



The Catholic Parish of Pittwater

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



Corpus Christi

Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ,
wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

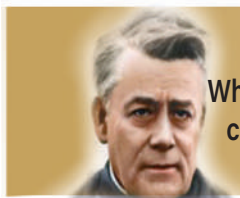
Within your wounds conceal me.

Do not permit me to be parted
from you.

From the evil foe protect me.

At the hour of my death call me
and bid me to come to you.

That with your saints,
I may praise you for ever
and ever. Amen.



Thoughts of Blessed Francis Jordan

Whatever the hour, pour out prayer to the Lord. Always be content with whatever God may dispose for you and in whatever manner He does it.

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

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 JUNE

For Those Fleeing Their Own Countries

Let us pray that migrants fleeing from war or hunger, forced to undertake journeys fraught with danger and violence, may find welcome and new living opportunities in their host countries.

MASS TIMES

SACRED HEART CHURCH

1 Keenan Street, Mona Vale

WEEKDAY MASSES

Tuesday 9.30am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8:30 am, followed by Mass

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

Juraj Vukman
Claire Romain

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

Recently Deceased

Dragica Peric

Prayer for the Sick

Anna Śmigowska
Nick Moullakis
Bill Eyre
Brian Gregan
Marcia Bailey
Bec Burroughs
Margaret De Landre
Maureen Larios
Denise Wagner
Marco Sangiacamo
Elaine Boyes
Pauline Chipman
Brian Cranch
Sheila Upjohn
Anna Svetlana
Leonor Sofia
Xi
Mother Pauline
George
Angela Muller

BOOK REVIEW

Apostles of The Last Days

-The Fruits of Medjugorje
 by: *Thamas Rutkoski*



This is the story of author's profound conversion of the supernatural events that led him to quit his job and the subsequent effect it had on him and those with whom he came into contact with.

God gives eternal life to those who believe Jesus and worthily receive the real, immortal body, blood, soul and divinity of Jesus in Holy Eucharist



Liturgy for the Week

- 03/06 Monday, Sts Charles Lwanga & Companions, Martyrs**
 2 Pet 1:2-7; Mk 12:13-17
- 04/06 Tuesday, Ordinary Time 9**
 2 Pet 3:11-15, 17-18; Mk 12:13-17
- 05/06 Wednesday, St Boniface**
 2 Tim 1:1-3, 6-12; Mk 12:18-27
- 06/06 Thursday, Ordinary Time 9**
 2 Tim 2:8-15; Mk 12:28-34
- 07/06 Friday, The Most Sacred Heart of Jesus**
 Hosea 11:1-3, 4, 8-9; John 19:31-37
- 08/06 Saturday, The Immaculate Heart of the Blessed Virgin Mary**
 Is 61:9-11; Lk 2:41-51

Scan to Give to our Parish of Pittwater

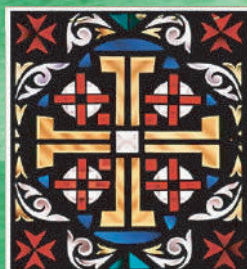
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Scan the QR code above with your camera app and follow the prompts

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.



We thank God for the faithful ministry of *Fr. Richard and Fr. Zygmunt*
 May they be filled with joy and peace as they continue to serve the Lord and his people. May they continue to provide hope, healing and spiritual rejuvenation in our parish community.

Solemnity of the Most Sacred Heart of Jesus

Our Church's Feast Day

7th of June

First Friday Masses

10:30 am

from 9:30 am Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction followed by the Mass with Anointing of the Sick

Sacred Heart School Mass
at 11:30 am



Parish Directory

Pittwater Parish
1 Keenan Street Mona Vale
NSW 2103
Tel 9157 0999

Parish Priest
Fr Richard Sadowski SDS
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ap@pittwaterparish.org

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Media & Communications Coordinator
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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

MONA VALE
Sacred Heart School
Tel 8197 6900
Principal: Mr Jamie Wahab

AVALON
Maria Regina School
Tel 7256 2138
Principal: Ms Kirsty Thorpe

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

This is my body

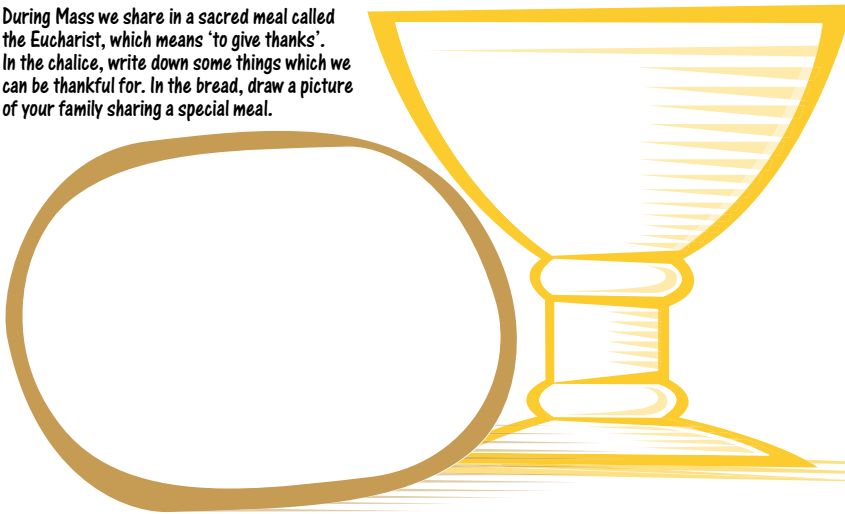


This is my blood

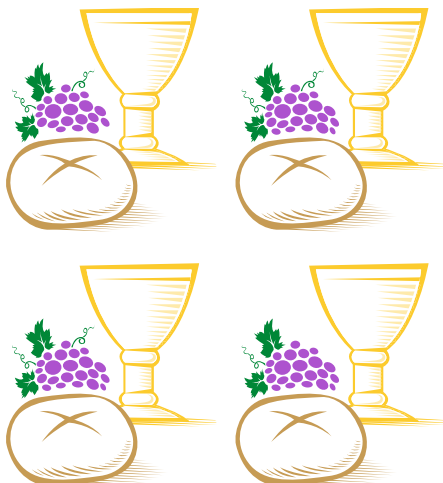


The Body and Blood of Christ, Year B

During Mass we share in a sacred meal called the Eucharist, which means 'to give thanks'. In the chalice, write down some things which we can be thankful for. In the bread, draw a picture of your family sharing a special meal.



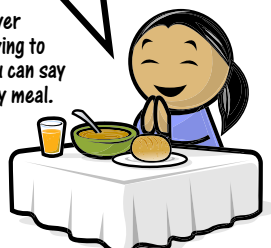
Can you work out which two of these pictures are the same?

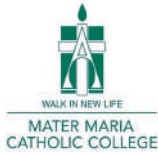


Dear Lord,

Amen.

Write a prayer of thanksgiving to God that you can say before every meal.





Parish Bulletin – Term 2, Week 5

This week, we celebrated Reconciliation Week 2024 with a workshop where students learned the art of traditional Aboriginal weaving. Some of our students also represented Mater Maria at the Aboriginal and Torres Strait Service Person's Commemoration at the ANZAC Memorial in Hyde Park on Friday. Mater Maria is also featured in Reconciliation Australia's special choir project. Our students joined voices with choirs from across the country to sing "Blackfella/Whitefella" by the Warumpi Band, celebrating unity and reconciliation. We are proud to be a part of this powerful movement and to honour the legacy of George Rrurrambu, Neil James Murray and the Butcher families.

Our Year 10 students embarked on a four-day hike from Glenworth Valley to the Hawkesbury River Train Station to complete their Practice and Qualifying Adventurous Journeys for the Duke of Edinburgh Silver Award. They improved their navigational skills while carrying all their food, clothing, tents and sleeping bags in their backpacks. The hike fostered teamwork and culminated in four wonderful days of hiking and camping in beautiful surroundings.

Over forty Year 10 students attended the CSBB 'Shine' Student Leaders event at St Peter's College in Tuggerah. This gathering provided aspiring leaders from various schools across the Diocese with an opportunity for leadership and faith formation.

Each year we hold a House Liturgy and lunch for each of our five houses. Keenan House celebrated their student-led liturgy this week, and all enjoyed a BBQ lunch as well.

It's been a busy week for sports at Mater Maria. From daily basketball sessions to participation in various competitions. Our students have showcased their skills and sportsmanship in various competitions, including the NSW Basketball U15 Boys Gala Day, All Schools Swimming Championships, and the Geoff Toovey Cup for rugby league. Last week, several talented students excelled at the Zone Cross Country, earning spots in the upcoming State Cross Country. Their success highlights their hard work and dedication.

Twenty students from our Concert Band performed three pieces at the 2024 Northern Beaches Instrumental Festival at Pittwater High School. This term, over twenty students from Years 9 and 10 are participating in the Alpha for Youth Catholic Faith Formation Program. This comprehensive curriculum fosters spiritual growth and deepens understanding of the Catholic faith, empowering students to become compassionate leaders in their communities.

Applications for Year 7 are now open for 2027 and 2028. There is a waitlist for students transitioning from Year 6 to Year 7 in 2025 and 2026, as well as for all other year groups in 2024. For more information on enrolment or to submit an application, please visit our College website at

www.matermaria.nsw.edu.au/enrolments.

It has been a vibrant and engaging week at Mater Maria College, with our students excelling in various fields and embracing numerous opportunities for growth and learning.



Pastoral Discernment
Northern Beaches

**Everyone is invited for the the Parish Community's
Listening & Dialogue Session to be held on
Thursday, 20th of June @ 5:30 pm,
Sacred Heart Parish Centre, Mona Vale**

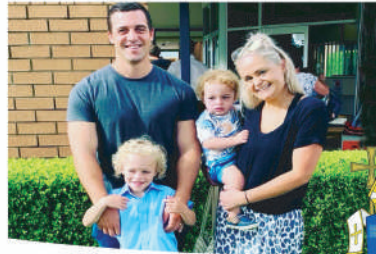
Bishop Anthony Randazzo invites everyone in our community the opportunity to participate in the Pastoral Discernment Northern Beaches project. This is an opportunity for us to listen deeply to each other and attend to how the Holy Spirit is moving within us. We want to hear from you on how our parish/school community can give thanks to God for the way in which the Spirit is at work in the life of the local Church, and to consider new possibilities for both the growth and future of the region. Please consider joining us! Invite family, friends, neighbours, young people and others - we want everyone to participate in this listening and dialogue session. If you can't make it, please visit: www.bbcatholic.org.au/pdnb to submit your individual submission for consideration.

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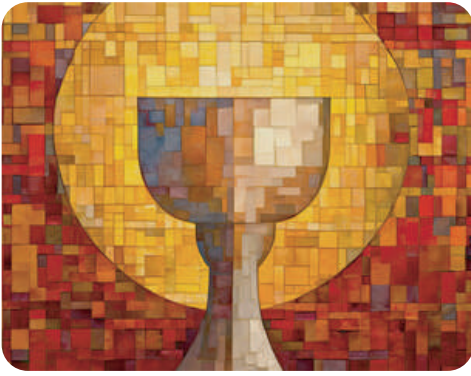
**We still have an Outstanding Amount of
\$18,492.89**

**Your generous donations to Pastoral Works allow us to
continue to fulfill our mission and serve people in our
parish communities in Broken Bay by
the 30th of June 2024**

**Every dollar helps and 100% of your donation is Tax Deductible.
Your help is greatly appreciated.**

**Please visit: bbcatholic.org.au/pastoralworks or
Use: Parish envelopes**

The Significance of Corpus Christi



The Church's celebration of the solemnity of the Most Holy Body and Blood of Christ, known as Corpus Christi, holds great significance due to the centrality of the Eucharist in the life of the Church. Described by the Catechism of the Catholic Church as the "sum and summary of our faith," the Eucharist is considered the source and summit of the Christian life according to the Second Vatican Council's Dogmatic Constitution on the Church (Lumen Gentium, No. 11). It is these truths about the Eucharist that inspired Saint Juliana of Liège, a medieval saint, to advocate for the establishment of this yearly solemnity.?

Saint Juliana, a Norbertine canoness from modern-day Belgium, dedicated her life to promoting a feast that would honor and celebrate Christ's real presence in the Eucharist and its profound significance for the Church. Her devotion to the Blessed Sacrament, coupled with private revelations she received, led her to advocate for the establishment of a liturgical feast to commemorate the sacrament of Christ's Body and Blood. Initially, she felt powerless to bring about this feast due to the cultural limitations of the early 13th century. However, with the support of her confessor, John of Lausanne, and her confidante, Blessed Eva of Liège, the feast was eventually approved by their diocesan bishop in 1246.

Blessed Eva played a crucial role in expanding the celebration of Corpus Christi beyond its local origins after Saint Juliana's death. She reached out to

Pope Urban IV, who had prior knowledge of Saint Juliana's visions and their significance. In a providential turn of events, Pope Urban IV declared Corpus Christi as a universal feast in 1264, making it the first obligatory feast imposed by a pope. He assigned the renowned theologian Saint Thomas Aquinas to compose new liturgical texts for the feast. During a time when scholars debated the nature of Christ's presence in the Eucharist, Saint Thomas defended the doctrine of transubstantiation, providing a philosophical foundation for the Church's understanding of the Eucharist.

Many of the texts composed by Saint Thomas Aquinas for Corpus Christi, such as "Adoro te Devote" and "Pange Lingua," remain integral to the Church's sacred hymnography. "Pange Lingua" is often sung during the Eucharistic procession following the Evening Mass of the Lord's Supper on Holy Thursday, with the final two stanzas, known separately as "Tantum ergo," sung during Benediction of the Blessed Sacrament.

A significant aspect of Corpus Christi is the Eucharistic procession, which holds biblical, liturgical, and pietistic importance. Processions involving sacred elements have a long history, such as the processions with the Ark of the Covenant in the Old Testament and Christ's triumphal entry into Jerusalem on Palm Sunday in the New Testament. Eucharistic processions, which emerged shortly after the establishment of Corpus Christi, serve to reaffirm the Church's belief in the real presence of the Blessed Sacrament. In medieval times, these processions were grand events involving entire towns and cities. They were particularly splendid in European Catholic monarchies, with sovereigns, nobility, civic officials, and military guards participating. The faithful would kneel in adoration as the procession passed by, a tradition still observed in certain Catholic monarchies like the Principality of Monaco.

In recent years, the Pope has led a Corpus Christi procession through the streets of Rome, concluding at the

Basilica of St. Mary Major. This custom was restored by Pope St. John Paul II, who had previously clashed with Communist leaders in Poland over his efforts to revive the full Corpus Christi processions of his youth. Both Pope St. John Paul II and Pope Benedict XVI emphasized the importance of Eucharistic processions, as they allow the faithful to publicly proclaim their faith and express gratitude for the gift of the Eucharist.

Today, many parishes continue the tradition of Eucharistic processions, adapting them to their local customs and culture. Altars adorned with flowers and candles may be set up in front of homes along the procession route for the faithful to stop and adore the Eucharistic Lord. Processions can span several blocks or even miles, culminating in a different church. The Ceremonial of Bishops provides guidelines for the organization of the procession, including the order of ministers. Various groups and associations within the parish, such as the choir or fraternal organizations, often participate, showcasing the diverse gifts within the mystical Body of Christ. Hymns, chants, litanies, and prayers accompany the procession, and it typically concludes with Benediction before reposing the Blessed Sacrament.

The celebration of Corpus Christi and its Eucharistic procession provide a joyful opportunity to honor and praise God's gift of the Eucharist. By proclaiming their faith and expressing gratitude for being nourished by Christ's love, the faithful can bear witness to the profound mystery of the Eucharist in their daily lives.

from Catholic.org



Everyone is welcome to join and watch this revolutionary approach to Bible study.

The first of the 24 series will be starting on

Tuesday, 4 June 2024

There will be MORNING TEA at 10 am, Parish Centre followed by discussions after the film.

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The *Living* Word

Entrance Antiphon Psalm 80:17

He fed them with the finest wheat and satisfied them with honey from the rock.

First Reading Exodus 24:3-8

A reading from the book of Exodus
This is the blood of the Covenant that the Lord has made with you.

Moses went and told the people all the commands of the Lord and all the ordinances. In answer, all the people said with one voice, 'We will observe all the commands that the Lord has decreed.' Moses put all the commands of the Lord into writing, and early next morning he built an altar at the foot of the mountain, with twelve standing-stones for the twelve tribes of Israel. Then he directed certain young Israelites to offer holocausts and to immolate bullocks to the Lord as communion sacrifices. Half of the blood Moses took up and put into basins, the other half he cast on the altar. And taking the Book of the Covenant he read it to the listening people, and they said, 'We will observe all that the Lord has decreed; we will obey.' Then Moses took the blood and cast it towards the people. 'This' he said 'is the blood of the Covenant that the Lord has made with you, containing all these rules.'

The word of the Lord

Responsorial Psalm
Ps 115:12-13. 15-18. R. v.13

(R.) I will take the cup of salvation, and call on the name of the Lord.

How can I repay the Lord for his goodness to me?
The cup of salvation I will raise;
I will call on the Lord's name. **(R.)**

O precious in the eyes of the Lord is the death of his faithful.
Your servant, Lord, your servant am I;
you have loosened my bonds. **(R.)**

A thanksgiving sacrifice I make:
I will call on the Lord's name.
My vows to the Lord I will fulfil
before all his people. **(R.)**

Second Reading Hebrews 9:11-15
A reading from the letter to the Hebrews

The blood of Christ will purify our inner selves.

Now Christ has come, as the high priest of all the blessings which were to come. He has passed through the greater, the more perfect tent, which is better than one made by men's hands because it is not of this created order; and he has entered the sanctuary once and for all, taking with him not the blood of goats and bull calves, but his own blood, having won an eternal redemption for us.

The blood of goats and bulls and the ashes of a heifer are sprinkled on those who have incurred defilement and they restore the holiness of their outward lives; how much more effectively the blood of Christ, who offered himself as the perfect sacrifice to God through the eternal Spirit, can purify our inner self from dead actions so that we do our service to the living God.

He brings a new covenant, as the mediator, only so that the people who were called to an eternal inheritance may actually receive what was promised: his death took place to cancel the sins that infringed the earlier covenant.

The word of the Lord.

Gospel Acclamation John 6:51-52

Alleluia, alleluia!

I am the living bread from heaven, says the Lord;
whoever eats this bread will live for ever.

Alleluia!

Gospel Mark 14:12-16, 22-26

A reading from the holy Gospel according to Mark

This is my body. This is my blood.

On the first day of Unleavened Bread, when the Passover lamb was sacrificed, his disciples said to Jesus, 'Where do you want us to go and make the preparations for you to eat the passover?' So he sent two of his disciples, saying to them, 'Go into the city and you will meet a man carrying a pitcher of water. Follow him, and say to the owner of the house which he enters, "The Master says: Where is my dining room in which I can eat the passover with my disciples?"' He will show you a large upper room furnished with couches, all prepared. Make the preparations for us there.' The disciples set out and went to the city and found everything as he had told them, and prepared the Passover. And as they were eating he took some bread, and when he had said the blessing he broke it and gave it to them. 'Take it,' he said 'this is my body.' Then he took a cup, and when he had returned thanks he gave it to them, and all drank from it, and he said to them, 'This is my blood, the blood of the covenant, which is to be poured out for many. I tell you solemnly, I shall not drink any more wine until the day I drink the new wine in the kingdom of God.' After psalms had been sung they left for the Mount of Olives.

The Gospel of the Lord

Communion Antiphon John 6:51-52

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

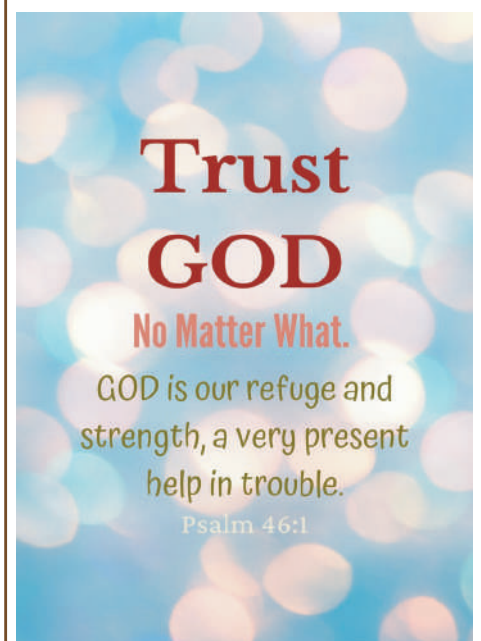
REFLECTION
by Dianne Bergant CSA

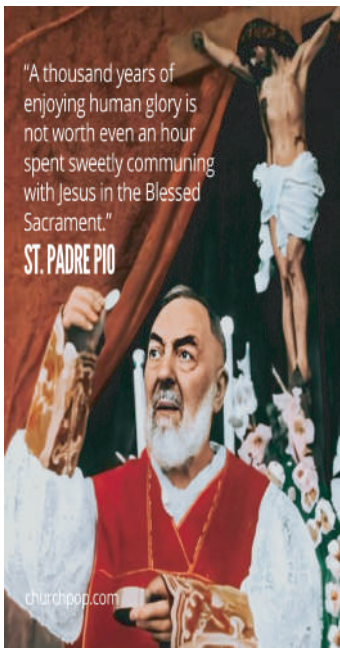
The readings, which reflect some aspect of the feast, feature three prominent themes: the importance of blood in the ratification of the covenant; the atoning actions of Christ; the attitude of thanksgiving.

Most people today would probably be repelled by the ritual use of blood. Yet birth blood is not subject to the same revulsion, nor is blood transfusion frowned upon. Blood is recognised as a life force, and blood relationships are cherished. In a sense this ritual makes us blood sisters and brothers of God and of each other. It seals our fate and it entitles us to the family inheritance.

This feast celebrates the incomparable love of Christ. He offered himself for the expiation of our sins; he spread a banquet table for us at which we are able to eat the bread of companionship and share the blood of the new covenant. How shall we make a return to the Lord for all the good that we have received? The only appropriate response to God's graciousness is thanksgiving (eucharistia). We have been chosen; we have been delivered; we have a witness in heaven; and now we have been given the bread of eternal life and the blood of salvation. What return can we give? A life of gratitude lived in the presence of God; a life of union with all those who eat the same bread and drink from the same cup; a life of faithful expectation, waiting for the coming of the reign of God in all its fullness.

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"A thousand years of enjoying human glory is not worth even an hour spent sweetly communing with Jesus in the Blessed Sacrament."

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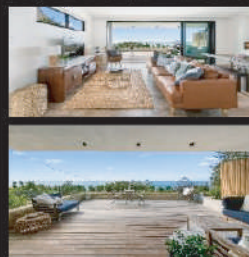
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"I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst."

— John 6:35



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Jesus said to them,
"I am the bread of life;
whoever comes to me
shall not hunger,
and whoever believes
in me shall never thirst."
John 6:35



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