, and the resource is also available online at www.bbcatholic.org.au



13th & 14th February 2021

PROJECT COMPASSION BE MORE

This week the season of Lent begins with Ash Wednesday, which also marks the beginning of the annual Caritas Australia Project Compassion Appeal. Donations to Project Compassion allows Caritas Australia, the Catholic Agency for International Aid and Development, to work with local communities around the world to alleviate poverty, hunger, oppression and injustice.

We encourage you to put your compassion into action this Lent through your prayer, fasting and almsgiving by supporting Project Compassion.



Project Compassion box and/or a sets of envelopes are available at the back of our Churches for their donations or you can donate online via the Caritas Australia website at: lent.caritas.org.au
Saint Oscar Romero is our inspiration for Project Compassion 2021, so in his words let's "Aspire not to have more, but to be more."



February roster is available on our website
www.pittwaterparish.org

Together
we make a
Family



**We welcome
to Pittwater Parish
Caterina Vallim
Leonardo Vallim
on 7 February 2021
at Sacred Heart Church,
Mona Vale for the
Sacrament of
Baptism**

Sacrament of Baptism

**Our Baptism program
for school age children
will be starting on
16 February 2021.
If you are interested in
this program, please
call the parish office on
9157 0999**

**We welcome
to Pittwater Parish
Jayce Russel
Ntunzwenimana
on 14 February 2021
at Sacred Heart Church,
Mona Vale for the
Sacrament of
Baptism**

*Michael & Imelda
Flynn*

We send you all our love and prayers on this very special day. Sixty years of giving happiness, love and loyalty to each other must not go unmarked. We wish you many more years of love and good health together. Congratulations on your 60th Wedding Anniversary.

Jesus has the power to heal



6th Sunday in Ordinary Time, Year B

How were people with leprosy treated in Jesus' time?

What did Jesus say to the man after he cured him of leprosy? Use the words below to find out!

Say _____ of this to anyone; but go and _____ yourself to the _____, then make an offering at the _____ as Moses _____, then all will know you are _____.

What are some things we can do for sick people today?



**temple show
commanded
healed nothing
priest**

Jesus showed God's power by healing the leper. Draw a picture from one of the following stories where God's power is shown by what Jesus did.



MARIA REGINA
WALK IN NEW LIFE

ENROLLING NOW

LIMITED SPACE AVAILABLE



OPEN DAY 2021

**Thursday 4 March 2021
4pm to 7pm**

You're invited to visit our NEW facilities, meet the students, staff and experience an evening at Mater Maria Catholic College

Year 7, 2022 applications have closed - waiting list applications only

Year 7, 2023 applications close on 24 March, 2021

Years 8 - 11 waiting list applications only

For more information please contact our Enrolment Registrar on 02 9997 7044 or email deborah.fitzgerald@dbb.catholic.edu.au

matermaria.nsw.edu.au/enrolments

MATER MARIA CATHOLIC COLLEGE • 5 FOREST ROAD WARRIWOOD NSW 2102
Telephone 02 9997 7044 • visit matermaria.nsw.edu.au

from Our Schools



Mater Maria Catholic College

This week we welcomed back some of our students from the Class of 2020 and congratulated them on their individual achievements. These individuals were recognised as High Achievers for 2020 at Mater Maria and have all enrolled to do various degrees at universities all over Sydney and New South Wales. We extend our congratulations and best wishes to all of Year 12 for their bright futures.

We also welcomed some of our parents to our first Parent & Friends committee meeting of 2021 and discussed the many initiatives and events that we have planned over the coming year.

Join us for our Open Day on Thursday 4 March between 4.00pm - 7.00pm. We are now enrolling students in Year 5 for Year 7, 2023.

Please visit the College website www.matermaria.nsw.edu.au/enrolments for a prospectus, Enrolment Application form or for more information. Applications for Year 7, 2023 close on Wednesday 24 March, 2021.

To read the messages from Bishop Anthony and from the people Vox Populi please go to www.pittwaterparish.org. News and events tile and Messages from Bishop Anthony on the drop down menu.

Australian Red Cross-Telecross

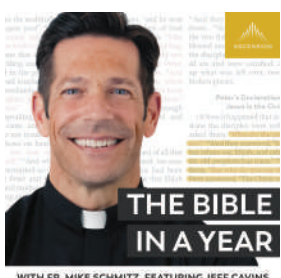
1300 885 698

A phone call each day to check you're OK

Red Cross can provide you with a daily telephone call to check on your wellbeing through a service known as Telecross. This provides peace of mind if you are at risk of an accident or illness that may go unnoticed, such as falling and being unable to call for help. The volunteer will check to see that you are well and provide a friendly voice to wake up to each morning.



Read the Bible in A Year



Reading the Bible has now been made easy with a new podcast from Ascension featuring Fr Mike Schmitz called 'The Bible in A Year'.

With the touch of a button, hear passages of Scripture and a short commentary each day. Each session is about 20 minutes.

Download the App, and make listening to God's transforming word a part of your life in 2021.

Friends become our chosen family.

The *Living* Word

Entrance Antiphon

Cf. Ps 30:3-4

Be my protector, O God,
a mighty stronghold to save me.
For you are my rock, my stronghold!
Lead me, guide me, for the sake of your
name.

First Reading

Lv 13:1-2, 44-46

A reading from the book of Leviticus

*As long as he is unclean, he must live alone,
outside the camp.*

The Lord said to Moses and Aaron, 'If a swelling or scab or shiny spot appears on a man's skin, a case of leprosy of the skin is to be suspected. The man must be taken to Aaron, the priest, or to one of the priests who are his sons.

'The man is leprosy: he is unclean. The priest must declare him unclean; he is suffering from leprosy of the head. A man infected with leprosy must wear his clothing torn and his hair disordered; he must shield his upper lip and cry, "Unclean, unclean". As long as the disease lasts he must be unclean; and therefore he must live apart; he must live outside the camp.'

The word of the Lord

Responsorial Psalm

Ps 31:1-2, 5, 11. R. v.7

(R.) I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.

Happy the man whose offence is forgiven,
whose sin is remitted.
O happy the man to whom the Lord imputes no guilt,
in whose spirit is no guile. **(R)**

But now I have acknowledged my sins;
my guilt I did not hide.
I said: 'I will confess
my offence to the Lord.'
And you, Lord, have forgiven
the guilt of my sin. **(R)**

Rejoice, rejoice in the Lord,
exult, you just!
O come, ring out your joy,
all you upright of heart. **(R)**

Second Reading

1 Cor 10:31 – 11:1

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

Be imitators of me, as I am of Christ.

Whatever you eat, whatever you drink, whatever you do at all, do it for the glory of God. Never do anything offensive to anyone – to Jews or Greeks or to the Church of God; just as I try to be helpful to everyone at all times, not anxious for my own advantage but for the advantage of everybody else, so that they may be saved.

Take me for your model, as I take Christ.

The word of the Lord

Gospel Acclamation

Lk 7:16

Alleluia, alleluia!
A great prophet has appeared among us;
God has visited his people.
Alleluia!

Gospel

Mk 1:40-45

A reading from the holy Gospel according to Mark

The leprosy left him and he was cured.

A leper came to Jesus and pleaded on his knees: 'If you want to' he said 'you can cure me.' Feeling sorry for him, Jesus stretched out his hand and touched him. 'Of course I want to!' he said. 'Be cured!' And the leprosy left him at once and he was cured. Jesus immediately sent him away and sternly ordered him, 'Mind you say nothing to anyone, but go and show yourself to the priest, and make the offering for your healing prescribed by Moses as evidence of your recovery.' The man went away, but then started talking about it freely and telling the story everywhere, so that Jesus could no longer go openly into any town, but had to stay outside in places where nobody lived. Even so, people from all around would come to him.

The Gospel of the Lord

Communion Antiphon

Cf. Ps 77:29-30

They ate and had their fill,
and what they craved the Lord gave them;
they were not disappointed in what they craved.

REFLECTION

by Dianne Bergant CSS

We know that we will all have to face some kind of suffering, and so we try to prepare ourselves for it. Yet when it comes, as prepared as we try to be, it can overtake us with such fury that we fall back defenceless. We look to others for support and assistance, and if we are fortunate, we find it. However, even in the most supportive of communities, suffering tends to alienate us from those who are healthy and secure. Suffering reminds us of our own finitude and the contingent nature of all of life. It threatens our sense of order.

Jesus is not deterred by human suffering. He welcomes all who approach him; his healing touch reincorporates those who have been ostracised; his loving embrace reassociates those who have been alienated. In the reign of God, there are no outsiders. All belong to Jesus, and, therefore, all belong to each other. When the one afflicted is embraced by the community, the community is an authentic manifestation of the inclusive reign of God.

In suffering we witness human vulnerability and our desperate need of each other and of God. There, at the edge of life and on the fringes of the community, we may experience the

tenderness and compassion of God. The loving touch of Christ that can heal our souls, if not our bodies. It is there that we may most authentically participate in the cross of Christ. Joined to him we are anything but unproductive or worthless.

© Dianne Bergant CSS

ASH WEDNESDAY

17 February 2021



Mass

Sacred Heart Church
9.30am and 7.00pm
11.30am with Sacred Heart
Primary School

Maria Regina Church
8am & 10am with Maria Regina
Primary School

Ash Wednesday and
Good Friday are days of
fast and abstinence.

Adoration & Benediction



MARIA REGINA CHURCH -
every Thursday

9am Exposition of the Blessed Sacrament,
Adoration and Benediction at 9.45am.
Mass at 10am

SACRED HEART CHURCH -
every Thursday

Mass at 7pm followed by Exposition of the
Blessed Sacrament, Adoration and
Benediction at 9pm.

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Liturgy for the Week

15/02 **Monday Ordinary Time 6,**
 Gen 4:1-15, 25; Mk 8:11-13

16/02 **Tuesday Ordinary Time 6**
 Gen 6:5-8, 7:1-5, 10; Mk 8:14-21

17/02 **ASH WEDNESDAY**
 Joel 2:12-18; 2 Cor 5:20 - 6:2;
 Mt 6:1-6, 16-18


18/02 **Thursday after Ash
 Wednesday**
 Deut 30:15-20; Lk 9:22-25

19/02 **Friday after Ash Wednesday**
 Is 58:1-9; Mt 9:14-15

20/02 **Saturday After Ash
 Wednesday**
 Is 58:9-14; Lk 5:27-32




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