



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

Hope comes from faith! We must have great faith, and without great faith we cannot have hope or confidence in God, or hope in the Lord!

Prayer for *Peace Within Us*

May there be peace within us.
May we trust God that we are exactly where we are meant to be.
May we not forget the infinite possibilities that are born of faith.

May we use these gifts that we have received from You, O Lord, and pass on the love that You have given us.

May we be confident knowing that we are children of God.
Let this presence settle in us, and allow our souls the freedom to love and praise the Lord.
We ask this, through Christ, our Lord. Amen.



*For we live by faith,
not by sight.*

2 Corinthians 5:7



POPE LEO'S
PRAYER INTENTION
FOR *August*

For Evangelisation in the City

Let us pray for that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.

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Catholic Parish



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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 - 7.00 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 Mass)

★ **RECONCILIATION** ★
SATURDAY VIGIL
4.00 pm to 4.30 pm

★ **BAPTISM** ★
4TH SUNDAY of the Month
at 11.30 am

MARIA REGINA CHURCH
7 Central Road, Avalon

★ **WEEKDAY MASSES** ★
MONDAY - 8.00am

WEDNESDAY - 8.00 am

THURSDAY - 10.00 am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction at 9.00 am

FRIDAY - 8.00 am
FIRST FRIDAY of the Month,
Healing Mass/ Anointing of the Sick at 8.00 am

★ **RECONCILIATION** ★
Before Vigil Mass on Saturday

★ **WEEKEND MASSES** ★
SATURDAY VIGIL - 6.00 pm
SUNDAY - 9.00 am

★ **BAPTISM** ★
3RD SUNDAY of the Month
at 11.00 am

WE PRAY ✝ for

RECENTLY DECEASED

KEITH NORRIS

DECEASED ANNIVERSARY

MARIA GOUGH
CARMELA IEMMA

Prayer for the SICK

Lord, look with mercy on your servants who are sick. Bring them comfort, healing and strength.

ANNA ŚMIGOWSKA
LILY JANOSIK
SUE FRENCH
MAUREEN LARIOS
ELAINE BOYES
PAULINE CHAPMAN
RON CLARKE
BARBARA CLARKE
ANNA KATANEC
OTMA NOUAK
ANGELA MILLER
PHILIP KHALIFEH
JOSEPH KHALIFEH
GEORGE AZOURY
BRUCE FARR
JAMES
JACINTA PURNELL-MAJOR
NENITA ROQUE
MARIE CELINE- MACA
NEDA CRVELIN
JESSE CATHERSIDES
MARY REILLY
NOEL REILLY
THERESA KEANE
MARTA BIZUBOVA
LIAM GAVIN
RICHARD LIM
JAMIE CONNOLLY
AMADEA LUONG

BOOK REVIEW

The Jewess Mary
Mother of God
by: Henry Skrzynski



This book is an attempt to reconstruct the everyday life of Mary in particular between 30 B.C. and 40 A.D.

Because of your faith.
IT WILL HAPPEN

MATTHEW 9:29

LITURGY FOR THE WEEK

03/08 Monday, St Dominic
Jer 28:1-17; Mt 14:22-36

04/08 Tuesday, St Vianney
Jer 30:1-2, 12-15, 18-22;
Mt 15:1-2, 10-14

05/08 Wednesday, Ordinary
Time 18
Jer 31:1-7; Mt 15:21-28

06/08 Thursday, The Transfiguration of the Lord
Dan 7:9-10, 13-14; Mt 17:1-9

07/08 Friday, Ordinary Time 18
Nahum 2:1, 3:1-3, 6-7;
Mt 16:24-28

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



THE CATHOLIC PARISH OF PITTWATER giving

Our parish flourishes through the thoughtful care of resources and the generous commitment of our supporters. With gratitude, we thank all who help sustain our parish life, care for our Church and support the ministries that serve our community.

TO Make DONATIONS

SCAN the QR CODE below with your mobile phone camera and follow the prompts

Donations can be made weekly, fortnightly, monthly or one-off.



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Second Collection
(Parish Giving)

Pastoral Works Broken Bay
All PWBB donations over \$2 are 100% tax deductible

Pastoral Works Broken Bay is the charitable outreach of our Catholic community, supporting the pastoral priorities of the Diocese. It plays a vital role in funding life changing ministries, strengthening families and nurturing parish communities across Broken Bay.

Has Your Credit Card Expired?
If you support the Parish through credit card giving, please let us know if your card details have changed or expired.

Direct Debit
You may also choose to support the Parish through direct debit. This can be set up easily and securely by contacting the Parish Office, who will arrange it for you.

Safeguarding

» ✝ «
Catholic Parish of Pittwater

The Catholic Diocese of Broken Bay and the Catholic Parish of Pittwater are committed to fostering safe, caring communities for all, especially children and vulnerable people, guided by our faith in Jesus Christ.

Everyone is encouraged to provide feedback on the Diocese of Broken Bay webpage.



Diocese of Broken Bay Safeguarding
www.bbcatholic.org.au/safeguarding

Safeguarding is everyone's responsibility.

OUR PARISH SCHOOLS



Parish Bulletin- Term 3, Week 2

Monday showcased the entrepreneurial spirit of our Year 9 Commerce students as they transformed the Marana Complex into a bustling marketplace for their annual Commerce Market Day. With 30 student-run businesses on display, students applied their classroom learning in a practical and engaging way. From planning and marketing products to managing budgets, setting prices and serving customers, students gained firsthand experience in business operations and financial decision-making. The day highlighted their creativity, innovation and problem-solving skills while providing an authentic learning experience aligned with the NSW Commerce syllabus. Congratulations to all students for their enthusiasm, teamwork and business acumen.

Year 9 students enjoyed three days at CRU Lake Macquarie this week, where they participated in a range of outdoor adventure activities designed to challenge and inspire. The experience encouraged students to develop resilience, independence, leadership and teamwork while fostering a greater appreciation for the natural environment. The camp also provided valuable opportunities for students and staff to strengthen relationships and build a sense of community that will continue throughout the year.

Our students have also proudly represented Mater Maria Catholic College in several sporting events this week including:

- Peninsula Cup Soccer for girls in Years 7, 8 and 9
- Peninsula Cup Rugby for boys in the Under 16
- Broken Bay Netball Gala Day for junior students in Years 7 and 8
- MWBA Basketball - Semester 2 Competition

We congratulate all students who participated and thank them for the pride, commitment and sportsmanship they displayed while representing the College.

Every Friday, our prefects lead Faith Fridays. This is a special opportunity for prayer, reflection, music and community in the Chapel and Courtyard. All students are warmly invited to join together in faith and connection as we pause to reflect on God's presence in our daily lives.

Enrolment applications are now open for students commencing in Year 7, 2030. Families are advised that the Year 7 2027 and 2028 intakes are currently at capacity and operating with waitlists. Limited places may become available for Year 7 2029 should vacancies arise during future offer rounds. For more information, please visit matermaria.nsw.edu.au/enrolments

We thank our parish community for your continued prayers and support.

"But Jesus said, Let the children come to me. Don't stop them! For the Kingdom of Heaven belongs to those who are like this children."
Matthew 19:14



Sacred Heart Catholic Primary School Week 2, Term 3

A huge congratulations to Amelia E (Year 6) who came 4th in the Girls 11 yr race at the NSW PSSA Cross Country Championships on the 22 July. Amelia will now represent NSW at the National Cross Country Championships in September.



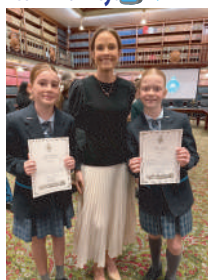
On Friday July 31st we welcomed our Grandparents to Sacred Heart. This is one of the biggest events of the year for our school community. Grandparents enjoy a visit to the classrooms, attend a special mass, watch performances from our band, choirs and dance group, followed by a morning tea. The Grandparent/Grandchild relationship is such a special one.
"A grandparent is a little bit parent, a little bit teacher, and a little bit best friend."



Maria Regina Catholic Primary School Week 2, Term 3



Maria Regina Year 6 leaders loved their visit to Billy Kids Preschool reading books, answering curious questions and connecting through a fun craft activity. A wonderful opportunity to connect with our preschool community!



This Term the Maria Regina School Captains, Edie and Rosie, spent the morning at NSW Parliament with our Pittwater local member, Ms Jacqui Scruby MP. It was a fantastic opportunity to gain insight into how parliament works and experience leadership in action.

PARISH DIRECTORY

PITTWATER PARISH



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9157 0999



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Mobile 0417 061 534



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1 Keenan Street, Mona Vale



MARIA REGINA CHURCH

7 Central Road, Avalon



SCHOOLS

SACRED HEART SCHOOL, Mona Vale

Tel 8197 6900

Principal: Ms Louise O'Brien

MARIA REGINA SCHOOL, Avalon

Tel 7256 2138

Principal: Ms Kirsty Thorpe

MATER MARIA CATHOLIC COLLEGE, Warriewood
Tel 7256 2100
Principal: Mr Anthony Mahoney

The Feast of the Transfiguration of the Lord



**Thursday, 6 August
Special Mass at 7 pm,
Sacred Heart Church, Mona Vale**



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 ARE WELCOME



WE MEET

First & Third Tuesday
of every Month
at 7 pm



**SACRED HEART
PARISH CENTRE**



JOIN US –

MEN'S FAITH GATHERING

We warmly invite all men of our parish & community to come together at 7:00 pm for an informal & faith-filled evening of conversation, reflection & brotherhood.



These gatherings offer a welcoming & supportive space to share openly, grow spiritually & encourage one another in our journey of faith.



Together, we seek to renew our hearts in Christ, strengthen our commitment to God & be a vital & active force of renewal within our Church.



Come & be part of a community where faith is nurtured, friendships are formed & the Holy Spirit at work.



All are welcome.

We look forward to seeing you there.



For any questions, contact

Joe Cilia - 0418 863 814

Those who
hope in the Lord
will *renew* their strength.

Isaiah 30:31

CatholicCare
DIOCESE OF BROKEN BAY



**COMBATING
HOMELESSNESS
TOGETHER**

SATURDAY 8 & SUNDAY 9 AUGUST 2026

Please donate to CatholicCare's homelessness services across the Diocese

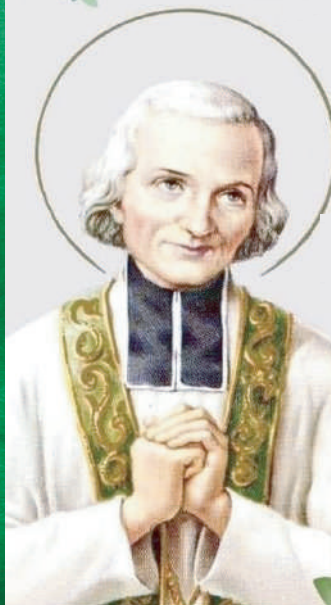
There is no place like home - but for many having a home is not reality. The causes may be diverse but the impact is the same - a loss of dignity and a sense of hopelessness.

Few people choose to be homeless and the longer a person remain homeless, the more difficult it is to return to mainstream society. We provide a women's refuge, transitional accommodation options, young parent's homelessness services and street sleeping outreach supports. We also operate Dom's Place in Hornsby and Mary Mack's Place in Woy Woy where we provide meals, a place to shower and wash clothes and somewhere for people who are homeless or transient to come and to connect with supports and community.

*Your donations provide a lifeline -
they keep our doors open, our showers
running and hot meals on the table for people
who need them most.*

Thank You

**Memorial of
St John Mary Vianney**
Patron Saint of Parish Priests
4th August



*The priesthood is the
love of the heart of
Jesus.*

*When you see a priest,
think of our Lord.*



**Solemnity of
St Mary of the Cross Mackillop
8 August**

"Whatever troubles may be before you, accept them bravely, remembering whom you are trying to follow. Do not be afraid. Love one another, bear with one another, and let charity guide you all your life. God will reward you as only He can."

**Because of your faith,
it will happen.**

Matthew 9:29

RCIA

RITE OF CHRISTIAN
INITIATION OF ADULTS

*Are you searching
for something more?*

Would you like to know more
about being a Catholic
or would you like to be one?



**"Come back
to me with
all your heart."**

– Joel 2:12



RCIA is a journey of faith

A welcoming process for adults
who are exploring the Catholic faith
or who wish to become Catholic.

*Come, ask, explore and grow in faith
in a supportive community.*



DISCOVER
Ask questions
and share



GROW
Deepen your
faith



BELONG
Be part of our
Catholic family



**WEDNESDAY,
16TH SEPTEMBER
AT 7 PM**



SACRED HEART CHURCH PARISH CENTRE



Everyone is welcome

♥ COME AS YOU ARE. YOU ARE NOT ALONE ON THIS JOURNEY.

**Could PASTORAL CARE
BE YOUR CALLING?**

Bring **comfort, care** and **Christ's love** to those
in hospital and aged care.



5 MONDAYS
31 AUG –
28 SEPT



**9:00AM –
3:00PM**



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BACK OF THE CHURCH!



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or contact Peter Brown on **0418 616 602**

Make a difference. ♥ Share Christ's love. ♥ Be a sign of hope.

BLESSED FRANCIS JORDAN PRAYER GROUP



Come and spend time in prayer,
reflection and devotion to our
Blessed Mother and Blessed Francis
Mary of the Cross Jordan
as we gather together to deepen
our faith and seek their loving
intercession.

We warmly invite everyone
to join us weekly.

**AFTER THE 9:30 AM MASS,
ON WEDNESDAYS**

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 Isaiah 55:1-3
A reading from the prophet Isaiah
Hasten and eat.

Thus says the Lord:
Oh, come to the water all you who are
thirsty; though you have no money,
come! Buy corn without money, and eat,
and, at no cost, wine and milk. Why
spend money on what is not bread,
your wages on what fails to satisfy?
Listen, listen to me and you will have
good things to eat and rich food to enjoy.
Pay attention, come to me; listen, and
your soul will live. With you I will make
an everlasting covenant out of the
favours promised to David.

The word of the Lord

Responsorial Psalm
Ps 144:8-9, 15-18. R. v.16
**(R.) The hand of the Lord feeds us:
he answers all our needs.**

The Lord is kind and full of compassion,
slow to anger, abounding in love. How
good is the Lord to all, compassionate to
all his creatures. **(R.)**

The eyes of all creatures look to you and
you give them their food in due time.
You open wide your hand, grant the
desires of all who live. **(R.)**

The Lord is just in all his ways and
loving in all his deeds. He is close to all
who call him, call on him from their
hearts. **(R.)**

Second Reading Romans 8:35, 37-39
**A reading from the letter of St Paul to
the Romans**
*No creature can separate us from the
love of God, which is in Christ.*

Nothing can come between us and the
love of Christ, even if we are troubled or
worried, or being persecuted, or lacking
food or clothes, or being threatened or
even attacked. These are the trials
through which we triumph, by the power
of him who loved us.
For I am certain of this: neither death nor
life, no angel, no prince, nothing that
exists, nothing still to come, not any
power, or height or depth, nor any
created thing, can ever come between us
and the love of God made visible in
Christ Jesus our Lord.

The word of the Lord.

Gospel Acclamation Matthew 4:4

Alleluia, alleluia!
No one lives on bread alone, but on
every word that comes from the mouth
of God.
Alleluia!

Gospel Matthew 14:13-21
**A reading from the holy Gospel
according to Matthew**
They all ate and were satisfied.

When Jesus received the news of John
the Baptist's death he withdrew by boat
to a lonely place where they could be by
themselves. But the people heard of this
and, leaving the towns, went after him on
foot. So as he stepped ashore he saw a
large crowd; and he took pity on them
and healed their sick.

When evening came, the disciples went
to him and said, 'This is a lonely place,
and the time has slipped by; so send the
people away, and they can go to the
villages to buy themselves some food.'
Jesus replied, 'There is no need for them
to go: give them something to eat
yourselves.' But they answered, 'All we
have with us is five loaves and two fish.'
'Bring them here to me,' he said. He
gave orders that the people were to sit
down on the grass; then he took the five
loaves and the two fish, raised his eyes to
heaven and said the blessing. And
breaking the loaves he handed them to
his disciples who gave them to the
crowds. They all ate as much as they
wanted, and they collected the scraps
remaining, twelve baskets full. Those
who ate numbered about five thousand
men, to say nothing of women and
children.

The Gospel 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

*Jesus nourishes us. In a world that is
fraught with meaninglessness, he offers
purpose; to a world that is stumbling in
darkness and confusion, he provides
direction. He satisfies the hungry heart;
he enlivens the drooping spirit. Those
who follow Jesus will never be left to
languish in the desert. If we but open our
eyes, we will be amazed at the
bountifulness of the nourishment that is
provided for us. We will discover that
God is magnanimous, even prodigal in
giving, that God's generosity exceeds all
of our expectations and also our
understanding.
Furthermore, we are nourished by God
through the ministry of each other,
through the simple things of life,
(distributing bread and gathering up the
fragments): visiting the sick and
consoling the grieving; caring for a child
and giving aid to an elder; bagging
groceries and directing a choir. If we but
open our eyes, we will be astounded at
how ordinary actions can satisfy our
hunger and the hunger of others.*

*Most amazing of all is that this
nourishment is given freely; there was no
thought of requiring payment. God
simply invites: Come! All we have to do
is reach out our hands to receive and we
will never be sent away to find
nourishment for ourselves. We will
discover that a bond is established that
endures. Jesus is filled with compassion,
a compassion that is not a fleeting
emotion, but an enduring attitude.
Nothing can separate us from the love of
Christ.*

© Dianne Bergant CSA



**Faith makes you walk where others
sink.
(MATTHEW 14:29)*

**PARISH MORNING TEA
GATHERING**

Everyone is welcome to join.

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**

— ♦ —

Last Sunday after the
9 am Mass
at the front of
**MARIA REGINA CHURCH,
AVALON**

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refreshments and the opportunity
to catch up with fellow
parishioners in a friendly and
welcoming atmosphere.*

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(SCHOOL TERM)

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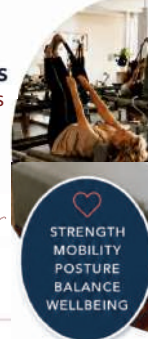
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