



The Catholic Parish of Pittwater

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



Prayer for Inner Peace

*Loving God,
please grant
me peace of mind and
calm my troubled
heart.*

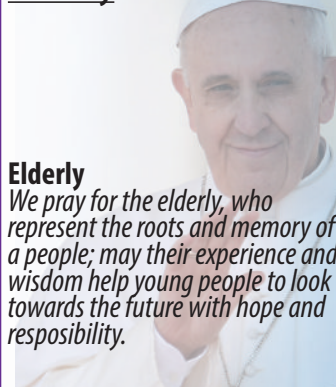
*My soul is like a
turbulent sea.
I can't seem to find
my balance so I
stumble and worry
constantly.*

*Give me the strength
and clarity of mind to
find my purpose and
walk the path you've
laid out for me.
Amen.*



Thoughts of Fr Francis Jordan
Where there is prayer, there is grace; Prayer is your strength.

Pope Francis' Prayer Intentions For July



Elderly

We pray for the elderly, who represent the roots and memory of a people; may their experience and wisdom help young people to look towards the future with hope and responsibility.

**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**

Continue to practise good hygiene. ***Please use the hand sanitisers provided in both of our Churches.***

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



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 8am, 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

Recently Deceased

Hugh Anthony Caillard
Pamela Fay Schubert

If you would like the names of your relatives or friends and offerings included, please drop the envelope in to the Parish Office by Midday on Wednesdays.

Prayers for the Sick

Beryl Peo-Duncan
Michael Carrodus

Pat Regan

Garry Gleeson

Annette Davis

Andrew Hood

Jeff Langley

Erin Ocampo

Mark Lindfiels

Vicky Kalingasan

Bill Eyre

Brian Gregan

Mrian Poe

Marcia Bailey

Bec Burroughs

Susan Hickey

Sophia Burfitt

Margaret De Landre

Maeve Robinson

Jenny Carroll

Matt Ukishima

Pietrina Maiorana

Susan Makabenta

Mina Lee

Denise Wagner

Ron

Leonie Ariemetto

Candy Ocampo

John Graham

Liturgy for the Week

11/07 Monday St Benedict
Is 1:10-17; Mt 10:34- 11:1

12/07 Tuesday Ordinary Time 15
Is 7:1-9; Mt 11:20-24

13/07 Wednesday Ordinary Time 15
Is 10:5-7, 13-16; Mt 11:25-27

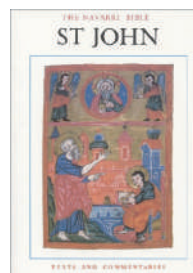
14/07 Thursday Ordinary Time 15
Is 26:7-9, 12, 16-19;
Mt 11:28-30

15/07 Friday St Bonaventure
Is 38:1-6, 21-22, 7-8;
Mt 12:1-8

16/07 Saturday Ordinary Time 15
Micah 2:1-5; Mt 12:14-21

BOOK REVIEW

St John's Gospel The Navarre Bible



This edition provides more footnotes to what St. John has said in his writings making it easier for the reader to appreciate.



CatholicCare
Diocese of Broken Bay

VOLUNTEERS NEEDED

COMMUNITY VISITORS SCHEME

www.catholiccaredbb.org.au/volunteer

Scan to 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.

GIVING

Thank you for your continued contributions and support. Your financial contributions and your generous donations throughout the year are greatly appreciated.

LIVESTREAMS READINGS NEWS

Available on the
App Store

Get it on
Google play

<https://brokenbay.goodgiving.com.au>

Caritas Ukraine urgently needs your support

Caritas Australia is currently raising funds to support communities impacted by the conflict in Ukraine. Visit: caritas.org.au/donate/emergency-appeals/ukraine/ or call: 1800 024 413 toll free to provide much needed support.

 **Caritas**
AUSTRALIA

Pope Francis receives landmark Uluru document



A Sydney academic and proud Aboriginal woman said she was deeply honoured to meet Pope Francis last week and to have presented him with a personal copy of the Uluru Statement from the Heart, which is expected to help guide Indigenous policy over coming years in Australia.

The Director of Gweagal Cultural Connections and lecturer in Aboriginal spirituality at ACU, Ms Theresa Ardler, said she met Pope Francis by chance while in Rome to deliver a presentation at ACU's Rome campus as part of Laudato Si' Week.

Australia's Ambassador to the Holy See, Ms Chiara Porro heard Dr Ardler's presentation and then invited her to meet Pope Francis and present him with a copy of the landmark Uluru Statement from the Heart. Alongside Ms Ardler at the meeting with the Holy Father was Ambassador Porro, who also acted as a translator, ACU's Dean of Theology and Philosophy, Professor Dermot Nestor and ACU's Jacqui Remond who had coordinated the Rome conference in her role with the Dicastery for Promoting Integral Human Development. Ms Ardler said it was a deeply personal moment she will never forget as a proud Gweagal woman.

"I gave the Pope my crucifix which I painted and which was a Franciscan cross and he absolutely loved that", she explained in an interview with The Catholic Weekly.

"I was so proud that I wore an Aboriginal flag at the meeting and I was very conscious too that Pope Francis has done so much for Indigenous peoples around the world, especially in his own home country of Argentina, where he has stood in solidarity with Indigenous peoples in the Amazon region".

The recently elected federal Labor government, led by Prime Minister Anthony Albanese, has committed itself fully to the Uluru Statement, which includes a pledge to establish a First Nations Voice to Federal Parliament, to be enshrined in the Australian Constitution.

The statement, which was signed in 2017 by 250 Indigenous representatives at a National Convention, also calls for the setting up of a dedicated commission to supervise the process of determining a treaty in Australia between governments and First Nations people. It also raises concerns over the high incarceration rate for Indigenous Australians, saying it has meant Aboriginal and

Torres Strait Islander Peoples are "proportionally.. the most incarcerated people on the planet".

Ms Ardler said she is very conscious of the great personal hardships faced by Indigenous Australians and the tragedy of the stolen generations.

She believes the Catholic Church has a pivotal part to play in reaching those in the community in greatest need and it's pivotal it continue to play that role. "I lost both my parents by the time I turned 18 and I've had nothing but absolute support from the Catholic Church, through my educational studies and I would not be where I am today if it wasn't for the Catholic Church and the support I received", she said. Ms Ardler is the Director of Gweagal Cultural Connections, a business that educates

school and university communities about the richness of Aboriginal culture and spirituality. She has worked as a primary school teacher, specialising in religious education and is currently undertaking doctoral studies in Aboriginal spirituality through Charles Darwin University. In the days leading up to the meeting with Pope Francis, Ms Ardler delivered a presentation, "Caring for Creation- Our Oceans and our Totems Humpback Whales: Song and Cry of Mother Earth", focused on her personal struggle to protect her ancestral home on the NSW South Coast. The presentation was part of Laudato Si' Week, marking seven years since Pope Francis' landmark encyclical on the theme of caring for the environment.

Ms Ardler told the conference, how pollution from household chemicals in South Coast waterways has tragically effectively put an end to traditional fishing practices, around Jervis Bay. "The pollution in our water is killing our sea turtles and it is no longer safe to drink tap water for people in my community. We have now filed a class action for cultural loss in relation to fishing and gathering of seafood", she said.

"Sadly, our sea turtles are being poisoned and the hatchlings are not growing enough to enter the sea.

So we are working on management strategies to support these beautiful creatures, so they don't become extinct".

ACU's Jacqui Remond praised Theresa's presentation and her great advocacy for the protection of her ancestral lands and ocean waters.

"We have to remember that Pope Francis very much recognised the importance of engaging with Indigenous peoples in implementing the fruits of Laudato Si', given the Indigenous peoples of the Amazon were the first peoples he visited after releasing the encyclical in 2013", she explained.

"It's very much about encouraging the faithful to see all the beauty and songs and cries of creation that we need to respond to, so that our future generations can enjoy sustainable lives".

By Michael Kenny
The Catholic Weekly

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

Donita Kerin
Tel 9157 0999 ext 30
office@pittwaterparish.org

Director of Music

Josh Willard
Tel 9157 0999 ext 17
music@pittwaterparish.org

Media & Communication

Conille Felias
Tel 9157 0999 ext 31
media@pittwaterparish.org

Sacrament Coordinator

Sonia Samartin
Tel 9157 0999 ext 13
sacraments@pittwaterparish.org

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

Tel 8197 6900

Principal: Mr Jamie Wahab

AVALON

Maria Regina School

Tel 9918 2608

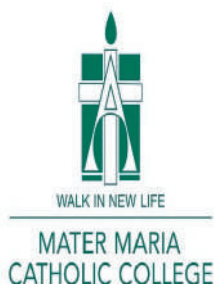
Principal: Miss Kirsty Thorpe

WARRIEWOOD

Mater Maria Catholic College

Tel 9997 7044

Principal: Mr Marc Reicher



Parish Bulletin – Term 2, Week

On Monday, Year 11 students attended a Modern History incursion at the College. This was a live presentation of artefacts from trench warfare during World War One. This provided our students with a valuable insight into primary sources in relation to their study of this time. On Tuesday, Year 7 students participated in the World of Maths Day in our Marana Complex. This involved problem-solving games which incorporated the 'Working Mathematically' syllabus outcomes.

It was wonderful to see so many parents and students attending the Years 8, 9 and 10 Parent/Teacher Interviews on Wednesday evening and Thursday during school hours.

These interviews gave parents the opportunity to discuss their child's progress with teachers and implement plans, if necessary, to enable their child to achieve their personal best.

It is currently enrolment time for students who would be starting high school in 2024. This week concluded the first round of offers to parents, and parents and students on the waiting list have now had a meeting with our Principal, Marc Reicher. Early next term all those who have been offered positions will meet in small groups with the Principal to gain some valuable insights into Mater Maria and have any questions answered.

Applications for Year 7, 2025 are now open. There are waiting lists for Year 7, 2023 and Year 7, 2024.

For more information about enrolling at our Mater Maria Catholic College please visit

<https://matermaria.nsw.edu.au/enrolments/>



Thinking about World Youth Day 2023? Bishop Anthony Randazzo is inviting young people of the Diocese to join him on an experience of a lifetime.

Go on pilgrimage to Italy to see the homes and sites of the saints, and on to Lisbon, Portugal to join youth from around the world for WYD23. Check out the CYBB WYD website for further information and subscribe to join the mailing list to start your journey.

Check out the CYBB WYD website!



UPDATE ON OUR SACRAMENTAL PROGRAM 2022

Parent Information Session

It is imperative to attend ONE of these sessions:

Sacred Heart Church, Mona Vale

26 July 2022, Tuesday at 7:30 pm

Maria Regina Church, Avalon

28 July 2022, Thursday at 7:30 pm

**Children in Year 4 and over are eligible to receive this sacrament if they have been confirmed.*

First Reconciliation

Sacred Heart Church, Mona Vale

25 October 2022, Tuesday

4.30 pm- 5:30 pm and 6:00-7:00 pm

Maria Regina Church, Avalon

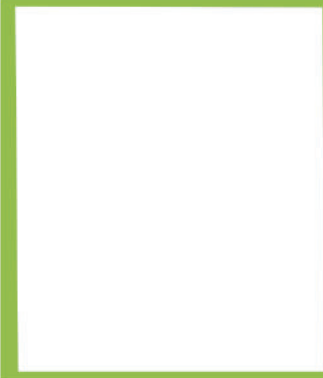
3 November 2022, Thursday

4:30 pm- 5:30 pm



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.



The *Living* Word

Entrance Antiphon Cf. Ps 16:15

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

First Reading Dt 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 Col 1:15-20

A reading from the first 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 See Jn 6:63. 68

Alleluia, alleluia!

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

Alleluia!

Gospel Lk 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 Gospel of the Lord

Communion Antiphon Cf. Ps 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

*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 neighbor?'
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.*

© Dianne Bergant CSA

Share the News

**Our Churches-
Sacred Heart and
Maria Regina are open.**

Come for Mass.

Come and pray.

Come and light a candle.

Come sit and find peace.

Advertising Space Available

For more information
call the Parish Office on
9157 0999

PITTWATER DOLPHINS

BOYS, GIRLS & MIXED TEAMS
U5s LITTLE DOLPHINS
AGES U6 - U18




GEAR SUPPLIED | NO REGISTRATION FEES | NO GRADING

REGISTER NOW!
pittwaterrugby.com.au

Lightning Bolt LB
**Electrical
Plumbing
Air Conditioning.**

⚡ **Ph: (02) 9905 8800**

**We turn up,
Clean up &
Guarantee our
Work!!!**

**GET
IN TOUCH
TODAY**

**Compassion,
care, love,
understanding
and support**



Ann, Kate and John of Wilson Family Funerals

Personally, talk to Ann Wilson and her team at Wilson Family Funerals. They have decades of experience caring for Northern Beaches families in their time of need.

Family operated & 100% Australian owned

Suite 3, 1440 Pittwater Road,
North Narrabeen, Sydney
CALL 07 09 13 73
Your tax deductible donation in the
wilsonfamilyfunerals.net.au

**WILSON
FAMILY
FUNERALS**

BROCK'S
— Plumbing —



YOUR LOCAL PLUMBER
SERVICING THE NORTHERN
BEACHES FOR OVER 30 YEARS.

- ✓ BLOCKED DRAINS
- ✓ PIPE RELINING
- ✓ GENERAL PLUMBING
- ✓ EMERGENCY HOT WATER
- ✓ GAS FITTING

call now

1800 99 58 58

www.rapidreline.com.au | admin@brocksplumbing.com.au

Advertising Space Available

For more information
call the Parish Office on 9157 0999

DAYS FOR GIRLS



To find out more, call Tamara
0403226699

Every Girl. Everywhere. Period.

**CATHOLIC DIOCESE OF
BROKEN BAY**



**I have called
you to renew
and rebuild.**

**PASTORAL
WORKS** Broken Bay

Donate to help
families and parish
communities in
Broken Bay.



LOCAL PEOPLE CARING FOR LOCAL FAMILIES

Our team live, work and play on the Beaches. We understand the local community and are here for you when you need us most. Whether it's to plan an immediate funeral for a loved one or plan ahead for your own with a pre-paid funeral, we're here to help.


ANN WILSON FUNERALS

Contact us to find out more.

844 Pittwater Road, Dee Why
9971 4224

Cnr Barrenjoey Road & Darley Street, Mona Vale
9979 5978

annwilsonfunerals.com.au



**JOHNSON BROS
MITRE 10**

**Part of the local
community since 1957**

51 Bassett St, Mona Vale
Ph: 9999 3340

49 Avalon Pde, Avalon
Ph: 9918 3315



**Serving
Northern Beaches
Families
& Businesses
since 1976!**

Ph: 9913 2624
2 Devitt Street
Narrabeen

**Advertising Space
Available**

*For more information
call the Parish Office on
9157 0999*

The Northern Beaches only local family owned and operated funeral company.





Chris Lee

With over 35 years experience we can guide you with the sensitivity and respect your loved one deserves.

- 24 hour professional service
- Enquire about pre-paid funerals
- Unique funerals a speciality.

9999 5211
www.peninsulafunerals.com.au



**Purveyors of
Specialty Coffee**

**Driven by a
passion for
community &
quality.**

**Award winning coffee
beans available online**
www.coffeebros.com.au

**PITTWATER
PHARMACY
COMPOUNDING CHEMIST**



Ralph Papandrea
B. PHARM (Hons) MSc. MPS
Len Papandrea
B. PHARM. MPS
Sam Papandrea
B. PHARM. MPS
Andrew Snow
B. PHARM. MPS

1771 Pittwater Road
Mona Vale 2103
Ph: 9999 3398 Fax: 9999 3910

FINE WINE, SPIRITS & BEER

FLEET STREET

MERCHANTS

PAUL BOTTERO

1755 Pittwater Road
Mona Vale NSW 2103

Phone: 9999 3055
Fax: 9999 3055

HUNTER
ESTATE
AGENTS

**Agency of
the Year**
Elmore Heights



**Duane
Hunter**
0415 708 992
9970 7220

Follow us on
f
duanehunterhea