



The Catholic Parish of Pittwater

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

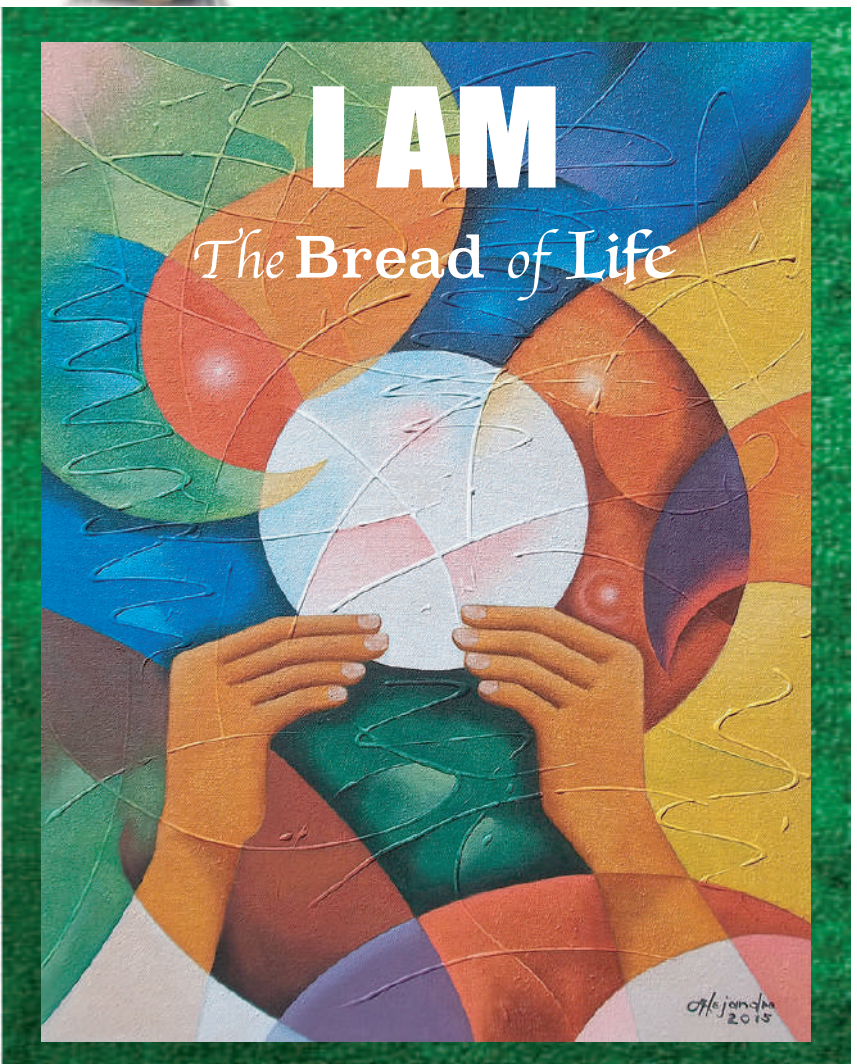
A warm welcome to all our parishioners and visitors who are celebrating the Eucharist with us at Pittwater Parish - Sacred Heart Church and Maria Regina Church



Thoughts of Blessed Francis Jordan
God became a human being for us to redeem us, to rescue our souls. Therefore, let us seek only the honour of God and the salvation of souls.

Prayer for Strength and Faith

Dear Lord,
I pray for strengthened faith.
Help me know more of Your word and face all adversities with the confidence of victory.
Let me move mountains with my faith and command things to fall in line in my life.
Let me conquer all the evil in my life.
Let my words cause healing.
Let my faith build all the broken pieces in my life.
Help me to remain strong and not be moved by any adversities in Jesus' name.
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 AUGUST

For Political Leaders

Let us pray that political leaders be at the service of their own people, working for integral human development and the common good, taking care of those who have lost their jobs and giving priority to the poor.

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

Sara Zofrea
Stanko Rusev

Recently Deceased

Kenneth Marsh
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
Anna
Svetlana
Leonor
Sofia
Xi
Mother Pauline
Jacqueline Hackley
Angela Miller
Philip Khalifeh
Robert McCauley
Heidi Taylor

BOOK REVIEW

On the Threshold of Transformation
by Fr Richard Rohr



This book contains Daily Meditations for Men

"While much of our culture today would have us believe that failure and suffering are inherently bad, Fr. Rohr helps men see that pain - in whatever form it takes - is a primary doorway through which they can pass to reach their authentic, best selves, which is where they will truly encounter God."

Liturgy for the Week

- 05/08 Monday, Ordinary Time 18**
Jer 28:1-17; Mt 14:13-21
- 06/08 Tuesday, The Transfiguration of the Lord**
Dan 7:9-10, 13-14; Mk 9:2-10
- 07/08 Wednesday, Ordinary Time 18**
Jer 31:1-7; Mt 15:21-28
- 08/08 Thursday, St Mary of the Cross**
1 Kg 17:8-16; Mt 6:25-34
- 09/08 Friday, Ordinary Time 18**
Nahum 2:1, 3, 3:1-3, 6-7; Mt 16:24-28
- 10/08 Saturday, St Lawrence**
2 Cor 9:6-10; Jn 12:24-26



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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.



15 August

The Assumption of the Blessed Virgin Mary

Mass Times

Sacred Heart Church, Mona Vale
9:30 am with the School Community
and 7:00 pm

Maria Regina Church, Avalon
10:00 am with the School Community



Parish Directory

Pittwater Parish
1 Keenan Street Mona Vale
NSW 2103
Tel 9157 0999

Parish Priest
Fr Richard Sadowski SDS
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pp@pittwaterparish.org

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Tel 9157 0999 ext 12
ap@pittwaterparish.org

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Director of Music
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Tel 9157 0999 ext 17
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**Media & Communications
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Sacramental Coordinator
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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

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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Come and join us as we celebrate
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your camera app and follow the prompts
<https://www.trybooking.com/CSTZT>
or contact the Parish Office on 9157 0999
Everyone is invited. This is a Free Event.



St Mary Mackillop Feast Day 8th August

We invite you to a day of celebration,
prayer, pilgrimage and thanksgiving for
St Mary of the Cross

Mass Times

8am in the Chapel

10am & 1pm on Glen Roy Green
(bring a hat)

6pm in the Chapel

10am Mass will be livestreamed free
via our website:

www.marymackillopplace.org.au

Link:

<https://www.youtube.com/embed/lppmamzmOb0>

Accommodation available onsite

Please ring +61 2 8912 4800



Farewell Morning Tea for Josh

*Everyone is welcome to join us as we bid farewell to our exceptional Parish Director of Music, **Josh Willard**, as he embarks on his new adventure. There will be Morning Tea after the 10 am Mass on Sunday, 18 August*

We wish Josh all the success and happiness on his new role as the Cathedral Director of Music, Our Lady of the Rosary Catholic Cathedral, Waitara



Parish Bulletin Term 3, Week 2

Our Year 8 students had a fantastic time celebrating Italian Cultural Day. They immersed themselves into the richness of Italian culture through Commedia Dell'Arte performances, enjoyed delicious gelato and pizza, played football and sang Italian ballads. This experience helped them appreciate how language and culture are intertwined, offering a deeper understanding of Italian heritage.

Our Year 9 students spent three days at Lake Macquarie, where they took part in exciting outdoor activities. These experiences not only built their self-reliance, leadership and responsibility but also encouraged a love for healthy outdoor pursuits. The camp strengthened the bonds between students and teachers, fostering a spirit of camaraderie that will last throughout the year.

Year 11 students studying Society & Culture and Geography visited Western Sydney University to gain insight into the challenges faced by refugees. Through stories shared by refugees and asylum seekers, our students developed empathy, understanding and a deeper appreciation for our diverse world. This experience underscores our Catholic commitment to solidarity with refugees, inspiring action rooted in faith.

Year 10 and 11 Drama students attended a performance of Dracula at the Roslyn Packer Theatre, while our Year 12 Music students showcased their talents during the Trial HSC performances in the Byrne Theatre.

Our students are actively participating in various sports programs, including the MWBA Basketball program, Peninsula Cup U14 Soccer, Peninsula Cup Opens Girls Soccer and Peninsula Cup U14 Rugby. 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 of the Transfiguration of the Lord 6th of August

The surprising revelation of the Lord Jesus is that he is God.

Jesus Christ is a living, divine person who has accepted a human nature and lived a real human life, and this revelation is not just a matter of an idea or a feeling, but is a densely textured fact of history. In Jesus Christ, God enters the events and circumstances of our lives by becoming a man, and he does so that humanity might share in the life of God.

On Tuesday, 6th of August, is the solemnity of the Transfiguration. This great day celebrates the privileged moment when three of Christ's disciples glimpsed Christ's divine glory. Peter, James, and John saw Christ for who he really and truly is—not just a prophet, or a philosopher, or a social activist, or one of many important historical figures, but God!

The reality of all this is overwhelming, and as such we might be tempted to make it all less than what it is, to dull its impact. Some would soften the blow in attempts to rationalize a differentiation between a “Jesus of history” and a “Christ of Faith,” making the man the reality and the God a symbol; but attempts to do this inevitably introduce us to a simulation of Jesus Christ rather than the real person.

In trying to make Christ less than who he reveals himself to be, it is Christ himself that we lose, and in losing Christ, we lose the gifts he wants us to enjoy.

Faith in Jesus Christ engenders a unique, particular way of life, and through this way of life, Christ acts to change us and to change the world.

For this reason, what we believe about the Lord Jesus matters. The proclamation that Jesus Christ is God is not just a dogmatic statement or a religious proposition. The Church is not playing games with language, but identifying what the revelation of Jesus Christ really and truly is. The Church knows who the Lord Jesus is—not because of a scholarly consensus or a popular vote, but because she bears the legacy of the testimony of the Apostles, who knew Christ personally and learned from him who he is and what he asked us to do.

If you do not know who the Lord Jesus is, how will you know what it is that he wants you to do? The way of life engendered by Jesus Christ necessitates a personal encounter with him in his Church.

God became human in Christ so that humanity could share in the life of God. This is the great mystery of the Transfiguration unveiled. This is what the Gospel is all about.

The surprising revelation of Jesus Christ, who is God, is what the Church celebrates.

BY: Fr Steve Grunow, Word on Fire

Fr Richard's 25th Ordination Anniversary in Poland

Fr Richard celebrated his 25th Ordination Anniversary in Poland surrounded by his family and friends. It was a joyous occasion and he officiated Mass on the day he was honoured for his Silver Jubilee as a priest.

His resilient spirit and commitment to his vocation are a sign of perseverance and dedication to the priesthood that he has offered his life for.



COMBATING HOMELESSNESS TOGETHER

Please donate to CatholicCare's 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.

CatholicCare
Diocese of Broken Bay

Thank you

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!



The Catholic Parish of Pittwater
Sacred Heart & Maria Regina, Neighbourhood of Cross, situated in the heart of the Suburbs

The *Living* Word

Entrance Antiphon Psalm 69:2,6

O God, come to my assistance;
O Lord, make haste to help me!
You are my rescuer, my help;
O Lord, do not delay.

First Reading Exodus 16:2-4, 12-15
A reading from the book of Exodus
I will rain bread from heaven upon you.

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our hearts content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them this way to see whether they will follow my law or not.' 'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your hearts content. Then you will learn that I, the Lord, am your God.'" And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

The word of the Lord

Responsorial Psalm

Ps 77:3-4, 23-25, 54. R. v.24

(R.) The Lord gave them bread from heaven.

The things we have heard and understood, the things our fathers have told us, we will tell to the next generation: the glories of the Lord and his might, reign and declare your might, O God. **(R.)**

He commanded the clouds above and opened the gates of heaven. He rained down manna for their food, and gave them bread from heaven. **(R.)**

Mere men ate the bread of angels. He sent them abundance of food. He brought them to his holy land, to the mountain which his right hand had won. **(R.)**

Second Reading Ephesians 4:17, 20-24
A reading from the letter of St Paul to the Ephesians

Put on the new person that has been created in God's image.

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

The word of the Lord.

Gospel Acclamation Matthew 4:4

Alleluia, alleluia!
No one lives on bread alone, but on every word that comes from the mouth of God.
Alleluia!

Gospel John 6:24-35
A reading from the holy Gospel according to John

Whoever comes to me will never be hungry; whoever believes in me will never thirst.

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered:

'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat. Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.' Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.' Jesus answered: 'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world.' 'Sir,' they said 'give us that bread always.' Jesus answered:

'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.'

The Gospel of the Lord

Communion Antiphon Wisdom 16:20

You have given us, O Lord, bread from heaven, endowed with all delights and sweetness in every taste.

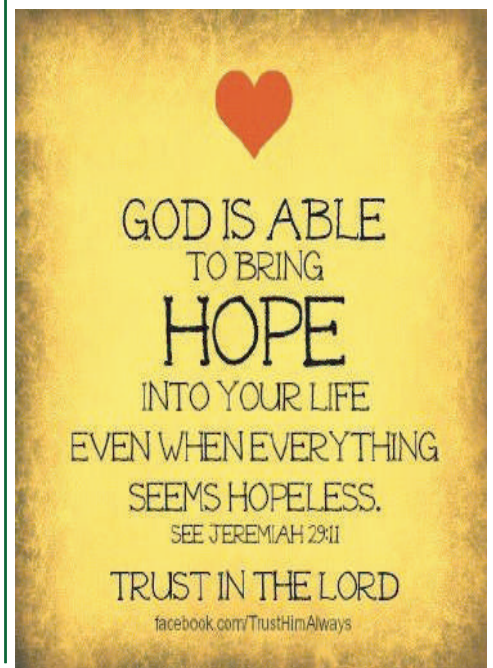
REFLECTION
by Diane Bergant

In many ways the Exodus story of the bread from heaven is very similar to last Sunday's accounts. However, the focus today is not divine prodigality shown through the overabundance of food, but total dependence on God. The bread comes from heaven, not merely because the food seems to come down from the sky, but because it comes from God. The restriction about collecting it was meant to emphasise this point. Our survival is in God's hands, not ours.

Jesus insists that he is the true bread from heaven; he is the real basis of our survival. The people followed him because they saw him as a source of bread; they did not realise that he is really the source of life. If we fill ourselves with all that the world provides as nourishment we will still hunger. Only faith in Jesus can satisfy our deepest hungers, and we will not be able to survive apart from him.

Acceptance of Jesus as the source of our life and the very nourishment of our spirits effects a total transformation in us. We will no longer be content to live with full bellies but empty minds. We will put aside our old selves steeped in ignorance and self-interest and put on a new self, created in his image. Having fed on the bread from heaven, we will be mysteriously transformed into it. The spirit of our minds will be renewed by his teaching. As a result, we will be able to launch out into a way of living that witnesses to our new understanding, our new life.

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His Will
 HIS WAY
 My Faith



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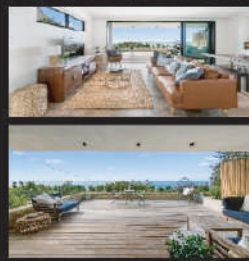
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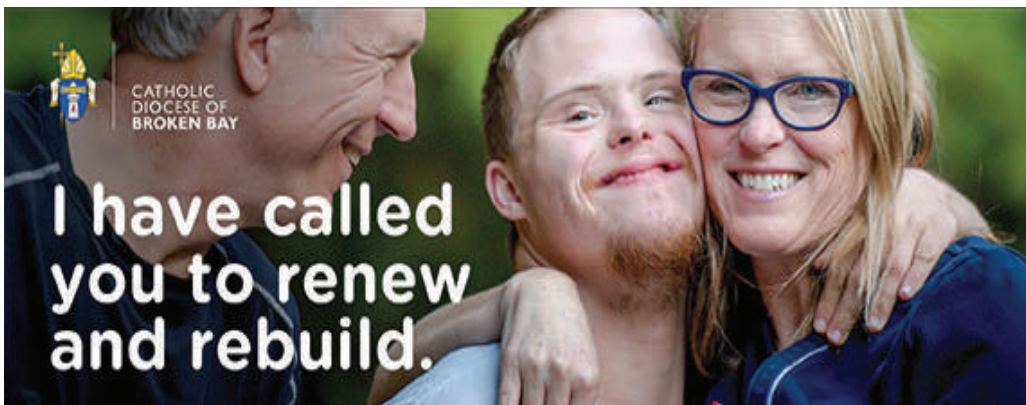
Whenever i am afraid,
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Psalm 56:3



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Luke 1:37

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