



# 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

Do not lose heart, even if you are humiliated greatly. Have confidence in the Lord and strive for holiness.



## Prayer for Forgiveness and Peace

Lord,  
I give you glory and praise for all the good things in my life. Jesus, I need to ask your forgiveness for the terrible past of unfaithfulness and lies.

Father,  
if I would have only believed in you and trusted that you had a plan. Forgive me for being insecure in who you created me to be.

Father,  
I pray for peace that surpasses all understanding in these matters. Lord, I caused the battles of the mind. Take the pain away from the innocent victim of my sin. This I ask in Jesus' name. Amen.

Love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly.

Luke 6:27-28

## 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  
*Joan Margaret Long*  
*Angelina Zotti*

Deceased Anniversary  
*Allan Leathwood*  
*Eileen Bateman*

## Prayer for the Sick

Anna Śmigowska  
Lily Janosik  
Trish Newman  
Suzanne French  
Giannina Amore  
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

**True Devotion to Mary with Preparation for Total Consecration**  
*by: Saint Louis de Montfort*



Beloved by countless souls, this book sums up the entire Christian life, showing a way of holiness that is short, easy, secure, and perfect way of life.

BUT WITH YOU  
THERE IS  
FORGIVENESS,  
SO THAT YOU  
MAY BE  
REVERED.

PSALM 130:4

## Liturgy for the Week

- 24/02 **Monday, Ordinary Time 7**  
Sir 1:1-10; Mk 9:14-29
- 25 /02 **Tuesday, Ordinary Time 7**  
Sir 2:1-11; Mk9:30-37
- 26/02 **Wednesday, Ordinary Time 7**  
Sir 4:11-19; Mk 9:38-40
- 27/02 **Thursday, Ordinary Time 7**  
Sir 5:1-8; Mk 9:41-50
- 28/02 **Friday, Ordinary Time 7**  
Sir 6:5-17; Mk 10:1-12
- 01/03 **Saturday, Ordinary Time 7**  
Sir 17:1-15; Mk 10:13-16

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

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REGISTER NOW

**OPEN DAY**  
**2025**

Tuesday 25 March  
9am - 10.30am



# Ash Wednesday 5 March

MARIA REGINA CHURCH,  
AVALON

8am and

11.30 am - with  
Maria Regina Catholic School

SACRED HEART CHURCH,  
MONA VALE

9.30 am - with  
Sacred Heart Catholic School and  
7.00 pm



## 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

# ROCK FOR SOIBADA

15 MARCH 2025 FROM 8.30PM AVRSL

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soibada

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## CRAFTERNOON FOR SOIBADA

**Sunday 23 February**  
**at 1pm in Maria Regina Church Hall**

Join us for an afternoon of crafting for a cause! Much of Soibada's fundraising is accomplished by selling handcrafted items at local markets. We have numerous craft projects that require some finishing touches and packaging for sale. Come and lend a hand! Instructions and afternoon tea will be provided. There will be an opportunity to make various things from scratch - jewellery making, decoupage, basic painting, macrame, crochet and more. Everything we make will be sold to support sustainable health, education and community development projects. There won't be any charge to attend, but feel free to purchase any of the items you create!



*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 list for Year 7, 2026

Applications close on Friday, 11 April  
for Year 7, 2027

Currently accepting applications for 2028



**OPEN DAY**  
**2025**  
**Tuesday**  
**4 March**  
**4PM - 7PM**



Scan our QR code  
to register

## SACRAMENTAL PROGRAM UPDATE

### SACRAMENT OF CONFIRMATION

This year the Sacrament of Confirmation will be on **Saturday, 21 June 2025**

*Children in Year 3 and above are eligible to receive the Sacrament of Confirmation if they have been baptised.*

**For more information about the requirements, the preparation program, enrolments, etc.**

you **MUST** attend one

**"Parent Information & Commitment"**

session which will take place at **7.00pm:**

- **Wednesday 30 April Sacred Heart Church, Mona Vale**
- **Thursday 1 May Maria Regina Church, Avalon**

**We need facilitators for the four weekly preparation sessions.**

**You can share this role with another parent.**

**If you would like to be a group facilitator or would like to have more information about the role, please contact Sonia as soon as possible on [sacraments@pittwaterparish.org](mailto:sacraments@pittwaterparish.org)**





## Parish Bulletin – Term 1, Week 3

Parents of students in Years 7, 8 and 9 attended an informative evening focused on student growth, engagement, communication, attendance and wellbeing through pastoral care.

Last Thursday and Friday, our Year 7 students experienced their first camp together at The Collaroy Centre on Sydney's northern beaches. The activities were designed to be enjoyable and to encourage students to take on challenges, push their personal boundaries and form friendships. A sense of community was fostered through shared meals, games nights, and talks about Catholic beliefs, encouraging students to explore their faith further.

This week marked the start of our term's sporting competitions, with many students participating in Peninsula Cup Touch Football, MWBA Basketball, and the Broken Bay U15's Touch Football Gala Day.

A mandatory staff meeting for Safeguard Training in Child Protection was held.

Every Friday, our prefects host Faith Fridays, an upbeat youth group gathering with faith and music in our Chapel and Courtyard, welcoming all students.

Join us for our College Open Day on Tuesday, 4 March, from 4pm to 7pm. The Principal's Address will be held at 4:15pm, 4:45pm, 5:15pm, 5:45pm, or 6:15pm. Parking is available at the Pittwater RSL lower-level carpark, with shuttle transfers running to the College every 15 minutes from 4pm to 6:45pm. Please enter via the Jubilee Avenue entrance. Visit our website for a prospectus, enrolment application form, or more information. Applications for Year 7, 2028 close on Friday, 11 April 2025.



**The Shrine of Hope for Priests & Vocations at Mary Immaculate, Manly, invites all the faithful to the:**

INSTALLATION OF THE RELIC OF  
**ST JOHN VIANNEY**  
on  
SUNDAY 2 MARCH AT 6:00PM MASS

Join Bishop Anthony Randazzo and the clergy of Broken Bay for this special celebration, including Mass, veneration of the relic, and a blessing. All parishioners, families, students, and pilgrims are welcome as we entrust our clergy and future vocations to St John Vianney's intercession.

**6 Raglan St, Manly, 2095, NSW**

**RSVP**

(02) 9977 5822

[manlyfreshwaterparish@bbcatholic.org.au](mailto:manlyfreshwaterparish@bbcatholic.org.au)



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**



# The *Living* Word

## Entrance Antiphon

Psalm 12:6

O Lord, I trust in your merciful love. My heart will rejoice in your salvation. I will sing to the Lord who has been bountiful with me.

## First Reading

1 Samuel 26:2, 7-9, 12-13, 22-23

### A reading from the first book of Samuel

*The Lord has put you in my power, but I will not raise my hand against you.*

Saul set off and went down to the wilderness of Ziph, accompanied by three thousand men chosen from Israel to search for David in the wilderness of Ziph.

So in the dark David and Abishai made their way towards the force, where they found Saul asleep inside the camp, his spear stuck in the ground beside his head, with Abner and the troops lying round him.

Then Abishai said to David, 'Today God has put your enemy in your power; so now let me pin him to the ground with his own spear. Just one stroke! I will not need to strike him twice. David answered Abishai, Do not kill him, for who can lift his hand against the Lord's anointed and be without guilt?' David took the spear and the pitcher of water from beside Saul's head, and they made off. No one saw, no one knew, no one woke up; they were all asleep, for a deep sleep from the Lord had fallen on them.

David crossed to the other side and halted on the top of the mountain a long way off; there was a wide space between them. David then called out, 'Here is the king's spear. Let one of the soldiers come across and take it. The Lord repays everyone for his uprightness and loyalty. Today the Lord put you in my power, but I would not raise my hand against the Lord's anointed.'

## The word of the Lord

### Responsorial Psalm

Ps 102:1-4, 8, 10, 12-13, 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 is compassion and love, slow to anger and rich in mercy. He does not treat us according to our sins nor repay us according to our faults. (R.)

As far as the east is from the west so far does he remove our sins. As a father has compassion on his sons, the Lord has pity on those who fear him. (R.)

## Second Reading

1 Corinthians 15:45-49

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

*Just as we have carried the earthly image, we must carry the heavenly image.*

The first man, Adam, as scripture says, became a living soul; but the last Adam has become a life-giving spirit. That is, first the one with the soul, not the spirit, and after that, the one with the spirit. The first man, being from the earth, is earthly by nature; the second man is from heaven. As this earthly man was, so are we on earth; and as the heavenly man is, so are we in heaven. And we, who have been modelled on the earthly man, will be modelled on the heavenly man.

## The word of the Lord.

### Gospel Acclamation

Luke 6:23

Alleluia, alleluia!

I give you a new commandment; love one another as I have loved you. Alleluia!

### Gospel

Luke 6:27-38

### A reading from the holy Gospel according to Luke

*Be merciful as your Father is merciful.*

Jesus said to his disciples: 'I say this to you who are listening: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. To the man who slaps you on one cheek, present the other cheek too; to the man who takes your cloak from you, do not refuse your tunic. Give to everyone who asks you, and do not ask for your property back from the man who robs you. Treat others as you would like them to treat you. If you love those who love you, what thanks can you expect? Even sinners love those who love them. And if you do good to those who do good to you, what thanks can you expect? For even sinners do that much. And if you lend to those from whom you hope to receive, what thanks can you expect? Even sinners lend to sinners to get back the same amount. Instead, love your enemies and do good, and lend without any hope of return. You will have a great reward, and you will be sons of the Most High, for he himself is kind to the ungrateful and the wicked. 'Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned yourselves; grant pardon, and you will be pardoned. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back.'

## The Gospel of the Lord

### Communion Antiphon

Psalm 9:2-3

I will recount all your wonders, I will rejoice in you and be glad, and sing psalms to your name, O Most High.

## REFLECTION

by Dianne Bergant CSA

*Perhaps one of the most difficult lessons to learn is forgiveness of those whom we consider our enemies, those who have wronged us. As challenging as this may be, the Gospel calls us to a very high standard: we must be merciful as God is merciful. If such perfection can become a reality in our lives, we will be able to forgive. Paul assures us that we can indeed attain such perfection, not by ourselves, but through the power of the risen Lord whose image we bear. Paul plays with the theology of creation. In the beginning, we were made like the first Adam, earthly, limited, weak, concerned about the things of this world, and committed to our own well being. Through baptism we have been fashioned after the image of the second Adam, Christ the risen Lord. Being like Christ, we become godlike, empowered with his saving power, transformed with him into new beings. It is now in our power, which is really the power of the resurrection, to be merciful as God is merciful. In the risen Lord we experience a mystical transformation. From now on, all of our actions can flow from this new reality. Transformed by the power of the resurrection, we are capable of unprecedented good works. We can live without retaliation; we can render good for evil. We can be prodigal in our generosity toward others; we can relinquish any rights of proprietorship that we might enjoy. We can live with others without unfairly judging them. We can be like God, boundless in our forgiveness.*

© Dianne Bergant CSA

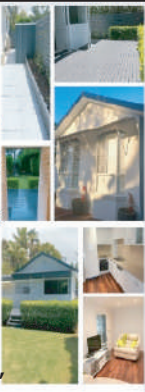
*Blessed  
ARE THE  
Merciful  
FOR THEY  
WILL BE  
Shown  
MERCY  
- MATTHEW 5:7 -*

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"JESUS SAID, "IF YOU DON'T  
**LET GO**  
OF RESENTMENT,  
IF YOU REFUSE TO  
**FORGIVE OTHERS,**  
YOU'LL BE ROBBING YOURSELF OF  
YOUR HEAVENLY FATHER'S  
**FORGIVENESS.**"

MATT. 6:15

**Love Your Enemies**

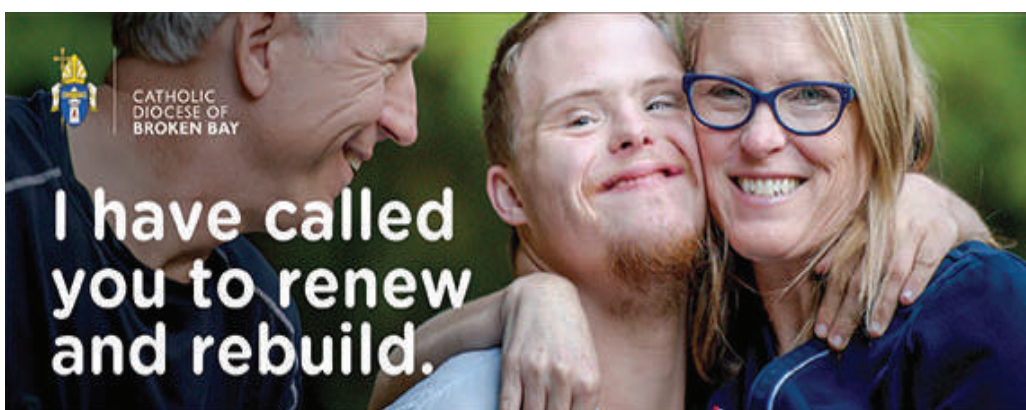
Sharing the Gospel of Christ that others might be saved, praying for those who hurt you, forgiving those who attack, being kind to all, sharing God's Word, speaking truth in love, not arguing, not returning evil for evil, doing good to those who hate you.



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Romans 8:28

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"The second  
[commandment] is  
this: 'You shall love  
your neighbor as  
yourself.' There is no  
other commandment  
greater than these."

MARK 12:31

