



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

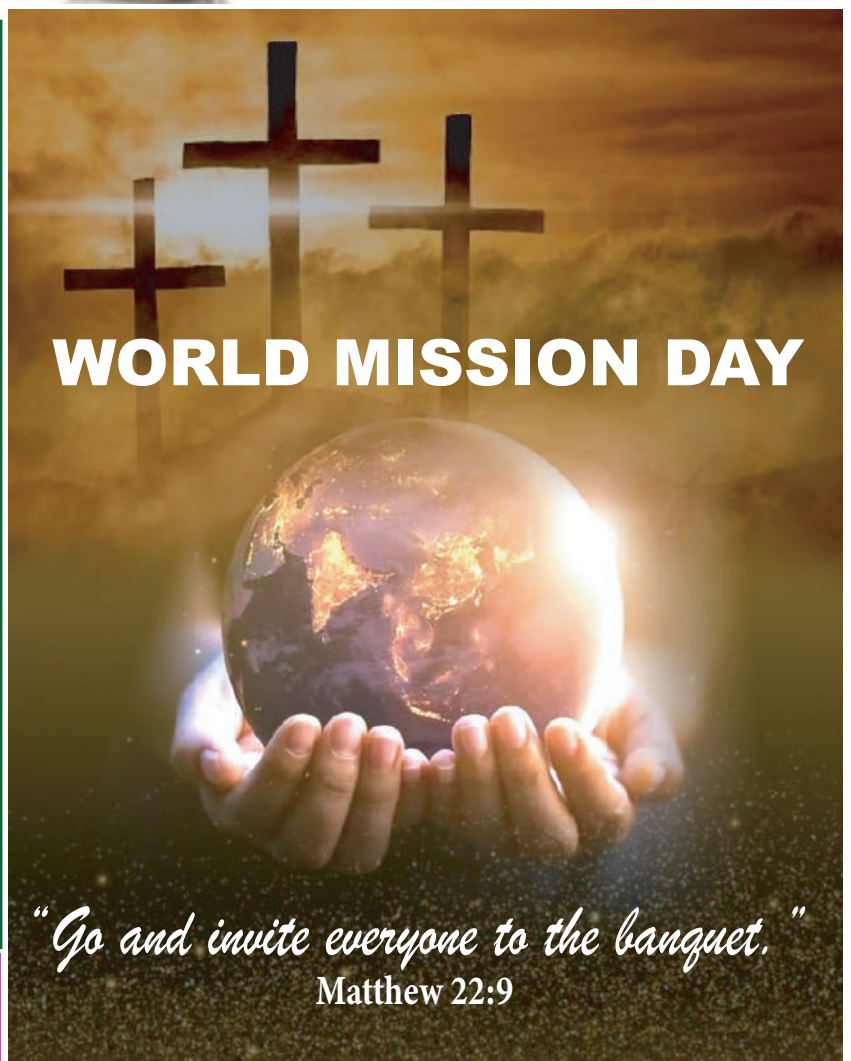


Thoughts of Blessed Francis Jordan

Therefore, all I can say is seek God, who is good and perfect and you need not care about other needs.

PRAYER

O Lord, in Your infinite wisdom and boundless love, You have called us to love and serve one another as You have loved us. I come before You today, my heart open and ready to receive Your guidance and strength to fulfill this command. Teach me to love not just in words, but in action and in truth. Instill in me a heart that sees beyond the surface, recognising the need, the hurt and the longing in those around me. Grant me the courage to step out of my comfort zone, to serve others with humility and grace, reflecting Your love in every interaction. Amen.



"Go and invite everyone to the banquet."

Matthew 22:9



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 OCTOBER

For a Shared Mission

Let us pray that the Church continue to sustain a synodal lifestyle in every way, as a sign of co-responsibility, promoting the participation, communion and mission shared by priests, religious and laity.

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
9.00 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
Bozidar Sljokic

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

Recently Deceased
Noeline Beacham

Prayer for the Sick

Anna Śmigowska

Anne Gerathy

James

Bruce Farr

Cindy Kalalo

Maureen Larios

Denise Wagner

Anna Maria

Elaine Boyes

Pauline Chipman

Anna

Svetlana

Leonor

Sofia

Anna Kantonec

Mother Pauline

Angela Miller

Philip Khalifeh

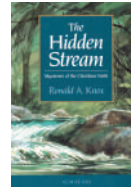
Robert McCauley

Heidi Taylor

BOOK REVIEW

The Hidden Stream

By: Ronald A Knox



With his sparkling wit, Knox re-examines some of the fundamental precepts of the Catholic faith as well as the formidable challenges facing Catholics in the modern world.

Remember the words the Lord himself said, "It is more blessed to give than to receive."
Acts 20:35

Liturgy for the Week

21/10 **Monday, Ordinary Time 29**
Eph 2:1-10; Lk 12:13-21

22/10 **Tuesday, Ordinary Time 29**
Eph 2:12-22; Lk 12:35-38

23/10 **Wednesday, Ordinary Time 29**
Eph 3:2-12; Lk 12_39-48

24/10 **Thursday, Ordinary Time 29**
Eph 3:14-21; Lk 12:49-53

24/10 **Friday, Ordinary Time 29**
Eph 4:1-6; Lk12:45-59

25/10 **Saturday, Ordinary Time 29**
Eph 4:7-16; Lk 13:1-9

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.

Available on the **App Store**

Get it on **Google play**



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

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 *Belinda Cimino*

Tel 9157 0999 ext 30
office@pittwaterparish.org

Administrative Assistant *Sherea Knight*

Tel 9157 0999 ext 30
office@pittwaterparish.org

Media & Communications Coordinator

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

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

CALLING ALL MUSICIANS TO JOIN OUR PARISH MUSIC MINISTRY

If you are interested in sharing your musical
gifts to serve our faith community,
please contact the
Parish Office on 9517 0999 or
speak to Fr Richard after Mass

TOWARD THE
2025 JUBILEE YEAR

YEAR OF PRAYER

YOU ARE CALLED TO BE
"PILGRIMS OF HOPE"

Book of Remembrance

Church tradition has always urged prayer for the deceased, in particular by offering the Eucharist 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 Offerings" envelopes and drop it in to the Parish office or put it in the collection during the weekend Masses.

Each day in November, a Mass will be offered for all the names published in our "Book of Remembrance."





Thanks for your kindness, people like Chuluunbaatar. They will have access to the support they need to help them get back on their feet. Your gift will also support a variety of Church programs around the world.

Let's celebrate World Mission Month!
 Together, we have the power to create change and build a more just world for people everywhere.
 By supporting missionaries in their work, we can create life-changing opportunities for countless children, families, and communities worldwide.
 Join us in making a difference for our sisters and brothers.
Envelopes are on the pews of both Churches.
THANK YOU SO MUCH

NOVEMBER MASSES

Sacred Heart Church, Mona Vale

Friday, 1 November -
All Saints Day
 10:30 am Healing Mass and 7 pm

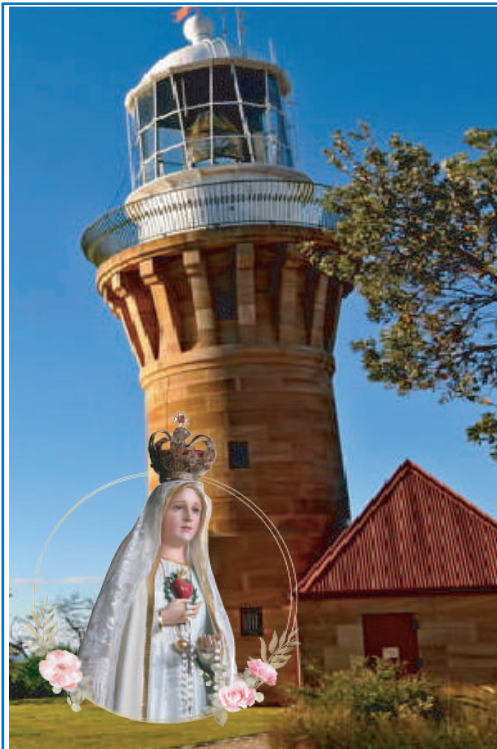
Saturday, 2 November -
All Souls Day
 9:30 am
 followed by
BLESSING OF THE GRAVES
 10:30 am
 Mona Vale Cemetery
 Fazzolari Avenue, Mona Vale

Maria Regina Church, Avalon
 Friday, 1 November -
All Saints Day
 8 am Healing Mass

CatholicCare
 Diocese of Broken Bay

CAREER OPPORTUNITIES

WE CAN ONLY ACHIEVE OUR MISSION IF WE HAVE GREAT PEOPLE DELIVERING OUR SERVICES
www.catholiccareddb.org.au



Rosary by the Beach

Everyone is invited in this **Year of Community** to come together in prayer. Let us unite and gather as we nourish ourselves before our intercession for **PEACE** in the world.

Saturday, 26th of October
 at Governor Philip Park
 Beach Road, Palm Beach

There will be **FREE BBQ Breakfast** from **7.30 am to 8.30 am** followed by praying the **Rosary**

Please bring your own folding chairs.

Please RSVP by the 25th of October for catering purposes. Contact the Parish Office on 9517 0999 or write your name on the Attendance Sheet that is available at the back of the pews in both Churches.



Parish Bulletin – Term 4, Week 1

We welcomed back all students and teachers to Term 4 and to a very busy first week. Our Year 12 2025 students and their parents attended our HSC Information Evening. It was wonderful to see such high attendance from our community.

Our best wishes are extended to our Year 12 2024 students who commenced their HSC examinations on Tuesday. This is an important time for students, representing significant challenges and requiring strength and commitment. The examinations will provide them with opportunities to demonstrate the knowledge they have gained and skills they have acquired during their school years at Mater Maria Catholic College. Please keep these students in your prayers and thoughts as they complete these final examinations over the next month.

Our new 2025 College Prefect Leadership Day was a significant highlight. Our nineteen College Captains, Vice-Captains and Prefects had the privilege of attending Mary McKillop Place in North Sydney for a formation program designed to thoroughly cultivate the principles of Servant Leadership.

Congratulations to our Science Teacher, Susan Senior, who has been awarded a grant from Amgen to develop a biotech program for 15-16 year old students. Once developed, these innovative materials will be available on the Amgen Biotech Experience website for teachers worldwide.

Year 10 Commerce students studying share market investing participated in the ASX Schools Share Market Game. This excursion was an opportunity for students to enter the ASX building in Sydney CBD and hear from investment analysts, the Assistant Treasurer and the CEO of the ASX on the importance of investment and investment strategies. Thirty-nine Year 9 students participated in a two-day hike in Kuringai National Park to complete their Qualifying Adventurous Journey and earn their Bronze Duke of Edinburgh award.

Faith Fridays continue to be a success, with a youth group gathering in our Chapel each week. This provides a tranquil moment for reflection for our students.

Applications for Year 7 in 2027 and 2028 are still 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.

Join our Parish Choir and Let Your Voice Soar!

Do you love singing and want to be part of our Sacred Heart Choir?

Our Choir is seeking new members to join our musical family. We are currently preparing our Advent and Christmas programs. Whether you're a seasoned vocalist or just starting out, we welcome all voices.

Experience the joy of performing beautiful Sacred music. Learn and grow as a singer - No audition required! Come as you are and let your voice be heard!

In the words of St Augustine:

“He who sings praise, not only praises, but also loves Him whom he is singing about.”

For more information, please contact ANNE JEFFREY - 0414 797 170

Or drop in at our Rehearsals at Sacred Heart Church, Mona Vale on Mondays at 7 pm

To be good people we must serve others



29th Sunday in Ordinary Time, Year B



Serving Others

Jesus tells us that we need to serve others in order to be good people. What are some ways you can be of service to others?

I can serve my family by ...

I can serve my school by ...

I can serve my community by ...

START

F	Y	O	I	E	R	B	E	F	
T	O	M	U	W	A	P	O	G	R
V	A	L	S	H	N	T	T	T	E
S	I	R	T	S	U	M	H	K	A
E	F	Y	B	D	J	U	O	Y	T
X	H	T	E	O	P	E	S	B	A
L	E	B	K	F	A	E	H	E	O
R	S	E	T	O	L	L	T	H	T
D	N	R	L	T	S	Z	U	E	P
U	T	V	A	N	E	A	N	R	S

FINISH



COMPLETE THE TEXT MAZE

"If you want to be great you must be the servant of all the others."



Ruler or Servant ?

Which of the following things best describe a ruler or a servant? Draw a line from each description to what you think is the correct side.



RULER

ORDERS OTHERS TO DO THEIR WORK

WORKS FOR OTHERS

WANTS TO BE GREAT

SHOWS HUMILITY

HAS POWER OVER OTHERS

MAKES SACRIFICES

TREATS THEIR LEADERS WITH RESPECT

Draw a picture of a king or queen

SERVANT

Draw a picture of a servant

The *Living* Word

Entrance Antiphon Psalm 16:6,8

To you I call; for you will surely heed me, O God; turn your ear to me; hear my words. Guard me as the apple of your eye; in the shadow of your wings protect me.

First Reading Isaiah 53:10-11

A reading from the prophet Isaiah
If he offers his life in atonement, he shall see his heirs, and have long life.

The Lord has been pleased to crush his servant with suffering. If he offers his life in atonement, he shall see his heirs, he shall have a long life and through him what the Lord wishes will be done. His soul's anguish over he shall see the light and be content. By his sufferings shall my servant justify many, taking their faults on himself.

The word of the Lord

Responsorial Psalm
Ps 32:4-5. 18-20. 22. R. v.22

(R.) Lord, let your mercy be on us, as we place our trust in you.

The word of the Lord is faithful and all his works to be trusted. The Lord loves justice and right and fills the earth with his love. **(R.)**

The Lord looks on those who revere him, on those who hope in his love. To rescue their souls from death, to keep them alive in famine. **(R.)**

Our soul is waiting for the Lord. The Lord is our help and our shield. May your love be upon us, O Lord, as we place all our hope in you. **(R.)**

Second Reading Hebrews 4:14-16

A reading from the letter to the Hebrews
Let us be confident in approaching the throne of grace.

Since in Jesus, the Son of God, we have the supreme high priest who has gone through to the highest heaven, we must never let go of the faith that we have professed. For it is not as if we had a high priest who was incapable of feeling our weaknesses with us; but we have one who has been tempted in every way that we are, though he is without sin. Let us be confident, then, in approaching the throne of grace, that we shall have mercy from him and find grace when we are in need of help.

The word of the Lord.



Gospel Acclamation Mark 10:45
Alleluia, alleluia!

The Son of Man came to serve and to give his life as a ransom for all.

Alleluia!

Gospel Mark 10:35-45

A reading from the holy Gospel according to Mark
The Son of Man came to give his life as a ransom for all.

James and John, the sons of Zebedee, approached Jesus. 'Master,' they said to him, 'we want you to do us a favour.' He said to them, 'What is it you want me to do for you?' They said to him, 'Allow us to sit one at your right hand and the other at your left in your glory.' 'You do not know what you are asking' Jesus said to them. 'Can you drink the cup that I must drink, or be baptised with the baptism with which I must be baptised?' They replied, 'We can.' Jesus said to them, 'The cup that I must drink you shall drink, and with the baptism with which I must be baptised you shall be baptised, but as for seats at my right hand or my left, these are not mine to grant; they belong to those to whom they have been allotted.'

When the other ten heard this they began to feel indignant with James and John, so Jesus called them to him and said to them: 'You know that among the pagans their so-called rulers lord it over them, and their great men make their authority felt. This is not to happen among you. No; anyone who wants to become great among you must be your servant, and anyone who wants to be first among you must be slave to all. For the Son of Man himself did not come to be served but to serve, and to give his life as a ransom for many.'

The Gospel of the Lord

Communion Antiphon
Psalm 32:18-19

Behold, the eyes of the Lord are on those who fear him, who hope in his merciful love, to rescue their souls from death, to keep them alive in famine.

REFLECTION
by Diane Bergant

When we set out to follow Jesus, faithful to the promises that we made at baptism to renounce sin and live lives directed by the Spirit, we normally do so with generosity of heart. However, after we have borne the burdens of this decision and realise some of the implications of our commitment, we begin to wonder if it was worth it. We believe that God will generously bless us. Still, would it be so

wrong to hope for a little more, especially if we have made significant sacrifices along the way? Of those to whom much has been given, much will be required in return. The closer we are to Jesus, the more we will be expected to mirror him. The great ones in the reign of God, the ones who exercise authority over others, must be the servants of the rest. Parents, teachers, civil authorities, managers of every kind, pastoral leaders must all be servants, as Jesus was a servant. We will also have to drink from his cup of suffering and be baptised into his death. As we draw close to the one who gave his life as an offering for sin, we will find that the same self-sacrifice is being asked of us. When we struggle with the misfortunes that we face because of our commitment to Jesus, we will have him as an inspiration and a model to follow. He can sympathise with our weaknesses, identify with our suffering. We can draw strength from his example and hope from his kindness.

© Dianne Bergant CSA

**PARISH MORNING
TEA GATHERING**
*Everyone is welcome to join us
EVERY MONTH after the*

**8 am Mass on the 1st Sunday
and
10 am Mass on the 3rd Sunday
at
Sacred Heart Church,
Mona Vale**

**2nd & 4th Sundays
after the 9 am Mass
in front of
Maria Regina Church,
Avalon**

*It provides an opportunity to all
parishioners to connect
and get to know each other.*

*Happy 61st
Wedding Anniversary*

**Bill & Mary
O'Connor**

*May the Lord bless over both
of you on this special day and
may it be filled with joy,
love and happy memories.*

Therefore
*encourage
 one
 another*
 and build each other up.
 1 THESSALONIANS 5:11



PRIME VISION
 PROPERTY MAINTENANCE

FREE QUOTE
 0433 321 448

A Wide Range of Services from Expert Cleaners
 We know how important it is to keep your windows squeaky clean and your property looking like new. That's why we offer a comprehensive range of property and window cleaning services to clients around Sydney. With the help of traditional methods and modern technologies, our cleaners can assist with:

- Window cleaning (traditional, pure-water and abseiling)
- HIGH PRESSURE CLEANING
- HOUSE SOFT WASHING
- GUTTER CLEANING
- SOLAR PANEL CLEANING



**Electrical
 Plumbing
 Air Conditioning.**

Ph:(02) 9905 8800

**We turn up,
 Clean up &
 Guarantee our
 Work !!!**

**GET
 IN TOUCH
 TODAY**



**WILSON
 FAMILY
 FUNERALS**

CALL 02 9913 7131

Locally Australian family
 owned and operated
 Available 24/7



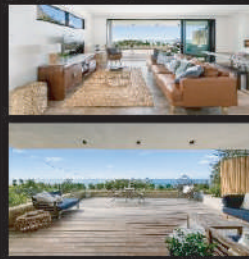
Ann, John and Kate of Wilson Family Funerals

Personally talk to Ann Wilson and her team

- Decades of experience caring for Northern Beaches and North Shore families
- A meaningful service uniquely personal to a family's needs and wishes
- Pre-paid funeral plans
- Care, compassion, love, understanding and support

Suite 3, 1440 Pittwater Rd,
 North Narrabeen, Sydney

wilsonfamilyfunerals.net.au



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

A modern open-plan living & dining area with a well-equipped kitchen. A beautiful space to get ready pre wedding or getaway.

for more information & to book a stay at this AirBnB, scan the QR Code



Scan me!



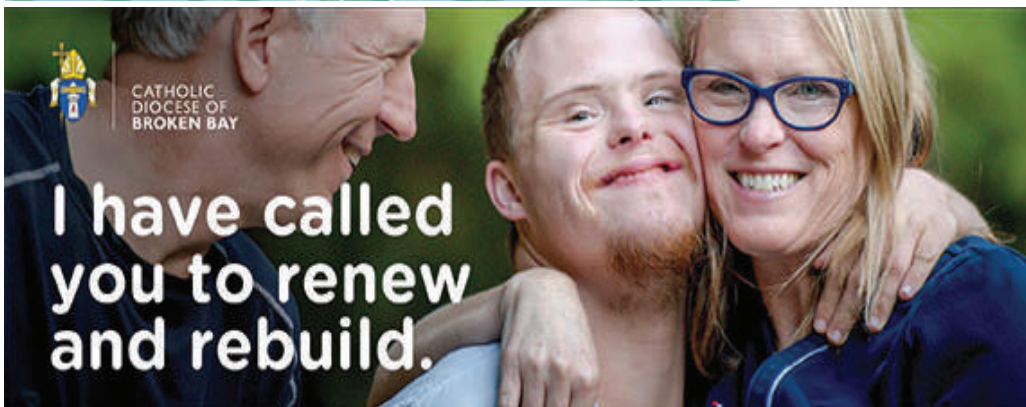
Do to others as you would have them do to you.

LUKE 6:31



Every Girl. Everywhere. Period.

To find out more, call Tamara
 0403226699



**I have called
 you to renew
 and rebuild.**

**PASTORAL
 WORKS** Broken Bay

**Donate to help
 families and parish
 communities in
 Broken Bay.**

Your trusted
Funeral Directors on the
Northern Beaches

ANN WILSON FUNERALS

Proudly Local. Available 24/7

Dee Why 9971 4224 | Mona Vale 9979 5978

annwilsonfunerals.com.au



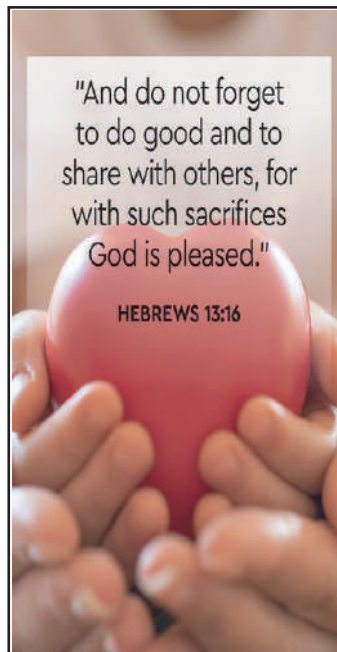
Part of the local
community since 1957

51 Basset St, Mona Vale
Ph: 9999 3340
49 Avalon Pde, Avalon
Ph: 9918 3315



**Serving
Northern Beaches
Families
& Businesses
since 1976!**

Ph: 9913 2624
2 Devitt Street
Narrabeen



The Northern Beaches only local family
owned and operated funeral company



Chris Lee

With over 35 years
experience we can guide
you with sensitivity
and respect your loved
one deserves.

- * 24 hour professional service
- * Enquire about pre-paid funerals
- * Unique funerals a specialty

9999 5211

www.peninsulafunerals.com.au

Purveyor of Specialty Coffees



Driven by a passion for community
& quality



"use our 10% discount code
on checkout parish10 with
all coffee bean orders"

Award winning coffee
beans available online
www.coffeebros.com.au

**PITTWATER
PHARMACY**
COMPOUNDING CHEMIST



Ralph Papandrea
B.PHARM (Hons) MSc. MPS
Len Papandrea
B.PHARM. MPS
Sam Papandrea
B.PHARM. MPS
Andrew Snow
B.PHARM. MPS

1771 Pittwater Road
Mona Vale 2103
Ph: 9999 3398 Fax: 9999 3910

FINE WINE, SPIRITS & BEER

FLEET STREET

MERCHANTS

PAUL BOTTERO

1755 Pittwater Road
Mona Vale NSW 2103

Phone: 9999 3055
Fax: 9999 3055

HUNTER
ESTATE
AGENTS



**Duane
Hunter**
0415 708 992
9970 7220

Follow us on



[duanehunterhea](https://www.facebook.com/duanehunterhea)