



The Catholic Parish of Pittwater

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



Prayer for Strength and Faith

Dear Lord,

I pray for strengthened faith.

Help me know more of Your Word, and face all adversities with the confidence of victory.

Let me move mountains with my faith and command things to fall in line in my life.

Let me conquer all the evil in my life. Let my words cause healing. Let my faith build all the broken pieces in my life.

Help me to remain strong and not be moved by any adversities.

We ask this, through Christ, our Lord.

Amen.



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!

If you have used this bulletin, please take it home with you.

Continue to practise good hygiene. **Please use the hand sanitisers provided in both of our Churches.**

He answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind, and your neighbor as yourself."
Luke 10:27



POPE FRANCIS' PRAYER INTENTION FOR August For World Youth Day

We Pray that the World Youth Day in Lisbon will help young people to live and witness the Gospel in their own lives.

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

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 8:30 am, 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
Milagros Macarayan
Susan Makabenta

Recently Deceased
Toni Norman

Prayer for the Sick

Anna Smigowska
Guy Zofrea
Avelino Samartin
Jeff Langley
Mark Linfiels
Nick Moullakis
Bill Eyre
Brian Gregan
Marcia Bailey
Bec Burroughs
Susan Hickey
Margaret De Landre
Maeve Robinson
Jenny Carroll
Matt Ukishima
Mina Lee
Maureen Larios
Denise Wagner
Tom Murphy
Leonie Ariemetto
Lisa Glascoe

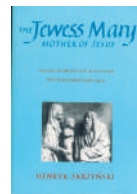


Vinnies

New stock is now available at the Vinnies Sacred Heart Piety Store for the First Holy Eucharist. All proceeds of the Piety Store go to St Vincent de Paul. All transactions are CASH only, as we do not have EFTPOS facilities. Any queries, please contact the Parish Office on 9157 0999.

BOOK REVIEW

The Jewess Mary
Mother of Jesus
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.

Liturgy for the Week

- 14/08 Monday, St Maximilian Mary Kolbe
Deut 10:12-22; Mt 17:22-27
- 15/08 Tuesday, The Assumption of the Blessed Virgin Mary
1 Chr 15:3-4, 15-16, 16:1-2; Lk 11:27-28
- 16/08 Wednesday, Ordinary Time 19
Deut 34:1-12; Mt 18:15-20
- 17/08 Thursday, Ordinary Time 19
Josh 3:7-11, 13-17; Mt 18:21 - 19:1
- 18/08 Friday, Ordinary Time 19
Josh 24:1-13; Mt 19:3-12
- 19/08 Saturday, Ordinary Time 19
Josh 24:14-29; Mt 19:13-15

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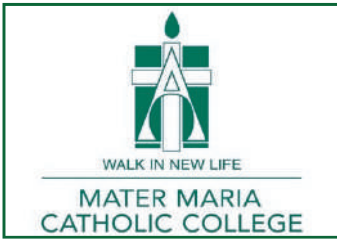
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2023
Our Year of
Stewardship



Parish Bulletin - Term 3, Week 4

Mater Maria celebrated St Mary MacKillop's Feast Day this week. Our College joined with all other Catholic Schools Broken Bay (CSBB) schools in an education and promotional experience about Mary MacKillop Place on the Central Coast. This ministry of the Diocese provides support for people who face homelessness and they are in need of ongoing funding to serve those in need – just like St Mary MacKillop famously implored us to do.

Our Mater Maria World Youth Day Pilgrims celebrated Mass with the Pope twice this week in Lisbon. These Year 11 students and their accompanying teacher land home this weekend. We eagerly anticipate them sharing their experiences and how it can further enliven our faith as a College.

The Term 3 Parents in Partnership meeting brought parents together with the College Leadership Team. It was an excellent opportunity for them to network with fellow parents and gain insights into the initiatives that are enhancing our school community. A Pre-Loved Uniform Shop is being launched this term after great collaboration with parents and the College.

Our students demonstrated their spirit and talents in various sporting events including Peninsula Cup Boys Rugby Union, MWBA Basketball, and Peninsula Cup Soccer matches against Oxford Falls Grammar and Northern Beaches Christian School.

Year 10 Child Studies students extended their support to early primary school children at Mona Vale Public School, assisting in developing reading and comprehension skills.

Industry exposure was offered to our Year 11 VET Entertainment students during their visit to the Metro Theatre,

learning from industry professionals to enhance their audio and lighting expertise.

As our Year 12 students navigate through HSC Trial examinations, we humbly request your prayers and support during this crucial time. May God guide their efforts, and may they achieve results that reflect their hard work and abilities.

We would like to remind prospective students and parents that applications for Year 7, 2026 and beyond are now open, while waiting lists are in place for Year 7, 2024 and Year 7, 2025. Learn more about the enriching educational journey we offer by visiting <https://matermaria.nsw.edu.au>.



Rapid Antigen Tests

There are still a number of RATs at the Parish Office that that are available for everyone.

The Royal North Shore Hospital kindly donated these tests to our Parish community.

Parish Directory

Pittwater Parish
1 Keenan Street Mona Vale
NSW 2103
Tel 9157 0999

Parish Priest
Fr Richard Sadowski SDS
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Tel 9157 0999 ext 12
ap@pittwaterparish.org

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office@pittwaterparish.org

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Sacramental Coordinator
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sacraments@pittwaterparish.org

CCD Catechist Coordinators
Maureen Wooldridge
Mobile 0421 907 469
Veronica Thomas
Mobile 0417 061 534

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
el 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



“Catechists are people who keep the memory of God alive; they keep it alive in themselves and they are able to revive it in others.”

-Pope Francis

For those who are interested please contact our amazing CCD Catechist Coordinators:

Maureen Wooldridge at 0421 907 469 and Veronica Thomas at 0417 061 534



Jesus will help us



19th Sunday in Ordinary Time - Year A

Life is a bit like a boat out at sea - on some days life seems good and the sea is calm, but on other days there are storms that rock our boat and try to tip it over. Write or draw some of the things that make life tough for you on those stormy days?



We can have faith that Jesus will always be there to help us in difficult times. Write a prayer asking God to help you when things get tough.

Dear Lord,

Amen.

Help Jesus find his way across the water and onto the boat. Be sure to pick up St Peter along the way!



World Youth Day 2023 Lisbon

Our Mater Maria students and teacher are back from an amazing Pilgrimage to World Youth Day Lisbon '23. Their 10 days in Italy included Venice, Assisi and Rome, where amongst all highlights our Mater Pilgrims celebrated Mass in the Vatican.



The Tuesday Group Session's New Discussion topic will be

Naked without Shame

The Theology of the Body
with Christopher West, MTS



The theology of the body is St John Paul II's timely response to the sexual confusion troubling our culture and our Church. Papal biographer George Weigel calls the theology of the body, "one of the boldest reconfigurations of Catholic theology in centuries... a kind of theological time bomb set to go off with dramatic consequences, sometime in the third millennium of the Church.

The Feast of the Assumption of the Blessed Virgin Mary

Tuesday, 15th of August



MASS TIMES

(Holy Day of Obligation)

**9:30 am - Sacred Heart Church
with the Sacred Heart School**

**11:30 am - Maria Regina Church
with the Maria Regina School**

7 pm - Sacred Heart Church

RCIA- New Programme to Start in September 2023

For many years we have been conducting RCIA in our Parish, but this year we have modernised and simplified the programme to make it easier for interested parties to follow the sessions in their busy life schedule. RCIA stands for Rite of Christian Initiation of Adults and is designed for people of any denomination who are interested to learn about our Catholic tradition; Catholics who simply want to be updated on their knowledge of faith and spirituality would also be most welcome to join. Those who are not baptised, as well as Christians of other denominations, will be invited to become full members of our Catholic Community at the end, at Easter 2024, when they receive the Sacraments of Initiation:

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There is a short video giving an introduction and touches on questions, potential candidates may have on their minds.

All are most welcome to join our informal group sessions.

Simply register your interest at the Parish Office, 9157 0999 or by email at office@pittwaterparish.org by Thursday, 31st August 2023.

The *Living* Word

Entrance Antiphon

Cf 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.

As I watched:

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 CSA

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



"Sound of Freedom" continues to spread a message of hope in Australian Cinemas starting 24 August 2023. It has reached over 3,400 theatres and hitting \$130 million in the US Box Office.

Sound of Freedom is a true story film that exposes the darkness of child trafficking. A federal agent saves a boy from traffickers, but his sister is still captive. He embarks on a dangerous mission, risking his life to free her from a fate worse than death. Based on the gripping true story of a man's mission to rescue children from the darkest corners of the world. This action-packed drama shines a light on the harrowing reality of sex trafficking and the valiant efforts of those who work tirelessly to combat it.

You can see "Sound of Freedom" in theatres around the world.

Fight for the light. Silence the darkness. GOD's Children are NOT for Sale.

Coming soon to Cinemas near you on the 24th August

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United Cinema, Warriewood

United Cinema, Collaroy

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My grace is sufficient for
you, for my power is
made perfect in
weakness. Therefore I
will boast all the more
gladly about my
weaknesses so that
Christ's power may rest
on me.

2 Cor 12:9



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