



The Catholic Parish of Pittwater

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

Act of Love

O my God, I love
You above all things
with my whole heart
and soul, because
You are all good
and worthy of love.
I love my neighbour
as myself for the love
of You.
I forgive all who have
injured me and ask
pardon for all whom
I have injured.

Amen.



Thoughts of Fr Francis Jordan

Love and serve God with all your might. He is Most High and All Holy. In Him alone you will find true peace. good example.



Pope Francis' Prayer Intentions For May



Faith-Filled Young People

We pray for all young people, called to live life to the fullest; may they see in Mary's life the way to listen, the depth of discernment, the courage that faith generates, and the dedication to service.

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

It is our responsibility to protect others and ourselves and stop the spread of COVID-19 in Australia.

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

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.

LIKE US ON
 **facebook**
The Catholic Parish of Pittwater

 You can find us on
Instagram
(pittwater_parish)

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

Eternal Rest Grant Unto Them
O Lord, And Let Perpetual Light
Shine Upon Them.
May they Rest in Peace. Amen.
May Their Souls And The Souls
Of The Faithful Departed,
Through The Mercy Of God,
Rest In Peace. Amen

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.

Prayers for the Sick

Beryl Peo-Duncan
Michael Carrodus
Pat Regan
Garry Gleeson
Annette Davis
Andrew Hood
Jeff Langley
Warwick Chipman
Erin Ocampo
Mark Lindfield
Vicky Kalingasan
Bill Eyre
Brian Gregan
Marian Poe
Marcia Bailey
Bec Burroughs
Susan Hickey
Sophia Burfitt
Margaret De Landre
Maeve Robinson
Jenny Carroll
Matt Ukishima
Pietrina Maiorana
Susan Makabenta
Dominic Ursino
Diane Williams
Denise Wagner
Ron
Leonie Ariemetto

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

To All Parishioners

“Voice of the Martyrs”,
Chaplain, Rev. Ray Wadeley
will be speaking at the Parish
Centre at 10.00 a.m., on
Monday 23rd May. The
persecuted church world-wide
has many miracles taking place.
Rev. Wadeley will be telling us
of some of those miracles.
Everyone is welcome to attend.

from Our Schools



**Mater Maria
Catholic College**

Parish Bulletin - Term 2, Week 3

Our Duke of Edinburgh students have been undertaking their Bronze Duke of Edinburgh practice Adventurous Journey in and around Glenworth Valley on the Central Coast. The expedition is in preparation for their qualifying walk which takes place in September. Students practiced their navigational skills and carried all their food, clothing, tents and sleeping bags in their backpacks. We are blessed with sunshine and warm temperatures and all students demonstrated great teamwork, culminating in a wonderful two days of hiking and camping in beautiful surroundings.

Our Yr 7 and 9 students applied themselves with diligence as they sat their literacy and numeracy NAPLAN tests for the first in four years this week. It is also the first time they sat the assessments online. The last two years have been challenging for our students with lockdowns, floods and Covid cases keeping students out of the classrooms and we therefore give thanks to all our students for their best efforts this week.

Despite the wet weather, many of our students in years 7 to 11 participated in the BBSSA Cross Country Championship which was held at St Ives Showground. This month our Year 12 student Sarah Cassidy, will have one of her short stories The Apple Tree published in Voiceworks magazine. Voiceworks is an Australian quarterly literary journal that features exciting new fiction, nonfiction, poetry, art and comics by people under the age of 25. A huge congratulations to Sarah on such a promising start to her writing career!

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/>

Liturgy for the Week

16/05 **Monday of the 5th Week of Easter**

Acts 14:5-18; Jn 14:21-26

17/05 **Tuesday of the 5th Week of Easter**

Acts 14:119-28; Jn 14:27-31

18/05 **Wednesday of the 5th Week of Easter**

Acts 15:1-6; Jn 15:1-8

19/05 **Thursday of the 5th Week of Easter**

Acts 15:7-21; Jn 15:9-11

20/05 **Friday of the 5th Week of Easter**

Acts 15:22-31; Jn 15:12-17

21/05 **Saturday of the 5th Week of Easter**

Acts 16:1-10; Jn 15:18-21

**Scan to
Give to our
Parish of
Pittwater**

Cashless Fast Secure



**Scan the QR code above
with your camera app
and follow the prompts**

**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**

Available on the
App Store

Get it on
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/ or call: 1800 024 413 toll free to provide much needed support.



Learning to love as God loves



In the Beatitudes, Christ taught the disciples, “Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes the sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous” (Matthew 5:44-45). What a poignant way for Christ to explain God’s unconditional love for all people and to call his followers to emulate that love.

An old Christopher prayer card reflects this wisdom in its plea for us to grow in the love of God. It reads, “Help us to grow in your love – a love that doesn’t gloss over failings but one that stresses the good in everyone. Then, Lord, as we increase our ability to love as Jesus did, bring us closer to the kingdom prepared for us.”

This prayer picks up on some key ways in which we can learn to love as God loves. It shows that God’s love does not ignore our failings, but can also see past those failings to the good in each of us. This can help us to understand why God showers the blessings of this world on good and bad people alike. He understands our failings and wants us to repent and become better people, but he also sees our good qualities and knows that the best way for us to change is to increase in those good qualities rather than by simply harping on our faults.

This outlook can change the way we relate to other people. Only when we see the good in others can we respond to them in ways that invite them to increase those qualities. In a Psychology Today article titled “See the Good in Others,” neuropsychologist Dr. Rick Hanson shows how noticing people’s positive traits can produce amazing results, but he notes that we must first understand that good intentions are often intertwined with qualities we perceive as negative.

“For example,” Hanson writes, “a toddler throwing

mashed potatoes wants fun, a teenager dripping attitude wants higher status, and a mate who avoids housework wants leisure.”

Hanson also shares a personal story of how he was changed when someone chose to focus on his positive attributes. He recalls always being picked last for teams in gym class as he was growing up. But when he got to college, he joined an intramural touch football team led by a quarterback who understood how to draw the best out of people. Hanson writes, “After one practice, he told me in passing, ‘You’re good and I’m going to throw to you.’ I was floored. But this was the beginning of me realizing that I was actually quite a good athlete. His recognition also made me play better which helped our team. Thirty-five years later I can still remember his comment. He had no idea of its impact, yet it was a major boost to my sense of worth. In the same way, unseen ripples spread far and wide when we see abilities in others – especially if we acknowledge them openly.”

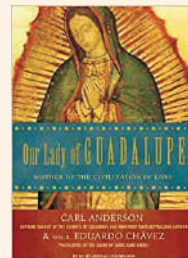
The greater people’s faults, the more difficult it becomes to see the good in them, which is why we must practice this skill in little ways with all those we encounter. This way, we will prepare ourselves to act like Christ, even in the most challenging situations, because only when we see the good in the most hardened and challenging people will we truly love like God.

By Father Ed Dougherty, M.M.
Syndicated Columnist
Catholic Review

BOOK REVIEW

Our Lady of Guadalupe

by Carl Anderson



The Virgin Mary appeared to a native American Christian near Mexico City. Her message of love replaced the institutionalized violence of the Aztecs and built a bridge between two worlds.

SACRAMENT OF CONFIRMATION

The weekly preparation groups are starting on Monday, 16 May 2022
Thank you to all the Facilitators who volunteered to lead this program.

If you need more information, please email Sonia on sacraments@pittwaterparish.org

Sacrament of Confirmation is on Saturday, 18 June 2022

**Maria Regina Church, Avalon at 10:30 am
Sacred Heart Church, Mona Vale at 1 pm and 2:30 pm**



MEN'S BREAKFAST

21 May 2022

Breakfast 7:30 am

followed by a
short talk
by

**Br Bernard
Fonkalsrud OFM Conv.**

It's an opportunity for
men to get together
for fellowship, faith,
fun and food.

We welcome all men
of all ages.

It will be held at the
Parish Centre.



Coffee Mornings to Recommence



Starting 15th May and each third Sunday thereafter there will be barista coffee served in the Parish Centre after the 10:00am Mass at Sacred Heart. Please come and enjoy fellowship with your friends and parishioners and support the work of the Good Samaritan Rural Outreach Program.

Good Samaritan Oblates are now carrying on this work. Sister Anna asked that the donations from our parish be used to support Khyan Townsend. Khyan is now in Year 11 at the Nagle Catholic College in Geraldton WA. Khyan's younger sister Sharlie also now attends Nagle Catholic College. These two Aboriginal students are doing very well and remain focussed on furthering their education. By coming to our Coffee Mornings and making a donation you will be supporting them. At the same time you can enjoy a cup of coffee and a bite to eat with friends. Hope to see you!

We welcome to Pittwater Parish for the Sacrament of Baptism

**Maria Regina Church
Avalon**

**Josua Paul Richmond
Marcus Isaac Jahn
Louis Calvin Schlitter**

**Sacred Heart Church
Mona Vale**

Livia May Laxale



SERRA VOCATIONS MASS

Bishop Anthony Randazzo will be celebrating Mass for Serra at Our Lady of the Rosary Cathedral 23 Yardley Avenue Waitara commencing at 6.00 pm on

Thursday 26th May 2022.

This is a special Mass to celebrate the vocations of our 8 seminarians and our 4 diaconate aspirants and the 40th anniversary of the charter of the Serra Vocations Ministry in Broken Bay.

Members of the Diocesan Vocations Team and the Diaconate Formation Team will be in attendance.

Please remember to pray every day for vocations to the priesthood, diaconate, the consecrated life, ecclesial women, all seminarians and novices and for the perseverance of existing vocations.

Everyone is welcome.



Singing Up Country 2022 is an event run in collaboration with the French Forest Catholic Parish Social Justice Group and the Kierans Creek Landcare Group with support by Mona Vale Music.

Date: Sunday, 29 May 2022

Address: St Anthony in the Fields Church, 46 Myoora Rd Terry Hills

Session One: Talking, Walking Country

Free Event: 2:30 pm for a 2:45 pm start, finishing at 3:30 pm

Session Two: Singing Up Country 3:45 pm Smoking Ceremony, 4 pm start

Tickets: Full Price \$50

Pensioners & Students \$35

Children under 16 Free

Bookings are Essential:

www.trybooking.com/BYCFY



Love one another



5th Sunday of Easter, Year C

Jesus tells us to love each other as he loves us. How did Jesus show us that he loves us?



Write or draw

things you can do to show your love for others?



Use the words below to

complete

these Scripture passages

Family

"Love your _____, do good to those who _____ you."

Luke 6:27

"You shall love the _____ your God with all your _____, and with all your soul."

Matthew 22:37

"You shall love your _____ as yourself."

Matthew 22:39

"Just as I have _____ you, you also should love one _____."

John 13:34

Friends

People in need

Lord **enemies**
hate **loved** **heart**
neighbour **another**

The *Living* Word

Entrance Antiphon

Cf. Ps 97:1-2

O sing a new song to the Lord,
for he has worked wonders;
in the sight of the nations
he has shown his deliverance, alleluia.

First Reading

Acts 14:21-27

A reading from the Acts of the Apostles

They assembled the church and gave an account of all that God had done with them.

Paul and Barnabas went back through Lystra and Iconium to Antioch. They put fresh heart into the disciples, encouraging them to persevere in the faith. 'We all have to experience many hardships' they said 'before we enter the kingdom of God.' In each of these churches they appointed elders, and with prayer and fasting they commended them to the Lord in whom they had come to believe.

They passed through Pisidia and reached Pamphylia. Then after proclaiming the word at Perga they went down to Attalia and from there sailed for Antioch, where they had originally been commended to the grace of God for the work they had now completed.

On their arrival they assembled the church and gave an account of all that God had done with them, and how he had opened the door of faith to the pagans.

The word of the Lord

Responsorial Psalm

Ps 144:8-13. R. cf. v.1

**(R.) I will praise your name for ever,
my king and my God.**

The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures. (**R**)

All your creatures shall thank you, O
Lord, and your friends shall repeat
their blessing.

They shall speak of the glory of your
reign and declare your might, O God,
to make known to men your mighty
deeds and the glorious splendour of your
reign. (R)

Yours is an everlasting kingdom;
your rule lasts from age to age. (**R**)

Second Reading

Rv 21:1-5

A reading from the book of the Apocalypse

He will wipe away all the tears from their eyes.

I, John, saw a new heaven and a new earth; the first heaven and the first earth had disappeared now, and there was no longer any sea. I saw the holy city, and the new Jerusalem, coming down from God out of heaven, as beautiful as a bride all dressed for her husband. Then I heard a loud voice call from the throne, 'You see this city? Here God lives among men. He will make his home among them;

they shall be his people, and he will be their God; his name is God-with-them. He will wipe away all tears from their eyes; there will be no more death, and no more mourning or sadness. The world of the past has gone.' Then the One sitting on the throne spoke: 'Now I am making the whole of creation new.'

The word of the Lord

Gospel Acclamation

Jn 13:34

Alleluia, alleluia!

I give you a new commandment:
love one another as I have loved you.
Alleluia!

Gospel

Jn 13:31-35

A reading from the holy Gospel according to John

I give you a new commandment: love one another.

When Judas had gone Jesus said:
'Now has the Son of Man been glorified,
and in him God has been glorified.
If God has been glorified in him,
God will in turn glorify him in himself,
and will glorify him very soon.
My little children,
I shall not be with you much longer.
I give you a new commandment:
love one another;
just as I have loved you,
you also must love one another.
By this love you have for one another,
everyone will know that you are my
disciples.'

The Gospel of the Lord.

Communion Antiphon

Cf. Jn 15:1,5

I am the true vine and you are the
branches, says the Lord.
Whoever remains in me, and I in him,
bears fruit in plenty, alleluia.

REFLECTION

by Dianne Bergant CSS

Everything is new! There is a new law of love, a new heaven and earth that is established in the church, a new depth of communion there, and a new glory of God that shines forth from its members. The new commandment that Jesus announces is more than tolerance or mutual respect. It requires self-sacrificing love. Perhaps the greatest obstacle to this love is the diversity discussed last Sunday. It is hard enough to love those who are like us; how can we possibly love those who are different? And how can we love those who do not love us? It is no wonder that the commandment is called new. It calls for something completely different. The new commandment is the law of the new heaven and the new earth that are established in the new Jerusalem. Standards are entirely different there. The greater ones serve; the meek possess the earth; happy are the poor; woe to those who laugh. This is clearly a city that comes down from heaven, not one made by human hands. It is a city that embraces all who come to it. God dwells

in the midst of this city, in the heart of this people. God dwells with them and they dwell with God.

Through this new love, this new heaven and new earth, this new depth of communion, the glory of God is manifested in a new way. The eschatological future is anticipated in the present. The age of fulfilment has dawned.

Touch of Heaven

(Alan Ames Ministry)

Holy Mass and Healing

Service

Saturday 11th June

5 pm

Mass, Talk & Healing

St Luke the Evangelist

1 Beaconsfield St

Revesby NSW 2212

Sunday 12th June

6 pm

Mass, Talk & Healing

Sacred Heart Catholic

Church

2 Rychard Porter Way

Pymble NSW 2073

Alan Ames has been speaking and praying for healing around the world since 1994. He was blessed to speak with church approval at World Youth Day 2002 in Toronto, where he conducted three talks. World Youth Day is a Papal event. He spoke again in 2004, he spoke at two holiest sites in Christendom; the Basilica of the Annunciation in Nazareth and St Catherine's, the Church of Nativity in Bethlehem. Alan shares his unique conversion experiences that caused a dramatic change in his life from a violent alcoholic to a man of the Sacraments and prayers. Alan has permission to speak Archbishop Timothy Costelloe SDB, his bishop in WA.

**For more information please contact
Scott Ross 0410640437
Web page: alanames.org**

Advertising Space Available

For more information
call the Parish Office on
9157 0999

PITTWATER DOLPHINS

BOYS, GIRLS & MIXED TEAMS
U5s LITTLE DOLPHINS
AGES U6 - U18



GEAR SUPPLIED | NO REGISTRATION FEES | NO GRADING

REGISTER NOW!
pittwaterrugby.com.au

Lightning Bolt LB Electrical Plumbing Air Conditioning.

Ph: (02) 9905 8800

**We turn up,
Clean up &
Guarantee our
Work!!!**

**GET
IN TOUCH
TODAY**

**Compassion,
care, love,
understanding
and support**



Ann, Kate and John of Wilson Family Funerals

Personally, talk to Ann Wilson and her team at Wilson Family Funerals. They have decades of experience caring for Northern Beaches families in their time of need.

Family operated & 100% Australian owned

Suite 3, 1440 Pittwater Road,
North Narrabeen, Sydney
CALL 02 9913 7131
wilsonfamilyfunerals.net.au

WILSON FAMILY FUNERALS

BROCK'S
— Plumbing —

YOUR LOCAL PLUMBER
SERVICING THE NORTHERN
BEACHES FOR OVER 30 YEARS.

- ✓ BLOCKED DRAINS
- ✓ PIPE RELINING
- ✓ GENERAL PLUMBING
- ✓ EMERGENCY HOT WATER
- ✓ GAS FITTING

call now


1800 99 58 58

www.rapidreline.com.au | admin@brocksplumbing.com.au

Advertising Space Available

For more information
call the Parish Office on 9157 0999

DAYS FOR GIRLS

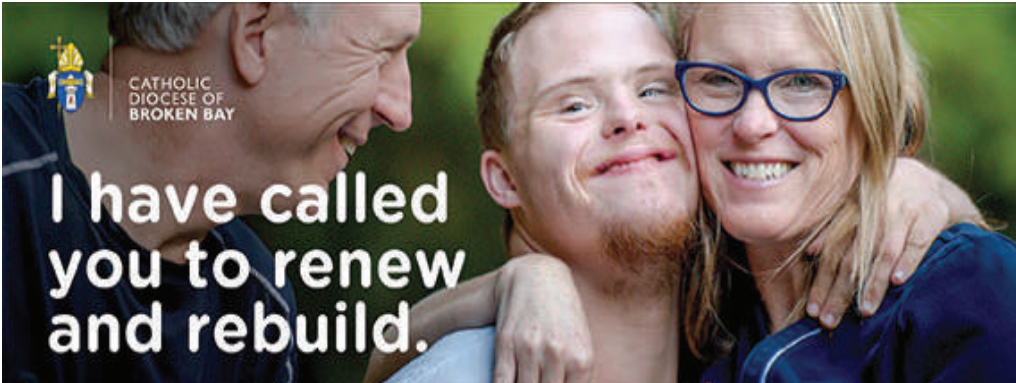


To find out more, call Tamara
0403226699

Every Girl. Everywhere. Period.

CATHOLIC DIOCESE OF BROKEN BAY

**I have called
you to renew
and rebuild.**



**PASTORAL
WORKS** Broken Bay

Donate to help
families and parish
communities in
Broken Bay.



LOCAL PEOPLE CARING FOR LOCAL FAMILIES

Our team live, work and play on the Beaches. We understand the local community and are here for you when you need us most. Whether it's to plan an immediate funeral for a loved one or plan ahead for your own with a prepaid funeral, we're here to help.

ANN WILSON FUNERALS

Contact us to find out more.

844 Pittwater Road, Dee Why Cnr Barrenjoey Road & Darley Street, Mona Vale
9971 4224 9979 5978

annwilsonfunerals.com.au

Advertising Space Available

For more information
call the Parish Office on
9157 0999



**JOHNSON BROS
MITRE 10**

**Part of the local
community since 1957**

51 Bassett St, Mona Vale
Ph: 9999 3340

49 Avalon Pde, Avalon
Ph: 9918 3315



**Serving
Northern Beaches
Families
& Businesses
since 1976!**

Ph: 9913 2624
2 Devitt Street
Narrabeen

The Northern Beaches only local family owned and operated funeral company.



With over 35 years experience we can guide you with the sensitivity and respect your loved one deserves.

- 24 hour professional service
- Enquire about pre-paid funerals
- Unique funerals a speciality.

9999 5211
www.peninsulafunerals.com.au



**Purveyors of
Specialty Coffee**

**Driven by a
passion for
community &
quality.**

**Award winning coffee
beans available online**
www.coffeebros.com.au

**PITTWATER
PHARMACY**
COMPOUNDING CHEMIST



Ralph Papandrea
B.PHARM (Hons) MSc. MPS
Len Papandrea
B.PHARM. MPS
Sam Papandrea
B.PHARM. MPS
Andrew Snow
B.PHARM. MPS

1771 Pittwater Road
Mona Vale 2103
Ph: 9999 3398 Fax: 9999 3910

FINE WINE, SPIRITS & BEER

FLEET STREET

MERCHANTS

PAUL BOTTERO

1755 Pittwater Road
Mona Vale NSW 2103

Phone: 9999 3055
Fax: 9999 3055

HUNTER
ESTATE
AGENTS

Agency of
the Year

Elmore Heights



**Duane
Hunter**
0415 708 992
9970 7220

Follow us on



[duanehunterhea](https://www.facebook.com/duanehunterhea)