



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

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!

Prayer of Trust in God's Love

Most high, glorious God,
cast Your light into the
darkness of my heart
Please Lord, give me the
strong faith, a firm hope,
and profound humility.
Help me to always find comfort
and peace through a loving
relationship with You,
a God whose love for each
one of us is warm,
compassionate and steadfast.
Amen.

"Master, grant that I may see."

Mark 10:51



 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 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
Estella Mitchell

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

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

New Seeds of Contemplation

By: Thomas Merton



Contemplation is to be fully active and aware of life, it's joys and wonders. It explains how spirituality awakens dormant memories of our experiences in life and every moment and event stirs something in our souls. A spiritual classic.

Trust

IN THE LORD WITH ALL YOUR

Heart

AND LEAN NOT ON YOUR OWN

understanding

PROV 3:5

Liturgy for the Week

28/10 Monday, Sts Simon and Jude
Eph 2:19-22; Lk 6:12-19

29/10 Tuesday, Ordinary Time 30
Eph 5:21-33; Lk 13:18-21

30/10 Wednesday, Ordinary Time 30
Eph 6:1-9; Lk 13:22-30

31/10 Thursday, Ordinary Time 30
Eph 6:10-20; Lk 13:31-35

01/11 Friday, All Saints Day
Rev 7:2-4, 9-14; Mt 5:1-12

02/11 Saturday, The Commemoration of All the Faithful Departed (All Souls Day)
Readings from Masses of the Dead

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Parish of
Pittwater

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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.



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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

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 the
Sacred Heart Church, Mona Vale
on Mondays at 7 pm**

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
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Tel 9157 0999 ext 30
office@pittwaterparish.org

**Media & Communications
Coordinator**
Conille Felias
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media@pittwaterparish.org

Sacramental Coordinator
Sonia Samartin
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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

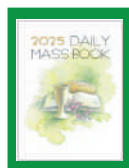
**Mater Maria Catholic
College**
Warriewood
Tel 7256 2100
Principal: Mr Marc Reicher

Book of Remembrance



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 at 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."

**For those who ordered the
2025 Daily Mass Book,
it's ready for pick up
at your convenience in the
Parish Office.**



**IF YOU HAVE MISSED IN
ORDERING the
2025 Daily Mass Book,**
please drop by at the Parish Office
and place your order by
Monday, 25th of November

Dates for your Diary

Friday

1

All Saints Day
Maria Regina Church, Avalon
Friday, 1 November
8.00 am Healing Mass
Sacred Heart Church, Mona Vale
Friday, 1 November
10.30 am Healing Mass
and
7 pm

Saturday

2

All Souls Day
Sacred Heart Church, Mona Vale
Saturday, 2 November
9.30 am Mass
followed by
BLESSINGS OF THE GRAVES
10.30 am
Mona Vale Cemetery
Fazzolari Avenue, Mona Vale

**"Do everything in
love."**

— 1 CORINTHIANS 16:14

FAITH * HOPE * LOVE

but the greatest of these is

Love.

1 Corinthians 13:13

Parish Bulletin – Term 4, Week 2

Our dedicated Parents in Partnership showed their appreciation for our incredible teaching staff with a heartwarming morning tea celebration on World Teachers Day on Friday. Meanwhile, Faith Fridays at our Chapel provided a tranquil moment for reflection for our students.

It has been a dynamic week of cricket at Mater Maria Catholic College. Our students in Years 8, 9 and 10 took to the field in the Manly Warringah Shield Cricket and the Manly Warringah Cup Cricket. Students participated against other local school teams, showcasing their sportsmanship and determination. Year 10 students attended the Catholic Mission Mass with senior students from other Diocesan schools at Our Lady of the Rosary Cathedral in Waitara.

Our prayers continue for our Year 12 2024 students who are currently sitting their HSC examinations. 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 few weeks.

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/>.



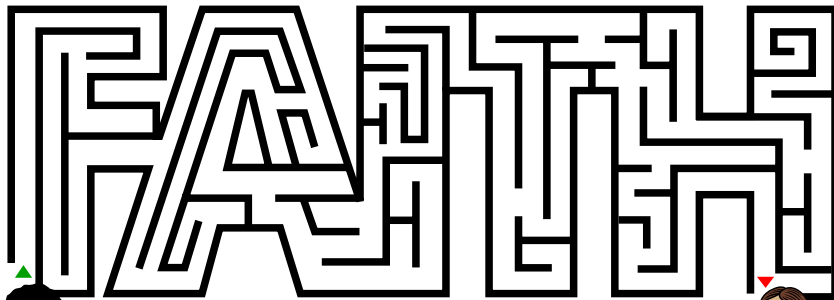
CALLING ALL MUSICIANS TO JOIN OUR PARISH MUSIC MINISTRY

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

The Lord helps those who have faith



30th Sunday in Ordinary Time, Year B



Bartimaeus was a blind man who begged Jesus to help him. He had faith that Jesus could make him see. Help Bartimaeus find his way to Jesus so that he can be healed.



The Lord helps those who are less fortunate - the poor, the sick and people who are sad. Write or draw about something nice you could do for someone who is poor, sick or sad.



Jesus showed his love for all people by welcoming the poor and the sick. What were some of the wonderful things he did? Circle the correct answers.

- PERFORMED MIRACLES**
- HURT PEOPLES FEELINGS**
- HEALED THE SICK**
- FED THE HUNGRY**
- SAID MEAN THINGS**
- WELCOMED EVERYBODY**
- TOLD LIES**
- SET A GOOD EXAMPLE TO OTHERS**

Mk 10:46-52

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The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

Psalm 28:7

SO THEN, AS WE HAVE OPPORTUNITY, LET US DO GOOD TO EVERYONE, AND ESPECIALLY TO THOSE WHO ARE OF THE HOUSEHOLD OF FAITH.
GALATIANS 6:10 ESV





Your gift is already working towards programs like the House of Mercy, which will support people that have been affected by a range of issues, such as homelessness and domestic violence.

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

The Beauty of Our Catholic Faith



The Christian faith is based on our belief that Jesus is risen from the dead; He did not come back as something else. This is our faith. As Christians, since Jesus has risen from the dead, we believe that life does not end in death, but that death is but a passage to the continuation of life; life lived in a new way. This new life is lived by us, as real people, not as angels or ghosts, but as we are ourselves. Very often when one goes to funerals today the priest speaks only about the person's past life, as if that is all there is to remember. Catholic funerals are not simply services of remembrance but they play a vital role in the person's continuing life-story as we gather to pray for them. For Christians, death is not simply about the past, but also about the future. The Holy Masses we have offered for the dead person pray for the forgiveness of their sins so that they can go forward in peace into the living presence of God. We may not know the precise details of what awaits us but we know in general terms that our lives do not end in emptiness. The dark door of time, of the future has been thrown open and we live in hope. Naturally, we cannot adequately define the glorified body because it is beyond our experience. However, we can learn certain things from the appearances of Jesus after the resurrection. The first thing we note is that the tomb was empty. Jesus' death did not leave His body behind to corrupt. Our physicality continues in the resurrection. Our bodies do not remain as something lost. Needless to say, this resurrected matter takes on a new condition of life. We Christians respect our bodies even in death, for they are not simply parts of us that we can disregard but they are intimately connected to who we are. If I am to rise for the death that must of necessity involve my body also. Just as

Jesus did not leave his body behind, neither do we. This new condition of our living is beyond the laws of biology and physics as we know them in this life. We see that in His resurrection, Jesus could walk through closed doors and appear and disappear. He did indeed have a body but it was not of the same make up as we know our bodies now. But this living is not some ghostly presence. We know that the apostles felt Him, they touched His hands and His side and we know that He ate with them, He spoke to them but yet He was beyond the conditions of biological life as we live it. Jesus is truly alive living a real life. As the beloved disciple said to St. Peter when they saw Him by the lake, "It is the Lord". In our resurrected bodies it will still be us. Pope Benedict XVI reminded us that our belief in the resurrection of the body is very important for our faith in the Blessed Eucharist. In the Blessed Eucharist, the Lord gives us His glorified body to eat. "He gives us himself, this newness that He is in our humanity... (he) touches us within His being so that we might let ourselves be penetrated by His presence, transformed in His presence". We can see that we are already in contact with this new type of life when we receive Holy Communion; our lives are being transformed by God. Although we live in a very physical world, there is great emphasis on the care of the body and on pleasuring the needs of the body, yet at the same time, there is a disregard for the body. It is as if it is not a real part of us. This is completely alien to the Christian faith. We believe that the human person is made up of body and soul, the two are intimately related. We can never care for one and forget the other. Our Catholic faith reminds us how important this integrated awareness of who we are as body and

soul. You have been created and redeemed by God for eternal salvation, this is your great calling and the saints remind us of this truth. Holding this hope, why would anyone think that coming back to this broken world as a fly or a cow could be something to look forward to? It is our Christian hope that when we die, we will meet Christ face to face, and we will have a conversation with Him like none other. At last, we will meet someone who knows all there is to know about us and who can tell us the deepest mysteries of our lives. Someone who can explain to us the whys and wherefores of our lives. It is only when we see ourselves in this moment with Christ that our lives will make any sense. As St. Paul says in his first letter to the Corinthians, "Now I know in part; then I shall understand fully, even as I have been fully understood". (1 Cor 13:12) No one would not want to be fully understood by someone who loved them and yet such loose talk about reincarnation denies the beauty of our faith. When we are so surrounded by mercy, and only at that moment of death when we meet Christ will we fully appreciate Divine Mercy, why settle for a cheap imitation. So let us be on our guard and not throw away the beauty of the truth of our faith in the name of sounding modern.

by Fr. John Harris
 Divine Mercy.org



The *Living* Word

Entrance Antiphon Psalm 104:3-4

Let the hearts that seek the Lord rejoice;
turn to the Lord and his strength;
constantly seek his face.

First Reading Jeremiah 31:7-9

A reading from the prophet Jeremiah
*I shall lead them back in mercy – both
the blind and the lame.*

The Lord says this:
Shout with joy for Jacob!
Hail the chief of nations!
Proclaim! Praise! Shout:
The Lord has saved his people,
the remnant of Israel!
See, I will bring them back
from the land of the North
and gather them from the far ends of
earth;
all of them: the blind and the lame,
women with child, women in labour:
a great company returning here.
They had left in tears,
I will comfort them as I lead them back;
I will guide them to streams of water,
by a smooth path where they will not
stumble.
For I am a father to Israel,
and Ephraim is my first-born son.

The word of the Lord

Responsorial Psalm Ps 125. R. v.3

**(R.) The Lord has done great things
for us; we are filled with joy.**

When the Lord delivered Zion from
bondage, it seemed like a dream.
Then was our mouth filled with laughter,
on our lips there were songs. **(R.)**

The heathens themselves said: 'What
marvels the Lord worked for them!'
What marvels the Lord worked for us!
Indeed we were glad. **(R.)**

Deliver us, O Lord, from our bondage
as streams in dry land. Those who are
sowing in tears will sing when they reap.
(R.)

They go out, they go out, full of tears,
carrying seed for the sowing: they come
back, they come back, full of song,
carrying their sheaves. **(R.)**

Second Reading Hebrews 5:1-6

**A reading from the letter to the
Hebrews**

*You are a priest forever in the line of
Melchizedek.*

Every high priest has been taken out of
mankind and is appointed to act for men
in their relations with God, to offer gifts
and sacrifices for sins; and so he can
sympathise with those who are ignorant
or uncertain because he too lives in the
limitations of weakness. That is why he
has to make sin offerings for himself as
well as for the people. No one takes this

honour on himself, but each one is called
by God, as Aaron was. Nor did Christ
give himself the glory of becoming high
priest, but he had it from the one who
said to him: You are my son, today I
have become your father, and in another
text: You are a priest of the order of
Melchizedek, and for ever.

The word of the Lord.

Gospel Acclamation Timothy 1:10

Alleluia, alleluia!

Our Saviour Jesus Christ has done away
with death, and brought us life through
his gospel.

Alleluia!

Gospel Mark 10:46-52

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

Master, grant that I may see.

As Jesus left Jericho with his disciples
and a large crowd, Bartimaeus (that is,
the son of Timaeus), a blind beggar, was
sitting at the side of the road. When he
heard that it was Jesus of Nazareth, he
began to shout and to say, 'Son of David,
Jesus, have pity on me.' And many of
them scolded him and told him to keep
quiet, but he only shouted all the louder,
'Son of David, have pity on me.' Jesus
stopped and said, 'Call him here.' So
they called the blind man. 'Courage,'
they said 'get up; he is calling you.' So
throwing off his cloak, he jumped up and
went to Jesus. Then Jesus spoke, 'What
do you want me to do for you?'
'Rabbuni,' the blind man said to him
'Master, let me see again.' Jesus said to
him, 'Go; your faith has saved you.' And
immediately his sight returned and he
followed him along the road.

The Gospel of the Lord

Communion Antiphon Psalm 19:6

We will ring out our joy at your saving
help and exult in the name of our God.

REFLECTION
by Diane Bergant

*Throughout this liturgical year we have
examined several aspects of our faith. We
have pondered the history of our
salvation, the merciful compassion of
God, God's willingness to lead us out of
the bondage of our addictions. We have
meditated often and long on the person
of Jesus, on his life and death, on the
meaning of his sacrifice, on his
resurrection, on his influence in our lives
today. We have considered our own
ongoing transformation as disciples of
Jesus, baptised into his death and
resurrection, commissioned to bring the
news of his love to all those with whom*

*we come into contact. We have reflected
on all of these wonderful deeds of God,
and now we must ask the question: What
difference has it made?*

*Have we merely acquired some
information about the biblical readings,
about our religious ancestors, about the
ministry of Jesus and the life of the early
church? Or have our eyes really been
opened; have we been enabled to leave
behind whatever prevents us from living
the Christian life fully, to abandon our
exiles or the trappings of our former
lives? Have we accepted more genuinely
the Christian responsibilities that are
ours as baptised followers of Christ, in
our own personal lives, in our families,
in our relationships with others, at the
workplace? To what degree have we
been transformed into Christ? How open
have we become to the action of the
Spirit in our lives? Have we been made a
new creation? And do we recognise
Christ in our midst?*

© 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 the
Maria Regina Church,
Avalon**

*Let us gather as a
community and get know
each other.*

PUT YOUR
HOPE IN GOD
WHO RICHLY
PROVIDES US
WITH
EVERYTHING.

1 TIMOTHY 6:17



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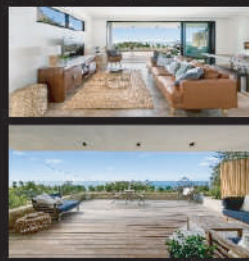
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**In faith, there is enough light
for those who want to
believe and enough shadows
to blind those who don't.**

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Now faith is confidence in
what we hope for and
assurance about what we do
not see.

Hebrews 11:1



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