



# The Catholic Parish of Pittwater

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



## Thoughts of Fr Francis Jordan

Remember how you should have great, pure faith and how you should be men of faith! If you want to accomplish great things you should also have great trust, great hope in the Lord.



## The Assumption Prayer

Lord Jesus Christ,  
You have destroyed  
the power of death  
and given the hope of  
eternal life in body and soul.  
You granted your Mother a  
special place in your glory,  
and did not allow decay to  
touch her body.  
As we rejoice in the  
Assumption of Mary,  
give to us a renewed  
confidence in the victory  
of life over death.  
You live and reign forever  
and ever.

Amen.



## Pope Francis' Prayer Intentions For August

### Small Businesses

"Let us pray for small and medium-sized businesses, hard hit by the economic and social crisis, so they may find ways to continue operating, and serving their communities."

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



You can find us on  
**Instagram**  
(pittwater\_parish)



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The Catholic Parish  
of Pittwater

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



## 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**

## We Pray for Deceased Anniversary

*Matthew Robert  
Williams  
David O'Brien*

### Recently Deceased

*Emidio Cafini  
Helen McKillop  
John Cox  
Donald Reid  
Catherine Kinzy  
Bob Stokes*

If you would like the names of your relatives or friends and offerings included, please drop the envelope in to the Parish Office by

### Prayers for the Sick

Franciszek Smigowski

Anna Smigowska

Angela Bowen

M. Miller

Annette Davis

Andrew Hood

Jeff Langley

Erin Ocampo

Mark Lindfiels

Vicky Kalingasan

Bill Eyre

Brian Gregan

Mrian Poe

Marcia Bailey

Bec Burroughs

Susan Hickey

Sophia Burfitt

Margaret De Landre

Maeve Robinson

Jenny Carroll

Matt Ukishima

Pietrina Maiorana

Mina Lee

Denise Wagner

Ron

Leonie Ariemetto

John Graham

### Liturgy for the Week

**15/08 Monday, The Assumption of the Blessed Virgin Mary**  
1 Chr 15:3-4, 15-16, 16:1-2;  
Lk 1:39-56

**16/08 Tuesday Ordinary Time 20**  
Ezek 28:1-10; Mt 19:23-30

**17/08 Wednesday Ordinary Time 20**  
Ezek 34:1-11; Mt 20:1-16

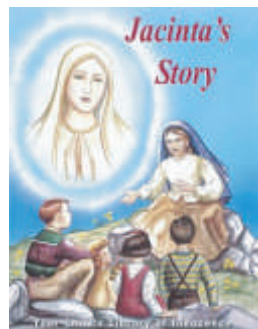
**18/08 Thursday Ordinary Time 20**  
Ezek 36:23-28; Mt 22:1-14

**19/08 Friday Ordinary Time 20**  
Ezek 37:1-14; Mt 22:34-40

**20/08 Saturday, St Bernard**  
Ezek 43:1-7; Mt 23:1-12

## BOOK REVIEW

### Jacinta's Story by Andrea F. Phillips



The story of the Apparitions of Fatima as imaginatively told by Jacinta Marto.

This little book is a most inspiring read for all of us. Australia needs Fatima.



Have a chat and share a cuppa with an older person in your community one hour a fortnight



*CatholicCare*  
Diocese of Broken Bay

**VOLUNTEERS NEEDED**

COMMUNITY VISITORS' SCHEME

[www.catholiccaredbb.org.au/volunteer](http://www.catholiccaredbb.org.au/volunteer)

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### 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/](http://caritas.org.au/donate/emergency-appeals/ukraine/) or call: 1800 024 413 toll free to provide much needed support.

**Caritas**  
AUSTRALIA

# *The Assumption of Our Lady*

## *– 15 August*



Monday, 15 August the Church celebrates the Feast Day of the Assumption of Our Lady when according to our faith, the Holy Mother, “having completed her course of her earthly life, was assumed body and soul into heavenly glory”.

Although defined as an article of faith by Pope Pius XII just over half a century ago, the Assumption of Our Lady into heaven has been accepted from back to the earliest of Christian times.

The Assumption signals the end of Mary’s earthly life and marks her return to heaven to be reunited with Jesus. While the bodies of both Jesus and Mary are now in heaven, there is a difference between the Assumption and the Resurrection. Where Jesus arose from the tomb and ascended into heaven by his own power, Mary’s body was taken up to heaven by the power of her Son.

### *Historical Background*

Although some scholars insist there is no historical data to prove the historical fact of the Assumption, apart from faith there is also strong and reasoned data to support the event.

Firstly at no time in history has Christendom venerated a grave or tomb of the Blessed Virgin. Until the 5th century of Christianity there was not even a legend concerning her place of burial.

There is absolutely no relic of Our Lady’s body in existence; nor has any person or city ever claimed possession of such a relic. From the earliest times of the Church, the faithful venerated the remains of the Saints. Relics of the Apostles and of thousands of martyrs are preserved in shrines and caskets. The sacred remains of Mary could not have been lost or neglected.

In the first sixteen centuries of Christianity no reputable theologian or school of theology ever questioned the dogma of the Assumption. In addition there was also the solid and deep-rooted conviction among the first Christians that something extraordinary happened to Our Lady at the moment of her departure from this life. This found expression in writings, sermons, devotional practices, and prayers to Mary “assumed into heaven”, and was followed by churches, religious orders, cities and nations across the world dedicating or consecrating to her under the title of Assumption.

The first believed to have asked what had happened to Mary’s body was St Epiphanius, a 4th Century bishop who devoted himself to the study of Mary’s death and believed Our Lady did not die but instead was recalled to heaven.

The feast day of this holy and momentous event stems from the middle of the 5th Century when the Commemoration of the Mother of God was celebrated each year on 15 August in a shrine located near Jerusalem. More than 100 years later, the feast also commemorated the end of Mary’s sojourn on earth and was known as the “Dormition of Our Lady.”

The feast was introduced to Rome in the 8th Century by Pope Sergius and from there it spread rapidly throughout western Europe, with Pope Hadrian later giving the Feast Day its official name as the Assumption of Mary towards the end of the Century.

### *Dogma and Definition*

When Pope Pius IX defined the dogma of the Immaculate Conception in 1854, it drew attention to the possibility of a dogmatic definition of the Assumption. Both are truths not found explicitly in the Bible which was when many petitioned the Apostolic See for an immediate definition.

Between 1849 and 1940 more than 2,500 petitions were received from bishops and superiors or religious orders across the world of which more than 73% came from the Catholic hierarchy. Finally on 1 November in the Holy Year, 1950, the day after the closing of the International Marian Congress in Rome, Pope Pius XII solemnly defined the dogma of the Assumption of the Blessed Virgin Mary into heaven.

This great event took place in St Peter’s Piazza in the presence of 40 Cardinals, 500 bishops, thousands of priests and more than a million of the faithful.

“Mary, having completed the course of her earthly life, was assumed body and soul into heavenly glory,” Pope Pius told the masses.

For many, the most telling verification of the Assumption can be found not only in learned theological studies or definitive doctrinal statements, but in the medium of Mary’s many apparitions which the Church has declared worthy of belief. Where these apparitions have appeared have become beloved Holy shrines visited by millions each year and include the Shrines of Our Lady at Guadalupe, Lourdes and Fatima.

by: *Staff Writers*  
*The Catholic Weekly*





# Parish Directory

## Pittwater Parish

1 Keenan Street Mona Vale  
NSW 2103  
Tel 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

Donita Kerin  
Tel 9157 0999 ext 30  
office@pittwaterparish.org

## Director of Music

Josh Willard  
Tel 9157 0999 ext 17  
music@pittwaterparish.org

## Media & Communication

Conille Felias  
Tel 9157 0999 ext 31  
media@pittwaterparish.org

## Sacrament Coordinator

Sonia Samartin  
Tel 9157 0999 ext 13  
sacraments@pittwaterparish.org

**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**  
Tel 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**



## Parish Bulletin – Term 3, Week 4

We continue to pray for our senior students as they prepare for their Year 12 Trial HSC Examinations.

Four Year 9 students attended the Ignite Mathematics Excursion at St Leo's Catholic College in Wahroonga. This was an opportunity for students studying this course to gather together as a cohort to engage in mathematical problem solving and complete a group assessment task together.

Our Year 9 students studying Philosophy had an excursion to the Sydney Jewish Museum. The day was focused on ethics and leadership, and they had the opportunity to listen to a survivor of the Holocaust talk about their experiences.

Other Year 9 students had an excursion to Flemington Markets, DFO at Homebush and Eastwood Shopping Centre to study consumer and business concepts in a real-life setting. The fieldwork will assist our students with consumer, choice, finance, promotion and selling topics.

The Year 7 Parent Welcome Evening was held on Wednesday evening. Our Year 11 Hospitality students donned their chefs uniform and spent the day busily preparing and producing the food. The event was well attended and was a great opportunity for parents to meet one another in an informal environment over a light supper.

Many sporting opportunities took place this week with several of our Year 7 students attending the Jamie Lyon Cup Rugby League Competition on Tuesday. The Peninsula Cup Boys Rugby Union and Girls Soccer games, plus several MWBA Basketball competitions continue throughout this term.

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/>.



The Feast of the Assumption of the Blessed Virgin Mary  
(Holy Day of Obligation)  
Monday, 15 August

**Maria Regina Church**  
Avalon  
8:00 am  
and  
11:30 am  
with Maria Regina School

**Sacred Heart Church**  
Mona Vale  
9:30 am  
with Sacred Heart School  
and  
7:00 pm

## INVITATION

**TO ALL CATHOLICS AND NON-CATHOLICS**  
We are happy to invite everybody who would like to know more about our Catholic faith tradition to join our next RCIA Programme of our Parish in Pittwater starting 5 September 2022, Monday  
*If Jesus asked us as He queried Peter and His disciples "Who do people say the Son of Man is?", what would our answer be??*  
Our RCIA team (RCIA stands for 'Rite of Christian Initiation of Adults') would love to share our answers with you based on our faith tradition and our personal experience. In 24 informal evening sessions we discuss some of life's deeper questions:

- \* What does it mean to be a Catholic today?
- \* What can the Bible and the Church tell us in this day and age?
- \* What do we really believe, really?

In the past few years close to 60 people have joined us and given us numerous enthusiastic responses. Many participants testify to this every year by becoming full or renewed members of our Church at Easter.

## WHY NOT YOU?

Please register at our Parish Office (91570999) before Friday, 31 August 2022, and join us on Monday, 5 September 2022 at 7 pm (for 90 minutes) in our Parish Centre at Sacred Heart Church, Mona Vale.  
**EVERYBODY IS WELCOME!**



**SERRA VOCATIONS MASS  
and DINNER MEETING**  
Bishop Emeritus David Walker  
to speak about the outcomes  
of the Plenary Council

**Bishop Emeritus David Walker will be  
celebrating Mass for Serra at  
Sacred Heart Church Pymble  
on Thursday 25th August 2022.**

**The evening commences with Mass at  
6.30 PM followed by a light meal and a  
short meeting. Kindly note the change  
of time. Following the meeting  
Bishop David will be speaking to us  
about the outcomes of the Plenary  
Council at which he was a member.  
Everyone is welcome. Please  
"Come and See".**

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

**Please telephone: Terry Scanlan on  
0438 887 295 or  
email [terry\\_scanlan@bigpond.com](mailto:terry_scanlan@bigpond.com)  
if you would like to attend.**



## **Reconciliation and First Eucharist**

**Parent information sessions and  
facilitators meetings were held these  
past two weeks. Thank you to all  
parents who attended these sessions  
and those who have volunteered to  
facilitate their child's preparation  
group. The group sessions preparing  
for these sacraments started on  
Monday 8 August and will run weekly  
for six weeks.**

**Please keep the children and their  
families in your prayers during this  
important time.**

**Any questions please email *Sonia* on  
[sacraments@pittwaterparish.org](mailto:sacraments@pittwaterparish.org)**

# **Soibada Update 10 August 2022**

## ***We finally visited our sister Parish!***

Two weeks ago a team of ten volunteers visited our sister village Soibada in Timor Leste (formerly East Timor). Our Parish has been linked to Soibada since 2010 when Father George visited the village and signed the official agreement with Father Abel. The developments our community have enabled are still evident in the village, however, the need for further assistance and the impact of Covid is obvious. Over coming weeks, I will provide you with updates on the various projects we are involved in. We now have dedicated Medical and Health, Education, Women's Development and Veterans project managers on the Friends of Soibada Committee. At our request, a Committee was established in Soibada, to filter and prioritise the multitude of requests for assistance that come our way. This will ensure that all areas of Soibada receive support. The Friends of Soibada Annual General Meeting will be held on 20 September (details available soon) and you are all welcome to attend. The greatest achievement this year was the opening of the temporary preschool. Financed through fundraising here on the Northern Beaches, it is run by the Dominican Nuns. It is a place of joyful learning! We were welcomed by the children and their parents. They are so grateful for the little support we have provided so far, and the Sisters have done a remarkable job, yet being immersed in the preschool community made me realise how much there is still to do. There are plans for a large preschool and youth centre development in the village that will take some years to come to fruition. The community have also requested our support to establish a Catholic Primary School. The first step to meet these challenges is to raise some funds! The bonus is in post Covid life we can actually do that in person and have fun doing it! On 26 August please join us for a get together in Maria Regina Church Hall. SOUP for SOIBADA! Enjoy a warm bowl of soup, some crusty bread and live entertainment. Your \$15 entrance fee will go towards the projects in Soibada. Tickets are available at the link [www.trybooking.com/CBRLW](http://www.trybooking.com/CBRLW) or contact me on **0403226699**.

In Soibada, as in most of Timor Leste, there are high rates of illiteracy and extreme poverty. Most families have at least seven or eight children. Children under the age of 6 face huge challenges in their right to life, survival and development. High under-5 mortality rates, malnourishment, as well as diseases such as diarrhoea from inadequate safe water, sanitation and hygiene, all impact children's start in life. Very few pre-school-age children are growing up in an environment that adequately nurtures them mentally and physically. The lack of educational facilities in Soibada disadvantages more than just the 2-5-year-olds. Older siblings, particularly girls, miss out on their schooling because they are required to stay at home to care for the younger ones. Some school-age children take their younger siblings to school where they wait outside the classrooms. Huge numbers of Timorese children are unable to access their right to education and this has a lifelong impact on their ability to realise their full potential.

**Tamara**

Social Justice Ministry

If you are interested in getting involved in this or any of the other projects please check out the **Friends of Soibada Facebook Page**  
<https://www.facebook.com/friendsofsoibada>  
or get in touch with Tamara on [tamara.harding@bigpond.com](mailto:tamara.harding@bigpond.com)





# The *Living* Word

## Entrance Antiphon

Ps 83:10-11

Turn your eyes, O God, our shield;  
and look on the face of your anointed  
one;  
one day within your courts is better than  
a thousand elsewhere.

## First Reading

Jer 38:4-6. 8-10

**A reading from the prophet Jeremiah**  
*You bore me to be a man of strife for the  
whole world.*

The king's leading men spoke to the king.  
'Let Jeremiah be put to death: he is  
unquestionably disheartening the  
remaining soldiers in the city, and all the  
people too, by talking like this. The  
fellow does not have the welfare of this  
people at heart so much as its ruin.' 'He  
is in your hands as you know,' King  
Zedekiah answered 'for the king is  
powerless against you.' So they took  
Jeremiah and threw him into the well of  
Prince Malchiah in the Court of the  
Guard, letting him down with ropes.  
There was no water in the well, only  
mud, and into the mud Jeremiah sank.  
Ebed-melech came out from the palace  
and spoke to the king. 'My lord king,' he  
said, 'these men have done a wicked  
thing by treating the prophet Jeremiah  
like this: they have thrown him into the  
well where he will die.' At this the king  
gave Ebed-melech the Cushite the  
following order: 'Take three men with  
you from here and pull the prophet  
Jeremiah out of the well before he dies.'

## The word of the Lord

**Responsorial Psalm** Ps 39:2-4. 18. R. v.14

**(R.) Lord, come to my aid!**

I waited, I waited for the Lord  
and he stooped down to me;  
he heard my cry. **(R)**

He drew me from the deadly pit,  
from the miry clay.  
He set my feet upon a rock  
and made my footsteps firm. **(R)**

He put a new song into my mouth,  
praise of our God.  
Many shall see and fear  
and shall trust in the Lord. **(R)**

As for me, wretched and poor,  
the Lord thinks of me.  
You are my rescuer, my help,  
O God, do not delay! **(R)**

## Second Reading

Heb 12:1-4

**A reading from the letter to the  
Hebrews**

*Let us bear patiently the struggle placed  
upon us.*

With so many witnesses in a great cloud  
on every side of us, we too, then, should  
throw off everything that hinders us,  
especially the sin that clings so easily,  
and keep running steadily in the race we

have started. Let us not lose sight of  
Jesus, who leads us in our faith and  
brings it to perfection: for the sake of the  
joy which was still in the future, he  
endured the cross, disregarding the  
shamefulness of it, and from now on has  
taken his place at the right of God's  
throne. Think of the way he stood such  
opposition from sinners and then you will  
not give up for want of courage. In the  
fight against sin, you have not yet had to  
keep fighting to the point of death.

## The word of the Lord

## Gospel Acclamation

Jn 10:27

Alleluia, alleluia!

My sheep listen to my voice, says the  
Lord;  
I know them, and they follow me.

Alleluia!

## Gospel

Lk 12:49-53

**A reading from the holy Gospel  
according to Luke**  
*I have come not to give peace, but  
discord.*

Jesus said to his disciples: 'I have come  
to bring fire to the earth, and how I wish  
it were blazing already! There is a  
baptism I must still receive, and how  
great is my distress till it is over!  
'Do you suppose that I am here to bring  
peace on earth? No, I tell you, but rather  
division. For from now on a household of  
five will be divided: three against two  
and two against three; the father divided  
against the son, son against father,  
mother against daughter, daughter against  
mother, mother-in-law against  
daughter-in-law, daughter-in-law against  
mother-in-law.'

## The Gospel of the Lord

**Communion Antiphon** Ps 129:7

With the Lord there is mercy; in him is  
plentiful redemption.

## REFLECTION

*by Dianne Bergant CSA*

*As disciples we commit ourselves to  
values and principles that are not always  
cherished by others. We can be  
misunderstood for our beliefs, even  
ridiculed. Our lives may be a reproach to  
those who do not share our aspirations.  
There may be times when we must stand  
in opposition to others. All of this tends  
to alienate us. It could even place us at  
enmity with those whom we love. Yet, if  
we are genuinely committed, we realise  
that there is also a price to pay if we are  
not faithful. It is very difficult to live with  
ourselves when we disregard our deepest*

*convictions and ignore the promptings of  
God that we experience within ourselves.  
As difficult as a life of faith may be, we  
know that it is the only way to live in this  
world.*

*Faced with the cost of discipleship we are  
brought to the realisation that, by  
ourselves, we do not have the necessary  
resources. We need assistance. Like  
Jeremiah, we might find that this aid will  
come from places we may have never  
expected. The real support and assistance  
that we get is from Jesus who came to set  
the world and our hearts on fire. Paul  
assures us that there is a vast throng  
cheering us on as we run the race of  
discipleship. They are not merely  
spectators; they have already run or are  
still running their own race. We are not  
alone in our commitment, in our struggle.  
There are many witnesses, many  
examples for us to follow.  
© Dianne Bergant CSA*

**Welcome to  
Pittwater  
Parish**

**Freya Autumn  
Stephens  
Mila Jane Tocchini  
Noa Lou Tocchini  
on the  
4th of August 2022  
at  
Sacred Heart Church  
Mona Vale  
for the  
Sacrament of  
Baptism**

**Calling for New  
Volunteers  
(for our Weekend Masses)**

**We are in need of  
PowerPoint operators, Collectors,  
Readers, Junior Altar Servers  
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# The Assumption Prayer

Lord Jesus Christ,  
You have destroyed  
the power of death  
and given the hope of  
eternal life in body and soul.  
You granted your Mother a  
special place in your glory,  
and did not allow decay to  
touch her body.

As we rejoice in the  
Assumption of Mary,  
give to us a renewed  
confidence in the victory  
of life over death.  
You live and reign forever  
and ever.

Amen.



## Pope Francis' Prayer Intentions For August

### **Small Businesses**

"Let us pray for small and medium-sized businesses, hard hit by the economic and social crisis, so they may find ways to continue operating, and serving their communities."

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