



The Catholic Parish of Pittwater

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



Thanksgiving Prayer

Dear heavenly Father, how my heart bends before You in humility and true gratitude for all the numerous blessings You have showered upon me, for the life You have given me, and the way You have supported and cared for me.

Thank You for my family and friends and all the great ways You have led and guided us through both joyful and sad moments in our lives.

Thank You for the magnificent world into which we have been placed and the beauties that surround us, the sea and the sky, the hills and the valleys, for all the delights that You have abundantly placed in our life.

You have freely given us all things to thoroughly enjoy in Your great generosity and mercy.

Words cannot explain how grateful I am in my heart.

Help me, Lord, to be the person You want me to be.

In Jesus' name, I pray. Amen.

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



Thoughts of Blessed Francis Jordan

If you want to accomplish great things, you should also have great trust, great hope in the Lord. Hope originates from faith, and if you want to accomplish great things - mighty deeds in God's honour and the salvation of souls - oh you must have great trust and great powerful faith!



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 8:30 am, 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
Maria Gough

Recently Deceased
Robert Taranto
Joanne Key
Alec Norek
Joseph Murphy

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

Lisa Glascoe

 Vinnies

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

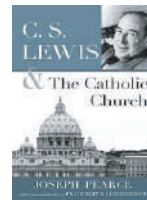
All proceeds of the Piety Store go to St Vincent de Paul.

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

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

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.

Liturgy for the Week

10/07 Monday, Ordinary Time 14
Gen 28:10-22; Mt 9:18-26

11/07 Tuesday, St Benedict
Gen 32:23-33; Mt 9:32-38

12/07 Wednesday, Ordinary Time 14
Gen 41:55-57; 42:5-7, 17-24; Mt 10:1-7

13/07 Thursday, Ordinary Time 14
Gen 44:18-21, 23-29; 45:1-5; Mt 10:7-15

14/07 Friday, Ordinary Time 14
Gen 46:1-7, 28-30; Mt 10:16-23

15/07 Saturday, St Bonaventure
Gen 49:29-33; 50:15-26; Mt 10:24-33

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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

HSC 2022 - 63rd ranked school in NSW



Vinnies

Winter Appeal

The Avalon and Mona Vale St Vincent De Paul conferences are again seeking your generosity in supporting this year's Winter Appeal. Our basic commitment is, as always, visiting the poor and disadvantaged in our parish, and rendering appropriate assistance and care

Your tax deductible donation in the envelopes provided, may be placed in the poor box at any time or left in the piety stall – tax receipts will be issued if requested. Donations can also be made at the Vinnies website – vinnies.org.au

Thank you for your generosity

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

RESPECT CONFRONTING VIOLENCE & ABUSE TRI-DIOCESAN SOCIAL JUSTICE EVENING 2023



WEDNESDAY 26TH JULY, 2023

6 PM TO 8:30 PM

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Kristy | DFV Advocate and Survivor

Victoria Fitzmaurice | Photographer & Advocate

Commander Sharon Marshall | Central Coast DFV leader, NSW Police

NSW Department of Communities and Justice

Julie Macken | Justice & Peace Office

Fr Peter Smith | Justice & Peace Office



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Experience the Church fully alive in faith. The ground shakes as we gather for explosive worship, powerful preaching and life-changing encounters of God.

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



Sacramental Program Update

The Sacrament of the First Eucharist will take place as follows:

Maria Regina Church

Saturday, 2 September @ 6:00 pm

Sunday, 3 September @ 9:00 am

Sacred Heart Church

Saturday, 9 September @ 5:00 pm

Sunday, 10 September @ 10:00 am & 12 noon

Children in Year 4 and over are eligible to receive this Sacrament if they have done their First Reconciliation.

For more information about the requirements and to enroll your child, you MUST attend one of the parent information sessions as below (children do not need to attend).

Wednesday, 19 July (Sacred Heart Church)
 @ 7:30 pm

Tuesday, 25 July (Maria Regina Church)
 @ 7:30 pm

Weekly group preparation sessions run for 4 weeks starting the week of **Monday, 31 July**.



If you are burdened, I will give you rest

14th Sunday in Ordinary Time, Year A

In the box below, write down some things that are burdens which people carry in their lives.



Jesus tells us that he is gentle and humble. How can we be gentle and humble like Jesus? Draw a picture of yourself being gentle and showing humility towards others.

Find out what Jesus said to his followers by using the words below to complete the sentences.



_____ to me all who _____.

I will give you _____.

I am _____ and humble of _____.

My _____ is easy.

My burden is _____.

heart gentle labour

Come yoke light rest

The *Living* Word

Entrance Antiphon Cf. Ps 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 Zec 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
Ps 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.)**

The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures. **(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. **(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 Rom 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 1 Pt 2:9

Alleluia, alleluia!

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

Alleluia!

Gospel Mt 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 Ps 33:9

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

REFLECTION
by Dianne Bergant CSA

*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.*

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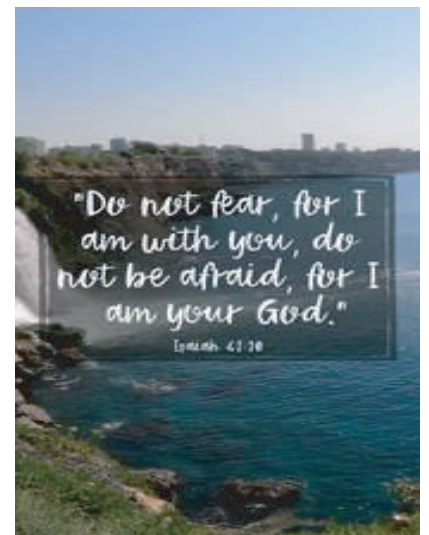
**Welcome to
Pittwater Parish**

**Audrey Rose Mitchell
William John
Mitchell**

**at
Maria Regina Church
Avalon**

**on the
9th of July 2023**

**for the
Sacrament of
Baptism**



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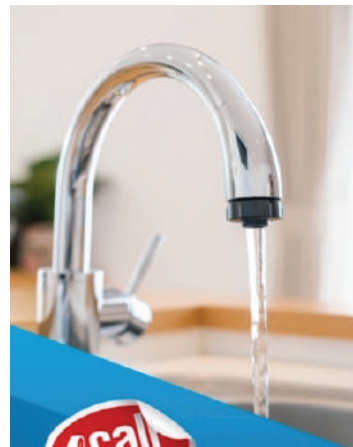


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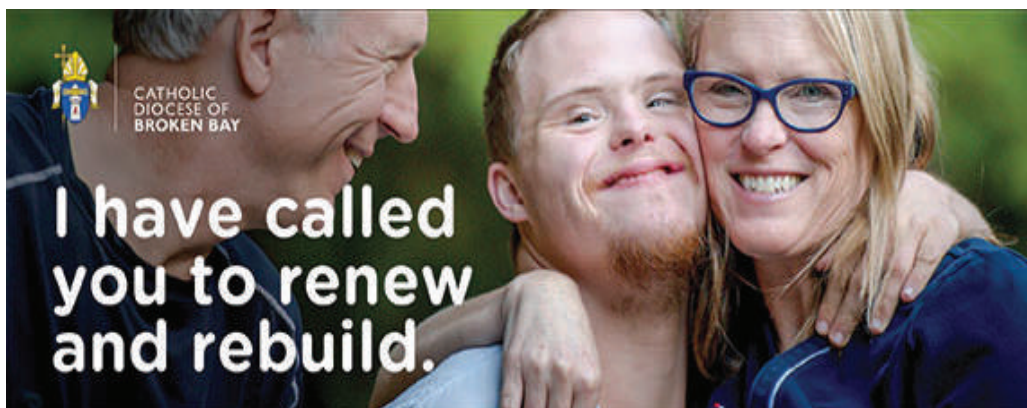
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