



# 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*

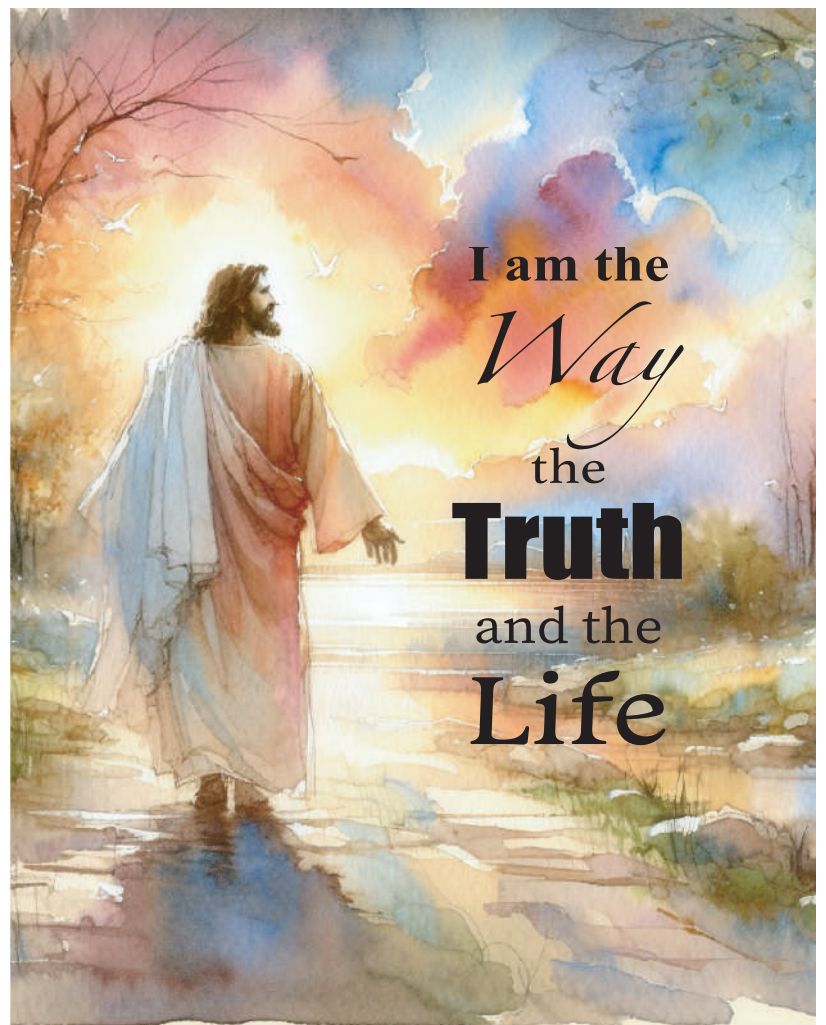


## Thoughts of Blessed Francis Jordan

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.

## Hail Holy Queen

Hail Holy Queen,  
Mother of mercy,  
hail our life,  
our sweetness and our hope.  
To you do we cry,  
poor banished children of Eve;  
to you do we send up  
our sighs,  
mourning and weeping  
in this valley of tears.  
Turn then,  
O most gracious advocate,  
your eyes of mercy  
towards us;  
and after this our exile,  
show unto us the blessed  
fruit of your womb, Jesus.  
O clement, O loving,  
O sweet Virgin Mary.  
Amen.



 Like us on  
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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

*Matthew Robert Williams*

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

### Prayer for the Sick

Anna Śmigowska

Lily Janosik

Sue French

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

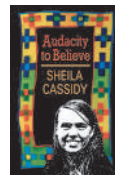
**Happy 80th Birthday**  
**John Ferranda**

*May God continue to bless you with joy, good health and continued strength in your faith.*

## BOOK REVIEW

**Audacity to Believe**

by: Sheila Cassidy



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

## Liturgy for the Week

**25/08 Monday, Ordinary Time 21**  
1 Thess 1:1-5, 8-10; Mt 23:13-22

**26/08 Tuesday, Ordinary Time 21**  
1 Thess 2:1-8; Mt 23:23-26

**27/08 Wednesday, St Monica**  
1 Thess 2:9-13; Mt 23:27-32

**28/08 Thursday, St Augustine**  
1 Thess 3:7-13; Mt 24:42-51

**29/08 Friday, The Passion of John The Baptist**  
Jer 1:17-19; Mk 6:L17-19

**30/08 Saturday, Ordinary Time 21**  
1 Thess 4:9-11; Mt 25:14-23

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

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**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.

Thank you for your continued contributions and support. Your financial contributions and your generous donations throughout the year are greatly appreciated.

Available on the  
**App Store**

Get it on  
**Google play**

## Thursday Morning Spirituality Group

starting on Thursday, 28th August at 10:30 am after the 10 am Mass

Avalon Parish Hall

Our Spirituality Group is starting a new study of Thomas Merton's "New Seeds of Contemplation". Merton "speaks now to the growing need in Western society for a spiritual, contemplative and mystical dimension in our lives."

We meet after 10:30 am after the 10 am Mass in the Avalon Parish Hall for morning tea, followed by study and contemplation until 12 noon. We read through the book in a very relaxed manner gaining insights from each other. **All are invited.**

**Please contact Margaret Abrahams via Parish Office on 9517 0999**



## 60 YEARS OF SACRED HEART MONA VALE CATHOLIC PRIMARY SCHOOL

This year we celebrate 60 years of our school. Back in 1965, Sacred Heart Mona Vale started with 2 classes and 36 students in Kindergarten and 1st Class. The Good Samaritan Sisters were given the privilege of staffing the school and Sister Mary Alphonsis and Sister Mary Rose were our first teachers. During the last week of Term 2, we celebrated this milestone as a school with a variety of activities including a fantastic talent show and on the Feast of Sacred Heart we held a 60 year Anniversary Mass and had a family picnic.



Insights into Catholicism today...



*What is our faith tradition all about?*

Our next sessions start on

**Wednesday,  
3 September  
at 7.00 pm  
in our**

**Sacred Heart Church  
Parish Centre**

*Please RSVP on*

**9517 0999**

*(Parish Office)*

*or email*

***office@pittwaterparish.org***

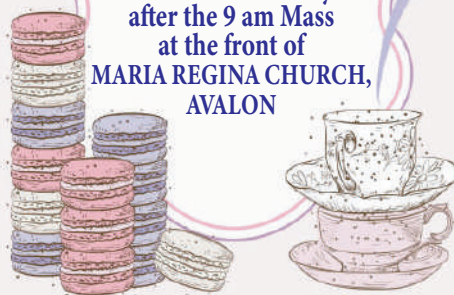
*Everyone is Welcome!*



### PARISH MORNING TEA GATHERING

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 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**  
***Belinda Cimino***  
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***Sonia Samartin***  
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**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**

*walk by  
faith*



## Fulfilling the Sunday Obligation

We want to take a moment to gently remind everyone of something at the heart of our faith: our Sunday Mass obligation. As Catholics, we're called to gather each Sunday to worship God, receive the Eucharist, and be part of our parish community.

This isn't just a tradition, it's a central part of living our faith.

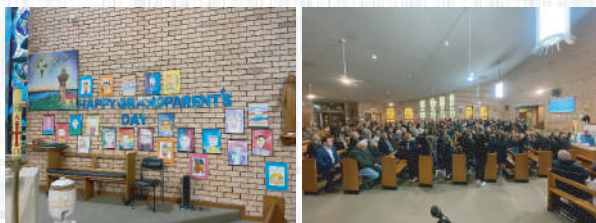
This is a strong message, but it comes from the Church's love for us and desire that we stay connected to Christ. Mass isn't just an obligation—it's a gift. It's where we receive Jesus in the Eucharist, are strengthened by His Word, and find encouragement and peace in community. Let's keep putting God first in our week, and in our hearts.

*Catechism of the Catholic Church, Sunday Obligation, 2180 and 2181*

## WHAT'S HAPPENING AT MARIA REGINA?

### Week 4 – August 13th Grandparents Day Celebration

Grandparents Day Celebration What a heartwarming day at Maria Regina as we celebrated Grandparents Day! We began with a beautiful liturgy, honouring the love and wisdom of our grandparents, followed by open classrooms where students proudly shared their learning and special moments. Thank you to all the grandparents who joined us—it was a joy to have you in our school community!



### Week 5 - 20th August Netball Gala Day

Our Maria Regina Stage 3 students had an absolute blast at the recent Netball Gala Day! With great teamwork, enthusiastic cheering, and plenty of smiles, it was a fantastic day of sport and school spirit. We're so proud of how our students supported one another and represented our school with pride and positivity!



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**



**Vinnies**

**Piety Store**

## “First Holy Eucharist Commemoration Gifts”



*Gifts and cards for First Holy Eucharist are now available at our Piety Stores in Maria Regina Church, Avalon and Sacred Heart Church, Mona Vale.*

### Maria Regina Church's Piety Store (AVALON)

**Saturday, 23rd August  
at 5.30 pm**

**and**

**Sunday, 24th August  
at 8:30 am**

**REHEARSAL**

**Tuesday, 2nd September  
at 4 pm**

**FIRST HOLY EUCHARIST  
CEREMONIES**

**Saturday, 6 September  
at 6.00 pm  
and**

**Sunday, 7 September  
at 9.00 am**

### Sacred Heart Church's Piety Store (MONA VALE)

**Saturday, 23rd August  
at 5.00 pm**

**and**

**Sunday, 24th August  
at 10.00 am**

**REHEARSAL**

**Thursday, 4th September  
at 4 pm**

**FIRST HOLY EUCHARIST  
CEREMONIES**

**Saturday, 13 September  
at 5.00 pm  
and**

**Sunday, 14 September  
at 10.00 am and  
12 noon**



## Why I love being a Catechist

My name is Maureen Wooldridge. My journey began in 1988 when a dear friend - who had been a catechist for over 30 years, invited me to be her helper at Mona Vale Public School. At the time, she had 25 children in her Kindergarten class. I said yes, and I thank God every day that I did. Now, 37 years later, I have 21 beautiful children in my Kindergarten Scripture class at Mona Vale. The joy on their little faces as they proudly remember to make the Sign of the Cross at the start of our lesson is a constant reminder of the seeds we are planting. Seeds, that I believe, will stay with them long after Kindy.

God calls each of us to share our faith, to plant the seed and to watch it grow. I've witnessed this growth first-hand in my Year 3 and Year 5 classes, where the children still remember the parables they learnt in Scripture. The seeds we plant truly grow.

But we need more helpers to make that happen. Our infant teachers especially would love support in the classroom - to walk around, assist children with their workbooks and bring a sense of encouragement. With only 30 minutes to teach, the time goes quickly. Something as simple as placing a sticker on each workbook can light up a child's day. After all, who doesn't love a sticker?

If you are interested on being a Catechist, please contact:

**Maureen Wooldridge - 0421 907 469 or Veronica Thomas - 0417 061 534**

## Why the Queenship of Mary Matters



The Catholic Church annually celebrates the feast of the Queenship of Mary on Aug. 22. Most people, upon hearing of this celebration, would think of it as something rather sweet and sentimental, a quaint devotion for grandmothers with a taste for saccharine spirituality. But when we examine this feast as we should, through biblical eyes, a very different picture emerges.

The clearest scriptural indication that Mary of Nazareth is a queen is a remarkable passage in the 12th chapter of the Book of Revelation. The visionary author sees an extraordinary sign in the sky: a woman clothed with the sun, the moon at her feet, and a coronet of 12 stars on her head.

Twelve, of course, is a designation of the tribes of Israel, and the crown is a rather unambiguous indication that we are dealing with a royal figure. It soon becomes clear that this woman is not only a queen but, more precisely, a queen mother, for we hear that she is laboring to give birth to a king, one who is "destined to rule the nations with an iron rod."

Both the queen mother and the infant king are involved in a terrible struggle. The visionary tells us that a fearsome dragon is poised to devour the baby as

soon as it comes forth. But God sweeps the child up and brings him to the safety of the divine throne, while the mother flees to the desert where she finds refuge. In the wake of this, a war breaks out between "Michael and his angels" and the dragon and his angelic supporters. This image is, of course, symbolically rich and multivalent, but at the very least it indicates that the queen and her kingly son are protagonists in a spiritual warfare of some magnitude. They are, in a word, warriors.

Just before this passage, at the very end of Chapter 11 of the Book of Revelation (and remember that the chapter designations came many centuries after this text was originally composed), we find the vision of the heavenly temple. Amid flashes of lightning, peals of thunder, and a mighty hailstorm, the seer spies the Ark of the Covenant within the temple.

The ark, we recall, was the container of the remnants of the Ten Commandments, and hence the most sacred object for ancient Israel. Placed within the Holy of Holies in the Jerusalem Temple, the ark was understood to be the link between heaven and earth, the definitive bearer of the divine presence.

When King David brought the ark into the Holy City, he danced before it with reckless abandon. Moreover, at various points throughout its history, Israel brought the ark into battle, most notably when the priests marched with it seven times around the walls of Jericho, before those battlements came tumbling down. Now the juxtaposition of the vision of the ark in the heavenly temple and the vision of the queen mother clothed with the sun cannot have been accidental. The author of the Book of Revelation is telling us that Mary, the bearer of the Word of God made flesh, was the Ark of the Covenant par excellence. Indeed, when she visited her cousin Elizabeth, pregnant with the unborn John the Baptist, he leapt in his mother's

womb for joy, a beautiful infant imitation of the dance of David before the true ark. Both ark and queen are associated with spiritual warfare.

In her Magnificat prayer, recorded in the Gospel of Luke, Mary speaks of the God "who has cast down the mighty from their thrones and lifted up the lowly." Like her Son, Mary does not fight with the puny weapons of the world but rather with the weapons of love, forgiveness, compassion, and provocative nonviolence.

Those who have experienced a Jesuit retreat based upon the spiritual exercises of St. Ignatius will recognize the "two standards" meditation. Ignatius asks the retreatant to imagine a great field of battle. Arrayed on one side, under the standard of the Church, is the army of Christ; and on the other, under the standard of Satan, is the army of the dark powers. Then Ignatius compels the retreatant to make a decision, indeed the most fundamental and important choice imaginable, the election that will determine everything else he will say and do for the rest of his life: Which army will you join?

Bob Dylan posed the same stark spiritual option in his 1979 song "Gotta Serve Somebody:" ("It may be the devil or it may be the Lord, but you're gonna have to serve somebody.") In other areas of life, a fair amount of nuance and subtlety is called for, but at the most basic level, where one determines the fundamental orientation of one's life, things actually become quite simple and clear.

The feast of the Queenship of Mary has to do with this choice: Where do you stand in the great spiritual struggle? With whose army do you fight? Do you march under the banner of the Queen Mother and her Son, or with their enemies? Do you go out with the Ark of the Covenant or against it? Say what you want about those questions, but they are neither sweet nor sentimental.

By: Bishop Robert Barron



# The *Living* Word

## Entrance Antiphon

Psalm 85:1-3

Turn your ear, O Lord, and answer me;  
save the servant who trusts in you, my  
God. Have mercy on me, O Lord, for I  
cry to you all the day long.

## First Reading

Isaiah 66:18-21

### A reading from the prophet Isaiah

*They will gather all of your people from  
all nations.*

The Lord says this: I am coming to  
gather the nations of every language.  
They shall come to witness my glory. I  
will give them a sign and send some of  
their survivors to the nations: to Tarshish,  
Put, Lud, Moshech, Rosh, Tubal, and  
Javan, to the distant islands that have  
never heard of me or seen my glory.  
They will proclaim my glory to the  
nations. As an offering to the Lord they  
will bring all your brothers, on horses, in  
chariots, in litters, on mules, on  
dromedaries, from all the nations to my  
holy mountain in Jerusalem, says the  
Lord, like Israelites bringing oblations in  
clean vessels to the Temple of the Lord.  
And of some of them I will make priests  
and Levites, says the Lord.

## The word of the Lord

**Responsorial Psalm** Ps 116. R. Mk 16:15  
**(R.) Go out to all the world and tell the  
Good News.**

O praise the Lord, all you nations,  
acclaim him all you peoples! **(R.)**

Strong is his love for us; he is faithful for  
ever. **(R.)**

## Second Reading

Hebrews 12:5-7, 11-13

### A reading from the letter to the Hebrews

*The Lord disciplines those he loves.*

Have you forgotten that encouraging text  
in which you are addressed as sons? My  
son, when the Lord corrects you, do not  
treat it lightly; but do not get discouraged  
when he reprimands you. For the Lord  
trains the ones that he loves and he  
punishes all those that he acknowledges  
as his sons. Suffering is part of your  
training; God is treating you as his sons.  
Has there ever been any son whose  
father did not train him? Of course, any  
punishment is most painful at the time,  
and far from pleasant; but later, in those  
on whom it has been used, it bears fruit  
in peace and goodness. So hold up your  
limp arms and steady your trembling  
knees and smooth out the path you tread;  
then the injured limb will not be  
wrenched, it will grow strong again.

## The word of the Lord.

## Gospel Acclamation

John 14:6

Alleluia, alleluia!

I am the way, the truth, and the life, says  
the Lord;

no one comes to the Father, except  
through me.

Alleluia!

## Gospel

Luke 13:22-30

### A reading from the holy Gospel according to Luke

*From East and West they will come to  
take their place in the kingdom of God.*

Through towns and villages Jesus went  
teaching, making his way to Jerusalem.  
Someone said to him, 'Sir, will there be  
only a few saved?' He said to them, 'Try  
your best to enter by the narrow door,  
because, I tell you, many will try to enter  
and will not succeed.

'Once the master of the house has got up  
and locked the door, you may find  
yourself knocking on the door, saying,  
'Lord, open to us' but he will answer, 'I  
do not know where you come from.''  
Then you will find yourself saying, 'We  
once ate and drank in your company; you  
taught in our streets' but he will reply, 'I  
do not know where you come from.  
Away from me, all you wicked men!'  
'Then there will be weeping and grinding  
of teeth, when you see Abraham and  
Isaac and Jacob and all the prophets in  
the kingdom of God, and yourselves  
turned outside. And men from east and  
west, from north and south, will come to  
take their places at the feast in the  
kingdom of God.  
'Yes, there are those now last who will  
be first, and those now first who will be  
last.'

## The word of the Lord.

## Communion Antiphon

Psalm 103:13-15

The earth is replete with the fruits of  
your work, O Lord;  
you bring forth bread from the earth  
and wine to cheer the heart.

## REFLECTION

by Dianne Bergant

*The vision of a disciple must be the  
vision of God. Disciples must see with  
wide angled lenses that enable them to  
recognise that God offers the grace of  
salvation to all. The passages from both  
Isaiah and Luke are astounding in their  
inclusivity. They show that God's saving  
grace is unbounded. It reaches out to  
those whom the people of God may not  
only distrust but sometimes even despise.  
There is something very dangerous about  
being smugly convinced of one's own  
salvation. When we are so sure of  
ourselves, we can easily fall into the  
error of being as sure of the moral  
failure of others as well. The gospel  
warns us against such judgment.  
Women and men are gathered into the  
community of the saved, primarily  
because others have been sent out to get*

*them. The psalm refrain is the command  
to go out to the whole world. The first  
reading describes God sending fugitives  
back home to get their relatives. People  
come from all over because someone is  
sent to get them. Today that command is  
directed to us. We are the ones who are  
being sent out to bring others to God.  
Unfortunately there are many people  
who do not believe that they are fit to be  
evangelisers. They may think that the  
work that they do or the lives that they  
live do not lend themselves to the task of  
spreading the good news of the gospel.  
They do not realise that all Christians  
are called and sent. This is not an  
option; it is a responsibility.*

© Dianne Bergant CSA



Memorials of  
*St Monica*  
**27th August**  
and  
*St Augustine*  
**28th August**



Memorial of the  
**THE PASSION  
OF  
ST JOHN  
THE  
BAPTIST**  
**29th August**

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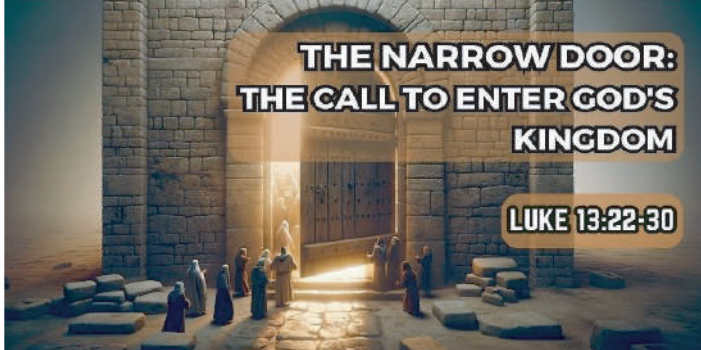



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Psalm 37:5

