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



Meditation on Suscipe Prayer

Take, Lord,
and receive
all my liberty,
my memory,
my understanding,
and my entire will,
all I have and
possess.
You have given all
to me.
To you, Lord, I
return it.
Everything is
Yours;
do with it what
You will.
Give me only
Your love
and Your grace.
That's enough
for me.

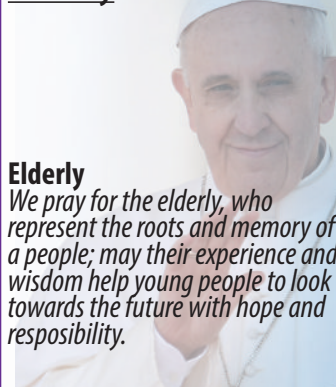
— St. Ignatius of Loyola



Thoughts of Fr Francis Jordan

O Lord, help me, show me the way! Without you, I can do nothing.
I hope all things from You. In you, O Lord, I have hoped, I will not be confounded for ever.

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

We Pray for Deceased Anniversary

Dave Calaguio

Recently Deceased
Hugh Anthony Caillard
Pamela Fay Schubert
Josefina Sarmenta

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

Franciszek Smigowski

Anna Smigowska

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

18/07 Monday Ordinary Time 16
Micah 6:1-4; Mt 12:38-42

19/07 Tuesday Ordinary Time 16
Micah 7:14-15, 18-20

20/07 Wednesday Ordinary Time 16
Jer 1:1, 4-10; Mt 13:1-9

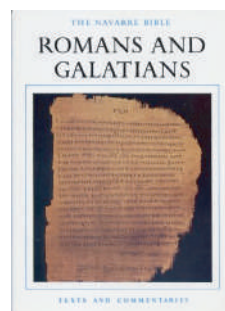
21/07 Thursday Ordinary Time 16
Jer 2:1-3, 7-8, 12-13;
Mt 13:10-17

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

23/07 Saturday Ordinary Time 16
Jer 7:1-11; Mt 13:24-30

BOOK REVIEW

Romans and Galatians The Navarre Bible



This volume of the Navarre Bible provides explanations of the doctrinal and practical meaning of scriptural text, drawing on a rich variety of sources.

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GIVING

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Martha's Works and Mary's Faith



Lots of ordinary Catholics feel guilty stepping out of the rat race to pray. They often feel as though seeking the peace and guidance of God in prayer is somehow self-indulgent. That struggle is well illustrated by a difficult Gospel story about two sisters from Bethany:

"As they continued their journey he entered a village where a woman whose name was Martha welcomed him. She had a sister named Mary [who] sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, 'Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me.' "The Lord said to her in reply, 'Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her'" (Lk 10:38–42).

This story is fraught with a tension that Christians have struggled with for 2,000 years: the relationship of faith and works.

The Conflict

You and I battle with a weakened will, a darkened intellect, and disordered appetites that afflict us in various ways due to the effects of original sin. It's what Paul lamented when he said, "What I do, I do not understand. For I do not do what I want, but I do what I hate" (Rom 7:15).

It's a lament heard in a million confessionals, a million Alcoholics Anonymous meetings, and a million marriage counseling sessions. We are fallen and we have a hard time keeping our balance—and that includes the balance between prayer and works.

The devil loves our dilemma and enjoys tormenting us with the anxiety that we have to choose between prayer and works. He loves to whisper accusations that, whatever we are doing, we should do the opposite.

In contrast, the Catholic faith proposes to us the liberating truth that faith and works are two blades on one pair of scissors. It's in our blood—literally. For, of course, the heart and soul of a eucharistic faith like ours is that Christ is both God and man, and that prayer becomes incarnate in works of love just as the word became flesh.

As Pope Francis puts it with simple elegance:
"You pray for the hungry. Then you feed them. That's how prayer works."

One of the reasons we get confused about the relationship between prayer and works is that there are many voices in our culture trying to pit these two against each other. For instance, many Catholics in our media-saturated culture get knocked off balance by the idea of eternal assurance of salvation. There are certain passages in Scripture that get torqued by bad teachers into the notion that nothing one does can affect salvation: if you accept Jesus as savior, you are supposedly guaranteed heaven no matter what. As proof, some point to St. John, who said, "I write these things to you so that you may know that you have eternal life, you who believe in the name of the Son of God" (1 Jn 5:13).

But, of course, John immediately follows this with, "If anyone sees his brother sinning, if the sin is not deadly, he should pray to God and he will give him life. This is only for those whose sin is not deadly. There is such a thing as deadly sin, about which I do not say that you should pray. All wrongdoing is sin, but there is sin that is not deadly" (1 Jn 5:16–17).

In short, we must remain in Jesus to be saved, and that means we have to obey him: "Anyone who does not remain in me will be thrown out like a branch and wither; people will gather them and throw them into a fire and they will be burned" (Jn 15:6).

A Call to Act

While grace is certainly necessary for our salvation, our response to that grace is a crucial part of the story. The full-orbed Catholic faith has always followed Scripture in insisting that we are saved by God the Father through God the Son by the power of the Holy Spirit who gives us grace, which we receive by faith and live out in concrete acts of love.

Jesus emphasizes this connection between faith and action when he declares, "Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me" (Mt 25:40). Additionally, when Jesus tells the parable of the good Samaritan, the conclusion is "Go and do likewise." His focus on the spiritual life portrays no interest in otherworldly navelgazing, but rather a deep interest in doing the practical work shown by Martha of Bethany: feeding hungry people, wiping runny noses, taking care of sick people, loving people in simple acts of service. For Jesus, if you aren't doing what the Father says, then you don't believe what he says, and no amount of God talk or good thoughts will fix that.

That's the point of this parable: "'What is your opinion? A man had two sons. He came to the first and said, 'Son, go out and work in the vineyard today.' He said in reply, 'I will not,' but afterwards he changed his mind and went. The man came to the other son and gave the same order. He said in reply, 'Yes, sir,' but did not go. Which of the two did his father's will?' They answered, 'The first'" (Mt 21:28–31).

The Church teems with Marthas doing good works and the world is richer and more beautiful for it.

***by: Mark P. Shea
Franciscan Spirit***

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

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WORLD YOUTH DAY 2023

Information Session

Young Adults 18-35

PITTWATER PARISH MONA VALE

**24TH JULY @ 7PM AFTER
THE 6PM YOUTH MASS**

**PARISH CENTRE,
SACRED HEART CHURCH**

contact us at
sdsau.wyd2023@gmail.com

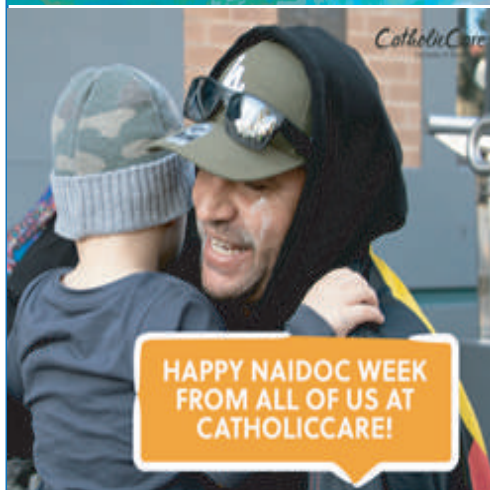
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**The Parish office will be
closed on the
20th of July 2022
Wednesday**

***The Office Staff are at the
Staff Development Day
Workshop***



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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

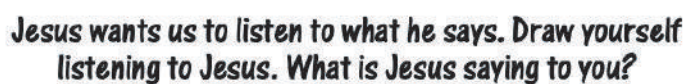
Maria Regina Church, Avalon

*3 November 2022, Thursday
4:30 pm- 5:30 pm*

*If you need further information
please email Sonia at
sacraments@pittwaterparish.org*



What things can you do to make people feel welcome in your home?



MARTHA AND MARY

How many words can you make from the letters in MARTHA AND MARY?

[illegible]

The *Living* Word

Entrance Antiphon

Ps 53:6,8

See, I have God for my help.
The Lord sustains my soul.
I will sacrifice to you with willing heart,
and praise your name, O Lord, for it is good.

First Reading

Gen 18:1-10

A reading from the book of Genesis
Lord, do not bypass your servant.

The Lord appeared to Abraham at the Oak of Mamre while he was sitting by the entrance of the tent during the hottest part of the day. He looked up, and there he saw three men standing near him. As soon as he saw them he ran from the entrance of the tent to meet them, and bowed to the ground. 'My lord,' he said, 'I beg you, if I find favour with you, kindly do not pass your servant by. A little water shall be brought; you shall wash your feet and lie down under the tree. Let me fetch a little bread and you shall refresh yourselves before going further. That is why you have come in your servant's direction.' They replied, 'Do as you say.' Abraham hastened to the tent to find Sarah. 'Hurry,' he said, 'knead three bushels of flour and make loaves.' Then running to the cattle Abraham took a fine and tender calf and gave it to the servant, who hurried to prepare it. Then taking cream, milk and the calf he had prepared, he laid all before them, and they ate while he remained standing near them under the tree. 'Where is your wife Sarah?' they asked him. 'She is in the tent,' he replied. Then his guest said, 'I shall visit you again next year without fail and your wife will then have a son.'

The word of the Lord

Responsorial Psalm Ps 14:2-5. R. v.1

(R.) The just will live in the presence of the Lord.

Lord, who shall dwell on your holy mountain?
He who walks without fault;
he who acts with justice
and speaks the truth from his heart;
he who does not slander with his tongue.
(R)

He who does no wrong to his brother,
who casts no slur on his neighbour,
who holds the godless in disdain,
but honours those who fear the Lord. **(R)**

He who keeps his pledge, come what may;
who takes no interest on a loan
and accepts no bribes against the innocent.
Such a man will stand firm for ever. **(R)**

Second Reading

Col 1:24-28

A reading from the first letter of St Paul to the Colossians
The mystery hidden for centuries has now been revealed to his saints.

It makes me happy to suffer for you, as I am suffering now, and in my body to do what I can to make up all that has still to be undergone by Christ for the sake of his body, the Church. I became the servant of the Church when God made me responsible for delivering God's message to you, the message which was a mystery hidden for generations and centuries and has now been revealed to his saints. It was God's purpose to reveal it to them and to show all the rich glory of this mystery to pagans. The mystery is Christ among you, your hope of glory: this is the Christ we proclaim, this is the wisdom in which we thoroughly train everyone and instruct everyone, to make them all perfect in Christ.

The word of the Lord

Gospel Acclamation cf. Lk 8:15

Alleluia, alleluia!

Happy are they who have kept the word with a generous heart and yield a harvest through perseverance.

Alleluia!

Gospel Lk 10:38-42

A reading from the holy Gospel according to Luke
Martha took up the duties in the house. Mary chose the better part.

Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord's feet and listened to him speaking. Now Martha who was distracted with all the serving said, 'Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me.' But the Lord answered: 'Martha, Martha,' he said, 'you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her.'
The Gospel of the Lord

Communion Antiphon Ps 110:4-5

The Lord, the gracious, the merciful,
has made a memorial of his wonders;
he gives food to those who fear him.

REFLECTION
by Dianne Bergant CSA

Today we see the people of God offering the hospitality rather than receiving it, first Abraham and then Martha. What lessons of discipleship can be learned from these readings?
First and foremost we see how important openness is, for in each case those to whom the hospitality was offered were

divine visitors in human form. We can never be sure under what guise God will come to us. It could be the person on the street who asks for directions, or the one who comes to our place of work to engage the service that we provide. It may be the friend who comes to dinner or the co-worker who acts in a way we did not expect. God comes into our lives in unexpected ways and we must have an open attitude of hospitality if we are to receive the blessings that might come with such visits.


We know that we cannot lay aside the responsibilities of our lives in order to sit with Mary at the feet of Jesus. However, we cannot allow ourselves to be held captive by these responsibilities, regardless of how legitimate they may be. And so we continue to struggle; to carry the burdens that are ours for the sake of the people that we serve; to serve the people in our care realising that we will probably not be able to accomplish all of our tasks or at least as well as we would like. It is in this way that the reign of God struggles to be born.


© Dianne Bergant CSA

JULY 22ND, 2022 6PM

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