



# The Catholic Parish of Pittwater

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



PRAYER through the  
intercession of  
Blessed Francis  
Mary of the Cross  
Jordan

O God of goodness and kindness,  
we thank You for inspiring  
Blessed Francis Mary of the Cross  
Jordan with a profound love and  
knowledge of You,  
the one true God and Jesus Christ,  
whom You have sent to be our  
Divine Saviour.

We implore the fire of Your Spirit  
to enflame all the baptised to be  
apostles in mission for the  
salvation of all people everywhere.

We invoke the intercession of  
Blessed Francis Jordan,  
for our own personal intention.

May he accompany us at  
significant and challenging  
moments in our lives.

And if it be Your will, may he  
be recognised as a persevering  
and faithful saint whose apostolic  
life manifested Your strength

shining through his  
human weakness.

We pray with trust in  
Your Divine Providence.

Amen.



## Thoughts of Fr Francis Jordan

Do everything as if you really saw God before you. This is a sure way to make  
great progress in virtue.

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**  
*Robert Davis O'Connor*  
*Dorotea Labone*  
*George Lum Seck Kong*

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

**17/10 Monday, St Ignatius of Antioch**  
Eph 2:1-10; Lk 12:13-21

**18/10 Tuesday, St Luke**  
2 Tim 4:10-17; Lk 10:1-9

**19/10 Wednesday in Ordinary Time 29**  
Eph 3:2-12 Lk 12:39-48

**20/10 Thursday in Ordinary Time 29**  
Eph 3:14-21; Lk 12:49-53

**21/10 Friday in Ordinary Time 29**  
Eph 4:1-6; Lk 12:54-59

**22/10 Saturday in Ordinary Time 29**  
Eph 4:7-16; Lk 13:1-9

## 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.

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## OUR LADY OF THE ROSARY

OCTOBER



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# What is the Purpose of the Rosary in Catholic Life?



Praying is a powerful act that lets us develop and strengthen our relationship with God and the Rosary offers the same beautiful reward. By praying the Rosary, we meditate on the events in the life of Jesus Christ and this lets us know God more.

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## What is the Rosary

The Rosary is taken from the Latin word “rosarium” which means “crown of roses” or “garland of roses.” To us members of the Catholic Faith, the Rosary is a form of prayer that we use along with its namesake prayer beads. When referring to the prayer, the word Rosary is usually capitalized and when talking about the beads, the lower-case form is used.

According to pious tradition, the idea of the Rosary was given to Saint Dominic when the Virgin Mary appeared to him in an apparition in the year 1214. This Marian apparition is given the title of Our Lady of the Rosary. The Dominican priest and theologian Alanus de Rupe promoted the practice of the Rosary by establishing the “fifteen rosary promises” and founding several rosary confraternities.

## Praying the Rosary

The Rosary is a devotion in honor of the Virgin Mary.

It is made up of a set number of prayers. At the start of the Rosary are the introductory prayers which are composed of one Apostle’s Creed, one Our Father, three Hail Mary’s and one Glory Be.

In the 16th century, Pope Pius V established the standard fifteen Mysteries of the Rosaries which are grouped into three, the Joyful Mysteries, the Sorrowful Mysteries and the Glorious Mysteries. In 2002, Pope John Paul II added a set of five to the existing fifteen mysteries and these became known as the Luminous Mysteries. Today, the total number of mysteries is twenty.

## The Rosary and Meditation

All throughout the history of the Catholic Church, many popes and saints have encouraged praying the Rosary. As we begin to understand and appreciate the Rosary and pray it more frequently, we come to see the true meaning of its meditations. We begin to appreciate how its prayers are reminders not only of Mary the Mother of God but of Christ himself.

Through Mary, we are led to a closer relationship with her son, Jesus. The Rosary is an invitation for us to present our needs to God and to love Him more. When we recite the twelve prayers that form the decade of the rosary, we need to deeply reflect on the mystery associated with that decade. Simple recitation, whether vocally or in silence, is not enough because we miss the true essence of the prayers.

Praying the Rosary therefore is not just simply about reciting prayers. It involves reflecting on the grace of God.

**INSTALLATION MASS**

**RELIC of SAINT POPE JOHN PAUL II**

at **St PATRICK'S CATHOLIC CHURCH**  
EAST GOSFORD

**TIME: 11:00am**  
**DATE: 22nd October 2022**

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](mailto: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 26-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

#### 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 2022 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 put in any collection baskets.

Each day in November, a Mass will be offered for all those mentioned in our "Book of Remembrance".

## POSITIONS NEEDED

### Administration Assistant to Director,

### Evangelisation Broken Bay

The Diocese of Broken Bay is recruiting for a permanent full-time highly skilled Administration Assistant to provide executive support to a busy Director. While the role is noted as full-time there is flexibility with the working schedule for the right candidate. You'll provide support to a dynamic, faith-driven, purposeful manager, with a wide range of responsibilities from the general administrative to in-person support for team meetings, communications and conferences and events – you'll see it all!

If you have experience providing personal assistance to a senior executive coupled with sound administration experience, we would love to hear from you.

### Clergy Administration Officer

The Diocese of Broken Bay is recruiting for a permanent full-time Administration Assistant to provide administrative support to the Executive Officer, Clergy Secretariat.

You'll need sound administration skills and experience, coupled with the people skills and initiative to succeed in this diverse role. You'll be responsible for maintaining clergy records including personnel files & clergy databases, process visa applications, marriage celebrant registrations, clergy private health insurance membership, coordinate clergy vehicle arrangements, administer arrangements for the arrival of international clergy and those departing the Diocese, clergy retirement and deceased estates.

Both these roles are based at the Chancery in Pennant Hills. For further information on these roles including to obtain a copy of the position description and details on how to apply, please contact

[recruitment@bbcatholic.org.au](mailto:recruitment@bbcatholic.org.au).

Applications close Friday 21 October 2022.



Keep praying and God will help you

29th Sunday In Ordinary Time, Year C

Jesus wants us to pray to God and not give up. Draw a picture of yourself praying to God



Who are some of the people we need to pray for?

Write a prayer asking God to help you to never give up when things get tough.

Cross out all letters that appear three times or more. Then unscramble the remaining letters to complete the name of the popular prayer below.

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| H | T | G | O | C | E | J | W |
| S | A | P | Q | G | K | I | T |
| F | O | E | A | S | B | Q | O |
| K | L | T | J | T | E | U | B |
| E | B | C | F | U | J | C | E |
| Q | G | M | E | Y | B | W | U |
| U | F | S | O | C | P | Q | S |
| O | R | P | K | W | E | J | T |

The \_\_\_\_\_

Luke 18:1-8

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### 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



HAVE A CHAT & SHARE A CUPPA WITH AN OLDER PERSON IN YOUR COMMUNITY ONE HOUR A FORTNIGHT



CatholicCare  
Diocese of Broken Bay

# VOLUNTEERS NEEDED

## COMMUNITY VISITORS SCHEME

[www.catholiccareddb.org.au/volunteer](http://www.catholiccareddb.org.au/volunteer)

# The *Living* Word

**Entrance Antiphon** Cf. Ps 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** Ex 17:8-13

**A reading from the book of Exodus**  
*As long as Moses kept his arms raised, Israel had the advantage.*

The Amalekites came and attacked Israel at Rephidim. Moses said to Joshua, 'Pick out men for yourself, and tomorrow morning march out to engage Amalek. I, meanwhile, will stand on the hilltop, the staff of God in my hand.' Joshua did as Moses told him and marched out to engage Amalek, while Moses and Aaron and Hur went up to the top of the hill. As long as Moses kept his arms raised, Israel had the advantage; when he let his arms fall, the advantage went to Amalek. But Moses arms grew heavy, so they took a stone and put it under him and on this he sat, Aaron and Hur supporting his arms, one on one side, one on the other; and his arms remained firm till sunset. With the edge of the sword Joshua cut down Amalek and his people.

**The word of the Lord**

**Responsorial Psalm** Ps 120. R. v.2

**(R.) Our help is from the Lord, who made heaven and earth.**

I lift up my eyes to the mountains:  
from where shall come my help?  
My help shall come from the Lord  
who made heaven and earth. **(R)**

May he never allow you to stumble!  
Let him sleep not, your guard.  
No, he sleeps not nor slumbers,  
Israel's guard. **(R)**

The Lord is your guard and your shade;  
at your right side he stands.  
By day the sun shall not smite you  
nor the moon in the night. **(R)**

The Lord will guard you from evil,  
he will guard your soul.  
The Lord will guard your going and  
coming both now and for ever. **(R.)**

**Second Reading** 2 Tm 3:14 – 4:2

**A reading from the letter of St Paul to Timothy**  
*This is how the people of God become equipped and ready for every good work.*

You must keep to what you have been taught and know to be true; remember who your teachers were, and how, ever since you were a child, you have known the holy scriptures – from these you can learn the wisdom that leads to salvation

through faith in Christ Jesus. All scripture is inspired by God and can profitably be used for teaching, for refuting error, for guiding people's lives and teaching them to be holy. This is how the man who is dedicated to God becomes fully equipped and ready for any good work.

Before God and before Christ Jesus who is to be judge of the living and the dead, I put this duty to you, in the name of his Appearing and of his kingdom: proclaim the message and, welcome or unwelcome, insist on it. Refute falsehood, correct error, call to obedience – but do all with patience and with the intention of teaching.

**The word of the Lord**

**Gospel Acclamation** Heb 4:12

Alleluia, alleluia!

The word of God is living and active;  
it probes the thoughts and motives of our heart.

Alleluia!

**Gospel** Lk 18:1-8

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

*God will see those who cry to him vindicated.*

Jesus told his disciples a parable about the need to pray continually and never lose heart. 'There was a judge in a certain town' he said 'who had neither fear of God nor respect for man. In the same town there was a widow who kept on coming to him and saying, "I want justice from you against my enemy!" For a long time he refused, but at last he said to himself, "Maybe I have neither fear of God nor respect for man, but since she keeps pestering me I must give this widow her just rights, or she will persist in coming and worry me to death."' And the Lord said, 'You notice what the unjust judge has to say? Now will not God see justice done to his chosen who cry to him day and night even when he delays to help them? I promise you, he will see justice done to them, and done speedily. But when the Son of Man comes, will he find any faith on earth?'

**The Gospel of the Lord**

**Communion Antiphon** Cf. Ps 32:18-19

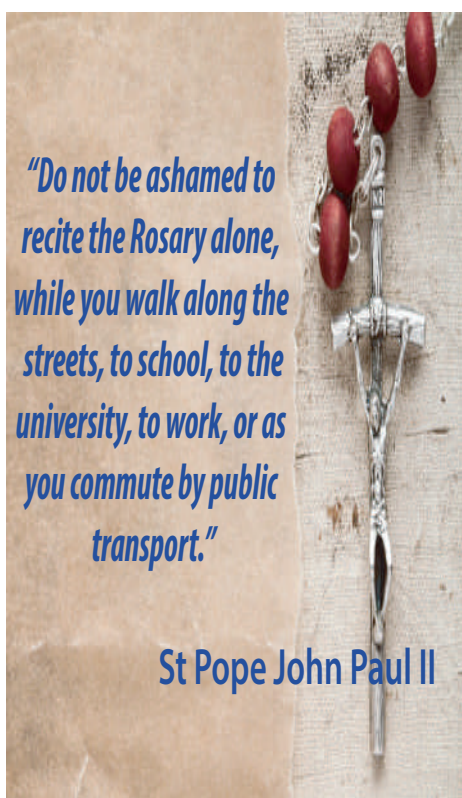
Behold, the eyes of the Lord are on those who fear him, who hope in his merciful love, to rescue their souls from death, to keep them alive in famine.

**REFLECTION**  
by *Dianne Bergant CSA*

*The readings today offer various aspects of prayer for our consideration. There is the spiritual discipline of prayer itself, which is essential to the life of the disciple: there is the communal dimension of prayer; and there is the ministerial commitment that is born of prayer. Our personal prayer must be persistent. Like Moses and the woman in the gospel reading, we must be ceaseless in our prayer, not discouraged by difficulties that we might have to face. Regardless of how strange the first reading may appear to be, it very strongly emphasises the communal dimension of prayer.*

*As minister of the word, Timothy is admonished to keep preaching the gospel, to keep spreading the good news, to allow the scriptures to continue to be a source of wisdom for himself and, through him, for all of the people who hear him. To have this kind of facility with Scripture requires that one enter into the deep meaning of the Scriptures and make them the basis of one's prayer. One must engage in what the monks call lectio divina, prayerful reflective reading of the scriptures. This practice, or spiritual discipline, gives us access to God and it also gives God access to us. It gives us the courage and the gentleness to teach, to refute, to correct. When our ministerial activity flows from prayer, it also flows from and strengthens right relationships with God and with the community. When this becomes a reality, the Son of Man will indeed find faith on earth.*

© Dianne Bergant CSA



*"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**

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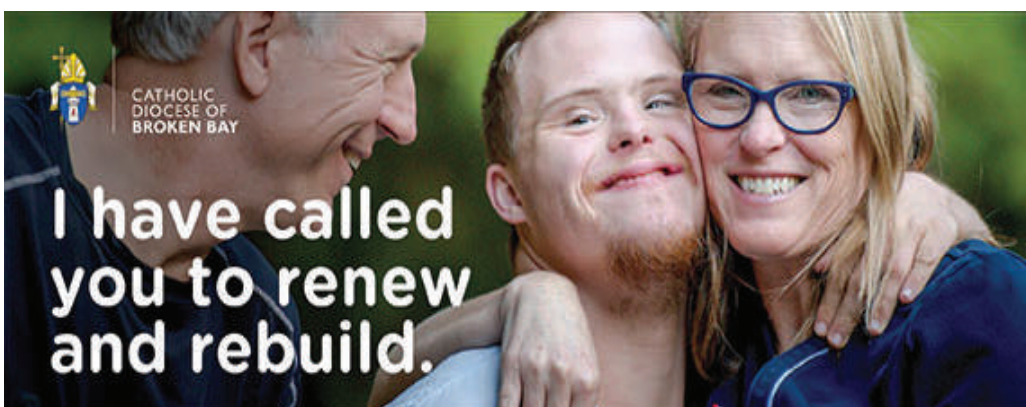
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