



# The Catholic Parish of Pittwater

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

## St John Paul II

### Prayer for Families

Lord God, from You,  
every family in heaven  
and on earth take its name.

Father,

You are love and life.

Through Your Son, Jesus Christ,  
born of a woman and through  
the Holy Spirit,

fountain of divine charity,  
grant that every family on earth  
may become for each successive  
generation a true shrine of  
life and love.

Grant that Your grace may guide  
the thoughts and actions of  
husbands and wives for the  
good of their families and  
of all the families of the world.  
Grant that the young may find in the  
family solid support for their  
human dignity and for their growth  
in truth and love.

Through Christ our Lord, who is the  
Way, the Truth and the Life  
forever and ever. Amen.



### Thoughts of Blessed Francis Jordan

Do not lose heart, even if you are humiliated greatly.  
Have confidence in the Lord and strive for holiness.

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**  
**Ljuba Rusev**

May their Souls and the Souls of the Faithful Departed, Through the Mercy of God, Rest in Peace. Amen.

**Recently Deceased**  
**Sean O'Sullivan**  
**Lucas Andreas Van Agten**

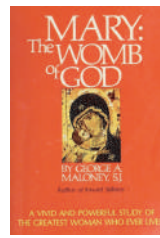
## Prayer for the Sick

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

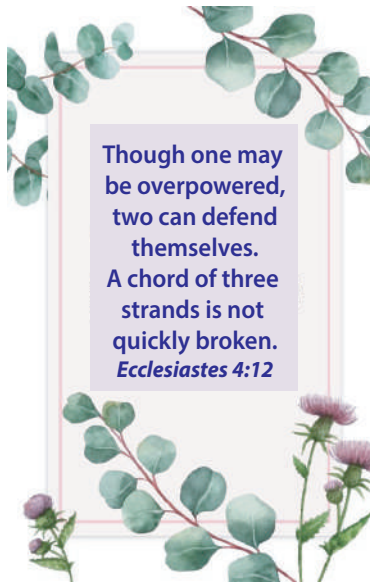
## BOOK REVIEW

**Mary: Womb of God**

by: *George A. Maloney, SJ*



Fr George is the author of *Inward Stillness* and in this book he gives a vivid and powerful study of the greatest woman who ever lived.



## Liturgy for the Week

**06/05 Monday, 6th Sunday of Easter**  
 Acts 16:11-15; Jn 15:26-16:4

**07/05 Tuesday, 6th Sunday of Easter**  
 Acts 16:22-34; Jn 16:5-11

**08/05 Wednesday, 6th Sunday of Easter**  
 Acts 17:15, 22- 18:1; Jn 16:12-15

**09/05 Thursday, 6th Sunday of Easter**  
 Acts 18:9-18; Jn 16:20-23

**10/05 Friday, 6th Sunday of Easter**  
 Acts 18:9-18; Jn 16:20-23

**11/05 Saturday, 6th Sunday of Easter**  
 Acts 18:23-28; Jn 16: 23-28

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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.



# ENROL NOW FOR 2025



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42 Central Road, Avalon 2107  
 7256 2138 | [www.mradbb.catholic.edu.au](http://www.mradbb.catholic.edu.au)



LIMITED SPACES AVAILABLE

## UPDATE FROM THE SACRAMENTAL COORDINATOR

### Sacrament of Confirmation



**Maria Regina Church, Avalon**  
**Saturday, 22 June 2024 at 6:00 pm**  
or

**Sacred Heart Church, Mona Vale**  
**Sunday, 23 June 2024**  
**at 10:00 am and 12 noon**

*Children in Year 3 and above are eligible to receive the Sacrament of Confirmation if they have been baptised.*

**They should also reside within  
the Catholic Parish of Pittwater catchment area.**

For more information about the requirements, the preparation program, enrolments, etc., you **MUST ATTEND ONE** of the following

#### **Parent Information & Commitment Sessions**

which will take place at 7:30 pm:

**Thursday, 2 May - Maria Regina Church, Avalon**  
**Monday, 6 May - Sacred Heart Church, Mona Vale**

If you have any questions, or would like  
to become a facilitator of your child's preparation group  
please contact

**Sonia at [sacraments@pittwaterparish.org](mailto:sacraments@pittwaterparish.org)**

## *Mother's Day*

12th of May 2024

We invite all Mothers for a  
Special Blessing during these Masses:

**Sacred Heart Church, Mona Vale**  
**Saturday, 11th of May**  
**at 5 pm**

**Sunday, 12th of May at**  
**8 am, 10 am and 6 pm (Soul Mass)**

**Maria Regina Church, Avalon**  
**Saturday, 11th of May**  
**at 6 pm**  
**Sunday, 12th of May**  
**at 9 am**

## 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](mailto:pp@pittwaterparish.org)

**Assistant Priest**  
**Fr Zygmunt Smigowski SDS**  
Tel 9157 0999 ext 12  
[ap@pittwaterparish.org](mailto:ap@pittwaterparish.org)

**Parish Secretary**  
**Belinda Cimino**  
Tel 9157 0999 ext 30  
[office@pittwaterparish.org](mailto:office@pittwaterparish.org)

**Administrative Assistant**  
**Shereae Knight**  
Tel 9157 0999 ext 30  
[office@pittwaterparish.org](mailto:office@pittwaterparish.org)

**Director of Music**  
**Josh Willard**  
Tel 9157 0999 ext 17  
[music@pittwaterparish.org](mailto:music@pittwaterparish.org)

**Media & Communications  
Coordinator**  
**Conille Felias**  
Tel 9157 0999 ext 31  
[media@pittwaterparish.org](mailto:media@pittwaterparish.org)

**Sacramental Coordinator**  
**Sonia Samartin**  
Tel 9157 0999 ext 13  
[sacraments@pittwaterparish.org](mailto: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**

## Welcome to Pittwater Parish

**Harrison Thomas  
Johnson**

**Marlie Emma Johnson  
Adeline Susan Goodwin  
Hallie Margaret Goodwin  
Kobe Dan Thomas  
Indie Annabelle Thomas**

at  
**Sacred Heart Church  
Mona Vale  
on the  
21st of April 2024  
for the  
Sacrament of  
Baptism**

**Holly Luise Goldsworthy  
Zahlia Maree Stromquist  
Kaius Bjorn Stromquist  
Charlie James Asprey  
Goldie Lou Asprey  
Leonardo Philip Gillings  
Eva Rae Gillings**

at  
**Sacred Heart Church  
Mona Vale  
on the  
28th of April 2024  
for the  
Sacrament of  
Baptism**



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*Thank You for your Generosity*  
**Your generous support helps further our mission in the training and education of our young Salvatorian Seminarians as well as the maintenance of our seminaries in Poland, the Philippines and support our East Timorese seminarians who will eventually be working here in Australia.**

*Fr Richard and Fr Zygmunt*

## Parish Bulletin – Term 2, Week 1



Monday marked a student-free day as our teachers welcomed secondary school teachers from the Diocese to our College for a busy System Curriculum Reform Day, continuing their focus on improving high-quality education.

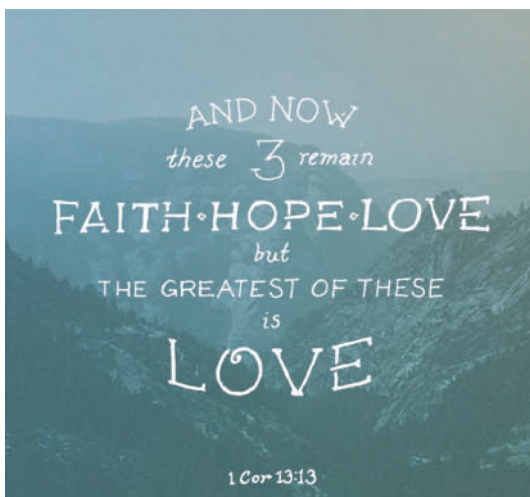
As our students embarked on their first day of Term 2 on Tuesday, we held our Anzac Commemoration Service at the College. Led by Mr Clarke, it was a poignant moment of reflection, paying homage to the brave souls who have made the ultimate sacrifice in conflicts and wars. Retired Major Mr David Raey from the Australian Army shared insightful stories, reminding us of the significance of Anzac Day. The assembly concluded with The Last Post, a reminder of the debt of gratitude we owe to all who have served our nation. Our students also had a lesson about the Anzac tradition and were offered Anzac biscuits, symbolising unity and remembrance. The Benedict Learning Centre displayed a rich collection of war memorial books, sparking enthusiasm as our students delved deeper into these narratives.

Meanwhile, our Year 12 Duke of Edinburgh students completed their Gold Qualifying Adventurous Journey with a five-day hike from Tumut to Wee Jasper.

Senior students seized the opportunity to explore career opportunities at the 2024 Sydney Build Expo, gaining insights into the latest trends and technologies in the construction and build environment sector.

The first week back saw a flurry of sporting activities, with daily basketball sessions and the CSBB Intermediate Boys Soccer Gala Day at Cromer Park, showcasing the best of our soccer players against other schools in the Broken Bay Diocese.

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](http://www.matermaria.nsw.edu.au/enrolments).



# 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  
at 6 pm**

**Royal Motor Yacht Club  
46 Prince Alfred Parade  
Newport**

**\$55 per person**  
Substantial cocktail food  
*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 for more information.*

## **VOLUNTEERS ARE NEEDED**

To help organise Maria Regina Church's 50th Golden Jubilee on the  
25th of August.



If you are interested, please ring the Parish Office at 9157 0999

The Organising Committee will meet on the 19th of May after the 9 am Mass at Avalon.

### **OLD PHOTOS OF MARIA REGINA CHURCH**

If you have old photos of the Church, we would appreciate it if you could send it to  
**[media@pittwaterparish.org](mailto:media@pittwaterparish.org)** or you could drop by at the Parish Office  
so we can scan it for you.

# The *Living* Word

## Entrance Antiphon

Isaiah 48:20

Proclaim a joyful sound and let it be heard; proclaim to the ends of the earth: The Lord has freed his people, alleluia.

## First Reading

Acts of the Apostles 10:25-26, 34-35, 44-48

### A reading from the Acts of the Apostles

*The gift of the Holy Spirit was poured out upon the gentiles also.*

As Peter reached the house Cornelius went out to meet him, knelt at his feet and prostrated himself. But Peter helped him up. 'Stand up,' he said, 'I am only a man after all!'

Then Peter addressed them: 'The truth I have now come to realise' he said, 'is that God does not have favourites, but that anybody of any nationality who fears God and does what is right is acceptable to him.'

While Peter was still speaking the Holy Spirit came down on all the listeners. Jewish believers who had accompanied Peter were all astonished that the gift of the Holy Spirit should be poured out on the pagans too, since they could hear them speaking strange languages and proclaiming the greatness of God. Peter himself then said, 'Could anyone refuse the water of baptism to these people, now they have received the Holy Spirit just as much as we have?' He then gave orders for them to be baptised in the name of Jesus Christ. Afterwards they begged him to stay on for some days.

## The word of the Lord

**Responsorial Psalm** Ps 97:1-4. R. see v.2

**(R.) The Lord has revealed to the nations his saving power.**

Sing a new song to the Lord for he has worked wonders. His right hand and his holy arm have brought salvation. **(R.)**

The Lord has made known his salvation; has shown his justice to the nations. He has remembered his truth and love for the house of Israel. **(R.)**

All the ends of the earth have seen the salvation of our God. Shout to the Lord all the earth, ring out your joy. **(R.)**

## Second Reading

1 John 4:7-10

**A reading from the first letter of St John**

*God is love.*

My dear people, let us love one another since love comes from God and everyone who loves is begotten by God and knows God. Anyone who fails to love can never have known God, because God is love. God's love for us was revealed when God sent into the world his only Son so that we could have life through him; this is the love I mean: not our love for

God, but God's love for us when he sent his Son to be the sacrifice that takes our sins away.

## 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

John 15:9-17

#### A reading from the holy Gospel according to John

*No one can have greater love than to lay down his life for his friends.*

Jesus said to his disciples:

'As the Father has loved me, so I have loved you.

Remain in my love.

If you keep my commandments

you will remain in my love,

just as I have kept my Father's

commandments

and remain in his love.

I have told you this

so that my own joy may be in you

and your joy be complete.

This is my commandment:

love one another,

as I have loved you.

A man can have no greater love

than to lay down his life for his friends.

You are my friends,

if you do what I command you,

I shall not call you servants any more,

because a servant does not know

his master's business;

I call you friends,

because I have made known to you

everything I have learnt from my Father.

You did not choose me,

no, I chose you;

and I commissioned you

to go out and to bear fruit,

fruit that will last;

and then the Father will give you

anything you ask him in my name.

What I command you

is to love one another.'

## The Gospel of the Lord

### Communion Antiphon

John 14:15-16

If you love me, keep my commandments, says the Lord, and I will ask the Father and he will send you another Paraclete, to abide with you for ever, alleluia.

### REFLECTION

by Dianne Bergant CSA

*The boundlessness of God's love is seen in the fact that God loved us even before we were deserving of God's love. In fact, it was God's love that made us able both*

*to receive and to give love in return. Love is of God; love is God. Divine love is constant and trustworthy. How easily we can think this thought or speak these words, yet how difficult, even impossible, it is to comprehend what it means. We can only really recognise love in its many concrete manifestations. Love is patient, kind and forbearing; it believes, it hopes, it endures. The love of God breaks down the barriers between Gentile and Jew, between slave and free, between the poor and the prosperous, between women and men, between the healthy and the ailing, between young and old. Embraced by such love we are gradually transformed. We begin to recognise God's love in places we never suspected it would be found. We discover that what we once judged unclean may merely be an unfamiliar openness to God's truth. We discover that our own insistence on legitimate religious practice may really be spiritual elitism. Our eyes are opened to ways we have tried to confine God's love to the conventional boundaries we ourselves have set. As we are drawn into God's love, we eagerly embrace the commandments that help us to live righteous lives. To the extent that we love as universally as God does, we will know that we live in God and that God lives in us.*

© Dianne Bergant CSA

## Parish Morning Tea



*Everyone is welcome to join us every month after the*

**8 am Mass on the 1st Sunday and after the**

**10 am Mass on the 3rd Sunday at the**

**Sacred Heart Parish Centre, Mona Vale**

**2nd & 4th Sunday after the 9 am Mass in front of the**

**Maria Regina Church, Avalon**

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 tenderhearted, forgiving  
 one another, just as  
 God through Christ has  
 forgiven you.

EPHESIANS 4:32

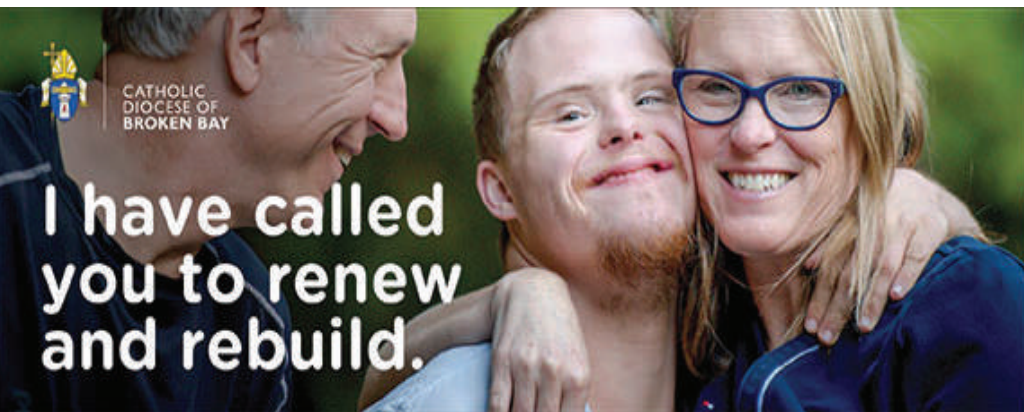
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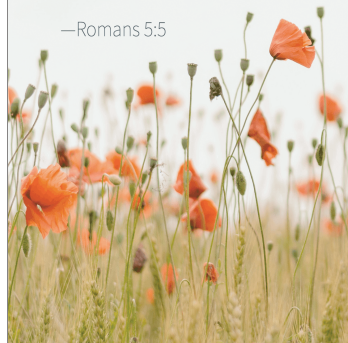


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—Romans 5:5



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