



# The Catholic Parish of Pittwater

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



## Prayer

Father Almighty,  
we humbly ask for your forgiveness for our sins,  
in our thoughts and  
in our words,  
for you are the most high  
and you alone are  
the Holy one.

We will always be thankful for  
your never ending blessings,  
healing powers and forgiveness  
through your Son, Jesus Christ.  
Your love for your children  
is immeasurable.

Please guide our faith  
and continue making us  
humble and respectful just  
like the leper  
who came back to your Son  
to thank him for healing them.  
This we ask through your  
Holy Name.

Amen.

## Thoughts of Fr Francis Jordan

Whoever trusts in the Lord will never sink or fall. Whoever has the Lord for his strength will never fall...



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*

*George Lum Seck Kong*

*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

**10/10 Monday in Ordinary Time 28**  
Gal 4:22-24, 26-27, 31-5:1;  
Lk 11:29-32

**11/10 Tuesday in Ordinary Time 28**  
Gal 5:1-6; Lk 11:37-41

**12/10 Wednesday in Ordinary Time 28**  
Gal 5:18-25; Lk 11:42-46

**13/10 Thursday in Ordinary Time 28**  
Eph 1:1-10; Lk 11:47-54

**14/10 Friday in Ordinary Time 28**  
Eph 1:11-14; Lk 12:1-7

**15/10 Saturday, St Teresa of Jesus**  
Eph 1:15-23; Lk 12:8-12

## BOOK REVIEW

### Words and Anecdotes of Saint Pio

By

*Fr. Costantino Capobianco*



The beautiful words and pictures in this volume are a joy to behold.

## 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*

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Pittwater

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## GIVING

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Google play

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[www.catholiccaredbb.org.au](http://www.catholiccaredbb.org.au)

# A Rare Flower

## Roman Catholic Spiritual Direction

*“Compelled by his great love, or rather, as the apostle says, by the excess of his love for us, he sent his beloved Son that he might make satisfaction for us, and recall us to the life which sin had taken away.” -St. Alphonsus Liguori*

**Christ the Lord** To this day, leprosy is an incurable disease. It can be controlled preventively, through proper hygiene, but it can't be cured. (Leprosy is a bacterial infection that causes loss of sensation and eventual paralysis, along with the grotesque disintegration of a person's extremities – fingers, facial features, etc.) Yet Christ cures these ten lepers with a mere command. Showing oneself to the priest was a requirement of Old Testament law for anyone who claimed to have been cured from leprosy. This law had been instituted in order to insure a full cure. They took this precaution because leprosy is highly contagious, and a miscalculation in an individual case could cause a severe outbreak among a whole village or city. Christ's Lordship rarely appears so clearly and nobly as when he commands the powers of nature for the benefit (never for the harm) of the people he came to save – Jews and foreigners alike.

This encounter stands in sharp contrast, however, to the ongoing verbal fencing between Jesus and the stubborn Pharisees. They refused to call Jesus “Master”; they refused to accept his grace – simply put, they refused him. Why? Because the Pharisees were successful, strong, healthy, and talented, so it was easy for them to consider themselves self-sufficient. The lepers, on the other hand, had no alternative but to acknowledge their utter helplessness. Those who think they can make something truly worthy of their lives depending only on their own resources shut out the authentically transforming grace of God. What's more, the Pharisees didn't even see their error; they thought they were in communion with God. That kind of tragic self-deception should make each one of us take a closer look at our own relationship with the Lord.

**Christ the Teacher** At the end of his Gospel, St John tells us that if everything Christ did during his brief earthly life were written down, the entire world would not contain the books. We can infer, therefore, that many of Christ's miracles were not recorded in the New Testament. Why did St Luke include this one? Clearly because of the lesson that Christ teaches us by it: the ugliness of ingratitude and the beauty of gratitude.

The ten lepers had no hope but Christ. Even their closest relatives dared not come near them. They were required to live in isolated colonies, and if they had to travel, the law obliged them to ring a bell wherever they went, shouting out, “Unclean! Unclean!” to warn people of their approach (which is why they addressed Christ from a distance). On top of that, they had to live with the repulsion of their own decaying bodies – the pain and the stench of leprosy are almost unbearable. Leprosy was a long, humiliating, and dismal agony, the most horrible of ancient diseases. Jesus frees these ten lepers entirely from their hopelessness and dread, and only one comes back to thank him for it – and that one happens to be a Samaritan (the Samaritans were archenemies of the Jews, racially and religiously).

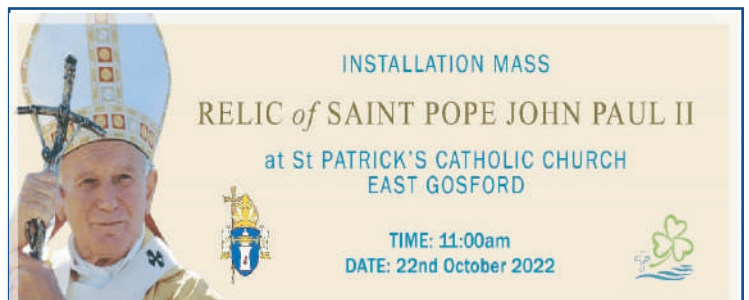
We are all moral lepers. The human race was infected with mortal selfishness by original sin. Christ saved us, not with a mere command, but by his Incarnation, life, suffering, and painful death on a cross. How many of us render him sincere, heartfelt thanks for all he has done for us? Not to live with an attitude of gratitude

towards God is more than being impolite – ingratitude is ugly because it's positively unjust

Gratitude, on the other hand, is one of the most beautiful flowers in the whole garden of virtue. It directly contradicts self-centeredness, self-indulgence, and self-absorption. It builds bridges, unites communities, and softens hearts. It encourages and inspires. It cuts through discouragement and counteracts depression. It opens the soul to the truth and releases anxiety. It brings smiles and gladness wherever it blooms. What a pity that it is as rare as it is lovely!

**Christ the Friend** Jesus cannot resist a cry for pity. For him, a soul in need is an obligation to help. He needed no convincing, no cajolery – these lepers cried out to him from the depths of their hearts and automatically his heart was moved. We see it over and over again in the Gospels – his heart being moved to miraculous action by the needs of those around him. Of course, that same sensitivity was the motive for his coming to earth in the first place – love simply can't hold back when it sees others in need. This truth about Jesus can be the source of our confidence in him, but it should also be the source of our own activity in the world. We who feast on Christ's very own body and blood in the Eucharist need to share also the beatings of his heart, his desire to do as much good as possible; otherwise, our hearts will beat in vain.

*by: Fr John Bartunek, LC  
Catholic Exchange*



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 [JPIL.Centre@bbcatholic.org.au](mailto:JPIL.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.**

# 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

### Sacrament 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

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**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 pm  
**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

Church tradition has always urged prayer for the deceased, in particular by offering the Eucharistic Celebration for them: it is the best spiritual help that we can give to their souls, particularly to those who are most forsaken. The foundation of prayer in suffrage lies in the communion of the Mystical Body. As the Second Vatican Council repeats, "fully conscious of this communion of the whole Mystical Body of Jesus Christ, the pilgrim Church from the very first ages the Christian religion has cultivated with great piety the "memory of the dead" (Lumen Gentium, n.50) Remembering the dead, caring for their grave and prayers of suffrage, are the testimony of confident hope, rooted in the certainty that death does not have the last word on human existence, for man is destined to a life without limits, which has its roots and its fulfillment in God.

### Pope Francis

Saint Peter's Square  
Sunday, 2 November 2014



### November is a special time to pray for the dead.

A plenary indulgence may be gained for the dead, once only, by visiting a church on 2 November and praying the Lord's Prayer and the Creed. Three conditions are required for gaining indulgence: Sacramental Confession, Eucharistic Communion and prayer for the Pope's intentions. If you would like the names of your deceased loved ones, relatives or friends published in our "**Book of Remembrance**", please fill in the "November Mass Offering" envelopes and drop it in to the Parish Office or in any collection baskets. Each day in November, a Mass will be offered for all those mentioned in our "**Book of Remembrance**".

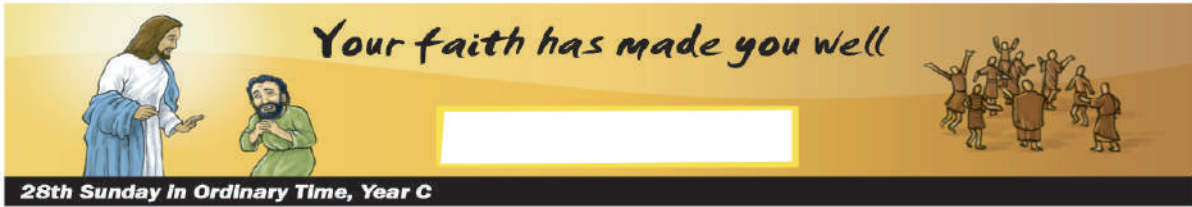
## WANTED - USED POSTAGE STAMPS

Your continued support of the Salesian Missions, Ascot Vale, Vic, through donations of used postage stamps is very much appreciated. The stamps can be left in the Salesian Mission box in the front porch of the Marina Regina Church at Avalon, or handed to the parish office at Mona Vale.

Many Thanks,  
Mary Musgrave

**Do not be ashamed to recite the Rosary alone, while you walk along the streets, to school, to the university, to work, or as you commute by public transport.**

**St Pope John Paul II**



28th Sunday In Ordinary Time, Year C

Draw the leper who returned to thank Jesus.



When are some of the times when you can ask Jesus for help?

Fill in the missing letters, then match them up by number in the large boxes to reveal the message of this story.

- Jesus was on h<sub>2</sub>is way to Jeru<sub>10</sub>alem.
- Te<sub>8</sub> lepers asked Jesus to take pi<sub>5</sub>y on them.
- Jesus told them to s<sub>6</sub>ow themselves to the pri<sub>4</sub>sts.
- One of the men disco<sub>3</sub>ered he was heale<sub>15</sub>, and returned to Jesus, giving praise to <sub>1</sub>od.
- He b<sub>12</sub>wed down at Jesus' fee<sub>11</sub> and than<sub>9</sub>ed him.
- Jesus then told him, " <sub>13</sub>et up and g<sub>14</sub>. Your f<sub>7</sub>ith has made you well."

	1	2	3	4	
5	6	7	8	9	10
		11	12		
	13	14	15		

Luke 17:11-19

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**CatholicCare**  
Diocese of Broken Bay

Thank you for supporting CatholicCare's  
Homelessness Week Fundraiser

The parish raised a total of \$5,201.25, which will allow Catholic Care to continue supporting some of the most vulnerable people in the Diocese. They have now processed the donations and have issued receipts where requested.

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

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# The *Living* Word

**Entrance Antiphon** Ps 129:3-4

If you, O Lord, should mark iniquities,  
Lord, who could stand?  
But with you is found forgiveness,  
O God of Israel.

**First Reading** 2 Kgs 5:14-17

**A reading from the second book of the Kings**

*Naaman returned to Elisha, the prophet, and acknowledged the Lord.*

Naaman the leper went down and immersed himself seven times in the Jordan, as Elisha had told him to do. And his flesh became clean once more like the flesh of a little child. Returning to Elisha with his whole escort, he went in and stood before him. 'Now I know' he said, 'that there is no God in all the earth except in Israel. Now, please, accept a present from your servant.' But Elisha replied, 'As the Lord lives, whom I serve, I will accept nothing.' Naaman pressed him to accept, but he refused. Then Naaman said, 'Since your answer is "No," allow your servant to be given as much earth as two mules may carry, because your servant will no longer offer holocaust or sacrifice to any god except the Lord.'

**The word of the Lord**

**Responsorial Psalm** Ps 97:1-4. R. see v.2

**(R.)The Lord has revealed to the nations his saving power.**

Sing a new song to the Lord  
for he has worked wonders.  
His right hand and his holy arm  
have brought salvation. **(R)**

The Lord has made known his salvation;  
has shown his justice to the nations.  
He has remembered his truth and love  
for the house of Israel. **(R)**

All the ends of the earth have seen  
the salvation of our God.  
Shout to the Lord all the earth,  
ring out your joy. **(R)**

**Second Reading** 2 Tm 2:8-13

**A reading from the letter of St Paul to Timothy**

*If we hold firm, we shall reign with Christ.*

Remember the Good News that I carry.  
'Jesus Christ risen from the dead, sprung from the race of David'; it is on account of this that I have my own hardships to bear, even to being chained like a criminal – but they cannot chain up God's news. So I bear it all for the sake of those who are chosen, so that in the end they may have the salvation that is in Christ Jesus and the eternal glory that comes with it.  
Here is a saying that you can rely on:  
If we have died with him, then we shall

live with him.

If we hold firm, then we shall reign with him.

If we disown him, then he will disown us.  
We may be unfaithful, but he is always faithful,  
for he cannot disown his own self.

**The word of the Lord**

**Gospel Acclamation** 1 Pt 1:25

Alleluia, alleluia!

For all things give thanks to God,  
because this is what he expects of you in Christ Jesus.

Alleluia!

**Gospel** Lk 17:11-19

**A reading from the holy Gospel according to Luke**

*It seems that no one has returned to give thanks to God except this foreigner.*

On the way to Jerusalem Jesus travelled along the border between Samaria and Galilee. As he entered one of the villages, ten lepers came to meet him. They stood some way off and called to him, 'Jesus! Master! Take pity on us.' When he saw them he said, 'Go and show yourselves to the priests.' Now as they were going away they were cleansed. Finding himself cured, one of them turned back praising God at the top of his voice and threw himself at the feet of Jesus and thanked him. The man was a Samaritan. This made Jesus say, 'Were not all ten made clean? The other nine, where are they? It seems that no one has come back to give praise to God, except this foreigner.' And he said to the man, 'Stand up and go on your way. Your faith has saved you.'

**The Gospel of the Lord**

**Communion Antiphon** Cf. Ps 33:11

The rich suffer want and go hungry,  
but those who seek the Lord lack no blessing.

**REFLECTION**

*by Dianne Bergant CSA*

*The leprosy of Naaman and the ten men in the gospel serves as a metaphor for sinfulness, the condition that makes us unfit for the presence of God and despicable in the eyes of others. Separated from God and alienated from society, we are truly in a deplorable state, a state out of which we are unable to extricate ourselves. Into these seemingly hopeless conditions step the prophet Elisha and Jesus. Each in his own way brings the healing power of God, the saving grace of God. Paul is such a*

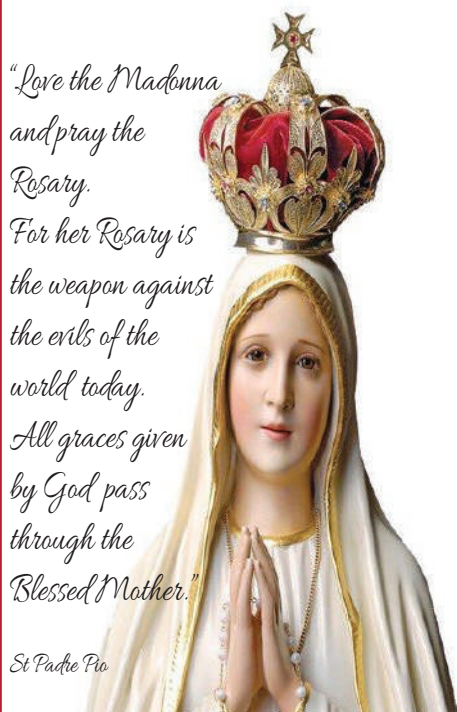
*mediator as well. He brings the gospel to those who are in need of salvation. When people are open to his preaching, they are transformed and made ready to receive eternal glory.*

*After healing come gratitude and praise. Both Naaman and the lone Samaritan are so filled with gratitude that they return to the one responsible for their healing. They are not so preoccupied with their good fortune as to forget that it came to them as a gift. Their response is the kind of thanks and praise that is proclaimed in the psalm and that is also celebrated at each Sunday Eucharist. We have been saved from our alienation from God and from each other so let us give thanks to the Lord.*

*Those who know that they have been healed, who realize that this was a gift freely given to them, and who return to give thanks have, by these acts of devotion, stepped over a threshold into a new way of living. Their thanks and praise usher them into a new age, the age of eschatological promise.*

© 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  
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