



# 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



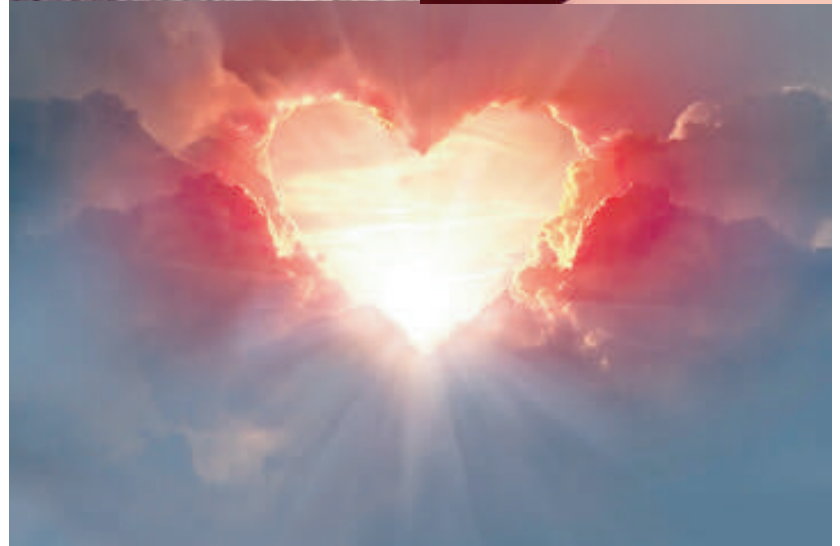
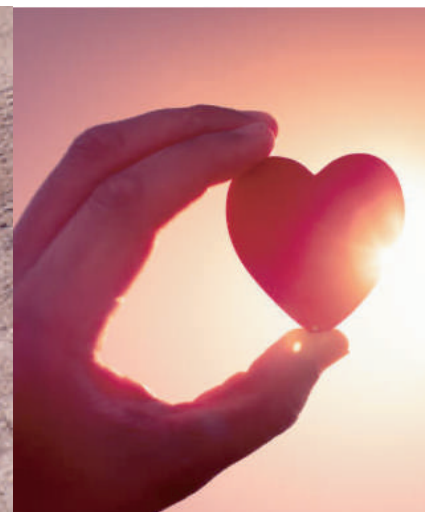
## Thoughts of Blessed Francis Jordan

If we desire to save the world and souls, if we desire to come to the aid of the holy church, we must walk the same path walked by Christ and all the saints.

### Prayer for All Souls Day

Merciful Father, hear our prayer and console us. As we renew our faith in Your Son, whom You raised from the dead. Strengthen our hope that our departed brothers and sisters will share in His resurrection, who lives and reigns with You and the Holy Spirit, God, forever and ever. Amen.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.



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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 NOVEMBER

#### For Those Who Lost A Child

Let us pray that all parents who mourn the loss of a son or daughter find support in their community, and may receive peace of heart from the Spirit of Consolation.

## 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 Sobhy Wasef

*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

### He and I

By: Gabrielle Bossis



Gabrielle's dialogues with Jesus are simple reflections on the Gospels which encourage growth in one's personal relationship with the Lord.

"...He has given us the *Holy Spirit* to fill our hearts with His love."

—Romans 5:5

### Liturgy for the Week

04/11 **Monday, St Charles Borromeo**  
Phil 2:1-4; Lk 14:12-14

05/11 **Tuesday, Ordinary Time 31**  
Phil 2:5-11; Lk 14:15-24

06/11 **Wednesday, Ordinary Time 31**  
Phil 2: 12-18; Lk 14:25-33

07/11 **Thursday, Ordinary Time 31**  
Phil 3:3-8; Lk 15:1-10

08/11 **Friday, Ordinary Time 31**  
Phil 3:17 - 4:1; Lk 16:1-8

09/11 **Saturday, The Dedication of the Lateran Basilica**  
Ezek 47:1-2, 8-9, 12; Lk 16:1-8

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## 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 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."

## 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  
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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

**Shereae 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

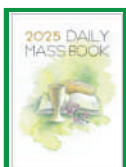
Warriewood

Tel 7256 2100

Principal: Mr Marc Reicher

For those who have

**MISSED OUT** in  
ordering the  
2025 Daily Mass  
Book - \$30



We are placing another order.

Please drop by or ring us  
on 9517 0999 at the Parish Office

by Friday, 25 November



#### 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 Bulletin – Term 4, Week 3

Students involved with Zonta have assembled over 300 birthing kits this week for the Birthing Kit Foundation Australia. These kits, along with essential educational resources, will be sent to remote regions in developing countries to promote hygienic birthing practices, helping mothers safely welcome their newborns into the world.

Year 9 students participated in the annual Spirituality Day with the Youth Mission Team at Sacred Heart Catholic Primary School. The experience encouraged teamwork and personal development, fostering leadership skills in a supportive environment.

Meanwhile, Year 12 students continue their HSC examinations, while Year 10 students began their exams this week, which will run into next week. The College community is encouraged to keep these students in their thoughts and prayers during this demanding period.

Cyber safety was a major focus at the College this week, with workshops held for students to promote awareness and safe online habits. An evening Parent Information Session followed, reinforcing the importance of vigilance in the digital space.

On Sunday, students and staff took part in Youth Landcare Day at St Anthony in the Fields Parish. The initiative, aimed at preserving the local ecosystem, involved caring for wildlife and maintaining the natural environment at the Kierans Creek Landcare Group site.

Soul Mass will take place this Sunday at 6:00pm at Sacred Heart Parish Mona Vale. All students, staff and their families are warmly invited to attend the Eucharistic celebration, followed by a shared meal for everyone.

In sports, students continue to shine across various competitions, including the Chloe Dalton Girls Rugby 7's, MWBA Basketball and the Cricket Downie Cup.

The College is currently accepting applications for Year 7 in 2027 and 2028, with a waitlist in place for Year 6 to Year 7 transitions in 2025 and 2026. For more information or to apply, families are encouraged to visit the enrolments page at [matermaria.nsw.edu.au/enrolments](http://matermaria.nsw.edu.au/enrolments).

Hatred stirs up conflict,  
but Love covers all  
wrongs.

Proverb 10:12

“Connecting to the Mission of Jesus Christ!”

## NOVEMBER 2024 APPEAL



Confraternity of  
Christian Doctrine (CCD)



Hospital Chaplaincy  
and Pastoral Care

In the first week of November, we will launch our Diocesan-wide Pastoral Works Broken Bay (PWBB) November 2024 Appeal. PWBB supports two key charitable works in the Diocese: the Confraternity of Christian Doctrine (CCD) and our Hospital Chaplaincy and Pastoral Care Program.

Asking for donations is never taken for granted, especially in challenging economic times. However, parishioners have been extremely generous in supporting the diocese's charitable works. Our Pastoral Works Appeal connects everyone to the mission of Jesus Christ in our Diocese. Every gift or donation brings comfort, friendship, or security and often opens the doorway to a faith-filled life.

Envelopes are available on the pews in both Churches. The Pastoral Works November Appeal is the last one for the 2024 calendar year, and all donations over \$2 are tax deductible.

### Parish Morning Tea Gathering

Everyone is welcome to join us  
every Month after the  
8 am Mass on the 1st Sunday  
10 am Mass on the 3rd Sunday at  
**SACRED HEART CHURCH , MONA VALE**

2nd and 4th Sundays  
after the 9 am Mass in front of the  
**MARIA REGINA CHURCH, AVALON**

## 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



# Rosary by the Beach

Fr Richard & Fr Zygmunt would like to **THANK** everyone who participated on the success of the Rosary by the Beach last Saturday, 26th November. **SPECIAL THANKS** to the MenAlive group who cooked the scrumptious BBQ Breaky and Coffee Brothers for preparing the delicious freshly brewed coffee. The day was blessed with glorious weather to pray the Holy Rosary. It was a beautiful day to unite our faith community through Prayer for Peace in the world.



# The *Living* Word

**Entrance Antiphon**      Psalm 37:22-23

Forsake me not, O Lord, my God;  
be not far from me!  
Make haste and come to my help,  
O Lord, my strong salvation!

**First Reading**      Deuteronomy 6:2-6

**A reading from the book of Deuteronomy**  
*Hear Israel, you shall love the Lord your God with all your heart.*

Moses said to the people: 'If you fear the Lord your God all the days of your life and if you keep all his laws and commandments which I lay on you, you will have a long life, you and your son and your grandson. Listen then, Israel, keep and observe what will make you prosper and give you great increase, as the Lord God of your fathers has promised you, giving you a land where milk and honey flow.  
'Listen, Israel: The Lord our God is the one Lord. You shall love the Lord your God with all your heart, with all your soul, with all your strength. Let these words I urge on you today be written on your heart.'

**The word of the Lord**

**Responsorial Psalm**  
Ps 17:2-4. 47. 51. R.v.2

**(R.) I love you Lord, my strength.**

I love you, Lord, my strength, my rock, my fortress, my saviour. My God is the rock where I take refuge; my shield, my mighty help, my stronghold. The Lord is worthy of all praise: when I call I am saved from my foes. **(R.)**

Long life to the Lord, my rock!  
Praised be to the God that saves me.  
He has given great victories to his king and shown love for his anointed. **(R.)**

**Second Reading**      Hebrews 7:23-28

**A reading from the letter to the Hebrews**  
*This one, because he remains for ever, has an eternal priesthood.*

There used to be a great number of priests under the former covenant, because death put an end to each one of them; but this one, Christ, because he remains for ever, can never lose his priesthood. It follows, then, that his power to save is utterly certain, since he is living for ever to intercede for all who come to God through him.

To suit us, the ideal high priest would have to be holy, innocent and uncontaminated, beyond the influence of sinners, and raised up above the heavens; one who would not need to offer sacrifices every day, as the other high priests do for their own sins and then for those of the people, because he has done this once and for all by offering himself.

The Law appoints high priests who are men subject to weakness; but the promise on oath, which came after the Law, appointed the Son who is made perfect for ever.

**The word of the Lord.**

**Gospel Acclamation**      John 14:23

Alleluia, alleluia!

All who love me will keep my words,  
and my Father will love them and we will come to them.

Alleluia!

**Gospel**      Mark 12:28-34

**A reading from the holy Gospel according to Mark**  
*This is the first commandment, and the second is similar to it.*

One of the scribes came up to Jesus and put a question to him, 'Which is the first of all the commandments?' Jesus replied, 'This is the first: Listen, Israel, the Lord our God is the one Lord, and you must love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: You must love your neighbour as yourself. There is no commandment greater than these.' The scribe said to him, 'Well spoken, Master; what you have said is true: that he is one and there is no other. To love him with all your heart, with all your understanding and strength, and to love your neighbour as yourself, this is far more important than any holocaust or sacrifice.' Jesus, seeing how wisely he had spoken, said, 'You are not far from the kingdom of God.' And after that no one dared to question him any more.

**The Gospel of the Lord**

**Communion Antiphon**      Psalm 15:11

You will show me the path of life,  
the fullness of joy in your presence, O Lord.

**REFLECTION**  
by Diane Bergant

*Israel was called by God. To what was Israel called? To what were the crowds who followed Jesus called? To what are we called? To a covenant relationship with the Lord who is God, the one who is Lord alone. We have been invited into an intimate personal relationship with the creator of the universe, the one who plays with black holes and white dwarfs*

*and at the same time with infinite interest has numbered the very hairs on our head (cf. Matt 10:30). We have heard this so often that it may have become commonplace. The marvel of it may escape our attention, because it has become just a part of our religious language. It is well that once in a while we are shaken to our senses, 'Hear, O Israel! The Lord is your God, the Lord alone!'*

*It is not marvel enough that this mysterious God has created us; we have also been redeemed. As victim-priest Jesus has offered himself on our behalf. He is the sacrifice that sealed the covenant; his blood was the expiation for our sins; he is our rock, our fortress, our deliverer, our shield, our stronghold. Only one thing is asked of us in return: that we open ourselves to him and cling to the covenant, that we proclaim with all our hearts 'The Lord is our God, the Lord alone!' We are to love with all our heart and all our soul and all our strength; we are to love God and to love others.*

© Dianne Bergant CSA



**Welcome to  
Pittwater Parish**

*Leo Andrew Owen  
Prentice*

*Harrison Geoffrey  
Muir*

*Keby Dot Kirwan*

*Illeha Francis Brown*

*Riku Rothko Brown*

at

**Sacred Heart Church  
Mona vale**

on the  
*27th of October 2024*

for the  
**Sacrament of  
Baptism**

# GOD

IS LOVE AND HE

WHO REMAINS IN

LOVE REMAINS IN

GOD AND GOD

REMAINS IN HIM

## 1 JOHN 4:16



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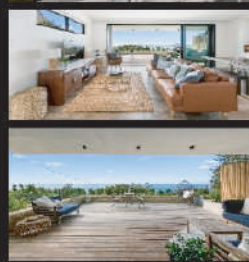
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what God has prepared  
for those who love Him.

1 CORINTHIANS 2:9



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SINNERS CHRIST SACRIFICE  
HOPE US DIED  
ROMANS 5:8

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