



# 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

Oh Lord, Almighty One, strengthen me when the cold North winds again blow through my heart. For you know when You withdraw your help from me than I sink powerless to the ground.



“There is no sound tree that produces rotten fruit, nor again a rotten tree that produces sound fruit.

For every tree can be told by its own fruit.”

*Luke 6:43*

## Prayer of Repentance

Have mercy on me,  
O Lord,  
according to your faithful love and abundant mercy, forgive my wrongdoings. Wash me thoroughly from my transgressions and cleanse me from my sins. Create in me a clean heart, O merciful Father. May your presence and the Holy Spirit renew a light within me. Restore to me the joy of your salvation and sustain me with a willing spirit to spread the Good News. 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  
*Angelina Zotti*

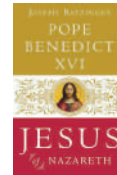
Deceased Anniversary  
*Timothy Bottero*  
*Frank O'Hanlon*  
*Noreen O'Hanlon*  
*Jonafe Macarayan*

### 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  
Joseph Khalifeh  
Heidi Taylor

## BOOK REVIEW

**Jesus of Nazareth**  
*by: Pope Benedict XVI*



This fine work by Pope Benedict XVI, a.k.a. Joseph Ratzinger, is a rich, compelling portrait of the central figure of the Christian faith.

Therefore, whatever you desire for men to do to you, you shall also do to them; for this is the law of the prophets.  
*Matthew 7:12*

### Liturgy for the Week

- 03/03 **Monday, Ordinary Time 8**  
Sir 17:24-29; Mk 10:17-27
- 04/03 **Tuesday, Ordinary Time 8**  
Sir 35:1-12; Mk 10:28-31
- 05/03 **Ash Wednesday**  
(fast & abstinence)  
Joel 2:12-18; Mt 6:1-6, 16-18
- 06/03 **Thursday, after Ash Wednesday**  
Deut 30:15-20; Lk 9:22-25
- 07/03 **Friday, after Ash Wednesday**  
Is 58:1-9; Mt 9:14-15
- 08/03 **Saturday, after Ash Wednesday**  
Is 58:9-14; Lk 5:27-32

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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.



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



*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



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BEST SELF  
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**OPEN DAY  
2025**

**Tuesday  
4 March**

**4PM - 7PM**



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## 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

**Project Compassion Sunday**  
**1st and 2nd March 2025**

This Lent, we are called to *Unite Against Poverty* through Caritas Australia's Project Compassion. By taking home a Project Compassion donation box or envelope, you'll be answering the Gospels' call to care for our global family and walk alongside the most vulnerable.

Your generous support this Lenten season will enable Caritas Australia to provide life-changing support to communities facing poverty, food insecurity, lack of education, and water shortages, while building resilience against future challenges. Together, through faith and action, we can bring compassion and opportunity to those most in need.



**UNITE AGAINST POVERTY**  
 this Lent

**PLEASE DONATE**

Please take home a Project Compassion box or set of donation envelopes to support Caritas Australia that will be placed at the back of both Churches on **Ash Wednesday, 5 March.**



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**

**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)

**ROCK FOR SOIBADA**

15 MARCH 2025 FROM 8.30PM AVRSL

LIVE MUSIC BY:

**WALDING & CO. and VENTURA**

Get ready for a night of epic proportions! Friends of Soibada, Avalon RSL, and bands 'Ventura' and 'Walding and Co.' are coming together to throw the ultimate concert for a cause. With live music, dancing, great drinks, and even better people, this is a show you cannot miss. Sydney band Ventura will kick off the night with their electrifying brand of original rock and roll music. Busy on the Sydney gig scene, these guys will bring serious energy and entertainment!

Then singer Anna Walding will be joined by her talented band of family and friends to play an irresistible mix of rock, funk, disco...and more! Formed specially for this event, band Walding and Co. brings together some of Sydney's finest professional musicians, and they are guaranteed to have you singing and dancing the night away!

All funds raised from ticket sales will support the work of Friends of Soibada in Timor-Leste, specifically the dental hygiene program and paying the salaries of the local teachers working hard in the community's schools.

If you'd like to learn more about the amazing work this charity does, check out their website 'Friends of Soibada'.

**So, grab your tickets now and join us for an amazing night for a cause- see you there!**



A CONCERT FOR A CAUSE. \$22 ONLINE, \$25 ON THE DOOR.



## Parish Bulletin – Term 1, Week 4

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.

THEN HE SAID TO THE JUDGES,  
"CONSIDER CAREFULLY WHAT YOU  
DO, FOR YOU ARE NOT JUDGING  
FOR MAN, BUT FOR THE LORD, WHO  
IS WITH YOU WHEN YOU RENDER  
JUDGMENT.

– 2 CHRONICLES 19:6

## Important Things to Know about Ash Wednesday



### **Ash Wednesday is the first day of Lent.**

Ash Wednesday begins the 40 days in which the Church calls the faithful to conversion and to truly prepare to live the mysteries of the passion, death, and resurrection of Jesus Christ.

The Roman Missal, which prescribes the ritual for Ash Wednesday, explains that at Mass the ashes made from the palms blessed on Palm Sunday of the previous year are blessed and placed on the foreheads of the faithful.

### **The ash has biblical significance.**

The ashes used on Ash Wednesday are meant to represent dust. When receiving ashes on their foreheads, parishioners hear the words: "Remember you are dust, and to dust you shall return." This is a reference what God says to Adam when exiling him from the Garden of Eden (in the Christian Bible, Adam is literally formed from dust). On Ash Wednesday, the saying is a reminder to be humble in the face of mortality.

### **The use of ashes developed over the years.**

The tradition of placing ashes on penitents dates back to the early Church. Back then people placed the ashes on their heads and appeared before the community with a "penitential habit" to receive the sacrament of reconciliation on Holy Thursday. Starting in the 11th century, the Church of Rome placed ashes on all the faithful who would come forward at the beginning of this time.

### **Ashes remind us of the need for God's mercy.**

"In the Roman rite, the beginning of the 40 days of penance is marked with the austere symbol of ashes, which are used in the liturgy of Ash Wednesday. The use of ashes is a survival from an ancient rite according to which converted sinners submitted themselves to canonical penance. The act of putting on ashes symbolizes fragility and mortality, and the need to be redeemed by the mercy of God.

### **Ashes have more than one meaning.**

The word "ashes" represents the product of the combustion of something by fire. This takes on a symbolic connotation of death, the fleeting quality of temporal things, but also of humility and penitence. Ashes, as a sign of humility, remind the Christian of his origin and his end: "the Lord God formed the man out of the dust of the ground" (Gn 2:7); "until you return to the ground, from which you were taken" (Gn 3:19).

### **Ashes are made from palms used on Palm Sunday.**

Per the instructions of the Roman Missal, ashes are typically supposed to be made from last year's Palm Sunday palm branches.

These branches are then burned down into a fine powder and are mixed with holy water or chrism oil to create a light paste.

### **On Ash Wednesday fasting and abstinence are mandatory.**

On Ash Wednesday, fasting and abstinence are mandatory — as on Good Friday — for those 18–59 years of age. Outside of those limits it is optional. "Fasting on these days means we can have only one full, meatless meal. Some food can be taken at the other regular mealtimes if necessary but combined they should be less than a full meal. Liquids are allowed at any time, but no solid food should be consumed between meals."

by: *Diego Lopez Marina, Catholic News Agency*

# The *Living* Word

**Entrance Antiphon** Psalm 17:19-20

The Lord became my protector. He brought me out to a place of freedom; he saved me because he delighted in me.

**First Reading** Sirach 27:4-7  
**A reading from the book of Ecclesiasticus**

*Do not praise someone before they have spoken.*

In a shaken sieve the rubbish is left behind, so too the defects of a man appear in his talk. The kiln tests the work of the potter, the test of a man is in his conversation. The orchard where the tree grows is judged on the quality of its fruit, similarly a man's words betray what he feels. Do not praise a man before he has spoken, since this is the test of men.

**The word of the Lord**

**Responsorial Psalm**  
Ps 91:2-3. 13-16. R. See v.2

**(R.) Lord, it is good to give thanks to you.**

It is good to give thanks to the Lord to make music to your name, O Most High, to proclaim your love in the morning and your truth in the watches of the night. **(R.)**

The just will flourish like the palm-tree and grow like a Lebanon cedar. **(R.)**

Planted in the house of the Lord they will flourish in the courts of our God, still bearing fruit when they are old, still full of sap, still green, to proclaim that the Lord is just. In him, my rock, there is no wrong. **(R.)**

**Second Reading** 1 Corinthians 15:54-58  
**A reading from the first letter of St Paul to the Corinthians**  
*Victory has been given to us through Jesus Christ.*

When this perishable nature has put on imperishability, and when this mortal nature has put on immortality, then the words of scripture will come true: Death is swallowed up in victory. Death, where is your victory? Death, where is your sting? Now the sting of death is sin, and sin gets its power from the Law. So let us thank God for giving us the victory through our Lord Jesus Christ. Never give in then, my dear brothers, never admit defeat; keep on working at the Lord's work always, knowing that, in the Lord, you cannot be labouring in vain.

**The word of the Lord.**

**Gospel Acclamation** Philippians 2:15-16

Alleluia, alleluia!  
Shine on the world like bright stars;

you are offering it the word of life.  
Alleluia!

**Gospel** Luke 6:39-45  
**A reading from the holy Gospel according to Luke**

*A person speaks from what is in his heart.*

Jesus told a parable to his disciples, 'Can one blind man guide another? Surely both will fall into a pit? The disciple is not superior to his teacher; the fully trained disciple will always be like his teacher. Why do you observe the splinter in your brother's eye and never notice the plank in your own? How can you say to your brother, "Brother, let me take out the splinter that is in your eye," when you cannot see the plank in your own? Hypocrite! Take the plank out of your own eye first, and then you will see clearly enough to take out the splinter that is in your brother's eye. 'There is no sound tree that produces rotten fruit, nor again a rotten tree that produces sound fruit. For every tree can be told by its own fruit: people do not pick figs from thorns, nor gather grapes from brambles. A good man draws what is good from the store of goodness in his heart; a bad man draws what is bad from the store of badness. For a man's words flow out of what fills his heart.'

**The Gospel of the Lord**

**Communion Antiphon**  
Psalm 12:6

I will sing to the Lord who has been bountiful with me, sing psalms to the name of the Lord Most High.

**REFLECTION**  
by Greg Sunter


*In our post-modern world, the lesson of the hypocrite seeking to remove the speck from their neighbour's eye before removing the log from their own has at times been taken too far and too literally. We are often confronted with a minimalist notion that nobody can be corrected or criticised because one person's opinion is just as good as the next person's. In this view, there is no room for universal truths; no room for authority; no room for an over-arching view of the world or a meta-narrative – an underlying 'big picture' story for life. On the surface, the idea that one person's opinion is as valid as any other's seems very democratic and sociable. However, it is fundamentally not true. Someone who has spent a lifetime studying and practising in a particular field of endeavour cannot be lightly dismissed as 'that's just your opinion'. Yet, all too often, such learned knowledge and experience is given the same weight as ill-informed and sometimes mischievous opinion –*

*frequently in the name of 'balanced' discussion.*

*For some people immersed in the post-modern culture this wash of opinion dressed up as fact is not only confusing but sometimes dangerous. Social norms and even laws can be seen as just another opinion that differs from my own. The opinions of friends and complete strangers on the internet or social networks are held with the same level of legitimacy as established sources of social, moral, legal and religious authority. Whilst it is proper to question established authority and require accountability and justification, the absence of universal truths and meta-narratives lead us back to the proverb that begins today's gospel: the blind leading the blind.*

© Greg Sunter

**Greg Sunter** has worked in Catholic Education (Brisbane) for many years, most recently as a member of the Religious Education team and Mission and Formation team. He has extensive experience of praying with young people and forming others to lead prayer with young people. He is the author of books on adolescent faith, is a regular speaker at youth and evangelisation conferences, and is a retreat and reflection facilitator and presenter. His areas of interest include religious education, theology, scripture, spirituality, Catholic ethos, prayer, and ministry with young people.



## 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**

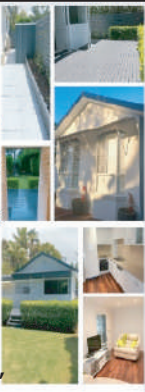


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**JUDGE NOT,  
AND YE SHALL NOT BE JUDGED:  
CONDEMN NOT,  
AND YE SHALL NOT BE CONDEMNED:  
FORGIVE,  
AND YE SHALL BE FORGIVEN:  
LUKE 6:37**




Being judgmental and  
condemning is not one of  
the gifts of the Spirit.

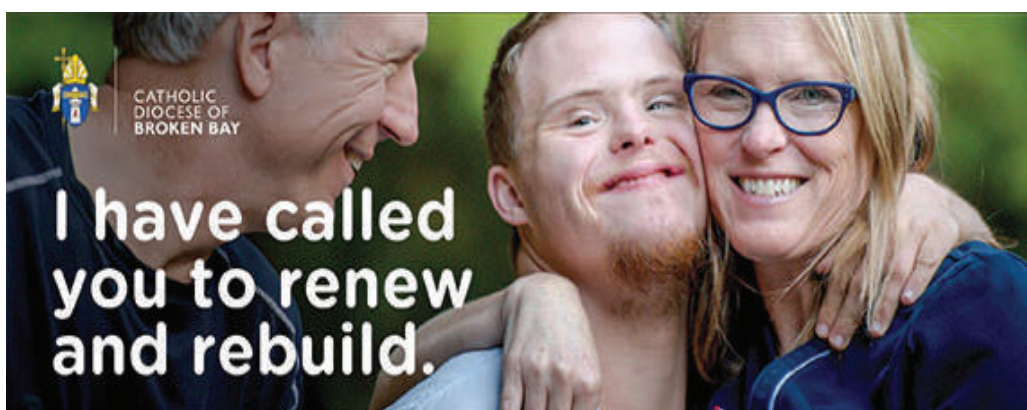
Billy Graham



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OUTSIDE. "EXPEL THE  
WICKED MAN FROM  
AMONG YOU."  
- 1 CORINTHIANS 5:13

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to one another,  
forgiving each  
other, just as in  
Christ God  
forgave you.  
Ephesians 4:32