



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

Consider Mary. She said little. But through her example her humility, modesty etc... she accomplished much. Imitate her so that you also accomplish quite a lot through good example.

Memorare
Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession, was left unaided.
Inspired with this confidence, I fly to you, O Virgin of virgins, my Mother, to you I come, before you I stand, sinful and sorrowful.
O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me.
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 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 Healing Mass/ 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

Healing Mass/ 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
 Mare Juricev
 James 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
 Cindy 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

Free to Believe
 By: Michael Paul Gallagher



As you read of the many personal experiences of this author you will recognise your own life's journey. The three stages: opening the doors of a prison, starting a quest and finishing with an encounter all lead to trust and communion with our God.

“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”

— PSALM 73:26



Liturgy for the Week

09/09 Monday, Ordinary Time 23
 1 Cor 5:1-8; Lk 6:6-11

10/09 Tuesday, Ordinary Time 23
 1 Cor 6:1-11; Lk 6:12-19

11/09 Wednesday, Ordinary Time 23
 1 Cor 7:25-31; Lk 6:20-26

12/09 Thursday, Ordinary Time 23
 1 Cor 8:1-7, 11-13; Lk 6:27-38

13/09 Friday, St John Chrysostom
 1 Cor 9:16-19, 22-27; Lk 6:39-42

14/09 Saturday, The Exaltation of the Holy Cross
 Num 21:4-9; Jn 3:13-17

Scan to Give to our Parish of Pittwater

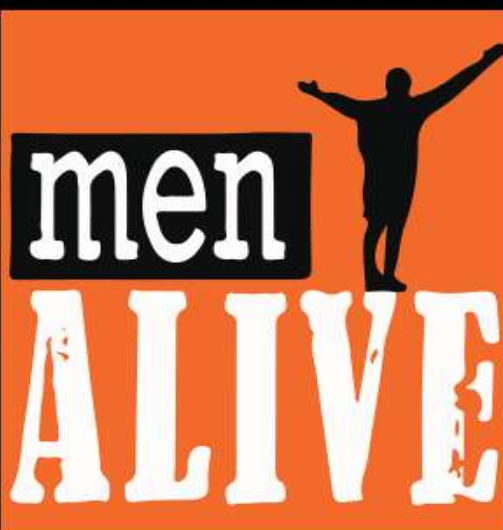
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Use this App to support our Clergy through the first collection and our Parish through the second collection. Donations can be made weekly, fortnightly, monthly or one-off.

Thank you for your continued contributions and support. Your financial contributions and your generous donations throughout the year are greatly appreciated.



menALIVE

A National Catholic Ministry for Men, founded out of a response to a great need in the hearts & lives of men & a great need in the life of the Catholic Church.

ALL MEN WELCOME

We Meet
First Tuesday of every Month
at 7pm
Sacred Heart Parish Centre

Bringing men together, to renew their faith in God & encourage them to be an active force of renewal in the Church.

For any questions contact
 Joe Cilia – 0418 863 814

The Exaltation of the Holy Cross



On the 14th of September, the Universal Church celebrates the Feast of the Exaltation of the Holy Cross. This feast has a lot of significance not only in the Maronite Church but also in the Spiritual Eastern Traditions of the Church.

The feast, which marks the beginning of the final season of the Maronite liturgical year, originated with the discovery of the True Cross in Jerusalem by St Helena in 326 A.D. The Cross of Christ was identified when people were miraculously healed simply by touching it.

There is no doubt, that the Cross, our source of strength and encouragement, is a symbol of Christianity. When a Cross or crucifix is visible on a building, we can safely assume this is a Christian place.

But the Cross is more than a symbol, it reveals our identity – that we are Christians, we are believers in Jesus Christ, and we belong to the Church.

We cannot separate between Jesus and the Cross and we cannot separate Christianity and the Cross: the Cross is Christianity and Jesus, who was crucified on the Cross, is the centre of our faith. Today we may ask ourselves, why is the Cross so important, and most especially, to Catholics? Why do we celebrate the Feast of the Cross?

It is because the Cross is essential to the story of salvation and to the birth of Christianity. We can't speak about Christ, we can't speak about the Gospel, we can't speak about Heaven without speaking about the Cross.

It is an integral part of the story of every Christian as Jesus Himself said: "Whoever wants to be my disciple must deny themselves and take up their cross and follow me" (Matt 16:24).

As believers or as followers we are called to embrace and to accept the cross of the Lord. Certainly, the first thing that comes to our mind here is suffering, the trials and tribulations of life, and difficulties.

But while Jesus' death on the Cross may seem like humiliation, suffering, and defeat, it was in fact a moment of glory because Jesus defeated death, in the

ultimate act of love for our sake. And our suffering can become an act of love for Jesus and similarly, an instrument of our salvation.

The Holy Cross is a sign of hope for all of us. Darkness cannot drive out darkness; only light can do that."

The Cross we are invited to carry can also include the Cross of Evangelisation, to preach the good news of the Gospel and share our experiences of faith, to speak about the kingdom of God and eternal life, and about Jesus as the only saviour of the world and our hope.

In today's world, living according to the teachings of Christ is neither simple and nor easy. It requires us to carry a daily cross, to educate and prepare ourselves for sacrifice, and for repentance. Most importantly, keep our eyes focussed on the Cross with a will to be saved, to give meaning to our lives.

The Holy Cross is a sign of hope for all of us. Darkness cannot drive out darkness; only light can do that. Hatred cannot drive out hatred; only love can do that. And pride cannot drive out pride; only humility can do that.

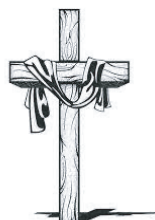
It becomes obvious for us that there is hope beyond our suffering, our failures, and our losses. When we are in trouble, or problems plague us, we make the sign of the Cross...when we are sorrowful and afflicted, we look to the Holy Cross. We know there is hope and we offer that hope to all around us; the woman with an unwanted pregnancy, the person who is terminally ill, a homeless acquaintance and a friend who feels marginalised. There is hope because God will not abandon us in our trials.

Finally, The Cross of Jesus Christ does not promise us success, health, or pleasure. The Cross only promises us that Jesus will be with us, no matter how much we suffer, no matter how badly we fail, and no matter how horribly we feel. We need to know that God, in Jesus Christ, chose to suffer with us.

Jesus said: Behold I am with you always until the end of the age. How wonderful and how privileged we are to have Jesus with us no matter what.

The Cross is the place where we meet Jesus profoundly and where we learn to lean on him the most. It is a place of victory and a place of miracles.

*By: Bishop Antoine Charbel
Tarabay
The Catholic Weekly*



Parish Directory

Pittwater Parish

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Fr Zygmunt Smigowski SDS

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Belinda Cimino

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Shereae Knight

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Media & Communications

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Conille Felias

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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



Parish Bulletin Term 3, Week 7

It has been another exciting and fulfilling week at Mater Maria Catholic College, with a variety of events showcasing the talents and achievements of our students.

We welcomed students and their families to our Year 11 Art Exhibition and HSC Showcase, where they viewed the exceptional HSC major works created by our Year 12 Creative Arts and TAS students and listen to impressive live performances by our HSC Music students, highlighting their hard work and creativity.

In leadership news, we proudly celebrated the 2025 Student Leadership Handover Assembly. Our new College Captains, Vice Captains and Senior Prefects were officially welcomed, with proud parents joining the occasion and sharing a special morning tea with their children.

Meanwhile, Year 10 students stepped into leadership roles, receiving training as small group leaders for the upcoming Year 8 Spirituality Days.

The Jarjum initiative, focused on supporting Indigenous children, saw us welcome several visitors this week. Together, we explored Aboriginal spirituality and its connection to our Catholic faith, engaging in meaningful experiences that enriched our understanding.

Year 11 students also gave back to the community, acting as adjudicators for the Primary Schools Public Speaking Competition at St Rose School in Collaroy Plateau.

Year 8 students had the opportunity to immerse themselves in Japanese culture during Japanese Day at the Nihongo Tanken Centre. This experience deepened their appreciation of how language and cultural practices are interconnected.

It was a busy and rewarding week for our music department as well. Band students from our Catholic feeder primary schools participated in the annual Peninsula Catholic Primary Schools Band Day. Mater Maria students tutored them throughout the day, culminating in a collaborative workshop and concert.

Meanwhile, our College rock bands competed fiercely for the coveted 2024 Battle of the Bands title, showcasing their talent and school spirit.

On the sports front, many of our students reached finals in various competitions. These included the CSBB Athletics and Golf Championships, the Junior and Intermediate Netball Schools Cup Regional Finals, as well as the Peninsula Cup soccer (U14s, Opens girls) and rugby tournaments. The enthusiasm and dedication displayed by our students continue to reflect the strong school spirit at Mater Maria.

A reminder that applications for Year 7 in 2027 and 2028 are now open. There is currently a waitlist for Year 6 to Year 7 transitions in 2025 and 2026, as well as for other year groups in 2024. For more details or to apply, please visit our enrolments page:

<https://matermaria.nsw.edu.au/enrolments/>

May God continue to bless our College community and guide us in all our endeavours.

Please Pray for all the children who are about to receive the Holy Eucharist for the first time. They have finished the weekly preparation sessions and the weekend rituals and they will receive their First Holy Communion at one of the following Masses:

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

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



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

Tap to Support the Parish



Donations via our *Tap & Go* Devices will be equally divided between the support of our Priests and the refurbishment expenses of our Churches.

How to use the Tap & Go:

Choose the amount you would like to donate \$10, \$20, \$50 or Other, for the amount of your choice. Then *TAP* and follow the prompts.

Changes to Mass Schedule for this Week

NO MASSES BUT THERE WILL BE LITURGY OF THE WORD WITH HOLY COMMUNION

Maria Regina Church, Avalon

Monday, 9 September at 8 am

Wednesday, 11 September at 8 am

Thursday, 12 September at 10 am

Friday, 13 September at 8 am

MASSES AS PER USUAL

Sacred Heart Church, Mona Vale

Tuesday, 10 September at 9:30 am

Wednesday, 11 September at 9:30 am

Friday, 13 September at 9:30

Thursday, 12 September @ 7 pm

NO MASS BUT THERE WILL BE LITURGY OF THE WORD WITH HOLY COMMUNION

Adoration of the Blessed Sacrament is at the usual time.

"Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven;"

Luke 6:37

WORLD DAY OF MIGRANTS & REFUGEES

(International Night)

Saturday, 28 September

after 5 pm Mass

Everyone is invited to join us in celebrating the

Diversity of our Parish Family.

Come and be nourished spiritually then proceed to the Sacred Heart Parish Centre to come together by sharing our different *Cultures* through **FOOD and great company.**

Please **RSVP** by Friday, 13 September

There will be an **ATTENDANCE LIST** provided at the back of both Churches.

Please **BRING** and **SHARE** your Culture's Cuisine for everyone to try.

Specify your **Dish** if it's Savoury or Dessert.

The *Living* Word

Entrance Antiphon Psalm 118:137, 124

You are just, O Lord, and your judgement is right; treat your servant in accord with your merciful love.

First Reading Isaiah 35:4-7
A reading from the prophet Isaiah
Then the ears of the deaf shall be opened and the tongues of the dumb speak.

Say to all faint hearts,
'Courage! Do not be afraid.
'Look, your God is coming,
vengeance is coming,
the retribution of God;
he is coming to save you.'
Then the eyes of the blind shall be opened,
the ears of the deaf unsealed,
then the lame shall leap like a deer
and the tongues of the dumb sing for joy;
for water gushes in the desert,
streams in the wasteland,
the scorched earth becomes a lake,
the parched land springs of water.

The word of the Lord

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

(R.) Praise the Lord, my soul!

It is the Lord who keeps faith for ever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free. **(R.)**

It is the Lord who gives sight to the blind,
who raises up those who are bound down,
the Lord who loves the just,
the Lord, who protects the stranger. **(R.)**

The Lord upholds the widow and orphan,
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age. **(R.)**

Second Reading James 2:1-5
A reading from the letter of St James
Has not God chosen the poor of the world to inherit the kingdom?

My brothers, do not try to combine faith in Jesus Christ, our glorified Lord, with the making of distinctions between classes of people. Now suppose a man comes into your synagogue, beautifully dressed and with a gold ring on, and at the same time a poor man comes in, in shabby clothes, and you take notice of the well-dressed man, and say, 'Come this way to the best seats'; then you tell the poor man, 'Stand over there' or 'You can sit on the floor by my foot-rest.' Can't you see that you have used two different standards in your mind, and turned yourselves into judges, and corrupt judges at that? Listen, my dear brothers: it was those who are poor according to the world that God chose, to be rich in faith and to be the heirs to the kingdom which he promised to those who love him.

The word of the Lord.

Gospel Acclamation Matthew 4:23

Alleluia, alleluia!

Jesus preached the Good News of the kingdom and healed all who were sick.

Alleluia!

Gospel Mark 7:31-37

A reading from the holy Gospel according to Mark
He makes the deaf hear and the dumb speak.

Returning from the district of Tyre, Jesus went by way of Sidon towards the sea of Galilee, right through the Decapolis region. And they brought him a deaf man who had an impediment in his speech; and they asked him to lay his hand on him. He took him aside in private, away from the crowd, put his fingers into the man's ears and touched his tongue with spittle. Then looking up to heaven he sighed; and he said to him, 'Ephphatha,' that is, 'Be opened.' And his ears were opened, and the ligament of his tongue was loosened and he spoke clearly. And Jesus ordered them to tell no one about it, but the more he insisted, the more widely they published it. Their admiration was unbounded. 'He has done all things well,' they said 'he makes the deaf hear and the dumb speak.'

The Gospel of the Lord

Communion Antiphon Psalm 41:2-3

Like the deer that yearns for running streams, so my soul is yearning for you, my God; my soul is thirsting for God, the living God.

REFLECTION
by Diane Bergant

Jesus opens our eyes to the reality of God's presence in our midst, in the goodness of people and in the tenderness of life, even in its vulnerability. He opens our ears to hear the word of God spoken to us by others, revealed to us through the created world.

There is an eschatological dimension to being open to the word of God, because we are opened to hear something from the future. The prophets always speak about this future in the present tense. They see it happening already. Isaiah proclaims, 'Here is your God!' and the world is transformed. Jesus says 'Be open.' The good news always opens us to future possibilities, to personal and communal transformation, to a new creation. With the word of God, the future invades our present. Although the eschatological future is already present to us, it is only unfolding, it has not yet opened completely. We still

judge each other by appearances. We still miss the presence of God in the poor and the dispossessed, in those who suffer from disease or war or loneliness. We still shun those of another race, or those who have been shaped by another culture, or those who worship God in a different way. Although the eschatological future is already present, we have not yet put aside all of the biases of the past, we have not yet been fully transformed. But God has spoken, God has come to save us. God is trustworthy; God keeps faith forever.

© Dianne Bergant CSA

SCAM ALERT

Beware of emails supposedly sent by Fr Richard, asking to respond to it, then requesting for support through gift cards or money transfer.

PLEASE DO NOT REPLY.



The Nativity of the Blessed Virgin Mary
8th of September

MAY I NEVER
BOAST EXCEPT
IN THE CROSS
OF OUR LORD
JESUS CHRIST,
THROUGH
WHICH THE
WORLD HAS
BEEN CRUCIFIED
TO ME, AND I TO
THE WORLD.

- GALATIANS 6:14 -



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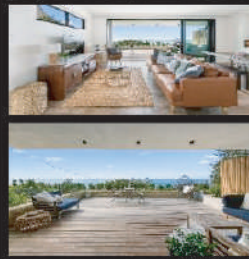
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Labelle is a two-bedroom apartment, minutes from Collaroy Beach & captures panoramic ocean views from its deck with lounge seating.

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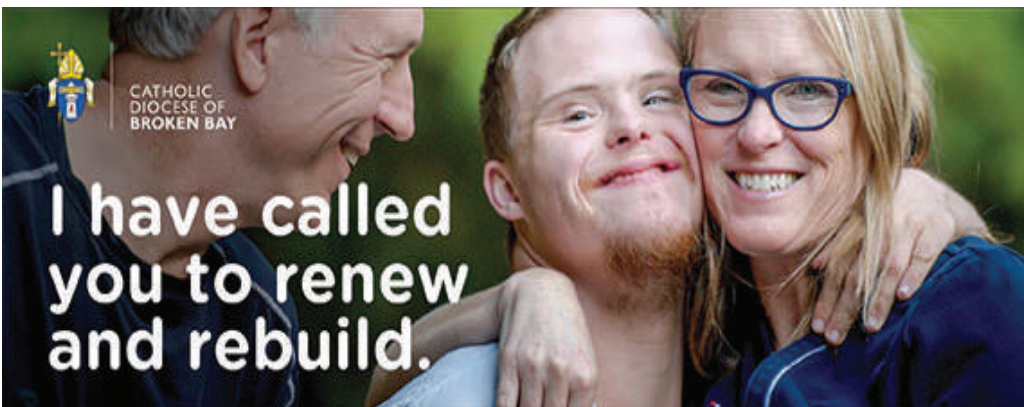


"Love our Lady.
And she will
obtain abundant
grace to help you
conquer in your
daily struggle."
-St. Josemaria Escriva



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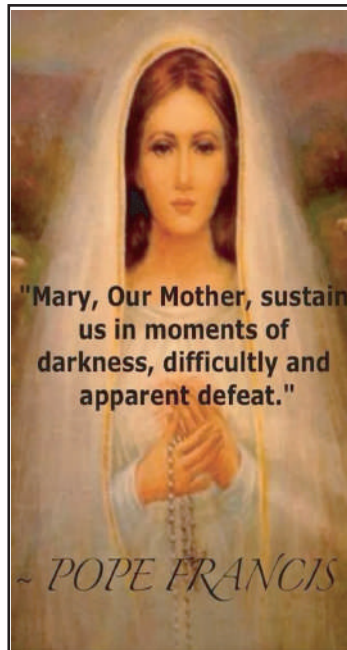


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