



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

True humility is the key to heaven's treasury of grace.
Oh pilgrim, get up bravely, if you stumble along the rugged path to life!

Prayer for Inner Growth

Eternal Father,
here I am before You,
willing to receive the seeds
of blessing and wisdom.

Let this moment be a time of
inner strength
May I learn and understand
the deeper mysteries
of faith and may it
strengthen my belief
in the Lord.

Draw me closer to Your Word
and loving grace.
Let me give up all weariness
and shame into the
wounds of Christ.

I open myself to You, O Lord.
In my weakness,
You make me strong.
In trusting You,
You enter my heart.
I know I'm never alone.

In the name of Jesus, I pray.
Amen.

The Parable of the RICH FOOL Luke 12:13-21



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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 AUGUST

For Mutual Coexistence

Let us pray that societies where coexistence seems more difficult might not succumb to the temptation of confrontation for ethnic, political, religious or ideological reasons.

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

Lionel Doutre

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

Recently Deceased

Evanka Grubisa

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

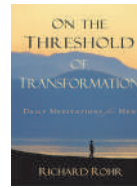
Neda Crvelin

Jesse Cathersides

BOOK REVIEW

On the Threshold of Transformation

by: Richard Rohr



This book contains
Daily Meditations for Men

"While much of our culture today would have us believe that failure and suffering are inherently bad, Fr Rohr helps men see that pain - in whatever form it takes - is a primary doorway through which they can pass to reach their authentic best selves, which is where they will truly encounter God.

THE BLESSING OF THE LORD

BRINGS WEALTH AND HE ADDS NO TROUBLE TO IT

PROVERBS 10:22

Liturgy for the Week

04/08 Monday, St John Vianney
Num 11:4-15; Mt 14:13-21

05/08 Tuesday, Ordinary Time 18
Num 12:1-13; Mt 14:22-36

06/08 Wednesday, The Transfiguration of the Lord
Dan 7:9-10, 13-14; Lk 9:28-36

07/08 Thursday, Ordinary Time 18
Ps 94:1-2, 6-9; Mt 16:13-23

08/08 Friday, St Mary of the Cross
1 Kg 17:8-16; Mt 6:25-34

09/08 Saturday, Ordinary Time 18
Deut 6:4-13; Mt 17:14-20

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Parish of
Pittwater

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Feast of Saint Mary MacKillop

8 AUGUST





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Diocese of Broken Bay

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to CatholicCare's
homelessness services
across the Diocese

Thank you

Donor envelopes available during Mass
Saturday and Sunday 9 & 10 August

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!**

And We Know That
GOD IS ABLE

TO BLESS YOU
ABUNDANTLY

so that in *All Things*
AT ALL TIMES

HAVING ALL
THAT YOU NEED

YOU WILL ABOUND
In Every Good Work

2 Corinthians 9:8

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

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

Administrative Assistant

Shereae Knight

Tel 9157 0999 ext 30

office@pittwaterparish.org

Director of Music

Samantha Browne

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

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

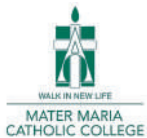
Tel 7256 2138

Principal: Ms Kirsty Thorpe

Mater Maria Catholic College
Warriewood

Tel 7256 2100

Principal: Mr Marc Reicher



Parish Bulletin - Term 3, Week 2

We held our Athletics Carnival on Tuesday at the ES Marks Field in Kensington. We had fantastic participation in both track and field events, with the winners competing at the annual BBSSA Athletics Championships later this year. The school spirit presented a great example of the positive culture at Mater Maria.

Our Year 9 students spent three days at CRU Lake Macquarie, where they took part in exciting outdoor activities. These experiences not only built their self-reliance, leadership and responsibility but also encouraged a love for healthy outdoor pursuits. The camp strengthened the bonds between students and teachers, fostering a spirit of camaraderie that will last throughout the year.

Students studying Japanese had the opportunity to share their Personal Experience Project with other students in their Cross Campus Centre course, undertaking a Kendo Workshop and visiting Japanese businesses in the Chatswood Interchange.

Year 12 Drama and Music students showcased their talents during the Trial HSC performances in the Byrne Theatre.

Our students are actively participating in various sports programs, including the MWBA Basketball program, Peninsula Cup soccer tournament, as well as the Broken Bay rugby league and tennis gala days.

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>



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

We Meet

First & Third Tuesday of every Month

At 7pm

Sacred Heart Parish Centre

We will also be beginning a series on

METANOIA

A video series & discussion, inviting everyone to a deeper more profound conversion - a metanoia - that moves us from *something* to *someone*, as metanoia ultimately turns us to Jesus.

Bringing men together, to renew their faith in God & encourage them to be an active force of renewal in the Church

For any questions contact

Joe Cilia - 0418 863 814

Thank You



Łukasz (Fr Zygmunt's nephew) and wife Gosia would like to express their deepest gratitude to everyone who has kept their sweet daughter, Lily Janosik in their thoughts and prayers during her illness. Every prayer has brought comfort and reminded them that they are not alone. Please continue praying for Lily on her road to full recovery.
May God bless you all.



I have rejoiced in the way of thy testimonies,
as much as in all riches.

Psalms 119:14

DailyVerses.net

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AVAILABLE

Our bulletin has available spaces to promote local businesses. It's a great way to reach the community and endorse your services.

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Please contact the Parish Office on 9157 0999 for more information



**Little
Hearts
Playgroup**

MONDAYS 9:30 - 11:30 (School Term)

Please contact NIKKI - 0481 009 376

THE TRANSFIGURATION
OF THE LORD
6 August



FOR I KNOW
THE PLANS
I HAVE FOR YOU
declares the Lord,
PLANS TO PROSPER YOU
&
NOT TO HARM YOU
PLANS TO GIVE YOU
HOPE AND A FUTURE.
JEREMIAH 29:11

THE FIRST SATURDAY
DEVOTION TO THE
IMMACULATE HEART OF THE
BLESSED VIRGIN MARY



ROSARY @ 9:00 am (Optional)
MASS @ 9:30 am

*After Mass there will be Adoration & meditation on the
Luminous Mysteries followed by
Benediction of the Blessed Sacrament*

* Priest is available for Reconciliation before Mass

BLESSED
IS THE ONE WHO
TRUSTS
IN THE
LORD
JEREMIAH 17:7

JOIN US AS WE CELEBRATE
04/08/2025



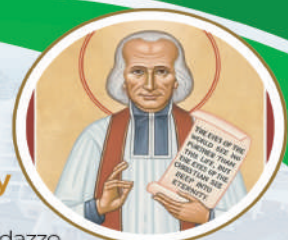
JUBILEE OF
PRIESTS

St Mary's Catholic Church, Manly

To celebrate the Jubilee of Priests, Bishop Anthony Randazzo
invites you to join him for an evening of prayer and fellowship.
This will be a unique opportunity to meet priests from our diocese.

5:00 pm Keynote talk
6:00 pm Mass of St John Vianney
7:00 pm Dinner in parish hall

📍 6 Raglan St, Manly



REGISTER



or email us:
manlyfreshwaterparish@bbccatholic.org.au

The *Living* Word

Entrance Antiphon

Psalm 69:2,6

O God, come to my assistance;
O Lord, make haste to help me!
You are my rescuer, my help;
O Lord, do not delay.

First Reading Ecclesiastes 1:2; 2:21-23

A reading from the book of Ecclesiastes

What do people gain by all their work?

Vanity of vanities, the Preacher says.
Vanity of vanities. All is vanity!
For so it is that a man who has laboured wisely, skilfully and successfully must leave what is his own to someone who has not toiled for it at all. This, too, is vanity and great injustice; for what does he gain for all the toil and strain that he has undergone under the sun? What of all his laborious days, his cares of office, his restless nights? This, too, is vanity.

The word of the Lord

Responsorial Psalm

Ps 89:3-6. 12-14. 17. R. v.1

(R.) In every age, O Lord, you have been our refuge.

You turn men back into dust and say:
‘Go back, sons of men.’
To your eyes a thousand years are like yesterday, come and gone, no more than a watch in the night. **(R.)**

You sweep men away like a dream,
like grass which springs up in the morning. In the morning it springs up and flowers: by evening it withers and fades. **(R.)**

Make us know the shortness of our life that we may gain wisdom of heart.
Lord, relent! Is your anger for ever?
Show pity to your servants. **(R.)**

In the morning, fill us with your love;
we shall exult and rejoice all our days.
Let the favour of the Lord be upon us:
give success to the work of our hands. **(R.)**

Second Reading Colossians 3:1-5, 9-11

A reading from the letter of St Paul to the Colossians

Seek the things that are above where Christ is.

Since you have been brought back to true life with Christ, you must look for the things that are in heaven, where Christ is, sitting at God’s right hand. Let your thoughts be on heavenly things, not on the things that are on the earth, because you have died, and now the life you have is hidden with Christ in God. But when Christ is revealed – and he is your life – you too will be revealed in all your glory with him.

That is why you must kill everything in you that belongs only to earthly life: fornication, impurity, guilty passion, evil desires and especially greed, which is the

same thing as worshipping a false god; and never tell each other lies. You have stripped off your old behaviour with your old self, and you have put on a new self which will progress towards true knowledge the more it is renewed in the image of its creator; and in that image there is no room for distinction between Greek and Jew, between the circumcised or the uncircumcised, or between barbarian and Scythian, slave and free man. There is only Christ: he is everything and he is in everything.

The word of the Lord.

Gospel Acclamation

Matthew 5:3

Alleluia, alleluia!

Happy the poor in spirit;
the kingdom of heaven is theirs!

Alleluia!

Gospel

Luke 12:13-21

A reading from the holy Gospel according to Luke

To whom will all this wealth of yours go?

A man in the crowd said to Jesus, ‘Master, tell my brother to give me a share of our inheritance.’ ‘My friend,’ he replied, ‘who appointed me your judge, or the arbitrator of your claims?’ Then he said to them, ‘Watch, and be on your guard against avarice of any kind, for a man’s life is not made secure by what he owns, even when he has more than he needs.’

Then he told them a parable: ‘There was once a rich man who, having had a good harvest from his land, thought to himself, “What am I to do? I have not enough room to store my crops.” Then he said, “This is what I will do; I will pull down my barns and build bigger ones, and store all my grain and my goods in them, and I will say to my soul: My soul, you have plenty of good things laid by for many years to come; take things easy, eat, drink, have a good time.” But God said to him, “Fool! This very night the demand will be made for your soul; and this hoard of yours, whose will it be then?” So it is when a man stores up treasure for himself in place of making himself rich in the sight of God.’

The word of the Lord.

Communion Antiphon

Wisdom 16:20

You have given us, O Lord, bread from heaven, endowed with all delights and sweetness in every taste.

REFLECTION

by Dianne Bergant

Both the first reading and the psalm response speak about the transitoriness of life. Life is all we have and it is so fragile, so fleeting. When we realise this,

we may fear that in the end we will have nothing to show for our lives. Such thoughts show that we have not learned the most basic lesson of life – life is to be lived!

The goods of the earth are both good and essential for survival and advancement. However, they do not satisfy the deepest longings of the human spirit. They provide us with pleasure and challenge, but they cannot shield us from the transitoriness of life itself. In the face of such impermanence, they are ultimately worthless. Life itself is the far greater good; goods only enhance life.

Recognising the transitoriness of life and the vanity of goods, we come to see that the only reality worthy of our total commitment is our relationship with God in Christ. Though made of dust and thus subject to perishability, we are joined with Christ and are promised imperishability. Having died to the vanities of this world, having taken off our old selves with their evil desires, we can now live as a new self, in generosity rather than greed, with openness to others rather than religious or gender or social biases. In our commitment to Christ we will discover that we can transform what is transitory in life by giving it away in love. If we can live in this way, life is anything but vanity!



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**All we ASK is a HEART
for CHRIST and a
willingness to
SERVE**

INTERESTED? PLEASE CONTACT

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Veronica Thomas - 0417 061 534

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For we brought nothing into the world,
and we can take nothing out of it.
But if we have food and clothing,
we will be content with that.
1 Timothy 6:7-8

Daily Verses

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TO MAKE FRIENDS FOR
YOURSELVES, SO THAT WHEN IT IS
GONE, THEY WILL WELCOME YOU
INTO ETERNAL DWELLINGS.**

- LUKE 16:9

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EVIL.
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HAVE WONDERED FROM THE
FAITH
AND PIERCED THEMSELVES WITH
MANY GRIEFS.

— 1 TIMOTHY 6:10 —