

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

Prayer during the coronavirus pandemic

God of Salvation, We turn to you with a prayer for protection and healing as the coronavirus is spreading. Help those who are affected and have become sick. Grant patience to those who live in quarantine. Give strength to those who care for the sick. Inspire scientists in their research. Strengthen between us the sense of togetherness. Let no one be abandoned, make everyone feel safe together and with You, because You are compassionate. Through the intercession of Blessed Mary of the Apostles and Fr. Francis Jordan, we thank you, present and faithful God, You who live and love for

Amen.

ever and ever.

Salvatorians



Thoughts of Fr Francis Jordan

Where there is prayer, there is grace; Prayer is your strength.





A warm welcome
to our parishioners
and visitors who are
celebrating the
Eucharist with us at
Pittwater Parish Sacred Heart Church,
Mona Vale and
Maria Regina Church,
Avalon



Fund.
All donations are
100% tax deductible
and greatly
appreciated.



trybooking:

To ensure that we fulfil the requirements of the 80(Mona Vale) and 100 (Avalon) people limit, we would like you to use the Trybooking website to book for **our weekend Masses**.

There is no need to book for the weekday Masses.

The bookings are now open. Further weekend Masses will be added each week, taking into consideration any changes in government restrictions.

Here are some pointers that might help:

- Once you have selected the Mass you would like to book for, you will need to enter the quantity of tickets at the bottom of the page. Then click NEXT.
- 2. Once you have read and agreed to the "Additional Information" you will need to select "YES" from the dropdown box that says "I Agree to the Terms Above"
- You will then need to enter the First Name and the Last Name of each of the Attendees. Then click NEXT.
- In the Checkout, you will need to complete all the fields, First Name, Last Name, Phone Number, Address, Suburb, Postcode and Email Address. Then click PURCHASE.
- 5. If you have completed the transaction successfully, you will see "Transaction Successful" on the following page and you will receive an email with the "ticket" to the Mass you have selected.
- 6. If you do not see "Transaction Successful" and you do not receive an email (please remember to check your junk email) then the items may still be in your cart and you may need to re-complete one of the steps.
- You do not need to print the ticket. We will have your name on the "Ticket Holder List" for each Mass.

To book for our Masses at Sacred Heart Church, Mona Vale, please visit https://www.trybooking.com/BJPSE To book for our Masses at Maria Regina Church, Avalon, please visit https://www.trybooking.com/BJPSP

Please do not hesitate to contact the Parish office 9157 0999 if you need any assistance.



The Broken Bay News can be downloaded at https://issuu.com/home/published/broken_-bay news iune 2020

We Pray for

Recently Deceased

John Dunbar Lorraine Thomson Heo Thi Len

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. Thank You.

Eternal Rest Grant Unto Them
O Lord, And Let Perpetual Light
Shine Upon Them.
May they Rest in Peace. Amen.
May Their Souls And The Souls
Of The Faithful Departed,
Through The Mercy Of God,
Rest In Peace. Amen.

Deceased Anniversary

Fr Bernard Callachor Fr Leo Murphy Paul Callachor Phung Thi Nguyen

Prayers for the Sick

Bill Eyre
Manny Zarb
Philip Maddrel
Gall Reiher
Imelda Vince
Eric Domagas
Vicky Villaluz
Ben Castillo
Moira Howie
Carol Brennan
Jomar
Christine Hills
Donald McRae
Sara Zofrea
Beryl Peo-Duncan
Joe Romeo
John Andrew Graham
John Charles Graham
Michael Carrodus
Pat Regan
Robyn Sheather

The names on this list will be removed after four weeks unless otherwise requested or advised. Thank you

BOOK REVIEW

Do You Want To Be Well Again? by Johnny Doherty CSsR



Beautiful little prayers, psalms and readings which are most suitable in this time of crisis when

many people find it difficult to pray.

Vinnies

VINNIES WINTER APPEAL

Dear Parishioners,

- 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
- We are also called upon to support special works of the Society including support for the homeless (Matthew Talbot Hostel), refugees and our "Youth Reach" centre at Brookvale
- Our conferences also assist other conferences in our Broken Bay diocese who are overrun with families experiencing extreme difficulties including family separation, unemployment, children at risk and domestic violence
- Our conferences are also
 "twinned" with conferences in
 India in districts where poverty
 and homelessness is extreme
 and we are committed to a small
 annual contribution, on your
 behalf to help ease their burden.
- 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

For the needy, help is available by contacting the Brookvale Centre 9905 0424 during business hours.

Did you know that if you are new to our parish you can register your details through our website or if your contact details have changed you can update them.
Simply go to www.pittwaterparish.org, click on the "Welcome" menu item and select "Parishioner Registration" from the dropdown menu. If you have any problems, please contact the parish office on 9157 0999.

Watch the daily Mass on Demand at https://www.youtube.com/user/cathnews
We hope that this will help the faithful to celebrate the Holy Mass online wherever you are

PLANNED GIVING

The money contributed to our parish via our second collection helps us to meet the running costs which our Parish incurs, including wages, electricity, telephones, insurances, rates, building and equipment repairs and maintenance, to name but a few. As we are unable to donate via our second collection at present. our parish will not receive the funds which are truly needed to cover our relentless stream of expenses. Whilst you are unable to attend Mass, if you are able to make your regular donation by way of automatic direct debit from your credit card, please complete the form included in this bulletin. Or donations can be made on our website: www.pittwaterparish.org through the donations and giving tile. If you would prefer not to give by credit card, please contact the parish office,





WE NEED HELP TO GET THE WORD OF GOD TO OUR YOUNG PEOPLE!

9157 0999 for other ways that

you can contribute.

After months of NO Face to Face News of Our Faith and the Word of God.

Our young Public School Students are in need of help to know the Glorious News of Our Faith in these troubled

Some of our classes at AVALON and MONA VALE PUBLIC PRIMARY SCHOOLS are without teachers.

Due to COVID 19, some of our valued Catechists with health Issues cannot break self-isolation.

If you can help with this wonderfully rewarding work, please contact the Parish Office 9157 0999 - Veronica Thomas or Maureen Wooldridge.

Thank you and God Bless

Veronica Thomas

CCD Coordinator for Avalon/ Bilgola Schools & High Schools Mobile 0417061534 Email: veronicathomas2009@gmail.com

Maureen Wooldridge

CCD Coordinator for Mona Vale Primary and Newport Primary Mobile 9997 4694



Planned Giving Direct Debit Agreement Form for Contributions
Via Credit Card

| □ I am | Or Donate at www.pittwater- | | | | | | | | | |
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| This authorisation is to remain in force until notice is received in writing for it to be changed. | | | | | | | | | | |
| Signatory of Nominated Ac | count: | | | | | Date: | 1 1 | | | |

Thank you for supporting our planned giving programme.

Please return the completed form to the parish office or email to office@pittwaterparish.org

Terms and Conditions

I/We hereby authorise The Catholic Parish of Pittwater to debit my/our credit card account. Monthly debits occur on the 15th day of each month or the next business day. Weekly and fortnightly debits occur on the Monday of each week or fortnight accordingly.

The administration of this agreement is conducted by The Catholic Parish of Pittwater. The Catholic Parish of Pittwater will not change the amount or frequency of drawing arrangements without my prior approval. It is my responsibility to ensure that I/We have sufficient clear funds in our nominated account to enable the direct debit to be honoured by our financial institution. If the Debit request falls on a weekend or public holiday, it will be processed on the next working day. I/We are advised to verify account details against a recent bank statement and if uncertain to contact our financial institution or The Catholic Parish of Pittwater. If our Direct Debit is dishonoured or returned by our financial institution, for any reason, The Catholic Parish of Pittwater reserves the right to re-present the Direct Debit for processing again on the next business day. The Catholic Parish of Pittwater will keep the information about our nominated account at the financial institution private and confidential unless this information is required to investigate a claim made in relation to an alleged incorrect or wrongful debt, or otherwise required by law. I/We may stop, cancel, alter or defer your Direct Debit Request at any time, by contacting The Catholic Parish of Pittwater I/we agree to notify The Catholic Parish of Pittwater if the account is closed.

:

Parish Pastoral Council Matthew Hyland

matthyland100@yahoo.com.au

Pittwater Parish Ministries

Catechists

Co-Directors Maureen Wooldridge - 9997 4694 Veronica Thomas veronicathomas 2009@gmail.com

Evangelisation Ministry

Erich Ött (Coordinator RCIÁ) 0409 124 840 Sr Margaret Collis - 9974 4116 Sue Berg - 0419 991 781 (Coordinators Adult Faith Education/ Formation

Legion of Mary

Connie Robinson - Director 0458 007 706

Little Hearts Playgroup

Co-Directors-Marie Bockman mbockman@hotmail.com Maureen Wooldridge - 9997 4694

Media & Communication Ministry

Laura Ee - Director media@pittwaterparish.org

Music Ministry

Josh Willard - Director 9157 0999 ext 17

Pastoral Care and Communion to the Sick Ministry

Co-Directors Denise Bottero - 9997 6904 Marie Bockman mbockman@hotmail.com

Parish Library

Trish Newman - Director 9918 3973

Sacramental Program Ministry

Suzy Caruso 9157 0999 ext 0 sacraments@pittwaterparish.org

Social Justice Ministry

Tamara Harding - Director 0403 226 699

www.facebook.com/pages/Pittwater-Friends-OF-Soibada/162612300466694

Youth Ministry

soul@pittwaterparish.org or Josh Willard (Soul Youth) music@pittwaterparish.org

All our Ministries comply with Working With Children Check requirements

We acknowledge the lifelong trauma of abuse victims, survivors and their families, the failures of the Catholic Church to protect, believe and respond justly to children and vulnerable adults, and the consequent breach of community trust.

As was communicated to you last week, with many more parishioners now able to join us in our Churches, we have ceased the livestreaming of our weekend Masses. Our parish was very fortunate to have such qualified people on our staff to be able to provide such high quality livestreaming to our parishioners from the Easter Triduum and continuing each weekend. I would like to take this opportunity to express my gratitude to all those involved, especially Laura (our Director of Media and Communications) and Julian Lau, who were able to set up and conduct the livestreaming, Joshua (our Director of Music) and Samantha (our Parish Singing Leader) for the music programme and Suzy for organising and coordinating. Thank you also to all our senior servers and readers for your commitment and dedication to our parish.

Fr Bronek Pietrusewicz SDS Parish Priest

We encourage you all to come back to Church and participate in the Mass. For those that are vulnerable or unwell and cannot come to Mass, you can join in with the livestreaming from the Broken Bay Cathedral Parish for both weekday and weekend Masses https://www.youtube.com/channel/UCNenwlfl7i14XB9TsVBrLvQ Livestreamed Mass from St Mary's Cathedral is also available at 1:10pm on weekdays, 9am on Saturdays and 10:30am on Sundays https://www.stmaryscathedral.org.au/

PRAYER – THE STEERING WHEEL OR A SPARE TYRE?



Someone once asked, "Is prayer your steering wheel or your spare tyre?" When comparing prayer to a steering wheel, I'm relatively certain that the enquirer didn't know anything about a modern GPS system—the navigational system many people have in their cars today.

As you probably know, GPS stands for Global Positioning System. It's a radio navigation system that allows land, sea and airborne users to determine their exact position. It relies on 24 satellites in orbit above the earth—positioned in such a way that four of them will always be above the horizon, anywhere on the earth.

A GPS receiver, like the ones many people have in their cars, has a computer that receives bearings from three of those four satellites and then triangulates its own position—normally accurate within 3-5 metres.

The GPS receiver often includes a display screen showing a map, giving the result of the signals received by the onboard computer. Like so much of the technology available to us today, a perfect understanding of how the GPS system works is not required in

order for someone to utilise and benefit from it.

Practically, in one of its most basic uses, a GPS system in a car or truck enables the driver to input the desired destination into the onboard computer, and then the GPS system, via information from satellites, provides audio directions as the vehicle moves down the road.

A disembodied computergenerated voice gives the driver instructions about where to turn the steering wheel so that the driver can successfully arrive at his/her destination.

One of the spiritual truths about an analogy between a GPS system and prayer is that the necessary direction and guidance comes to us from above.

When he offered examples of how prayer can help us navigate the pathways of our lives, Jesus directed our attention to our relationship with God as our father and we as his precious, loved children.

This relationship we can have with God is of paramount importance, and although God is often called "Father" so many people go off track here, right at the beginning. They accept the idea that is given to them of a God of wrath, a God of vengeance, a God of eternal retribution and torture. Jesus begins the prayer with "Father"—not interrogator, policeman, jailer, prison guard or executioner.

Grace-based prayer flows out of trust. Trust is the very foundation of

grace-based prayer, for it helps us realise our place in the universe. To return to the GPS analogy, prayer gives us our true spiritual bearings, the sense of direction that enables us to live lives of hope, filled with joy, knowing that we can absolutely trust the directions we receive so that we might navigate the hazards of life's journey.

Addressing our Heavenly Father is based on trust—based on reciprocating the love he has already shown us, and demonstrated to us in and through the Son, who gave his life for each of us. 1 John 4:18 tells us that there is "no fear in love, but perfect love drives out fear, because fear has to do with punishment." Christ-centred, grace-based prayer is a response of trust to God, because of his love-as opposed to fear.

Of course, some people do pray out of fear-but they do so because they are trapped by Christ-less religion and they do not know the one true God. They pray out of fear because they have been led to misunderstand God. They pray out of fear because they are afraid of God's punishment—but in so doing they have completely misunderstood God.

Prayer helps direct us, it reminds us of where we are going, as that old book whose title I'll never forget said, If You Don't Know Where You're Going, You'll Probably End Up Somewhere Else.

Prayer is our spiritual steering wheel—a vital part of our spiritual journey—it's not at all like our spare tyre, which of course is for emergencies only.

| | | MARIA REGINA CHURCH | | | | |
|-----------------------|-----------------------------------|-------------------------------------|------------------------------------|--------------------------------|--------------------------------------|------------------------------|
| 11th & 12th July - 15 | th Sunday in Ordinary Time | | | | | |
| | Sat 5pm | Sun 8am | Sun 10am | Sun 6pm | Sat 6pm | Sun 9am |
| Senior Servers | Kerry Sullivan | Stefan Wasinski | Tony Macri | A Pienkowski | Trish Newman | |
| Readers | Margo Quinlan Zelie Reynolds | Chris Gillis Paul Willard | Yvonne Gibbs Liam Kenny | Lauren Brown Claire Thomson | Skye Nolan Brown | John Honner |
| Musicians | Josh Willard | | Mona Vale Choir Josh Willard | Soul Band Tom & Anna | Klara H- Watson Catherine Perkins | Avalon Choir Jan / Bernie |
| Computer | Brian Wright | Karen Gillis | Putri Rosati | Laura Ee | Jane Labone | Margaret Abrahams |
| Library | | | Margaret Lofhjelm | Anne Moss | | |
| 18th & 19th July 202 | 0 - 16th Sunday in Ordinary 1 | lime . | | | | |
| Senior Servers | Dave Traves | Ray Gillis | Paul Willard | David Frazer | Uyen Le | David West |
| Readers | Kerry Sullivan Brian Wright | Sabrina Gonzalez Pauline Chipman | Bev Carmichael Rebecca Molinaro | | Jane Labone | Theresa Kelly |
| Musicians | Meredith Cheng Josh Willard | | Mona Vale Choir Josh Willard | Soul Band Sam Browne | Sam Browne | Avalon Choir Jan / Bernie |
| Computer | Vanessa Sharkey | Leonie Smyth | Margaret Cliff | Laura Ee | Anna Walker | Margaret Abrahams |
| Library | | | Maureen Suggitt | Paula Lancuba | | |
| 25th & 26th July 202 | 0 - 17th Sunday in Ordinary | | | | | |
| Senior Servers | David Austin | Stefan Wasinski | Ray Gillis | A Pienkowski | Trish Newman | Adrian Harding |
| Readers | Martin Kerrigan Stephen Wagner | Liam Kenny Sheila Upjohn | Joe Crumlin Pauline Chipman | Nicolette Cilia Bella Cilia | Imelda Flynn | Veronica Thomas |
| Musicians | Sam Browne | | Mona Vale Choir Josh Willard | Soul Band Tom / Abbey | Klara H- Watson Catherine Perkins | Sam Browne Diane Lane |
| Computer | Brian Wright | Leonie Smyth | Putri Rosati | Laura Ee | Greg Elliott | Margaret Abrahams |
| Library | | | | | Marie Graham | Mary Farrell |

Baptism and Welcome to the Catholic Church

On Sunday 5th July 2020, Hyunjoo Smith was baptised and Patricia Keegan was welcomed into full communion with the Catholic Church, both confirmed and shared in the Eucharist. We thank them for their patience, as they were held back from Easter Baptism and Confirmation due to Covid-19. Please keep Hyunjoo, Patricia and their familes, and the RCIA team, Erich and Elaine Ott, Sue Berg, David West and Ray Gillis in your prayers.

Welcome Hyunjoo and Patricia to Pittwater Parish.











The Living Word

Entrance Antiphon

Cf. Ps 16:1.

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

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.

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.

Jn 6:57

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

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.

Spiritual Communion Prayer

My Jesus, I believe that You are present in the Most Holy Sacrament.
I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive
You sacramentally, come at least
spiritually into my heart.
I embrace You as if You were already
there and unite myself wholly to You.
Never permit me to be
separated from You.
Amen.



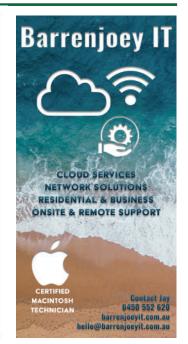
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<u>Liturgy for the Week</u>

13/07 **Monday Ordinary Time 15** Is 1:10-17; Mt 10:34 - 11:1

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

15/07 **Wednesday St Bonaventure,** bishop, doctor Is 10:5-7, 13-16; Mt 11:25-27

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 St Benedict,** *abbot* Micah 2:1-5; Mt 12:14-21





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Ralph Papandrea

B.PHARM (Hons) MSc. MPS

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Sam Papandrea

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B.PHARM. MPS

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