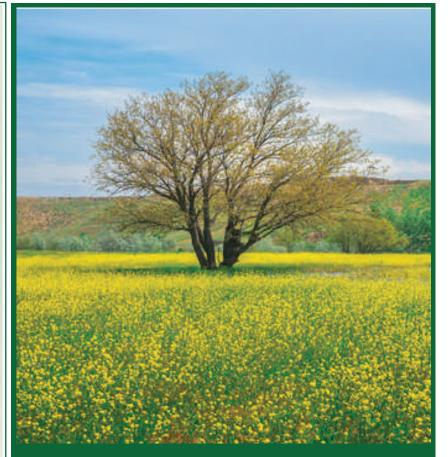


Prayer of Faith

Father, I abandon myself into Your hands: Do with me whatever You will. Whatever You may do, I thank You. I am ready for all, I accept all. Let only Your will be done in me. And in all Your creatures. I wish no more than this, O Lord. Into Your hands I commend my spirit; I offer it to You, Lord, so I need to give myself and surrender into Your hands. without reserve and with boundless confidence. For You are my Father. Amen.



Jesus said to the crowds, 'This is what the kingdom of God is like. A man throws seed on the land. Night and day, while he sleeps, when he is awake, the seed is sprouting and growing.'

Mark 4:26-27



Thoughts of Blessed Francis Jordan
Let no betrayal, no infidelity, no coldness, no abuse
lessen your zeal!

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 opprtunities 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
John Joseph Cincotta
Bob Kasch

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

Recently Deceased Enzo Vieni Nada Kronja May Ann Bermas

Prayer for the Sick

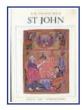
Anna Śmigowska **Nick Moullakis** Bill Evre Brian Gregan Marcia Bailey Bec Burroughs Margaret De Landre Maureen Larios **Denise Wagner** Marco Sangiacamo **Elaine Boyes** Pauline Chipman Brian Cranch Sheila Upjohn Anna Svetlana Leonor Sofia Xi **Mother Pauline**

George

Angela Miller

BOOK REVIEW

St John's Gospel The Navarre Bible



This edition provides more footnotes to what St John has said in his writings making it easier for the reader to appreciate.

Vinnies

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

17/06 Monday, Ordinary Time 11 1 Kg 21:1-16; Mt 5:38-42

18/06 Tuesday, Ordinary Time 11 1 Kg 21:17-29; Mt 5:43-48

19/06 Wednesday, Ordinary Time 11 2 Kg 2:1, 6-14; Mt 6:1-6, 16-18

20/06 Thursday, Ordinary Time 11 Sirach 48:1-14; Mt 6:19-23

21/06 Friday, St Aloysius Gonzaga 2 Kg 11:1-4, 9-18, 20; Mt 6:19-23

22/06 Saturday, Sts John Fisher and Thomas More 2 Chr 24:17-25; Mt 6:24-34

Scan to Give to our Parish of Pittwater

Cashless Fast Secure



Scan the QR code above with your camera app and follow the prompts

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

42 Central Road, Avalon 2107 7256 2138 | ww.mradbb.catholic.edu.au



LIMITED SPACES AVAILABLE

SACRAMENTAL PROGRAM UPDATE SACRAMENT OF CONFIRMATION Saturday, 22 June 2024 at 6 pm, Maria Regina Church, Avalon Sunday, 23 June 2024 at 10 am and 12 noon, Sacred Heart Church, Mona Vale **REHEARSALS** for the **Sacrament of Confirmation** will take place at 4 pm - 5 pm, as follows: Tuesday, 18 June 2024, Sacred Heart Church, Mona Vale Thursday, 20 June 2024, Maria Regina Church, Avalon Children SHOULD attend the rehearsal at the Church they are booked in

to receive the Sacrament of Confirmation.

The smallest seed becomes the biggest shrub

11th Sunday in Ordinary Time, Year B



What is God's Kingdom like?

Jesus described the Kingdom of God as being like a mustard seed - the smallest of seeds! but once planted, it grows into the biggest of shrubs. What do you imagine the Kingdom of God to be like? Write or draw your answers



How many words can you make from the letters in the words MUSTARD SEED?

Jesus used parables to help explain his teachings to people.

Draw a picture from any one of the following parables...

The wicked tenants

Mark 12:1-12

The prodigal son

Luke 15:11-32
The ten bridesmaids

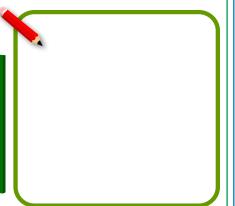
Matt 25:1-13
The rich fool
Luke 12:13-21
The good Samaritan

The barren fig tree

The lost sheep

The lost coin Luke 15:8-10

The pearl and the hidden treasure



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 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 Wooldridae

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

Mk 4:30-34

© Creative Ministry Resources 2006



Parish Bulletin – Term 2, Week 7

A Short but Eventful Week at Mater Maria College

This week was shorter due to the King's Birthday on Monday, giving students and staff a long weekend to relax.

On Tuesday, students visited St Martins Catholic Primary School in Davidson for the annual Jarjum Initiative, engaging with Aboriginal and Torres Strait Islander cultures.

Our top students from Years 7-10 competed in the All Schools Touch Football Gala Day in Milperra, aiming for a spot in the State Final against other southern Metropolitan schools.

Years 7 and 8 also participated in and refereed the Broken Bay U13 Soccer Day, showcasing their skills in a representative soccer tournament against other schools in the Broken Bay Diocese.

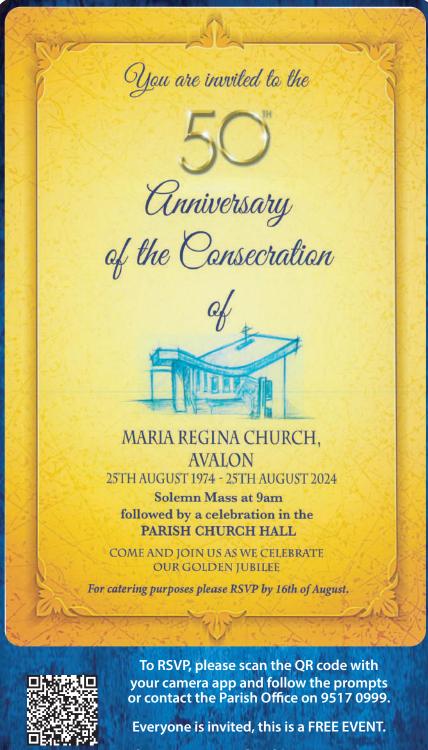
The highlight of the week was Mater Maria Catholic College's Feast Day, featuring our annual Mater Day Mass led by local Fathers and our Year 12 Prefects. The celebration included beautiful music from students of all year groups and a community BBQ lunch. Festivities also featured the unique Materthemed 'Basket Debate'.

Over twenty students from Years 9 and 10 are taking part in the Alpha for Youth Catholic Faith Formation Program this term, enhancing their spiritual growth and understanding of the Catholic faith.

Applications for Year 7 are now open for 2027 and 2028. There is a waitlist for Year 6 to Year 7 transitions in 2025 and 2026, and for all other year groups in 2024. For more information or to apply, please visit Mater Maria Enrolments: https://matermaria.nsw.edu.au/enrolments/.

Despite being a four-day week, it was vibrant and full of achievements, with students embracing numerous growth and learning opportunities.





https://www.trybooking.com/CSTZT



IN THE LORD WITH ALL YOUR

Heart

AND LEAN NOT ON YOUR OWN

understanding

Many Thanks for your support and generosity in helping us achieve our mission to help our two key charitable works of the Diocese- the Confraternity of Christian Doctrine or CCD and our Hospital Chaplaincy and Pastoral Care Program.

Our Pastoral Works appeal connects everyone to the mission of Jesus Christ in our Diocese. Remember that the PWBB May appeal is the last one for the Financial Year 2023/2024 and that your tax-deductible gifts will help us bring comfort, friendship, or security, and often opens the doorway to a faith-filled life.

You still have have time until the 30th of June 2024 to put in your Donations. We can't thank you enough for your on-going help and contributions to achieve our goal.



You can still DONATE online at www.bbcatholic.org/pastoralworks

FAITH AT HOME | Remember the mustard seed, trust the manna



We're flying by the seat of our pants. School is back in swing. Work is back to busy-as-usual. The future feels uncertain depending on the hour or the headlines. It's hard to know where to place our hope or trust these days.

Lately I've been carrying two Scripture stories with me: the mustard seed and the manna.

Jesus told the provocative parable of the mustard seed to catch the attention of those who heard His words (Matthew 13:31-32). Who would plant a weed? How could God's kingdom be compared to the smallest seed?

God gave manna to feed the Israelites in the wilderness, raining down bread each morning upon the hungry, grumbling people (Exodus 16). How could flakes feed people for 40 years? Why wouldn't God let them stockpile the goodness instead of gathering each day?

Both stories challenge me to ask each day how I'm living and locating myself (and my family) within God's plan of providence. Am I operating out of a theology of scarcity or a theology of abundance? Will God truly provide, or is it up to me in the end?

The parable of the mustard seed teaches us to trust that God can take anything small — the grain of an idea or the seed of a dream — and grow it into something great. Any work we do for the kingdom of God can become a home big enough for many to come and dwell within it, a scraggly weed of hope that stretches wide, strong branches into the sky.

The story of manna reminds us how God gives new mercies each morning and bread for today. We are invited to believe that enough will be enough and hoarding is never holy. God provides for all, and we're called to work together to make sure that everyone can survive, even thrive.

What about your own manna or mustard

Trusting the manna is not just about working hard. Yes, you have to get out and gather what God gives, but you also have to honor the Sabbath and rest. You must not keep more than you need. God is waiting to pour out graces, often through unexpected means if you open your hands to receive.

Your manna may be the gift of time when you feel pressed or stressed by the demands of your life. It may be attention when you are pulled in multiple directions, or energy when you are tired or burnt out. God's manna may be hope when the world's suffering weighs heavy or compassion when people are acting unlovable.

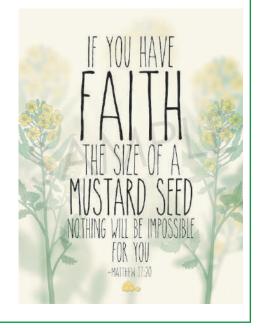
On the other hand, your mustard seed may be the hope of a new child, the dream of better work, the desire for a home or the longing for community. It may be a gift you have to offer or an ability you've been given to share. Whatever small seed you pray would blossom into full bloom.

Remembering the mustard seed beckons us to see what is easy to overlook and to trust in what takes time to grow. Even the smallest seed can become a mighty tree, just as our acts of love and service allow others to experience God's abundance.

The Exodus story invites us to invert our instincts and trust that whatever God gives will be enough. Jesus' parable reminds us that what the world calls unreasonable is how God loves to work: starting from the least and growing into the greatest, making room enough for all who seek a home in the kingdom.

Wherever this winter leads, take these two truths with you — and see what God is waiting to grow: Remember the mustard seed. Trust the manna.

by: Laura Kelly Fanucci St Louis Review



The Living Word

Entrance Antiphon

Psalm 26:7,9

O Lord, hear my voice, for I have called to you; be my help. Do not abandon or forsake me, O God, my Saviour!

Ezekiel 17:22-24 First Reading A reading from the prophet Ezekiel I have made the small tree great.

The Lord says this: 'From the top of the cedar, from the highest branch I will take a and plant it myself on a very high

mountain. I will plant it on the high mountain of Israel

It will sprout branches and bear fruit,

and become a noble cedar. Every kind of bird will live beneath it. every winged creature rest in the shade of its branches.

And every tree of the field will learn that I, the Lord, am the one who stunts tall trees and makes the low

ones grow,

who withers green trees and makes the withered green.

I, the Lord, have spoken, and I will do it.'

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 2 Corinthians 5:6-10 A reading from the second letter of St Paul to the Corinthians

Whether we are living in the body or exiled from it, we are intent on pleasing the Lord.

We are always full of confidence when we remember that to live in the body means to be exiled from the Lord, going as we do by faith and not by sight - we are full of confidence, I say, and actually want to be exiled from the body and make our home with the Lord. Whether we are living in the body or exiled from it, we are intent on pleasing him. For all the truth about us will be brought out in the law court of Christ, and each of us will get what he deserves for the things he did in the body, good or bad.

The word of the Lord.

John 12:31, 32 **Gospel Acclamation**

Alleluia, alleluia!

The seed is the word of God, Christ is the sower; all who come to him will live

Alleluia!

Gospel Mark 4:26-34 A reading from the holy Gospel according to Mark

The mustard seed, the smallest of all the seeds, grows into the biggest shrub of all.

Jesus said to the crowds, 'This is what the kingdom of God is like. A man throws seed on the land. Night and day, while he sleeps, when he is awake, the seed is sprouting and growing; how, he does not know. Of its own accord the land produces first the shoot, then the ear, then the full grain in the ear. And when the crop is ready, he loses no time; he starts to reap because the harvest has come.'

He also said, 'What can we say the kingdom of God is like? What parable can we find for it? It is like a mustard seed which at the time of its sowing in the soil is the smallest of all the seeds on earth; yet once it is sown it grows into the biggest shrub of them all and puts out big branches so that the birds of the air can shelter in its shade.'

Using many parables like these, he spoke the word to them, so far as they were capable of understanding it. He would not speak to them except in parables, but he explained everything to his disciples when they were alone.

The Gospel of the Lord

Communion Antiphon Psalm 26:4

There is one thing I ask of the Lord, only this do I seek: to live in the house of the Lord all the days of my life.

REFLECTION by Diane Bergant

The readings today remind us that poetic imagery is an apt way of describing the mysterious presence of God in our midst. The cedar began as a seedling that takes years to grow into a magnificent tree. The same is true of the mustard tree. It too requires time to develop its trunk and branches. The development of moral integrity in a human being is just as gradual. Rooted in God, it flourishes in God's presence and it produces fruit even into old age. Although God is present in all things, sustaining them and allowing them to follow their natural courses, God really transcends all things.

Metaphorical language may be the best means for speaking about God and the things of God. It enables us to live in the tension that both reveals something about God and conceals God's real

The reign of God also begins in very ordinary circumstances, and it matures gradually until it has spread itself far and wide. Although the mystery of the reign of God unfolds within human history, we need eyes of faith to recognise it. Like the cedar and the mustard seed, it grows within the concreteness of human experience. Just as the life force that thrusts the branches of the trees further and further out cannot itself be seen, so the reign of God is mysterious, even incomprehensible. Still, it is there, inviting us, urging us to move forward, transforming our world.

© Dianne Bergant CSA



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.

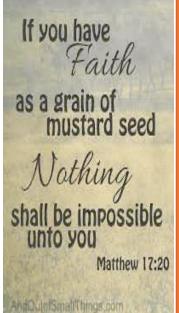
We want to hear from you on how our parish/ school community can give thanks to God for the way in which the Spirit is at work in the life of the local Church, and to

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 make it, please visit:www.bbcatholic.org.au/pdnb

to submit your individual submission for consideration.







FREE OUOTE 0433 321 448

A Wide Range of Services from Expert Cleaners We know how important it is to keep your windows squeaky clean and your property looking like new. That's why we offer a comprehensive range of property and window cleaning services to clients around Sydney. With the help of traditional methods and modern technologies, our cleaners can assist

Window cleaning (traditional, pure-water and abseiling) HIGH PRESSURE CLEANING **HOUSE SOFT WASHING GUTTER CLEANING SOLAR PANEL CLEANING**





We turn up, Clean up & **Guarantee our** Work !!!

GET IN TOUCH TODAY



Personally talk to Ann Wilson and her team

- Decades of experience caring for Northern Beaches and North Shore families
- · A meaningful service uniquely personal to a family's needs and wishes
- Pre-paid funeral plans
- · Care, compassion, love, understanding and support

Suite 3, 1440 Pittwater Rd, North Narrabeen, Sydney

wilsonfamilyfunerals.net.au





Labelle is a two-bedroom apartment, minutes from Collaroy Beach & captures panoramic ocean views from its deck with lounge seating.

A modern open-plan living & dining area with a well-equipped kitchen. A beautiful space to get ready pre wedding or getaway.

for more information & to book a stay at this AirBnB, scan the QR Code





Scan me!

Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness.

2 Corinthians 9:10





To find out more, call Tamara 0403226699





Donate to help families and parish communities in Broken Bay.

Your trusted Funeral Directors on the Northern Beaches

ANN WILSON FUNERALS

Proudly Local. Available 24/7

Dee Why 9971 4224 | Mona Vale 9979 5978

annwilsonfunerals.com.au





Part of the local community since 1957

51 Basset St, Mona Vale
Ph: 9999 3340
49 Avalon Pde, Avalon
Ph: 9918 3315





Meats
Serving
Northern Beaches

Families & Businesses since 1976!

Ph: 9913 2624 2 Devitt Street Narrabeen

Best Mustard Seed Bible Verse

- Matthew 17:20 "Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move."
- Luke 17:6 "If you have faith as small as a mustard seed, you can say to this mulberry tree, 'Be uprooted and planted in the sea,' and it will obey you."
- Matthew 13:31 "The kingdom of heaven is like a mustard seed, which a man took and planted in his field."

The Northern Beaches only local family owned and operated funeral company





With over 35 years experience we can guide you with sensitivity and respect your loved one deserves.

Chris Lee

- * 24 hour professional service
- * Enquire about pre-paid funerals
- * Unique funerals a specialty

9999 5211

www.peninsulafunerals.com.au

Purveyor of Specialty Coffees



Driven by a passion for community & qualtiy



"use our 10% discount code on checkout parish10 with all coffee bean orders"

Award winning coffee beans available online www.coffeebros.com.au

PITTWATER PHARMACY COMPOUNDING CHEMIST



Ralph Papandrea

B.PHARM (Hons) MSc. MPS Len Papandrea

B.PHARM. MPS

Sam Papandrea B.PHARM. MPS

Andrew Snow

1771 Pittwater Road Mona Vale 2103 Ph: 9999 3398 Fax: 9999 3910

WINE, SPIRITS & BEER

FLEET STREET

MERCHANTS

PAUL BOTTERO

1755 Pittwater Road Mona Vale NSW 2103

Phone: 9999 3055 Fax: 9999 3055







Duane Hunter 0415 708 992

ollow us on

duanehunterhe