




# 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**  
Turn your grace heavenward and walk without hesitation until you arrive at the gates of everlasting life. Oh wayfarer, do not grow weary, and do not fear.

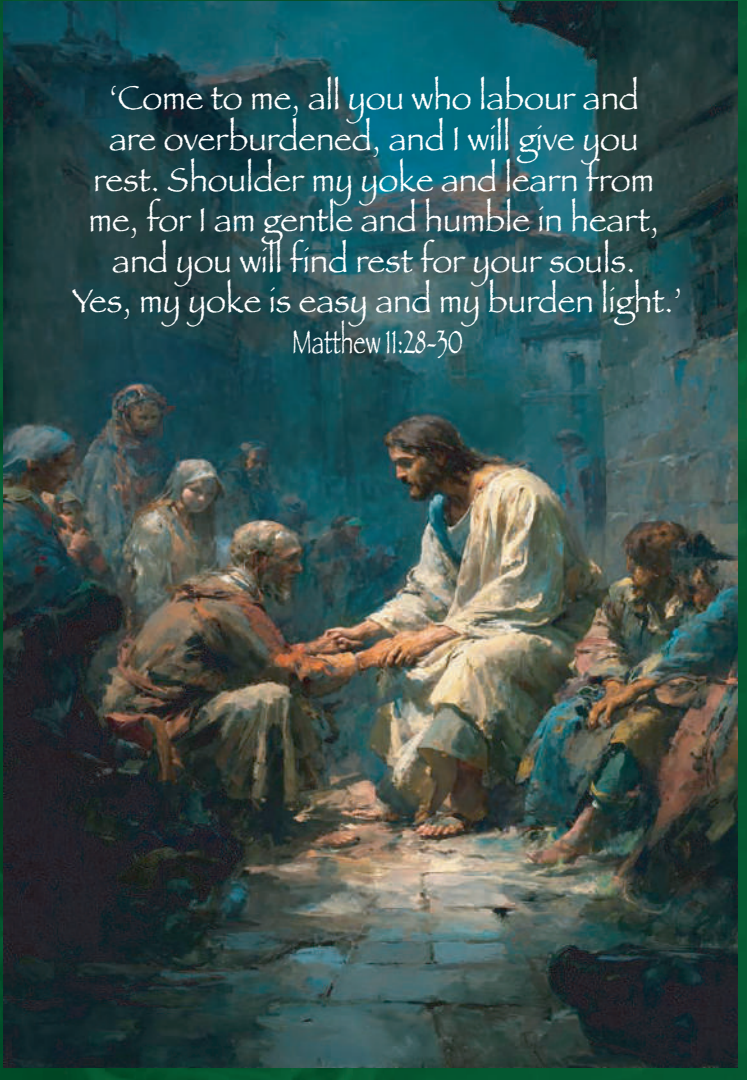
**Prayer for Strength and Faith**

Heavenly Father,  
we pray for strengthened faith.  
Help us know more of  
Your word and face all  
adversities with the  
confidence of victory.

Let us move mountains  
with our faith and  
command things to fall in line  
in our lives.

Let us conquer all the evils  
in our lives.  
Let our words cause healing.  
Let our faith build all the  
broken pieces in our lives.

Help us to remain strong and  
not be moved by any adversities  
in Jesus' name.  
Amen.




'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'


Matthew 11:28-30

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 July**  
**For Respect for Human Life**

Let us pray for the respect and protection of human life in all its stages, recognising it as a gift from God.

# 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 am*

## 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 pm

## 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

**ELIANA (LILY) BOERSMA**  
**JOAN JOHNSON**  
**SUE GILLIS**

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

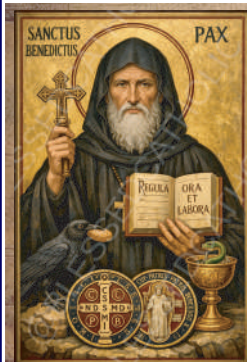
### DECEASED ANNIVERSARY

**CARMELA IEMMA**

### Prayer for the SICK

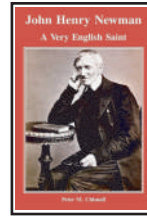
*Lord, look with mercy on your servants who are sick. Bring them comfort, healing and strength.*

ANNA ŚMIGOWSKA  
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  
RICHARD LIM  
JAMIE CONNOLLY



# BOOK REVIEW

**John Henry Newman**  
**A Very English Saint**  
by: Peter M Chisnall



Originally, as a member of the Church of England, Cardinal Newman sought to reinvigorate it, but later he decided to become a Catholic and all his work to give new energy to it made him the saint he is today.

LET US THEREFORE  
COME BOLDLY  
TO THE THRONE OF  
grace, THAT WE  
MAY FIND  
MERCY & GRACE  
IN TIME OF NEED.  
HEBREWS 4:16

### LITURGY FOR THE WEEK

**06/07 Monday, Ordinary Time 14**  
Hosea 2:16-18, 21-22;  
Mt 9:18-26

**07/07 Tuesday, Ordinary Time 14**  
Hosea 8:4-7, 11-13;  
Mt 9:32-38

**08/07 Wednesday, Ordinary Time 14**  
Hosea 10:1-3, 7-8, 12;  
Mt 10:1-7

**09/07 Thursday, Ordinary Time 14**  
Hosea 11:1-4, 8-9;  
Mt 10:7-15

**10/07 Friday, Ordinary Time 14**  
Hosea 14:2-10; Mt 10:16-23

**11/07 Saturday, St Benedict**  
Is 6:1-8; Mt 10:24-33

### Memorial of ST BENEDICT

11th July

O gracious and holy God,  
give the wisdom to know You,  
Intelligence to understand You,  
Diligence to seek You,  
Patience to wait for You,  
Eyes to behold You,  
a heart to meditate upon You,  
a life to proclaim You.  
To the power of the Spirit of Jesus Christ. Amen.



## 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 DIRECTORY

### PITTWATER PARISH



### Parish Bulletin- Term 2, Week 11

Mater students have been on their extensive Red Dirt Expedition throughout this week. They travelled to western NSW, visited the Siding Spring Observatory in Coonabarabran, completed the Grand High Tops Walk, visited sandstone caves and reconciliation sculptures in the Pilliga Scrub, and explored cultural sites with the Baradine Local Aboriginal Land Council. They also visited local schools, the Brewarrina Fish Traps, and Taronga Western Plains Zoo in Dubbo. 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.

This week, we welcomed parents and students from Years 8, 9, and 10 to the Parent-Teacher-Student Evening. The focus was on fostering growth for all students and staff by discussing student engagement in learning, 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.

Sport wrapped up for Term 2 this week with the Broken Bay Tennis Championships held at Pennant Hills. Winners will progress to the state competition in Term 3. This week was a short week, as Thursday and Friday were student-free days.

As Catholic Schools Broken Bay moves towards offering secondary placements when students are in Year 3, families are encouraged to apply as soon as possible at [matermaria.nsw.edu.au/enrolments](http://matermaria.nsw.edu.au/enrolments). Demand for places at Mater Maria remains strong, and we encourage families to submit their applications early to avoid disappointment.

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



### Sacred Heart Catholic Primary School Week 11, Term 2

On Wednesday 24 June we had 8 students represent Broken Bay at the NSWPCS Cross Country Championships. Four of these students finished in the top 3 and will represent Polding at the PSSA NSW Cross Country. Congratulations to the Broken Bay Boys team who won Gold on the day as well.

- 🏆 Anderson - 1st 12/13 Boys
- 🏆 Sebastian - 2nd 12/13 Boys
- 🏆 Amelia - 2nd 11 Girls
- 🏆 Dominic - 3rd 8/9 Boys

On Monday 29 June, the Interschool Handball Championships were held at St Joseph's Narrabeen. The champion boy and girl for each grade from Maria Regina Avalon, Sacred Heart Mona Vale, St Joseph's Narrabeen and St Rose Collaroy came together to compete for the title of grade handball champion and overall champion school. Well done to all students who competed and congratulations to Sacred Heart for winning the handball champion trophy. This is a wonderful student led initiative.



Thank you to all parents and staff who attended and so generously supported this year's Gala on Saturday 27 June, and who truly embraced the theme of Sail Away. Your enthusiasm and generosity helped make the evening such a wonderful success.

We are especially grateful to the P&F Hub for organising this fantastic event. A sincere thank you also to our Gala 2026 Committee for their dedication and hard work.

We wish all our school community a wonderful, well deserved and safe winter holiday period. See everyone back on Monday 20 July.



### Maria Regina Catholic Primary School Week 11, Term 2

**Our Cambodia Stall in action!**  
Maria Regina proudly hosted a vibrant lunchtime Cambodia Stall, filled with beautiful goodies and thoughtful gifts—all supporting a meaningful cause. This initiative helped raise funds for Ms Thorpe's work with children in rural Cambodia, contributing to:

- 🍎 Greater access to education
- 🥗 Nutritious meals
- 🎨 Fun and enriching experiences

The funds raised will also support a local primary school with essential resources, including much-needed books and classroom supplies. A powerful example of our community coming together to make a real difference beyond the classroom. ♥



### 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**

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

📍 1 Keenan Street  
Mona Vale NSW 2103  
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🏛 **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: Ms Louise O'Brien

🎓 **MARIA REGINA SCHOOL, Avalon**  
Tel 7256 2138  
Principal: Ms Kirsty Thorpe

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

# men ALIVE



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



— 4<sup>TH</sup> & 5<sup>TH</sup> JULY 2026 —


## WEEK OF PETER'S PENCE COLLECTION

This week we join with 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.

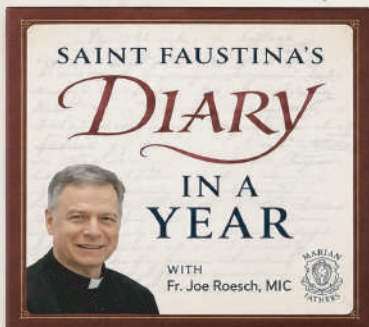
You can make a gift using the Peter's Pence collection envelope available in the pews.



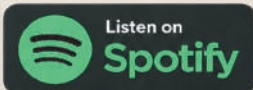
You can make a gift using the  
**Peter's Pence collection envelope**  
available in the pews.

*May God bless your generosity.*

# 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 the 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.



# Confirmation is NOT “Catholic Graduation”

Confirmation is a personal moment between you and God.

Through the laying on of hands, you receive the outpouring of the Holy Spirit that the Apostles received at Pentecost. You are anointed with sacred Chrism oil, marking your soul with an indelible, permanent seal as a full, mature member of the Church.

Upon Confirmation, you receive the Seven Gifts of the Holy Spirit. Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord to help you navigate real-world struggles.

Baptism is a sacrament that brings you into God's family, while Confirmation is a profession of faith that equips you to defend the faith and share the Gospel boldly in a secular world.



# THE POWER OF MASS INTENTIONS



*Their Liturgical and Spiritual Importance*

## 1 FOR THE FAITHFUL DEPARTED

Praying for deceased loved ones.



## 2 FOR HEALING

Physical, emotional and spiritual healing.



## 3 FOR THANKSGIVING

Giving thanks for blessings received.



## 4 FOR FAMILIES

Marriage, Children and family intentions.



## 5 FOR SPECIAL NEEDS

Exams, employment travel and personal intentions.



## 6 FOR CONVERSION

Praying for oneself or others to grow closer to God.



@CATHOLICDAILIES

@CATHOLICDAILIES

### A MASS INTENTION IS NOT BUYING A MASS

The offering supports the Church and priest.  
The Holy Mass itself is priceless because it is Christ's sacrifice.



# Sacramentals

*An aid for your spiritual life*

## What are they?

They are sacred signs (actions and objects) that prepare us to receive the main effect of the Sacraments.

## What purpose do they serve?

They help combat evil and sanctify the life of those who have faith. They act through the intercession of the Catholic Church.

## Sacramental actions

The Sign of the Cross, blessings, prayers, etc.

## Some objects include:



### Crucifix

Place it in your home to remind you that your home belongs to Christ.



### Blessed Salt

Scatter it around the perimeter of your home and on the doors.



### Holy Water

Sprinkle it over your family and your home.



### Medals

Wear them with faith and lead a righteous life.



# SEVEN ACTS

## 1. An Act of Faith

He, casting away his garment, rose, and came to Jesus (Mark 10:50)



## 2. An Act of Love

Perfect love casteth out fear (1 John 4:18)



## 3. An Act of Confidence

Casting all your care upon Him (1 Peter 5:7)



## 4. An Act of Worship

Cast their crowns before the throne (Rev. 4:10)



## 5. An Act of Obedience

Cast the net... they cast therefore (John 21:6)



## 6. An Act of Consecration

Cast that He hath given thee upon the Lord (Psa. 55:22, R.V., margin)



## 7. An Act of Power

Casting down imaginations (2 Cor. 10:5)



## 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](mailto:sacraments@pittwaterparish.org)



# 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** Zechariah 9:9-10  
**A reading from the prophet Zechariah**  
*See how humbly your king comes to you!*

The Lord says this:  
'Rejoice heart and soul, daughter of Zion!  
Shout with gladness, daughter of Jerusalem!  
See now, your king comes to you; he is victorious, he is triumphant, humble and riding on a donkey, on a colt, the foal of a donkey. He will banish chariots from Ephraim and horses from Jerusalem; the bow of war will be banished. He will proclaim peace for the nations. His empire shall stretch from sea to sea, from the River to the ends of the earth.'

**The word of the Lord**

**Responsorial Psalm**

Psalm 144:1-2, 8-11, 13-14 R. v.1

**(R.) I will praise your name for ever, my king and my God.**

I will give you glory, O God my King,  
I will bless your name for ever.  
I will bless you day after day  
and praise your name for ever. **(R.)**

I will give you glory, O God my King,  
I will bless your name for ever.  
I will bless you day after day  
and praise your name for ever. **(R.)**

All your creatures shall thank you, O Lord, and your friends shall repeat their blessing. They shall speak of the glory of your reign and declare your might, O God, in the keeping of the Holy One of Israel. **(R.)**

The Lord is faithful in all his words and loving in all his deeds. The Lord supports all who fall and raises all who are bowed down. **(R.)**

**Second Reading** Romans 8:9, 11-13  
**A reading from the letter of St Paul to the Romans**

*If by the Spirit you put an end to the misdeeds of the body, you will live.*

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to

the misdeeds of the body you will live.

**The word of the Lord.**

**Gospel Acclamation** Matthew 11:25

*Alleluia, alleluia!*

Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the kingdom.  
*Alleluia!*

**Gospel** Matthew 11:25-30

**A reading from the holy Gospel according to Matthew**

*I am gentle and humble of heart.*

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

**The Gospel 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


*The readings for today engage us in a reflection on the nature of the Trinity, as well as the ways that we are enriched by each of the divine Persons. The gospel acknowledges the sovereignty of God. This is followed immediately by mention of the handing over of all things to Jesus, making him a kind of vice-regent of God. Paul speaks of the Spirit, clearly a divine reality, but different from Jesus and the one called God. According to Paul, this Spirit is the Spirit of Jesus and the Spirit of God, implying that somehow both Jesus and God claim the Spirit. It is this Spirit who raised Jesus from the dead, and it is this same Spirit who dwells in Christians.*

*The grace of this Triune God touches our lives in some ways that are tangible and other ways that demand faith. The most tangible manifestation of God is Jesus himself. God has been revealed to us through this Jesus. While Jesus was a tangible person, our accepting of him as the manifestation of God requires faith, and this faith is no easier today than it was at the time of Jesus himself. The overriding disposition of these*

*readings is humility. Jesus, the human manifestation of the divine, is meek and humble, and the true disciple is called to be humble. A second disposition is placed before us – grateful praise. In the psalm we praise and bless God; we extol God's holy name. In Jesus we have known the tender touch of God, and we are grateful.*

© 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**

## The Seven "I AM" of JESUS



**I am the Bread of Life**  
John 6:35



**I am the Light of the World**  
John 8:12



**I am the Door**  
John 10:9



**I am the Good Shepherd**  
John 10:11



**I am the Resurrection and the Life**  
John 11:25



**I am the Way, the Truth and the Life**  
John 14:6



**I am the True Vine**  
John 15:1

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