



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
Turn your grace heavenward and walk without hesitation until you arrive at the gates of everlasting life. Oh wayfarer, do not grow weary, and do not fear.

Prayer for our Dearly Departed

God, our Father,
Your power brings to birth,
Your providence guides our lives,
and by Your command,
we return to dust.
Lord,
those who die still live
in Your presence,
their lives change but do not end.
We pray in hope for our family,
relatives and friends,
and for all the dead known
to You alone.
In company with Christ,
who died and now lives,
may they rejoice in Your kingdom,
to sing Your praise
forever and ever.
Amen.

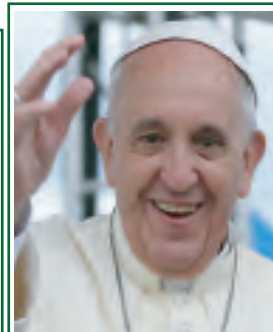


Like us on Facebook
Facebook
The Catholic Parish
of Pittwater

You can find us on Instagram
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 Recently Deceased

Draga Tadic

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

The Holy Rosary - Rich in Jewish Tradition

By: Charles Hoffman



In 1990 Hoffman, a convert from Orthodox Judaism, inspired greatly by the messages our Blessed Mother gave to six visionaries in Medjugorje, since 1981, wrote this reflection on how rich the Rosary was in Jewish tradition. He wanted to show why Mary told the young visionaries that after Mass, the rosary is the greatest prayer.



Liturgy for the Week

- 11/11 **Monday, St Martin of Tours**
Titus 1:1-9; Lk 17:1-6
- 12/11 **Tuesday, St Josaphat**
Titus 2:1-8, 11-14; Lk 17:7-10
- 13/11 **Wednesday, Ordinary Time 32**
Titus 3:1-7; Lk 17:11-19
- 14/11 **Thursday, Ordinary Time 32**
Philemon 7-20; Lk 17:20-25
- 15/11 **Friday, Ordinary Time 32**
2 Jn 4-9; Lk 17:26-37
- 16/11 **Saturday, Ordinary Time 32**
3 Jn 5-8; Lk 18:1-8

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.



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



THANK YOU

for your generous support to our Mission to dedicating lives to others; in partnership with communities, missionaries aim to create a positive change through spiritual care and the implementation of grassroots projects, such as healthcare and education , reaching far beyond Catholic communities.

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

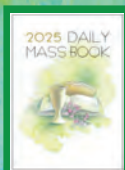
Lest we forget

REMEMBRANCE DAY 11 November

Lord our God, bless those who have fought and valiantly died so we can enjoy liberty and freedom.



If you have MISSED OUT in ordering the 2025 Daily Mass Book,



We are placing another batch of orders. Please drop by at the Parish Office or ring us on 9517 0999 by Friday, 25 November

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 MARIA REGINA CHURCH, AVALON



“Martin the Merciful”
St. MARTIN of TOURS
“I am a soldier of Christ: combat is not permitted to me”

11 November



Parish Bulletin – Term 4, Week 4

Our Year 11 students and their families are generously gathering items for the Christmas hamper appeal. They will soon visit the Jesuit Refugee Services to pack these essential items for asylum seekers who rely on our community's kindness.

As an effort to raise awareness for men's mental health, our staff are participating in the 'Movember' campaign by growing moustaches throughout the month. This initiative not only promotes important conversations but also helps raise funds for mental health programs. This week marks the completion of the HSC and Year 10 exams as we take a moment to spare a thought and offer our prayers for all students as they navigate this challenging time.

It's been a massive week for sports at the College. Here are some highlights:

- NSWCCC Junior Girls Basketball Championships: After a fantastic win at the Broken Bay tournament, our girls are set to compete against the champions from other Catholic dioceses at Bankstown.
- Berg Shield Cricket Round 2: Our Year 8 and 9 students faced off against St. Eddie's at Kitchener Park.
- CSBB Junior Touch Football Gala Day: Twenty-two of our students participated in this exciting event at Doyalson.
- Chloe Dalton Girls Rugby 7's: Twenty-seven girls from Years 7 to 9 showcased their skills at Keirle Park in Manly.
- MWBA Basketball: Over 200 students are actively involved in this competition, representing Mater Maria every Monday afternoon. It's a fantastic opportunity for our students to engage in school sports throughout the semester.

This week, our new 2025 College Captains and Vice Captains attended the annual CSBB Leadership Day at the Catholic Schools Office in Pennant Hills. This event was a significant highlight, allowing our students to meet with Bishop Anthony and Executive Director Danny Casey, inspiring them for the year ahead. Faith Fridays continue to take place during lunchtimes, providing a wonderful opportunity for our community to come together in reflection and prayer.

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.



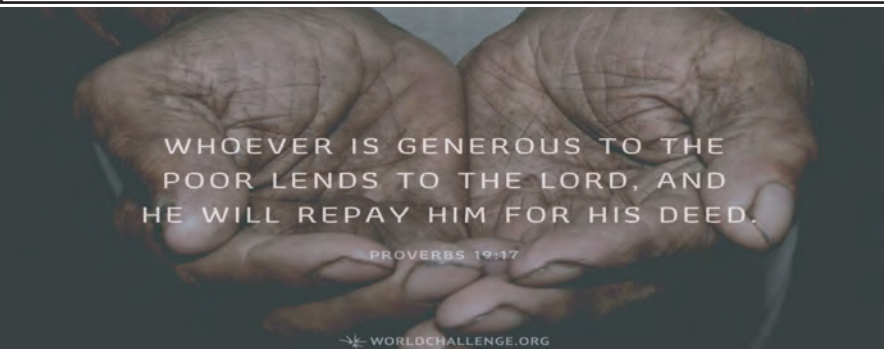
RED WEDNESDAY 2024



The Diocese of Broken Bay is once more supporting **RED Wednesday 2024**, an initiative of Aid to the Church in Need (ACN) to pray for and support Christians around the world who suffer and are persecuted for their faith.

Our Lady of Dolours, Chatswood will be flooded in red light on **Wednesday, 20 November** when **Bishop Anthony Randazzo** will celebrate **Mass at 7.00pm**, sharing the bond which unites us all in love and solidarity with our brothers and sisters in so many regions of the world who suffer and are persecuted for their love of Jesus Christ.

Everyone is welcome to the Mass.



PASTORAL WORKS BROKEN BAY - NOVEMBER APPEAL



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.



Be generous and selfless like the poor widow



32nd Sunday in Ordinary Time, Year B



Jesus praised the widow for her generosity because she gave everything she had even though she was poor. What are some ways we can be generous like the poor widow?

Jesus could see past the outward appearance of people and into their hearts. He could see the good inside people who were shunned and despised in his society. Draw a picture of another occasion when Jesus helped or acknowledged someone who was considered a lesser person.



Spot the difference

Can you spot the seven differences between these two pictures?



The *Living* Word

Entrance Antiphon Psalm 87:3
Let my prayer come into your presence.
Incline your ear to my cry for help,
O Lord.

First Reading 1 Kings 17:10-16

A reading from the first book of the Kings
The widow made a little scone from her flour meal and brought it to Elijah.

Elijah the Prophet went off to Sidon. And when he reached the city gate, there was a widow gathering sticks; addressing her he said, 'Please bring a little water in a vessel for me to drink.' She was setting off to bring it when he called after her. 'Please' he said, 'bring me a scrap of bread in your hand.' 'As the Lord your God lives', she replied, 'I have no baked bread, but only a handful of meal in a jar and a little oil in a jug; I am just gathering a stick or two to go and prepare this for myself and my son to eat, and then we shall die.' But Elijah said to her, 'Do not be afraid, go and do as you have said; but first make a little scone of it for me and bring it to me, and then make some for yourself and for your son. For thus the Lord speaks, the God of Israel:

'Jar of meal shall not be spent, jug of oil shall not be emptied, before the day when the Lord sends rain on the face of the earth.'"

The woman went and did as Elijah told her and they ate the food, she, himself and her son. The jar of meal was not spent nor the jug of oil emptied, just as the Lord had foretold through Elijah.

The word of the Lord

Responsorial Psalm Ps 145:7-10. R.v.2
(R.) Praise the Lord, my soul!

It is the Lord who keeps faith forever who is just to those who are oppressed. It is he who gives bread to the hungry, the Lord who sets prisoners free. **(R.)**

It is the Lord who gives sight to the blind, who raises up those who are bowed down. It is the Lord who loves the just, the Lord who protects the stranger. **(R.)**

The Lord upholds the widow and orphan but thwarts the path of the wicked. The Lord will reign for ever, Zion's God, from age to age. **(R.)**

Second Reading Hebrews 9:24-28

A reading from the letter to the Hebrews
Christ offered himself only once to take the faults of many on himself.

It is not as though Christ had entered a man-made sanctuary which was only modelled on the real one; but it was heaven itself, so that he could appear in the actual presence of God on our behalf. And he does not have to offer himself again and again, like the high priest

going into the sanctuary year after year with the blood that is not his own, or else he would have had to suffer over and over again since the world began. Instead of that, he has made his appearance once and for all, now at the end of the last age, to do away with sin by sacrificing himself. Since men only die once, and after that comes judgement, so Christ, too, offers himself only once to take the faults of many on himself, and when he appears a second time, it will not be to deal with sin but to reward with salvation those who are waiting for him.

The word of the Lord.

Gospel Acclamation Matthew 5:3
Alleluia, alleluia!

Happy the poor in spirit;
the kingdom of heaven is theirs.

Alleluia!

Gospel Mark 12:38-44

A reading from the holy Gospel according to Mark
This poor widow has put more in than all who contributed.

In his teaching Jesus said, 'Beware of the scribes who like to walk about in long robes, to be greeted obsequiously in the market squares, to take the front seats in the synagogues and the places of honour at banquets; these are the men who swallow the property of widows, while making a show of lengthy prayers. The more severe will be the sentence they receive.'

He sat down opposite the treasury and watched the people putting money into the treasury, and many of the rich put in a great deal. A poor widow came and put in two small coins, the equivalent of a penny. Then he called to his disciples and said to them, 'I tell you solemnly, this poor widow has put more in than all who have contributed to the treasury; for they have all put in money they had over, but she from the little she had has put in everything she possessed, all she had to live on.'

The Gospel of the Lord

Communion Antiphon Psalm 22:1-2
The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the pastures where
he gives me repose, near restful waters
he leads me.

REFLECTION
by Diane Bergant

The willingness to give all that one has is the central theme of today's readings. They offer us three models.

Jesus is the ultimate example of heroic generosity. He first offered himself as expiation for our sin. Now, as the eternal high priest, he stands before God as our mediator, pleading on our behalf, bringing salvation to those who eagerly await him.

It is interesting to note that the other two models of selfless giving are widows, individuals who are doubly disadvantaged by the patriarchal societies of which they are members. Their generosity is religiously inspired, and it comes from women who had the least material possessions to give. This kind of giving requires that we reach deep into ourselves and almost strip ourselves of our hold on life, and that we do this for religious reasons. The giving that is pictured in today's readings is nothing less than heroic generosity. God will not be outdone in generosity. Sometimes we become the beneficiaries of obvious blessing, as was the case in the story of the woman of Zarephath who was granted a year's supply of flour and oil. At other times, we simply continue living life as usual, like the woman in the temple who was unaware of the commendation that Jesus had given her. The truly generous do not look for reward. They carry out their responsibilities and place the rest in God's hands.

© Dianne Bergant CSA

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."

Always
BE
Humble
AND
Kind

Whoever sows
bountifully,
will also reap
bountifully.

2 CORINTHIANS 9:6



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!

A generous person will prosper;
whoever refreshes others will be refreshed.
Proverbs 11:25



To find out more, call Tamara
0403226699

Every Girl. Everywhere. Period.



**CATHOLIC
DIOCESE OF
BROKEN BAY**

**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



Devitt Meats



Serving
Northern Beaches
Families
& Businesses
since 1976!

Ph: 9913 2624
2 Devitt Street
Narrabeen

BE KIND AND
COMPASSIONATE
TO ONE ANOTHER,
FORGIVING EACH
OTHER, JUST AS IN
CHRIST GOD
FORGAVE YOU.
EPHESIANS 4:32

THINKABOUTSUCHTHINGS.COM

The Northern Beaches only local family
owned and operated funeral company



Chris Lee

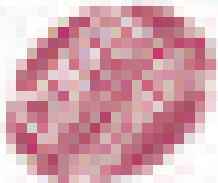
With over 35 years
experience we can guide
you with sensitivity
and respect your loved
one deserves.

- * 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"

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



Property Sales
2020



**Duane
Hunter**
0415 708 992
9970 7220

Follow us on



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