



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
First I wish you peace with God. Seek to remove all that could disturb this peace... Be assured, however, that peace sometimes means sacrifices!

Prayer for Fathers

Heavenly Father,
You entrusted Your Son, Jesus,
the child of Mary,
to the care of Joseph,
his foster father.
Bless all fathers, grandfathers
and father figures as they care
for their families.
Give them strength and wisdom,
tenderness and patience.
Give them ability to love in a way
that reflects Your love.
Support them in the work they
have to do,
protecting those who look
up to them,
as we look up to You for
love and salvation.
Help us to love them in a way
that would bring honour to
You and them.
Bless and heal all those wounded
by the imperfections of their
fathers and grant an eternal rest
our fathers You have called from this life.
Through Jesus Christ, our Lord.
Amen.

Happy Father's Day



Blessed is the Man when remain steadfast
under trial for when he has stood the test
he will receive the crown of life.

James 1:12

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 SEPTEMBER

For The Cry of the Earth

Let us pray that each of us listen with our hearts to the cry of the Earth and the victims of environmental disasters and the climate crisis, making a personal commitment to care for the world we inhabit.

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 James Leon Reilly

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

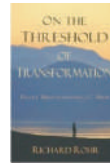
Recently Deceased Margaret Hanlan

Prayer for the Sick

Anna Śmigowska
Anne Gerathy
Brian Gregan
Marcia Bailey
Florence Kalalo
Maureen Larios
Denise Wagner
Marco Sangiacamo
Elaine Boyes
Pauline Chipman
Anna
Svetlana
Leonor
Sofia
Theresa Nouak
Mother Pauline
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."

"As a father shows compassion to his children, so the Lord shows compassion to those who fear him."

— PSALM 103:13

Liturgy for the Week

02/09 Monday, Ordinary Time 22
1 Cor 2:1-5; Lk 4:16-30
03/09 Tuesday, St Gregory the Great
1 Cor 2:10-16; Lk 4:31-37
04/09 Wednesday, Ordinary Time 22
1 Cor 3:1-9; Lk 4:38-44
05/09 Thursday, Ordinary Time 22
1 Cor 3:18-23; Lk 5: 1-11
06/09 Friday, Ordinary Time 22
1 Cor 4:1-5; Lk 5:33-39
07/09 Saturday, Ordinary Time 22
1 Cor 4:6-15; Lk 6:1-5

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Parish of
Pittwater

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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.



A Big Thank You

To all the volunteers for making Maria Regina Church's Golden Jubilee celebration extra special.

I am so grateful and blessed for your willingness to give your time, energy and talents.

Fr Richard

Celebrate Father's Day: The Vital Role of Good Dads

A bishop and popes affirm the irreplaceable role of fathers.



Although fathers do not physically carry their children from conception, fathers can still be overwhelmed by an unexpected pregnancy. We Christians must support men who, in following the example of St. Joseph, choose to embrace their role as a father in all circumstances, but especially in challenging situations. St. Joseph was unexpectedly called to fatherhood amid extremely confusing and difficult circumstances. However, despite many obstacles, St. Joseph chose to be faithful. St. Joseph chose life by listening to God's will and consciously deciding to be a father to Jesus, the Son of God. Pope Saint John Paul II said that fathers are called to exhibit 'generous responsibility for the life conceived under the heart of the mother'.

Like St. Joseph, all fathers are uniquely entrusted with the protection and defense of both mother and child and, in this way, safeguard the sanctity of human life. But biological fathers, because they do not physically carry the child, sometimes fail to truly father their children.

Fatherhood extends beyond simple procreation and biology. Fatherhood is first a spiritual reality, because fatherhood has its origins in God who chose to reveal himself to us as Our Father, sending his only Son for the sake of our salvation. Fathers, therefore, have a special and unique role 'in revealing and in reliving on earth the very fatherhood of God'. Fathers have a vital, unique, and important role to play in the personal and spiritual development of their children, and in reflecting the love of God the Father himself. Fathers are called to show the world the virtues of a tender protector, while living out the virtues of humility and courage.

In all circumstances, but especially in difficult circumstances, a father needs to be encouraged to faithfully accept the role entrusted to him by God and support the mother of his child. Through our prayers and through the intercession of St. Joseph, patron of fathers, may fathers come to know the irreplaceable role they hold in the lives of their children, and the responsibility they share in welcoming God's gift of new life!"

Here are some additional quotes to encourage and inspire fathers in their vocation from Popes Francis, Benedict XVI and St. John Paul II.

Pope Francis: "Every family needs a father — a father who shares in his family's joy and pain, hands down wisdom to his children, and offers them firm guidance and love."

St. John Paul II: "In revealing and in reliving on earth the very fatherhood of God, a man is called upon to ensure the harmonious and united development of all the members of the family."

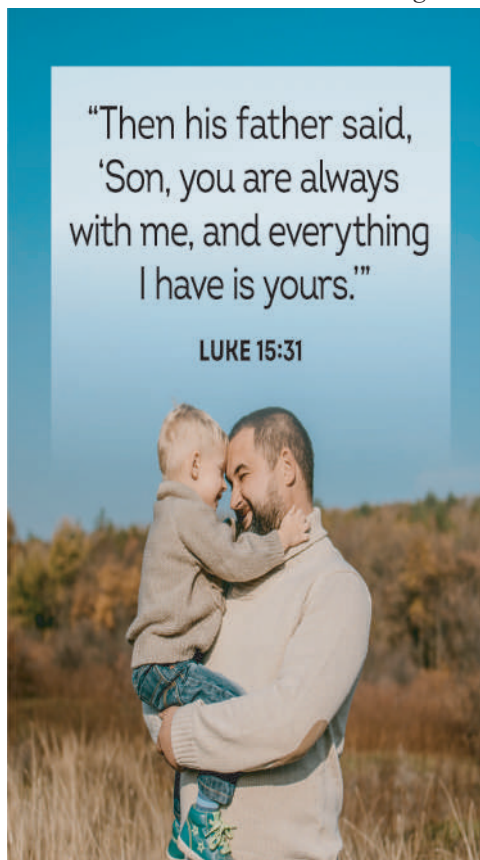
Pope Francis: "Children need to find a father waiting for them when they come home after failing."

St. John Paul II: "Love for his wife as mother of their children and love for the children themselves are for the man the natural way of understanding and fulfilling his own fatherhood ... efforts must be made to restore socially the conviction that the place and task of the father in and for the family is of unique and irreplaceable importance."

Pope Benedict XVI: "God is a Father who never abandons his children, a loving Father who supports, helps, welcomes, forgives, saves, with a fidelity that immensely surpasses that of men, opening up to an eternal dimension."

Pope Francis: "A good father knows how to wait and knows how to forgive from the depths of his heart. Certainly, he also knows how to correct with firmness: He is not a weak father, submissive and sentimental. The father who knows how to correct without humiliating is the one who knows how to protect without sparing himself."

By: *Zoe Romanowsky/CNA National Catholic Register*



Parish Directory

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CCD Catechist Coordinators
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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 6

It has been a very busy week at Mater Maria Catholic School. We welcomed our next cohort of Year 7 students for their Orientation Day before they join us in 2025 and held a Parent Information Evening for their parents. We hope that each student who attended the day left feeling less anxious than they may have felt on arrival, and we look forward to when they join us next year.

Wednesday showcased the entrepreneurial spirit of our Year 9 Commerce students as they organised a Commerce Market Day in our Marana Complex. With 30 student-run businesses, this event exemplified their innovation and business acumen.

Almost all Year 12 students participated in the Mater Maria Vinnies Winter Sleepout, gaining a unique insight into the challenges faced by those experiencing homelessness by "sleeping rough" for one night at the College. This valuable exercise in empathy-building also raised funds and awareness for Vinnies and educated students about local and Sydney-wide support services.

Our first Jersey Day at the College saw students and staff wearing their favourite sporting jerseys to raise awareness about the importance of organ and tissue donation. Inspired by Nathan Gremmo, who saved six lives as an organ donor at age 13, Jersey Day encouraged meaningful conversations about the gift of life within our community.

Guest speaker Ana De Leon visited our College, and during lunchtime, our Byrne Theatre was filled with students and teachers deeply moved by her powerful story of survival. Ana's journey, featured in the Sydney Jewish Museum, left many reflecting on the resilience of the human spirit and the importance of learning from our experiences.

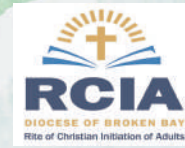
Year 12 Biology students visited the Museum of Human Disease at the University of NSW to examine specimens not possible at school, while Arc EntoTech visited Year 12 Earth & Environmental Science students to teach a comprehensive approach to mixed solid waste management, addressing a pressing global problem.

It was also a busy week for sports, with events such as the CSBB Intermediate Basketball Gala Day, Oz Tag NSW All Schools State Finals, Staff vs. Students Touch Football game, Peninsula Cup Soccer and Rugby for U14s, Peninsula Cup Soccer for U14s and Open Girls, 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.

What is our faith tradition all about?
Insights into Catholicism today...



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



IS BACK

All Young People

(High School Age and Over)

are INVITED on

Sunday, 22 September @

6 pm Soul Mass

Sacred Heart Church

Mona Vale

followed by

Snacks * Music * Activities

MARIA REGINA CHURCH'S 50th Jubilee Celebration



The *Living* Word

Entrance Antiphon Psalm 85:3,5

Have mercy on me, O Lord, for I cry to you all the day long.
O Lord, you are good and forgiving,
full of mercy to all who call to you.

First Reading Deuteronomy 4:1-2. 6-8
A reading from the book of Deuteronomy

You may add nothing to the word which I speak to you – keep the commands of the Lord.

Moses said to the people: ‘Now, Israel, take notice of the laws and customs that I teach you today, and observe them, that you may have life and may enter and take possession of the land that the Lord the God of your fathers is giving you. You must add nothing to what I command you, and take nothing from it, but keep the commandments of the Lord your God just as I lay them down for you. Keep them, observe them, and they will demonstrate to the peoples your wisdom and understanding. When they come to know of all these laws they will exclaim, “No other people is as wise and prudent as this great nation.” And indeed, what great nation is there that has its gods so near as the Lord our God is to us whenever we call to him? And what great nation is there that has laws and customs to match this whole Law that I put before you today?’

The word of the Lord

Responsorial Psalm Ps 14:2-5. R. v.1

(R.) The just will live in the presence of the Lord.

Lord, who shall dwell on your holy mountain? He who walks without fault; he who acts with justice and speaks the truth from his heart. **(R.)**

He who does no wrong to his brother, who casts no slur on his neighbour, who holds the goddess in disdain, but honours those who fear the Lord. **(R.)**

He who keeps his pledge, come what may; who takes no interest on a loan and accepts no bribes against the innocent. Such a man will stand firm for ever. **(R.)**

Second Reading James 1:17-18, 21-22, 27
A reading from the letter of St James
Be doers of the word.

It is all that is good, everything that is perfect, which is given us from above; it comes down from the Father of all light; with him there is no such thing as alteration, no shadow of a change. By his own choice he made us his children by the message of the truth so that we should be a sort of first-fruits of all that he had created.

Accept and submit to the word which has been planted in you and can save your

souls. But you must do what the word tells you, and not just listen to it and deceive yourselves.

Pure, unspoilt religion, in the eyes of God our Father is this: coming to the help of orphans and widows when they need it, and keeping oneself uncontaminated by the world.

The word of the Lord.

Gospel Acclamation James 1:18

Alleluia, alleluia!

The Father gave us birth by his message of truth, that we might be as the first fruits of his creation.

Alleluia!

Gospel Mark 7:1-8. 14-15. 21-23
A reading from the holy Gospel according to Mark

You forget the commandments of God and hold on to human tradition.

The Pharisees and some of the scribes who had come from Jerusalem gathered round Jesus, and they noticed that some of his disciples were eating with unclean hands, that is, without washing them. For the Pharisees, and the Jews in general, follow the tradition of the elders and never eat without washing their arms as far as the elbow; and on returning from the market place they never eat without first sprinkling themselves. There are also many other observances which have been handed down to them concerning the washing of cups and pots and bronze dishes. So these Pharisees and scribes asked him, ‘Why do your disciples not respect the tradition of the elders but eat their food with unclean hands?’ He answered, ‘It was of you hypocrites that Isaiah so rightly prophesied in this passage of scripture:

This people honours me only with lip-service, while their hearts are far from me. The worship they offer me is worthless, the doctrines they teach are only human regulations. You put aside the commandment of God to cling to human traditions.’ He called the people to him again and said, ‘Listen to me, all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. For it is from within, from men’s hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these evil things come from within and make a man unclean.’

The Gospel of the Lord

Communion Antiphon Psalm 30:20

How great is the goodness, Lord, that you keep for those who fear you.

REFLECTION
by Diane Bergant

The overarching theme of the readings for this Sunday is ‘words spoken in truth’. On one level, the laws are the words of the covenant. They are part of the contract that was drawn up between God and the people. They are words of truth, because they are the reliable revelation of God and because they genuinely reflect righteous living. The biblical covenant laws are truly humane. Obedience to the words of the covenant leads to life and blessings, while disobedience results in the opposite. Our religious customs always carry some profound religious meaning, but we may not know or care what it is – and yet we perform them. Do people know or care why we stand or sit or kneel during liturgy? Do people have a ‘church’ wedding because it is a religious event, or because ‘that’s the way we have always done it’? Religious practices do not always flow from a deep religious conviction. But once we realise our need for God, these practices become genuine expressions of religious sentiment. When the word of God has taken root in us, everything becomes a religious practice. This word can come to us through the teachings of our faith, through the example of good people around us, through the wonder and mystery of creation. When it does take hold of us, our inner eye is opened, our hearts are softened, and we turn instinctively to God like a flower turns to the sun. When we are brought to birth in this way, covenant law becomes sacred, religious practices are cherished, and we are filled with the power that saves.

© Dianne Bergant CSA



Please Pray for the children who are preparing to receive Eucharist for the first time. They are now attending weekly preparation sessions and will receive Eucharist at one of the following Masses:

Maria Regina Church, Avalon
Saturday, 14 September @ 6 pm & Sunday, 15 September @ 9 am

Sacred Heart Church, Mona Vale
Saturday, 21 September @ 5 pm & Sunday, 22 September @ 10 am, 12 noon

"In the fear of the Lord is strong confidence and refuge for one's children."

PROVERBS 14:26



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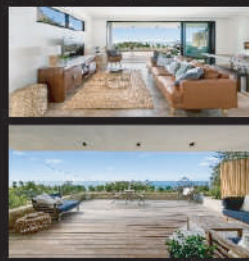
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- JOHN 15:9



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