



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

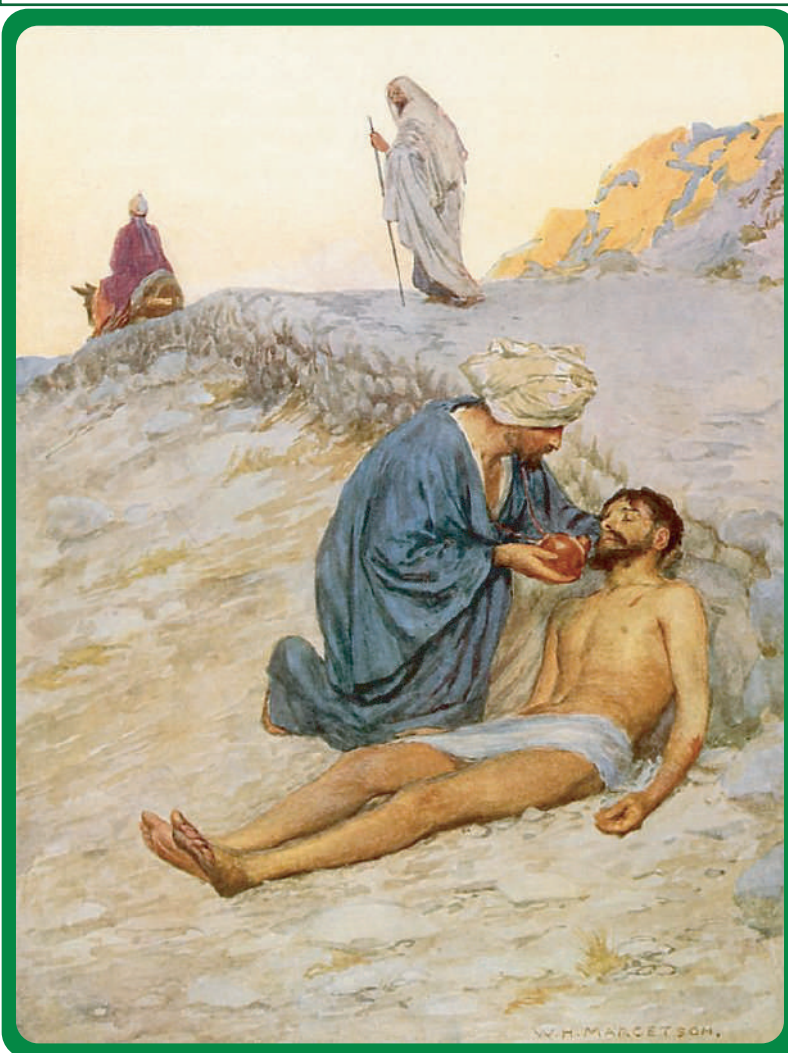


Thoughts of Blessed Francis Jordan

Become temples of the Holy Spirit! Pray that he enlightens you in times of danger! Oh how happy you will be, what peace, what bliss, what harmony, what happiness!

Stewardship Prayer

*O Lord,
giver of life and source of freedom,
I know that all I have received
is from your hand.
Gracious and loving God,
you call us to be stewards of
your abundance,
the caretakers of all you have
entrusted to us.
Help us to always use your gifts
wisely and teach us to share
them generously.
Send the Holy Spirit to
work through us,
bringing your message to those
we serve.
May our faithful stewardship
bear witness to the love of
Jesus Christ in our lives.
We pray with grateful hearts,
in Jesus' name.
Amen.*



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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

Liliana Morris

Gerhard Otto Wilhelm
Liebig

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

Maureen Larios

Elaine Boyes

Pauline Chipman

Ron Clarke

Barbara Clarke

Anna Katanec

Mother Pauline

Angela Miller

Philip Khalifeh

Joseph Khalifeh

Therese Keane

Bruce Farr

Heidi Taylor

James

Jacinta Purnell - Major

Garry Gleeson

Nenita Roque

Marie Celine Roque- Maca

Neda Crvelin

Jesse Cathersides

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 reinvigorate it made him the saint he is today.

The strongest people
make time to help others,
even if they are struggling
with their own problems.

Liturgy for the Week

14/07 Monday, Ordinary Time 15
Ex 1:8-14, 22; Mt 10:34 - 11:1

15/07 Tuesday, St Bonaventure
Ex 2:1-15; Mt 11:20-24

16/07 Wednesday, Ordinary Time 15
Ex 3:1-6, 9-12; Mt 11:25-27

17/07 Thursday, Ordinary Time 15
Ex 3:13-20; Mt 11:28-30

18/07 Friday, Ordinary Time 15
Ex 11:10 - 12:14; Mt 12:1-8

19/07 Saturday, Ordinary Time 15
Ex 12:37-42; Mt 12:14-21

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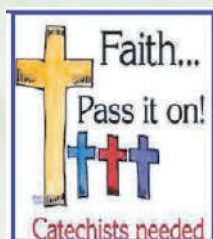
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Please Answer the Call

to help lead our children to Jesus

CATECHISTS NEEDED

*"Let the little children come to me, and do not hinder them,
for the kingdom of God belongs to such as these."*

MARK 10:14

For further information, please contact

Maureen Wooldridge - 0421 907 469 or Veronica Thomas - 0417 061 534

ALAN AMES MINISTRY

Holy Mass and Healing Services

Saturday, 9th August
5.00 pm Mass, Talk and Healing
St Luke's Church,
1 Beaconsfield St, Revesby NSW 2212

Sunday, 10th August
6.00 pm Mass, Talk and Healing
Sacred Heart Church,
2 Richard Porter Way, Pymble NSW 2073



Alan Ames has been speaking and praying for healing around the world since 1994. He was blessed to speak with church approval at World Youth Day 2002 in Toronto, where he conducted three talks. World Youth Day is a Papal event. Also, in 2004, again with church approval, he spoke at two of the holiest sites in Christendom; the Basilica of the Annunciation in Nazareth and St Catherine's, the Church of the Nativity in Bethlehem. Alan shares his unique conversion experiences that caused a dramatic change in his life from a violent alcoholic to a man of the Sacraments and prayer. Alan has permission to speak from Archbishop Timothy Costelloe, his bishop in Western Australia. He is strictly obedient to his spiritual director, a priest selected by the previous Archbishop Barry Hickey.

Testimonies

Nanette

I was in a wheelchair and I wore braces on my limbs to keep them in a functional position. I had constant muscle spasm and excruciating pain. After Alan prayed over me, I had a warm tingling sensation in my body and I began to shake. I then asked a friend to remove my braces and although exhausted, I actually stood to get into the car! I do not need a wheelchair anymore. Since then, my life has improved on a daily basis, and my health has improved in ways the medical community has no explanation for, as there is no cure for my condition.

John

My local hospital discovered a tumor on my liver that needed surgery to remove it. We went to Alan's healing service and I felt a tingling in my abdomen and back of my neck. I didn't think anymore about it and went to the hospital for surgery. The day before the surgery, they were trying to locate my tumor and couldn't find it with the ultrasound or x-ray. The doctor then confirmed the tumor was not there and three other doctors also looked for it and could not find anything. I've had eight x-rays since then and still, there is no tumor. Thank God!

Contact: Scott 0410 640 437 or alanames.org
Please let everyone know about Alan Ames Ministry. Spread the word!

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

BE KIND AND
COMPASSIONATE
TO ONE ANOTHER,
FORGIVING EACH
OTHER, JUST AS IN
CHRIST GOD
FORGAVE YOU.

EPHESIANS 4:32

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

Director of Music
Samantha Browne
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

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

2:00pm SUNDAY 17th AUGUST 2025

Waterford Hall St Paul's College, Darley Rd, Manly



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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



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



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- Power of Attorney
- Enduring Guardianship

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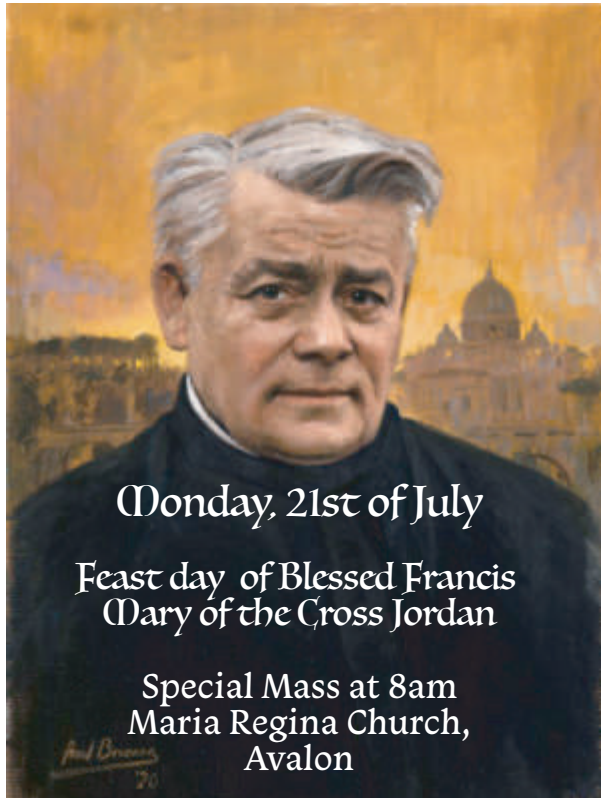
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* Terms and conditions apply.



Grace & Truth

An evening of prayer, formation, and fellowship
open to men and women of all ages.

St Mary's Cathedral, 5-9PM
FRIDAY, 18 JULY 2025
with
Archbishop Anthony Fisher, OP
and the *Dominican Sisters and Friars*

Theme: Christology

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

Like the
GOOD SAMARITAN,
may we not be ashamed of
touching the wounds of those
who suffer,
but try to
with **HEAL THEM**
of **CONCRETE ACTS**
of **LOVE**
Pope Francis

Who are our neighbours?

15th Sunday in Ordinary Time, Year C

Draw pictures of
three different
people who are
your neighbours.

Then draw yourself
helping the
injured man.

Help the good Samaritan find the injured man and take him to the inn at Jericho.

Luke 10:25-37

© Creative Ministry Resources

The potted plants are by the Blessed Francis Jordan statue outside.

PURCHASE A PLANT AND HELP US RAISE FUNDS FOR OUR NEXT PARISH PROJECT

Brighten your home with these beautiful,
locally grown plants to support our parish.

Please place your Donations at the Parish Office.

The *Living* Word

Entrance Antiphon

Psalm 16:15

As for me, in justice I shall behold your face; I shall be filled with the vision of your glory.

First Reading Deuteronomy 30:10-14 A reading from the book of Deuteronomy

Let the instruction of the Lord God be near you.

Moses said to the people: 'Obey the voice of the Lord your God, keeping those commandments and laws of his that are written in the Book of this Law, and you shall return to the Lord your God with all your heart and soul. 'For this Law that I enjoin on you today is not beyond your strength or beyond your reach. It is not in heaven, so that you need to wonder, "Who will go up to heaven for us and bring it down to us, so that we may hear it and keep it?" Nor is it beyond the seas, so that you need to wonder, "Who will cross the seas for us and bring it back to us, so that we may hear it and keep it?" No, the Word is very near to you, it is in your mouth and in your heart for your observance.'

The word of the Lord

Responsorial Psalm

Ps 68:14. 17. 30-31. 33-34. 36-37. R. see v.33

(R.) Turn to the Lord in your need, and you will live.

This is my prayer to you, my prayer for your favour. In your great love, answer me, O God, with your help that never fails: Lord, answer, for your love is kind; in your compassion, turn towards me. **(R.)**

As for me in my poverty and pain let your help, O God, lift me up. I will praise God's name with a song; I will glorify him with thanksgiving. **(R.)**

The poor when they see it will be glad and God-seeking hearts will revive; for the Lord listens to the needy and does not spurn his servants in their chains. **(R.)**

For God will bring help to Zion and rebuild the cities of Judah. The sons of his servants shall inherit it; those who love his name shall dwell there. **(R.)**

Second Reading Colossians 1:15-20 A reading from the letter of St Paul to the Colossians

All things were created through him and for him.

Christ Jesus is the image of the unseen God and the first-born of all creation, for in him were created all things in heaven and on earth: everything visible and everything invisible, Thrones, Dominations, Sovereignities, Powers – all things were created through him and for him. Before anything was created, he existed,

and he holds all things in unity. Now the Church is his body, he is its head.

As he is the Beginning, he was first to be born from the dead, so that he should be first in every way; because God wanted all perfection to be found in him and all things to be reconciled through him and for him, everything in heaven and everything on earth, when he made peace by his death on the cross.

The word of the Lord.

Gospel Acclamation

John 6:63. 68

Alleluia, alleluia!

Your words, Lord, are spirit and life; you have the words of everlasting life.

Alleluia!

Gospel Luke 10:25-37

A reading from the holy Gospel according to Luke

Who is my neighbour?

There was a lawyer who, to disconcert Jesus, stood up and said to him, 'Master, what must I do to inherit eternal life?' He said to him, 'What is written in the Law? What do you read there?' He replied, 'You must love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbour as yourself.' 'You have answered right,' said Jesus, 'do this and life is yours.'

But the man was anxious to justify himself and said to Jesus, 'And who is my neighbour?' Jesus replied, 'A man was once on his way down from Jerusalem to Jericho and fell into the hands of brigands; they took all he had, beat him and then made off, leaving him half dead. Now a priest happened to be travelling down the same road, but when he saw the man, he passed by on the other side. In the same way a Levite who came to the place saw him, and passed by on the other side. But a Samaritan traveller who came upon him was moved with compassion when he saw him. He went up and bandaged his wounds, pouring oil and wine on them. He then lifted him on to his own mount, carried him to the inn and looked after him. Next day, he took out two denarii and handed them to the innkeeper. "Look after him," he said, "and on my way back I will make good any extra expense you have." Which of these three, do you think, proved himself a neighbour to the man who fell into the brigands' hands?' 'The one who took pity on him,' he replied. Jesus said to him, 'Go and do the same yourself.'

The word of the Lord.

Communion Antiphon

Psalm 83:4-5

The sparrow finds a home, and the swallow a nest for her young; by your altars, O Lord of hosts, my King and my God. Blessed are they who dwell in your house, for ever singing your praise.

REFLECTION

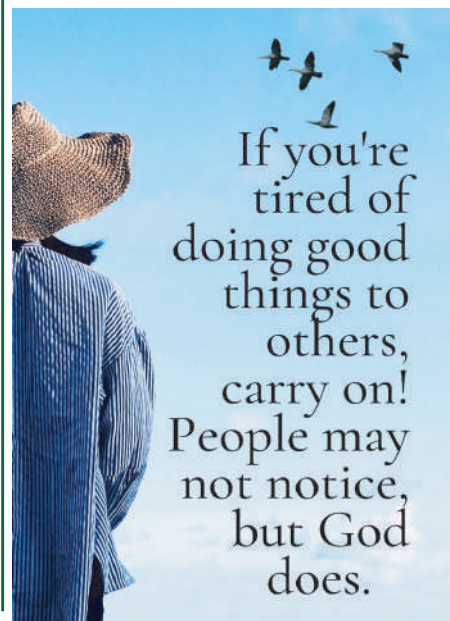
by Dianne Bergant

It was not enough to want to follow Jesus and to be committed to him. Discipleship also demanded the ability to make shifts in understanding in order to recognise what following Jesus required. He did not merely repeat the religious tradition, he re-interpreted it. We too are called to understand the words and deeds of Jesus, but we must understand what they mean for us today. Today we need to make comparable shifts of understanding in order to bring the message of Jesus into conversation with the contemporary world.

Perhaps one of the most exciting and, at the same time, unnerving aspects of our religious tradition is its nonconforming nature. We think that we finally understand the way God is working in our lives and then something happens that seems to turn our understanding inside out. We are told to love our neighbour and when we ask who that might be we are told a story that turns the question around. 'Who is my neighbour?' or 'Whom should I love?' becomes 'Who acts as a neighbour?' or 'Who shows love?'

The same Sunday that we reflect on the paradoxical nature of the ways of God, we are told that the law of God, which appears to be so lofty, is really very close to us, in our mouths and in our hearts. This too is an unusual claim. Following the law results in a way of living that is inspired and informed by love, love of God and love of others, even, and perhaps especially, those whom we are not inclined to love.

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a kind word,
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a life around.

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a certain
Samaritan, as
he journeyed,
came where he
was: and when
he saw him, he
had compassion
on him

LUKE 10:33