



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
O Lord, help me, show me the way! Without you, I can do nothing. I hope all things from You. In you, O Lord, I have hoped, I will not be confounded for ever.

PRAYER OF TRUST IN

God's *Love*

Most high, glorious God,
cast Your light into the
darkness of our hearts.

Please Lord, give us the
strong faith,
a firm hope and
profound humility.

Help us to find wisdom
and perception,
so that we may carry out
what is truly Your holy will.

Help us to always find
comfort and peace
through a loving relationship
with You,
a God whose love for each
one of us is warm,
compassionate and steadfast.
Amen.



With God
all things are possible.

MATTHEW 19:26

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Catholic Parish



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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.

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
JOHN FARCICH

DECEASED ANNIVERSARY

MARIA GOUGH
MILAGROS MACARAYAN

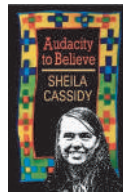
Prayer for the SICK

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
ALFRED FIELD
FRANK KELLENDONK
NAZARENO CIRILLO

BOOK REVIEW

Audacity to Believe
An Autobiography
by: Sheila Cassidy



Her own experiences let Sheila to write about how spirituality wrestles with the social and political needs of the world.

Belated Happy 85th Birthday Dragica

Gracious God, pour out Your abundant grace upon her as we celebrate her birthday. Strengthen her faith, fill her heart with Your lasting peace. Amen.

LITURGY FOR THE WEEK

10/08 Monday, St Lawrence
2 Cor 9:6-10; Jn 12:24-26

11/08 Tuesday, St Clare
Ezek 2:8 - 3:4; Mt 18:1-5, 10, 12-14

12/08 Wednesday, Ordinary
Time 19
Ezek 9:1-7; 10:18-22;
Mt 18:15-20

13/08 Thursday, Ordinary
Time 19
Ezek 12:1-12; Mt 18:21 - 19:1

14/08 Friday, St Maximilian Mary Kolbe
Ezek 16:1-15, 60, 63;
Mt 19:3-12

15/08 Saturday, Assumption of the Blessed Virgin Mary
Rev 11:19, 12:1-6, 10;
Lk 11:27-28



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

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



Areas of GIVING

First Collection
(Clergy Giving)

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 3

This is an important time for our Year 12 students as they undertake their HSC Trial examinations. We ask our community to keep them in your prayers over the coming weeks. May God guide their efforts, bring them peace and confidence, and bless them with results that reflect their commitment, dedication and abilities.

Our Year 11 students have also had a busy and rewarding week, participating in work placements and presenting leadership speeches. Their presentations reflected a strong commitment to servant leadership, inspired by the teachings of Jesus and the values that shape our College community. In the coming weeks, students will be selected for leadership positions including College Captains, Vice Captains and Prefects for 2027, recognising those who embody our Mater value through their actions and example.

This week we were delighted to welcome students and staff from Tadaoka Junior High School in Japan as part of our Japanese Cultural Immersion Program. Many of our visiting students have been warmly hosted by Mater families, creating meaningful opportunities for cultural exchange and friendship. A special assembly celebrated the partnership, with students from both schools sharing their national anthems and experiences. We were honoured to welcome Northern Beaches Mayor Sue Heins, who greeted our guests on behalf of the local community, while our talented Year 8 Rock Band provided an energetic and memorable performance.

Last weekend, more than 100 Mater students and family members gathered for Soul Mass at Sacred Heart Parish. Held on the first Sunday of each month, Soul Mass is a vibrant celebration led by our senior students, who generously undertake the ministries of the Mass through music, readings, hospitality and reflection. Following the Mass, families enjoyed the opportunity to connect and share a meal together, strengthening the sense of community that is so important to our College.

Our students continue to engage enthusiastically in a wide range of co-curricular opportunities, including the MWBA Basketball program and Peninsula Cup Soccer and Rugby competitions. These experiences promote teamwork, resilience, sportsmanship and school spirit.

Each Friday, our student leaders host Faith Fridays, providing a special opportunity for prayer, reflection, music and community in the Chapel and Courtyard. All students are warmly welcomed to join together as we pause to reflect on God's presence in our daily lives and strengthen our connection with one another.

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

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



Sacred Heart Catholic Primary School Week 2, Term 3



Our school musical,
Charlie and the Chocolate Factory Jr.
preparation is in full swing as we approach
the big performances in mid-September.

Tuesday 15 September
Whole School Dress Rehearsal 10am

Wednesday 16 September
Matinee 10am

Evening Performance 7pm

Thursday 17 September
Evening Performance 7pm

"Be patient in God's process."

Galatians 3:11



Maria Regina Catholic Primary School Week 2, Term 3

🌸 Celebrating Grandparents Day at Maria Regina 🌸

This week, we were delighted to welcome our grandparents and special visitors to Maria Regina for a wonderful Grandparents Day celebration. The day began with our Open Classrooms, where students proudly shared their learning and classroom experiences. Families then gathered at Maria Regina Church for a beautiful Mass, giving thanks for the love, wisdom and guidance that grandparents bring to our lives. The celebrations concluded with a lovely morning tea, providing an opportunity for connection, conversation and community. Thank you to all the grandparents and special guests who joined us. We are so grateful for the important role you play in the lives of our students and school community.



100 Days of Kindergarten!

Our Maria Regina Kindergarten students celebrated a special milestone, 100 Days of School, by dressing up as 100-year-olds, and the results were absolutely adorable! Congratulations to our Kindergarten students on reaching this exciting milestone. We can't wait to see what the next 100 days bring!

PARISH DIRECTORY

PITTWATER PARISH



1 Keenan Street
Mona Vale NSW 2103



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



PARISH BOOKKEEPER

Suzy Caruso

Tel 9157 0999 ext 30

accounts@pittwaterparish.org



MEDIA & COMMUNICATIONS COORDINATOR

Conille Felias

Tel 9157 0999 ext 31

media@pittwaterparish.org



DIRECTOR OF MUSIC

Monique Reeves

Tel 9157 0999 ext 17

music@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: 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

PITTWATER PARISH

MOVIE NIGHT

Everyone is invited!

Join us for an inspiring true story of faith, hope and courage.

FRIDAY, 21ST AUGUST

6:30 PM

SACRED HEART CHURCH PARISH CENTRE, MONA VALE

\$10 PER PERSON

GOES TOWARDS THE NEW PARISH PROJECT

CABRINI

BASED ON THE TRUE STORY

FROM THE DIRECTOR OF SOUND OF FREEDOM

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MA RATING: MA (Recommended for Mature Audiences)

ALL ARE WELCOME!

RUNNING TIME: 2 HOURS

PITTWATER PARISH | SACRED HEART CHURCH, MONA VALE
www.pittwaterparish.org

Feast Day
St Lawrence
10th August
Pray for us.

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

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.

men ALIVE

WE MEET
First & Third Tuesday of every Month at 7 pm

SACRED HEART PARISH CENTRE

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

JOIN US – MEN'S FAITH GATHERING

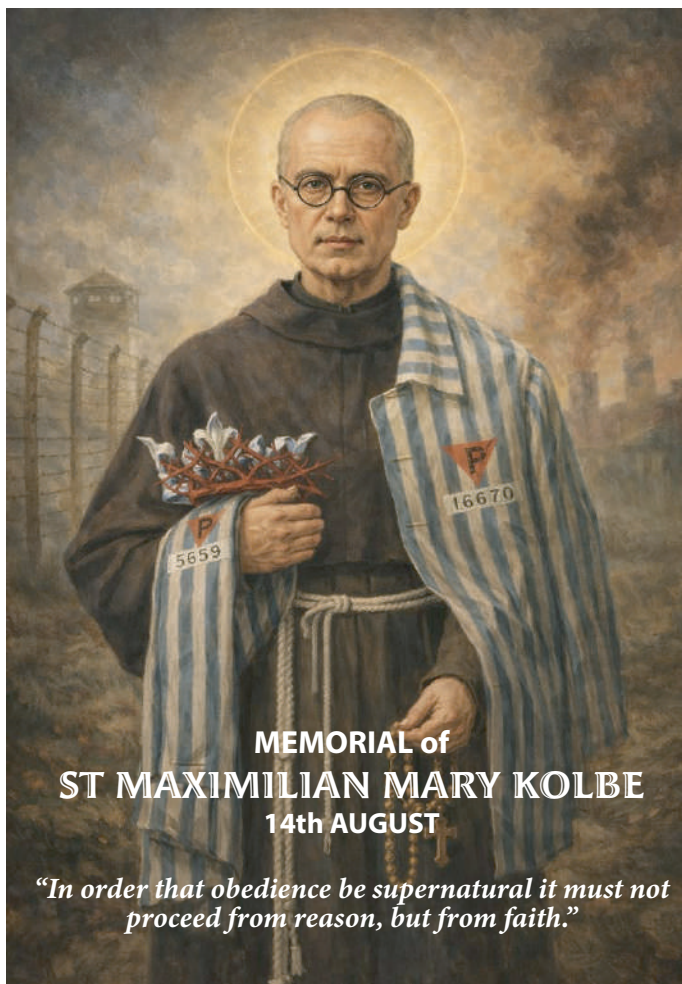
We warmly invite all men of our parish & community to come together at 7:00 pm for an informal & faith-filled evening of conversation, reflection & brotherhood.



For any questions, contact
Joe CiLIA - 0418 863 814

MEMORIAL OF
St Clare
11TH AUGUST

Trust in the Lord
with all your heart



**MEMORIAL of
ST MAXIMILIAN MARY KOLBE
14th AUGUST**

"In order that obedience be supernatural it must not proceed from reason, but from faith."



Psalm 56:3

Whenever I am
afraid,
I will trust in You.

FACTS ABOUT

ST. Maximilian Kolbe

1894 - 1941

FOUNDED THE
KNIGHTS OF THE
IMMACULATA IN 1917.

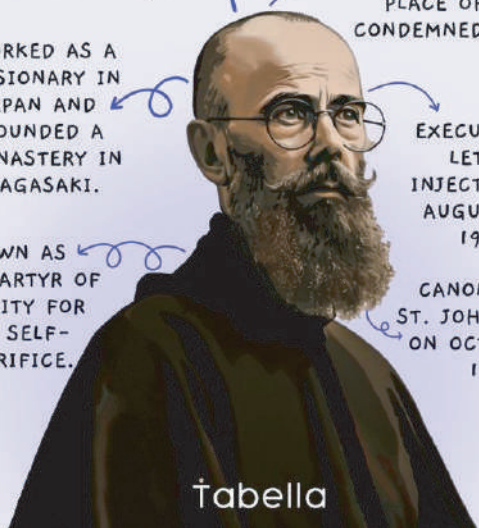
IMPRISONED IN
AUSCHWITZ AND
OFFERED TO DIE IN
PLACE OF A
CONDEMNED MAN.

WORKED AS A
MISSIONARY IN
JAPAN AND
FOUNDED A
MONASTERY IN
NAGASAKI.

EXECUTED BY
LETHAL
INJECTION ON
AUGUST 14,
1941.

KNOWN AS
THE MARTYR OF
CHARITY FOR
HIS SELF-
SACRIFICE.

CANONIZED BY
ST. JOHN PAUL II
ON OCTOBER 10,
1982.



**The Importance of the Holy Day of Obligation:
The Solemnity of the Assumption of the
Blessed Virgin Mary**

The Solemnity of the Assumption of the Blessed Virgin Mary, celebrated on 15 August, is an important feast in the Catholic Church. It honours the belief that Mary was assumed body and soul into heaven at the end of her earthly life, sharing fully in the victory of her Son, Jesus Christ.

As a Holy Day of Obligation, Catholics are called to attend Mass and reflect on Mary's faithful response to God's will. Her life is a model of faith, humility and obedience, inspiring us to follow Christ with trust and hope.

The Assumption reminds us of God's promise of eternal life and encourages us to live faithfully, knowing that we are all called to share in the glory of the resurrection through Christ.



**MASSES for the
Solemnity of the Assumption of the
Blessed Virgin Mary**

Friday, 14 August (Vigil Mass for the Assumption) at 7 pm
Sacred Heart Church, Mona Vale

Saturday, 15 August
8 am - Maria Regina Church, Avalon
9:30 am - Sacred Heart Church, Mona Vale

**Note: Saturday Vigil Mass is the usual 20th Sunday in Ordinary Time*



CatholicCare
DIOCESE OF BROKEN BAY

DONATE HERE



**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.*



Envelopes are available in the pews.

Thank You

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

1 Kings 19:9,11-13

A reading from the first book of the Kings

Go out and stand on the mountain before the Lord God.

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

The word of the Lord

Responsorial Psalm

Ps 84:9-14. R. v.8

(R.) Lord, show us your mercy and love, and grant us your salvation.

I will hear what the Lord God has to say, a voice that speaks of peace. His help is near for those who fear him and his glory will dwell in our land. **(R.)**

Mercy and faithfulness have met; justice and peace have embraced. Faithfulness shall spring from the earth and justice look down from heaven. **(R.)**

The Lord will make us prosper and our earth shall yield its fruit. Justice shall march before him and peace shall follow his steps. **(R.)**

Second Reading

Romans 9:1-5

A reading from the letter of St Paul to the Romans

I would willingly be condemned if it could help my people.

What I want to say is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

The word of the Lord.

Gospel Acclamation

Psalm 129:5

Alleluia, alleluia!

I hope in the Lord,
I trust in his word.

Alleluia!

Gospel

Matthew 14:22-33

A reading from the holy Gospel according to Matthew

Command me to come to you over the water.

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

The Gospel of the Lord.

Communion Antiphon

Psalm 147:12,14

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

REFLECTION

by Dianne Bergant

Although divine power is manifested in dramatic ways, it is also present in what is unassuming. Traces of God can be seen in the delicacy of a violet, in a cool summer breeze, in the blush of innocence, in the fiery eyes of justice. Every one of us lives in the midst of God, breathes the breath of God's life, and is constantly touched by the exquisite artistry of God's creativity. Life itself is a mountain experience of God. As wonderful as life may be, it can also be very frightening at times. There are misunderstandings and rancour, jealousy and vindictiveness, greed and a hunger for power. Our personal lives can come unravelling and we can feel that we are

genuinely 'at sea'. Every human being is tossed about by the exigencies of life. It is at times like these that we need faith in Jesus. Even though we do not recognise him, he is there in the midst of our chaos. Having the power of God, he is the definitive champion of all chaos, and so he is able to allay our fears and calm the sea.

A true experience of God, whether it be within the ordinariness of life or one of life's tribulations, is both transformative and effusive. It is a reality that cannot be contained; it must be proclaimed.

Disciples must be ready to do what they can in order that the good news of God's revelation be made known to others.

© Dianne Bergant CSA

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**

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**

*Come and enjoy a cuppa,
light refreshments and the
opportunity to catch up with
fellow parishioners in a
friendly and welcoming
atmosphere.*



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9:30 - 11:30

(SCHOOL TERM)

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PHONE 0431 829 279
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