



The Catholic Parish of Pittwater

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



Come HOLY SPIRIT

fill the hearts of your faithful
and kindle in them the
fire of your

Love.

Prayer to the *Holy Spirit*

Spirit of wisdom and understanding,
enlighten our minds to perceive
the mysteries of the universe
in relation to eternity.

Spirit of right judgment and
courage, guide us and make us firm
in our baptismal decision to follow
Jesus' way of love.

Spirit of knowledge and reverence,
help us to see the lasting value of
justice and mercy in our everyday
dealings with one another.

May we respect life as we work
to solve problems of family and nation,
economy and ecology.

Spirit of God, spark our faith, hope
and love into new action each day.

Fill our lives with wonder and awe
in your presence which
penetrates all creation. Amen.



Thoughts of Blessed Francis Jordan

Become temples of the Holy Spirit! Pray that he enlightens you in times of danger! Oh how happy you will be, what peace, what bliss, what harmony, what happiness!

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 MAY

For The Formation of Men and Women Religious and Seminarians

Let us pray that they grow in their own vocational journey through human, pastoral, spiritual and community formation, that leads them to be credible witnesses of the Gospel.

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
 Martin Marov
 Claire Romain

Recently Deceased
 Pietrina Maiorana

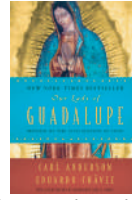
Prayer for the Sick

Anna Śmigowska
 Nick Moullakis
 Bill Eyre
 Brian Gregan
 Marcia Bailey
 Bec Burroughs
 Margaret De Landre
 Matt Ukishima
 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

Our Lady of Guadalupe

by: Carl Anderson & Eduardo Chavez



Both authors write with a clarity, beauty and intelligence that make these pages a joy to read. But it's the content that makes this book so important. In a culture that increasingly devalues life, this is a compelling, wonderfully readable reflection on 'the theology of the body' and the meaning of human love and sexuality. It is highly recommended.



Liturgy for the Week

- 20/05 Monday, The Blessed Virgin, Mother of the Church
 Acts 1:12-14; Jn 19:25-34
- 21/05 Tuesday, Ordinary Time 7
 James 4:1-10; Mk 9:30-37
- 22/05 Wednesday, Ordinary Time 7
 James 4:13-17; Mk 9:38-40
- 23/05 Thursday, Ordinary Time 7
 James 5:1-6; Mk 9:41-50
- 24/05 Friday, Our Lady, Help of Christians
 Prov 31:10-13, 19-20, 30-31; Lk 1:39-56
- 25/05 Saturday, Ordinary Time 7
 James 5:13-20; Mk 10:13-16

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 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.



Bands of the
 Beaches for
 Soibada

All are welcome to come and enjoy the music of our exciting BANDS at the AVALON BOWLO FOR SOIBADA on the 25th of MAY 2024. 90% of the band members are FORMER MATER MARIA students. This is a fun event for all ages.



**Maria Regina Catholic
Primary School Avalon**
Ignite • Connect • Excel



OPEN DAY

Wednesday 19 June 2024
9am - 10.30am



**PENTECOST:
THE DAY WHEN WE
CELEBRATE THE
HOLY SPIRIT
AND THE BIRTH
OF THE CHURCH**
Article from Holy Blog

Pentecost is perhaps, after Easter, one of the most important festivities of the Catholic Church. It's the celebration of the descent of the Holy Spirit, the third person of the Most Holy Trinity, after the Resurrection of Jesus and, in a sense, the very birth of the Church. It originally coincided with the Jewish celebration of Shavout, a celebration dedicated to the harvest in the period following Easter. On this occasion, the Jews thanked God for the fruits the land gave to them. Later on, it also became the commemoration of the day Moses received the Ten Commandments on top of Mount Sinai.

Today Catholics celebrate the Pentecost 50 days after Easter. The remembrance of the Jewish holiday is still there, especially in the thankful approach of the faithful to God. In fact even in Christian Pentecost we speak of a great and precious gift God wanted to give to His people: the *Grace of the Holy Spirit*. In the second chapter of the Acts of the Apostles, Mary and the Apostles gathered to celebrate Pentecost with the usual pilgrimage to Jerusalem, like many Jews. The Holy Ghost descended upon them in the form of a roar from the sky and tongues of fire, which flashed each one of them. From that moment on, they were able to speak any language.

The sanctifying features of the Holy Spirit are a symbol of unification and inspiration for the apostles who, after this miraculous meeting, feel they have to begin their ecumenical mission and create the Church. Before this episode, the Holy Spirit was not described as a divine person. Only in the New Testament, the vision of the Spirit of God as an impersonal force that plots the destinies of the universe is joined together with the cult of His personality: the Holy Spirit becomes a personification of God's love towards His children, infinite wisdom used when teaching the disciples of Jesus to become promoters of truth and salvation among men. It is often depicted as a white dove, or like the flame tongues that would have touched Mary and the Apostles.

The Holy Spirit offers many gifts to those who receive it: wisdom, intellect, advice, strength, science, pity, and fear of God. All faithful benefit from the *Baptism* before and the *Confirmation* after. Pentecost is a celebration involving all faithful and especially their families, held in the grace of the Holy Spirit and more united and strong against the difficulties of every day.

Parish Directory

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1 Keenan Street Mona Vale
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Parish Priest
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Sacramental Coordinator
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sacraments@pittwaterparish.org

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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



Parish Bulletin – Term 2, Week 3

Our Year 11 parents and students were welcomed to our Parent-Teacher-Student Evening. We continue to focus on growth for all students and staff, outlining ways to engage with student learning, methods of communication, the importance of attendance and the ways that we are supporting student wellbeing through pastoral care. Helping each student flourish and grow in the relationship with Jesus Christ is our core business here at Mater Maria Catholic College.

This term, more than twenty students from Years 9 and 10 are enthusiastically participating in the Alpha for Youth Catholic Faith Formation Program. Crafted to nurture spiritual development and enhance comprehension of the Catholic faith, this all-encompassing curriculum equips students to become empathetic leaders in their communities.

It has been a bustling week of sporting activities at Mater Maria. With daily basketball sessions and enthusiastic involvement in a range of competitions, our students have been showcasing their talents and spirit of sportsmanship. Our sporting endeavours include the MWBA basketball competition, Peninsula Cup netball, Peninsula Cup soccer and the Bill Turner Trophy Soccer Gala Day.

For prospective students, applications for Year 7 are now open for 2027 and 2028. A waitlist is in place for students transitioning from Year 6 to Year 7 in 2025, and Year 6 to Year 7 in 2026, as well as for all other year groups in 2024. To learn more about enrolment or to submit an application, please visit our College website at www.matermaria.nsw.edu.au/enrolments.



“Be completely humble and gentle; be patient, bearing one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.”

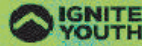
Ephesians 4:2-3

SYDNEY

28 September - 1 October 2023

at Cathedral Precinct Waitara
Hosted in and supported by the
Diocese of Broken Bay

Registration: igniteconference.com.au/

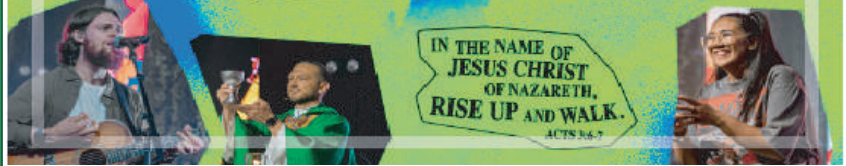


IGNITE CONFERENCE 24

RISE UP!

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CATHOLIC CONFERENCE
WITH SOMETHING
EVERYONE

IN THE NAME OF
JESUS CHRIST
OF NAZARETH,
RISE UP AND WALK.
ACTS 1:6-7



Ordination Anniversary Celebration

Please Join Us As We Celebrate



Fr Richard Sadowski

on his 25th Ordination Anniversary

and

Fr Zygmunt Smigowski

on his 21st Ordination Anniversary

Friday, 31 May 2024

Royal Motor Yacht Club

at 6 pm

46 Prince Alfred Parade

Newport

\$55 per person

Cocktail Food &

Desserts included

drinks available for purchase

at the bar



Book for the Ordination Anniversary Celebration at

<https://www.trybooking.com/CRMHS>

Courtesy Bus will be available from Sacred Heart Church,
Mona Vale to Royal Motor Yacht Club.

*Please contact the Parish Office on 9517 0999
for more information.*

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.

The PWBB May appeal is the last one for the financial year 2023/2024 and all donations over \$2 are tax deductible.

PASTORAL WORKS Broken Bay



“Connecting to the Mission of Jesus Christ!”

MAY APPEAL

“Your generosity with our Pastoral Works appeal helps us go further and wider in helping our community of Broken Bay, and more deeply connect us to our vision and the Mission of Jesus Christ. I am deeply grateful for your support.”

MOST REV ANTHONY RANDAZZO DD JCL BISHOP OF BROKEN BAY

Confraternity of Christian Doctrine (CCD)



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Please give generously to our **MAY 2024 APPEAL**

Your Tax-deductible gift supports vital pastoral ministries in our local community. Donate online at www.bbcatholic.org.au/pastoralworks



Everyone is invited to join Fr Richard and Fr Zygmunt as they celebrate the Jubilee Mass for their

Ordination Anniversaries on Sunday, 2 June 2024 at 10 am followed by **Morning Tea** at **Sacred Heart Church, Mona Vale**

We're sorry THE EVENT IS POSTPONED



SING FOR SOIBADA

We had to postpone this event temporarily until further notice due to unforeseen circumstances.

-Tamara Harding

Worldpriest Annual Global Rosary Relay for the Sanctification of Priests **Friday 7 June 2024**

Country: Australia

Time: 10:30 am Local prayer time

Lead Location: Our Lady of the Rosary Cathedral, Waitara - Diocese of Broken Bay, Sydney

Mysteries: Glorious

Please use all live streaming, video and Facebook Live facilities you may have access to - and help extend your prayer participation to an even greater audience worldwide.

Pray the Rosary, unite with your country and help encircle the world in prayer

The Worldpriest Annual Global Rosary Relay for Priests 2024 - organised and coordinated by Worldpriest. For further information visit our Website: www.worldpriest.com Email: info.worldpriest@gmail.com

Worldpriest AFFIRMIS - ENSPERIS - ENFORNIS



ACTS 1: 8

But you SHALL

receive power when the

HOLY SPIRIT

has come upon you;

and you shall be

witnesses to Me

in Jerusalem, Judea & Samaria,

and to the end of the earth.”

www.galilileepriestsociety.com

The *Living* Word

Entrance Antiphon

Wisdom 1:7

The Spirit of the Lord has filled the whole world and that which contains all things understands what is said, alleluia.

First Reading Acts of the Apostles 2:1-11

A reading from the Acts of the Apostles

They were all filled with the Holy Spirit, and began to speak different languages.

When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech. Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome - Jews and proselytes alike - Cretans and Arabs; we hear them preaching in our own language about the marvels of God.'

The word of the Lord

Responsorial Psalm

Ps 103:1. 24. 29-31. 34. R. v.30

(R.) Lord, send out your Spirit and renew the face of the earth.

Bless the Lord, my soul!
Lord God, how great you are,
How many are your works, O Lord!
The earth is full of your riches. (R.)

You take back your spirit, they die, returning to the dust from which they came. You send forth your spirit, they are created; and you renew the face of the earth. (R.)

May the glory of the Lord last for ever!
May the Lord rejoice in his works!
May my thoughts be pleasing to him.
I find my joy in the Lord. (R.)

Second Reading

1 Corinthians 12:3-7, 12-13

A reading from the first letter of St Paul to the Corinthians

In the one Spirit we were all baptised, making one body.

No one can say, 'Jesus is Lord' unless he is under the influence of the Holy Spirit. There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different ways in different people, it is the same God who is working in all of them. The particular way in which the Spirit is given to each person is for a good purpose. Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

The word of the Lord.

Sequence

Holy Spirit, Lord of light,
From the clear celestial height
Thy pure beaming radiance give.
Come, thou Father of the poor,
Come with treasures which endure;
Come, thou light of all that live!
Thou, of all consolers best,
Thou, the soul's delightful guest,
Dost refreshing peace bestow;
Thou in toil art comfort sweet;
Pleasant coolness in the heat;
Solace in the midst of woe.
Light immortal, light divine,
Visit thou these hearts of thine,
And our inmost being fill:
If thou take thy grace away,
Nothing pure in man will stay;
All his good is turned to ill.
Heal our wounds, our strength renew;
On our dryness pour thy dew;
Wash the stains of guilt away;
Bend the stubborn heart and will;
Melt the frozen, warm the chill;
Guide the steps that go astray.
Thou, on us who evermore
Thee confess and thee adore,
With thy sevenfold gifts descend:
Give us comfort when we die;
Give us life with thee on high;
Give us joys that never end.

Gospel Acclamation

Alleluia, alleluia!
Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.
Alleluia!

Gospel

John 20:19-23

A reading from the holy Gospel according to John

As the Father sent me, so I send you: Receive the Holy Spirit.

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you,'

and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.

'As the Father sent me, so am I sending you.'
After saying this he breathed on them and said:

'Receive the Holy Spirit.
For those whose sins you forgive, they are forgiven;
for those whose sins you retain, they are retained.'

The Gospel of the Lord

Communion Antiphon

Acts of the Apostles 2:4,11

They were all filled with the Holy Spirit and spoke of the marvels of God, alleluia.

REFLECTION

by Dianne Bergant CSA

Pentecost brings the Easter season to a close, celebrating the fullness of the Spirit and the great gathering of nations. The plan of salvation has been brought to its conclusion. The Risen Lord is exalted in his rightful place next to God and has sent his own Spirit to fill the earth with God's power. The world is charged with divine energy; it needs but a spark to ignite it with life and excitement.

If this has all really happened, why does our world look the same? Why is there so much religious and ethnic rivalry? Why do we continue to make distinctions between Jew and Gentile, slave and free, woman and man, distinctions that favour one at the expense of the other? Why is there so little peace, or comfort, or solace? Why do we refuse to forgive or to be reconciled? Is Pentecost merely a feast that we celebrate in red vestments? Has the face of the earth really been renewed?

The answer is yes! Resoundingly, yes! The Spirit has been poured forth and works wonders wherever human hearts are open to its prompting. The earth is renewed each time rivalries are resolved, distinctions are recognised as merely expressions of diversity, peace is restored, comfort and solace are offered, and forgiveness is granted. We are immersed in the vigour of the Spirit of God; all we have to do is open ourselves to it and the reign of God will be born in our midst.

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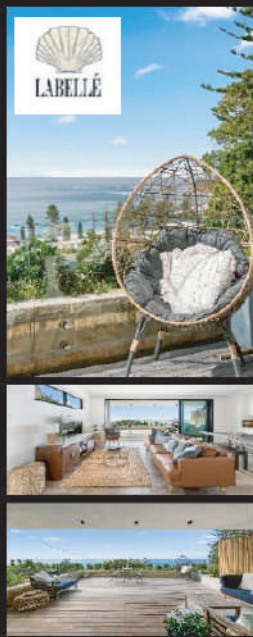

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For this is what the Lord has commanded us;
 "I have made you a light for the Gentiles,
 that you may bring salvation
 to the ends of the earth."
 Acts 13:47



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BUT YOU WILL RECEIVE POWER
 WHEN THE HOLY SPIRIT COMES
 ON YOU; AND YOU WILL BE MY
 WITNESSES IN JERUSALEM, AND
 IN ALL JUDEA AND SAMARIA,
 AND TO THE ENDS OF THE
 EARTH.

Acts 1:8



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