



The Catholic Parish of Pittwater

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



Social Justice Prayer

Loving God, you made each of us in your image and likeness. Open our eyes to recognise one another as equals, replacing domination and control, violence, and abuse, with mutuality, reciprocity, respect, and freedom.

Help us to love like you.

Jesus Christ, you rejected the use of religious tradition to justify violence.

Teach us to unmask manipulations of our faith used to justify violent, abusive, or coercive behaviour. Teach us to be people who show tenderness, respect and care for others as you did.

Holy Spirit, you are with us always, showing us the way.

Move us to assist those who experience violence and abuse, and support their call for justice.

Empower us to hold perpetrators of violence and abuse responsible, encouraging them to change their behaviour. AMEN.

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 Fr Francis Jordan

Without humility you will never grow in holiness. Therefore, be quite humble.

Continue to practise good hygiene. *Please use the hand sanitisers provided in both of our Churches.*



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(pittwater_parish)



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The Catholic Parish
of Pittwater

If you have used this bulletin, please take it home with you.



Pope Francis' Prayer Intentions For August

Small Businesses

"Let us pray for small and medium-sized businesses, hard hit by the economic and social crisis, so they may find ways to continue operating, and serving their communities."

MASS TIMES

SACRED HEART CHURCH 1 Keenan Street, Mona Vale

Weekday Masses
Tuesday 8.30am

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

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

Julie Cunliffe

John Cunliffe

William Kerr

Josephine Kerr

Recently Deceased

Helen Miller

Christopher Tocchini

John Tulloh

If you would like the names of your relatives or friends and offerings included, please drop the envelope in to the Parish Office by

Prayers for the Sick

Franciszek Smigowski

Anna Smigowska

Angela Bowen

M. Miller

Annette Davis

Andrew Hood

Jeff Langley

Erin Ocampo

Mark Lindfiels

Vicky Kalingasan

Bill Eyre

Brian Gregan

Mrian Poe

Marcia Bailey

Bec Burroughs

Susan Hickey

Sophia Burfitt

Margaret De Landre

Maeve Robinson

Jenny Carroll

Matt Ukishima

Pietrina Maiorana

Mina Lee

Denise Wagner

Ron

Leonie Ariemetto

John Graham

Liturgy for the Week

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

30/08 Tuesday Ordinary Time 22
1 Cor 2:10-16; Lk 4:31-37

31/08 Wednesday Ordinary Time 22
1 Cor 3:1-9; Lk 4:38-44

01/09 Thursday Ordinary Time 22
1 Cor 3:18-23; Lk 5:1-11

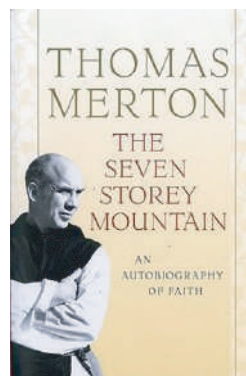
02/09 Friday Ordinary Time 22
1 Cor 4:1-5; Lk 5:33-39

03/09 Saturday, St Gregory, the Great
1 Cor 4:6-15; Lk 6:1-5

BOOK REVIEW

The Seven Storey Mountain

By: Thomas Merton



He says "Without a life of the Spirit our whole existence becomes unsubstantial and illusory"

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SOCIAL JUSTICE STATEMENT 2022-23

Respect: Confronting Violence and Abuse

Statement and all resources are available from
www.socialjustice.catholic.org.au



Australian Catholic Bishops Conference

Mother Teresa's 15 Tips to Help You Become More Humble

The world does not value or understand the power of humility but we do, because it was what Jesus used to save us.



Good self-esteem is confidence in one's worth or abilities. Think about Mother Teresa. That little nun had good self-esteem. She even dared to speak against abortion at the National Prayer Breakfast in 1993 before her invited hosts President Bill Clinton, and Vice President Al Gore, and their spouses. That's guts. That's self-confidence. And that's humility.

All the saints understood that humility is the way to nail down a good self-esteem by depending on God rather than oneself. It's the understanding that everything comes from God and that God is everything.

Mother Teresa called humility the mother of all virtues. She said: "If you are humble nothing will touch you, neither praise nor disgrace, because you know what you are. If you are blamed you will not be discouraged. If they call you a saint you will not put yourself on a pedestal."

3 Myths About Humility

Humility, however, is often misunderstood. Some think it is synonymous with self-deprecation. In a recent Sunday homily, Father Jared Johnson, associate pastor of Cathedral of the Holy Spirit in Bismarck identified three myths about humility.

Myth #1. The humble souls lacks confidence. "The most humble people out there are some of the most confident and sometimes some of the most prideful people are the most insecure," he said. "Humble souls know their life is dependent on God and know what to value — things lasting not passing. They values the Lord over anything else."

Myth #2. Humility is not attractive. "True humility is attractive," he explained. "It is the humble person who listens and cares about others as opposed to the one focused on their self and trying to look good."

Myth #3. Humble people want to be recognized as humble. Father Johnson explained that wanting to look humble is false humility. In reality, he said they simply want to do something because it is right and they are not looking for praise.

"Our greatest block to growing closer to God is when we rely more on us than on him," Father Johnson said. By putting on the virtue of humility, he explained that we grow more confident and allow ourselves to grow closer to God. "When we look at a crucifix, we see a man who is humble and who is not about himself. We see a man who is for others. May we imitate that humility so that we can experience God in his fullness."

Ways to Become Humble

Mother Teresa's example proves all three of Father Johnson's points. While she was head of the Missionaries of Charity, Mother Teresa kept a list of ways to cultivate humility for the sisters in her care.

- 1) Speak as little as possible about yourself.
- 2) Keep busy with your own affairs and not those of others.
- 3) Avoid curiosity (she is referring to wanting to know things that should not concern you.)
- 4) Do not interfere in the affairs of others.
- 5) Accept small irritations with good humor.
- 6) Do not dwell on the faults of others.
- 7) Accept censures even if unmerited.
- 8) Give in to the will of others.
- 9) Accept insults and injuries.
- 10) Accept contempt, being forgotten and disregarded.
- 11) Be courteous and delicate even when provoked by someone.
- 12) Do not seek to be admired and loved.
- 13) Do not protect yourself behind your own dignity.
- 14) Give in, in discussions, even when you are right.
- 15) Choose always the more difficult task.

The Power of Humility

"It was pride that changed angels into devils; it is humility that makes men as angels." —Saint Augustine

The devil preferred to leave Heaven for eternity in Hell rather than to humble himself before his creator. And humility would have protected Adam and Eve from thinking they could disobey God and become like him.

Yet through our humility and thus obedience to God, the devil is defeated. St. John Vianney, the Curé of Ars, who was often harassed by the devil, related a conversation with him. The devil said: "I can do everything you do, I can also do your penances, I can imitate you in everything. There is one thing, however, that I cannot do, I cannot imitate you in humility." "That is why I defeat you," St. John Vianney responded.

Humility seems to be a contradiction, and yet, Jesus was meek and humble of heart (Matthew 11:29). "He emptied Himself, taking the form of a bond-servant, and being made in the likeness of men." (Philippians 2:7)

The world does not value or understand the power of humility but we do, because it was what Jesus used to save us. "Just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many." (Matthew 20:28)

By: Patti Maguire Armstrong
National Catholic Register

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

Donita Kerin
Tel 9157 0999 ext 30
office@pittwaterparish.org

Director of Music

Josh Willard
Tel 9157 0999 ext 17
music@pittwaterparish.org

Media & Communication

Conille Felias
Tel 9157 0999 ext 31
media@pittwaterparish.org

Sacrament Coordinator

Sonia Samartin
Tel 9157 0999 ext 13
sacraments@pittwaterparish.org

Parish Office Hours

Monday to Thursday
9.00 am to 4.00 pm
Friday
9.00 am to 12.00 pm

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 9918 2608

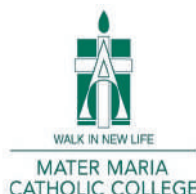
Principal: Miss Kirsty Thorpe

WARRIEWOOD

Mater Maria Catholic College

Tel 9997 7044

Principal: Mr Marc Reicher



Parish Bulletin – Term 3, Week 6

On Tuesday, students in Years 7 and 8 had the opportunity to test their spelling skills and compete against other students in the Prime Minister's Spelling Bee.

On Wednesday, three Year 12 students were asked to represent Mater Maria as adjudicators in the North Northern Beaches Public Speaking competition at St Rose Primary School, where they judged the finals for the primary public speaking competition with the Principal.

As part of Book Week this week, students were treated on Wednesday to a talk by award-winning author, Zena Shapter. Zena has published multiple books and received dozens of national awards. She is the founder of the Northern Beaches Writers' Group and a judge for the Mosman Youth Awards in Literature.

On Thursday, our Year 12 students participated in the annual Winter Sleepout under the stars which gave them a glimpse into the realities of homelessness by 'sleeping rough' for a night. Their experience challenged their sense of home and offered unique insights into the complex issues faced by people experiencing homelessness.

On Friday, our Year 11 Music students watched a Symphony Orchestra Concert at Sydney Opera House for their mandatory topic of study.

This week, Year 11 students presented their speeches to executive staff and teachers for leadership roles in Year 12 and the 2023 College Prefects were selected for next year.

Girls in Years 7 to 10 attended the NSW Rugby Union State-Wide Secondary Schools 7's Gala Day to play against other schools from around the state. The Peninsula Cup Boys Rugby Union and Girls Soccer games, plus several MWBA Basketball competitions continue throughout this term. We thank our students for their school spirit and for representing the College at these sporting events.

Applications for Year 7, 2025 are now open. There are waiting lists for Year 7, 2023 and Year 7, 2024. For more information about enrolling at our Mater Maria Catholic College please visit

<https://matermaria.nsw.edu.au/enrolments/>.

INVITATION

TO ALL CATHOLICS AND NON-CATHOLICS

We are happy to invite everybody who would like to know more about our Catholic faith tradition to join our next RCIA Programme of our Parish in Pittwater starting 5 September 2022, Monday

If Jesus asked us as He queried Peter and His disciples "Who do people say the Son of Man is?", what would our answer be??

Our RCIA team (RCIA stands for 'Rite of Christian Initiation of Adults') would love to share our answers with you based on our faith tradition and our personal experience. In 24 informal evening sessions we discuss some of life's deeper questions:

- * What does it mean to be a Catholic today?
- * What can the Bible and the Church tell us in this day and age?
- * What do we really believe, really?

In the past few years close to 60 people have joined us and given us numerous enthusiastic responses. Many participants testify to this every year by becoming full or renewed members of our Church at Easter.

WHY NOT YOU?

Please register at our Parish Office (91570999) before Friday, 31 August 2022, and join us on Monday, 5 September 2022 at 7 pm (for 90 minutes) in our Parish Centre at Sacred Heart Church, Mona Vale.
EVERYBODY IS WELCOME!

TO ALL PARISHIONERS

(Sacred Heart Church)

In order to ensure everyone's safety, we respectfully ask that you refrain from parking on the Church grounds.

This covers the Disability Parking (if you don't have the permit), driveway and the Courtyard.

Thank you for your cooperation.



Who would you invite to your party? Fill out the invitation.

Use the words below to complete these sentences.

- When you are invited to be a _____, go and sit in the _____ place.
- If you put yourself _____ others, you will be put down.
- When you are _____ to a wedding feast, don't sit in the _____ place.
- If you _____ yourself, you will be honoured.
- When you give a _____, invite the _____, crippled, the lame and the _____. They _____ pay you back.

CANNOT GUEST
HUMBLE INVITED
BEST BLIND FEAST
ABOVE WORST
POOR

If you were invited to a party where would you sit? Circle the chair you would sit in and write down why you would sit there.





Luke 14:1, 7-14

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The *Living* Word

Entrance Antiphon

Cf. Ps 85:3,5

Have mercy on me, O Lord, for I cry to you all the day long.
O Lord, you are good and forgiving, full of mercy to all who call to you.

First Reading

Sir 3:17-20, 28-29

A reading from the book of Ecclesiasticus

Humble yourself and you will find favour with the Lord.

My son, be gentle in carrying out your business, and you will be better loved than a lavish giver. The greater you are, the more you should behave humbly, and then you will find favour with the Lord; for great though the power of the Lord is, he accepts the homage of the humble. There is no cure for the proud man's malady, since an evil growth has taken root in him. The heart of a sensible man will reflect on parables, an attentive ear is the sage's dream.

The word of the Lord

Responsorial Psalm

Ps 67:4-7, 10-11. R. v.11

(R.) God, in your goodness, you have made a home for the poor.

The just shall rejoice at the presence of God, they shall exult and dance for joy. O sing to the Lord, make music to his name; rejoice in the Lord, exult at his presence. **(R)**

Father of the orphan, defender of the widow, such is God in his holy place. God gives the lonely a home to live in; he leads the prisoners forth into freedom. **(R)**

You poured down, O God, a generous rain: when your people were starved you gave them new life. It was there that your people found a home, prepared in your goodness, O God, for the poor. **(R)**

Second Reading

Heb 12:18-19, 22-24

A reading from the letter to the Hebrews

You have to come to Mount Zion and to the city of the living God.

What you have come to is nothing known to the senses: not a blazing fire, or a gloom turning to total darkness, or a storm; or trumpeting thunder or the great heard it beg that no more should be said to them. But what you have come to is Mount Zion and the city of the living God, the heavenly Jerusalem where the millions of angels have gathered for the festival, with the whole Church in which everyone is a 'first-born son' and a citizen of heaven. You have come to God himself, the supreme Judge, and been placed with spirits of the saints who have been made perfect; and to Jesus, the mediator who brings a new covenant.

The word of the Lord

Gospel Acclamation

Mt 11:29

Alleluia, alleluia!

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

Alleluia!

Gospel

Lk 14:1, 7-14

A reading from the holy Gospel according to Luke

All who exalt themselves shall be humbled and all who humble themselves shall be exalted.

On a sabbath day Jesus had gone for a meal to the house of one of the leading Pharisees; and they watched him closely. He then told the guests a parable, because he had noticed how they picked the places of honour. He said this, 'When someone invites you to a wedding feast, do not take your seat in the place of honour. A more distinguished person than you may have been invited, and the person who invited you both may come and say, "Give up your place to this man." And then, to your embarrassment, you would have to go and take the lowest place. No; when you are a guest, make your way to the lowest place and sit there, so that, when your host comes, he may say, "My friend, move up higher." In that way, everyone with you at the table will see you honoured. For everyone who exalts himself will be humbled, and the man who humbles himself will be exalted.'

Then he said to his host, 'When you give a lunch or a dinner, do not ask your friends, brothers, relations or rich neighbours, for fear they repay your courtesy by inviting you in return. No; when you have a party, invite the poor, the crippled, the lame, the blind; that they cannot pay you back means that you are fortunate, because repayment will be made to you when the virtuous rise again.'

The Gospel of the Lord

Communion Antiphon

Ps 30:20

How great is the goodness, Lord, that you keep for those who fear you.

REFLECTION

by Dianne Bergant CSA

The goodness of God is seen in the extravagant generosity with which God gives gifts. This is described in the psalm in the boundlessness and universal scope of God's generosity. Like the rain that falls on the entire landscape, the blessings of God are showered on all. These blessings are true gifts. They have not been earned, nor can they be repaid.

God's openness is also seen in the reading from the Letter to the Hebrews and in the gospel. All are invited to approach the heavenly city; the heavenly banquet will be open to the poor and to those who have no way of repaying. Only the humble can receive the gifts of God. Only those who can admit their neediness are open enough to realise that God's blessings are gifts freely given, not compensation for a job well done. Without a humble spirit we are unable to receive gifts as gifts. This is either because we are too proud or we do not know how to receive with the open hearts of children, who never think that they must return in kind. This is the kind of humility recommended by Sirach. This is the kind of humility possessed by the disadvantaged pictured in the gospel. As we have received from the bounty of God, so we are called to give to others. Only those who have received with a humble spirit can give with the generosity of God, for they know that they do not deserve God's goodness and they do not require anything in return.

© Dianne Bergant CSA

Knitting Group

A lovely lady parishioner, named Pam Mawbey, would like to start a knitting group to make "Items" for our congregation. Everyone who loves to knit and those who would like to learn are welcome to join.

Please contact

PAM on her mobile: 0416 270 615

or E-mail her at:

mawbeypamela@hotmail.com



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