



The Catholic Parish of Pittwater

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



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

O God of goodness and kindness, we thank You for inspiring Blessed Francis Mary of the Cross Jordan with profound love and knowledge of You, the one true God and Jesus Christ, whom You have sent to our Divine Saviour.

We implore the fire of Your Spirit to enflame all the baptised to be apostles in mission for the salvation of all people everywhere.

We invoke the intercession of Blessed Francis, for our own personal intention.

May he accompany us at significant and challenging moments in our lives. And if it be Your will, may he be recognised as a persevering and faithful saint whose apostolic life manifested Your strength shining through his human weakness.

We pray with trust in Your Divine Providence. Amen.

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



Thoughts of Blessed Francis Jordan

Oh may we be planted firmly in faith! May the storms strengthen us as they strengthen the roots of a tree!



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
Lindsay Walker

Prayer for the Sick

Anna Smigowska
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

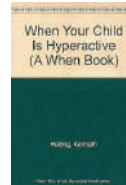


Vinnies

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

When Your Child is Hyperactive
by: Kenneth Heiting, MSW



A reassuring book for parents who would intelligently channel their love to work for, and with, their hyperactive child.

Liturgy for the Week

17/07 Monday, Ordinary Time 15
Ex 1:8-14, 22; Mt 10:34-11:1

18/07 Tuesday, Ordinary Time 15
Ex 2:1-15; Mt 11:20-24

19/07 Wednesday, Ordinary Time 15
Ex 3:1-6, 9-12; Mt 11:25-27

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

21/07 Friday, Ordinary Time 15
Ex 11:10-12:14; Mt 12:1-8

22/07 Saturday, St Mary Magdalene
Song 3:1-4; Jn 20:1-2, 11-18

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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.

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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

- CATHOLIC INSTITUTE OF SYDNEY -

99 ALBERT ROAD STRATHFIELD, NSW 2135

Leonie Westenberg | School of Theology, Charles Sturt University

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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SOCIAL JUSTICE OFFICE



JUSTICE + PEACE OFFICE
ARCHDIOCESE OF SYDNEY



Rapid Antigen Tests

There are still a number of RATs at the Parish Office that are available for everyone. The Royal North Shore Hospital kindly donated these tests to our Parish community.



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**.



**HAPPY NAIDOC WEEK
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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

The seed fell on good ground

15th Sunday in Ordinary Time, Year A

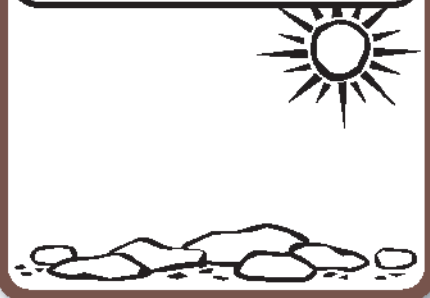
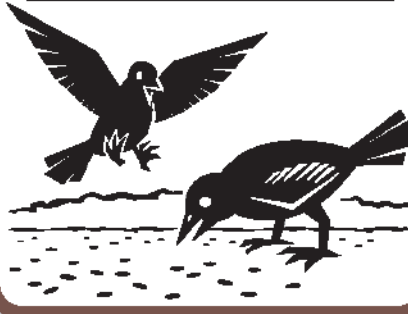


Help Jesus tell the story of the farmer sowing the seed. Add words and pictures to the story.

A farmer scattered _____ in a field.

Some seed fell on the road and was...

Some seed fell on rocky ground where the soil was not deep; the plants that grew withered in the _____.



Draw the farmer sowing seed.

Write down what happened to the seed.

Draw what happened to the seed which fell on rocky ground.

Some seed fell among thorns, which choked the plants that grew.

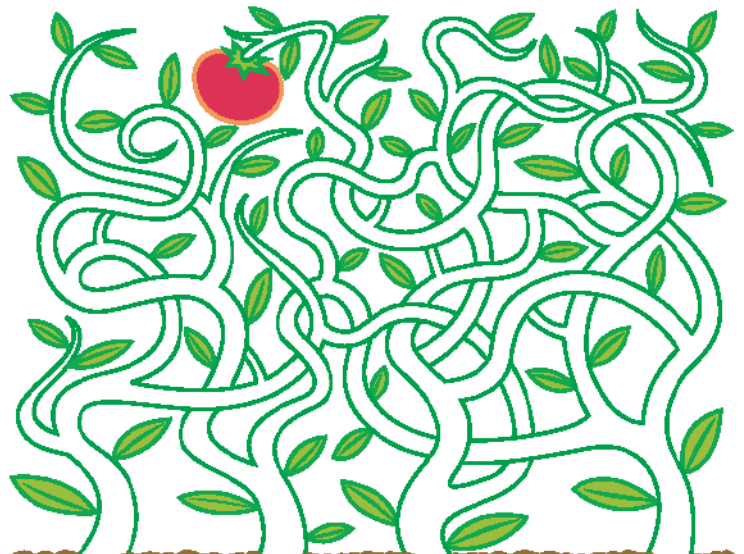
But some seed fell on good ground and...



Draw thorns choking the plants.

Write down what happened to the seed that fell on good ground and draw a picture of it.

The Word of God is like seed that needs good soil. How can we be like good soil for this seed?



Which of these four plants is the one bearing fruit?

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 Is 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
Ps 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 Rom 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

Alleluia, alleluia!

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

Alleluia!

Gospel Mt 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
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
by Dianne Bergant CSA

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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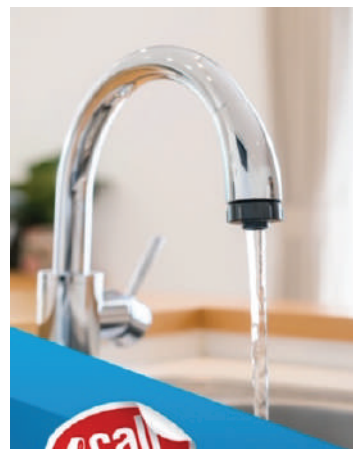


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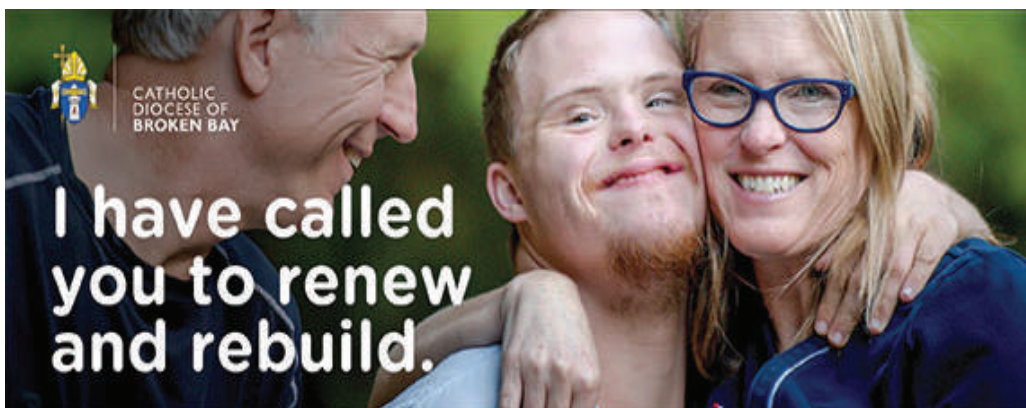
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