



# The Catholic Parish of Pittwater

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



## Thoughts of Fr Francis Jordan

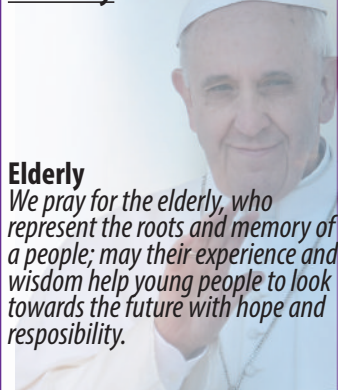
True humility is the key to heaven's treasury of grace.  
Oh pilgrim, get up bravely, if you stumble along the  
rugged path to life!



## St Francis of Assisi Prayer

Lord, make me an  
instrument of Your peace.  
Where there is hatred,  
let me sow love;  
where there is injury,  
pardon;  
where there is doubt,  
faith;  
where there is despair,  
hope;  
where there is  
darkness, light;  
where there is sadness, joy.  
O, Divine Master, grant that  
I may not so much seek to  
be consoled as to console;  
to be understood as to  
understand;  
to be loved as to love;  
For it is in giving that we  
receive;  
it is in pardoning that  
we are pardoned;  
it is in dying that we  
are born again to  
eternal life.  
Amen.

## 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 Stanko Rusev

### Recently Deceased Emidio Cafini Helen McKillop John Cox Candy Ocampo

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

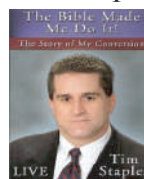
Franciszek Smigowski  
 Anna Smigowska  
 Pat Regan  
 Garry Gleeson  
 Annette Davis  
 Andrew Hood  
 Jeff Langley  
 Erin Ocampo  
 Mark Lindfiels  
 Vicky Kalingasan  
 Bill Eyre  
 Brian Gregan  
 Mrian Poe  
 Marcia Bailey  
 Bec Burroughs  
 Susan Hickey  
 Sophia Burfitt  
 Margaret De Landre  
 Maeve Robinson  
 Jenny Carroll  
 Matt Ukishima  
 Pietrina Maiorana  
 Susan Makabenta  
 Mina Lee  
 Denise Wagner  
 Ron  
 Leonie Ariemetto  
 John Graham

### Liturgy for the Week

**01/08 Monday, St Alphonsus Liguori**  
 Jer 28:1-17; Mt 14:13-21  
**02/08 Tuesday Ordinary Time 18**  
 Jer 30:1-2, 12-15, 18-22;  
 Mt 14:22-36  
**03/08 Wednesday, St Dominic**  
 Jer 31:1-7; Mt 15:21-28  
**04/08 Thursday, St John Vianney**  
 Jer 31:31-34; Mt 16:13-23  
**05/08 Friday Ordinary Time 18**  
 Jer 18:1-6; Mt 13:47-53  
**06/08 Saturday, The Transfiguration of the Lord**  
 Dan 7:9-10, 13-14;  
 Lk 9:28-36

## BOOK REVIEW

### The Bible Made Me Catholic A DVD presentation by Tim Staples



*Tim grew up in a Baptist family and did not question his faith but believed that Catholicism was a non-Christian religion. As a young man he enlisted in the U.S. Marine Corps, and was challenged by a Catholic marine to study Catholicism from both biblical and historical sources. This eventually led to his conversion, but just knowing what Catholics believe was not enough. His goal is to show us why we believe.*



Have a chat and share a cuppa with an older person in your community one hour a fortnight



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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.

## GIVING

Thank you for your continued contributions and support. Your financial contributions and your generous donations throughout the year are greatly appreciated.

## LIVESTREAMS READINGS NEWS

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 Google play

<https://brokenbay.goodgiving.com.au>

### Caritas Ukraine urgently needs your support

Caritas Australia is currently raising funds to support communities impacted by the conflict in Ukraine. Visit: [caritas.org.au/donate/emergency-appeals/ukraine/](http://caritas.org.au/donate/emergency-appeals/ukraine/) or call: 1800 024 413 toll free to provide much needed support.





## VOCATIONS WEEK



### Vox Populi (Voice of the People)

The approaching month of August is an extremely busy one. It will provide everyone with many opportunities for prayer and good works!

We know good works are our actions or deeds and that both good works and faith are necessary for salvation. And that means works of love or charity.

Next week, from 1-7 August, the Diocese of Broken Bay will join with people from around Australia in highlighting the growing problem in our society of homelessness. We know homelessness has increased by nearly 14% in the past four years; that 2 out of 5 people in this situation are under 25, and there has been a 28% increase in our 55+ men and women experiencing homelessness. People from our communities right across the Diocese are represented in those figures.

CatholicCare is the social care agency of our Catholic Church in the Diocese of Broken Bay. Their services are as diverse as the people they serve but their common commitment is to provide assistance where it is most needed. In the coming weeks CatholicCare and Catholic Schools Broken Bay will work together to support our homelessness services, and Bishop Anthony Randazzo is encouraging us all to help with their fundraising where we can, and to keep the homeless or transient always in our prayers.

This is also a very special time of year when we pray for Vocations. The word "vocation" simply means "to be called". Every member of the Church is called to holiness but responding to that call is unique and particular for each one of us. It is not about becoming someone we are not. It is about living out our baptismal call to follow and imitate Jesus, and by doing so we are able to discover what this specific call is. For some it may mean marriage, or for others a call to the priesthood or religious life or to live as a single person. For our young men or women who are discerning a religious life, pray for them to be generous, and courageous.

There are also many memorials and feast days during the month of August, including the Feast of the Transfiguration of the Lord on 6 August, and one of

our most important feast days and Day of Obligation, the Assumption of the Blessed Virgin Mary on Sunday 15 August.

Many opportunities to pray. And how to pray? Pope St John Paul II had a fairly straightforward reply when asked this question.

"This is a simple matter. I would say;

Pray any way you like, as long as you pray."

## INVITATION TO ALL CATHOLICS AND NON-CATHOLICS

We are happy to invite everybody who would like to know more about our Catholic faith tradition to join our next RCIA Programme of our Parish in Pittwater starting  
**5 September 2022, Monday**

*If Jesus asked us as He queried Peter and His disciples "Who do people say the Son of Man is?", what would our answer be??*

Our RCIA team (RCIA stands for 'Rite of Christian Initiation of Adults') would love to share our answers with you based on our faith tradition and our personal experience.

In 24 informal evening sessions we discuss some of life's deeper questions:

- \* What does it mean to be a Catholic today?
- \* What can the Bible and the Church tell us in this day and age?
- \* What do we really believe, really?

In the past few years close to 60 people have joined us and given us numerous enthusiastic responses. Many participants testify to this every year by becoming full or renewed members of our Church at Easter.

### WHY NOT YOU?

Please register at our Parish Office (91570999) before Friday, 31 August 2022, and join us on Monday, 5 September 2022 at 7 pm (for 90 minutes) in our Parish Centre at Sacred Heart Church, Mona Vale.

**EVERYBODY IS WELCOME!**





# 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**



## Parish Bulletin – Term 3, Week 2

Our Year 9 students went on camp for three days at the Crosslands Youth and Convention Centre in Galston. They faced the challenge of outdoor activities to help them discover the qualities of self-reliance, leadership and responsibility. A positive attitude to healthy outdoor pursuits will be encouraged during this year, and the bonds between students and teachers will be strengthened.

Our Year 7 historians recently researched and recreated an ancient Egyptian artefact as part of their assessment task. We were very impressed with the time and effort that the students put into this project and as a result, we exhibited the work of all students who opted to have their artefact showcased. This exhibition was curated in our Benedict Learning Centre on Wednesday for parents and displayed throughout the week to all students within the College.

It has been a busy week of sport at the College. On Monday, students from Years 7 to 11 attended the Netball Gala Day at Pennant Hills Park. On Thursday, students in Years 7 to 10 attended the BBSA Junior and Intermediate Boys Basketball Gala Day at the Breakers Stadium in Terrigal. Many sessions of basketball were played for the MWBA Competition. Several Peninsula Cup games were also played for Girls Soccer and Boys Rugby Union.

Applications for Year 7, 2025 are now open. There are waiting lists for Year 7, 2023 and Year 7, 2024. For more information about enrolling at our Mater Maria Catholic College please visit <https://matermaria.nsw.edu.au/enrolments/>.



## Stella Maris College Application for Enrolment

To align our enrolment timeframe more closely with other independent Catholic secondary schools, Stella Maris College has brought forward the enrolment process for incoming Year 7 students. As such, applications and enrolment interviews will now take place in Term 3 (three years prior to when students are in Year 4) rather than in Term 1 (two years prior to commencement when students are in Year 5). Applications for Year 7 2025 (current Year 4 students) close on Friday 5 August 2022 with enrolment interviews scheduled between 10 – 16 September 2022. For further information, please visit: <https://stellamaris.nsw.edu.au/year-7-2025-enrolment-applications-now-open/>

"COME TO ME, ALL YOU THAT ARE WEARY AND ARE CARRYING HEAVY BURDENS, AND I WILL GIVE YOU REST."  
Matthew 11:28

**31st JULY**  
Sunday

**ONE DAY PILGRIMAGE**  
(LAST SUNDAY RETREAT)  
with Fr. Roni George and Fr. Joby George  
9:00am - 4:00pm

- Praise And Worship • Preaching The Word
- Eucharistic Adoration • Way Of The Cross
- Divine Mercy Chaplet • Holy Mass

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The Divine Retreat Centre promotes the safety and protection of children and other vulnerable persons in its care.

## Position Vacant

Part Time Parish Coordinator/  
Admin Assistant/Bookkeeper  
3 days per week

Manly Freshwater Parish is seeking to recruit a part time Parish Coordinator/Administration Assistant. This role plays an important part in the Parish Team, providing support for Parish groups, parish functions and administration financial processes.

We are seeking a candidate with excellent people skills, a comprehensive knowledge of office administration processes and procedures and bookkeeping experience. A sound understanding of Microsoft Office and MYOB is necessary.

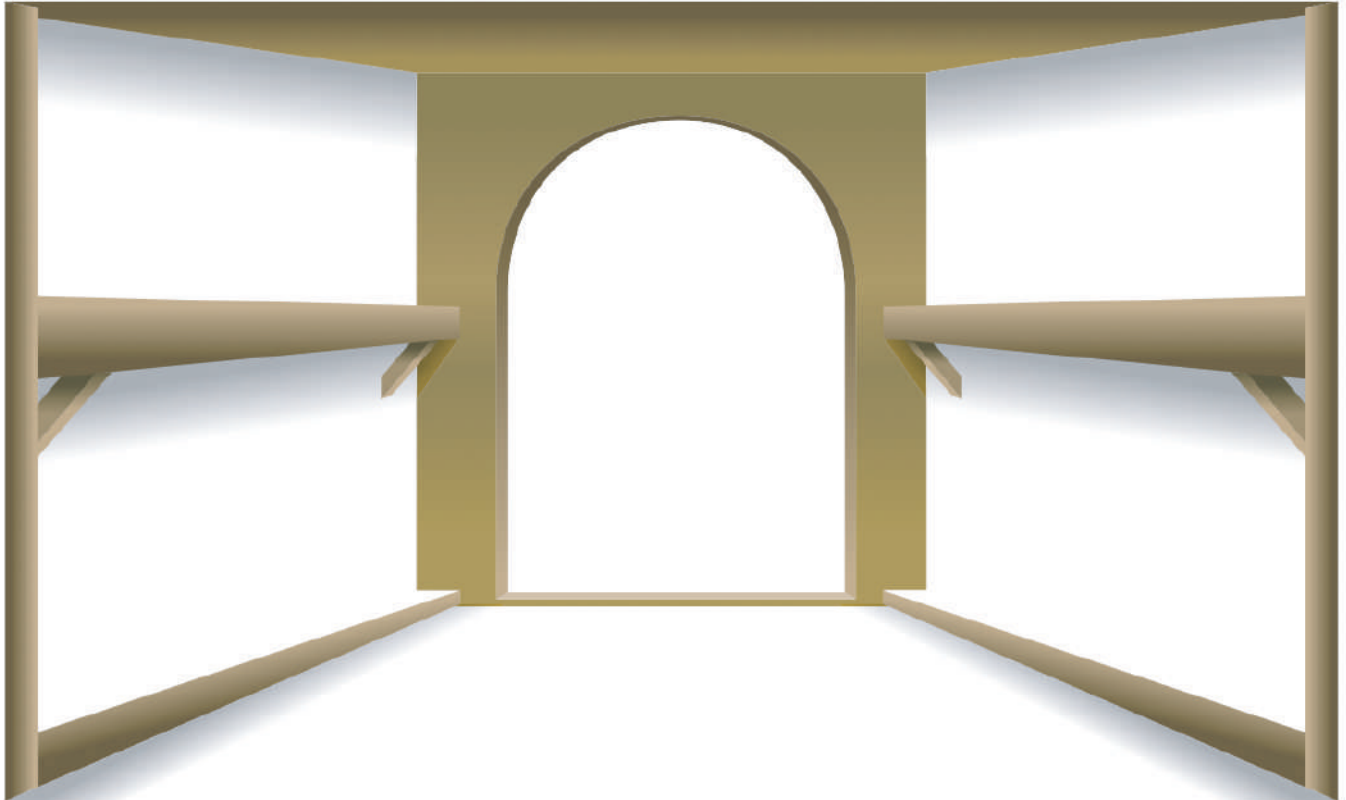
An ability to work independently while remaining a team player, with a commitment to be accountable for performance, and an ability to work collaboratively across a wide range of groups, supported by a good understanding of, and commitment to, Catholic values and teachings will be crucial to your success.

If this role interests you and you would like to join the Parish team please email a brief cover letter and CV to Jenny Beninati in the Parish Office – [manlyfreshwaterparish@bbcatholic.org.au](mailto:manlyfreshwaterparish@bbcatholic.org.au)



**18th Sunday in Ordinary Time, Year C**

**Instead of wealth and riches, what are the important things in our lives that are worth storing up?**



**In what ways can we be "rich" rather than "poor" in the sight of God?  
Write an answer on each sack of grain.**



**Which two of these farmers are the same?**





# The *Living* Word

## Entrance Antiphon

Ps 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

Ecc 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

Col 3:1-5, 9-11

### A reading from the first 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

Mt 5:3

Alleluia, alleluia!

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

Alleluia!

### Gospel

Lk 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 Gospel of the Lord

### Communion Antiphon

Wis 16:20

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

## REFLECTION

by Dianne Bergant CSA

*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.*

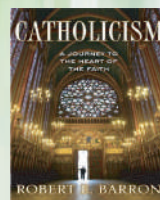
*Recognising the transitoriness of life and the vanity of goods, we come to see that the only reality worthy of our total commitment is our relationship with God in Christ. Though made of dust and thus subject to perishability, we are joined with Christ and are promised imperishability. Having died to 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!*

© Dianne Bergant CSA

## NEW BOOK COURSE

### "Catholicism"

by Bishop Robert Barron



**This 10 week course consists of reading one chapter a week, watching a video and group discussion.**

**If you wish to purchase the book or require more information, Please contact  
Maxine Bosher 0452 532 073**

**DATE: 2 AUGUST 2022, Tuesday  
TIME: 10 am Morning Tea,  
10:30 am start**

**VENUE: Sacred Heart Parish  
Centre**

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