




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
 Whatever the hour, pour out prayer to the Lord. Always be content with whatever God may dispose for you and in whatever manner He does it.

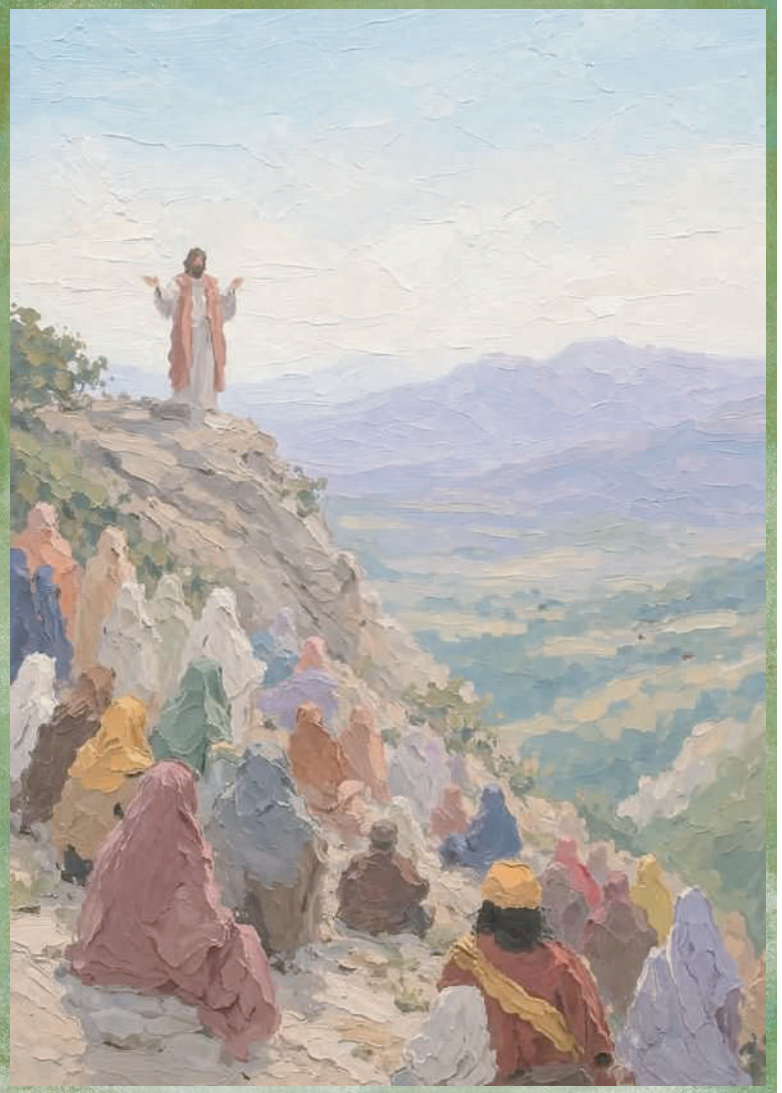
A Stewardship Prayer

*Lord of all Creation,
 we praise and thank You
 for everything that we are.
 All we have is Your gift to us,
 You gave us the greatest gift of all;
 Jesus Christ.*

*Filled with Your love,
 we respond to Your call
 to be disciples of Your Son.*

*Unite us as a community
 of Your disciples.
 Open our hearts and minds
 to Your abundant grace
 so that we might become
 good stewards.*

*Teach us to receive Your gifts
 gracefully, nurture them
 responsibly, share them generously
 and return them to You
 with greater value,
 through Jesus Christ, our Lord.
 Amen.*




Follow us on  **facebook**

Pittwater Catholic Parish



 FOLLOW US ON **INSTAGRAM**



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 LEO'S PRAYER INTENTION FOR June For The Values of Sports

Let us pray that sports be an instrument of peace, encounter and dialogue among cultures and nations, and that they promote values such as respect, solidarity and personal growth.

MASS TIMES

SACRED HEART CHURCH
1 Keenan Street, Mona Vale

WEEKDAY MASSES

TUESDAY - 9.30 am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8.30 am followed by Mass

WEDNESDAY - 9.30 am

THURSDAY - 7.00 pm
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 7.30 pm to 9.00 pm

FRIDAY - 9.30 AM
FIRST FRIDAY of the Month,
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 9.30 am, followed by Healing Mass/ Anointing of the Sick at 10.30

WEEKEND MASSES

SATURDAY VIGIL - 5.00 pm
SUNDAY
8.00 am, 10.00 am & 6.00 pm (Soul Mass)

RECONCILIATION

SATURDAY VIGIL
4.00 pm to 4.30

BAPTISM

4TH SUNDAY of the Month
at 11.30 am

MARIA REGINA CHURCH

7 Central Road, Avalon

WEEKDAY MASSES

MONDAY - 8.00am

WEDNESDAY - 8.00 am

THURSDAY - 10.00 am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction at 9.00 am

FRIDAY - 8.00 am
FIRST FRIDAY of the Month,
Healing Mass/ Anointing of the Sick at 8.00 am

RECONCILIATION

Before Vigil Mass on Saturday

WEEKEND MASSES

SATURDAY VIGIL - 6.00 pm
SUNDAY - 9.00 am

BAPTISM

3RD SUNDAY of the Month
at 11.00 am

WE PRAY for

RECENTLY DECEASED

JOAN JOHNSON
SUE GILLIS
DR OLIVIA GOSSELIN
HENRI MARSAUD

Eternal rest, grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.

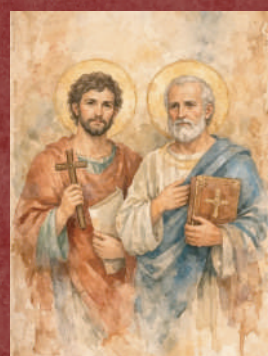
DECEASED ANNIVERSARY

MATE SPADINA KRETIC
MILE SPADINA

Prayer for the SICK

Lord, look with mercy on your servants who are sick. Bring them comfort, healing and strength.

ANNA SMIGOWSKA
TRISH NEWMAN
LILY JANOSIK
SUE FRENCH
MAUREEN LARIOS
ELAINE BOYES
PAULINE CHAPMAN
RON CLARKE
BARBARA CLARKE
ANNA KATANEC
OTMA NOUAK
ANGELA MILLER
PHILIP KHALIFEH
JOSEPH KHALIFEH
GEORGE AZOURY
BRUCE FARR
JAMES
JACINTA PURNELL-MAJOR
NENITA ROQUE
MARIE CELINE- MACA
NEDA CRVELIN
JESSE CATHERSIDES
MARY REILLY
NOEL REILLY
THERESA KEANE
MARTA BIZUBOVA
LIAM GAVIN



Solemnity of *Saints Peter and Paul* Pillars of the Holy Catholic Church 29th June

St Peter, a fisherman from Galilee, is recognised as the chosen leader and the first Pope by the Roman Catholic Church. St Paul, a Pharisee, persecuted early Christians until he converted to Christianity and influenced half of the New Testament books through his missionary journeys.

BOOK REVIEW

C.S. Lewis and the Catholic Church

by: Joseph Pearce



It is an important and intriguing topic of interest to both Catholics and Protestant alike.

IT IS MORE
BLESSED TO
GIVE THAN TO
RECEIVE.
ACTS 20:35

LITURGY FOR THE WEEK

29/06 Monday, Sts Peter & Paul
Acts 12:1-11; Mt 16:13-19

30/06 Tuesday, Ordinary Time 13
Amos 3:1-8; 4:11-12;
Mt 8:23-27

01/07 Wednesday, Ordinary Time 13
Amos 5:14-15, 21-24;
Mt 8:28-34

02/07 Thursday, Ordinary Time 13
Amos 7:10-17; Mt 9:1-8

03/07 Friday, St Thomas
Eph 2:19-22; Jn 20:24-29

04/07 Saturday, Ordinary Time 13
Amos 9:11-15; Mt 9:14-17



THE CATHOLIC PARISH OF PITTWATER GIVING

Our parish flourishes through the thoughtful care of resources and the generous commitment of our supporters. With gratitude, we thank all who help sustain our parish life, care for our Church and support the ministries that serve our community.

To Make Donations

SCAN the QR CODE below with your mobile phone camera and follow the prompts

Donations can be made weekly, fortnightly, monthly or one-off.



Areas of Giving

First Collection

(Clergy Giving)

Second Collection

(Parish Giving)

Pastoral Works Broken Bay

All PWBB donations over \$2 are 100% tax deductible

Pastoral Works Broken Bay is the charitable outreach of our Catholic community, supporting the pastoral priorities of the Diocese. It plays a vital role in funding life changing ministries, strengthening families and nurturing parish communities across Broken Bay.

Has Your Credit Card Expired?

If you support the Parish through credit card giving, please let us know if your card details have changed or expired.

Direct Debit

You may also choose to support the Parish through direct debit. This can be set up easily and securely by contacting the Parish Office, who will arrange it for you.

Our Parish Schools



Parish Bulletin- Term 2, Week 10

Year 10 History students visited the Chau Chak Wing Museum at the University of Sydney this week, engaging with artefacts and exploring topics including archaeology, museum ethics, mummification and the study of human remains.

Twenty-six students will embark on our annual Mater Maria Red Dirt Expedition (28 June – 4 July). The group will travel through western NSW, visiting Siding Spring Observatory, the Pilliga Scrub and Brewarrina Fish Traps as well as engaging with the Baradine Land Council and local schools. This experience combines science learning with a deeper understanding of Indigenous culture and connection to Country.

Our Zonta Bake Sale will be held this Friday at recess. Our Mater community donated many baked goods, with all proceeds supporting the purchase of birthing kits for women in need.

Year 11 Hospitality students participated in a pathways experience at Dee Why RSL, where they explored career opportunities, toured club facilities and prepared their own lunch in a commercial kitchen. Meanwhile, Textiles students in Years 10 and 11 attended a fashion showcase at Ultimo TAFE, gaining insight into design, production and the role of textiles in industry, supporting their preparation for Stage 6 major projects. Drama students in Years 11 and 12 recently participated in a JMC workshop, developing skills in characterisation, script analysis and gaining valuable insight into careers in the performing arts.

Each Friday, our Prefects continue to lead Faith Fridays in the College Chapel, offering students a time for music, reflection and prayer.

It has been an incredible week of sport for our students as we near the end of term with soccer knockout competitions, basketball, netball, rugby 7's and the NSW CCC cross country.

Families of current Year 4 students are reminded that applications for Year 7 2029 close at the end of next week on Friday 3 July, as Catholic Schools Broken Bay moves towards offering secondary placements when students are in Year 3. As demand for places at Mater Maria remains strong, families are encouraged to apply by the closing date at matermaria.nsw.edu.au/enrolments

We thank our parish community for your continued prayers and support.



Sacred Heart Catholic Primary School Week 10, Term 2

On Friday 19 June, our Kindy students had their Student Retreat at the Wildflower Gardens at St Ives. This is a special day retreat, where we visit a place of worship or God's creation and have the opportunity to connect to our faith, to each other and to our environment. Thank you to Mrs McCamey, our Kindy staff and Kindy parent helpers.

On Friday 19 June, we also held our Year 5 Faith and Learning Walk, where we invite our Year 5 parents and carers into the learning environment for the morning to connect with their child's learning and faith.

On Wednesday 24 June we had 8 students represent Broken Bay at the NSWCPSS Cross Country Championships. We are very proud of these students and their achievements, and we look forward to sharing results next week.

Thank you to our dedicated teaching staff who have been holding their parent teacher meetings before and after school this past week. And special well wishes to two members of staff (our Year 4 teachers) who are leaving us this term - Mrs Padget, who is going on maternity leave, and Mrs Appleton, who is leaving for a wonderful opportunity at the Parramatta Diocese.

EACH OF YOU SHOULD USE
whatever GIFT
you have received
to **SERVE OTHERS**
AS FAITHFUL STEWARDS OF
God's GRACE
IN ITS VARIOUS FORMS 1 PETER 4:10

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MARIA REGINA CHURCH
7 Central Road, Avalon

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SACRED HEART SCHOOL, Mona Vale
Tel 8197 6900
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MARIA REGINA SCHOOL, Avalon
Tel 7256 2138
Principal: Ms Kirsty Thorpe

MATER MARIA CATHOLIC COLLEGE, Warriewood
Tel 7256 2100
Principal: Mr Anthony Mahoney

HOW DO YOU PRAY THE

EUCCHARISTIC ADORATION?

The Eucharistic Adoration is a prayer (it normally lasts an hour, called Holy Hour) that is made before the Blessed Sacrament)



1. REALISE WHO IS PRESENT
Place yourself in the presence of the Lord.



2. GIVE THANKS
Be thankful for this moment of prayer and for all the blessings the Lord has given you.



3. ASK
Present Him all your intentions and the intentions of those around you.



4. MEDITATE
In a moment of silence, try to listen to the voice of God.



4. ASK FOR FORGIVENESS
Express your sorrow for the world's sins and your own.



A National Catholic Ministry for Men, founded out of a response to a great need in the hearts & lives of men & great need in the life of the Catholic Church.

ALL MEN ARE WELCOME

We Meet
First & Third Tuesday of every Month
at 7 pm
Sacred Heart Parish Centre

Join Us - Men's Faith Gathering

We warmly invite all men of our parish & community to come together at 7:00 pm for an informal & faith-filled evening of conversation, reflection & brotherhood.

These gatherings offer a welcoming & supportive space to share openly, grow spiritually & encourage one another in our journey of faith.

Together, we seek to renew our hearts in Christ, strengthen our commitment to God & be a vital & active force of renewal within our Church.

Come & be part of a community where faith is nurtured, friendships are formed & the Holy Spirit at work.

All are welcome. We look forward to seeing you there.

For any questions, contact
Joe Cilia - 0418 863 814



PETER'S PENCE



27th and 28th June 2026:

Week Before Peter's Pence *Collection*

On Sunday 5th July we join parishes across the world in taking up the Vatican's annual Peter's Pence Collection. The Peter's Pence Collection provides for the charitable works of mercy identified by His Holiness, Pope Leo XIV, including emergency assistance to those in need due to natural disaster, war, oppression and disease.

Your generosity allows the Holy Father to respond to those suffering with love and compassion.



You can make a gift using the Peter's Pence collection envelope available in the pews.

May God bless ⁺ your generosity.

PARISH MORNING TEA GATHERING

Everyone is welcome to join

Every month after the
8 am Mass on the 1st Sunday
and after the 10 am Mass on
the 3rd Sunday at

SACRED HEART CHURCH, MONA VALE

Last Sunday after the
9 am Mass

at the front of
MARIA REGINA CHURCH, AVALON

*Stay, chat and share in our
parish community!*

We look forward to seeing you there.



*Come and enjoy a cuppa,
light refreshments and the
opportunity to catch up with
fellow parishioners in a
friendly and welcoming
atmosphere.*

Have friends for tea

WHY THE THREE CROSSES BEFORE THE GOSPEL?

Before the Gospel is proclaimed, the Priest makes three small signs of the cross on himself—a beautiful prayer preparing our mind, lips, and heart to receive and live the Word of God.

1

THE FOREHEAD

Lord, may Your Gospel be in my mind.
(Understanding and believing God's Word).



2

THE LIPS

Lord, may Your Gospel be on my lips.
(Proclaiming and speaking God's truth).



3

THE HEART

Lord, may Your Gospel be in my heart.
(Loving and living the Word).



THE LITURGICAL RESPONSES



PRIEST:
"A reading from
the Holy Gospel..."



FAITHFUL:
"Glory to You,
O Lord."

A true disciple believes, proclaims, and lives the Gospel.

UPDATE FROM THE Sacramental Coordinator



The Sacrament of First Eucharist will take place as follows:



Maria Regina Church, Avalon

Saturday 12 September 2026 at 6pm

Sunday 13 September 2026 at 9am



Sacred Heart Church, Mona Vale

Saturday 19 September 2026 at 5pm

Sunday 20 September 2026 at 10am and 12noon



Children in Year 4 and above are eligible to receive this sacrament if they have done their **First Reconciliation**.



Enrolments are not open yet. For more information about the requirements of the program and to enrol your child, you **MUST** attend one of the following "**Parent Information & Commitment**" sessions (children do not need to attend) **BOTH SESSIONS ARE AT 7 PM**

• **Wednesday 22 July** (Maria Regina Church, Avalon)

• **Wednesday 29 July** (Sacred Heart Church, Mona Vale)



If you have any questions, please email Sonia on sacraments@pittwaterparish.org



HOW TO MEDITATE ON THE WORD OF GOD

Your Word is a lamp to my feet and the light to my path. -Psalm 119:105



1. CHOOSE ONE VERSE OR PASSAGE
Start small. Pick one verse that speaks to your situation.
(Example: fear, healing, anxiety, peace)



2. READ IT SLOWLY
*What is God saying?
*What word stands out?
*What does this reveal about God?



3. PERSONALISE THE VERSE
Turn the scripture into a personal declaration.
Example: "The Lord is my Shepherd. I lack nothing. He is guiding my life."



4. SPEAK IT REPEATEDLY
Meditation in the Bible often involved muttering or speaking quietly.
Say the verse - softly, repeatedly, thoughtfully. Faith grows when you hear God's Word. (Romans 10:17)



5. IMAGINE THE TRUTH
Picture the promise becoming real in your life. Let the scripture shape your imagination.
If meditating on peace- imagine yourself calm, resting in God, free from fear.

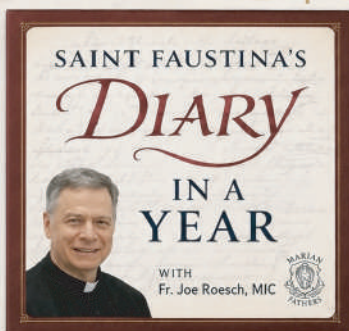


6. PRAY THE SCRIPTURE
Turn the verse into prayer
Example: "Lord, thank You that You are with me. Help me trust Your Word today."

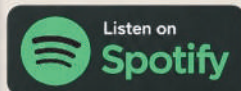


7. STAY WITH THE VERSE THROUGHOUT THE DAY
Think about it while walking, working, resting before sleeping.

ST FAUSTINA'S *Diary* IN A YEAR



ST FAUSTINA'S DIARY IN A YEAR - NOW AVAILABLE FREE ON SPOTIFY



Discover THE INSPIRING WORDS AND REFLECTIONS OF ST FAUSTINA KOWALSKA



“ Discover the inspiring words and reflections of St Faustina Kowalska through *Divine Mercy in My Soul (The Diary of St Faustina in a Year)*, is now available to listen for free on Spotify. This beautiful diary shares St Faustina's encounters with Jesus and the message of Divine Mercy that continues to touch hearts around the world. We encourage parishioners to take time to listen, reflect and deepen their faith through spiritual treasure. Simply search "St Faustina Diary in a Year" on Spotify to begin listening.



THE CATHOLIC MASS EXPLAINED SIMPLY



1. INTRODUCTORY RITES

The Mass begins with gathering, greeting, and opening prayer as we prepare our hearts to encounter Christ.



2. LITURGY OF THE WORD

We listen to Sacred Scripture, the Responsorial Psalm, the Gospel, and the Homily, allowing God's Word to nourish us.



3. LITURGY OF THE EUCHARIST

The high point of the Mass: the bread and wine become the Body and Blood of Christ through the words of Consecration.



4. CONCLUDING RITES

The Mass ends with the Final Blessing and sending forth, as we are commissioned to live the Mass in our daily lives.

Every part of the Mass draws us deeper into the mystery of Christ's love and sacrifice.

The *Living* Word

Entrance Antiphon Psalm 46:2
All peoples, clap your hands.
Cry to God with shouts of joy!

First Reading 2 Kings 4:8-11, 14-16
A reading from the second book of the Kings
That is the holy man of God, let him remain there.

One day as Elisha was on his way to Shunem, a woman of rank who lived there pressed him to stay and eat there. After this he always broke his journey for a meal when he passed that way. She said to her husband, 'Look, I am sure the man who is constantly passing our way must be a holy man of God. Let us build him a small room on the roof, and put him a bed in it, and a table and chair and lamp; whenever he comes to us he can rest there.'

One day when he came, he retired to the upper room and lay down. 'What can be done for her?' he asked. Gehazi (his servant) answered, 'Well, she has no son and her husband is old.' Elisha said, 'Call her.' The servant called her and she stood at the door. 'This time next year,' Elisha said 'you will hold a son in your arms.'

The word of the Lord

Responsorial Psalm
Ps 88:2-3, 16-19. R. v.2
(R.) Forever I will sing the goodness of the Lord.

I will sing for ever of your love, O Lord; through all ages my mouth will proclaim your truth. Of this I am sure, that your love lasts for ever, that your truth is firmly established as the heavens. **(R.)**

Happy the people who acclaim such a king, who walk, O Lord, in the light of your face, who find their joy every day in your name, who make your justice the source of their bliss. **(R.)**

For it is you, O Lord, who are the glory of their strength; it is by your favour that our might is exalted: for our ruler is in the keeping of the Lord; our king in the keeping of the Holy One of Israel. **(R.)**

Second Reading Romans 6:3-4, 8-11
A reading from the letter of St Paul to the Romans
Having been buried with him through baptism, we shall walk in a new life.

When we were baptised in Christ Jesus we were baptised in his death; in other words, when we were baptised we went into the tomb with him and joined him in death, so that as Christ was raised from the dead by the Father's glory, we too might live a new life.

But we believe that having died with Christ we shall return to life with him: Christ, as we know, having been raised from the dead will never die again. Death has no power over him any more. When he died, he died, once for all, to sin, so his life now is life with God; and in that

way, you too must consider yourselves to be dead to sin but alive for God in Christ Jesus.

The word of the Lord.

Gospel Acclamation 1 Peter 2:9

Alleluia, alleluia!

You are a chosen race, a royal priesthood, a holy people.
Praise God who called you out of darkness and into his marvellous light.
Alleluia!

Gospel Matthew 10:37-42

A reading from the holy Gospel according to Matthew

Anyone who does not accept his cross is not worthy of me. Anyone who welcomes you, welcomes me.

Jesus instructed the Twelve as follows: 'Anyone who prefers father or mother to me is not worthy of me. Anyone who prefers son or daughter to me is not worthy of me. Anyone who does not take his cross and follow in my footsteps is not worthy of me. Anyone who finds his life will lose it; anyone who loses his life for my sake will find it.

'Anyone who welcomes you welcomes me; and those who welcome me welcome the one who sent me.

'Anyone who welcomes a prophet because he is a prophet will have a prophet's reward; and anyone who welcomes a holy man because he is a holy man will have a holy man's reward.

'If anyone gives so much as a cup of cold water to one of these little ones because he is a disciple, then I tell you solemnly, he will most certainly not lose his reward.'

The Gospel of the Lord.

Communion Antiphon Psalm 102:1
Bless the Lord, O my soul,
and all within me, his holy name.

REFLECTION
by Dianne Bergant

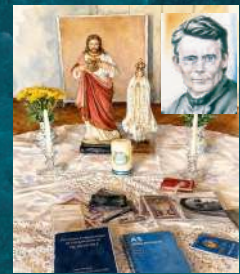
Today we are faced with the cost of discipleship, but we are also comforted by the promise of the providence of God. Baptism is for us both death and life. Through it we enter into Christ's death and we die to lives of selfishness and sin. Through it we rise with Christ to a new life freed from everything that previously held us down. As glorious as this new life might be, it requires death to our old ways of living, and this is always difficult.

The cost of discipleship cuts right to the core of our beings, it lays bare the very structures of kinship. Baptism recreates us as children of God; through it we are given a new life and born into a new family. The bonds of discipleship are now even stronger than the bonds of blood. Discipleship requires our very lives. As

disciples we can no longer put ourselves first. We must be willing to spend ourselves and to be spent, to serve others in the day to day unfolding of life. We may find such commitment very demanding, but that is part of the cost of discipleship. God promises that if we lose our lives in this way, we will really gain them. If we are unselfish in the way we share ourselves with others, we will be enriched through our generosity. If we spend ourselves and are spent in our service of others we will be filled with blessings unimaginable.

© Dianne Bergant CSA

BLESSED FRANCIS JORDAN PRAYER GROUP



Come and spend time in prayer, reflection and devotion to our Blessed Mother and Blessed Francis Mary of the Cross Jordan as we gather together to deepen our faith and seek their loving intercession.

We warmly invite everyone to join us weekly.

**AFTER THE 9:30 AM MASS,
ON WEDNESDAYS**

FOOD FOR THOUGHT: THE POWER OF GIVING



1. Giving Honors God

"Honour the Lord with your wealth, with the first fruits of all your crops." *Proverbs 3:9*



2. Giving Changes You

"It is more blessed to give than to receive." *Acts 20:35*



3. Giving Multiplies

"Give and it will be given to you." *Luke 6:38*



4. Giving is a Test of Trust

"Each one must give as he has decided in his heart." *2 Cor 9:7*



5. Giving is Love in Action

"If anyone has material possessions and sees a brother in need but has no pity..." *1 John 3:17*

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MONDAYS

9:30 - 11:30

(SCHOOL TERM)

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