



# The Catholic Parish of Pittwater

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



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

**Matthew 10:40**

### Prayer of St. Francis of Assisi (Prayer for Peace)

Lord, make me an instrument  
of your peace:  
where there is hatred,  
let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O divine Master,  
grant that I may not so much  
seek to be consoled  
as to console,  
to be understood  
as to understand,  
to be loved as to love.  
For it is in giving  
that we receive,  
it is in pardoning  
that we are pardoned,  
and it is in dying  
that we are born  
to eternal life.

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



### Thoughts of Blessed Francis Jordan

*Truly the Almighty will help you in all your worries  
and sufferings. He will never abandon you. He will  
give you courage and strength.*



### **POPE FRANCIS' PRAYER INTENTION FOR JULY For a Eucharistic Life**

**We Pray that Catholics may place the celebration  
of the Eucharist at the heart of their lives,  
transforming human relationships in a very deep  
way and opening to the encounter with God  
and all their brothers and sisters.**

**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*  
*Mile Spadina*  
*Alec Norek*  
*John Andrew Graham*

### Prayer for the Sick

Anna Smigowski

Sarah Zofrea

Guy Zofrea

Avelino Samartin

Bill O'Connor

Jeff Langley

Mark Linfiels

Nick Moullakis

Bill Eyre

Brian Gregan

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

 **Vinnies**

New stock is now available at the Vinnies Sacred Heart Piety Store.

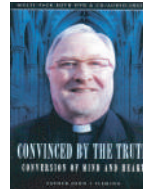
All proceeds of the Piety Store go to St Vincent de Paul.

All transactions are CASH only, as we do not have EFTPOS facilities.

Any queries, please contact the Parish Office on 9157 0999.

## FILM REVIEW

Convinced by the Truth  
Conversion of Mind & Heart  
by: Fr John Fleming



This DVD tells of Dr John Fleming who was an agnostic in his teens and later was ordained into the Anglican Church but the doctrines made him decide to become a Catholic priest instead.

A great film

### Liturgy for the Week

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

04/07 Tuesday, Ordinary Time 13  
Gen 19:15-29; Mt 8:23-27

05/07 Wednesday, Ordinary Time 13  
Gen 21:5, 8-20; Mt 8:28-34

06/07 Thursday, Ordinary Time 13  
Gen 22:1-19; Mt 9:1-8

07/07 Friday, Ordinary Time 13  
Gen 23:1-4, 19; 24:1-8, 62-67; Mt 9:9-13

08/07 Saturday, Ordinary Time 13  
Gen 27:1-5, 15-29; Mt 9:14-17

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.

Available on the  
 **App Store**

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



  
2023  
Our Year of  
*Stewardship*

HSC 2022 - 63rd ranked school in NSW



## Parish Morning Tea

Everyone is welcome to join us every month after our 8 am Mass on the 1st Sunday and after the 10 am Mass on the 3rd Sunday of every month. It provides an opportunity to all parishioners to connect and get to know each other.

## 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



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@bbccatholic.org.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  
el 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  
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## DIACONATE INFORMATION EVENING

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

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

**WED, JULY 5 @ 7:30PM**

Holy Name Parish  
 35 Billyard Ave  
 Wahroonga NSW 2076  
 RSVP to 0418 522 449 or  
[vocations.ministry@bbcatholic.org.au](mailto:vocations.ministry@bbcatholic.org.au)

Fresco in the Niccoline 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

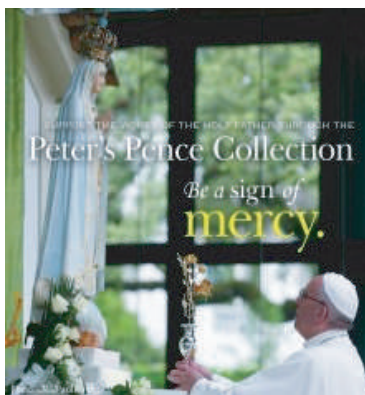
**\$12,366.00**

*Your help is greatly appreciated.*

Please visit:

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

or Use: Parish envelopes



## Peter's Pence Collection 2-3 July 2023

Parishes around the world will be taking up their Peter's Pence Collection this weekend, included those in our Diocese.

It is always held around the time of the feast day of Saints Peter and Paul, 29 June.

The Collection supports the charitable works and structures of mercy identified by the Holy Father, Pope Francis.

This includes the most disadvantaged and emergency situations including victims of war, oppression and natural disasters.

We know in recent years this Collection has been impacted greatly across the world by the COVID-19 pandemic and your support this year is greatly appreciated.



**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)

*Congratulations to all the children in our parish who received the  
Sacrament of Confirmation on Saturday, 18th June and  
Sunday, 19th June 2023*

Thank you to the Most Reverend Bishop Anthony Randazzo DD JCL, Fr Richard Sadowski SDS, Belinda Cimino, Sonia Samartin, the Sacramental Team, parents, guardians, teachers, principals and group leaders for their time, commitment and dedication in preparing the children for the Sacrament.

Anderson Abouzeid  
Frances Anguita  
Ava Arundel  
Blair Aungle  
Arizona Bateup  
Flynn Bath  
Eloise Belleri  
Jackson Berthelot  
Sam Boon  
George Boyadji  
Joshua Brady  
Noa Brand  
Luisa Burton  
Fernando Campos Berlinski  
Zachary Canon  
Max Cantelo  
Louis Castro Lago  
Ayden Caterina  
Noah Chaplin  
India Comas  
Oliver Condon  
Haley Corbett  
Antonio Costa  
Renzo Crea  
Sebastian Daubney  
Frankie Davies  
Beau Davies  
Harvey Davies  
Kai Davies  
Austin Dawe  
Zachary Dixon  
Annabelle Dixon  
Aston Donaldon  
Maxon Donnelly  
Jones Donnelly  
Lily Dravitski  
Thomas Dravitski  
Ella Dreyer  
Amelia Esser  
Rafaella Fernandes  
Pollyanna Fernandes  
Tilley Finney  
Leila Firman  
Claire Fogwell  
Elizabeth Ford  
Lawrence Ford  
Lachlan Foster

Florence Middleton  
Mischa Millar  
Sebastian Miller  
Tahlia Moore  
Maya Mottin  
Luca Nizika Smit  
Xavier Northover  
Nathaniel Northover  
Scarlett Gibson  
Lewis Gibson  
Darcy Goldsmith  
Poppy Gomez  
Sullivan Good  
Tulleah Goodwin  
Noah Gray  
Vogue Hayes  
Siena Heath  
Missy Hillier  
Broc Hillier  
Caleb Holyhead  
Bailey Houseman  
Alexis Hrobat  
Aleesa Hunt  
Maisie Hutchins  
Oliver Jackson  
Harvey Jacobsen  
Jayden Johnson  
Imogen Jones  
Abigail Jones  
Charlotte Jones  
Abigail Jones  
Charlotte Jones  
Chloe Jones  
Toby Kerr  
Lachlan Kerr  
Georgia Kinnaird  
Ciara Labrosse  
Benjamin Laird  
Baxter Lamont  
Xavier Larke  
Huxley Laughton  
Hunter Layton  
Jaxon Lee-Hang  
Maddison Longo  
Skye Losurdo  
Lucinda Lowe  
Zara Lynch

Maya Macri  
Zoe Mallam  
Edie Manderson  
Harper Manson  
Jackson Marais  
Hunter Mason  
Isabelle Mastroianni  
Kingston Meyer  
Florence Middleton  
Mischa Millar  
Sebastian Miller  
Tahlia Moore  
Maya Mottin  
Luca Nizika Smit  
Xavier Northover  
Nathaniel Northover  
Eden Noyes  
Isabella O'Grady  
Olivia Parker  
Emma Perchante  
Henry Peterson  
Lola Phelps  
Juana Place  
Remi-Ross Player  
Easton Player  
Sierra Prentice  
Roman Privitera  
Kate Pszczonka  
Frankie Puskar  
Imogen Raymond  
Azalia Reisenberger  
Georgia Richmond  
Tadhg Ridley  
Jacob Robertson  
Matilda Robson  
Zali Rogan  
Adelaide Rogers  
Russell Evie  
Rosalie Ryan  
Sonny Schott  
Peyton Sealey  
Aria Sleiman  
Floyd Steedman  
Ethan Stefanatos  
Lloyd Stevens  
Hugo Stevens



*Confirmed In Christ*  
...and this is how we know  
that He LIVES in us; we know  
it by the Spirit He gave us.  
1 John 3:24

Rowan Sutherland  
Lizbeth Sutherland  
William Taney  
Ewan Tulloch  
Lola Twiname  
Polly Tyson  
Hannah Wallace  
Grace Watson  
Hannah Webb  
Liam West  
Flynn Westwood-Hill  
Laura Whiteman  
Maya Williamson  
Nate Williamson  
James Willis  
Miley Wilson  
Leo Wilson  
Jasmine Wooldridge  
Ethan Wright  
Annabelle Xuereb  
River Zellner

# The *Living* Word

## Entrance Antiphon

Ps 46:2

All peoples, clap your hands.  
Cry to God with shouts of joy!

## First Reading

2 Kgs 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

Rom 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 Pt 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

Mt 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

Cf. Ps 102:1

Bless the Lord, O my soul,  
and all within me, his holy name.

## REFLECTION

by Dianne Bergant CSA

*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



**Welcome to  
Pittwater Parish**

**Olivia Rose Jansson  
Daisy Sophia Jansson  
Lewis Spencer Gilbert  
Ella Grace Docherty  
Mary Grace Mia  
Fleming  
Hayden William  
Ferguson  
Carter Reginald  
Rudgley  
Riley Maree Rudgley  
Gilbert Lewis Spencer**

**at  
Sacred Heart Church  
Mona Vale  
on the  
25th of June 2023  
for the  
Sacrament of  
Baptism**

**Advertising Space Available**

For more information  
call the Parish Office on  
9157 0999



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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.

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Mona Vale 2103  
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