



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

Storm heaven with prayer!

Do not let yourself be hindered by anything!

Prayer for Strength and Faith

Heavenly Father,
I pray for strengthened faith.
Help me know more of your word
and face all adversities with the
confidence of victory.
Let me move mountains with my faith
and command things to fall in
line in my life.
Let me conquer all the evil in my life.
Let my words cause healing.
Let my faith build all the
broken pieces in my life.
Help me to remain strong and
not be moved by any
adversities in Jesus' name.
Amen.

"Ask and it will be given to you."
Luke 11:9



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Pittwater Catholic
Parish

 You can find us
on Instagram
(catholicparishpittwater)

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 Formation in Discernment
Let us pray that we might again learn
how to discern, to know how to choose
paths of life, and reject everything
that leads us away from Christ
and the Gospel.

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 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)

RECONCILIATION

Saturday Vigil
4.00 pm to 4.30 pm

BAPTISM

4th Sunday of the Month
11.30 am

Maria Regina Church

7 Central Road, Avalon

WEEKDAY MASSES

Monday 8.00 am

Wednesday 8.00 am

Thursday 10 am
9.00 am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45 am

Friday 8.00 am
First Friday of the month, *Healing Mass/ Anointing of the Sick* at 8.00 am

WEEKEND MASSES

Saturday Vigil 6.00 pm
Sunday 9.00 am

RECONCILIATION

Before Vigil Mass on Saturday

BAPTISM

3rd Sunday of the Month
11.00 am

We Pray for

Deceased Anniversary

Sara Zofrea
Stanko Rusev

May all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Recently Deceased

Leon Gregory Simons

Prayer for the Sick

Anna Śmigowska

Lily Janosik

Giannina Amore

Maureen Larios

Elaine Boyes

Pauline Chipman

Ron Clarke

Barbara Clarke

Anna Katanec

Mother Pauline

Angela Miller

Philip Khalifeh

Joseph Khalifeh

Therese Keane

Bruce Farr

Heidi Taylor

James

Jacinta Purnell - Major

Garry Gleeson

Nenita Roque

Marie Celine Roque- Maca

Neda Crvelin

Jesse Cathersides

SPECIAL ANNOUNCEMENT

Happy 68th
Wedding Anniversary

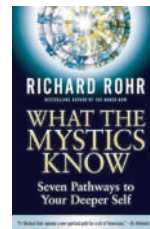
Ron & Barbara
Clarke

May God continue to bless your beautiful union and guide you in love and harmony.

BOOK REVIEW

What the Mystics Know
Seven Pathways to your Deeper Self

by: Richard Rohr



Rohr identifies the despair of everyday life.

Liturgy for the Week

28/07 Monday, Ordinary Time 17
Ex 32:15-24, 30-34; Mt 13:31-35

29/07 Tuesday, Sts Martha, Mary and Lazarus
1 Jn 4:7-16; Lk 10:38-42

30/07 Wednesday, Ordinary Time 17
Ex 34:29-35; Mt 13:44-46

31/07 Thursday, St Ignatius of Loyola
Ex 40:16-21, 34-38; Mt 13:47-53

01/08 Friday, St Alphonsus Liguori
Lev 23:1, 4-11, 15-16, 27, 34-37; Mt 13:54-58

02/08 Saturday, Ordinary Time 17
Lev 25:1, 8-17; Mt 14:1-12

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Parish of
Pittwater

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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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29th JULY
Sts Martha, Mary
and Lazarus
Pray for us.



Parish Bulletin -Term 3, Week 1

Monday was a student-free day, allowing our dedicated staff to engage in professional training.

Our Careers Expo this week was a pivotal event for Year 10 students, providing essential support for their subject selection and highlighting the connection between education and industry. Students explored diverse pathways, gaining valuable insights and equipping themselves with the knowledge and skills to plan their future careers effectively. This was complemented by a Year 11 2026 Information Evening, which provided Year 10 students and their parent with detailed information about the upcoming academic year.

Friday showcased the entrepreneurial spirit of our Year 9 Commerce students, who organised a Commerce Market Day in our Marana Complex. With over 20 student-run businesses, this event exemplified their innovation and business acumen.

Following their win in Term 2 at the Broken Bay Soccer Gala Day, senior students competed in the NSWCCC Open Boys Soccer Knockout finale in Maitland this week. The Peninsula Cup U14s Soccer competition has commenced, and training for Oz Tag Champions of Champions event is also underway.

Every Friday, our prefects lead Faith Fridays - a special time of reflection, music, and community in the Chapel and Courtyard. All students are warmly invited to join.

Applications are now open for Year 2028 and 2029. Please note that waitlists are currently in place for Year 7, 2026 and 2027. For more information, visit:
<http://www.matermaria.nsw.edu.au/enrolments>

WORLD DAY FOR GRANDPARENTS AND THE ELDERLY 27th July



Lord God almighty,
bless our grandparents
and the elderly in our
faith community with
happiness and great
health. May they remain
constant in your love
and be living signs of your
presence to their
loved ones.



Parish Directory

Pittwater Parish

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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

SCHOOLS

Sacred Heart School
Mona Vale
Tel 8197 6900
Principal: Mr Jamie Wahab

Maria Regina School
Avalon
Tel 7256 2138
Principal: Ms Kirsty Thorpe

Mater Maria Catholic College
Warriewood
Tel 7256 2100
Principal: Mr Marc Reicher



Ask and you shall receive

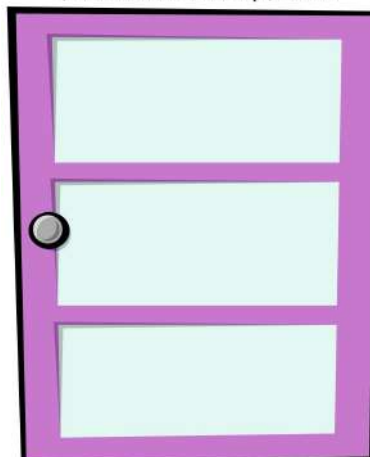
17th Sunday in Ordinary Time, Year C

Use the words below to complete this prayer
which Jesus taught to his disciples.

Our _____ who art in _____,
hallowed be thy _____;
thy _____ come, thy _____
be done on _____ as it is in heaven.
Give us this _____ our daily _____
and _____ those who trespass
_____ us, and lead us not
into _____, but deliver us
from _____. Amen.

will temptation name evil
heaven bread forgive Father
day kingdom earth against

On the door, write down three things
you can ask Jesus to help you with



ALAN AMES MINISTRY

Holy Mass and Healing Services



Saturday, 9th August

5.00 pm Mass, Talk and Healing
St Luke's Church,
1 Beaconsfield St, Revesby NSW 2212

Sunday, 10th August

6.00 pm Mass, Talk and Healing
Sacred Heart Church,
2 Richard Porter Way, Pymble NSW 2073

Alan Ames has been speaking and praying for healing around the world since 1994. He was blessed to speak with church approval at World Youth Day 2002 in Toronto, where he conducted three talks. World Youth Day is a Papal event. Also, in 2004, again with church approval, he spoke at two of the holiest sites in Christendom; the Basilica of the Annunciation in Nazareth and St Catherine's, the Church of the Nativity in Bethlehem. Alan shares his unique conversion experiences that caused a dramatic change in his life from a violent alcoholic to a man of the Sacraments and prayer. Alan has permission to speak from Archbishop Timothy Costelloe, his bishop in Western Australia. He is strictly obedient to his spiritual director, a priest selected by the previous Archbishop Barry Hickey.

**Contact: Scott 0410 640 437 or
alanames.org**

**Please let everyone know about
Alan Ames Ministry.
Spread the word!**

PARISH MORNING TEA GATHERING

*Everyone is welcome to join and get to
know each other in our Parish Community.*

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**
2nd and 4th Sundays
after the 9 am Mass
at the front of
**MARIA REGINA CHURCH,
AVALON**



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 WELCOME

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First & Third Tuesday of every Month

At 7pm

Sacred Heart Parish Centre

We will also be beginning a series on

METANOIA

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For any questions contact

Joe Cilia - 0418 863 814

Little Hearts Playgroup

playgroup details

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(School Term)

Join us

Join us at our Play Group to connect with other parents and children, enjoy playtime, and make new friends. Stay for a cup of tea or coffee —everyone is welcome

at Sacred Heart Catholic Church Mona Vale

Contact Nikki on 0481009376 for more information

The Great Power of Prayer

by: Fr Lawrence G Lovasik, Catholic Exchange



As prayer is a necessary means of obtaining every need, so it is also sufficient for everything.

The power of prayer comes from the promise that Jesus made concerning prayer, as He so beautifully shows: "Ask, and it shall be given you; seek, and you shall find; knock, and it shall be opened to you. For everyone who asks receives; and he who seeks finds; and to him who knocks, it shall be opened." His promise is a solemn one by which He pledges His divine word. It is a comprehensive and unconditional promise, limited only by our welfare and the glory of God. Miracles are not excluded. Prayer has worked many. Even Heaven is included; indeed, Heaven especially, and before all else. "If you ask the Father anything in my name, He will give it to you. . . . Ask, and you shall receive, that your joy may be full."

Prayer, then, is infallible — that is, it will always be heard, not because of any power on our part, but because of Christ's promise that He will not fail to answer our prayers. Even the prayers of those in mortal sin are infallibly heard, if they sincerely want to repent, as did the thief on the cross.

The power of prayer depends on God's infinite goodness and mercy

The reason your petitions are granted is not your worthiness and merit, but the infinite mercy of God. If your merit were the reason, you would not petition, but demand; but as it is, you ask. And so you must have faith and trust in God's goodness and mercy.

The power of God's answer extends as far as your need and His divine mercy. You may pray for whatever you desire, whatever is reasonable and pleasing to God — especially spiritual gifts. The more necessary and the more excellent the gift, the more confidently you may trust that it will be granted to you. If you pray for temporal gifts and it seems as though God has not heard you, remember that the only reason He does not grant them is that He knows they would prove harmful to you. If temporal gifts are denied, you can be sure that God has some greater gift to bestow. Holy Scripture has splendid pictures of the power of prayer: Israel in the desert, Moses and Joshua, the mighty deeds of the judges and the Maccabees, the miracles of our Lord and the Apostles, and the whole history of God's chosen people and of the early Catholic Church. Prayer figures in a constant and

marvelous exchange between human need and divine help.

Mothers are so sensitive to the needs of their children, how much more the Father and Creator of all mankind must be alert to the needs of His children when they speak to Him in prayer! A mother's love is a spark compared with the burning furnace of God's infinite love for us, His creatures. If mothers are so ready to help when they hear their children in need, how can God our Father fail to hear your voice when you cry to Him in prayer?

And all the tender affection He pours out upon countless other souls does not lessen His love for you. His care of the entire universe is insignificant compared with the care He has for your immortal soul.

The state of grace gives power to your soul

Consider the power of the prayer of a soul in the state of grace. By the fact that you are in the state of grace, your prayer has a power over the heart of God that, in a certain sense, is absolute.

Your prayer is the cry of a child to God his Father. For God, in seeing you as redeemed by the Precious Blood of His beloved Son, beholds no longer a mere human creature. He sees instead the reflection of His own divine life, for when you are in the state of grace, your entire being shares in the life of the triune God. Your prayer, then, partakes of that which is properly divine. By grace, you are a member of the family of God, our Father, and you have been given a right to the eternal inheritance of the Beatific Vision.

If you are in the state of grace, your prayer has another claim on God: it is always made in the name of Jesus Christ. You will not, in your own sinfulness, presume to ask, but you speak in the name of Jesus, by His own command. Our Lord Himself assures you, "Whatsoever you ask in my name, that I will do, that the Father may be glorified in the Son."

When you are in the state of grace, your prayer is assisted by God the Holy Spirit. "The Promise of the Father" dwells in your heart. "The Spirit helps us in our weakness, for we do not know how to pray as we ought, but the Spirit Himself intercedes for us with unutterable groanings." The Holy Spirit teaches you how to pray, because He inspires you to ask for what is right. He arouses in you desires that, under His influence, can be helpful to your salvation.

However, for prayer to be meritorious, you must be in the state of grace. Prayer makes satisfaction to God for your sins; it increases sanctifying grace in your soul as well as the virtues and gifts of the Holy Spirit. Prayer secures from God the help you need, both spiritual and temporal, to live a good and happy life and to save your soul, not by influencing God or by changing His unalterable will, but by fitting yourself to receive the gifts that He has determined from all eternity to grant to you through your prayers.

Prayer is a powerful force that is at your disposal

Jesus taught that through prayer you can

ask for every gift, whether it be for the gifts of the Holy Spirit or for the daily bread you need. You can use prayer to storm Heaven and secure its treasures and thus reach the heart of God. Through prayer you can win untold graces and blessings and favors for yourself and for the whole human race.

Prayer wins for yourself and others the things that make life happy and eternity sure. Do not neglect to pray for others. St. John Chrysostom wrote, "We are compelled to pray for ourselves, but the love of our brethren engages us to pray for others also. Now, far more acceptable to God is the prayer that proceeds not from the pressure of our wants, but from the love of our neighbour."

Use this powerful gift of prayer to win blessings for the world that does not pray, forgiveness for sinners who do not ask for forgiveness, and faith for those who have never heard the name of Christ or who have heard it only to turn away toward worldly pursuits. You can obtain strength and God's willing assistance for all mankind. Pope St. Gregory writes, "He causes his prayers to be of more avail to himself who offers them also for others."

You can never be grateful enough to the merciful God, who has given you this power. You can do no less than use this power as readily as He would have you use it. God does His part. He has given you the power of prayer and is willing to hear your prayer. He is able to grant your requests. The only thing that remains for you to do is to use this power of prayer as Christ meant you to use it. Prayer is the key that opens the treasury of God. You have the key. Use it well and often!

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THE LORD

BLESS YOU AND KEEP YOU;

THE LORD MAKE HIS FACE

SHINE ON YOU

AND BE GRACIOUS TO YOU;

THE LORD TURN HIS FACE

TOWARD YOU AND GIVE YOU

peace

NUMBERS 6:24-26

The *Living* Word

Entrance Antiphon Psalm 67:6-7,36

God is in his holy place, God who unites those who dwell in his house; he himself gives might and strength to his people.

First Reading Genesis 18:20-32
A reading from the book of Genesis
Lord, do not be angry if I speak.

The Lord said, 'How great an outcry there is against Sodom and Gomorrah! How grievous is their sin! I propose to go down and see whether or not they have done all that is alleged in the outcry against them that has come up to me. I am determined to know.'
The men left there and went to Sodom while Abraham remained standing before the Lord. Approaching him he said, 'Are you really going to destroy the just man with the sinner? Perhaps there are fifty just men in the town. Will you really overwhelm them, will you not spare the place for the fifty just men in it? Do not think of doing such a thing: to kill the just man with the sinner, treating just and sinner alike! Do not think of it! Will the judge of the whole earth not administer justice?' The Lord replied, 'If at Sodom I find fifty just men in the town, I will spare the whole place because of them.'
Abraham replied, 'I am bold indeed to speak like this to my Lord, I who am dust and ashes. But perhaps the fifty just men lack five: will you destroy the whole city for five?' 'No', he replied 'I will not destroy it if I find forty-five just men there.' Again Abraham said to him, 'Perhaps there will only be forty there.' 'I will not do it' he replied 'for the sake of the forty.'
Abraham said, 'I trust my Lord will not be angry, but give me leave to speak: perhaps there will only be thirty there.' 'I will not do it' he replied 'if I find thirty there.' He said, 'I am bold indeed to speak like this, but perhaps there will only be twenty there.' 'I will not destroy it' he replied 'for the sake of the twenty.'
He said, 'I trust my Lord will not be angry if I speak once more: perhaps there will only be ten.' 'I will not destroy it' he replied 'for the sake of the ten.'

The word of the Lord

Responsorial Psalm

Ps 137:1-3. 6-8. R. v.3

(R.) Lord, on the day I called for help, you answered me.

I thank you, Lord, with all my heart, you have heard the words of my mouth. Before the angels I will bless you. I will adore before your holy temple.
(R.)

I thank you for your faithfulness and love which excel all we ever knew of you. On the day I called, you answered; you increased the strength of my soul.
(R.)

The Lord is high yet he looks on the lowly and the haughty he knows from afar. Though I walk in the midst of affliction you give me life and frustrate

my foes. **(R.)**

You stretch out your hand and save me, your hand will do all things for me. Your love, O Lord, is eternal, discard not the work of your hands. **(R.)**

Second Reading Colossians 2:12-14
A reading from the letter of St Paul to the Colossians
He has made you alive with Christ for he has forgiven all our sins.

You have been buried with Christ, when you were baptised; and by baptism, too, you have been raised up with him through your belief in the power of God who raised him from the dead. You were dead, because you were sinners and had not been circumcised: he has brought you to life with him, he has forgiven us all our sins. He has overridden the Law, and cancelled every record of the debt that we had to pay; he has done away with it by nailing it to the cross.

The word of the Lord.

Gospel Acclamation Romans 8:15

Alleluia, alleluia!

You have received the Spirit which makes us God's children, and in that Spirit we call God our Father.

Alleluia!

Gospel Luke 11:1-13
A reading from the holy Gospel according to Luke
Ask, and it will be given to you.

Once Jesus was in a certain place praying, and when he had finished, one of his disciples said, 'Lord, teach us to pray, just as John taught his disciples.' He said to them, 'Say this when you pray: "Father, may your name be held holy, your kingdom come; give us each day our daily bread, and forgive us our sins, for we ourselves forgive each one who is in debt to us. And do not put us to the test."' He also said to them, 'Suppose one of you has a friend and goes to him in the middle of the night to say, "My friend, lend me three loaves, because a friend of mine on his travels has just arrived at my house and I have nothing to offer him"; and the man answers from inside the house, "Do not bother me. The door is bolted now, and my children and I are in bed; I cannot get up to give it to you." I tell you, if the man does not get up and give it him for friendship's sake, persistence will be enough to make him get up and give his friend all he wants. So I say to you: Ask, and it will be given to you; search, and you will find;

knock, and the door will be opened to you. For the one who asks always receives; the one who searches always finds; the one who knocks will always have the door opened to him. What father among you would hand his son a stone when he asked for bread? Or hand him a snake instead of a fish? Or hand him a scorpion if he asked for an egg? If you then, who are evil, know how to give your children what is good, how much more will the heavenly Father give the Holy Spirit to those who ask him!'

The word of the Lord.

Communion Antiphon Psalm 102:2

Bless the Lord, O my soul, and never forget all his benefits.

BECOME A CATECHIST OR CLASSROOM HELPER

"Do not be afraid to say YES.
Do not be afraid to open your
heart to the possibility that the
Lord is calling you to
service in the Church."

Pope Leo XIV



DO SOMETHING SIGNIFICANT!

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how to become a catechist,
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VERONICA THOMAS
0417 061 534

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Rejoice always, pray continually,
give thanks in all circumstances;
for this is God's will for you in Christ Jesus.
1 Thessalonians 5:16-18



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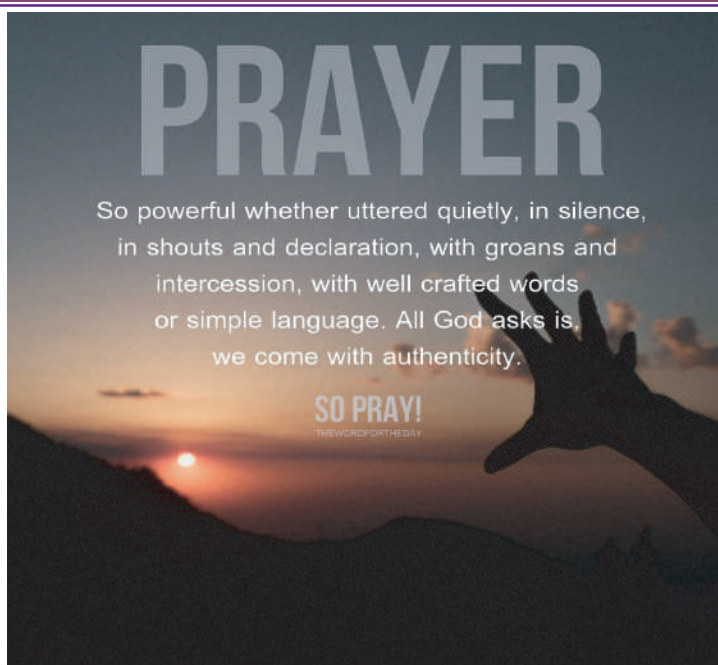
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