



The Catholic Parish of Pittwater

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



A Prayer of Gratitude

Gracious God, in the busyness of my day, I sometimes forget to stop and thank you for all that is good in my life.

My blessings are many and my heart is filled with gratefulness for the gift of living, for the ability to love and be loved, for the opportunity to see the everyday wonders of creation, for bread and water, for a mind that thinks and a body that feels.

I thank you, too, for those things in my life that are less than I would hope them to be. Things that seem challenging, unfair, or difficult.

When my heart feels stretched and empty and pools of tears form in my weary eyes, still I rejoice that you are as near to me as my next breath and that in the midst of turbulence, I am growing and learning.

In the silence of my soul, I thank you most of all for your unconditional and eternal love.

Amen.

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



Thoughts of Bl Francis Jordan

We must diligently and wisely use all ways and means which the love of Christ inspires to glorify God.



POPE FRANCIS' PRAYER INTENTION FOR JUNE For the Abolition of Torture

We pray that the international community may commit in a concrete way to ensuring the abolition of torture and guarantee support to victims and their families.

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

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
Mieczyslaw Hersztek

Recently Deceased

*Ned Pasalich
Milla Spadina*

Prayer for the Sick

Anna Smigowski
Mile Spadina
Sarah Zofrea
Guy Zofrea
Avelino Samartin
Bill O'Connor
Jeff Langley
Mark Linfiels
Nick Moullakis
Bill Eyre
Brian Gregan
Jim Hammond
Marcia Bailey
Bec Burroughs
Susan Hickey
Margaret De Landre
Maeve Robinson
Jenny Carroll
Matt Ukishima
Mina Lee
Maureen Larios
Denise Wagner
Tom Murphy
Leonie Ariemetto
John Graham

 **Vinnies**

New stock is now available for the Sacrament of Confirmation at the Vinnies Sacred Heart Piety Store.
All proceeds of the Piety Store go to St Vincent de Paul.
All transactions are CASH only, as we do not have EFTPOS facilities.
Any queries, please contact the Parish Office on 9157 0999.

FILM REVIEW

Our Catholic Faith



Truths about God and the Mysteries of the Catholic Faith with orchestral music and scenes of contemporary Catholicism, the glory of nature and sacred art and architecture.

Liturgy for the Week

26/06 **Monday, Ordinary Time 12**
Gen 12:1-9; Mt 7:1-5

27/06 **Tuesday, Ordinary Time 12**
Gen 13:2, 5-18; Mt 7:6, 12-14

28/06 **Wednesday, St Irenaeus, bishop, martyr**
Gen 15:1-12, 17-18;
Mt 7:15-20

29/06 **Thursday, Sts Peter and Paul, apostles**
Acts 12:1-11; 2Tim 4:8, 17-18; Mt 16:13-19

30/06 **Friday, Ordinary Time 12**
Gen 17:1, 9-10, 15-22;
Mt 8:1-4

01/07 **Saturday, Ordinary Time 12**
Gen 18:1-15; Mt 8:5-17

Scan to
Give to our
Parish of
Pittwater

Cashless Fast Secure



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.



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



2023
Our Year of
Stewardship

SALVATORIAN FAMILY NEWS

Priestly Ordination in Philippines



Congratulations to Anthony Thai SDS who was Ordained as a Priest on Tuesday 20th June in the Philippines.



Anthony spent some time in Pittwater Parish on his Pastoral Placement. We wish Anthony many God's Blessings as he begins this new chapter of his Salvatorian journey.



NOW ENROLLING

YEARS K - 6

Ignite • Connect • Excel



Maria Regina Avalon
Catholic Primary School

42 Central Road, Avalon 2107 | 9918 2608 | www.mradbb.catholic.edu.au

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

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

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




 CATHOLIC VOCATIONS
 BROKEN BAY
 PRAY, DISCERN & ACT

DIACONATE INFORMATION EVENING

**COULD THE DIACONATE
BE THE WAY GOD IS
CALLING YOU TO SERVE
HIS CHURCH?**

Join us at Holy Name
Parish Wahrenonga and find
out more about the
Permanent Diaconate.

WED, JULY 5 @ 7:30PM

Holy Name Parish
35 Billyard Ave
Wahrenonga NSW 2076

RSVP to 0418 522 449 or
vocations.ministry@bbcatholic.org.au

Fresco in the Nicoline Chapel by Fra Angelico, depicting Saint Peter consecrating the Seven Deacons. Saint Stephen is shown kneeling.

*May GOD Bless You
For Your Gifts*

Thank you for helping to renew and
rebuild lives.

Your gifts mainly support the
Confraternity of Christian
Doctrine (CCD) and our
Hospital Chaplaincy and Pastoral Care
Practitioners, but it also helps
St Edmund's College,
St Lucy's School (students with
disabilities), and the Ephpheta Centre
(Pastoral care, sacraments and advocacy
for the deaf community).

These contributions really make a
difference to someone in a hospital,
school, parish, or the wider community.

*Every dollar helps and 100% of your
donation is Tax Deductible.*

We still have an outstanding amount of

\$13,186.00

Your help is greatly appreciated.

Please visit:

bbcatholic.org.au/pastoralworks

or Use: Parish envelopes




 IGNITE
 YOUTH

IGNITE CONFERENCE 23

Wonder

The **Diocese of Broken Bay** is excited and looking forward to
hosting Ignite Youth, one of Australia's most powerful Catholic
Conferences, from 28 September to 1 October 2023.

The Most Reverend Anthony Randazzo Bishop of Broken Bay:

"I am delighted the Diocese of Broken Bay will be hosting the
Ignite Conference this year.

Ignite is a dynamic event for students, young adults and their
families. It provides wonderful opportunities for faith formation in
a creative and fun environment while encountering the living
Christ. Let's all pray the 2023 Ignite Sydney Conference brings new
hope and life to our community of the Church."

For all enquiries, please email
Evangelisationea@bbcatholic.org.au



Donate Today

Thank you for your generosity

**Confraternity of
Christian Doctrine**

**Hospital Chaplaincy
& Pastoral Care
Practitioners**

**St Lucy's School
and St Edmund's College**
Students with disabilities

Ephpheta Centre
Deaf community

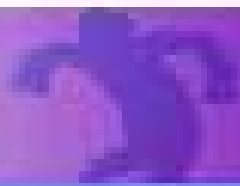


**PASTORAL
WORKS**
Broken Bay

[www.bbcatholic.org.au/
pastoralworks](http://www.bbcatholic.org.au/pastoralworks)



Don't be afraid!



2295 Sunday's Evening Times 1994



And you know what? Many of
the people who have phobias
are afraid of something that
isn't there.

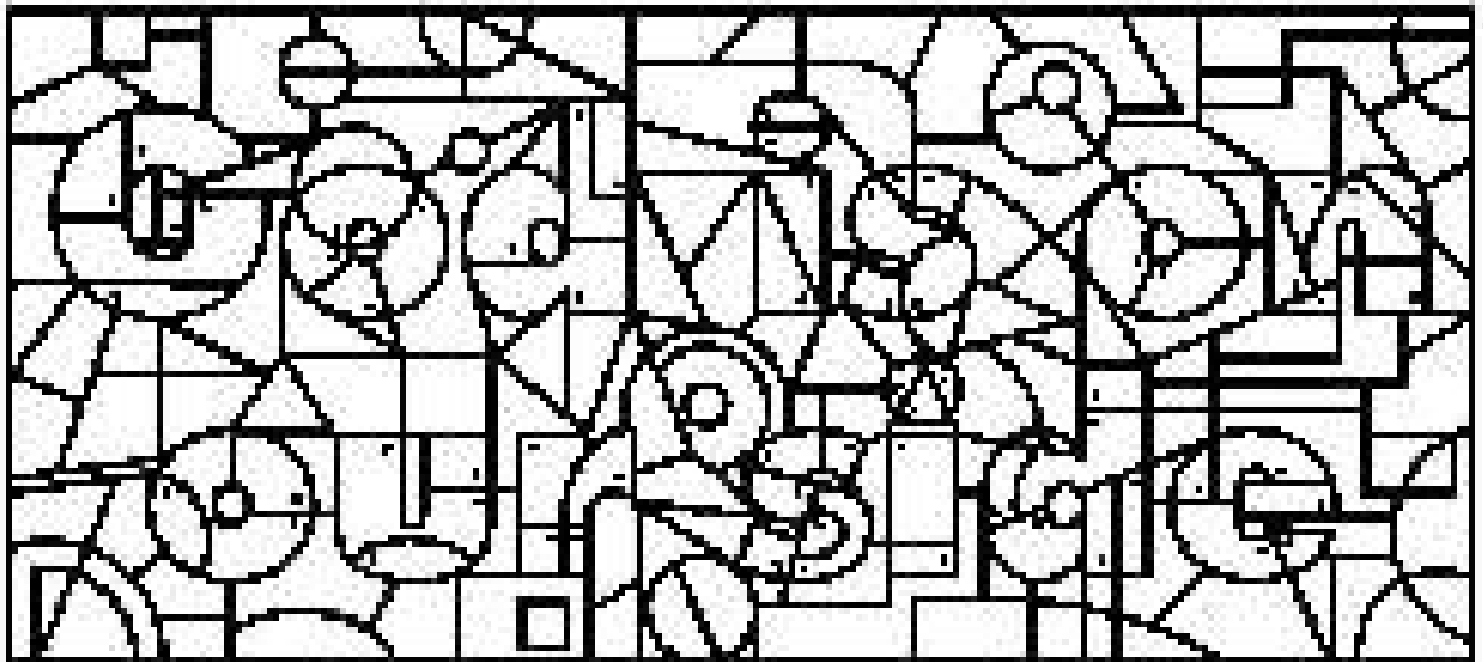


What is something that you're afraid of?



Has anything ever happened to you?

Colour in the areas that contain a dot - and discover the hidden message!



The *Living* Word

Entrance Antiphon Cf. Ps 27:8-9

The Lord is the strength of his people,
a saving refuge for the one he has
anointed. Save your people, Lord, and
bless your heritage, and govern them for
ever.

First Reading Jer 20:10-13
A reading from the prophet Jeremiah

*He has delivered the soul of the needy
from the hands of those who are evil.*

Jeremiah said:
‘I hear so many disparaging me,
“Terror from every side!
Denounce him! Let us denounce him!”
All those who used to be my friends
watched for my downfall,
“Perhaps he will be seduced into error.
Then we will master him
and take our revenge!”
But the Lord is at my side, a mighty
hero;
my opponents will stumble, mastered,
confounded by their failure;
everlasting, unforgettable disgrace will
be theirs.
But you, Lord of Hosts, you who probe
with justice,
who scrutinise the loins and heart,
let me see the vengeance you will take
on them,
for I have committed my cause to you.
Sing to the Lord,
praise the Lord,
for he has delivered the soul of the needy
from the hands of evil men.’

The word of the Lord

Responsorial Psalm

Ps 68:8-10. 14. 17. 33-35. R. v.14

**(R.) Lord, in your great love,
answer me.**

It is for you that I suffer taunts,
that shame covers my face,
that I have become a stranger to my
brothers,
an alien to my own mother's sons.
I burn with zeal for your house
and taunts against you fall on me. (R)

This is my prayer to you,
my prayer for your favour.
In your great love, answer me, O God,
with your help that never fails:
Lord, answer, for your love is kind;
in your compassion, turn towards me. (R)

The poor when they see it will be glad
and God-seeking hearts will revive;
for the Lord listens to the needy
and does not spurn his servants in their
chains.
Let the heavens and the earth give him
praise,
the sea and all its living creatures. (R.)

Second Reading Rom 5:12-15
**A reading from the letter of St Paul to
the Romans**

*God's gift to us is nothing like our sin
against him.*

Sin entered the world through one man,
and through sin death, and thus death has
spread through the whole human race
because everyone has sinned. Sin existed
in the world long before the Law was
given. There was no law and so no one
could be accused of the sin of
‘law-breaking’, yet death reigned over all
from Adam to Moses, even though their
sin, unlike that of Adam, was not a
matter of breaking a law.
Adam prefigured the One to come, but
the gift itself considerably outweighed
the fall. If it is certain that through one
man's fall so many died, it is even more
certain that divine grace, coming through
the one man, Jesus Christ, came to so
many as an abundant free gift.

The word of the Lord.

Gospel Acclamation Jn 15:26. 27

Alleluia, alleluia!
The Spirit of Truth will bear witness to
me, says the Lord, and you also will be
my witnesses.
Alleluia!

Gospel Mt 10:26-33
**A reading from the holy Gospel
according to Matthew**

Do not fear those who can kill the body.

Jesus instructed the Twelve as follows:
‘Do not be afraid. For everything that is
now covered will be uncovered, and
everything now hidden will be made
clear. What I say to you in the dark, tell
in the daylight; what you hear in
whispers, proclaim from the house-tops.
‘Do not be afraid of those who kill the
body but cannot kill the soul; fear him
rather who can destroy both body and
soul in hell. Can you not buy two
sparrows for a penny? And yet not one
falls to the ground without your Father
knowing. Why, every hair on your head
has been counted. So there is no need to
be afraid; you are worth more than
hundreds of sparrows.
‘So if anyone declares himself for me in
the presence of men, I will declare
myself for him in the presence of my
Father in heaven. But the one who
disowns me in the presence of men, I
will disown in the presence of my Father
in heaven.’

The Gospel of the Lord

Communion Antiphon Ps 144:15

The eyes of all look to you, Lord,
and you give them their food in due
season.

REFLECTION
by Dianne Bergant CSA

*The demands of discipleship can be very
difficult. The strength that is needed to
continue on the chosen path despite its
hardships can come only from God. We
live in a world that desperately needs to
hear the call to conversion, but it is a
world that is subject to the death that
entered it through the sin of Adam. Those
who answer the call of God may have to
face the hostility of this world, because
their values and their commitment to
righteousness threaten its moorings. To
commit oneself to the reign of God is to
challenge the reign of the world, and this
can make one very unpopular. In the
midst of this suffering we can find
strength in the promises of God, and we
believe that God is faithful to these
promises.*

*Only half of today's picture is bleak. The
other half is radiant with hope. Paul
assures us that the gracious gift that God
offers us is far greater than the
transgressions brought on by sin. This
gracious gift is Jesus Christ himself. The
gift exceeds anything for which we might
have hoped. He is the comfort that will
carry us through our disappointments.
He is the strength that will enable us to
endure the misunderstanding and
hardship that come with discipleship. We
are called to acknowledge him before the
world, and we are promised that if we
do, he will acknowledge us before God.
There is light even in the midst of
darkness. There is hope even in the midst
of suffering.*

© Dianne Bergant CSA

Happy Birthday

**On Friday, 23rd June
Fr Zygmunt
celebrated his Birthday.**

**We wish him many
God's Blessings.**



Advertising Space Available

For more information
call the Parish Office on
9157 0999



PITTWATER DOLPHINS

BOYS, GIRLS & MIXED TEAMS
U5s LITTLE DOLPHINS
AGES U6 - U18

GEAR SUPPLIED | NO REGISTRATION FEES | NO GRADING

REGISTER NOW!
pittwaterrugby.com.au



**Electrical
Plumbing
Air Conditioning.**

Ph: (02) 9905 8800

**We turn up,
Clean up &
Guarantee our
Work !!!**

**GET
IN TOUCH
TODAY**

**Compassion,
care, love,
understanding
and support**



Ann, Kate and John of Wilson Family Funerals

Personally, talk to Ann Wilson and her team at Wilson Family Funerals. They have decades of experience caring for Northern Beaches families in their time of need.

Family operated & 100% Australian owned

Suite 3, 1440 Pittwater Road,
North Narrabeen, Sydney
CALL 02 9913 7131
wilsonfamilyfunerals.net.au




**BROCK'S
Plumbing**

YOUR LOCAL PLUMBER
SERVICING THE NORTHERN
BEACHES FOR OVER 30 YEARS.

- BLOCKED DRAINS
- PIPE RELINING
- GENERAL PLUMBING
- EMERGENCY HOT WATER
- GAS FITTING


call now

1800 99 58 58

www.rapidreline.com.au | admin@brocksplumbing.com.au

Advertising Space Available


For more information
call the Parish Office on 9157 0999



DAYS FOR GIRLS

To find out more, call Tamara
0403226699

Every Girl. Everywhere. Period.



**CATHOLIC
DIOCESE OF
BROKEN BAY**

**I have called
you to renew
and rebuild.**

**PASTORAL
WORKS** Broken Bay

**Donate to help
families and parish
communities in
Broken Bay.**



LOCAL PEOPLE CARING FOR LOCAL FAMILIES

Our team live, work and play on the Beaches. We understand the local community and are here for you when you need us most. Whether it's to plan an immediate funeral for a loved one or plan ahead for your own with a pre-paid funeral, we're here to help.

ANN WILSON FUNERALS

Contact us to find out more.

844 Pittwater Road, Dee Why
9971 4224

Cnr Barr

Street, Mona Vale
9979 5978

annwilsonfunerals.com.au



Part of the local
community since 1957

51 Basset St, Mona Vale
Ph: 999 3340
49 Avalon Pde, Avalon
Ph: 9918 3315



Serving
Northern Beaches
Families
& Businesses
since 1976!

Ph: 9913 2624
2 Devitt Street
Narrabeen

Advertising Space
Available

For more information
call the Parish Office on
9157 0999

The Northern Beaches only local family
owned and operated funeral company



Chris Lee

With over 35 years
experience we can guide
you with sensitivity
and respect your loved
one deserves.

- * 24 hour professional service
- * Enquire about pre-paid funerals
- * Unique funerals a specialty

9999 5211

www.peninsulafunerals.com.au



Purveyors of
Specialty Coffee

Driven by a
passion for
community &
quality.

Award winning coffee
beans available online
www.coffebros.com.au

PITTWATER
PHARMACY
COMPOUNDING CHEMIST



Ralph Papandrea
B.PHARM (Hons) MSc. MPS
Len Papandrea
B.PHARM. MPS
Sam Papandrea
B.PHARM. MPS
Andrew Snow
B.PHARM. MPS

1771 Pittwater Road
Mona Vale 2103
Ph: 9999 3398 Fax: 9999 3910

FINE WINE, SPIRITS & BEER

FLEET STREET

MERCHANTS

PAUL BOTTERO

1755 Pittwater Road
Mona Vale NSW 2103

Phone: 9999 3055
Fax: 9999 3055

HUNTER
ESTATE
AGENTS



Duane
Hunter
0415 708 992
9970 7220

Follow us on



[duanehunterhea](https://www.facebook.com/duanehunterhea)