



The Catholic Parish of Pittwater

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

God Is An Artist

You are proof
that God is an artist.
He took you,
and he took your sin.
He made you clean,
washed white with blood.
You became a canvas
for Him to paint
images of grace and glory upon.
You became a blank page
for Him to write sonnets
of peace and of love,
and He named you worthy.
You became a stone slab
which God is now chipping away at,
creating in you a new heart
and shaping you
into who you were always
meant to be:
His child.



Thoughts of Bl Francis Jordan

Now and then read and meditate on the Most Holy Eucharist.



Pope Francis' Prayer Intentions For August



The Church

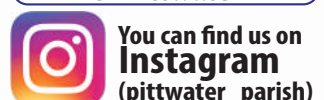
Let us pray for the Church, that she may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.



We will livestream our 10am Mass this Sunday so that all are able to join in Spiritual Communion with us as a parish family of Pittwater. To join the livestreaming please visit our parish website <https://www.bbcatholic.org.au/pittwater/news-events/parish-news/livestream-our-weekend-masses>

Our Churches are closed till further notice.

A warm welcome to all our parishioners and visitors who are celebrating the Eucharist with us at Pittwater Parish Online



PARISH DIRECTORY

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Parish Office Hours
Monday to Thursday
9.00am to 4.00pm
Friday 9am to 12 noon

Sacred Heart Church
1 Keenan Street Mona Vale

Maria Regina Church
7 Central Road Avalon

Mona Vale
Sacred Heart School
Tel 9999 3264
Principal: Mrs Suellen Garey

Avalon
Maria Regina School
Tel 9918 2608
Principal: Miss Kirsty Thorpe

Warriewood
Mater Maria Catholic College
Tel 9997 7044
Principal: Mr Marc Reicher

We acknowledge the lifelong trauma of abuse victims, survivors and their families, the failures of the Catholic Church to protect, believe and respond justly to children and vulnerable adults, and the consequent breach of community trust.

We Pray for the Souls of

Vimala Anthony
William Kerr
Josephine Kerr
Julie Cunliffe
John Cunliffe
Iris Evans
Josephine Caruana
Frances Vines

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. Thank You.

Recently Deceased

Neil De Landre

Prayers for the Sick

Philip Maddrell
Gail Reiher
Imelda Vince
Ben Castillo
Moira Howie
Christine Hills
Sara Zofrea
Beryl Peo-Duncan
John Andrew Graham
John Charles Graham
Michael Carrodus
Pat Regan
Robyn Sheather
Candida Hernandez
Chin Quang Le
Tony Quatroville
Garry Gleeson
Elizabeth Kral
Nazarena Custodio
Annette Davis
Andrew Hood
Jeff Langley
Peter Vorlicek
Warwick Chipman
Erin Ocampo
Mark Lindfield
Vicky Kalingasan
Cos Coniglio
Bill Eyre
Brian Gregan
Marian Poe
Marcia Bailey
Bec Burroughs
Mansour Sukkar
Trish Newman
Susan Hickey
Sophia Burfitt
Anne Gerathy
Margaret De Landre

The names on this list will be removed after four weeks unless otherwise requested or advised. Thank you

Penny and David Kerr

As you celebrate your
50th wedding anniversary on
7th August, we pray that God
grants you the wisdom needed to
continue to grow old together.
We wish you many more
wonderful years of marriage.
Congratulations

Fan the Flame

Towards Plenary Assembly
One October 2021

**'I am the bread of life.
He who comes to me will
never be hungry;
he who believes in me
will never thirst.'**

Matthew 28:16-20

The ethical and missionary implications of the Eucharist for the Church's communion of faith will always be incomplete while the poor go hungry, for "we cannot properly receive the Bread of Life without sharing bread for life with those in want".

(Pedro Arrupe, "Address prior to Eucharistic Congress 1976", The Portal to Jesuit Studies, accessed 23 April 2021, https://jesuitportal.bc.edu/research/documents/1976_arrupeucharist/)

www.plenarycouncil.catholic.org.au/fanthe flame/



To read the messages from
Bishop Anthony and from
the people Vox Populi please
go to
www.pittwaterparish.org.
News and events tile and
Messages from Bishop

DVD REVIEW**The Staircase**

This movie from our Parish Library: "It reminds us in cynical times of the power of prayer and of the potential for good." It will have you wondering all the way through.

If you would like to borrow this DVD you could contact Trish Newman on 0401 613643 probably after the lockdown.



BBNEWS

News from the Catholic Diocese of Broken Bay

BBNews eNewsletter

BBNews is a fortnightly newsletter with news stories from across the Diocese.

Complementing the quarterly Broken Bay News magazine, BBNews will highlight the activity and stories of the Church in Broken Bay and beyond. You can subscribe on the website <https://www.bbcatholic.org.au/news-events/bbnews/bbnews-subscription>



We will livestream **VOCATIONS MASS** at 10am on Thursday 5 August, and pray for our priests and for vocations. On Friday 6 August at 10am, we will livestream **First Friday (Healing) Mass** and pray for all who are struggling, especially in these uncertain times, spiritually, mentally and physically. Join us in Spiritual Communion and prayers as a parish family of Pittwater. To join the livestreaming please visit our parish website <https://www.bbcatholic.org.au/pittwater/news-events/parish-news/livestream-our-weekend-masses>

Watch the daily Mass on Demand from Broken Bay's Cathedral at

<https://www.youtube.com/channel/UCNenwlf7i14XB9TsVBrLvQ>

We hope that this will help the faithful to celebrate the Holy Mass online wherever you are

**Spiritual Communion Prayer**

My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.

Amen.

St Mary of the Cross MacKillop Feast Day • 8 August

No Masses will be celebrated at Mary MacKillop Place. The Chapel remains closed. Prayer resources are available on the website - <https://www.marymackilloplplace.org.au/feast-day-resources/>

Dear Parishioners,

Given the current situation, the NSW Government has extended the stay at home order until 28 August 2021. Therefore, unfortunately our churches will remain closed. Bishop Anthony Randazzo, Bishop of Broken Bay, has suspended the obligation for the faithful to participate in Sunday Mass (can.1247) for the people of Broken Bay for the duration of this lockdown.

As we cannot be together physically at this time, we will continue to livestream our 10am Mass on Sundays. I also invite you to be united with us as a parish family by joining in two extra livestreamed Masses this week.

Firstly, our Vocations Mass for the first Thursday (this Thursday 5 August at 10am) where we will pray not only for vocations to the priesthood and religious life, but also we will pray for all priests, especially those who are sick or struggling during this uncertain time.

Secondly, we will also livestream our Mass for the first Friday (this Friday 6 August at 10am) where we will join together to pray the Litany of the Sacred Heart of Jesus and remember in our prayers all members of our parish family, especially those who are sick or struggling during this time of pandemic and lockdown.

To join in the livestreaming of the Masses from our parish please visit our parish website
<https://www.bbcatholic.org.au/pittwater/news-events/parish-news/livestream-our-masses>

In this weekend's Gospel Jesus tells us: 'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.' At the moment, we find ourselves craving for the physical contact of the things we love most: family, friends, and of course, Jesus in the Eucharist. These struggles and the hunger for what really matters in our lives, are what makes today's readings so compelling. Jesus is telling us so much about the importance of our relationship with God. By accepting his friendship, we will be nourished and sustained to have the strength to keep going. We can take heart from this weekend's Gospel that our relationship with God will give us the strength to endure this lockdown and come back with a renewed love for the Eucharist.

As the stress of this continued lockdown becomes more difficult, we are very aware that many of our parishioners are going through some tough times, with some losing jobs, struggling with financial situations and feeling very isolated. I encourage you to contact your family, friends and neighbours and to check in on each other and I also encourage you to seek help if you are in need. We have some parishioners that have offered assistance with items such as meals, the office staff are always available for a friendly chat and CatholicCare has also made assistance available. All enquiries are kept in complete confidence. Please don't hesitate to contact our parish office if you are in need and we can put you in touch with avenues of support.

Together with Fr Paul, we continue to celebrate our daily Masses, keeping all members of our parish family in our prayers.

Stay safe, be kind to one another and yourselves.

Yours in Christ,



Fr Richard Sadowski SDS
Parish Administrator

How To Offer Up Your Intentions At Mass



As Catholic laity, we often hear about "active participation" at the Holy Sacrifice of the Mass. We may think that "active" participation means "physical" participation - such as being a cantor, a lector, an Extraordinary Minister of Holy Communion, or even standing and kneeling at all the right moments.

However, first and foremost, the active participation of the laity refers to our interior participation at Mass. If we do not pray with attention and devotion, we do not pray at all. Our interior participation at Mass is the most important.

Each Mass takes us to the foot of the Cross, where the sacrifice of Christ to God the Father on our behalf is made present to us. In addition to praying the Mass with an engaged mind and heart, we also actively participate by joining (offering up) our own sacrifices and intentions.

This is a privilege we have as Catholics because we have been united to Christ through the sacrament of baptism. He is the head of the Church, and we are His Body. This allows us to participate in Jesus' offices of priest, prophet, and king.

According to the Second Vatican Council:

The baptised, by regeneration and the anointing of the Holy Spirit, are consecrated as a spiritual house and a holy priesthood, in order that... they may offer spiritual sacrifices...

The ministerial priest, by the sacred power he enjoys, teaches and rules the priestly people; acting in the person of Christ, he makes present the Eucharistic sacrifice, and offers it to God in the name of all the people.

But the faithful, in virtue of their royal priesthood, join in the offering of the Eucharist... Taking part in the Eucharistic sacrifice, which is the fount and apex of the whole Christian life, they offer the Divine Victim to God, and offer themselves along with It. (Lumen Gentium)

How to Offer Up Your Intention at Mass

The laity exercise their priestly role by offering themselves as a sacrifice to God in union with Jesus Christ. Just as the priest offers the Holy Sacrifice for a particular intention, we, too, can offer it for a personal intention. This means to apply the infinite, redeeming Blood of Jesus Christ to a particular person or cause.

The place in the Mass where this happens is the Offertory, which immediately follows the Prayers of the Faithful. The bread and wine are brought before the altar, and the priest begins the preparation and blessing of the gifts. When the priest uncovers the paten, we can mentally place our intentions on the host.

The priest says: "Pray, brethren, that my sacrifice and yours may be acceptable to God, the almighty Father."

The phrase "and yours" refers to our personal sacrifices and intentions that we unite with the one sacrifice of Christ.

The people reply: "May the Lord accept the sacrifice at your hands, for the

praise and glory of his name, for our good and the good of all his holy Church." Then the priest prays over the offerings (including ours) after which the people say, "Amen."

Jesus then presents our sacrifices and intentions to God the Father, who looks on us with favour because we have united ourselves to His Son. What a gift each Mass is, for this fact alone!

What Intention Should You Make?

Your Mass intention can be anything that you would normally pray for. For example, your family or friends; those who have asked you to pray for a special intention; help with a personal problem; the salvation of souls; to receive a special grace; to overcome a particular sin; for a particular apostolate or ministry, etc.

There's More! You Can Also Offer Up Your Holy Communion

Although Holy Mass and Holy Communion are united, they can be participated in separately. A Catholic can participate in Mass without receiving Holy Communion (for example, in fulfilling their Sunday obligation while unable to receive Holy Communion), and can receive Holy Communion without attending Mass (for example, if confined to a hospital or nursing home).

This means that if we both attend Mass and receive Holy Communion, there are two moments in which we can insert our personal intentions.

Thus both by reason of the offering [of the sacrifice] and through Holy Communion all take part in this liturgical service, not indeed, all in the same way but each in that way which is proper to himself. (Lumen Gentium)

Our intention does not have to be the same for both. For example, you could offer Mass out of charity for another person, and Holy Communion for a personal need.

When we receive Jesus in Holy Communion (the most intimate moment with God we can experience in this life) we can imagine Him asking us, "What can I do for you?" This is the moment when we pour out our hearts to Him.

What if You Forget to Make an Intention?

If you forget to make an intention at Mass or Holy Communion, one priest has suggested to set up a "default intention." You can make a resolution (an act of the will before God) that any Mass or Holy Communion for which you forget to make a special intention will be offered for a general intention.

For example, you could make your general intention for the Holy Souls in Purgatory; for the sanctification of the Church; for holy vocations to the priesthood and religious life; for your country; for the grace of a holy death; or simply defer it to the Immaculate Heart of Mary to choose as she knows best.

Don't Forget to Make an Act of Thanksgiving

There is so much good that a Catholic can bestow on this world through the offering up of Masses and Communion! We must not neglect the gratitude we owe to God for the incredible privilege of being priests, prophets, and kings.

It is important to remain a few minutes after Mass to offer God prayers of thanksgiving after having made our intentions. Most Roman Missals include prayers to recite before and after receiving Holy Communion, such as this prayer to the Holy Trinity:

May the tribute of my humble ministry be pleasing to you, Holy Trinity, Grant that the sacrifice which I - unworthy as I am - have offered in the presence of your majesty, may be acceptable to you. Through your mercy may it bring forgiveness to me and to all for whom I have offered it: through Christ our Lord. Amen.

Life is short. We only get a limited number of opportunities to participate in the Mass and to receive Holy Communion in this life. We must make good use of these precious gifts, and not miss out on our chances to apply the infinite merits of Jesus to ourselves and those we love. The more Masses we attend during the week, the more opportunity we have to receive His graces.

by Gretchen Filz

Work for food that gives eternal life



18th Sunday in Ordinary Time, Year B



God wants us to have faith in Jesus, the Son he sent to save us.

Write or draw answers to these questions. **When you have faith...**

...how do you treat others?

...what do you do at mass?

...what do you do at home?



Help the people in the boat find their way to Jesus at the lake at Capernum.

START

G	O	C	A	X	B	O	S	E	W
T	D	U	T	S	R	E	B	L	P
V	W	A	N	Y	P	K	U	Y	E
S	I	E	C	O	Q	A	E	I	B
E	T	A	S	U	N	T	H	E	O
X	D	H	O	T	I	S	A	R	N
L	C	A	E	Y	H	O	E	H	E
R	E	V	A	I	T	B	S	E	N
D	T	E	F	C	A	E	D	U	T

FINISH

COMPLETE THE TEXT MAZE

"God wants you to have faith in the one he sent"



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

Ex 16:2-4, 12-15

A reading from the book of Exodus

I will rain bread from heaven upon you.

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our hearts content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them this way to see whether they will follow my law or not.' 'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your hearts content. Then you will learn that I, the Lord, am your God.'" And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

The word of the Lord

Responsorial Psalm

Ps 77:3-4, 23-25, 54. R. v.24

(R.) The Lord gave them bread from heaven.

The things we have heard and understood, the things our fathers have told us, we will tell to the next generation: the glories of the Lord and his might. (R)

He commanded the clouds above and opened the gates of heaven. He rained down manna for their food, and gave them bread from heaven. (R)

Mere men ate the bread of angels. He sent them abundance of food. He brought them to his holy land, to the mountain which his right hand had won. (R)

Second Reading

Eph 4:17, 20-24

A reading from the letter of St Paul to the Ephesians

Put on the new person that has been created in God's image.

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

The word of the Lord

Gospel Acclamation

Mt 4:4

Alleluia, alleluia!

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

Gospel

Jn 6:24-35

A reading from the holy Gospel according to John

Whoever comes to me will never be hungry; whoever believes in me will never thirst.

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered:

'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat. Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.' Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.'

Jesus answered:

'I tell you most solemnly, it was not Moses who gave you bread

from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world.' 'Sir,' they said 'give us that bread always.' Jesus answered: 'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.'

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

In many ways the Exodus story of the bread from heaven is very similar to last Sunday's accounts. However, the focus today is not divine prodigality shown through the overabundance of food, but total dependence on God. The bread comes from heaven, not merely because the food seems to come down from the sky, but because it comes from God. The restriction about collecting it was meant to emphasise this point. Our survival is in God's hands, not ours.

Jesus insists that he is the true bread from heaven; he is the real basis of our survival. The people followed him because they saw him as a source of bread; they did not realise that he is really the source of life. If we fill ourselves with all that the world provides as nourishment we will still hunger. Only faith in Jesus can satisfy our deepest hungers, and we will not be able to survive apart from him.

Acceptance of Jesus as the source of our life and the very nourishment of our spirits effects a total transformation in us. We will no longer be content to live with full bellies but empty minds. We will put aside our old selves steeped in ignorance and self-interest and put on a new self, created in his image. Having fed on the bread from heaven, we will be mysteriously transformed into it. The spirit of our minds will be renewed by his teaching. As a result, we will be able to launch out into a way of living that witnesses to our new understanding, our new life.

© Dianne Bergant CSA



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Liturgy for the Week

AUGUST

02/08 **Monday Ordinary Time 18**
Num 11:4-15; Mt 14:13-21

03/08 **Tuesday St Dominic, priest**
Num 12:1-13; Mt 14:22-36
(Alt. 1 Cor 2:1-10; Lk 9:57-62)

04/08 **Wednesday St John Vianney, priest**
Num 13:1-2, 25 - 14:1, 26-29,
34-35; Mt 15:21-28
(Alt. Ezek 3:16-21; Mt 9:35-10:1)

05/08 **Thursday Ordinary Time 18**
Num 20:1-13; Mt 16:13-23

06/08 **Friday The Transfiguration of the Lord**
Dan 7:9-10, 13-14 or 2 Pe 1:16-19;
Mk 9:2-10

07/08 **Saturday Ordinary Time 18**
Deut 6:4-13; Mt 17:14-20

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