



# The Catholic Parish of Pittwater

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

## Sacred Heart of Jesus Prayer

O Most Holy Heart of Jesus,  
fountain of every blessing,  
I adore You, I love You,  
and with a lively sorrow  
for my sins,  
I offer You this poor heart  
of mine.  
Make me humble, patient,  
pure and obedient to  
Your will.  
Grant, good Jesus, that I may  
live in You and for You.  
Amen.



### Thoughts of Blessed Francis Jordan

Love everyone! Everyone has failings, more or less. But you should exclude no one from your love.

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  
 Rina Lardizabal-Yam  
 Bob Kasch

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

### Recently Deceased

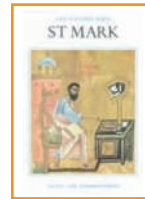
Frank Kolarik  
 Judy McAuliffe  
 Stanley Kuo  
 David Doig

### 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 Miller

## BOOK REVIEW

St Mark  
 The Navarre Bible



Commentary on St Mark's Gospel brings depth of understanding to his gospel telling heavily influenced by the first hand accounts of St Peter.



### Piety Store

Gifts and Cards for Confirmation are now available in the store.

The Piety Store will be open on

**18 June @ 4.30 pm**

*Cash Only Transactions*

*Please*

All proceeds go to the *St Vincent De Paul Society*

### Liturgy for the Week

10/06 Monday, Ordinary Time 10  
 1 Kg 17:1-6; Mt 5:1-12

11/06 Tuesday, St Barnabas  
 Acts 11:21-26, 13:1-3;  
 Mt 10:7-13

12/06 Wednesday, Ordinary Time 10  
 1 Kg 18:20-39; Mt 5:17-19

13/06 Thursday, St Anthony of Padua  
 1 Kg 18:41-46; Mt 5:20-26

14/06 Friday, Ordinary Time 10  
 1 Kg 19:9, 11-16; Mt 5:27-32

15/06 Saturday, Ordinary Time 10  
 1 Kg 19:19-21; Mt 5:33-37

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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



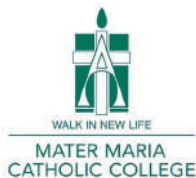
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## Parish Bulletin – Term 2, Week 6

This week, we warmly welcomed our Year 7 parents and students to the Parent-Teacher-Student Evening. Our focus remains on fostering growth for all students and staff. We outlined ways to engage with student learning, effective communication methods, the importance of attendance, and the robust support we offer through pastoral care. Helping each student flourish and grow in their relationship with Jesus Christ is at the heart of our mission at Mater Maria Catholic College.

Many of our Year 12 students have teamed up with Zonta to support the Birthing Kit Foundation, aiming to raise funds for birthing kits to aid mothers and their babies in developing countries. This week, our dedicated Zonta Club members organised a bake sale to contribute to this noble cause.

We had several excursions and learning beyond the classroom. Year 9 Design and Technology students visited Salvation Army and Lifeline stores in Mona Vale to gather second-hand materials for their current project. Year 12 Engineering students explored the HARS Aviation Museum in Wollongong, gaining valuable aeronautical insights.

Year 11 Mathematics students attended a one-day workshop at the University of NSW, designed to encourage young women to pursue careers in mathematics. This event underscored the essential role mathematics plays in tackling global challenges such as climate change, population growth and sustainable resource management. Meanwhile, our Year 7 students engaged in the World of Maths Day at the Marana Complex, participating in problem-solving games that align with the 'Working Mathematically' syllabus outcomes.

Our students thrived in a busy week of sports competitions with the NSWCCC Cross Country Championships, Netball NSW Schools Cup, Netball NSW Schools Umpiring and Coaching, and the NSW Basketball Gala Day for boys and girls.

Over twenty students from Years 9 and 10 are participating in the Alpha for Youth Catholic Faith Formation Program this term. 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 <https://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.



**Everyone is invited for the Parish Consultation 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](http://www.bbcatholic.org.au/pdnb) to submit your individual submission for consideration.**



## 5 Facts About The Most Sacred Heart of Jesus

The Solemnity of the Most Sacred Heart of Jesus recalls Christ's love for us. Here are five facts that you may not know about this important feast of Our Lord.

**1. The devotion to the Sacred Heart of Jesus took centuries to become a universal celebration**

Devotion to the Sacred Heart of Jesus goes back to the 11th century. St. Margaret Mary Alacoque had multiple visions of the Sacred Heart between 1673 and 1675. However, it wasn't until 90 years later in 1765, that the feast was officially celebrated in France. In 1856, Pope Pius IX made the feast of the Sacred Heart into a universal celebration.

**2. The first feast of the Sacred Heart was actually celebrated in 1670**

Even before St. Margaret Mary Alacoque had her visions of the Sacred Heart there was a recorded celebration of this feast. St. Jean Eudes composed the first Office and Mass of the Sacred Heart. The first feast of the Sacred Heart was celebrated on Aug. 31, 1670 in Rennes, France.

**3. The feast takes place on the 19th day after Pentecost**

The feast of the Sacred Heart is scheduled to be celebrated on the Friday after the octave (eighth day) of the feast of Corpus Christi. Corpus Christi is traditionally the Thursday after Trinity Sunday. However, in Australia, Corpus Christi is instead celebrated on the following Sunday. Despite this, the feast of the Sacred Heart still takes place 19 days after Pentecost.

**4. Jesus made 12 promises to those who honor the Sacred Heart to St. Margaret Mary Alacoque:**

1. I will give them all the graces necessary for their state in life.
2. I will establish peace in their families.
3. I will comfort them in their trials.
4. I will be their secure refuge during life, and, above all, in death.
5. I will shed abundant blessings on all their undertakings.
6. Sinners will find in My Heart an infinite ocean of mercy.
7. Lukewarm souls will become fervent.
8. Fervent souls will rapidly grow in holiness and perfection.
9. I will bless every place where an image of My Heart shall be exposed and honored.
10. I will give to priests the gift of touching the most hardened hearts.
11. The names of those who promote this devotion will be written in My Heart, never to be blotted out.
12. I promise thee, in the excessive mercy of My Heart, that My all-powerful love will grant to all those who receive Holy Communion on the First Friday of nine consecutive months, the grace of final penitence; they shall not die in My disgrace nor without receiving their Sacraments; My Divine Heart shall be their safe refuge in this last moment.

**5. Congregations, states, and groups are consecrated to the Sacred Heart**

In 1873, President Gabriel Garcia Moreno issued a petition that led to Ecuador becoming the first country consecrated to the Sacred Heart.

*by: Derek Pettinelli- Catholic Digest*

# THE SACRED HEART OF JESUS LEADS US FROM MISERY TO MERCY



Our world needs to hear the message of mercy perhaps as no other age before. A culture of violence, death, destruction and despair can be healed only by mercy.

Devotion to the Sacred Heart of Jesus is so central to a healthy biblical spirituality that we don't acknowledge this divine love only once a year; thanks to the apparitions of Our Lord to St. Margaret Mary Alacoque in the seventeenth century, we commemorate and celebrate the love of Christ for us unto death on the First Friday of every month.

Indeed, one of my fondest memories of grammar school is that of Masses on the First Friday of the month for the entire student body. Since an important part of preparation for receiving Holy Communion in those days called for a three-hour fast from solid foods, that meant that most of us came to school actually fasting from the night before. Right after Mass, we proceeded to the school cafeteria where our pastor treated us to crumb buns and hot chocolate. Thus, our celebration spilled over into a common meal.

Years later, I would relish the lyrics of the lovely hymn, "Draw Us in the Spirit's Teather," with the verse that prays, "May all our meals be sacraments of Thee!"

I share that recollection because of another experience I had many years later. I was seated on a plane, hoping that the seat next to me would go unoccupied. Just minutes before the plane door was shut, a man rushed in and, yes, took the empty seat next to me. While we were still taxiing on the runway, he turned toward me and asked, "Are you a Catholic priest?" "Yes, I am." "I used to be Catholic." "What are you now?" "I'm saved, I'm a Christian." "You weren't saved as a Catholic?" "No, it was just a lot of rituals. I never heard about the love and mercy of God." "Did you go to Catholic school?" "Yeah, for a few years."

"Were you," I asked, "brought to Mass on the First Fridays?" "Yeah, I think so." "Well, what were you told about that devotion?" "Oh, something about going nine times and going to Heaven." "You mean you weren't told about the love and mercy of Christ, so great that He died for you and that that love is experienced every time we make a good confession and receive Holy Communion worthily?" "I guess I wasn't listening too well." I hope everyone here this evening has listened better than that poor fellow.

The heart is a symbol with a rich biblical lineage. In Hebrew, both the heart and the bowels represent the very depths of a person – where the cognitive and the affective meet in unity and harmony. Hence, we find passages in the Bible which speak thus: "My heart is overwhelmed, my pity is stirred" (Hos 11:8). Far more than an organ of the body, then, the heart suggests the source of compassion, tenderness, kindness – in short, what we call "mercy."

An interesting piece of biblical trivia: A quick survey of a biblical concordance reveals that the word "mercy" is used more than 200 times in the Sacred Scriptures, while the word "heart" appears over 600 times! No surprise, then, that St. Augustine, playing with the origins of the Latin word for mercy

(misericordia), tells us that God's grace moves us "a miseria ad misericordiam" (from misery to mercy). "Misericordia," you see, comes from two words which combine to mean "having a heart for the miserable."

Our world, my dear people, needs to hear the message of mercy perhaps as no other age before. A culture of violence, death, destruction and despair can be healed only by mercy. It is no accident, I suspect, that in the last century – the century of blood and violence and alienation from God – that Almighty God would raise up a Polish nun to develop the theology of the Sacred Heart devotion. Interestingly, St. Faustina was the first saint canonized in the new millennium, expressing the hope of St. John Paul that this new millennium and new century would be more receptive to the love of God than the last. Thus, like St. Faustina, you and I must count ourselves among the apostles of mercy.

First, however, we must be convinced that mercy has been granted us; otherwise, our words will ring hollow. The result of knowing mercy (which comes from the very core or heart of the Being of God) means being grabbed at the very core or heart of our own being – and that gives birth to the emotion – both divine and human – of joy. Once more, Our Lady leads the way as she sings out: "Exsultavit spiritus meus in Deo Salvatore meo" (My spirit has rejoiced in God my Savior). Where mercy spawns joy, melancholy, fear and death are definitively banished.

In the beautiful litany in honor of the Sacred Heart, we laud Christ as "the King and Center of all hearts." May that be true in the lives of each one of us. With Our Lady as our model and guide, we pray: "Jesus, meek and humble of heart, make our hearts like unto Thine."

*by: Reverend Peter M.J. Stravinska  
The Catholic World Report*

We are so grateful and blessed for all the wonderful greetings, presents and celebrations on our Ordination Anniversaries.

Thank you for making it a memorable occasion for us. God Bless.

*Fr Richard & Fr Zygmunt*



# The Living Word

**Entrance Antiphon** Psalm 32:11,19

The designs of his Heart are from age to age, to rescue their souls from death, and to keep them alive in famine.

**First Reading** Hosea 11:1. 3-4. 8-9  
**A reading from the prophet Hosea**  
*My heart is saddened at the thought of parting.*

Listen to the word of the Lord:  
When Israel was a child I loved him,  
and I called my son out of Egypt.  
I myself taught Ephraim to walk,  
I took them in my arms;  
yet they have not understood that I was  
the one looking after them.  
I led them with reins of kindness,  
with leading-strings of love.  
I was like someone who lifts an infant  
close against his cheek;  
stooping down to him I gave him his  
food.  
How could I treat you like Admah,  
or deal with you like Zeboiim?  
My heart recoils from it,  
my whole being trembles at the thought.  
I will not give rein to my fierce anger,  
I will not destroy Ephraim again,  
for I am God, not man:  
I am the Holy One in your midst  
and have no wish to destroy.

**The word of the Lord**

**Responsorial Psalm** Is 12:2-6. R. v.3

**(R.) You will draw water joyfully from the springs of salvation.**

Truly God is my salvation,  
I trust, I shall not fear. For the Lord is my  
strength, my song, he became my  
saviour. With joy you will draw water  
from the wells of salvation. **(R.)**

Give thanks to the Lord, give praise to  
his name! Make his mighty deeds known  
to the peoples! Declare the greatness of  
his name. **(R.)**

Sing a psalm to the Lord for he has done  
glorious deeds; make them known to all  
the earth! People of Zion, sing and shout  
for joy for great in your midst is the Holy  
One of Israel. **(R.)**

**Second Reading** Ephesians 3:8-12. 14-19  
**A reading from the letter of St Paul to the Ephesians**  
*To know the love of Christ is better than all knowledge.*

I, Paul, who am less than the least of all  
the saints, have been entrusted with this  
special grace, not only of proclaiming to  
the pagans the infinite treasure of Christ  
but also of explaining how the mystery is  
to be dispensed. Through all the ages,  
this has been kept hidden in God, the  
creator of everything. Why? So that the  
Sovereignities and Powers should learn  
only now, through the Church, how  
comprehensive God's wisdom really is,

exactly according to the plan which he  
had had from all eternity in Christ Jesus  
our Lord. This is why we are bold  
enough to approach God in complete  
confidence, through our faith in him.  
This then is what I pray, kneeling before  
the Father, from whom every family,  
whether spiritual or natural, takes its  
name:

Out of his infinite glory, may he give you  
the power through his Spirit for your  
hidden self to grow strong, so that Christ  
may live in your hearts through faith, and  
then, planted in love and built on love,  
you will with all the saints have strength  
to grasp the breadth and the length, the  
height and the depth; until, knowing the  
love of Christ, which is beyond all  
knowledge, you are filled with the utter  
fullness of God.

**The word of the Lord.**

**Gospel Acclamation** Matthew 11:29

Alleluia, alleluia!

Take my yoke upon you;  
learn from me, for I am gentle and lowly  
in heart.

Alleluia!

**Gospel** John 19:31-37  
**A reading from the holy Gospel according to John**

*One of the soldiers pierced his side with a lance, and immediately there came out blood and water.*

It was Preparation Day, and to prevent  
the bodies remaining on the cross during  
the sabbath – since that sabbath was a  
day of special solemnity – the Jews  
asked Pilate to have the legs broken and  
the bodies taken away. Consequently the  
soldiers came and broke the legs of the  
first man who had been crucified with  
him and then of the other. When they  
came to Jesus, they found he was already  
dead, and so instead of breaking his legs  
one of the soldiers pierced his side with a  
lance; and immediately there came out  
blood and water. This is the evidence of  
one who saw it – trustworthy evidence,  
and he knows he speaks the truth – and  
he gives it so that you may believe as  
well. Because all this happened to fulfil  
the words of scripture:

Not one bone of his will be broken;  
and again, in another place scripture  
says:

They will look on the one whom they  
have pierced.

**The Gospel of the Lord**

**Communion Antiphon** John 7:37-38

Thus says the Lord:  
Let whoever is thirsty come to me and  
drink. Streams of living water will flow  
from within the one who believes in me.

**NEW TESTAMENT COMMENTARY**  
by Mary Coloe PBVM

*The image of the pierced heart of Jesus has often been seen to point to the depth of Jesus' love. In John, Jesus interpreted his death as a self-gift of love. 'No one has greater love than this, to lay down one's life for one's friends.' (John 15:13) Just as in a family children are the fruit of love, so also with God's relationship with us. Love lies at the core of John's gospel: 'God so loved the world that God gave the only son.' (John 3:16) God's love also bears fruit in children as today's passage symbolises.*

*In terms of the Gospel symbolism, this event happens following Jesus' words to his mother and the Beloved disciple.*

*'Woman behold your son.' 'Behold your mother.' (John 19:26-27) These words change the relationship between the disciple and Jesus' mother – they are now mother and son. But this also changes the relationship between the disciple and Jesus – since they now have the one mother, they are now brothers, and in this, disciples become children of God. This changing of relationships is the highpoint of the Gospel and fulfils the promise in the Prologue: 'Those believing in him he gave power to become children of God.' (John 1:12-13) Following the scene with the disciple and his mother, Jesus announces, 'It is finished.' (John 19:30) The new relationship between Jesus and believers has been the goal of the gospel, to draw disciples into his own relationship with God. In the following chapter, this is confirmed when Jesus says to Mary Magdalene, 'Go to my brothers and sisters and tell them, "I am ascending to my Father and your Father."' (John 20:17)*

*Understanding that, in John, the cross makes believers children of God, can help to understand the imagery of the blood and water flowing from Jesus' side. It is not simply a sign of death. A flow of blood and water accompanies the birth of a child and this is the significance of this scene.*

*Paul's letter to the Ephesians also emphasises the gift of God's love – Paul calls this the 'infinite treasure of Christ' and 'the hidden self'. For Christians have a new identity in Christ. In this passage, we glimpse yet another way of interpreting what God was doing in Jesus. Where the letter to the Hebrews used the images from the Jewish Day of Atonement, Paul uses cosmic images that would speak to the Greco-Roman culture in Ephesus. From the beginning of creation, God's plan was to send Jesus, but this plan had formerly been hidden and shrouded in mystery. Paul is praying that God's love for us can resonate within the depths of our lives. If we can grasp this knowledge, Paul says we will be utterly filled with God.*

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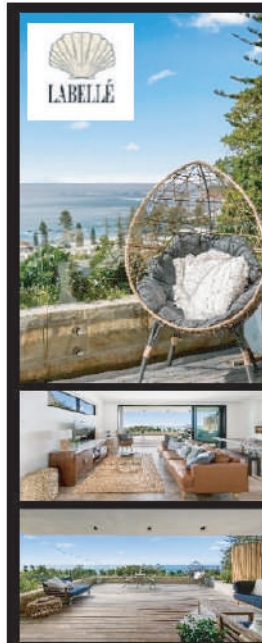
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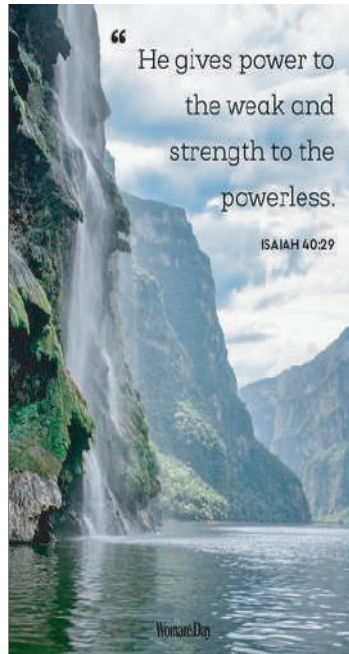


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