



The Catholic Parish of Pittwater

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

PRAYER TO THE HOLY SPIRIT

Holy Spirit,
 give me your gifts of wisdom,
 understanding and knowledge.
 Enlighten my mind and
 inspire me everyday.
 Help me to know what to do
 with my life so that I may
 be a faithful follower of Jesus
 and I can bring his love and
 truth into the world.
 Assist me to live a holy life
 and grow in goodness
 and grace.
 Amen.



Thoughts of Blessed Francis Jordan

Trust in the Lord and do not lose heart!
He can do all.

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

Noel Carmody
 Mate Spadina Kretic
 Mile Spadina

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

Recently Deceased

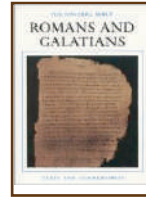
Sandra Rodrigues Do O

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

Romans & Galatians
 The Navarre Bible



This volume of the Navarre Bible provide explanations of the doctrinal and practical meaning of scriptural text, drawing on a rich variety of sources.

The Solemnity of the Nativity of St John the Baptist



24th of June

Liturgy for the Week

- 24/06 Monday, The Nativity of St John the Baptist**
 Jer 1:4-10; Lk 15-17 (Vigil)
 Is 49:1-6; Acts 13:22-26 (Day)
- 25/06 Tuesday, Ordinary Time 12**
 2 Kg 19:9-11, 14-21, 31-36;
 Mt 7:6, 12-14
- 26/06 Wednesday, Ordinary Time 12**
 2 Kg 22:8-13, 23:1-3;
 Mt 7:15-20
- 27/06 Thursday, Ordinary Time 12**
 2 Kg 24:8-17; Mt 7:21-29
- 28/06 Friday, St Irenaeus**
 2 Kg 25:1-12; Mt 8:1-4
- 29/06 Saturday, Sts Peter and Paul**
 Acts 3:1-10; Jn 21:15-19 (Vigil)
 Acts 12:1-11; Mt 16:13-19 (Day)

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 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 | www.mradbb.catholic.edu.au



LIMITED SPACES AVAILABLE

Welcome to the Catholic Parish of Pittwater

Most Reverend
BISHOP DAVID WALKER DD
Emeritus Bishop
of the
Diocese of Broken Bay

Thank you for celebrating the
Sacrament of Confirmation
with us.

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

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Administrative Assistant
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office@pittwaterparish.org

Director of Music
Josh Willard
Tel 9157 0999 ext 17
music@pittwaterparish.org

**Media & Communications
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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

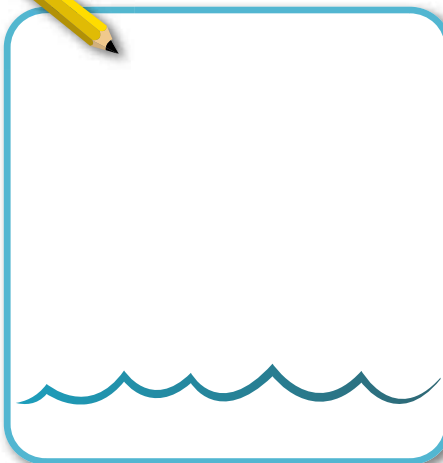
WARRIEWOOD
**Mater Maria Catholic
College**
Tel 7256 2100
Principal: Mr Marc Reicher

Jesus calms the storm



12th Sunday in Ordinary Time, Year B

Draw a picture of Jesus in the boat calming the storm. Draw the apostles looking afraid.



We can have faith that Jesus will always be there for us when we are afraid or in trouble. Write a prayer asking Jesus to help you when things get tough.

Dear Lord,

Amen.

Use the words below to find out what Jesus said to his apostles and what they then said to each other.

___ are you ___?
Have you still no ___?

___ is this, that even the ___
and the sea ___ him?



Who

obey

Why

wind

afraid

faith



Welcome to our **new Facebook Page**
Pittwater Catholic Parish.

Please FOLLOW us so
you will find all the latest news and events
through this new page.

Unfortunately due to some technical issues,
we were unable to keep our old Facebook page
The Catholic Parish of Pittwater



Happy Birthday

Fr Zygmunt

May your day be filled with
joy, reflection and hope
for this year and the
years ahead.

May the Lord continue to
bless and protect you as
you serve his people.

You are invited to the
50th
Anniversary
of the Consecration



**MARIA REGINA CHURCH,
AVALON**

25th August 1974 - 25th August 2024

Solemn Mass at 9am

**followed by a celebration in the
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our Golden Jubilee**

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your camera app and follow the prompts
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or contact the Parish Office on 9157 0999

Everyone is invited. This is a Free Event.



Parish Bulletin – Term 2, Week 8

Year 9 students participated in a two-day hike in Brisbane Waters National Park to complete their Practice Adventurous Journey for the Bronze Duke of Edinburgh Award.

Over twenty students from Years 9 and 10 have taken part in the Alpha for Youth Catholic Faith Formation Program this term, enhancing their spiritual growth and understanding of the Catholic faith. This week, the group attended an Alpha Overnight Retreat at St Joseph's Centre in Baulkham Hills, facilitated by our College staff. The program offers a comprehensive curriculum that nurtures spiritual growth, deepens understanding of the Catholic faith and equips students to become compassionate leaders within their communities.

Our Year 12 Extension and Modern History students attended an HSC study day at Sydney University organised by the History Teachers Association.

Year 12 Geography students visited Barangaroo and Milson's Point in the CBD to focus on their Urban Dynamics Fieldwork.

Sports enthusiasts thrived as students actively participated in various competitions, including MWBA basketball, Peninsula Cup soccer matches, netball games, the NSW All Schools Mixed Touch Football Gala Day and a fun yet competitive staff versus Year 12 netball game.

Our Pre-Loved Uniform Shop opened this week, offering parents wearable uniform items at a 70% discount, with all proceeds being donated to charity.

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/>.



Alan Ames Ministry Holy Mass and Healing Services

Saturday, 13th July
5:00 pm Mass, Talk and Healing
St Luke's Church
1 Beaconsfield St. Revesby, NSW 2212

Sunday, 14th July
6:00 pm Mass, Talk and Healing
Sacred Heart Church
2 Richard Porter Way, Pymble NSW 2073

Alan Ames has been speaking and praying for healing around the world since 1994. He was blessed to speak with Church approval at World Youth Day 2002 in Toronto, Ontario, Canada where he conducted three talks. In 2004, he spoke at two of the holiest sites in Christendom: the Basilica of the Annunciation in Nazareth and St Catherine's, the Church of the Nativity in Bethlehem. Alan shares his unique conversion experiences that caused a dramatic change in his life from a violent alcoholic to a man of the Sacrament and prayer. Alan has a permission to speak from Archbishop Timothy Costelloe, his Bishop in Western Australia. He is strictly obedient to spiritual director, a priest selected by the previous Archbishop Barry Hickey.

For more information, please contact Scott on 0410 640 437 or alanames.org

The Sweetness of a Storm



Christ the Lord

To grasp the awesome power Christ displays in this scene, we need to activate our imagination. Few situations leave men so helpless as storms at sea. The Lake of Galilee, where the disciples were sailing in this case, is still known for the violence of its squalls, which arise and subside rapidly and unpredictably due to its peculiar geographical situation. In the midst of these gales, the forces of nature unleash their full, terrifying force, and human fragility is nakedly exposed. St. Mark makes it quite clear that the disciples feared for their lives, so we can safely infer that this storm was no minor agitation. That a mere word from the Lord reins in nature's primeval brawn shocks the helpless fishermen even more than the stormy lake had frightened them just moments before. They had seen his miracles, they had heard his wisdom, they had witnessed his power over the human heart, but to see the most unruly powers that flow through the bowels of the universe submit like a well-trained golden retriever – this was a Lordship they had not yet even conceived of; this is Christ our Lord.

Christ the Teacher

“Why are you so frightened? How is it that you have no faith?” What is the lesson here? Was it unreasonable for the disciples to be afraid? Was it cowardly for them to wake up their leader when it seemed like they were going to perish? It wasn't unreasonable, nor was it cowardly, but it showed a lack of faith. They did not trust in him completely. They still thought it would be possible to sink, even though Christ himself was in their boat; they still thought that something (in this case, the forces of nature) was more powerful than the love of God.

We still doubt too: when we hesitate to follow a particular Church teaching; when we hesitate to obey the voice of conscience or look for expert advice to clarify a foggy moral issue; when we delay going to confession; when we make excuses to avoid the duties of our state in life or the commitments of our Christian discipleship; when we let frustration and anxiety carry us away in the face of difficulties... In these ways and in many others, we show that we don't know Christ as well as we should, that we don't trust him as we ought to. Each Sunday we profess our belief in the Creed, which begins: “We believe in one God, the Father all-powerful...” If we truly believe that God is our Father (that we are his beloved children), and that he is all-powerful, why would we ever give in to fear? Why would we ever doubt that following his will, as difficult as it may sometimes be, is the surest path to happiness and fulfillment? If we truly believed that, no storm would shake our confidence. Unfortunately, we, like the apostles, often become anxious, nervous, doubtful, and even just plain scared. And sometimes, unlike the apostles, this fear and doubt lead us to abandon ship, to put our trust in someone else (usually ourselves). The lesson Christ teaches here, both with his words and with his

actions, is simple: when he is with us, we are safe.

Christ the Friend

James: He was in our boat. He was with us when we encountered a storm. He came to our rescue when we had nowhere else to turn... How often I remembered this experience in the years that followed. It always spoke to me so powerfully – and it always made such an impression on people who were hearing about the Lord for the first time! It was an image for me of the life of every Christian. Christ is always with each one of us, and he has the power to protect us from every evil, to bring us safely through the most trying of times. Although sometimes he seems to be asleep in our boat while our lives are swirling in a hurricane of struggles and confusion, he is truly there. And when we go to him, when we put our faith in him, he will always come through for us – always. His only hope is that we too will come through for him, that we will not abandon him (the way I did a little while later in the Garden of Gethsemane) when he asks us to stay by his side.

Christ in My Life

Your power and majesty come across so vividly in the Gospels, Lord. Why don't I think more often about your greatness? You are the Creator and Lord of the entire universe; you gave the proton its weight and the electron its charge; you inspire every artist and strengthen every saint. Blest be your name throughout the earth! Thank you for calling me to follow you... Even the wind and sea obey you, Lord. How foolish I am to resist you! I want to want what you want, because you want it, in the way you want it, for however long you want it. With the will of your heart, govern my heart...

*By: Fr John Bartunek, LC
Catholic Exchange*

The *Living* Word

Entrance Antiphon

Psalm 27:8-9

The Lord is the strength of his people, a saving refuge for the one he has anointed. Save your people, Lord, and bless your heritage, and govern them for ever.

First Reading

Job 38:1. 8-11

A reading from the book of Job

Here I have set the boundaries of the sea.

From the heart of the tempest the Lord gave Job his answer. He said: Who pent up the sea behind closed doors when it leapt tumultuous out of the womb, when I wrapped it in a robe of mist and made black clouds its swaddling bands; when I marked the bounds it was not to cross and made it fast with a bolted gate? Come thus far, I said, and no farther: here your proud waves shall break.

The word of the Lord

Responsorial Psalm

Ps 106:23-26. 28-31. R. v.1

(R.) Give thanks to the Lord, his love is everlasting.

Some sailed to the sea in ships to trade on the mighty waters. These men have seen the Lord's deeds, the wonders he does in the deep. **(R.)**

For he spoke; he summoned the gale, tossing the waves of the sea up to heaven and back into the deep; their soul melted away in their distress. **(R.)**

Then they cried to the Lord in their need and he rescued them from their distress. He stilled the storm to a whisper: all the waves of the sea were hushed. **(R.)**

They rejoiced because of the calm and he led them to the haven they desired. Let them thank the Lord for his love, the wonders he does for men. **(R.)**

Second Reading

2 Corinthians 5:14-17

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

All things are made new.

The love of Christ overwhelms us when we reflect that if one man had died for all, then all men should be dead; and the reason he died for all was so that living men should live no longer for themselves, but for him who died and was raised to life for them. From now onwards, therefore, we do not judge anyone by the standards of the flesh. Even if we did once know Christ in the flesh, that is not how we know him now. And for anyone who is in Christ, there is a new creation; the old creation has gone, and now the new one is here.

The word of the Lord.

Gospel Acclamation

Luke 7:16

Alleluia, alleluia!

A great prophet has appeared among us; God has visited his people.

Alleluia!

Gospel

Mark 4:35-41

A reading from the holy Gospel according to Mark

Who can this be? Even the wind and the sea obey him.

With the coming of evening, Jesus said to his disciples, 'Let us cross over to the other side.' And leaving the crowd behind they took him, just as he was, in the boat; and there were other boats with him. Then it began to blow a gale and the waves were breaking into the boat so that it was almost swamped. But he was in the stern, his head on the cushion, asleep. They woke him and said to him, 'Master, do you not care? We are going down!' And he woke up and rebuked the wind and said to the sea, 'Quiet now! Be calm!' And the wind dropped, and all was calm again. Then he said to them, 'Why are you so frightened? How is it that you have no faith?' They were filled with awe and said to one another, 'Who can this be? Even the wind and the sea obey him.'

The Gospel of the Lord

Communion Antiphon

Psalm 144:15

The eyes of all look to you, Lord, and you give them their food in due season.

REFLECTION

by Diane Bergant

Paul insists that the love of Christ completely transforms us, mind and heart. No longer do we judge according to human standards. No longer do we meet injury with assault. No longer do we relegate people to the margins of society, or hoard the goods that others need to survive. Everything is changed in this new worldview. We understand ourselves and our world differently. Most importantly, we perceive God differently. Job's new insights enlightened his understanding of creation, of the Creator, and of himself, a finite creature. Several of the disciples were seasoned fishermen. They knew that sea quite well. Living close to Jesus, they knew him too. Now they saw him in a different light. In both cases, faith opened their eyes. Like the disciples, we begin to realise that this man who shares in all of our human vulnerability is able to direct the power of the Creator.

We need eyes of faith to recognise the power of God at work in the events of our lives. Like Job, faith moves us from

viewing God as a deity who is so distant from us that the circumstances of our lives appear to be irrelevant, to realising that everything is ultimately in God's hands and everything follows the course on which God has set it. For our part, all we can or need do is entrust ourselves to this loving God who cares if even a sparrow falls to the ground.

© Dianne Bergant CSA

THANK YOU



We cannot Thank You enough for your on-going support and generous gifts to our appeal to help connect everyone to the mission of Jesus Christ in our Diocese.

Asking for your Donations is never taken for granted, especially in this challenging economic times. However, you have been extremely generous in supporting the charitable works of the Diocese.

This PWBB Appeal is the last one for the Financial Year 2023/2024 and your Tax-Deductible Gifts will help us bring comfort, friendship, security and often opens the doorway to a faith-filled life.

Donations are still welcome until the 30th of June 2024.

Envelopes are at the back of both Churches or you can donate online at www.bbcatholic.org/pastoralworks

Man says... Show me
and I'll trust you.

God says... Trust me
and I'll show you.

Psalm 126:6

Cast
ALL YOUR ANXIETY
on Him
BECAUSE HE
cares
FOR YOU
1 Peter 5:7



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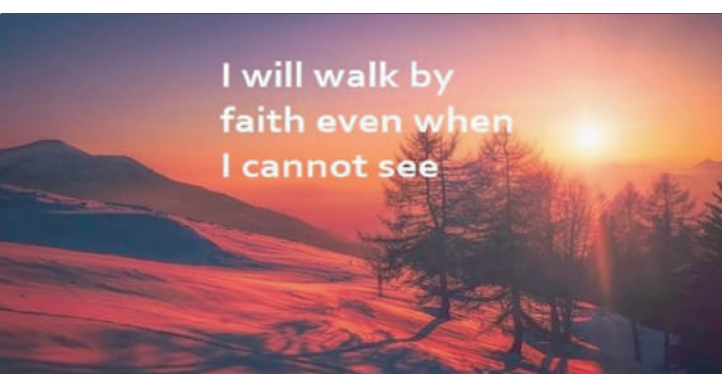
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