



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.

A Prayer for Humility

Father in heaven, we praise You for Jesus' beautiful example of humility.

We strive to be more like Him every day, but our pride often gets in the way.

We think we know everything, when we actually, know very little.

We join the tide of selfishness that flows in our notion.

Forgive us Father.

Rescue us from pride and help us choose a path of humility instead.

May our pursuit of it glorify and honour You, O Lord.

Amen.

"Anyone who welcomes one of these children in my name, welcomes not me but the one who sent me."

Mark 9:37



Like us on Facebook
The Catholic Parish of Pittwater

You can find us on Instagram
(catholicparishpittwater)

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 9.30 am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction *from 8.30 am followed by Mass*

Wednesday 9.30 am

Thursday 7 pm
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction *from 7.30 pm to 9.00 pm*

Friday 9:30 am
First Friday of the month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction *from 9:30 am, followed by Healing Mass/ Anointing of the Sick at 10.30 am*

WEEKEND MASSES
Saturday Vigil 5.00 pm
Sunday 8.00 am, 10.00 am & 6.00 pm (SOUL)

RECONCILIATION
Saturday Vigil
4.00 pm to 4.30 pm

BAPTISM
4th Sunday of the Month
11.30 am

Maria Regina Church

7 Central Road, Avalon

WEEKDAY MASSES

Monday 8.00 am

Wednesday 8.00 am

Thursday 10 am
Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45 am

Friday 8.00 am
First Friday of the month, *Healing Mass/ Anointing of the Sick at 8.00 am*

WEEKEND MASSES
Saturday Vigil 6.00 pm
Sunday 9.00 am

RECONCILIATION
Before Vigil Mass on Saturday

BAPTISM
3rd Sunday of the Month
11.00 am

We Pray for

Deceased Anniversary
Joe Romeo
Denise Carmody

Recently Deceased
James (Jim) Hammond

Prayer for the Sick

Anna Śmigowska
Anne Gerathy
James
Marcia Bailey
Cindy Kalalo
Maureen Larios
Denise Wagner
Marco Sangiacamo
Elaine Boyes
Pauline Chipman
Anna
Svetlana
Leonor
Sofia
Anna Kantonec
Mother Pauline
Angela Miller
Philip Khalifeh
Robert McCauley
Heidi Taylor

DVD REVIEW

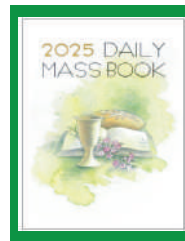
Convinced by the Truth

By: Fr John Fleming



This DVD tells of Dr Fleming who was an agnostic in his teens and later, was ordained into the Anglican Church but the doctrines made him decide to become a Catholic priest instead.

PLEASE ORDER NOW



2025 Daily Mass Book
for \$30
please contact the
Parish Office on
9157 0999

Liturgy for the Week

- 23/09 **Monday, St Pius of Pietrelcina**
Prov 3:27-34; Lk 8:16-18
- 24/09 **Tuesday, Ordinary Time 25**
Prov 21:1-6, 10-13; Lk 8:19-21
- 25/09 **Wednesday, Ordinary Time 25**
Prov 30:5-9; Lk 9:1-6
- 26/09 **Thursday, Ordinary Time 25**
Eccl 1:2-11; Lk 9:7-9
- 27/09 **Friday, St Vincent de Paul**
Eccl 3:1-11; Lk 9:18-22
- 28/09 **Saturday, Ordinary Time 25**
Eccl 11:9 - 12:8; Lk 9:43-45

Scan to

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.



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.

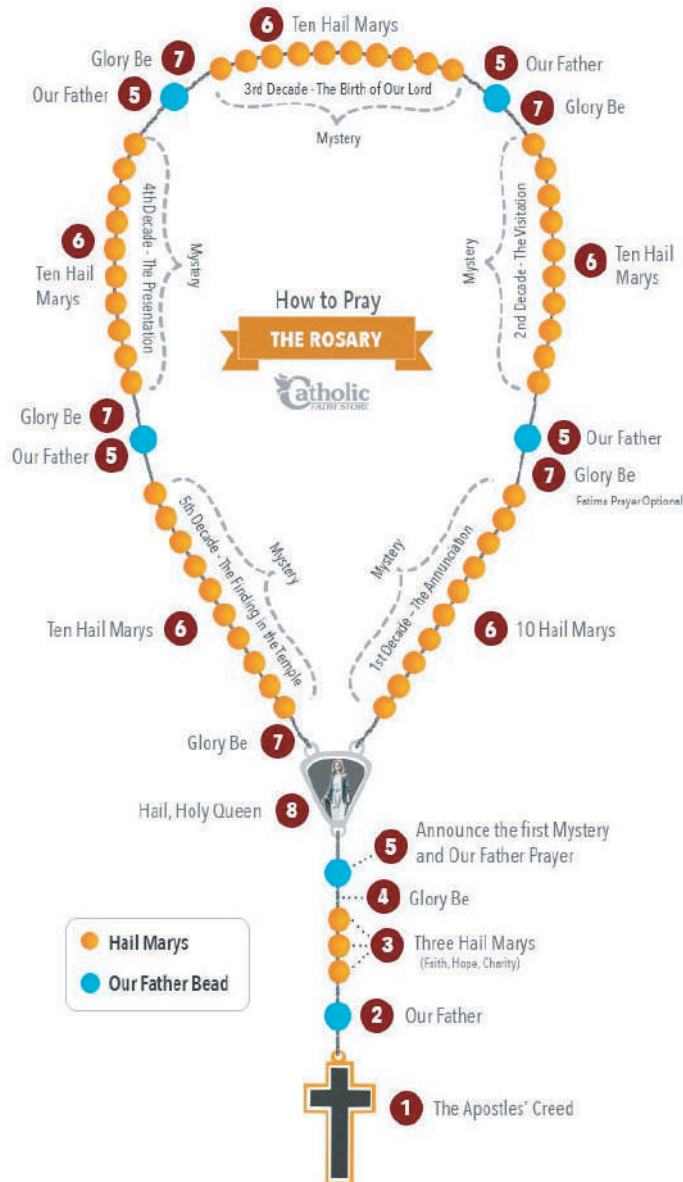
ALL MEN WELCOME

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

How to Pray the Holy Rosary



Mysteries of the Holy Rosary

JOYFUL MYSTERIES

Happy times in the lives of Jesus and Mary

(Monday & Saturday)

- The Annunciation
- The Visitation
- The Nativity of Jesus
- The Presentation
- Finding Jesus in the Temple

LUMINOUS MYSTERIES

These recall times in Jesus' life when he revealed God's kingdom

- (Thursday)
- The Baptism at Jordan River
- The First Miracle at Cana
- The Proclamation of the Kingdom
- The Transfiguration
- The Institution of the Eucharist

SORROWFUL MYSTERIES

Sad moments in the lives of Jesus and Mary

(Tuesday & Friday)

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion and Death

GLORIOUS MYSTERIES

These mysteries show the Divinity of Jesus

- (Sunday & Wednesday)
- The Baptism at Jordan River
- The First Miracle at Cana
- The Proclamation of the Kingdom
- The Transfiguration
- The Institution of the Eucharist

Parish Directory

Pittwater Parish

1 Keenan Street,
Mona Vale
NSW 2103
Tel 9157 0999

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Fr Zygmunt Smigowski SDS
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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

SCHOOLS

Sacred Heart School

Mona vale
Tel 8197 6900
Principal: Mr Jamie Wahab

Maria Regina School

Avalon
Tel 7256 2138
Principal: Ms Kirsty Thorpe

Mater Maria Catholic College

Warriewood
Tel 7256 2100
Principal: Mr Marc Reicher



Parish Bulletin Term 3, Week 9

Year 8 students enjoyed a Sydney Theatre production by the Poetry in Action group, presenting The World of Poetry. This incursion continues the engagement with poetry beyond the classroom, emphasising how poetry reflects the attitudes of people towards their culture and countries.

Year 10 students attended the Education & Employment Expo 2024 at Brookvale TAFE this week, an event for students exploring courses and workers seeking new opportunities.

Please join us in praying and extending best wishes to our Year 11 students as they complete their Preliminary Examinations this week and next. They are excited to begin their HSC studies in Term 4. We also ask for continued prayers for our Year 12s, who are enjoying their final days of school and preparing for their HSC exams.

We are finalising significant events for our Year 12 students, including the Year 12 Graduation and Awards Assembly, Luncheon, Graduation Mass and Valedictory Dinner. Our students are deeply grateful for the community they have found at Mater Maria and are eagerly anticipating these special celebrations next week.

Faith Fridays continue to be a highlight, with our youth group gathering in the Chapel each week. These gatherings provide a peaceful opportunity for reflection and connection.

This week's sporting activities included the NSWCCC Athletics Championships, MWBA Basketball, Peninsula Cup Soccer (U14s and Opens Girls), CSBB AFL Gala Day for Junior and Intermediate Girls, and the CSBB Rugby 7s Gala Day for Junior and Intermediate Boys. The enthusiasm and dedication of our students is a testament to the strong school spirit at Mater Maria.

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.

**“Whoever exalts himself
will be humbled, and
whoever humbles himself
will be exalted.”
- Mathew 23:12**

Public Rosary

*“Love the Madonna and
pray the Rosary.*

*For her Rosary is the
weapon against the evils
of the world today.*

*All graces given by
God pass through
the Blessed Mother.”*

St Padre Pio



**Join us for a Nationwide Rosary Chain
Saturday, 12th of October 2024
at 10 am,
Sacred Heart Church, Mona Vale
We pray through the intercession of
Our Lady of Fatima**

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, 20 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 Sweet.

The Origins of the Rosary



According to one tradition, the rosary's defining moment came during an apparition of Mary to Saint Dominic around the year 1221. Dominic was combating a popular heresy in France called Albigensianism. Mary gave him the rosary, told him to teach people this devotion, and promised that his apostolic efforts would be blessed with much success if he did. We know the religious order Dominic founded (the Dominicans) clearly played a major role in promoting the rosary throughout the world in the early years of this devotion.

The Poor Man's Breviary

Another important development in the history of the rosary is found in its roots in the liturgical prayer of the Church. In the medieval period, there was a desire to give the laity a form of common prayer similar to that of the monasteries. Monastic prayer was structured around the Psalter—the recitation of all 150 psalms from the Bible. At that time, however, most laity could not afford a Psalter, and most could not even read. As a parallel to the monastic reading of the 150 psalms, the practice developed among the laity of praying the Our Father 150 times throughout the day. This devotion came to be known as “the poor man's breviary.” The laity eventually were given beads to help them count their prayers.

Marian devotion followed a similar pattern. Gabriel's words, “Hail Mary, full of grace, the Lord is with you” (Luke 1:28), sometimes were read in the monasteries at the end of a psalm, showing how the psalms found fulfillment in the New Testament with the coming of Christ through the Virgin Mary. Some laity began to recite these words in the manner of the Our Father—150 times, while counting their prayers on beads. In repeating the words of Gabriel, they were reliving the joy of the annunciation and celebrating the mystery of God becoming man in Mary's womb.

Christians linked this prayer with Elizabeth's words to Mary at the Visitation: “Blessed are you among women, and blessed is the fruit of your womb” (Luke 1:42). Finally, with the addition of the name “Jesus” in the thirteenth century, the first half of the Hail Mary was in place. This early form of the Hail Mary was recited 150 times on the beads. By the fifteenth century, the 150 Hail Marys had been divided into sets of ten, known as “decades,” with an Our Father at the beginning of each.

Meditating on Mysteries

Another line of development in monastic

prayer eventually led to the practice of contemplating Christ's life while reciting the Hail Marys. Some monasteries began associating the psalms with an aspect of Jesus's life. At the end of each psalm, the monks would recite a phrase relating that psalm to the life of Jesus or Mary. Taken together, these phrases formed a brief life of Christ and his mother.

A devotion that joined fifty of these phrases with the praying of fifty Hail Marys began in the early fifteenth century. However, since fifty points of reflection generally could not be recalled without a book, the devotion was simplified by reducing the meditation points to fifteen, with one for every decade. By the end of the fifteenth century, the basic structure of the rosary was in place: Our Fathers dividing decades of Hail Marys, with meditations on the life of Christ and Mary.

In the sixteenth century, the sets of five Joyful, five Sorrowful, and five Glorious Mysteries as we know them today began to emerge. Also, the vocal prayers of the rosary were finalized. The Glory Be was added to the end of every decade, and the second half of the Hail Mary was formalized: “Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.” In 1569, Pope Saint Pius V officially approved the rosary in this form: fifteen decades of Hail Marys introduced by the Our Father and concluded with the Glory Be.

And so the rosary remained for over four centuries. Then, in 2002, Pope Saint John Paul II proposed something new.

The Luminous Mysteries

The graphic offered clear instructions on how to pray the rosary, explaining which prayer—Our Father, Hail Mary, or Glory Be—should be recited with which bead. The day before the article's publication, Pope John Paul II published his Apostolic Letter on the Most Holy Rosary, *Rosarium Virginis Mariae*. The letter announced the Year of the Rosary and called on Catholics to renew their devotion to this traditional prayer. However, what grabbed the attention of the entire Catholic world was John Paul II's proposal of a whole new set of mysteries for contemplation in the rosary, the “Mysteries of Light” or “Luminous Mysteries.”

John Paul II suggested that reflection on the mysteries of Christ's public ministry would help Catholics enter more fully into the life of Jesus through the rosary: “To bring out fully the Christological depth of the Rosary it would be suitable to make an addition to the traditional pattern which... could broaden it to include the mysteries of Christ's public ministry between his Baptism and his passion” (RVM, 19). The pope proposed the following scenes to be contemplated: (1) Christ's baptism, (2) the wedding feast at Cana, (3) the proclamation of the kingdom, (4) the Transfiguration, and (5) the institution of the Eucharist.

The pope's invitation to reflect on these mysteries makes a lot of sense. As some have noted, in the traditional form of the rosary, the transition from the fifth Joyful Mystery to the first Sorrowful Mystery seemed rather abrupt. We moved from Jesus as a twelve-year-old boy found by

his parents in the temple to Jesus as a 33-year-old man about to be crucified on Calvary. The Mysteries of Light fill in the gap.

The pope also said he hoped the addition of new mysteries would give the rosary “fresh life” at a time when the rosary was devalued in many parts of the Church. He hoped this new vitality would help “enkindle renewed interest in the Rosary's place within Christian spirituality as a true doorway to the depths of the Heart of Christ, ocean of joy and of light, of suffering and of glory” (RVM, 19). Indeed, the Mysteries of Light seem to be not only a most fitting development of the rosary, but also a providential one for our age and one that is likely to stand the test of time.

By: Edward Sri
Franciscan Media

“THE CHOSEN” Watch Party To HELP the Poor in Soibada



Join us to watch a couple of episodes of “The Chosen”, bring your drinks and nibbles, enjoy camaraderie, and aid the poor in our Sister Village of Soibada. This is a FREE EVENT but there will be an opportunity to make a tax deductible donation if desired.

Please book through the link below so we know how many to expect! This is an ecumenical gathering - all are welcome! We are thinking of making this a monthly event. <https://www.trybooking.com/CVPRD>

The Chosen is the first-ever multi-season TV show about the life of Jesus. THE CHOSEN allows us to see Him through the eyes of those who knew Him.

Date: Sunday, 29 September

Time: 7pm

Place: Maria Regina Church Hall

Cost: FREE but donations to Soibada would be welcome

Bring: Drinks and nibbles

Click the QR code & follow the prompts



The *Living* Word

Entrance Antiphon

I am the salvation of the people, says the Lord. Should they cry to me in any distress, I will hear them, and I will be their Lord for ever.

First Reading Wisdom 2:12, 17-20
A reading from the book of Wisdom
Let us condemn him to a most shameful death.

The godless say to themselves, 'Let us lie in wait for the virtuous man, since he annoys us and opposes our way of life, reproaches us for our breaches of the law and accuses us of playing false to our upbringing. Let us see if what he says is true, let us observe what kind of end he himself will have. If the virtuous man is God's son, God will take his part and rescue him from the clutches of his enemies. Let us test him with cruelty and with torture, and thus explore this gentleness of his and put his endurance to the proof. Let us condemn him to a shameful death since he will be looked after – we have his word for it.'

The word of the Lord

Responsorial Psalm

Ps 53:3-6. 8. R. v.6

(R.) The Lord upholds my life.

O God, save me by your name; by your power, uphold my cause. O God, hear my prayers; listen to the words of my mouth. (R.)

For proud men have risen against me, ruthless men seek my life. They have no regard for God. (R.)

But I have God for my help. The Lord upholds my life. I will sacrifice to you with willing heart and praise your name for it is good. (R.)

Second Reading James 3:16 – 4:3
A reading from the letter of St James
Justice is the harvest of peacemakers from seeds sown in a spirit of peace.

Wherever you find jealousy and ambition, you find disharmony, and wicked things of every kind being done; whereas the wisdom that comes down from above is essentially something pure; it also makes for peace, and is kindly and considerate; it is full of compassion and shows itself by doing good; nor is there any trace of partiality or hypocrisy in it. Peacemakers, when they work for peace, sow the seeds which will bear fruit in holiness. Where do these wars and battles between yourselves first start? Isn't it precisely in the desires fighting inside your own selves? You want something and you

haven't got it; so you are prepared to kill. You have an ambition that you cannot satisfy; so you fight to get your way by force. Why you don't have what you want is because you don't pray for it; when you do pray and don't get it, it is because you have not prayed properly, you have prayed for something to indulge your own desires.

The word of the Lord.

Gospel Acclamation 2 Thessalonians 2:14

Alleluia, alleluia!

God has called us with the gospel to share in the glory of our Lord Jesus Christ.

Alleluia!

Gospel Mark 9:30-37
A reading from the holy Gospel according to Mark

The Son of Man will be delivered into the hands of humanity ... All who wish to be first must make themselves the servants of all.

After leaving the mountain Jesus and his disciples made their way through Galilee; and he did not want anyone to know, because he was instructing his disciples; he was telling them, 'The Son of Man will be delivered into the hands of men; they will put him to death; and three days after he has been put to death he will rise again.' But they did not understand what he said and were afraid to ask him.

They came to Capernaum, and when he was in the house he asked them, 'What were you arguing about on the road?' They said nothing because they had been arguing which of them was the greatest. So he sat down, called the Twelve to him and said, 'If anyone wants to be first, he must make himself last of all and servant of all.' He then took a little child, set him in front of them, put his arms round him, and said to them, 'Anyone who welcomes one of these little children in my name, welcomes me; and anyone who welcomes me welcomes not me but the one who sent me.'

The Gospel of the Lord

Communion Antiphon Psalm 118:4-5

You have laid down your precepts to be carefully kept; may my ways be firm in keeping your statutes.

REFLECTION
by Diane Bergant

Who are the righteous? This is a question that holds little interest today. We are more concerned with the successful and the famous. We want people to be honest, at least in their

dealings with us, but we are more apt to applaud those who are clever. We commend people for making a good deal, for knowing how to get ahead or striking it rich. We extol the beautiful, the strong, the self-assured, those who have made a name for themselves, those who entertain us. We encourage people to be ambitious. Seldom is popularity based on righteousness.

Yet righteousness is a pillar of the reign of God. Those who would enter that reign must be gentle and merciful, faithful and sincere, lovers of peace. They must be willing to take the last place, to be the servant of all. The righteous are not often held in high regard. They are often ridiculed and even persecuted. When they are considered a reproach to the standards of society, they may even be put to death.

There are times when we might be inclined to envy and resentment, not wanting to feel morally inferior, and we might relish the opportunity of putting the virtue of others to the test. We may say that we want to draw forth their strengths, when we really hope their weaknesses will be revealed and they will prove to be no better than we are. Sometimes the righteous have nowhere else to turn but to Jesus, whose life they are following and into whose death they have been plunged.

© Dianne Bergant CSA

Welcome to Pittwater Parish

Nora Diane Nugent
Mae Felicity Nugent

at
Maria Regina Church

Avalon

on the

18th of August 2024

Genevieve Rose Falkland
Louise Charles Falkland

at

Sacred Heart Church
Mona Vale

on the

24th of August 2024

for the
Sacrament of Baptism

DO NOT BE ANXIOUS ABOUT ANYTHING — INSTEAD — PRAY ABOUT EVERYTHING

PHILIPPIANS 4: 6-7



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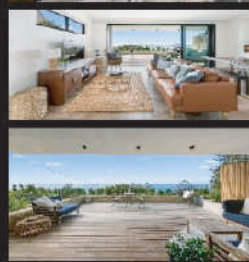
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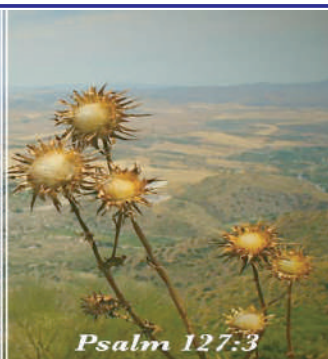
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**Behold,
children are a
heritage from
the Lord, the
fruit of the
womb a
reward.**



Psalm 127:3



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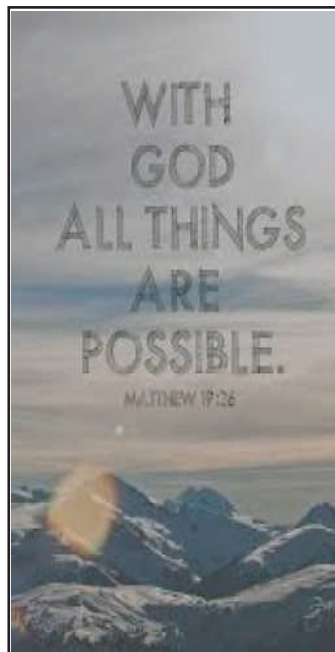
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