



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

Hope comes from faith! We must have great faith, and without great faith we cannot have hope or confidence in God, or hope in the Lord!



JUBILEE PRAYER

Year of *Hope*

Father in Heaven,

may the faith you have given us in your Son, Jesus Christ, our brother, and the flame of charity enkindled in our hearts by the Holy Spirit, reawaken in us the blessed hope for the coming of your Kingdom. May your grace transform us into tireless cultivators of the seeds of the Gospel. May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth, when, with the power of evil vanquished, your glory will shine eternally. May the grace of the Jubilee reawaken in us, Pilgrims of Hope, a yearning for the treasures of heaven. May that same grace spread the joy and peace of our Redeemer throughout the earth. To you our God, eternally blessed, be glory and praise for ever. 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
Jadwiga Skulska
Maria Turner

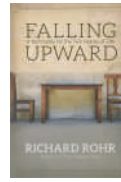
Deceased Anniversary
Adam Joseph
Ishac

Prayer for the Sick

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

BOOK REVIEW

Falling Upwards
A Spirituality for the Two Halves of Life
by: Richard Rohr



The second half of life does not have to wait until middle age. We can move into the stage and awaken our understand of life and its mysteries when we are ready to go forward in our voyage. A very thoughtful read.

Faith it does not make
... THINGS EASY ...
It makes them possible
Luke 1:37

Liturgy for the Week

- 03/02 **Monday, Ordinary Time 4**
Heb 11:32-40; Mk 5:1-20
- 04/02 **Tuesday, Ordinary Time 4**
Heb 12:1-4; Mk 5:21-43
- 05/02 **Wednesday, St Agatha**
Heb 12: 4-7, 11-15; Mk 6:1-6
- 06/02 **Thursday, St Paul Miki and Companion of Martyrs**
Heb 12:18-19, 21-24; Mk 6:7-13
- 07/02 **Friday, Ordinary Time 4**
Heb 13:1-8; Mk 6:14-29
- 08/02 **Saturday, Ordinary Time 4**
Heb 13:15-17, 20-12; Mk 6:30-34

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Pittwater

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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



UPDATE FROM THE
SACRAMENTAL COORDINATOR
SACRAMENT OF FIRST RECONCILIATION

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.*

For further information about the First Reconciliation programme and
to enrol your child, you **MUST** attend **ONE** of the following
Parent Information & Commitment Sessions:

*Thursday, 6 February 2025 - Maria Regina Church at 7 pm OR
Tuesday, 11 February 2025 - Sacred Heart Church at 7 pm*

*May the good Lord grant them the courage to respond
to his calling courageously and generously.*



Jubilee for
CONSECRATED LIFE
FEAST OF THE PRESENTATION OF THE LORD

Join us in celebrating World Day of Prayer for Consecrated Life with a special Mass on
the Feast of the Presentation of the Lord.

Holy Mass: 9:30am, Sunday 2 February 2025
Our Lady of the Rosary Cathedral, Waitara
PRINCIPAL CELEBRANT: Most Rev Anthony Randazzo DD JCL



For I know the plans I have for you,
declares the LORD, plans to prosper you
and not to harm you, plans to give you
hope and a future.

Jeremiah 29:11

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
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Assistant Priest
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Tel 9157 0999 ext 12
ap@pittwaterparish.org

Parish Secretary
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Administrative Assistant
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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

Year of

Hope



2025 is the Jubilee Year of Hope as declared by Pope Francis. It is quite fitting to choose the same theme for our Parish. "Hope" is such a universal word, that it transcends to all of us as Catholics and everyone who believe in God. It keeps us from discouragement and sustain us during times of abandonment. The theological meaning of Hope is a virtue by which we desire the Kingdom of Heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit.

The focal image of this year's painting is the Barrenjoey Lighthouse. It stood as a beacon of hope, its light piercing through the darkest of nights, offering guidance and safety to those at sea. It symbolises strength and resilience that enable human beings to overcome life's most formidable challenges and obstacles. All of us here could relate to the tests and hurdles we are up against in our lives.

The different shades of green on the grass and trees depicts the colour of Hope, which also represents growth, peace, harmony, health and renewal. We strive as a faith community to achieve these ideals in our parish. The sky was painted with swirls of yellow, blue and orange. These colours evoke the feelings of optimism, joy and passion. Contrasting the turbulence of the sea in blue that exemplifies turmoil and adversity. The composition of this painting is united by the Dove of Peace and the Cross on the left hand side, that symbolises peace with God.

May this painting help us to see the possibilities that lie ahead and trust in the Lord's divine purpose in our lives. May the Lord's Hope shine brightly in our hearts as we seek renewal of our faith.



New Scripture Classes will be starting on

Tuesday, 4 February

The Great Adventure - Your Journey Through the Bible

Matthew The King and His Kingdom

(24 Sessions)

after the 9:30 am Mass

10 am - Morning Tea

10.30 to 11.30 - Video & Discussion

Books are \$40 each

Available at the Parish Office



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



Parish Morning Tea Gathering

Everyone is welcome to join us every Month after the 8 am Mass on the 1st Sunday

10 am Mass on the 3rd Sunday at

SACRED HEART CHURCH, MONA VALE

2nd and 4th Sundays after the 9 am Mass

in front entrance of **MARIA REGINA CHURCH, AVALON**

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:

Sacred Heart Church Piety Store, OLPS Sacristy, or the Pymble Parish Office - 9144 2702



Kindle Version available via this link tinyurl.com/yok25ape or QR Code:



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.

The *Living* Word

Entrance Antiphon Psalm 47:10-11

Your merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice.

First Reading Malachi 3:1-4

A reading from the prophet Malachi
The Lord whom you seek will come to his temple.

The Lord God says this: Look, I am going to send my messenger to prepare a way before me. And the Lord you are seeking will suddenly enter his temple; and the angel of the covenant whom you are longing for, yes, he is coming, says the Lord of hosts. Who will be able to resist the day of his coming? Who will remain standing when he appears? For he is like the refiner's fire and the fuller's alkali. He will take his seat as refiner and purifier; he will purify the sons of Levi and refine them like gold and silver, and then they will make the offering to the Lord as it should be made. The offering of Judah and Jerusalem will then be welcomed by the Lord as in former days, as in the years of old.

The word of the Lord

Responsorial Psalm Ps 23:7-10. R. v.10

(R.) Who is this king of glory? It is the Lord!

O gates, lift up your heads;
grow higher, ancient doors.
Let him enter, the king of glory! **(R.)**

Who is the king of glory? The Lord, the mighty, the valiant, the Lord, the valiant in war. **(R.)**

O gates, lift high your heads;
grow higher, ancient doors.
Let him enter, the king of glory! **(R.)**

Who is he, the king of glory?
He, the Lord of armies, he is the king of glory. **(R.)**

Second Reading Hebrews 2:14-18

A reading from the letter to the Hebrews

He had to be made like us in all things.

Since all the children share the same blood and flesh, Jesus too shared equally in it, so that by his death he could take away all the power of the devil, who had power over death, and set free all those who had been held in slavery all their lives by the fear of death. For it was not the angels that he took to himself; he took to himself descent from Abraham. It was essential that he should in this way become completely like his brothers so that he could be a compassionate and trustworthy high priest of God's religion, able to atone for human sins. That is,

because he has himself been through temptation he is able to help others who are tempted.

The word of the Lord.

Gospel Acclamation Luke 2:32

Alleluia, alleluia!

This is the light of revelation to the nations, and the glory of your people Israel.

Alleluia!

Gospel Luke 2:22-40

A reading from the holy Gospel according to Luke

My eyes have seen your saving power.

When the day came for them to be purified as laid down by the Law of Moses, the parents of Jesus took him up to Jerusalem to present him to the Lord – observing what stands written in the Law of the Lord: Every first-born male must be consecrated to the Lord – and also to offer in sacrifice, in accordance with what is said in the Law of the Lord, a pair of turtle-doves or two young pigeons. Now in Jerusalem there was a man named Simeon. He was an upright and devout man; he looked forward to Israel's comforting and the Holy Spirit rested on him. It had been revealed to him by the Holy Spirit that he would not see death until he had set eyes on the Christ of the Lord. Prompted by the Spirit he came to the Temple; and when the parents brought in the child Jesus to do for him what the Law required, he took him into his arms and blessed God, and he said:

'Now, Master, you can let your servant go in peace, just as you promised; because my eyes have seen the salvation which you have prepared for all the nations to see, a light to enlighten the pagans and the glory of your people Israel.' As the child's father and mother stood there wondering at the things that were being said about him, Simeon blessed them and said to Mary his mother, 'You see this child: he is destined for the fall and for the rising of many in Israel, destined to be a sign that is rejected – and a sword will pierce your own soul too – so that the secret thoughts of many may be laid bare.'

There was a prophetess also, Anna the daughter of Phanuel, of the tribe of Asher. She was well on in years. Her days of girlhood over, she had been married for seven years before becoming a widow. She was now eighty-four years old and never left the Temple, serving God night and day with fasting and prayer. She came by just at that moment and began to praise God; and she spoke

of the child to all who looked forward to the deliverance of Jerusalem.

When they had done everything the Law of the Lord required, they went back to Galilee, to their own town of Nazareth. Meanwhile the child grew to maturity, and he was filled with wisdom; and God's favour was with him.

The Gospel of the Lord

Communion Antiphon Luke 2:30-31

My eyes have seen your salvation, which you prepared in the sight of all the peoples.

REFLECTION

by Dianne Bergant CSA

Traditionally this is the fortieth day of Christmas. Though the Christmas season closed with the Epiphany, the Presentation brings us back to some of the Christmas themes. The feast is on the edge, a kind of hinge between the seasons of Christmas and Lent.

The temple is not merely a building where believers gather to worship God. It is sacred because it is the dwelling place of God on earth. Therefore, the coming of God to the temple was always a time of great anticipation and excitement. It promised blessing and rejoicing.

The first reading declares that God will come to the temple in might and power. This coming will be terrifying. The sacred precincts have been desecrated and so God will come to purify it with fire and lye. This picture of purification is modified by the reading from the Letter to the Hebrews where we see that the purging and refinement are accomplished in the self-sacrifice of Christ.

It took the eyes of the old man and the faith of an old woman to recognise that the Lord had indeed come into the temple. Ritually, it was the child who was redeemed. In fact, it is the world that will be redeemed by this child. He is the light that shines in the darkness of the world; he will enlighten all people, Jew and Gentile alike. This feast shares the theme of universality so prominent on the feast of the Epiphany. The king of glory opens the portals for the entire universe to enter.

© Dianne Bergant CSA

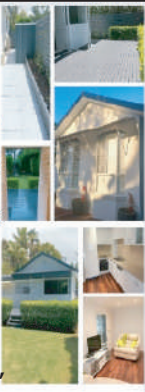


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faithful**

YOUR STEADFAST LOVE, O LORD, EXTENDS TO THE
HEAVENS, YOUR FAITHFULNESS TO THE CLOUDS.
PSALM 36:5

MomsInPrayer.org

2 COR 5:7

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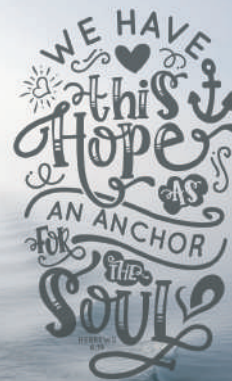
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