



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

Always be joyful and praise God constantly,
whatever may break in upon you.
Yes, always be joyful.

Discipleship Prayer

Loving Father,
open our hearts to hidden realities:
your love for all people,
your presence in the community,
your call to justice and peace.
May the sacraments stir in us
the same love for all people.

Christ Jesus,
help us to imitate your example:
healing the sick,
welcoming the stranger,
assisting the poor and vulnerable.
May these remind us of your love
and self-giving,
which we strive to imitate.
We ask you,
through Christ,
our Lord. Amen.



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Parish**

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on Instagram
(catholicparishpittwater)

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 JULY

For Formation in Discernment
Let us pray that we might again learn
how to discern, to know how to choose
paths of life, and reject everything
that leads us away from Christ
and the Gospel.

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 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 am

WEEKEND MASSES

Saturday Vigil 5.00 pm
Sunday 8.00 am, 10.00 am & 6.00 pm (SOUL)

RECONCILIATION

Saturday Vigil
4.00 pm to 4.30 pm

BAPTISM

4th Sunday of the Month
11.30 am

Maria Regina Church

7 Central Road, Avalon

WEEKDAY MASSES

Monday 8.00 am

Wednesday 8.00 am

Thursday 10 am
9.00 am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45 am

Friday 8.00 am
First Friday of the month, *Healing Mass/ Anointing of the Sick* at 8.00 am

WEEKEND MASSES

Saturday Vigil 6.00 pm
Sunday 9.00 am

RECONCILIATION

Before Vigil Mass on **Saturday**

BAPTISM

3rd Sunday of the Month
11.00 am

We Pray for

Recently Deceased

Lynette O'Neill

May all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Prayer for the Sick

Anna Śmigowska

Lily Janosik

Giannina Amore

Therese Keane

Maureen Larios

Elaine Boyes

Pauline Chipman

Ron Clarke

Barbara Clarke

Anna Katanec

Mother Pauline

Angela Miller

Philip Khalifeh

Joseph Khalifeh

Heidi Taylor

James

Jacinta Purnell - Major

Garry Gleeson

Nenita Roque

Marie Celine Roque- Maca

Neda Crvelin

Jesse Cathersides

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 Protestants alike.

AND MY GOD
WILL MEET ALL MY NEEDS
ACCORDING TO HIS
GLORIOUS
RICHES
IN CHRIST
JESUS.

— PHILIPPIANS 4:19 —

Liturgy for the Week

30/06 Monday, Ordinary Time 13
Gen 18:16-33; Mt 8:18-22

01/07 Tuesday, Ordinary Time 13
Gen 19:15-29; Mt 8:23-27

02/07 Wednesday, Ordinary Time 13
Gen 21:5, 8-20; Mt 8:28-34

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

04/07 Friday, Ordinary Time 13
Gen 23:1-4, 19; 24:1-8, 62-67; Mt 9:9-13

05/07 Saturday, Ordinary Time 13
Gen 27:1-5, 15-29; Mt 9:14-17

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Pittwater

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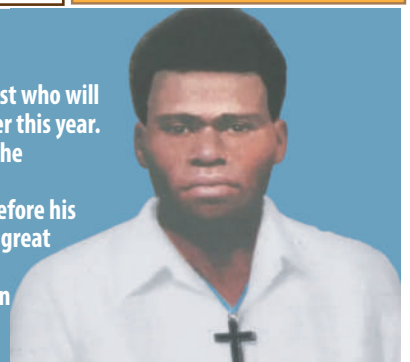
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Blessed Peter to Rot - 7th July

Monday will be the Memorial of Blessed Peter To Rot, a martyred Catechist who will become the first Saint from Papua New Guinea when he is canonised later this year. The story of Blessed Peter To Rot is a simple one, but one that speaks to the conviction of his faith.

Pope Francis had approved his canonisation in March, just a few weeks before his death. Bishop Anthony Randazzo had welcomed the announcement as a great time for the Church in Oceania.

He will be canonised on 19 October 2025, as announced by Pope Leo XIV in during the first Ordinary Consistory of his pontificate.



Jesus sends
out his
followers

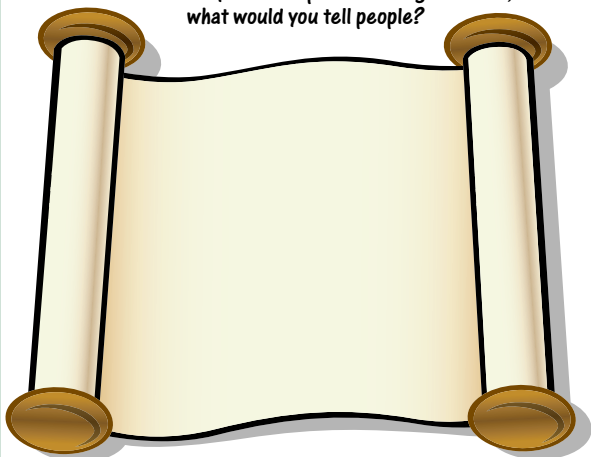


14th Sunday in Ordinary Time, Year C

Jesus sent his disciples out two by two. Who would you have taken as your partner to go on such a journey? Draw yourself and that person spreading the good news to the people below.



If Jesus sent you out to proclaim his good news,
what would you tell people?



Unscramble the tiles below to
find out what Jesus told his
disciples to say when they
entered people's homes.

ITH P

OME W

GOD B

HIS H

LESS T

EACE

Luke 10:1-9

© Creative Ministry Resources

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

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

SCHOOLS

Sacred Heart School
Mona vale
Tel 8197 6900
Principal: Mr Jamie Wahab

Maria Regina School
Avalon
Tel 7256 2138
Principal: Ms Kirsty Thorpe

Mater Maria Catholic College
Warriewood
Tel 7256 2100
Principal: Mr Marc Reicher

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yourself out
for others.

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PARISH MORNING TEA GATHERING

Everyone is welcome to join and
get to know each other
in our Parish Community.

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

2nd and 4th Sundays
after the 9 am Mass
at the front of
MARIA REGINA CHURCH,
AVALON

Sent Forth in Strength and Hope

Aboriginal and Torres Strait
Islander Sunday

6 July 2025

Congatulations to Marc Reicher & Jamie Wahab



Marc Reicher



Jamie Wahab

These gentlemen were the pillars of Mater Maria Catholic College and Sacred Heart Catholic Primary School. They have been appointed to new positions within the CSBB.

Thank you Marc (13.5 years) and Jamie (5.5 years) for your dedication and leadership. We appreciate your unwavering commitment to educational values. You are both an inspiration to everyone by setting a strong foundation for students to strive for success.

May the Lord bless and guide you both for your future endeavours.



FREE WILLS SEMINAR & MORNING TEA

Plan Well

Join us for a free seminar with legal expert Cecilia Castle, Principal of Castle Lawyers, who will cover essential estate topics like:

- Writing a Will
- Power of Attorney
- Enduring Guardianship

Attendees may be eligible for a complimentary will*



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12 August, 2025

10:30AM-12:30 PM

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www.trybooking.com/DAPZO



For enquiries, please contact Mona Saouma on (02) 9410 9024



* Terms and conditions apply.

*That I may know him and the power
of his resurrection, and may share
his sufferings, becoming like him in
his death*

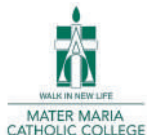
Philippians 3:10



Playgroup Details
Mondays 9:30-11:30
(School Term)

*Join us at our Play Group to connect
with other parents and children,
enjoy playtime and make new friends.
Stay for a cup of tea or coffee.
Everyone is welcome.*

Please Contact
Nikki on 0481 009 376
for more information



Parish Bulletin - Term 2, Week 10

Mater students were on their extensive Red Dirt Expedition until the end of this week. They travelled to western NSW, visited the Siding Springs Australian Astronomical Telescope in Coonabarabran, bushwalked the Grand High Tops Walk, visited sandstone caves and reconciliation sculptures in the Pilliga Scrub, and explored cultural sites with the Baradine Land Council. They visited local schools, the Brewarrina Fish Traps, and toured Dubbo Zoo. The expedition aimed to provide students with enriching learning experiences in science and Indigenous cultural awareness.

All Year 7 students participated in problem-solving games in the Marana, incorporating the 'Working Mathematically' syllabus outcome.

Students from the Cross Campus Centre Year 11 Japanese Beginners course had the opportunity to meet their teachers and classmates from other campuses in person. They participated in an Ikebana workshop and undertook Assessment Task 2.

On Wednesday, Transport for NSW held a Careers event for students interested in skilled roles within construction. Students gained firsthand knowledge from a range of experts needed to build major infrastructure projects, including engineers, lawyers, project managers and communications specialists.

This week, we welcomed parents and students of Years 8, 9, and 10 to the Parent-Teacher-Student Evening. The focus was on fostering growth for all students and staff, discussing student learning engagement, effective communication, the importance of attendance, and the robust support provided through pastoral care. Our mission is to help each student flourish and grow in their relationship with Jesus Christ.

It was a busy three days for our students in sports, wrapping up Term 2 with MWBA Basketball, Rugby League City Cup 13s and 15s Boys and Broken Bay Tennis. This week was a short week as Thursday and Friday were student free days.

Our last Faith Friday was held for the term. Led by our prefects, it is a special time of reflection, music, and community in the Chapel and Courtyard.

Applications are now open for Year 2028 and 2029. Please note that waitlists are currently in place for Year 7, 2026 and 2027. For more information, visit:
<http://www.matermaria.nsw.edu.au/enrolments>

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Our bulletin has available spaces to
promote local businesses.
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9157 0999 for more information

Update from the Sacramental Coordinator

The Sacrament of First Eucharist will take place as follows:

Maria Regina Church, Avalon
Saturday, 6 September at 6 pm
Sunday, 7 September at 9 am

Sacred Heart Church, Mona Vale
Saturday, 13 September at 5 pm
Sunday, 14 September at 10 am and 12 noon

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*).

Thursday, 24 July at 7 pm - Maria Regina Church, Avalon
or

Tuesday, 29 July at 7 pm - Sacred Heart Church Mona Vale

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



ST. BENEDICT

11th JULY

Pray for us.



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 WELCOME

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

We will also be beginning a series on
METANOIA

A video series & discussion, inviting everyone to a deeper more profound conversion - a metanoia - that moves us from *something* to *someone*, as metanoia ultimately turns us to Jesus.

Bringing men together, to renew their faith in God & encourage them to be an active force of renewal in the Church

For any questions contact
Joe Cilia - 0418 863 814

The *Living* Word

Entrance Antiphon Psalm 47:10-11

Your merciful love, O God, we have received in the midst of your temple.
Your praise, O God, like your name,
reaches the ends of the earth; your right hand is filled with saving justice.

First Reading Isaiah 66:10-14

A reading from the prophet Isaiah
I will send toward Jerusalem peace like a river.

Rejoice, Jerusalem,
be glad for her, all you who love her!
Rejoice, rejoice for her,
all you who mourned her!
That you may be suckled, filled,
from her consoling breast,
that you may savour with delight
her glorious breasts.
For thus says the Lord:
Now towards her I send flowing
peace, like a river,
and like a stream in spate
the glory of the nations.
At her breast will her nurslings be
carried
and fondled in her lap.
Like a son comforted by his mother
will I comfort you.
And by Jerusalem you will be comforted.
At the sight your heart will rejoice,
and your bones flourish like the grass.
To his servants the Lord will reveal his hand.

The word of the Lord

Responsorial Psalm

Ps 65:1-7. 16. 20. R. v.1

(R.) Let all the earth cry out to God with joy.

Cry out with joy to God all the earth,
O sing to the glory of his name.
O render him glorious praise.
Say to God: 'How tremendous your deeds! **(R.)**

'Before you all the earth shall bow;
shall sing to you, sing to your name!'
Come and see the works of God,
tremendous his deeds among men. **(R.)**

He turned the sea into dry land,
they passed through the river dry-shod.
Let our joy then be in him;
he rules for ever by his might. **(R.)**

Come and hear, all who fear God.
I will tell what he did for my soul.
Blessed be God who did not reject my prayer nor withhold his love from me. **(R.)**

Second Reading Galatians 6:14-18
A reading from the letter of St Paul to the Galatians

The marks I carry on my body are those of Jesus Christ.

The only thing I can boast about is the cross of our Lord Jesus Christ, through whom the world is crucified to me, and I to the world. It does not matter if a person is circumcised or not; what

matters is for him to become an altogether new creature. Peace and mercy to all who follow this rule, who form the Israel of God.

I want no more trouble from anybody after this; the marks on my body are those of Jesus. The grace of our Lord Jesus Christ be with your spirit, my brothers. Amen.

The word of the Lord.

Gospel Acclamation

Colossians 3:15. 16

Alleluia, alleluia!
May the peace of Christ rule in your hearts, and the fullness of his message live within you.
Alleluia!

Gospel Luke 10:1-12. 17-20

A reading from the holy Gospel according to Luke

Your peace will rest upon him.

The Lord appointed seventy-two others and sent them out ahead of him, in pairs, to all the towns and places he himself was to visit. He said to them, 'The harvest is rich but the labourers are few, so ask the Lord of the harvest to send labourers to his harvest. Start off now, but remember, I am sending you out like lambs among wolves. Carry no purse, no haversack, no sandals. Salute no one on the road. Whatever house you go into, let your first words be, "Peace to this house!" And if a man of peace lives there, your peace will go and rest on him; if not, it will come back to you. Stay in the same house, taking what food and drink they have to offer, for the labourer deserves his wages; do not move from house to house. Whenever you go into a town where they make you welcome, eat what is set before you. Cure those in it who are sick, and say, "The kingdom of God is very near to you." But whenever you enter a town and they do not make you welcome, go out into its streets and say, "We wipe off the very dust of your town that clings to our feet, and leave it with you. Yet be sure of this: the kingdom of God is very near." I tell you, that on that day it will not go as hard with Sodom as with that town.'

The seventy-two came back rejoicing. 'Lord,' they said, 'even the devils submit to us when we use your name.' He said to them, 'I watched Satan fall like lightning from heaven. Yes, I have given you power to tread underfoot serpents and scorpions and the whole strength of the enemy; nothing shall ever hurt you. Yet do not rejoice that the spirits submit to you; rejoice rather that your names are written in heaven.'

The word of the Lord.

Communion Antiphon Psalm 33:9

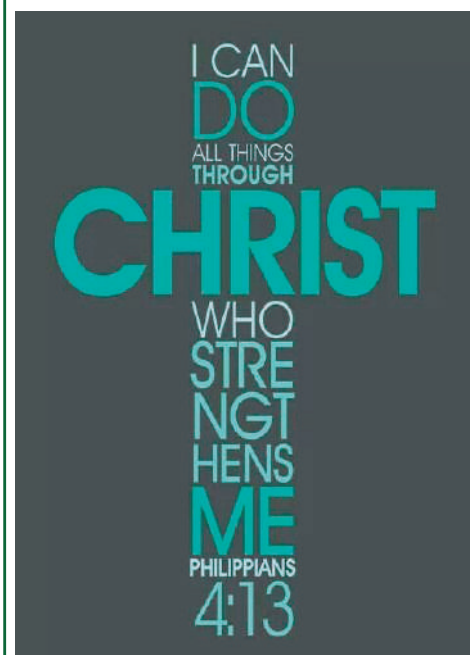
Taste and see that the Lord is good;
blessed the man who seeks refuge in him.

REFLECTION

by Dianne Bergant

Although the gospel is a report of ministerial commissioning, it contains elements of discipleship in general. Most obvious is the disciples' dependence on Jesus. They are not independent missionaries; they are followers. Furthermore, there is a communal dimension of discipleship. While there is certainly a personal relationship between Jesus and each disciple, discipleship itself is not a singular privilege that one hugs to oneself to the exclusion of others. Disciples minister to the needs of others, whatever those needs may be and with whatever abilities the disciple may possess. There are various kinds of healing: a friendly smile, a word of gratitude, a soothing touch. We can teach the lessons of life in classrooms, in playrooms, in kitchens, in boardrooms. There are many ways that we can cast out the demons that hold our world by the throat; demons of poverty and oppression, demons of addiction and slavery, demons of disdain and neglect, demons of hatred and violence. If they are not cast out by us, then by whom? The life of discipleship is not an unmixed blessing. Because disciples are marked by the sign of the cross, they must expect suffering. Because they do not live according to the standards of the world, disciples will be judged as fools. Some of them will be subjected to even greater suffering. Still, the disciple proclaims that true fulfilment is only found in God! In reality, it is the world that is upside down, not the life of discipleship. And it is the cross that sets things right.

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Theme: Christology

Questions: Email the Sisters at sydney@op-tn.org

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feet of those who bring
good news!"**
ROMANS 10:15b

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-JOHN 13:35

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Romans 8:16-17

The Spirit himself
testifies with our spirit
that we are God's
children. Now if we are
children, then we are
heirs—heirs of God and
co-heirs with Christ, if
indeed we share in his
sufferings in order that
we may also share in his
glory.