



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
Truly the Almighty will help you in all your worries and sufferings. He will never abandon you. He will give you courage and strength.

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.



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 for all.

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

Augustine Neo Eng

Guan

Sara Zofrea

Lorraine Thomson

Stanko Rusev

Recently Deceased

Christopher Kerr

Lynette Flynn

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

Carlos Herinque

Angela Miller

Philip Khalifeh

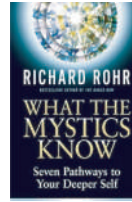
Robert McCauley

Heidi Taylor

BOOK REVIEW

What the Mystics Know

Seven Pathways to
your Deeper Self
by Richard Rohr



Rohr identifies the despair of everyday life.



15 August

The Assumption of the Blessed Virgin Mary

Liturgy for the Week

29/07 Monday, St Martha & Lazarus
1 Jn 4:7-16; Lk 10:38-42

30/07 Tuesday, Ordinary Time 17
Jer 14:17-22; Mt 13:36-43

31/07 Wednesday, St Ignatius of Loyola
Jer 15:10, 16-21; Mt 13:44-46

01/08 Thursday, St Alphonsus Liguori
Jer 18:1-6; Mt 13:47-53

02/08 Friday, Ordinary Time 17
Jer 26:1-9; Mt 13:54-58

03/08 Saturday, St Dominic
Jer 26:11-16, 24; Mt 14:1-12

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Pittwater

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Use this App to support our
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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.

Congratulations to Josh Willard as the newly appointed *Cathedral Director of Music, Our Lady of the Rosary Catholic Cathedral, Waitara*



With great sadness, Josh will be leaving our Pittwater Parish team. He has been a big part of our Faith Community for 12 years. He joined the Music Ministry in 2007 and became Director of Music in 2012. Josh has shared his amazing musical expertise and superb organisational skills to the Masses and special events of this Parish.

We will miss Josh very much, but we are happy and proud that he is moving on to a new and exciting chapter of his career.

Josh's last Masses will be on Sunday, 18 August at 10 am, Sacred Heart Church, Mona Vale and 25 August at 9 am, Maria Regina Church, Avalon. May the Lord bless and guide him in his new endeavour.

SACRAMENTAL PROGRAMME UPDATE

Update from the Sacramental Coordinator

THE SACRAMENT OF THE FIRST HOLY EUCHARIST

will take place as follows:

MARIA REGINA CHURCH, AVALON

Saturday, 14 September

at 6 pm

Sunday, 15 September

at 9 am

SACRED HEART CHURCH, MONA VALE

Saturday, 21 September

at 5 pm

Sunday, 22 September

at 10 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*

PARENT INFORMATION & COMMITMENT SESSION

(children do not need to attend)

Tuesday, 30 July -

SACRED HEART CHURCH, Mona Vale

at 7.30 pm

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



Parish Bulletin Term 3, Week 1

Monday was a student-free day, allowing our dedicated staff to engage in professional training. Our Careers Expo this week was a pivotal event for Year 10 students, providing essential support for their subject selection and highlighting the connection between education and industry. Students explored diverse pathways, gaining valuable insights and equipping themselves with the knowledge and skills to plan their future careers effectively. This was complemented by a Year 11 2025 Information Evening, which provided Year 10 students and their parents with detailed information about the upcoming academic year.

Each year, we hold a House Liturgy and lunch for each of our five houses. This week, Therry House celebrated their student-led liturgy followed by lunch. Father John Joseph Therry, often referred to as the 'priest who planted the tree of Catholic faith in Australia,' arrived from Ireland in 1820 as a young priest. He faced challenges from a government that saw no need for Catholic chaplains in the new colony. Father Therry was instrumental in building St Mary's Cathedral in Sydney, establishing schools and in 1833, he was granted 1200 acres at Pittwater, where he built the 'Church at Barrenjoey,' the first Catholic church in the area, on the shores of Careel Bay.

Our Year 12 Drama students showcased their HSC individual and group performances to parents and friends, displaying their hard work and creativity.

Students from across the College represented Mater Maria at the CSBB Netball Gala Day at Pennant Hills Park, competing against other high schools in the diocese. Meanwhile, MWBA basketball games took place after school, with students demonstrating great sportsmanship and team spirit.

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/>.

Feast Day of Blessed Francis Mary of the Cross Jordan



We celebrated the Feast Day of Blessed Francis Mary of the Cross Jordan last Sunday, 21st of July.

On this day, many brothers and sisters of the great Salvatorian Family gathered thanking God for the gift of their Founder.

We have come together in a special Mass, to share their joy, gratitude and faith which was officiated by our Assistant Priest, Fr Zygmunt Smigowski SDS.

Whenever I am afraid,
I trust in YOU.

Psalm 56:3

Wills, Enduring Guardianship and Powers of Attorney

The Catholic community of Broken Bay is invited to a

Free Seminar and Morning Tea

Featuring an expert legal advisor. An opportunity for a complimentary WILL for attendees.*

Event Details

Tuesday 20 August 2024

10:30am to 12:30pm

The Epping Club

Grand Salon Room

45-47 Rawson Street

Epping NSW 2121

* Terms and conditions apply

For More Information

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



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Insights into Catholicism today...



What is our faith tradition all about?

Our next sessions start on

**Wednesday,
4 September 2024
at 7.00 pm
in our**

**Sacred Heart Church
Parish Centre**

*Please RSVP on
9517 0999*

(Parish Office)

or email

office@pittwaterparish.org

Everyone is Welcome!



BEACH 2 BEACH FUN RUN



Thank you all for the support you have given Friends of Soibada in recent months. It is fantastic to be here in the village and see the impact of the friendship relationships firsthand. The difference our community on the Northern Beaches is making in Timor Leste is immense and we have the children to thank for that. Please spread the word that we have been allowed to fundraise through the well-known **"Beach to Beach Fun Run"** this year.

We would love to have your schools represented in **"Team Soibada"** on **Sunday, 25 August 2024.**

There are many choices of distance to be run or walked and it is a fun-filled community event with a festival on Newport Beach on completion. The link takes you straight to our page. Please follow the prompts to register on Team Soibada.

Beach2Beach 2024 | Friends Of Soibada (grassrootz.com)

Have a look at our Facebook Page to see what is going on in the village whilst our volunteers are here!

<https://www.facebook.com/friendssoibada/>



CatholicCare

COMBATING HOMELESSNESS TOGETHER

Please donate to CatholicCare homelessness services across the Diocese

**Saturday and Sunday,
10 & 11 August 2024**

There is no place like home - but for many, having a home is not a reality. The causes may be diverse, but the impact is the same - a loss of dignity and a sense of hopelessness.

Few people choose to be homeless and the longer a person remains homeless, the more difficult it is to return to mainstream society. We provide a women's refuge, transitional accommodation options, young parent's homelessness services and street sleeping outreach supports. We also operate Dom's Place in Hornsby and Mary Mac's Place in Woy Woy, where we provide meals, a place to shower and wash clothes and somewhere for people who are homeless or transient to come and to connect with supports and community. We are able to provide these services. Thanks to your generosity.

Thank You

The *Living* Word

Entrance Antiphon Psalm 67:6-7,36

God is in his holy place, God who unites those who dwell in his house; he himself gives might and strength to his people.

First Reading 2 Kings 4:42-44
A reading from the second book of the Kings

They will eat and have some left over.

A man came from Baal-shalishah, bringing Elisha, the man of God, bread from the first-fruits, twenty barley loaves and fresh grain in the ear. 'Give it to the people to eat,' Elisha said. But his servant replied, 'How can I serve this to a hundred men?' 'Give it to the people to eat' he insisted 'for the Lord says this, "They will eat and have some left over."' He served them; they ate and had some over, as the Lord had said.

The word of the Lord

Responsorial Psalm

Ps 144:10-11, 15-18. R. v.16

(R.) The hand of the Lord feeds us; he answers all our needs.

All your creatures shall thank you, O Lord, and your friends shall repeat their blessing. They shall speak of the glory of your reign and declare your might, O God. **(R.)**

The eyes of all creatures look to you and you give them their food in due time. You open wide your hand, grant the desires of all who live. **(R.)**

The Lord is just in all his ways and loving in all his deeds. He is close to all who call him, who call on him from their hearts. **(R.)**

Second Reading Ephesians 4:1-6
A reading from the letter of St Paul to the Ephesians

There is one body, one Lord, one faith, one baptism.

I, the prisoner in the Lord, implore you to lead a life worthy of your vocation. Bear with one another charitably, in complete selflessness, gentleness and patience. Do all you can to preserve the unity of the Spirit by the peace that binds you together. There is one Body, one Spirit, just as you were all called into one and the same hope when you were called. There is one Lord, one faith, one baptism, and one God who is Father of all, through all and within all.

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 John 6:1-15

A reading from the holy Gospel according to John

He distributed to those who were seated as much as they wanted.

Jesus went off to the other side of the Sea of Galilee – or of Tiberias – and a large crowd followed him, impressed by the signs he gave by curing the sick. Jesus climbed the hillside, and sat down there with his disciples. It was shortly before the Jewish feast of Passover.

Looking up, Jesus saw the crowds approaching and said to Philip, 'Where can we buy some bread for these people to eat?' He only said this to test Philip; he himself knew exactly what he was going to do. Philip answered, 'Two hundred denarii would only buy enough to give them a small piece each.' One of his disciples, Andrew, Simon Peter's brother, said, 'There is a small boy here with five barley loaves and two fish; but what is that between so many?' Jesus said to them, 'Make the people sit down.' There was plenty of grass there, and as many as five thousand men sat down. Then Jesus took the loaves, gave thanks and gave them out to all who were sitting ready; he then did the same with the fish, giving out as much as was wanted. When they had eaten enough he said to the disciples, 'Pick up the pieces left over, so that nothing gets wasted.' So they picked them up, and filled twelve hampers with scraps left over from the meal of five barley loaves. The people, seeing this sign that he had given, said, 'This really is the prophet who is to come into the world.' Jesus, who could see they were about to come and take him by force and make him king, escaped back to the hills by himself.

The Gospel of the Lord

Communion Antiphon Psalm 102:2

Bless the Lord, O my soul, and never forget all his benefits.

REFLECTION
by Diane Bergant


Today we are reminded of God's providence. We live in a world that feeds us and shelters us and supplies us with everything that we need to grow and to thrive, and all of this comes to us from the hand of God. It is usually when we are in desperate straits that we become painfully conscious of our dependence on God, but this dependence is always there. God does not merely intervene when we are helpless; God's providence operates in our lives at all times. Living in a society that promotes individualism, we sometimes undervalue the communal dimension of life. God certainly cares passionately for each of us (not even a sparrow falls without God

knowing it), but God's concern is for the whole people. We are first and foremost members of a people. We would never have seen the light of day, we would not endure or develop, without others. As unique as we may be, we are a unique expression of a communal reality. God created a race; God formed a people; Jesus died for the world. By the grace of God, we belong to the community. As members of the people of God, we are called to a way of life that is noble, not selfish. We are to live with each other in humility and gentleness, with patience. We are to bear with one another in love. Through baptism we all live by the same Spirit of Jesus; we are all united through the bond of God's love. The bread that we receive from the hand of God is the bread of full life, life in all its dimensions, life in Christ.

© Dianne Bergant CSA



8th of August
Feast Day of
Saint Mary of the Cross
Mackillop

Trust
in the Lord 
with all thine heart;
and lean not
unto thine own understanding.
in all thy ways
acknowledge Him,
and He shall direct thy paths.
Proverbs 3: 5-6

**Trust
GOD**
No Matter What.

GOD is our refuge and strength, a very present help in trouble.

Psalm 46:1



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- ST. AUGUSTINE OF HIPPO -



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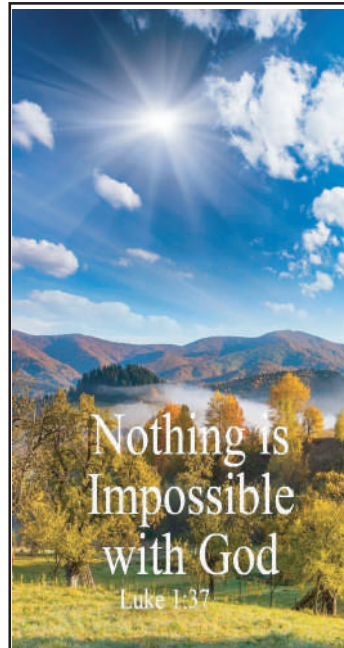
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