



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

May you be ready to endure everything,
to do everything for the honour of God and the
salvation of souls!

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 in 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.*

*'See that you are dressed for action and
have your lamps lit.'*

Luke 12:35



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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

David O'Brien

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

Recently Deceased

Ivanka 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

SPECIAL ANNOUNCEMENT

Happy 60th
Wedding Anniversary

Mario & Ildiko Lucy Scognamiglio

"And above all these put on love, which binds everything together in perfect harmony."
Colossians 3:14

BOOK REVIEW

Called to be Friends
by: Paula Ripple, FSPA



"Christianity is based on the two great commandments which tell us that human beings can neither love nor grow in isolation. Without God's love we cannot discover who we are. Without the love and friendship of human companions, we become less than we are. Without faithful companions, we risk losing not only our courage, but even our way."

Liturgy for the Week

11/08 Monday, St Clare
Deut 10:12-22; Mt 17:22-27

12/08 Tuesday, Ordinary Time 19
Deut 31:1-8; Mt 18:1-5, 10, 12-14

13/08 Wednesday, Ordinary Time 19
Deut 34:1-12; Mt 18:15-20

14/08 Thursday, St Maximilian Mary Kolbe
Josh 3:7-11, 13-17; Mt 18:21 - 19:1

15/08 Friday, The Assumption of the Blessed Virgin Mary
Rev 11:19, 12:1-6, 10; Lk 1:39-56 (Day)

16/08 Saturday, Ordinary Time 19
Josh 24:14-29; Mt 19:13-15

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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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Parish Directory

Pittwater Parish

1 Keenan Street,
Mona Vale
NSW 2103
Tel 9157 0999

Parish Priest
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pp@pittwaterparish.org

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Tel 9157 0999 ext 12
ap@pittwaterparish.org

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sacraments@pittwaterparish.org

CCD Catechist
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: 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

CatholicCare
Diocese of Broken Bay

COMBATING HOMELESSNESS TOGETHER

SATURDAY 9 & SUNDAY 10 AUGUST 2025

Please donate to CatholicCare's homelessness
services across the Diocese

*Please pick up an envelope that were made available on
the pews of both Churches.*

WHAT'S HAPPENING AT MARIA REGINA?



Week 3 – 6th August – Maria Regina Athletics Carnival

Well done to all our amazing students!
Congratulations on a fantastic Athletics Carnival!
From sprinting to cheering, every one of you
showed incredible spirit, teamwork, and support
for one another. It was a joy to see you all giving
your best and lifting each other up—what a
wonderful celebration of effort and community!



PARISH MORNING TEA GATHERING

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

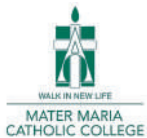
Every month after the
8 am Mass on the
1st Sunday and
after the 10 am Mass on
the 3rd Sunday at
SACRED HEART CHURCH,
MONA VALE

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



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

Please contact
NIKKI - 0481 009 376



Parish Bulletin - Term 3, Week 3

Year 10 Students attended a road safety program and passengers about the realities of road trauma, promoting safer choices on our roads.

Year 11 students studying Society & Culture and Geography visited Western Sydney University to explore the challenges faced by refugees. Through powerful stories shared by refugees and asylum seekers, our students gained empathy, understanding, and a deeper appreciation for our diverse world. This experience reflects our Catholic commitment to solidarity with refugees and inspires action rooted in faith.

As our Year 12 students undertake their HSC Trial examinations, we kindly ask for your prayers and support during this important time. May God guide their efforts and bless them with results that reflect their dedication and abilities.

Our students continue to actively participate in a variety of sports programs, including the MWBA Basketball program, Peninsula Cup Soccer and Rugby competitions, and Broken Bay netball competition. Students in Years 9 and 10 also demonstrated leadership by refereeing at a primary school gala day.

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>

ADVERTISEMENT SPACES 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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9157 0999 for more information**



THE ASSUMPTION OF THE

Blessed Virgin Mary

Friday, 15th AUGUST

We wish to remind you that the upcoming Feast Day of the Assumption of the Blessed Virgin Mary is a Holy Day of Obligation.

This means that all Catholics are obliged to attend Mass on this day, just as they would on a Sunday. We encourage you to plan ahead and join us in honouring this sacred occasion.

**MARIA REGINA CHURCH, AVALON
MASSES**

8:00 am and 11:30 am with School community

**SACRED HEART CHURCH, MONA VALE
9:30 am and 7:00 pm**



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**

Why I love being a Catechist



My name is Veronica Thomas. The reason I became a Catechist is simply because I was asked. Little did I realise what a positive difference it would make to my life. When I first started I was apprehensive that I wasn't up to the job. But I started as someone's assistant and that helped me feel comfortable. I loved working as a team until I felt confident enough to take on the teaching myself. The resources provided are so helpful I always know what I need to do.

I have had the joy of teaching all grades of High School and Primary School Classes and I just love how their eyes light up when I walk in. I love telling them stories that relate to the topics from my own experience. We share the most basic message of God's love and this brings great hope to young people who mostly have no knowledge of our Catholic beliefs. For me, knowing I am participating in Christ's Call to share the Good News, is a great source of joy and satisfaction. I have noticed that our young people have a huge hunger for the truth and strong values and this is such a great opportunity to share the richness that our faith offers in that space.

Prepare for the Unexpected Hour

from Catholic.net



Introductory Prayer:

Father, I believe in you with all my heart. I trust in your infinite goodness and mercy. Thank you for so patiently guiding me along the pathway to everlasting life. I love you and offer all that I have and all that I do to you, for your glory and the salvation of souls.

Petition:

Lord Jesus, keep me vigilant and committed in doing your most holy will.

Occupations and Preoccupations:

We are often so preoccupied and anxious about the things of this world that we forget about pursuing the treasure of the next, "an inexhaustible treasure in heaven that no thief can reach nor moth destroy." In working so hard, we fall into another trap of pursuing every little entertainment and escapism to compensate such dedication. All the while, we easily forget about our real purpose and the real relationship we ought to be fostering each day with God our Father who loves us and "is pleased to give you the kingdom." What are the best excuses I use that prevent me from having a deeper committed relationship with God? Do I give as much dedication, money and time to loving God and serving my neighbour as I do to pursuing entertainments?

Pleased to Give You the Kingdom:

Am I convinced God is truly "pleased to give you the kingdom," that he loves me and is interested in me? Why don't I always want what God wants for me? What things and activities in my life are emptying me and distracting me from developing a better relationship with Christ? In order to maintain a healthy spiritual life, we must often reassess our attitudes and change our priorities so as to safeguard our hearts from being swindled and robbed of our true treasure, which is God. Do my priorities and decisions reflect to those around me that Christ is the true love of my heart, my true treasure?

The Devil's Strategy Revealed:

Once upon a time, Satan called an end-of-the-fiscal-year meeting to go over the year's results. He was not pleased, and he demanded to know what new strategies he could employ to guarantee success in moving men's hearts away from their Creator. Sending men distractions in prayer and contemplation came just ahead of tempting men to greed and lust. Infiltrating and corrupting

the music industry increased the numbers. Developing the multibillion-dollar pornography industry brought in great results. Yet, Satan was still not satisfied. Then one suggestion was brought to his attention: "We must convince the men of earth that they have a lot of time!" We all tend to think we will continue in this earthly life for many years to come. This may not be the case, for we know not the day or the hour. We must awake from our slumber, for "blessed are those servants whom the master finds vigilant on his arrival."

Conversation with Christ:

Lord, strengthen me in times of temptation and distraction, so I may never sell my inheritance for a bowl of lentils (see Genesis 25:34). Help me, Lord, to rededicate my life to you in a more committed way that builds your kingdom in me and in those around me.

Resolution:

I will do a good examination of conscience to see what more I can do to keep Christ and his interests at the top of my priorities and in the allocation of my time.



Join the Friends of Soibada for a night of warming soup, crunchy bread and splendid song! Bring your own beverages and hear the latest news from the team that has just returned from the village

Tickets are \$25 and are available at this link;

<https://www.trybooking.com/DEAIW>

Date: 16 August

Time: 6 pm

Venue: Maria Regina Church Hall

Always be ready and keep your lamps burning

19th Sunday in Ordinary Time, Year C

Below are some things we can do that will help us to always be ready for Jesus.

PRAY

What are some things we can pray for?



Write a prayer about one of them.

Dear God,

_____ . Amen.

CARE FOR OTHERS

Draw a picture of yourself caring for someone you know

ASK FOR FORGIVENESS

When do we need to say "I'm sorry" to others or God?

Luke 12:35-40

© Creative Ministry Resources

The *Living* Word

Entrance Antiphon

Psalm 73:20,19,22,23

Look to your covenant, O Lord, and forget not the life of your poor ones for ever. Arise, O God, and defend your cause, and forget not the cries of those who seek you.

First Reading

Wisdom 18:6-9

A reading from the book of Wisdom

Just as you struck our enemies, you made us glorious by calling us to you.

That night had been foretold to our ancestors, so that, once they saw what kind of oaths they had put their trust in, they would joyfully take courage. This was the expectation of your people, the saving of the virtuous and the ruin of their enemies; for by the same act with which you took vengeance on our foes you made us glorious by calling us to you. The devout children of worthy men offered sacrifice in secret and this divine pact they struck with one accord: that the saints would share the same blessings and dangers alike; and forthwith they had begun to chant the hymns of the fathers.

The word of the Lord

Responsorial Psalm

Ps 32:1, 12, 18-20, 22, R. v.12

(R.) Happy the people the Lord has chosen to be his own.

Ring out your joy to the Lord, O you just; for praise is fitting for loyal hearts. They are happy, whose God is the Lord, the people he has chosen as his own. **(R.)**

The Lord looks on those who revere him, on those who hope in his love, to rescue their souls from death, to keep them alive in famine. **(R.)**

Our soul is waiting for the Lord. The Lord is our help and our shield. May your love be upon us, O Lord, as we place all our hope in you. **(R.)**

Second Reading

Hebrews 11:1-2, 8-19

A reading from the letter to the Hebrews

We will look for the city designed and built by God.

Only faith can guarantee the blessings that we hope for, or prove the existence of the realities that at present remain unseen. It was for faith that our ancestors were commended.

It was by faith that Abraham obeyed the call to set out for a country that was the inheritance given to him and his descendants, and that he set out without knowing where he was going. By faith he arrived, as a foreigner, in the Promised Land, and lived there as if in a strange country, with Isaac and Jacob, who were heirs with him of the same promise. They lived there in tents while he looked forward to a city founded,

designed and built by God.

It was equally by faith that Sarah, in spite of being past the age, was made able to conceive, because she believed that he who had made the promise would be faithful to it. Because of this, there came from one man, and one who was already as good as dead himself, more descendants than could be counted, as many as the stars of heaven or the grains of sand on the seashore.

All these died in faith, before receiving any of the things that had been promised, but they saw them in the far distance and welcomed them, recognising that they were only strangers and nomads on earth. People who use such terms about themselves make it quite plain that they are in search of their real homeland.

They can hardly have meant the country they came from, since they had the opportunity to go back to it; but in fact they were longing for a better homeland, their heavenly homeland. That is why God is not ashamed to be called their God, since he has founded the city for them.

It was by faith that Abraham, when put to the test, offered up Isaac. He offered to sacrifice his only son even though the promises had been made to him and he had been told: It is through Isaac that your name will be carried on. He was confident that God had the power even to raise the dead, and so, figuratively speaking, he was given back Isaac from the dead.

The word of the Lord.

Gospel Acclamation

Matthew 24:42, 44

Alleluia, alleluia!

Be watchful and ready:
You know not when the Son of Man is coming.

Alleluia!

Gospel

Luke 12:32-48

A reading from the holy Gospel according to Luke

See that you are prepared.

Jesus said to his disciples: 'There is no need to be afraid, little flock, for it has pleased your Father to give you the kingdom.

'Sell your possessions and give alms. Get yourselves purses that do not wear out, treasure that will not fail you, in heaven where no thief can reach it and no moth destroy it. For where your treasure is, there will your heart be also. 'See that you are dressed for action and have your lamps lit. Be like men waiting for their master to return from the wedding feast, ready to open the door as soon as he comes and knocks. Happy those servants whom the master finds awake when he comes. I tell you solemnly, he will put on an apron, sit

them down at table and wait on them. It may be in the second watch he comes, or in the third, but happy those servants if he finds them ready. You may be quite sure of this, that if the householder had known at what hour the burglar would come, he would not have let anyone break through the wall of his house. You too must stand ready, because the Son of Man is coming at an hour you do not expect.'

Peter said, 'Lord, do you mean this parable for us, or for everyone?' The Lord replied, 'What sort of steward, then, is faithful and wise enough for the master to place him over his household to give them their allowance of food at the proper time? Happy that servant if his master's arrival finds him at this employment. I tell you truly, he will place him over everything he owns. But as for the servant who says to himself, "My master is taking his time coming", and sets about beating the menservants and the maids, and eating and drinking and getting drunk, his master will come on a day he does not expect and at an hour he does not know. The master will cut him off and send him to the same fate as the unfaithful.

'The servant who knows what his master wants, but has not even started to carry out those wishes, will receive very many strokes of the lash. The one who did not know, but deserves to be beaten for what he has done, will receive fewer strokes. When a man has had a great deal given him, a great deal will be demanded of him; when a man has had a great deal given him on trust, even more will be expected of him.'

The word of the Lord.

Communion Antiphon

Psalm 147:12,14

O Jerusalem, glorify the Lord,
who gives you your fill of finest wheat.

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Veronica Thomas - 0417 061 534

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*"And saying, The time is fulfilled,
and the kingdom of God is at hand;
repent and believe in the gospel."*

Mark 1:15

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and anger, brawling and slander,
along with every form of malice.
Be kind and compassionate to
one another, forgiving each
other, just as in Christ God
forgave you."

Ephesians 4:31-32

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*If we
confess our sins
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to forgive us our sins and
to cleanse us from all
unrighteousness.*
1 John 1:9

