



# 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

As long as the Queen of heaven and earth is not everywhere praised, you dare not allow yourself a moment's rest.

## Hail Holy Queen

Hail Holy Queen,  
Mother of mercy,  
hail our life,  
our sweetness and our hope.

To thee do we cry,  
poor banished children of Eve;  
to thee do we send up our  
sighs, mourning and weeping  
in this valley of tears.

Turn then,  
O most gracious advocate,  
thine eyes of mercy towards us;  
and after our exile,  
show unto us the blessed  
fruit of thy womb, Jesus.

O clement, O loving,  
O sweet Virgin Mary.  
Amen.



## Maria Regina



### POPE FRANCIS' PRAYER INTENTION FOR AUGUST *For Political Leaders*

Let us pray that political leaders be at the service of their own people, working for integral human development and the common good, taking care of those who have lost their jobs and giving priority to the poor.

### 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.

## 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

Ines Duric  
 Matthew Seve

### Recently Deceased

Jacqueline Hackley  
 Henry Kalazich  
 Elizabeth "Jill" Murray

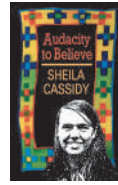
### Prayer for the Sick

Anna Śmigowska  
 Santo  
 Brian Gregan  
 Marcia Bailey  
 Florence Kalalo  
 Maureen Larios  
 Denise Wagner  
 Marco Sangiacamo  
 Elaine Boyes  
 Pauline Chipman  
 Anna  
 Svetlana  
 Leonor  
 Sofia  
 Xi  
 Mother Pauline  
 Angela Miller  
 Philip Khalifeh  
 Robert McCauley  
 Heidi Taylor

## BOOK REVIEW

### Audacity to Believe

An Autobiography  
 by Sheila Cassidy



Her own experiences let Sheila to write about how spirituality wrestles with the social and political needs of the world.

FOR GOD SO LOVED  
 the W·O·R·L·D;  
 that HE gave  
 HIS ONLY begotten SON;  
 that WHO SO EVER BELIEVETH in HIM,  
 should NOT PERISH,  
 but have everlasting LIFE  
 John 3:16

### Liturgy for the Week

**26/08 Monday, Ordinary Time 21**  
 Josh 24:1-2, 15-18; Jn 6:60-69

**27/08 Tuesday, St Monica**  
 2 Thess 2:1-3, 14-17;  
 Mt 23:23-26

**28/08 Thursday, St Augustine**  
 2 Thess 3:6-10, 16-18;  
 Mt 23:27-32

**29/08 Thursday, The Passion of St John the Baptist**  
 Jer 1:17-19; Mk 6:17-29

**30/08 Friday, Ordinary Time 21**  
 1 Cor 1:17-25; Mt 25:1-13

**31/08 Saturday, Ordinary Time 21**  
 1 Cor 1:26-31; Mt 25:14-30

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 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.



## Father's Day Sunday, 1 September 2024

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

**Sacred Heart Church, Mona Vale**  
 Saturday, 31 August  
 at 5 pm  
 Sunday, 1 September at  
 8 am, 10 am & 6 pm (Soul Mass)

**Maria Regina Church, Avalon**  
 Saturday, 31 August  
 at 6pm  
 Sunday, 1 September at  
 9 am



# Lord, your words give everlasting life

21st Sunday in Ordinary Time, Year B



By listening to Jesus, we too can have everlasting life. What are some things Jesus is telling us? Draw the missing pictures, then circle the correct answers.



Simon Peter said that Jesus' words give eternal life. Can you think of some other things that Jesus gives us? Write or draw your answers.



Do anything you want

Love one another



Always be the winner

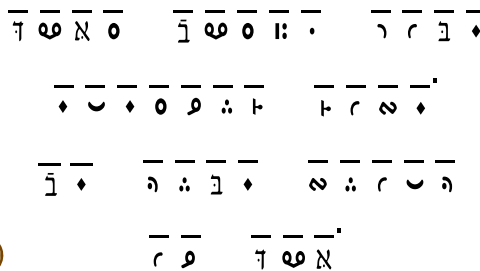


Pray to God

Be stronger than others

Help others

Jesus spoke to his disciples about the bread of life. It was hard to understand, but those who had faith continued to follow him. Crack the code to find out what Simon Peter said to Jesus.



Jn 6:60-69

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## NATIONAL CHILD PROTECTION WEEK 1-7 September 2024



In addition to the above NAPCAN will be facilitating webinars during National Child Protection Week. On September 2nd, 2024, the week gets started with the official launch featuring guest speaker, Anne Hollands, National Children's Commissioner. This session will set the tone for the week by highlighting the national commitment to child protection, the impactful efforts driving child protection nation-wide and the importance of every conversation.

For those wanting to attend this, or any of the other webinars, registrations can be accessed via the following link

<https://www.napcan.org.au/final-official-program-webinars-events-2024/>

## 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

**Director of Music**  
*Josh Willard*  
Tel 9157 0999 ext 17  
music@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

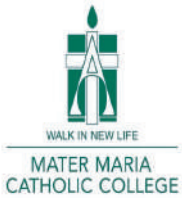
**CCD Catechist Coordinators**  
*Maureen Wooldridge*  
Mobile 0421 907 469  
*Veronica Thomas*  
Mobile 0417 061 534

**Sacred Heart Church**  
1 Keenan Street Mona Vale  
**Maria Regina Church**  
7 Central Road Avalon

**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 3, Week 5

Monday was a student-free day as our teachers met with secondary school teachers from the Diocese for a busy professional development day to ensure correct marking of the Year 12 Trial HSC exams for all students.

We held our Parents in Partnership meeting for Term 3 this week. It was a wonderful opportunity for our parents to connect with the College leadership team, network with other parents and stay informed about College plans and activities to improve our wonderful school community.

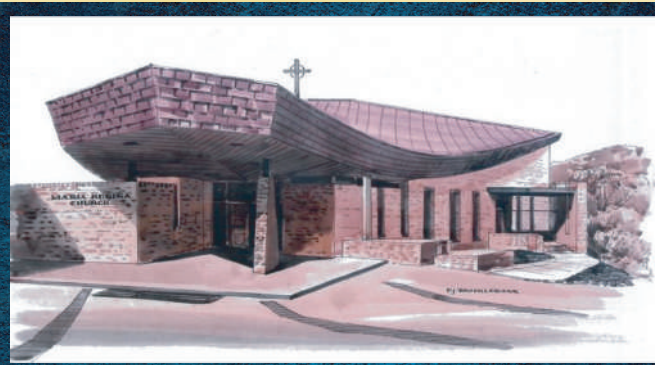
The Kids' Cancer Project has been asking schools to host the 'Write a Book in a Day' challenge for many years, and Mater Maria has been responding compassionately. This Wednesday, our students collaborated in small groups within the Benedict Learning Centre, undertaking the heartwarming task of crafting children's books for the young patients at Westmead Hospital. Regardless of the results, this will provide many contemporary books for children who are hospitalised and undergoing cancer treatments. The 'Write a Book in a Day' event not only cultivated camaraderie but also instilled a deep appreciation for literature and the power of storytelling. Working from 8am to 8pm, we are so proud of the generous efforts from students and the staff who supported them. Year 9 PASS students attended Sydney Olympic Park to event manage an athletics carnival for primary school students.

Year 11 PDHPE students studying first aid were accredited with their first aid certificate this week. Year 12 students attended an in-depth Zoom session from UAC in the Byrne Theatre for those wanting to apply for university. Students on an alternative pathway attended a MEGT session to learn about other opportunities available to them and how to prepare for employment.

We held our Athletics Carnival on Friday at the ES Marks Field in Kensington. We had fantastic participation in both track and field events, with the winners competing at the annual BBSSEA Athletics Championships later this year. The school spirit presented a great example of the positive culture at Mater Maria.

Our students have also been excelling in other sport, participating in events such as Peninsula Cup Soccer and Rugby for U14s, CSBB Boys AFL Gala Day, Girls Rugby 7s Gala Day and the weekly MWBA Basketball. Applications for Year 7 are now open for 2027 and 2028. Please note there is a waitlist for Year 6 to Year 7 transitions in 2025 and 2026, and for all other year groups in 2024. For more details or to apply, please visit Mater Maria Enrolments:

<https://matermaria.nsw.edu.au/enrolments/>  
**May God continue to bless our College community and guide us in all our endeavours.**



# 50<sup>TH</sup>

*Anniversary  
of the Consecration  
of*  
**MARIA REGINA CHURCH,  
AVALON**

**Lord, unify our Parish in Your truth and love during our 50th anniversary. Help us to show Your love to one another both within and outside our parish community. That with Your favour, each individual and every family may all be blessed and come into Your presence for everlasting happiness.  
Amen.**

### The Catholic Parish of Pittwater

# YOUTH MINISTRY

*IS BACK*

**All Young People  
(High School age and over)  
are Invited on**

**Sunday, 22 September @ 6pm**

**Soul Mass  
followed by**

**Mass \* Music \* Activities \* Dinner**

**Sacred Heart Church,  
Mona Vale**

**Our Parish would like to warmly welcome**

**James Tran**

**as our new Youth Coordinator.**

**James also teaches at Mater Maria Catholic College.**

**He will be a great addition to our Parish Team.**

# Living the Truth in Love - *The Queenship of the Blessed Virgin Mary*



It is well known that Pope Francis has a great personal devotion to our Blessed Mother, Mary, about whom he speaks very frequently. Whenever he leaves Rome to visit another country and returns to it, he always goes to the Basilica of St. Mary Major in Rome to offer a prayer to Our Lady. He prays before the Blessed Sacrament, which is reserved in a tabernacle with a golden relief of the Coronation of Mary. This depiction of Mary is a common one portraying Mary being crowned by God the Father and the Son with the Holy Spirit hovering over the crown they place upon her head. It is a reminder of the centrality of Mary in the life of the Church as our Mother.

This particular depiction of the Coronation of Mary has a deep theological significance as it represents the life of Mary who is, body and soul, in heaven, having been the first one to share fully in the redemption of Christ. While, obviously, Mary is not part of the Trinity,

nor the Redeemer, she has an essential role in redemption. Christ is now present with the Father and the Holy Spirit in His risen human body. That human body came into this world through His conception in the womb of Mary. Mary now shares the fullness of life in heaven with her glorified body and its perfect state. Being sinless, Mary is truly the perfect human person, who lived as her Son asks us. It is fitting that Mary's coronation is depicted in a manner that does not make her part of the Trinity but gives a sense of completion to the Trinity's involvement in our lives and to God's taking our human nature to Himself for all eternity. Mary truly is Queen of Heaven and Earth in the same manner as Jesus is King, not with worldly power but with the fullness of divine love and mercy. As Pope Benedict expressed so well, the Queenship of Mary "is not (one of) wealth and power" but is "a service of love."

We celebrate the feast of the Queenship of Mary on 22 Aug, exactly one week after the celebration of the solemnity of the Assumption of Mary into Heaven. This is a significant feast for our diocese as Mary is our patroness under the title of Our Lady, Queen of the Apostles. The coat of arms for our diocese portrays two crowns with stars representing Mary and her role as Queen and as Star of the Sea. The feast of the Queenship of Mary was established by Pope Pius XII in 1954 just after he had infallibly declared the dogma of the Assumption of Mary into Heaven. In his encyclical letter, *Ad Caeli Reginam*, proclaiming the Queenship of Mary, Pope Pius XII set 31 May, the final day of the month dedicated to Mary, for the celebration of the feast of the Queenship of Mary. He declared, "The Blessed Virgin Mary should be called Queen, not only because of her Divine Motherhood, but also because God has willed her to have an exceptional role in the work of our eternal salvation." After the Second Vatican Council, St. Pope Paul VI moved the celebration to 22 Aug

to complete an octave of the celebration of the solemnity of the Assumption. As we celebrate the Queenship of Mary, we look to her as our Mother, who expresses the mercy of the Lord primarily through her being the Queen of Mercy. In his encyclical on God's mercy, *Dives in Misericordiae*, St. John Paul II emphasized Mary as the Mother of Mercy. This title of Mary is so significant as it relates intimately to her role as Queen in imitation of the kingship of her Son upon the cross. Mary continually intercedes for her Son's mercy upon us. In his encyclical, St. John Paul II stated that Mary is "the one who obtains mercy in a particular and an exceptional way, as no other person has." It is surprising to hear of Mary as one who experiences mercy, as she was sinless and had no need of forgiveness. However, she accepted all that God bestowed upon her, even though she was unworthy of it, as a gift and thus knew what the true meaning of mercy is all about. Mary was the first to accept God's mercy freely and unconditionally, always realizing that it is God who bestowed upon us all that we have.

Mary has a special role in our lives and a special role in the life of Heaven. The tabernacle that Pope Francis prays before during his visits to St. Mary Major Basilica represents that special role. Archbishop Fulton J. Sheen, who had great devotion also to Mary, used to humorously say that the Lord would greet a person in heaven with the words, "My mother speaks very favorably of you." Pope Francis has urged us to "knock at the door of Mary." Certainly, she will be there to greet us in our heavenly home!

***Mary, Queen of Heaven and Earth, pray for us!***

**by: Most Reverend Gerald M. Barbarito,  
Bishop of Palm Beach  
Florida, USA**

What is our faith tradition all about?

Insights into Catholicism today...

Our next sessions start on

Wednesday, 4 September 2024 at 7.00 pm

in our

**Sacred Heart Church Parish Centre**

**Please RSVP on 9517 0999**

**(Parish Office)**

**or email**

**[office@pittwaterparish.org](mailto:office@pittwaterparish.org)**

*Everyone is Welcome!*



# The *Living* Word

## Entrance Antiphon Psalm 85:1-3

Turn your ear, O Lord, and answer me; save the servant who trusts in you, my God. Have mercy on me, O Lord, for I cry to you all the day long.

## First Reading Joshua 24:1-2. 15-18

**A reading from the book of Joshua**  
*We will serve the Lord God, because he is our God.*

Joshua gathered all the tribes of Israel together at Shechem; then he called the elders, leaders, judges and scribes of Israel, and they presented themselves before God. Then Joshua said to all the people: 'If you will not serve the Lord, choose today whom you wish to serve, whether the gods that your ancestors served beyond the River, or the gods of the Amorites in whose land you are now living. As for me and my House, we will serve the Lord.'

The people answered, 'We have no intention of deserting the Lord and serving other gods! Was it not the Lord our God who brought us and our ancestors out of the land of Egypt, the house of slavery, who worked those great wonders before our eyes and preserved us all along the way we travelled and among all the peoples through whom we journeyed. We too will serve the Lord, for he is our God.'

## The word of the Lord

### Responsorial Psalm

Ps 33:2-3. 10-15. R. v.9

**(R.) Taste and see the goodness of the Lord.**

I will bless the Lord at all times, his praise always on my lips; in the Lord my soul shall make its boast. The humble shall hear and be glad. **(R.)**

The Lord turns his face against the wicked to destroy their remembrance from the earth. The Lord turns his eyes to the just and his ears to their appeal. **(R.)**

They call and the Lord hears and rescues them in all their distress. The Lord is close to the broken-hearted; those whose spirit is crushed he will save. **(R.)**

Many are the trials of the just man but from them all the Lord will rescue him. He will keep guard over all his bones, not one of his bones shall be broken. **(R.)**

Evil brings death to the wicked; those who hate the good are doomed. The Lord ransoms the souls of his servants. Those who hide in him shall not be condemned. **(R.)**

## Second Reading Ephesians 5:21-32

**A reading from the letter of St Paul to the Ephesians**

*This is the great mystery, it applies to Christ and the Church.*

Give way to one another in obedience to Christ. Wives should regard their husbands as they regard the Lord, since as Christ is head of the Church and saves the whole body, so is a husband the head of his wife; and as the Church submits to Christ, so should wives to their husbands, in everything. Husbands should love their wives just as Christ loved the Church and sacrificed himself for her to make her holy. He made her clean by washing her in water with a form of words, so that when he took her to himself she would be glorious, with no speck or wrinkle or anything like that, but holy and faultless. In the same way, husbands must love their wives as they love their own bodies; for a man to love his wife is for him to love himself. A man never hates his own body, but he feeds it and looks after it; and that is the way Christ treats the Church, because it is his body – and we are its living parts. For this reason, a man must leave his father and mother and be joined to his wife, and the two will become one body. This mystery has many implications; but I am saying it applies to Christ and the Church.

## The word of the Lord.

## Gospel Acclamation John 6:63. 68

Alleluia, alleluia!

Your words, Lord, are spirit and life: you have the words of everlasting life. Alleluia!

## Gospel John 6:60-69

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

*Lord, whom shall we go to? You have the words of everlasting life.*

After hearing his doctrine many of the followers of Jesus said, 'This is intolerable language. How could anyone accept it?' Jesus was aware that his followers were complaining about it and said, 'Does this upset you? What if you should see the Son of Man ascend to where he was before?'

'It is the spirit that gives life, the flesh has nothing to offer.

The words I have spoken to you are spirit and they are life.

'But there are some of you who do not believe.' For Jesus knew from the outset those who did not believe, and who it was that would betray him. He went on, 'This is why I told you that no one could come to me unless the Father allows him.' After this, many of his disciples left him and stopped going with him.

Then Jesus said to the Twelve, 'What about you, do you want to go away too?' Simon Peter answered, 'Lord, who shall we go to? You have the message of eternal life, and we believe; we know that you are the Holy One of God.'

## The Gospel of the Lord

## Communion Antiphon

Psalm 103:13-15

The earth is replete with the fruits of your work, O Lord; you bring forth bread from the earth and wine to cheer the heart.

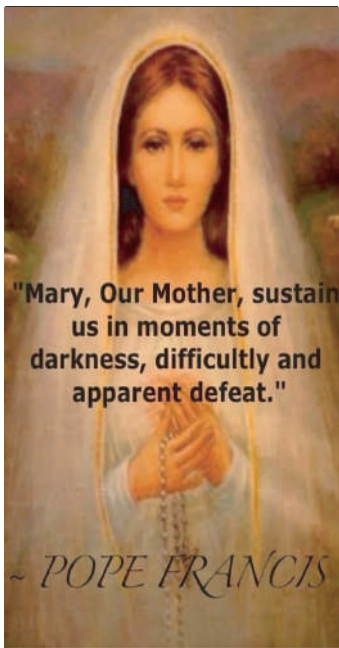
## REFLECTION

by Diane Bergant

*Joshua's address to the assembly is a prophetic declaration: Thus says the Lord. He places before the people a choice: Whom will they serve? Three options are given. They can continue to serve ancestral gods and remain true to their past identity. They can opt for the gods of the people in whose land they dwell and hope to reap the blessings that accompany the land. Or they can worship the Lord, who is tied neither to their cultural past nor to their geographic present. They must make a choice from among all of the gods to whom they can commit themselves. Joshua's statement of choice is decisive: We will serve the Lord.*

*The responsorial psalm is the third part of the acrostic poem. The contrast between the just and the wicked is clearly drawn. God looks favourably toward the righteous; the fortunes of the wicked will be just the reverse. The psalmist knows that the theory of retribution is more a statement of faith in God's justice than an accurate description of the circumstances of life. Good people do indeed suffer; but they turn to God in their pain and misery. Whether they are rescued from their affliction or not, they stand under the promise of God's loving presence. Because suffering is often seen as the result of alienation from God, assurance of God's nearness can alleviate the distress that such a misperception might cause.*

*This epistle addresses some of the responsibilities of husbands in a traditional patriarchal marriage. Although the passage opens with a recommendation for mutual subordination, the reading itself counsels wives who are told to be submissive, not husbands. The teaching is somewhat circular. First, marriage is seen as a metaphor for the relationship between Christ and the church. Next, this relationship becomes an analogy for marriage. Christ loved the church enough to give his life for it. This is the degree of spousal commitment envisioned for husbands. A second metaphor is used. In the Genesis account, the two are described as constituting one flesh. Husbands are identified with their wives, just as Christ is identified with the church. Marriage now characterises the mysterious union of Christ and the church. Faith in Jesus does not come easily or naturally. It is a grace given by God.*



"Mary, Our Mother, sustain us in moments of darkness, difficulty and apparent defeat."

~ POPE FRANCIS



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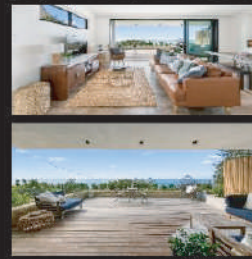
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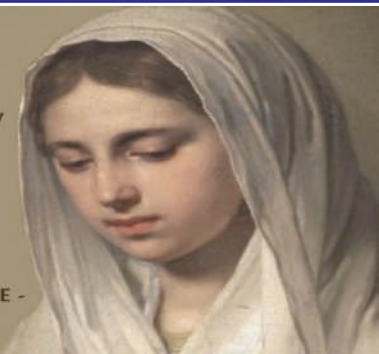
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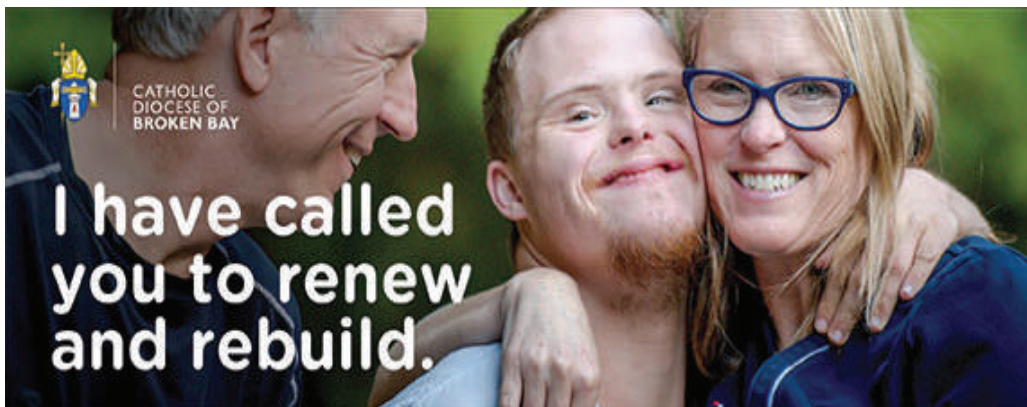
"The world being unworthy to receive the Son of God directly from the hands of the Father, he gave his Son to Mary for the world to receive him from her."

- SAINT AUGUSTINE -



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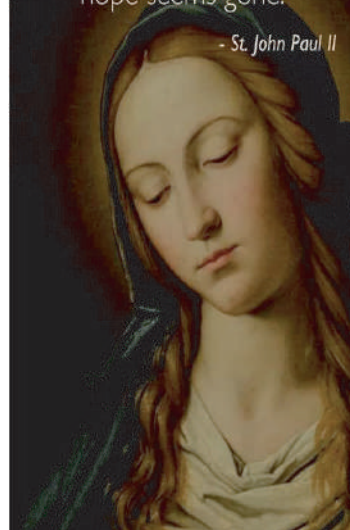


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learn to trust even when all  
hope seems gone."

- St. John Paul II



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