



The Catholic Parish of Pittwater

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



Peace Prayer of Saint Francis

Lord, make me an instrument of your peace:
where there is hatred,
let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I
may not so much seek
to be consoled as to console,
to be understood as to
understand,
to be loved as to love.

For it is in giving that we
receive,
it is in pardoning that we are
pardoned, and it is in dying
that we are born to eternal life.

Amen.



Thoughts of Fr Francis Jordan

Hope comes from faith! We must have great faith, and without great faith we cannot have hope or confidence in God, or hope in the Lord!

Continue to practise good hygiene. *Please use the hand sanitisers provided in both of our Churches.*



If you have used this bulletin, please take it home with you.



POPE FRANCIS' PRAYER INTENTION FOR OCTOBER

For a Church open to everyone

We pray for the Church; ever faithful to, and courageous in preaching the Gospel, may the Church be a community of solidarity, fraternity and welcome, always living in an atmosphere of synodality.



You can find us on **Instagram** (pittwater_parish)

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

MASS TIMES

SACRED HEART CHURCH
1 Keenan Street, Mona Vale

Weekday Masses

Tuesday 8.30am

Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8am, followed by Mass at 9.30am

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

Tomas V. de la Cruz

Michal Bizub

Recently Deceased

Denise Carmody

Wieslawa Babinska

Bozidar Sljokic

If you would like the names of your relatives or friends and offerings included, please drop the envelope in to the Parish Office by

Prayers for the Sick

Franciszek Smigowski

Anna Smigowska

Nick Moullakis

M. Miller

Avelino Samartin

Andrew Hood

Jeff Langley

Erin Ocampo

Mark Lindfiels

Nick Moullakis

Bill Eyre

Brian Gregan

Mrian Poe

Marcia Bailey

Bec Burroughs

Susan Hickey

Sophia Burfitt

Margaret De Landre

Maeve Robinso

Jenny Carroll

Matt Ukishima

Pietrina Maiorana

Mina Lee

Denise Wagner

Ron

Leonie Ariemetto

John Graham

Liturgy for the Week

03/10 Monday in Ordinary Time 27
Gal 1:6-12; Lk 10:25-37

04/10 Tuesday, St Francis of Assisi
Gal 1:13-24; Lk 10:38-42

05/10 Wednesday in Ordinary Time 27
Gal 2:1-2, 7-14; Lk 11:1-4

06/10 Thursday in Ordinary Time 27
Gal 3:1-5; Lk 11:5-13

07/10 Friday, Our Lady of Rosary
Gal 3:7-14; Lk 11:15-26

08/10 Friday in Ordinary Time 27
Gal 3:22-29; Lk 11:27-28

BOOK REVIEW

The Padre
Saint Pio of Pietrelcina

By

Fr. Marcellino Iasenza Nero



Read how Pio formed his great family of spiritual children, how he loved and nourished them with his sufferance.

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GIVING

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October 4th



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A Mustard Seed Size Faith



1. Supersize it!

We live a "supersize" mentality. Everything has to be big: our food orders at McDonalds, our houses, cars, etc. We need to "supersize" our faith in Jesus. He has the power of doing that for us if we request it with all sincerity and humility. At the same time, we need to exercise the faith we have, especially when the temptation to doubt God increases. Our faith deepens in the measure in which we apply it in all the different circumstances of our life.

2. Believing

As Jesus states, we often want praise or thanks from others because we have done our duty. Yet, we were only doing what we ought to have done. No praise or thanks is needed, since we have done nothing more than what was expected. Rather than look for recognition, praise, or thanks, we should see ourselves as humble servants in search of greater faith everyday.

3. Worthless Slaves ...Us?

No one wants to feel worthless. We all seek to be valued and esteemed, to be needed in some way by others. We strive hard to achieve this esteem from family and friends. However, in our relationship with God our Father, things are often different. We do the minimum in order to get by spiritually. With God's grace we need to strive to go beyond the minimum, giving ourselves with love and without reservation or fear. It is not that God will somehow value us more; in fact, he already loves us incredibly deeply. Our efforts in the spiritual life are simply a response to God's love. Paradoxically, the more we humbly seek to respond to God's love by doing his will in our lives, the more we experience the greatness of his love.

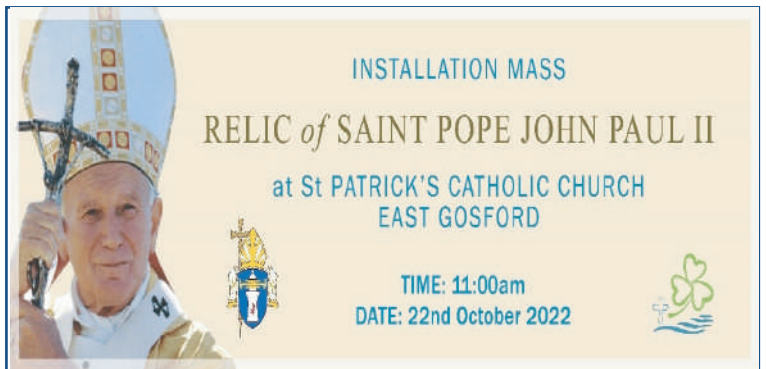
Conversation with Christ:

Jesus, help me to place all my trust and faith in you. I don't always trust, and this is when my fears and anxieties take over. I want to put these aside and place myself in your hands. In doing this I will be able to serve you better.

Resolution:

Today I will put more effort in doing the ordinary things of the day in an extraordinary way, out of love for Jesus.

by: Catholic.net



On October 22, Bishop Anthony will be installing a relic of Saint Pope John Paul II at St. Patrick's Church, East Gosford. At this Mass, St. Patrick's will be established as a Shrine, with a blessing of the associated Pastoral Centre. The Shrine aims to invoke new inspiration for evangelisation, offering pilgrims a form of devotion that is not common in the Australian context. Those who attend the Mass are eligible to receive a partial indulgence, and the Shrine will be open during the day for prayer and veneration. A celebration with refreshments will follow. All are warmly welcome to join in this wonderful event. Please register your attendance at JPII.Centre@bbcatholic.org.au, including your full name and the number of people attending with you. Large groups (especially bus groups - e.g., from parishes and schools) are asked to make contact early to ensure arrangements can be made.

Date: Saturday 22 October 2022

Time: 11:00 am

Venue: St. Patrick's Catholic Church,
76 York Street, East Gosford

For those who are interested, there will be a 27- seater bus at Sacred Heart Church and will be leaving at 8 am.

Please write down your name on the SignUp Sheet provided at the back of the churches.

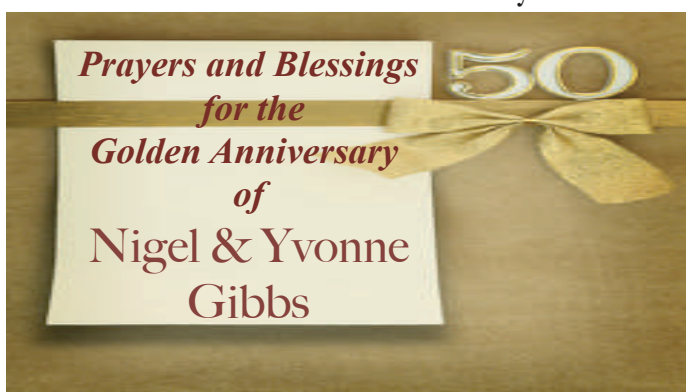
Children's Liturgy of the Word Saturday, 15 October 2022 5 pm Mass

All Children are welcome to join!

Kids are invited to hear and experience God's Word through stories, prayer, art and music.



"Let the children come to me." Matthew 19:14



Parish Directory

Pittwater Parish

1 Keenan Street Mona Vale
NSW 2103
Tel 9157 0999

Parish Priest

Fr Richard Sadowski SDS
Tel 9157 0999 ext 10
pp@pittwaterparish.org

Assistant Priest

Fr Zygmunt Smigowski SDS
Tel 9157 0999 ext 12
ap@pittwaterparish.org

Parish Secretary

Donita Kerin
Tel 9157 0999 ext 30
office@pittwaterparish.org

Director of Music

Josh Willard
Tel 9157 0999 ext 17
music@pittwaterparish.org

Media & Communication

Conille Felias
Tel 9157 0999 ext 31
media@pittwaterparish.org

Sacramental Coordinator

Sonia Samartin
Tel 9157 0999 ext 13
sacraments@pittwaterparish.org

CCD Catechist Coordinators

Maureen Wooldridge

Mobile 0421 907 469

Veronica Thomas

Mobile 0417 061 534

Parish Office Hours

Monday to Thursday

9.00 am to 4.00 pm

Friday

9.00 am to 12.00 pm

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 9918 2608

Principal: Miss Kirsty Thorpe

WARRIEWOOD

Mater Maria Catholic College

Tel 9997 7044

Principal: Mr Marc Reicher



Celebrating the Sacrament of Reconciliation

Sacred Heart Church, Mona Vale
Tuesday 25 October 2022 at 4:30 pm
Tuesday 25 October 2022 at 6:00 pm
Maria Regina Church, Avalon
Thursday 3 November at 4:30 pm

Celebrating the Sacrament of the Holy Eucharist (Holy Communion)

Maria Regina Church, Avalon
Saturday 12 November 2022
at 6:00 pm
Sunday 13 November 2022
at 9:00 am
Sacred Heart Church, Mona Vale
Saturday 19 November 2022
at 5:00 pm
Sunday 20 November 2022
at 10 am
Sunday 20 November 2022
at 12 noon

Parishioners

It's been several months since Bishop Bernard O'Grady moved from the presbytery in Avalon, leaving it vacant. During this time, the Parish Finance Committee have been discerning as to what to do with the unoccupied residence.

Through their consultation with various groups, they have realised the importance of maintaining the residence as a place for the clergy/religious whilst also understanding the need for an income stream for the Parish to ensure its viability.

The members of the parish finance committee have created and designed some proposed changes to the internal layout of the residence (without needing to make any changes or amendments to the outside of the building) which they are confident will achieve both of these needs.

These changes to the internal layout will allow for two uses of the building. Firstly, the change will accommodate for up to 2 clergy/religious to use the space for retreats, sabbaticals or holidays. Secondly, the change will create a living space that can be leased to a couple or a small family.

If you have any concerns in regard to these proposed changes to the layout please do not hesitate to contact Fr Richard or attend a brief consultation meeting following the 9:00am Mass on Sunday 2 October in the Avalon hall.

It's not too late to Register and join the Salvatorians for the Pilgrimage to World Youth Day 2023

For more information, please scan the QR code

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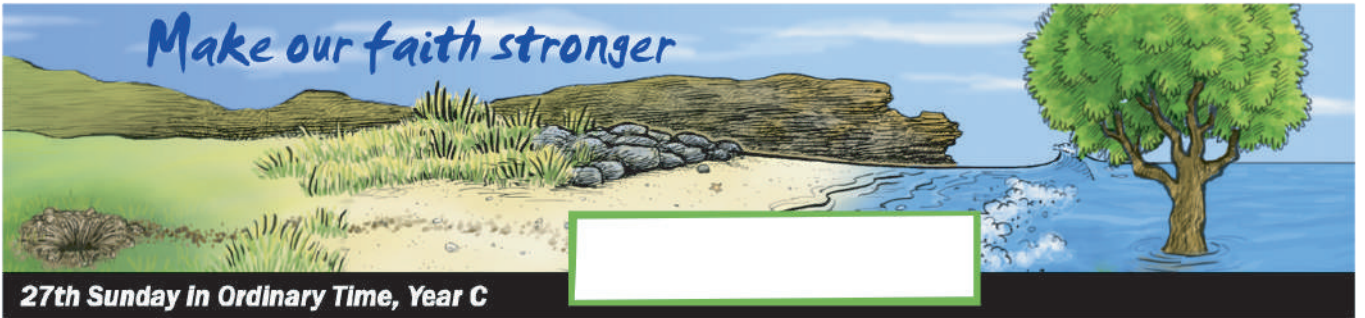
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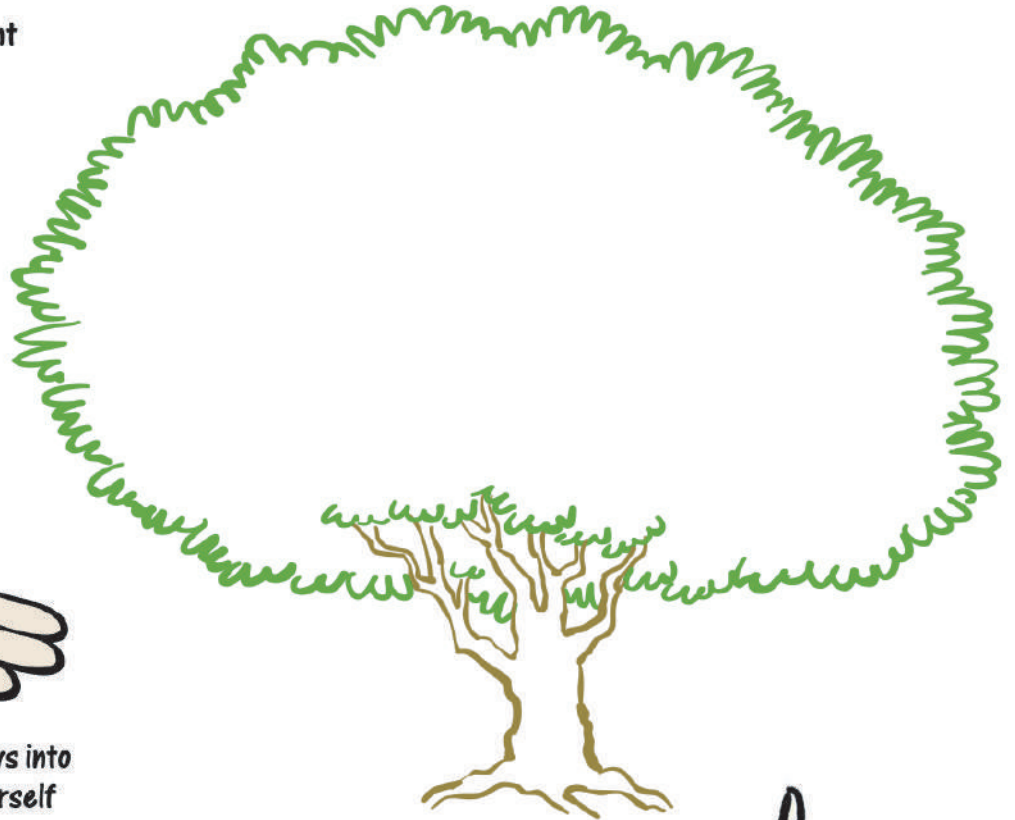
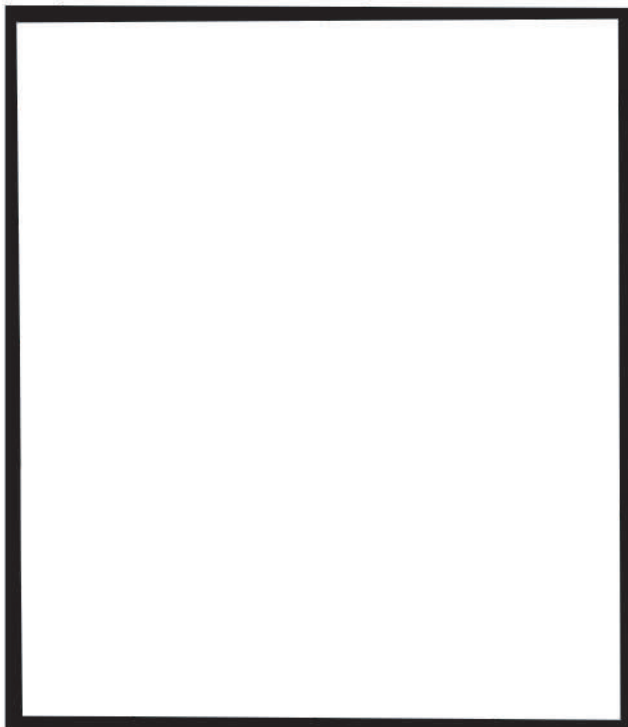


27th Sunday In Ordinary Time, Year C

With even the smallest amount of faith we can achieve a lot. Write in the tree some good things that you can do this week which show how much you believe in Jesus.



Jesus says our faith can grow, like a mustard seed that grows into a tree. Draw a picture of yourself doing something that helps your faith in Jesus to grow.



MUSTARD SEED

How many words can you make from the letters in the words MUSTARD SEED?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

The *Living* Word

Entrance Antiphon Cf. Est 4:17

Within your will, O Lord, all things are established, and there is none that can resist your will. For you have made all things, the heaven and the earth, and all that is held within the circle of heaven; you are the Lord of all.

First Reading Hab 1:2-3; 2:2-4

A reading from the prophet Habakkuk
The just will live by faithfulness.

How long, Lord, am I to cry for help while you will not listen; to cry 'Oppression!' in your ear and you will not save?
Why do you set injustice before me, why do you look on where there is tyranny?
Outrage and violence, this is all I see, all is contention, and discord flourishes. Then the Lord answered and said, 'Write the vision down, inscribe it on tablets to be easily read, since this vision is for its own time only: eager for its own fulfilment, it does not deceive; if it comes slowly, wait, for come it will, without fail. See how he flags, he whose soul is not at rights, but the upright man will live by his faithfulness.'

The word of the Lord

Responsorial Psalm Ps 94:1-2, 6-9. R. v.8

(R.) If today you hear his voice, harden not your hearts.

Come, ring out our joy to the Lord; hail the rock who saves us. Let us come before him, giving thanks, with songs let us hail the Lord. **(R)**

Come in; let us bow and bend low; let us kneel before the God who made us for he is our God and we the people who belong to his pasture, the flock that is led by his hand. **(R)**

O that today you would listen to his voice!
'Harden not your hearts as at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work.' **(R)**

Second Reading 2 Tm 1:6-8, 13-14

A reading from the letter of St Paul to Timothy
Never be ashamed of witnessing the Lord.

I am reminding you to fan into a flame the gift that God gave you when I laid my hands on you. God's gift was not a spirit of timidity, but the Spirit of power, and love, and self-control. So you are never to be ashamed of witnessing to the Lord, or ashamed of me for being his prisoner; but with me, bear the hardships for the sake of the Good News, relying on the power of God.
Keep as your pattern the sound teaching

you have heard from me, in the faith and love that are in Christ Jesus. You have been trusted to look after something precious; guard it with the help of the Holy Spirit who lives in us.

The word of the Lord

Gospel Acclamation 1 Pt 1:25

Alleluia, alleluia!

The word of the Lord stands for ever; it is the word given to you, the Good News

Alleluia!

Gospel Lk 17:5-10

A reading from the holy Gospel according to Luke
If you had faith!

The apostles said to the Lord, 'Increase our faith.' The Lord replied, 'Were your faith the size of a mustard seed you could say to this mulberry tree, "Be uprooted and planted in the sea", and it would obey you.

'Which of you, with a servant ploughing or minding sheep, would say to him when he returned from the fields, "Come and have your meal immediately"? Would he not be more likely to say, "Get my supper laid; make yourself tidy and wait on me while I eat and drink. You can eat and drink yourself afterwards"? Must he be grateful to the servant for doing what he was told? So with you: when you have done all you have been told to do, say, "We are merely servants: we have done no more than our duty."'

The Gospel of the Lord

Communion Antiphon Lam 3:25

The Lord is good to those who hope in him, to the soul that seeks him.

REFLECTION
by Dianne Bergant CSA

In our struggles to be faithful disciples, we frequently must endure periods when we feel abandoned by God. When we have been intent on serving God with genuine devotion, such times are particularly trying, for one would expect that God would not withdraw consolations. When this happens, the broken heart and the strained spirit cry out to God in complaint: How long? Why? We have all been worn down by life, tempted to give up, too weary to go on.

Faith in God is a gift for which we pray. It enables us to accomplish marvellous feats; with it we can move mountains. As unprofitable servants, we do not earn it; we have no right to claim it as our own.

We are the ones from whom faithful service will be expected. We will be sent to plough the fields and tend the sheep. We will be called to serve at table. The faith that is ours has been mediated to us through the community. We have heard about God and about Jesus from others, from our parents and families, from our teachers and those who preach, from those with whom we work and play. Faith comes from God, but through the mediation of the community. Timothy received faith from his mother and grandmother. It was strengthened in him through the imposition of Paul's hands and through his preaching of the word of God. Furthermore, what Paul taught had first been handed down to him from those who preceded him.

© Dianne Bergant CSA

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 15 October 2022 at 10am,
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