



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
Now and then read and meditate on the Most Holy Eucharist.

Prayer for Inner Growth

O loving God,
here I am before You,
willing to receive the seeds
of blessing and wisdom.

Let this moment be a time
of inner growth.
May I learn and understand the
deeper mysteries of
faith and may it strengthen
my belief in the Lord.

Draw me closer to Your Word
and loving grace.
Let me give up all weariness
and shame into the
wounds of Christ.

I open myself to You, O Lord.
In my weakness
You make me strong.
In trusting You,
You enter my heart.
I know I'm never alone.

In the name of Jesus, I pray.
Amen.



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.

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.

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

Matthew Williams

Matthew Seve

Recently Deceased

Margaret De Landre

Henry Kalazich

Elizabeth "Jill" Murray

Prayer for the Sick

Anna Śmigowska

Theresa

Brian Gregan

Marcia Bailey

Florence Kalalo

Maureen Larios

Denise Wagner

Marco Sangiacamo

Elaine Boyes

Pauline Chipman

Anna

Svetlana

Leonor

Sofia

Xi

Mother Pauline

Jacqueline Hackley

Angela Miller

Philip Khalifeh

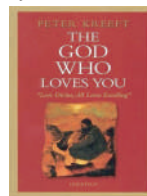
Robert McCauley

Heidi Taylor

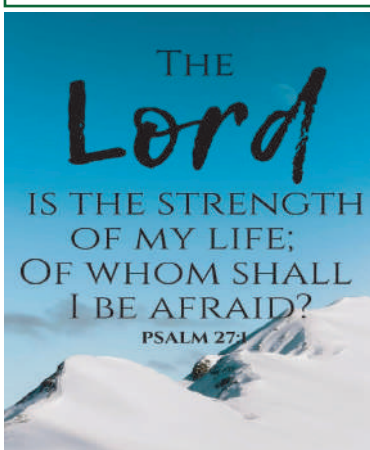
BOOK REVIEW

The God Who Loves You

by Peter Kreeft



Knowing the height, depth and breadth of God's love for you is the secret. His love, in its spiritual, moral and practical dimensions, proves love resolves our problems and deepest yearnings.



Liturgy for the Week

19/08 Monday, Ordinary Time 20
Ezek 24:15-24; Mt 19:16-22

20/08 Tuesday, St Bernard
Ezek 28:1-10; Mt 19: 23-30

21/08 Thursday, St Pius X
Ezek 34:1-11; Mt 20:1-16

22/08 Thursday, The Queenship of Mary
Ezek 36:23-28; Mt22:1-14

23/08 Friday, Ordinary Time 20
Ezek 37:1-14; Mt 22:34-40

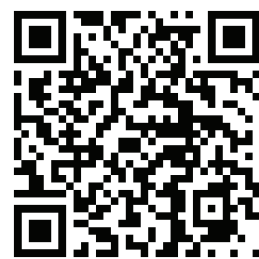
24/08 Saturday, St Bartholomew
Rev 21:9-14; Jn 1:45-51

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Parish of
Pittwater

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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.



NATIONAL CHILD PROTECTION WEEK 1-7 September 2024

In addition to the above NAPCAN will be facilitating webinars during National Child Protection Week. On September 2nd, 2024, the week gets started with the official launch featuring guest speaker, Anne Hollands, National Children's Commissioner. This session will set the tone for the week by highlighting the national commitment to child protection, the impactful efforts driving child protection nation-wide and the importance of every conversation. For those wanting to attend this, or any of the other webinars, registrations can be accessed via the following link

<https://www.napcan.org.au/final-official-program-webinars-events-2024/>

ITS' NOT TOO LATE TO RSVP for Maria Regina Church's 50th Anniversary. There will be Attendance Sheets at the back of both Churches. You can also ring us in the Parish Office on 9157 0999 Hope you can make it to the celebration.

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
PARISH CHURCH HALL

Come and join us as we celebrate
our Golden Jubilee

For catering purposes please RSVP by 23rd of August

To RSVP, please scan the QR code with
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.



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

Assistant Priest

Fr Zygmunt Smigowski SDS

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Director of Music

Josh Willard

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music@pittwaterparish.org

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Sacramental Coordinator

Sonia Samartin

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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



CatholicCare

Thanks You for the donations to
CatholicCare Homelessness Services
across the Diocese.

Your generosity and support will help operate
Dom's Place in Hornsby and Mary Mac's Place
in Woy Woy where they 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.



Parish Bulletin Term 3, Week 4

As our Year 12 students tackle their HSC Trial examinations, we ask for your prayers and support during this crucial time. May their hard work be rewarded with success, and may God guide their efforts.

Year 11 students have been busy this week with their work placements, gaining valuable experience in their chosen fields.

On Thursday, our College community gathered to celebrate the Solemnity of the Assumption of the Blessed Virgin Mary. During this Holy Day of Obligation, we honoured our Patron, Mother Mary, our first and most perfect disciple. Her unwavering faith and devotion to Jesus inspire us to open our hearts to God's will.

This week, we were privileged to host chancery and executive staff from Catholic Schools NSW and the Conference of Diocesan Directors. They observed our outstanding teaching and the remarkable learning which is happening at our College.

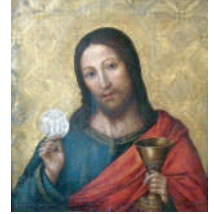
Our senior Duke of Edinburgh's International Award students showcased their leadership skills by organising and leading an overnight camp on school grounds. They also embarked on an urban adventure in the Sydney CBD, completing the final requirements for their Gold Adventurous Journey. Our students have also been excelling in sports, participating in events such as the All Schools Touch State Finals Gala Day in Penrith, Peninsula Cup Soccer for U14s and Opens Girls, Peninsula Cup Rugby for U14s and the weekly MWBA Basketball. Applications for Year 7 are now open for 2027 and 2028. Please note 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 details or to apply, please visit Mater Maria Enrolments:

<https://matermaria.nsw.edu.au/enrolments/>
May God continue to bless our College community and guide us in all our endeavours.

Our deepest sympathy and prayers to
the family of the late
Elizabeth "Jill" Murray
She was a devout member of our
Pittwater Parish Community.
Jill shared her time and faith
with the children
and teens of our parish as
a Catechist.
May she rest in peace.

Living Bread Come Down from Heaven

**By: Fr Thomas G Weinandy OFM
The Catholic Thing**



Chapter 6 of John's Gospel contains Jesus' Eucharistic discourse. It begins with Jesus multiplying the five loaves and two fishes – resulting in an abundance that filled twelve baskets of leftovers. Following this miracle-sign, Jesus withdrew to the hills to pray. The next day the crowd went seeking for Jesus, and when they found him, Jesus declared that they sought him not because they saw signs, but because of the loaves. Jesus then said: "Do not labor for the food which perishes, but for the food which endures to eternal life, which the Son of man will give you."

The crowd asks what they must do to possess eternal life; Jesus responds that they are to believe in him whom the Father sent. They ask Jesus for a sign – and offer the example of their fathers eating manna in the wilderness. Ironically, Jesus just performed that very sign – a sign that they failed to recognise.

Jesus reminds them that it was not Moses who gave them bread from Heaven. It's his Father who gives them true bread from heaven, a bread that will give life to the world. By first becoming man, Jesus becomes the living bread come down from Heaven, for only then can he do his Father's will by giving his life for the salvation of the world.

In offering himself, his flesh, as a loving sacrifice to his Father, Jesus obtains the forgiveness of sin and vanquishes death. Nonetheless, the people murmur among themselves for they are convinced that Joseph is his father. They know his mother as well. And how, then, could Jesus have come down from Heaven?

Jesus reiterates that he is the living bread come down from Heaven and the bread that he will give for the life of the world is his flesh. In offering the supreme sacrifice of himself, Jesus then becomes, in his resurrection, the life-giving bread that comes down from heaven in the Eucharist. That's why he emphasises to the murmuring crowd: "Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you; he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day."

Significantly, Jesus speaks of eating his body and drinking his blood. In so doing he is accentuating the sacrificial nature of his death, the offering up of his life, his flesh and blood, to his Father. That this sacrificial flesh and blood now gives eternal life resides in the fact that Jesus is now risen. To have eternal life, one must eat Jesus' risen-given-up-flesh and drink his risen-poured-out-blood. Thus, in so eating and drinking, one participates in Jesus' one saving sacrifice, what was given up and what was poured out, and so comes into communion with the crucified and risen Jesus himself: "He who eats my flesh and drinks my blood abides in me, and I in him." The ordained priest, in the person of Jesus himself, offers this once-and-for-all sacrifice to the Father, and the laity, through their baptismal priesthood, unite themselves to this saving sacrifice. Moreover, in union with Jesus, the priest and people together offer themselves to the Father as sacrificial victims – as a loving sacrifice to the Father.

The Eucharist is, literally, a foretaste of eternal life. Already here on earth, the Eucharistic assembly is taken up into the heavenly realm and participates in the everlasting heavenly liturgy with all of the Saints and angels, for together they give praise and glory to God the Father through his risen Son, Jesus Christ, in the love of the Holy Spirit. Thus, the risen Jesus comes down from Heaven as the life-giving bread in order that he might take all who abide in him up into the eternal life of Heaven.

Whoever eats this bread will live forever



20th Sunday in Ordinary Time, Year B

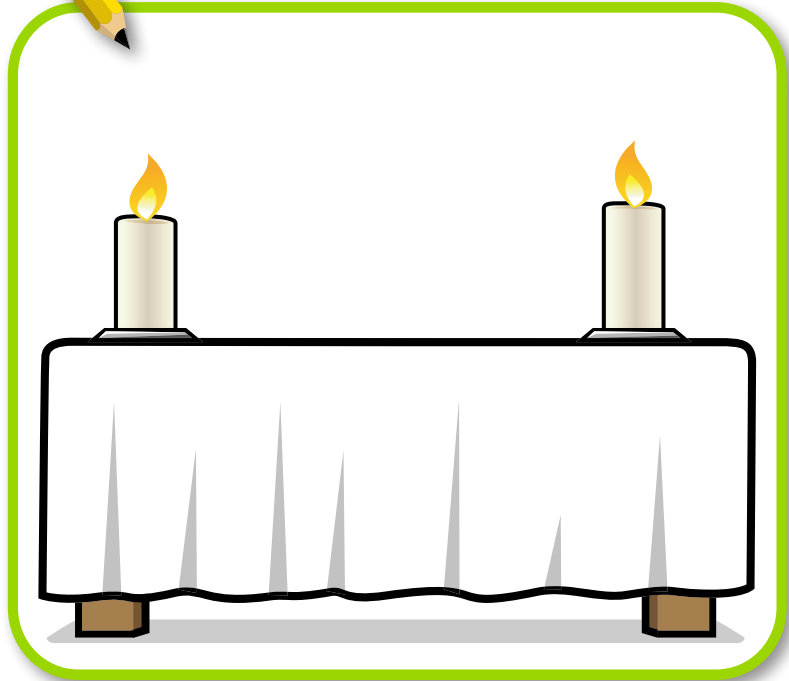
Use the words below to find out what Jesus said to his apostles.

Those who ___ my flesh
and ___ my ___
will have ___ life,
and I will ___ them
up on the last ___.

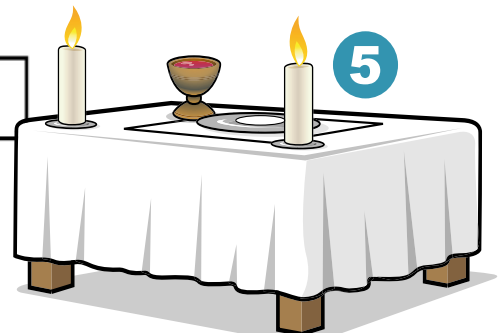
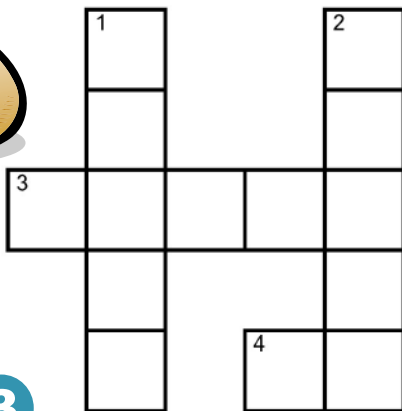
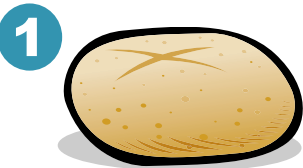


eternal
blood
day
drink
eat
raise

The special food and drink we have at Mass is Jesus' flesh and blood. Draw a picture of the priest blessing the bread and wine at the altar.



Can you complete this crossword puzzle? It uses pictures as clues instead of words!



The *Living* Word

Entrance Antiphon Psalm 83:10-11

Turn your eyes, O God, our shield;
and look on the face of your anointed
one; one day within your courts
is better than a thousand elsewhere.

First Reading Proverbs 9:1-6
A reading from the book of Proverbs
*Come and eat my bread; drink the wine I
have prepared.*

Wisdom has built herself a house, she
has erected her seven pillars, she has
slaughtered her beasts, prepared her
wine, she has laid her table. She has
despatched her maidservants and
proclaimed from the city's heights:
'Who is ignorant? Let him step this way.'
To the fool she says, 'Come and eat my
bread, drink the wine I have prepared!
Leave your folly and you will live,
walk in the ways of perception.'

The word of the Lord

Responsorial Psalm

Ps 33:2-3. 10-15. R. v.9

**(R.) Taste and see the goodness of the
Lord.**

I will bless the Lord at all times, his
praise always on my lips; in the Lord my
soul shall make its boast. The humble
shall hear and be glad. **(R.)**

Revere the Lord, you his saints.
They lack nothing, those who revere
him. Strong lions suffer want and go
hungry but those who seek the Lord lack
no blessing. **(R.)**

Come children, and hear me that I may
teach you the fear of the Lord. Who is he
who longs for life and many days, to
enjoy his prosperity? **(R.)**

Then keep your tongue from evil
and your lips from speaking deceit.
Turn aside from evil and do good;
seek and strive after peace. **(R.)**

Second Reading Ephesians 5:15-20
**A reading from the letter of St Paul to
the Ephesians**
*Be watchful that you may know the will
of God.*

Be very careful about the sort of lives
you lead, like intelligent and not like
senseless people. This may be a wicked
age, but your lives should redeem it. And
do not be thoughtless but recognise what
is the will of the Lord. Do not drug
yourselves with wine, this is simply
dissipation; be filled with the Spirit. Sing
the words and tunes of the psalms and
hymns when you are together, and go on
singing and chanting to the Lord in your
hearts, so that always and everywhere
you are giving thanks to God who is our
Father in the name of our Lord Jesus
Christ.

The word of the Lord.

Gospel Acclamation John 6:51

Alleluia, alleluia!

All who eat my flesh and drink my blood
live in me and I in them, says the Lord.
Alleluia!

Gospel John 6:51-58
**A reading from the holy Gospel
according to John**
*My flesh is real food and my blood is real
drink.*

Jesus said to the crowd:
'I am the living bread which has come
down from heaven. Anyone who eats this
bread will live for ever; and the bread
that I shall give is my flesh, for the life
of the world.' Then the Jews started
arguing with one another: 'How can this
man give us his flesh to eat?' they said.
Jesus replied: 'I tell you most solemnly,
if you do not eat the flesh of the Son of
Man and drink his blood, you will not
have life in you. Anyone who does eat
my flesh and drink my blood has eternal
life, and I shall raise him up on the last
day. For my flesh is real food and my
blood is real drink.
He who eats my flesh and drinks my
blood lives in me and I live in him.
As I, who am sent by the living Father,
myself draw life from the Father,
so whoever eats me will draw life from
me. This is the bread come down from
heaven; not like the bread our ancestors
ate: they are dead, but anyone who eats
this bread will live for ever.'

The Gospel of the Lord

Communion Antiphon Psalm 129:7

With the Lord there is mercy;
in him is plentiful redemption.

REFLECTION
by Diane Bergant

*Wisdom invites us to her banquet. Since
she is the way to God, those who accept
her invitation will feast on the things of
God. This is not a paltry meal that meets
only our basic needs. It is a lavish
banquet with delicious food and
exhilarating drink. The banquet of
wisdom is an apt symbol of the
generosity of God, open to all, enriching
all. This is in sharp contrast to the kind
of feasting that is depicted in the epistle.
Fools succumb to the temptations of the
evil days in which they live and they feast
on selfishness, ignorance and
debauchery. Two banquets are set before
us. Both of them are tempting. Which one
will we choose?
The banquet that Jesus offers is like the
banquet of Wisdom. However, it far
exceeds even Wisdom's table. At Jesus'
banquet, we feast on his body and his*

*blood. If we feed at the table of the Lord,
we will have life because of him, and we
will be raised up on the last day to live
forever. This is truly a bold claim and a
hard saying. We are told that the food we
eat is his body, and what we drink is his
blood. We are told that his body, not
merely his teaching, is the true bread
that came down from heaven. We are told
that only if we eat and drink what he
offers will we have eternal life. He makes
the claim and extends the invitation.
How will we hear it? How will we
respond?*

© Dianne Bergant CSA

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, Neighbourhoods of Grace, entrusted to the care of the Salvationists.

"THUS SAYS THE LORD, THE KING OF ISRAEL AND HIS REDEEMER, THE LORD OF HOSTS: "I AM THE FIRST AND I AM THE LAST; BESIDES ME THERE IS NO GOD." ISAIAH 44:6



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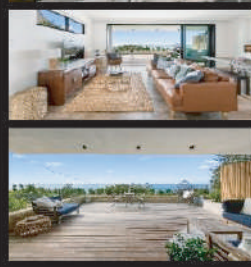
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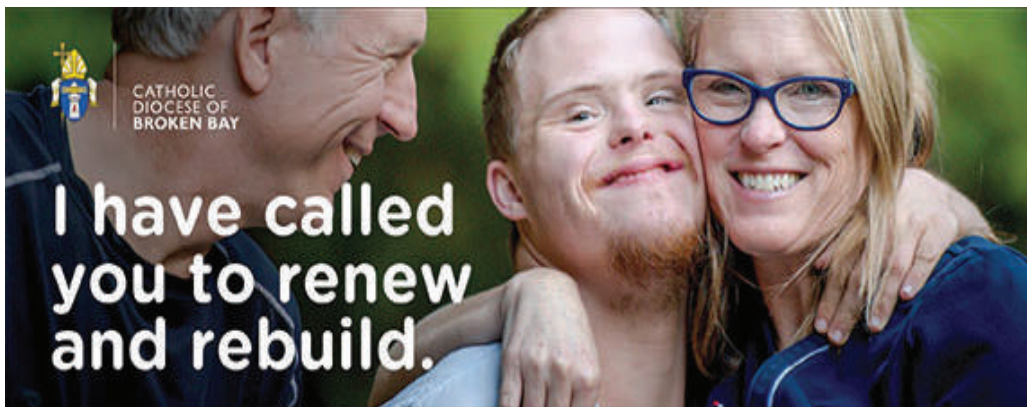
Or do you not realize
about yourselves that
Jesus Christ is in you?

2 Corinthians 13:5



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about anything
but in every situation
BY PRAYER & SUPPLICATION
with thanksgiving
present your requests
to God
& THE PEACE OF GOD
WHICH SURPASSES ALL UNDERSTANDING
will guard
your hearts & minds
IN CHRIST JESUS
PHILIPPIANS 4:6-7

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