



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

Whatever the hour, pour out prayer to the Lord. Always be content with whatever God may dispose for you and in whatever manner He does it.

Prayer through the Intercession of Blessed Francis Mary of the Cross Jordan

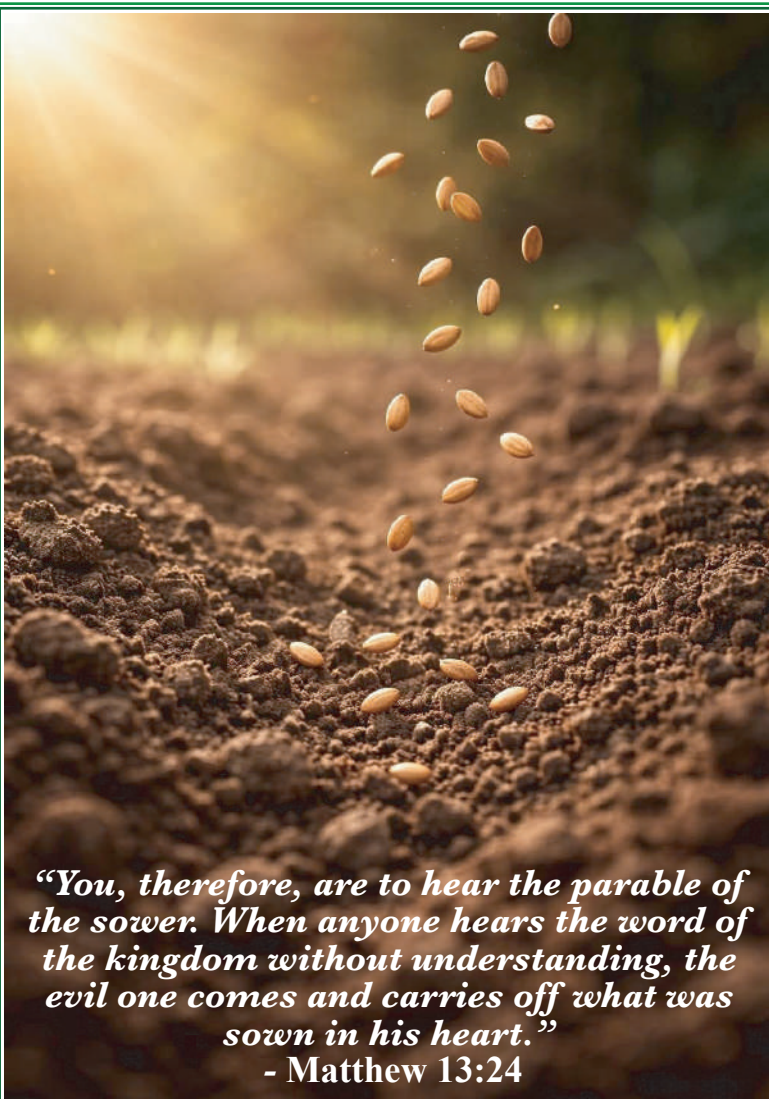
Lord Jesus Christ,
Saviour of the world,
You called Francis Mary of the Cross
Jordan to be Your apostle,
to make God known and loved by
people everywhere,
using all the means Your love inspires.

You filled him with universal
apostolic zeal,
with a deep trust in God's
loving providence,
with a profound spirit of prayer,
with a sincere devotion to Mary,
Mother of the Saviour and with the
courage to follow You,
even into the mystery of the Cross.

Grant also to us the grace to
proclaim the Gospel in this spirit
and make us effective apostles
in today's world.

Through the intercession of
Blessed Francis Jordan, we pray to you
for our special needs.

We make this prayer through You,
our Saviour, who lives and reigns
with the Father and the Holy Spirit,
forever and ever. Amen.



"You, therefore, are to hear the parable of the sower. When anyone hears the word of the kingdom without understanding, the evil one comes and carries off what was sown in his heart."

- Matthew 13:24



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

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

DECEASED ANNIVERSARY

CARMELA IEMMA

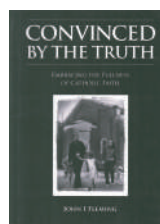
Prayer for the SICK

*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

DVD REVIEW

Convinced by the Truth
by: Fr John Fleming



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



Memorial
St Bonaventure
15th July

LITURGY FOR THE WEEK

13/07 Monday, Ordinary Time 15
Is 55:10-11; Mt 13:1-23

14/07 Tuesday, Ordinary Time 15
Is 7:1-9; Mt 11:20-24

15/07 Wednesday,
St Bonaventure
Is 10:5-7, 13-16; Mt 11:28-30

16/07 Thursday, Ordinary
Time 15
Is 26:7-9, 12, 16-19;
Mt 11:28-30

17/07 Friday, Ordinary Time 15
Is 38:1-6, 21-22, 7-8;
Mt 12:1-8

18/07 Saturday, Ordinary Time 15
Micah 2:1-5; Mt 12:14-21



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.

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**

The Parable of The Sower

HOW TO APPLY IT TO YOUR LIFE



1 Prepare Your Heart
Pray for a Ready Heart



2 Go Deeper in Faith
Grow Roots in God's Word

3 Guard Against Distractions
Remove Life's Thorns



4 Persevere in Trials
Trust God in Hard Times

5 Live Out the Word
Act with Love & Obedience



6 Be Patient and Trust
Wait for God's Harvest

What Kind of Soil
is Your Heart?



VOLUNTEERS NEEDED

(Sacred Heart Church, Mona Vale)

SENIOR ALTAR SERVERS

Saturday Vigil Mass

READERS

10 am Mass

POWERPOINT OPERATORS

Saturday Vigil Mass

Our parish is looking for volunteers to help serve at our Masses. Whether you can assist as a reader, senior altar server, or in another ministry, your time and talents can make a meaningful difference in our parish community.

If you are interested in volunteering or would like to learn more, please contact the Parish Office at 9157 0999 or email Conille - media@pittwaterparish.org

We would love to hear from you and welcome you to our parish team.

Thank you for your generosity and support of our parish.



PARISH DIRECTORY PITTWATER PARISH



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Mona Vale NSW 2103



9157 0999



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CCD CATECHIST COORDINATORS
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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



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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

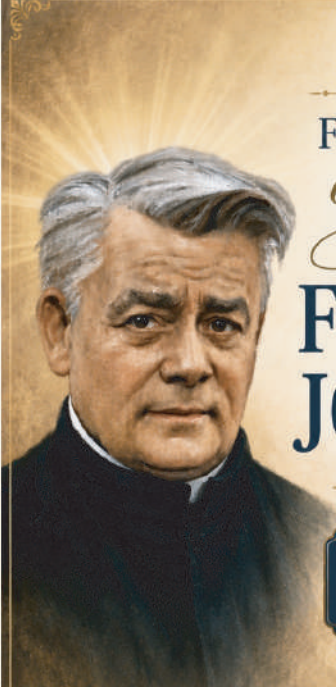
On 21 July, the Church celebrates the Liturgical Memorial of Blessed Francis Jordan, founder of the Society of the Divine Saviour (Salvatorians). Blessed Francis dedicated his life to making Jesus Christ known and loved by all people. He believed that every person is called to proclaim the Gospel using every possible means, inspiring countless men and women to live lives of faith, service and missionary zeal.

His deep trust in Divine Providence and unwavering commitment to God's mission remain a source of inspiration today. As we celebrate his memorial, let us pray through his intercession for our parish, for the Salvatorian Family and for an increase in vocations. May we, like Blessed Francis Jordan, courageously share the Good News in our daily lives through our words, actions and witness.

The Holy Father, Pope Francis, has authorised the promulgation of the decree regarding the miracle attributed to the intercession Father Francis Mary of the Cross (in secular life John Baptist) Jordan, founder of the Salvatorians.

BIOGRAPHICAL DATA

Father Francis Jordan was born on 16 June 1848 in Gurtweil, a small town in the Archdiocese of Freiburg (Germany). After ordination to the priesthood on 21 July 1878, he was sent to Rome, where he spent most part of his life. Motivated by the apostolic zeal and desire to make Jesus Christ, Saviour of the world known and loved by all people, everywhere, he founded the Society of the Divine Saviour (Salvatorians) in 1881 and the Congregation of the Sisters of the Divine Saviour in 1888. He also organised groups of lay people to take part in the Church's mission.



FEAST DAY OF
Blessed
**FRANCIS
JORDAN**

**TUESDAY,
21st JULY**

*Do not be afraid of anything.
The Lord is with us
and will never leave us.*

Fear Says
"WHAT IF"

Faith Says
"EVEN IF"

Parable Breakdown:

THE SOWER

(Matthew 13:1-9, 18-23)

THE SETTING (Matthew 13:1-3)

Summary:

Christ teaches a large crowd by the sea, using a parable to illustrate spiritual truths.

Lesson:

Parables reveal deeper meanings to those willing to listen and understand.

The Sower and the Seeds

The Sower:

Represents the Saviour or anyone who shares the Word of God.

The Seeds:

Symbolise the Word of God, which is spread to different types of hearts.

THE 4 TYPES OF SOIL (Matthew 13:4-8)

Path: The Word is heard but not understood, and the evil one snatches it away.

Rocky Ground: Receives the Word with joy, but it has no root and falls away when trouble comes.

Good Soil: Hears, understands and produces a crop - a fruitful life.



**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

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**.

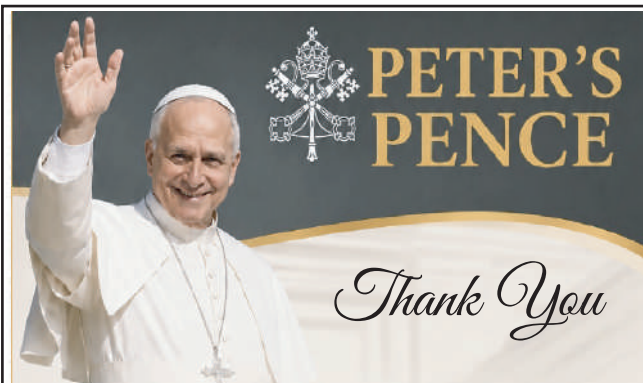


Enrolments are not open yet. For more information about the requirements of the program and to enrol your child, you **MUST** attend one of the following "Parent Information & Commitment" sessions (children do not need to attend). **BOTH SESSIONS ARE AT 7 PM**

- Wednesday 22 July** (Maria Regina Church)
- Wednesday 29 July** (Sacred Heart Church)



Please contact **SONIA** via email
sacraments@pittwaterparish.org



Thank You

Thanks to everyone who generously contributed to the Peter Pence Appeal. Your generosity is a wonderful expression of faith and compassion, helping the Holy Father provide assistance to those most in need around the world.

"Whoever sows generously will also reap generously".

2 Corinthians 9:6

*"Let us be fertile ground when
listening to the Word and
understanding it, in order to
produce fruit"*

SAINT MATTHEW 13:1-23

THE WORD OF GOD IS THE SEED.
WE'RE JUST TOLD TO PLANT AND LET IT GROW.

BLESSED FRANCIS JORDAN PRAYER GROUP

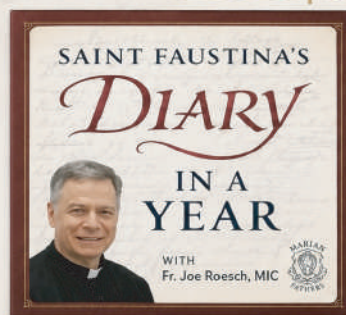
Come and spend time in prayer, reflection and devotion to our Blessed Mother and Blessed Francis Mary of the Cross Jordan as we gather together to deepen our faith and seek their loving intercession.

**We warmly invite everyone
to join us weekly.**

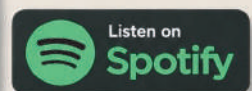
**AFTER THE 9:30 AM MASS,
ON WEDNESDAYS**



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.



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 Isaiah 55:10-11
A reading from the prophet Isaiah
The rain makes the earth fruitful.

Thus says the Lord: 'As the rain and the snow come down from the heavens and do not return without watering the earth, making it yield and giving growth to provide seed for the sower and bread for the eating, so the word that goes from my mouth does not return to me empty, without carrying out my will and succeeding in what it was sent to do.'

The word of the Lord

Responsorial Psalm
Psalm 64:10-14 R. Lk 8:8
(R.) The seed that falls on good ground will yield a fruitful harvest.

You care for the earth, give it water, you fill it with riches. Your river in heaven brims over to provide its grain. **(R.)**

And thus you provide for the earth; you drench its furrows, you level it, soften it with showers, you bless its growth. **(R.)**

You crown the year with your goodness. Abundance flows in your steps, in the pastures of the wilderness it flows. **(R.)**

The hills are girded with joy, the meadows covered with flocks, the valleys are decked with wheat. They shout for joy, yes, they sing. **(R.)**

Second Reading Romans 8:18-23
A reading from the letter of St Paul to the Romans
All creation is waiting for the revelation of the children of God.

I think that what we suffer in this life can never be compared to the glory, as yet unrevealed, which is waiting for us. The whole creation is eagerly waiting for God to reveal his sons. It was not for any fault on the part of creation that it was made unable to attain its purpose, it was made so by God; but creation still retains the hope of being freed, like us, from its slavery to decadence, to enjoy the same freedom and glory as the children of God. From the beginning till now the entire creation, as we know, has been groaning in one great act of giving birth; and not only creation, but all of us who possess the first-fruits of the Spirit, we too groan inwardly as we wait for our bodies to be set free.

The word of the Lord.



Gospel Acclamation Matthew 11:25

Alleluia, alleluia!

The seed is the word of God, Christ is the sower; all who come to him will live for ever.
Alleluia!

Gospel Matthew 13:1-23
A reading from the holy Gospel according to Matthew
A sower went out to sow.

Jesus left the house and sat by the lakeside, but such crowds gathered round him that he got into a boat and sat there. The people all stood on the beach, and he told them many things in parables. He said, 'Imagine a sower going out to sow. As he sowed, some seeds fell on the edge of the path, and the birds came and ate them up. Others fell on patches of rock where they found little soil and sprang up straight away, because there was no depth of earth; but as soon as the sun came up they were scorched and, not having any roots, they withered away. Others fell among thorns, and the thorns grew up and choked them. Others fell on rich soil and produced their crop, some a hundredfold, some sixty, some thirty. Listen, anyone who has ears!' Then the disciples went up to him and asked, 'Why do you talk to them in parables?' 'Because' he replied 'the mysteries of the kingdom of heaven are revealed to you, but they are not revealed to them. For anyone who has will be given more, and he will have more than enough; but from anyone who has not, even what he has will be taken away. The reason I talk to them in parables is that they look without seeing and listen without hearing or understanding. So in their case this prophecy of Isaiah is being fulfilled:

You will listen and listen again, but not understand, see and see again, but not perceive. For the heart of this nation has grown coarse, their ears are dull of hearing, and they have shut their eyes, for fear they should see with their eyes, hear with their ears, understand with their heart, and be converted and be healed by me.

'But happy are your eyes because they see, your ears because they hear! I tell you solemnly, many prophets and holy men longed to see what you see, and never saw it; to hear what you hear, and never heard it.

'You, therefore, are to hear the parable of the sower. When anyone hears the word of the kingdom without understanding, the evil one comes and carries off what was sown in his heart: this is the man who received the seed on the edge of the path. The one who received it on patches of rock is the man who hears the word and welcomes it at once with joy. But he

has no root in him, he does not last; let some trial come, or some persecution on account of the word, and he falls away at once. The one who received the seed in thorns is the man who hears the word, but the worries of this world and the lure of riches choke the word and so he produces nothing. And the one who received the seed in rich soil is the man who hears the word and understands it; he is the one who yields a harvest and produces now a hundredfold, now sixty, now thirty.'

The Gospel 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

The readings for this Sunday call us to self-examination. The gospel describes various levels of receptivity, the willingness to allow ourselves to receive from another, to be influenced by another, perhaps even to be transformed. The more independent we are, the less likely we will be open to others and, consequently, less receptive to their ideas. By definition disciples are receptive to the one they follow. To be a disciple of Jesus requires receptivity, so it is important that we scrutinise ourselves to discover the extent to which we are open. To what should we be receptive? To the words of Scripture, the words of the liturgy, the words of the sacraments, the living tradition of the community. God's word is sown in many forms and under many guises. It makes little difference who sows the seed. How will we receive it?

Besides the word of God, the readings speak of the world of God. The people of biblical times were aware of the revelation of God in and through the natural world. Isaiah teaches about the effectiveness of the word of God through the metaphor of rain. The psalmist uses the natural world to describe God's work of salvation. Paul claims that eschatological fulfilment will include all of creation. Finally, Jesus' parables are rooted in stories about nature. We cannot afford to close our eyes to the needs of the natural world, or stop our ears to the cries of the earth, or harden our hearts to the world of which we are a part, for the word of God will accomplish the end for which God sent it.

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