



# The Catholic Parish of Pittwater

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

## Sacred Heart of Jesus Prayer

O Most Holy Heart of Jesus,  
fountain of every blessing,  
I adore You, I love You,  
and with a lively sorrow  
for my sins,  
I offer You this poor heart  
of mine.  
Make me humble, patient,  
pure and obedient to  
Your will.  
Grant, good Jesus, that I may  
live in You and for You.  
Amen.



### Thoughts of Blessed Francis Jordan

Love everyone! Everyone has failings, more or less. But you should exclude no one from your love.

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

### 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 June

***For Those Fleeing Their Own Countries***  
Let us pray that migrants fleeing from war or hunger, forced to undertake journeys fraught with danger and violence, may find welcome and new living opportunities in their host countries.

## MASS TIMES

### SACRED HEART CHURCH

1 Keenan Street, Mona Vale

#### WEEKDAY MASSES

Tuesday 9.30am  
*Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8:30 am, followed by Mass*

Wednesday 9.30am  
 Thursday 7pm  
*Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 7.30pm to 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 • 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 Pray for

Deceased Anniversary  
 Rina Lardizabal-Yam  
 Bob Kasch

*May their souls and all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.*

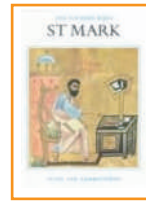
Recently Deceased  
 Frank Kolarik  
 Judy McAuliffe  
 Stanley Kuo  
 David Doig

### Prayer for the Sick

Anna Śmigowska  
 Nick Moullakis  
 Bill Eyre  
 Brian Gregan  
 Marcia Bailey  
 Bec Burroughs  
 Margaret De Landre  
 Maureen Larios  
 Denise Wagner  
 Marco Sangiacamo  
 Elaine Boyes  
 Pauline Chipman  
 Brian Cranch  
 Sheila Upjohn  
 Anna  
 Svetlana  
 Leonor  
 Sofia  
 Xi  
 Mother Pauline  
 George  
 Angela Miller

## BOOK REVIEW

St Mark  
 The Navarre Bible



Commentary on St Mark's Gospel brings depth of understanding to his gospel telling heavily influenced by the first hand accounts of St Peter.



### Piety Store

Gifts and Cards for Confirmation are now available in the store.

The Piety Store will be open on  
**18 June @ 4.30 pm**

*Cash Only Transactions*

*Please*

All proceeds go to the  
**St Vincent De Paul Society**

### Liturgy for the Week

10/06 Monday, Ordinary Time 10  
 1 Kg 17:1-6; Mt 5:1-12

11/06 Tuesday, St Barnabas  
 Acts 11:21-26, 13:1-3;  
 Mt 10:7-13

12/06 Wednesday, Ordinary Time 10  
 1 Kg 18:20-39; Mt 5:17-19

13/06 Thursday, St Anthony of Padua  
 1 Kg 18:41-46; Mt 5:20-26

14/06 Friday, Ordinary Time 10  
 1 Kg 19:9, 11-16; Mt 5:27-32

15/06 Saturday, Ordinary Time 10  
 1 Kg 19:19-21; Mt 5:33-37

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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.



# ENROL NOW FOR 2025



Maria Regina Avalon  
 Catholic Primary School

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LIMITED SPACES AVAILABLE

# Happy Birthday

*Fr Zygmunt!*

23rd of June

Due to the children's Sacrament of Confirmation on his actual birthday, we will have an early celebration on the

**16th of June**

after the 10am Mass

**Sacred Heart Church, Mona Vale**

Everyone is invited. Hope to see you there.



## 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**  
*Josh Willard*  
Tel 9157 0999 ext 17  
music@pittwaterparish.org

**Media & Communications Coordinator**  
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Tel 9157 0999 ext 31  
media@pittwaterparish.org

**Sacramental Coordinator**  
*Sonia Samartin*  
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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

**MONA VALE**  
**Sacred Heart School**  
Tel 8197 6900  
**Principal: Mr Jamie Wahab**

**AVALON**  
**Maria Regina School**  
Tel 7256 2138  
**Principal: Ms Kirsty Thorpe**

**WARRIEWOOD**  
**Mater Maria Catholic College**  
Tel 7256 2100  
**Principal: Mr Marc Reicher**

## Those who obey God are my brother or sister or mother

10th Sunday in Ordinary Time, Year B

When Jesus spoke to the crowd of followers, he referred to them as his own family because they were following the will of God. Draw a picture of yourself surrounded by some people you know who also follow God's will.



Jesus tells us that a nation whose people fight each other won't last long. Write down some ways you can help to resolve the conflicts you might have with your family and friends.



**I can resolve conflict with my family and my friends by...**

*Dear Lord,*

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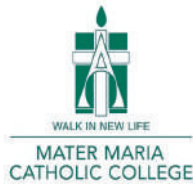
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*Amen.*



Jesus' family arrived at the gathering of the large crowd and sent a message to Jesus.

What message would you like to send to Jesus?



## Parish Bulletin – Term 2, Week 6

This week, we warmly welcomed our Year 7 parents and students to the Parent-Teacher-Student Evening. Our focus remains on fostering growth for all students and staff. We outlined ways to engage with student learning, effective communication methods, the importance of attendance, and the robust support we offer through pastoral care. Helping each student flourish and grow in their relationship with Jesus Christ is at the heart of our mission at Mater Maria Catholic College.

Many of our Year 12 students have teamed up with Zonta to support the Birthing Kit Foundation, aiming to raise funds for birthing kits to aid mothers and their babies in developing countries. This week, our dedicated Zonta Club members organised a bake sale to contribute to this noble cause.

We had several excursions and learning beyond the classroom. Year 9 Design and Technology students visited Salvation Army and Lifeline stores in Mona Vale to gather second-hand materials for their current project. Year 12 Engineering students explored the HARS Aviation Museum in Wollongong, gaining valuable aeronautical insights.

Year 11 Mathematics students attended a one-day workshop at the University of NSW, designed to encourage young women to pursue careers in mathematics. This event underscored the essential role mathematics plays in tackling global challenges such as climate change, population growth and sustainable resource management. Meanwhile, our Year 7 students engaged in the World of Maths Day at the Marana Complex, participating in problem-solving games that align with the 'Working Mathematically' syllabus outcomes.

Our students thrived in a busy week of sports competitions with the NSWCCC Cross Country Championships, Netball NSW Schools Cup, Netball NSW Schools Umpiring and Coaching, and the NSW Basketball Gala Day for boys and girls.

Over twenty students from Years 9 and 10 are participating in the Alpha for Youth Catholic Faith Formation Program this term. This comprehensive curriculum fosters spiritual growth and deepens understanding of the Catholic faith, empowering students to become compassionate leaders in their communities.

Applications for Year 7 are now open for 2027 and 2028. There is a waitlist for students transitioning from Year 6 to Year 7 in 2025 and 2026, as well as for all other year groups in 2024. For more information on enrolment or to submit an application, please visit <https://matermaria.nsw.edu.au/enrolments/>.

It has been a vibrant and engaging week at Mater Maria College, with our students excelling in various fields and embracing numerous opportunities for growth and learning.



Pastoral Discernment  
Northern Beaches

**Everyone is invited for the Parish Consultation to be held on Thursday, 20th of June @ 5:30 pm, Sacred Heart Parish Centre, Mona Vale**

**Bishop Anthony Randazzo invites everyone in our community the opportunity to participate in the Pastoral Discernment Northern Beaches project. This is an opportunity for us to listen deeply to each other and attend to how the Holy Spirit is moving within us.**

**We want to hear from you on how our parish/school community can give thanks to God for the way in which the Spirit is at work in the life of the local Church, and to consider new possibilities for both the growth and future of the region.**

**Please consider joining us! Invite family, friends, neighbours, young people and others - we want everyone to participate in this listening and dialogue session.**

**If you can't make it, please visit: [www.bbcatholic.org.au/pdnb](http://www.bbcatholic.org.au/pdnb) to submit your individual submission for consideration.**



## 5 Facts About The Most Sacred Heart of Jesus

The Solemnity of the Most Sacred Heart of Jesus recalls Christ's love for us. Here are five facts that you may not know about this important feast of Our Lord.

**1. The devotion to the Sacred Heart of Jesus took centuries to become a universal celebration**

Devotion to the Sacred Heart of Jesus goes back to the 11th century. St. Margaret Mary Alacoque had multiple visions of the Sacred Heart between 1673 and 1675. However, it wasn't until 90 years later in 1765, that the feast was officially celebrated in France. In 1856, Pope Pius IX made the feast of the Sacred Heart into a universal celebration.

**2. The first feast of the Sacred Heart was actually celebrated in 1670**

Even before St. Margaret Mary Alacoque had her visions of the Sacred Heart there was a recorded celebration of this feast. St. Jean Eudes composed the first Office and Mass of the Sacred Heart. The first feast of the Sacred Heart was celebrated on Aug. 31, 1670 in Rennes, France.

**3. The feast takes place on the 19th day after Pentecost**

The feast of the Sacred Heart is scheduled to be celebrated on the Friday after the octave (eighth day) of the feast of Corpus Christi. Corpus Christi is traditionally the Thursday after Trinity Sunday. However, in Australia, Corpus Christi is instead celebrated on the following Sunday. Despite this, the feast of the Sacred Heart still takes place 19 days after Pentecost.

**4. Jesus made 12 promises to those who honor the Sacred Heart to St. Margaret Mary Alacoque:**

1. I will give them all the graces necessary for their state in life.
2. I will establish peace in their families.
3. I will comfort them in their trials.
4. I will be their secure refuge during life, and, above all, in death.
5. I will shed abundant blessings on all their undertakings.
6. Sinners will find in My Heart an infinite ocean of mercy.
7. Lukewarm souls will become fervent.
8. Fervent souls will rapidly grow in holiness and perfection.
9. I will bless every place where an image of My Heart shall be exposed and honored.
10. I will give to priests the gift of touching the most hardened hearts.
11. The names of those who promote this devotion will be written in My Heart, never to be blotted out.
12. I promise thee, in the excessive mercy of My Heart, that My all-powerful love will grant to all those who receive Holy Communion on the First Friday of nine consecutive months, the grace of final penitence; they shall not die in My disgrace nor without receiving their Sacraments; My Divine Heart shall be their safe refuge in this last moment.

**5. Congregations, states, and groups are consecrated to the Sacred Heart**  
In 1873, President Gabriel Garcia Moreno issued a petition that led to Ecuador becoming the first country consecrated to the Sacred Heart.

*by: Derek Pettinelli- Catholic Digest*

# THE SACRED HEART OF JESUS LEADS US FROM MISERY TO MERCY



Our world needs to hear the message of mercy perhaps as no other age before. A culture of violence, death, destruction and despair can be healed only by mercy.

Devotion to the Sacred Heart of Jesus is so central to a healthy biblical spirituality that we don't acknowledge this divine love only once a year; thanks to the apparitions of Our Lord to St. Margaret Mary Alacoque in the seventeenth century, we commemorate and celebrate the love of Christ for us unto death on the First Friday of every month.

Indeed, one of my fondest memories of grammar school is that of Masses on the First Friday of the month for the entire student body. Since an important part of preparation for receiving Holy Communion in those days called for a three-hour fast from solid foods, that meant that most of us came to school actually fasting from the night before. Right after Mass, we proceeded to the school cafeteria where our pastor treated us to crumb buns and hot chocolate. Thus, our celebration spilled over into a common meal.

Years later, I would relish the lyrics of the lovely hymn, "Draw Us in the Spirit's Teather," with the verse that prays, "May all our meals be sacraments of Thee!"

I share that recollection because of another experience I had many years later. I was seated on a plane, hoping that the seat next to me would go unoccupied. Just minutes before the plane door was shut, a man rushed in and, yes, took the empty seat next to me. While we were still taxiing on the runway, he turned toward me and asked, "Are you a Catholic priest?" "Yes, I am." "I used to be Catholic." "What are you now?" "I'm saved, I'm a Christian." "You weren't saved as a Catholic?" "No, it was just a lot of rituals. I never heard about the love and mercy of God." "Did you go to Catholic school?" "Yeah, for a few years."

"Were you," I asked, "brought to Mass on the First Fridays?" "Yeah, I think so." "Well, what were you told about that devotion?" "Oh, something about going nine times and going to Heaven." "You mean you weren't told about the love and mercy of Christ, so great that He died for you and that that love is experienced every time we make a good confession and receive Holy Communion worthily?" "I guess I wasn't listening too well." I hope everyone here this evening has listened better than that poor fellow.

The heart is a symbol with a rich biblical lineage. In Hebrew, both the heart and the bowels represent the very depths of a person – where the cognitive and the affective meet in unity and harmony. Hence, we find passages in the Bible which speak thus: "My heart is overwhelmed, my pity is stirred" (Hos 11:8). Far more than an organ of the body, then, the heart suggests the source of compassion, tenderness, kindness – in short, what we call "mercy."

An interesting piece of biblical trivia: A quick survey of a biblical concordance reveals that the word "mercy" is used more than 200 times in the Sacred Scriptures, while the word "heart" appears over 600 times! No surprise, then, that St. Augustine, playing with the origins of the Latin word for mercy

(*misericordia*), tells us that God's grace moves us "a *miseria ad misericordiam*" (from misery to mercy). "*Misericordia*," you see, comes from two words which combine to mean "having a heart for the miserable."

Our world, my dear people, needs to hear the message of mercy perhaps as no other age before. A culture of violence, death, destruction and despair can be healed only by mercy. It is no accident, I suspect, that in the last century – the century of blood and violence and alienation from God – that Almighty God would raise up a Polish nun to develop the theology of the Sacred Heart devotion. Interestingly, St. Faustina was the first saint canonized in the new millennium, expressing the hope of St. John Paul that this new millennium and new century would be more receptive to the love of God than the last. Thus, like St. Faustina, you and I must count ourselves among the apostles of mercy.

First, however, we must be convinced that mercy has been granted us; otherwise, our words will ring hollow. The result of knowing mercy (which comes from the very core or heart of the Being of God) means being grabbed at the very core or heart of our own being – and that gives birth to the emotion – both divine and human – of joy. Once more, Our Lady leads the way as she sings out: "Exsultavit spiritus meus in Deo Salvatore meo" (My spirit has rejoiced in God my Savior). Where mercy spawns joy, melancholy, fear and death are definitively banished.

In the beautiful litany in honor of the Sacred Heart, we laud Christ as "the King and Center of all hearts." May that be true in the lives of each one of us. With Our Lady as our model and guide, we pray: "Jesus, meek and humble of heart, make our hearts like unto Thine."

*by: Reverend Peter M.J. Stravinska  
The Catholic World Report*

We are so grateful and blessed for all the wonderful greetings, presents and celebrations on our Ordination Anniversaries. Thank you for making it a memorable occasion for us.

*Fr Richard & Fr Zygmunt*



# The *Living* Word

## Entrance Antiphon

Psalm 26:1-2

The Lord is my light and my salvation;  
whom shall I fear?  
The Lord is the stronghold of my life;  
whom should I dread?  
When those who do evil draw near, they  
stumble and fall.

## First Reading

Genesis 3:9-15

**A reading from the book of Genesis**  
*I will make you enemies of each other:  
your offspring and her offspring.*

The Lord God called to the man after he  
had eaten of the tree. 'Where are you?'  
he asked. 'I heard the sound of you in the  
garden;' he replied 'I was afraid because  
I was naked, so I hid.' 'Who told you that  
you were naked?' he asked. 'Have you  
been eating of the tree I forbade you to  
eat?' The man replied, 'It was the woman  
you put with me; she gave me the fruit,  
and I ate it.' Then the Lord God asked  
the woman, 'What is this you have  
done?' The woman replied, 'The serpent  
tempted me and I ate.  
Then the Lord God said to the serpent,  
'Because you have done this,  
'Be accursed beyond all cattle,  
all wild beasts.  
You shall crawl on your belly and eat  
dust  
every day of your life.  
I will make you enemies of each other:  
you and the woman,  
your offspring and her offspring.  
It will crush your head  
and you will strike its heel.'

## The word of the Lord

### Responsorial Psalm

Ps 129. R. v.7

**(R.) With the Lord there is mercy  
and fullness of redemption.**

Out of the depths I cry to you, O Lord,  
Lord, hear my voice!  
O let your ears be attentive  
to the voice of my pleading. **(R.)**

If you, O Lord, should mark our guilt,  
Lord, who would survive?  
But with you is found forgiveness:  
for this we revere you. **(R.)**

My soul is waiting for the Lord,  
I count on his word.  
My soul is longing for the Lord  
more than watchman for daybreak. **(R.)**

Because with the Lord there is mercy,  
and fullness of redemption,  
Israel indeed he will redeem  
from all its iniquity. **(R.)**

## Second Reading

2 Corinthians 4:13-5:1

**A reading from the second letter of St  
Paul to the Corinthians**

*We believe, and therefore we speak.*

As we have the same spirit of faith that is  
mentioned in scripture – I believed,  
therefore I spoke - we too believe and  
therefore we too speak, knowing that he

who raised the Lord Jesus to life will  
raise us with Jesus in our turn, and put us  
by his side and you with us. You see, all  
this is for your benefit, so that the more  
grace is multiplied among people, the  
more thanksgiving there will be, to the  
glory of God.

That is why there is no weakening on our  
part, and instead, though this outer man  
of ours may be falling into decay, the  
inner man is renewed day by day. Yes,  
the troubles which are soon over, though  
they weigh little, train us for the carrying  
of a weight of eternal glory which is out  
of all proportion to them. And so we  
have no eyes for things that are visible,  
but only for things that are invisible; for  
visible things last only for a time, and the  
invisible things are eternal.

For we know that when the tent that we  
live in on earth is folded up, there is a  
house built by God for us, an everlasting  
home not made by human hands, in the  
heavens.

## The word of the Lord.

### Gospel Acclamation

John 12:31. 32

Alleluia, alleluia!

The prince of this world will now be cast  
out, and when I am lifted up from the  
earth I will draw all to myself, says the  
Lord.

Alleluia!

### Gospel

Mark 3:20-35

**A reading from the holy Gospel  
according to Mark**

*It is the end of Satan.*

Jesus went home with his disciples, and  
such a crowd collected that they could  
not even have a meal. When his relatives  
heard of this, they set out to take charge  
of him, convinced he was out of his  
mind.

The scribes who had come down from  
Jerusalem were saying, 'Beelzebul is in  
him,' and, 'It is through the prince of  
devils that he casts devils out.' So he  
called them to him and spoke to them in  
parables, 'How can Satan cast out Satan?  
If a kingdom is divided against itself,  
that kingdom cannot last. And if a  
household is divided against itself, that  
household can never stand. Now if Satan  
has rebelled against himself and is  
divided, he cannot stand either - it is the  
end of him. But no one can make his way  
into a strong man's house and burgle his  
property unless he has tied up the strong  
man first. Only then can he burgle his  
house.

'I tell you solemnly, all men's sins will  
be forgiven, and all their blasphemies;  
but let anyone blaspheme against the  
Holy Spirit and he will never have  
forgiveness: he is guilty of an eternal  
sin.' This was because they were saying,

'An unclean spirit is in him.'

His mother and brothers now arrived  
and, standing outside, sent in a message  
asking for him. A crowd was sitting  
round him at the time the message was  
passed to him, 'Your mother and brothers  
and sisters are outside asking for you.'  
He replied, 'Who are my mother and my  
brothers?' And looking round at those  
sitting in a circle about him, he said,  
'Here are my mother and my brothers.  
Anyone who does the will of God, that  
person is my brother and sister and  
mother.'

## The Gospel of the Lord

### Communion Antiphon

Psalm 17:3

The Lord is my rock, my fortress, and  
my deliverer; my God is my saving  
strength.

## REFLECTION

by Fr Michael Tate

### *Avoiding the real Jesus*

*The first way to reject the real Jesus is to  
domesticate him, and that is what  
members of his blood family were trying  
to do. They thought he was 'out of his  
mind', madly putting himself [and them]  
in harm's way and he had to be  
restrained.*

*Have you or I tried to domesticate Jesus  
Christ, to reduce him to a  
non-threatening Jesus-meek-and-mild? If  
so, we are closer to the family of  
Nazareth standing just outside his circle,  
ready to run for cover, than to the new  
family seated around him, really  
listening to him and therefore vulnerable.  
The second way is to misconstrue all the  
evidence of Jesus' mission on earth and  
to claim that he must be in league with  
the devil, 'He has an unclean spirit'.  
If you do this publicly, as did these  
religious leaders, then you have  
deliberately put God's plan for the  
salvation of others at risk, and it is this  
which is unforgivable. This is real  
blasphemy.*

*We might pause for a moment, implore  
the grace of God, determine to really  
hear the Gospels, discern the will of God  
for our lives, and so come back within  
the ultimate family allegiance of those  
who dare to call God 'our Father'.*

© Fr Michael Tate;

mtate@bigpond.com

*Rev Prof Michael Tate graduated in Law  
from the University of Tasmania in 1968,  
and in Theology from Oxford University in  
1971. He lectured at the University of  
Tasmania from 1972-78, being Dean of the  
Faculty of Law in 1977-78. He was a  
Senator for Tasmania from 1978-93, being  
Federal Minister for Justice from 1987-93.  
He served as Ambassador to The Hague and  
the Holy See from 1993-96. He then  
returned to Australia and was ordained in  
May 2000.*



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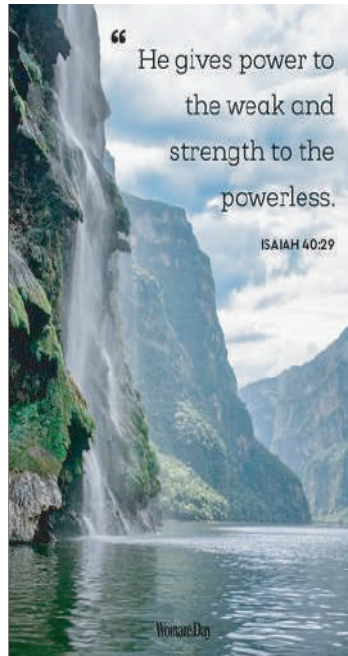
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