



The Catholic Parish of Pittwater

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

Prayer to the Holy Spirit

O Holy Spirit,
Soul of my soul,
I adore you.

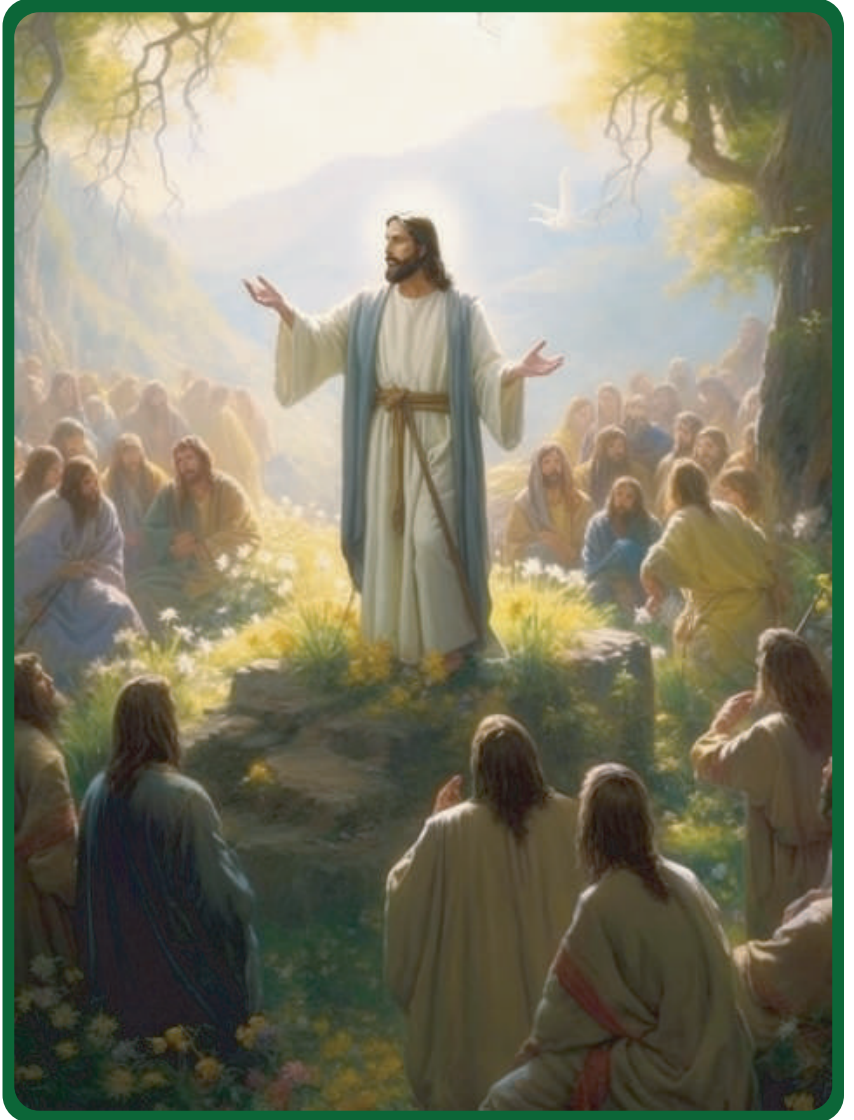
Enlighten, guide,
strengthen and console me.

Tell me what I should do
and command me to do it.

I promise to submit to
everything that you
ask of me,
and to accept all that you
allow to happen to me.

Please show me your
divine will.

Amen.



Thoughts of Blessed Francis Jordan

The Divine Saviour, in His great mercy, has called us to become images of himself, as far as possible. He has called us so that, through holiness our work everywhere may be accompanied by blessings, happiness, and salvation.

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 JULY

For The Pastoral Care of the Sick

Let us pray that the Sacrament of the Anointing of the Sick grant the Lord's strength to those who receive it and to their loved ones, and that it may become for everyone an ever more visible sign of compassion and hope.

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

Geoffrey Green
Nada Kronja

Prayer for the Sick

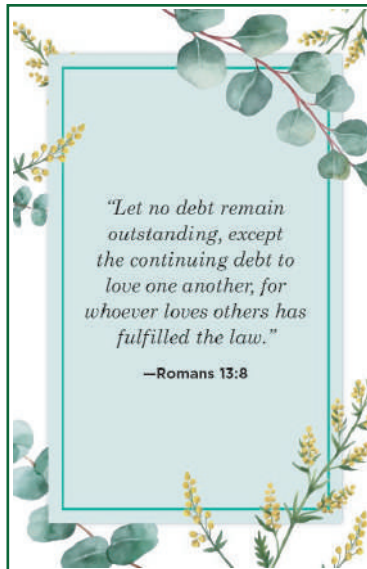
Anna Śmigowska
Santo
Brian Gregan
Marcia Bailey
Bec Burroughs
Margaret De Landre
Maureen Larios
Denise Wagner
Marco Sangiacamo
Elaine Boyes
Pauline Chipman
Brian Cranch
Anna
Svetlana
Leonor
Sofia
Xi
Mother Pauline
George
Angela Miller
Philip Khalifeh
Robert McCauley

BOOK REVIEW

John Henry Newman
A Very English Saint
 by Peter M Chisnall



Originally, as a member of the Church of England, Cardinal Newman sought to reinvigorate it, but later he decided to become a Catholic and all his work to reinvigorate it made him the saint he is today.



Liturgy for the Week

08/07 Monday, Ordinary Time 14
 Hosea 2:16-18, 21-22; Mt 9:18-26

09/07 Tuesday, Ordinary Time 14
 Hosea 8:4-7, 11-13; Mt 9:32-38

10/07 Wednesday, Ordinary Time 14
 Hosea 10:1-3, 7-8, 12; Mt 10:1-7

11/07 Thursday, St Benedict
 Hosea 11:1-4, 8-9; Mt 10:7-15

12/07 Friday, Ordinary Time 14
 Hosea 14:2-10; Mt 10:16-23

13/07 Saturday, Ordinary Time 14
 Is 6:1-8; Mt 10:24-33

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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.



Welcome to our **new Facebook Page**

Pittwater Catholic Parish

Please **FOLLOW** and **LIKE** 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*

SACRAMENTAL PROGRAMME UPDATE

THE SACRAMENT OF THE FIRST HOLY EUCHARIST

will take place as follows:

MARIA REGINA CHURCH, AVALON

Saturday, 14 September

at 6.00 pm

Sunday, 15 September

at 9.00 am

SACRED HEART CHURCH, MONA VALE

Saturday, 21 September

at 5.00 pm

Sunday, 22 September

at 10.00 am & 12 noon



Children in Year 4 and above are eligible to receive this sacrament if they have done their First Reconciliation.

Enrolments are NOT OPEN. For more information about the requirements and how to enrol your child, you MUST attend ONE of the following

PARENT INFORMATION & COMMITMENT sessions:

(children do not need to attend)

Thursday, 25 July - MARIA REGINA CHURCH, Avalon
at 7.30 pm

Tuesday, 30 July - SACRED HEART CHURCH, Mona Vale
at 7.30 pm

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

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

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 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



Winter Appeal

The Avalon and Mona Vale St Vincent De Paul conferences are seeking your generosity in supporting this year's Winter Appeal. Our basic commitment is, as always, visiting the poor and disadvantaged in our parish, and rendering appropriate assistance and care.

It will be collected this weekend,

6th & 7th of July.

Your donations over \$2 are tax deductible. Envelopes are provided and may be placed in the Poor Box at any time - tax receipts will be issued if requested.

THANK YOU SO MUCH FOR YOUR GENEROSITY



Parish Bulletin – Term 2, Week 10

Three talented Year 12 Hospitality students showcased their skills and demonstrated their culinary prowess at the annual Battle of the Chefs, competing against other students from CSBB. We are proud to announce that they achieved 2nd Place in this highly competitive event.

Over the past month, our Year 7 students have been researching and recreating ancient Egyptian artefacts. Their hard work culminated in an impressive exhibition this week, where parents and fellow students admired their dedication and creativity. The Tut Roadshow, an exceptional archaeological exhibition, also visited our College. Students engaged in multimedia theatre displays, created ancient seal replicas, explored forensic archaeology and personalised cartouches. It was a hands-on journey through history that left a lasting impact.

Twenty-one students embarked on our first Mater Maria Red Dirt Immersion this week. Their journey included visiting the Siding Springs Australian Astronomical Telescope in Coonabarabran, bushwalking the Grand High Tops, exploring the Pilliga Scrub's sandstone caves and reconciliation sculptures, learning about cultural sites with the Baradine Land Council and touring Dubbo Zoo. This expedition provided enriching learning experiences in science and Indigenous cultural awareness.

In collaboration with the NSW Department of Education's Regional Industry Education Program (RIEP), CSBB organised a special event at Narrabeen Sports High School. Thirty-eight Mater students interested in nursing and allied health careers attended, gaining valuable insights into the healthcare profession. This week, we welcomed parents and students of Years 8, 9, and 10 to the Parent-Teacher-Student Evening. We focused on fostering growth for all students and staff, discussing student learning engagement, effective communication, the importance of attendance, and the robust support provided through pastoral care. Our mission is to help each student flourish and grow in their relationship with Jesus Christ.

Over twenty students from Years 9 and 10 are participating in the Alpha for Youth Catholic Faith Formation Program this term, enhancing their spiritual growth and understanding of the Catholic faith. It has been a busy three days for our students in sports, wrapping up Term 2 with the Year 9 PASS Primary School Touch Referees, Staff V Students Touch Game and MWBA Basketball competition.

Friday is a student-free day for a well-deserved rest, while staff attend professional training at St Leo's Catholic College. Students will enjoy a two-week break starting Thursday.

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/>

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How can Jesus do all of this?



14th Sunday in Ordinary Time, Year B

Draw a picture of each member of your family and write a word that best describes that person.

MY FAMILY



Jesus did remarkable things during his life, except in his hometown. Draw or write about some of the amazing things that Jesus did.



Complete Jesus' teaching by using the words below.

_____ are

 everywhere _____
 in their _____.



except
hometown honoured prophets

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 Ezekiel 2:2-5
A reading from the prophet Ezekiel
The people are rebellious; they shall know there will be a prophet in their midst.

Death was not God's doing. The spirit came into me and made me stand up, and I heard the Lord speaking to me. He said, 'Son of man, I am sending you up to the Israelites, to the rebels who have turned against me. Till now they and their ancestors have been in revolt against me. The sons are defiant and obstinate; I am sending you to them, to say, "The Lord says this." Whether they listen or not, this set of rebels shall know there is a prophet among them.'

The word of the Lord

Responsorial Psalm Ps 122. R. v.2

(R.) Our eyes are fixed on the Lord, pleading for his mercy.

To you have I lifted up my eyes, you who dwell in the heavens: my eyes, like the eyes of slaves on the hand of their lords. **(R.)**

Like the eyes of a servant on the hand of his mistress, so our eyes are on the Lord our God till he shows us his mercy. **(R.)**

Have mercy on us, Lord, have mercy. We are filled with contempt. Indeed all too full is our soul with the scorn of the rich, with the proud man's disdain. **(R.)**

Second Reading 2 Corinthians 12:7-10
A reading from the second letter of St Paul to the Corinthians
I will glory in my infirmities so that the power of Christ may dwell in me.

In view of the extraordinary nature of these revelations, to stop me from getting too proud I was given a thorn in the flesh, an angel of Satan to beat me and stop me from getting too proud! About this thing, I have pleaded with the Lord three times for it to leave me, but he has said, 'My grace is enough for you: my power is at its best in weakness.' So I shall be very happy to make my weaknesses my special boast so that the power of Christ may stay over me, and that is why I am quite content with my weaknesses, and with insults, hardships, persecutions, and the agonies I go through for Christ's sake. For it is when I am weak that I am strong.

The word of the Lord.

Gospel Acclamation Luke 4:18

Alleluia, alleluia!

The Spirit of the Lord is upon me; he sent me to bring Good News to the poor.

Alleluia!

Gospel Mark 6:1-6
A reading from the holy Gospel according to Mark
A prophet is despised only in his own country.

Jesus went to his home town and his disciples accompanied him. With the coming of the sabbath he began teaching in the synagogue and most of them were astonished when they heard him. They said, 'Where did the man get all this? What is this wisdom that has been granted him, and these miracles that are worked through him? This is the carpenter, surely, the son of Mary, the brother of James and Joset and Jude and Simon? His sisters, too, are they not here with us?' And they would not accept him. And Jesus said to them, 'A prophet is only despised in his own country among his own relations and in his own house'; and he could work no miracle there, though he cured a few sick people by laying his hands on them. He was amazed at their lack of faith.

The Gospel of the Lord

Communion Antiphon Psalm 33:9

Taste and see that the Lord is good; blessed the man who seeks refuge in him.

REFLECTION
by Diane Bergant

It is not easy to recognise a true prophet. Frequently those with prophetic insight are treated without honour. The people to whom Ezekiel was sent were hard of face, obstinate of heart, a rebellious house. The Galileans who heard Jesus' words were no better. They questioned his authenticity because they thought he was no better than they were and, therefore, he had no right to act superior. We so often resent people who can do what we cannot. This resentment can be magnified when the person is someone with whom we have grown up, a member of the family or of the community. True believers recognise and admit their human frailty. They also know that genuine weakness does not impede the saving action of God. In fact, God seems to prefer to act where pride and self-satisfaction do not prevail, for such attitudes are obstacles to personal transformation. However, when we open ourselves in humility and honest piety, the power of God can flood our minds

and our hearts and shine forth from us to all around. When this happens, there will be no doubt in any mind as to the origin of this wondrous reality. It will be very clear that though it comes through us, it comes from God. The receptivity of Paul in this matter is in sharp contrast to the rebellion of the people at the time of Ezekiel and the resistance of those who thought that they knew Jesus so well.

© Dianne Bergant CSA

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For More Information

Contact:
events@bbcatholic.org.au or
02 8379 1600

Event Details

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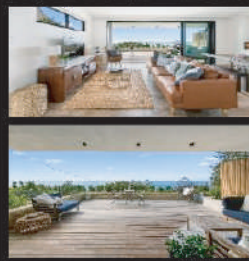
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but if we love one another,
God lives in us and his love
is made complete in us."**

1 John 4:12



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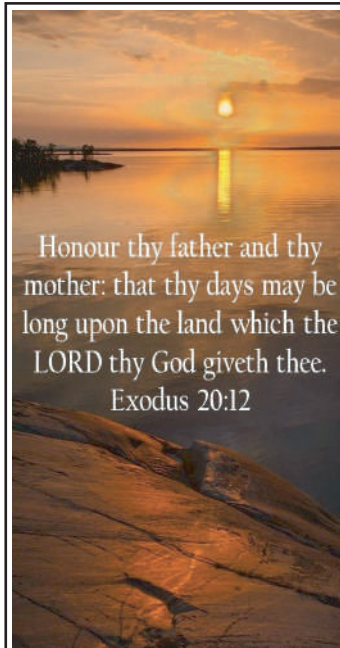
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