



The Catholic Parish of Pittwater

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

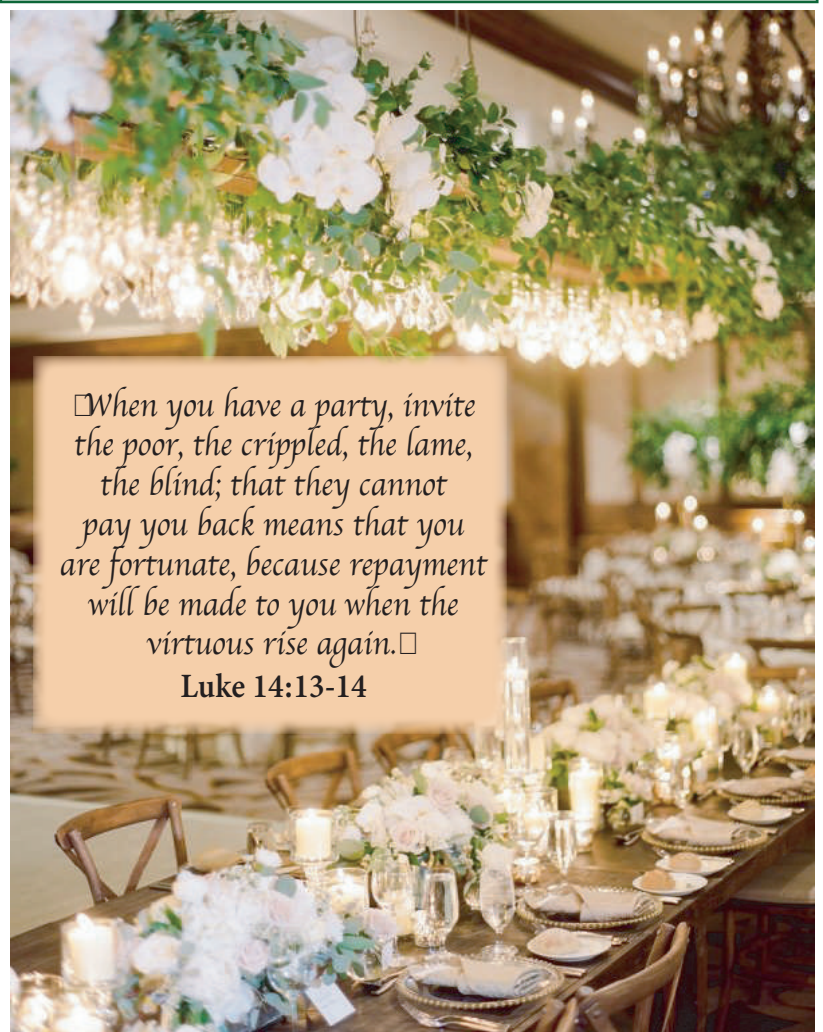
A warm welcome to all our parishioners and visitors who are celebrating the Eucharist with us at Pittwater Parish -
Sacred Heart Church and Maria Regina Church



Thoughts of Blessed Francis Jordan
Love everyone! Everyone has failings, more or less. But you should exclude no one from your love.

Discipleship Prayer

Lord Jesus Christ,
we pray for the spirit of
discipleship among us.
We want to be Your follower who
know You, love You, serve You,
praise and glorify You.
We pray that most of us,
who want to follow You,
be filled with Your Holy Spirit
so that we get the courage
and strength to bear
the burden of ridicule, torture and
persecution from the non-believers
and the evil one.
Lord Jesus Christ,
help us to teach our children the
good fruits of being Your disciples
so that Your cultivated land
may have enough labourers.
Amen.



□When you have a party, invite
the poor, the crippled, the lame,
the blind; that they cannot
pay you back means that you
are fortunate, because repayment
will be made to you when the
virtuous rise again.□
Luke 14:13-14

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Pittwater Catholic
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
James Reilly

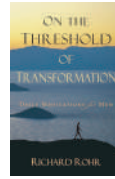
May all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

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

BOOK REVIEW

On the Threshold of Transformation
by: Fr Richard Rohr



This book contains Daily Meditations for Men

"While much of our culture today would have us believe that failure and suffering are inherently bad. Fr Rohr helps men see that pain - in whatever form it takes - is a primary doorway through which they can pass to reach their authentic, best selves, which is where they will truly encounter God."

You then, my child, be strengthened by the grace that is in Christ Jesus, and what you have heard from me in the presence of many witnesses entrust to faithful men, who will be able to teach others also.

2 Timothy 2:1-2

Liturgy for the Week

01/09 Monday, Ordinary Time 22
1 Thess 4:13-18; Lk 4:16-30

02/09 Tuesday, Ordinary Time 22
1 Thess 5:1-6, 9-11; Lk 4:31-37

03/09 Wednesday, St Gregory the Great
Col 1:1-8; Lk 4:38-44

04/09 Thursday, Ordinary Time 22
Col 1:9-14; Lk 5:1-11

05/09 Friday, Ordinary Time 22
Col 1:15-20; Lk 5:33-39

06/09 Saturday, Ordinary Time 22
Col 1:21-23; Lk 6:1-5

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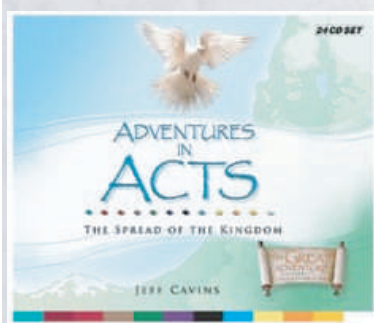
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Use this App to support our Clergy through the first collection and our Parish through the second collection. Donations can be made weekly, fortnightly, monthly or one-off.

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**



ACTS - THE SPREAD OF THE KINGDOM

Jeff Cavins

Everyone is welcome to join, watch and discuss this intriguing DVD Set in which Jeff Cavins provides expert commentary on the book of Acts.

It will be on **Tuesday, 2nd September.**

There will be Morning Tea at 10 am at the **Sacred Heart Parish Centre** and discussions after the film.

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

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)

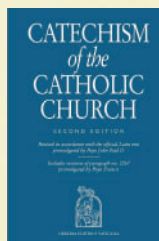
or email

office@pittwaterparish.org

Everyone is Welcome!



*We are pleased to offer copies of the
Catechism of the Catholic Church*



*For those who would like to
deepen their understanding
of our faith.*

*Please **ORDER** your copy
at the Parish Office for \$20
If you are interested in buying a
copy, please stop by the office
during regular hours or
contact us on 9517 0999*

*May God bless you as you continue
to grow in faith and knowledge.*



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

Tel 9157 0999 ext 30

office@pittwaterparish.org

Administrative Assistant

Shereae Knight

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office@pittwaterparish.org

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Conille Felias

Tel 9157 0999 ext 31

media@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

**HUMILITY IS
GREATNESS**

The Canonisation of
Blesseds
**Carlo Acutis and
Pier Giorgio Frassati in Rome, Italy**



Sunday, 7th September
Special Mass at 5:30 pm
Celebrated by Bishop Anthony Randazzo
Our Lady of Dolours, Chatswood
(Formal Installation of the Relic of
Blessed Pier Giorgio)

First Holy Eucharist



Please keep in your prayers the children preparing to receive the Holy Eucharist for the first time. They are now in the final stages of their weekly preparation and will soon celebrate the Sacrament of First Holy Communion during one of the upcoming Masses.

Maria Regina Church, Avalon
Saturday, 6 September at 6 pm
Sunday, 7 September at 9 am

Sacred Heart Church, Mona Vale
Saturday, 13 September at 5 pm
Sunday, 14 September at 10 am
& 12 noon

Thursday Morning Spirituality Group

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**



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

Why I love being a Catechist



Christine Kocsis

"I have been a scripture teacher for over 25 years because of my faith and supportive parish community. There is a deep sense of joy that comes from sharing something you believe in deeply and I have the privilege of sharing my faith with the children, it is incredibly rewarding."

Interested? Please contact

Maureen Wooldridge 0421 907 469 or

Veronica Thomas 0417 061 534

PUBLIC SCHOOL SCRIPTURE CLASS

SCHEDULE

AVALON (FRIDAY) - INFANTS
11.50 am - 12.20 pm

BILGOLA PLATEAU (TUESDAY) - ALL CLASSES
12.15 pm - 12.45 pm

MONA VALE (WEDNESDAY) - INFANTS
12.20 pm - 12.50 pm

NEWPORT (TUESDAY) - INFANTS
1.00 pm - 1.30 pm



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)**

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)**

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

ADVERTISEMENT SPACES AVAILABLE

Our bulletin has available spaces to
promote local businesses.
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community and endorse
your services.
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Parish Office on 9157 0999
for more information

7th September

HAPPY

FATHER'S DAY

We invite all Fathers for a Special Blessing
during these Masses:

Sacred Heart Church, Mona Vale
Saturday, 6th September at 5 pm
Sunday, 7th September at
8 am, 10 am and 6 pm (Soul Mass)

Maria Regina Church, Avalon
Saturday, 6th September at 6 pm
Sunday, 7th September at 9 am



22nd Sunday in Ordinary Time, Year C

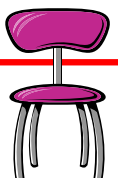
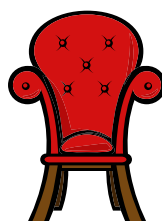
Who would you invite to your party? Fill out the invitation.

Use the words below to complete these sentences.

- When you are invited to be a _____, go and sit in the _____ place.
- If you put yourself _____ others, you will be put down.
- When you are _____ to a wedding feast, don't sit in the _____ place.
- If you _____ yourself, you will be honoured.
- When you give a _____, invite the _____, crippled, the lame and the _____. They _____ pay you back.

CANNOT GUEST
HUMBLE INVITED
BEST BLIND FEAST
ABOVE WORST
POOR

If you were invited to a party where would you sit? Circle the chair you would sit in and write down why you would sit there.



The *Living* Word

Entrance Antiphon

Psalm 85:3,5

Have mercy on me, O Lord, for I cry to you all the day long.
O Lord, you are good and forgiving,
full of mercy to all who call to you.

First Reading

Sirach 3:17-20, 28-29

A reading from the book of Ecclesiasticus

Humble yourself and you will find favour with the Lord.

My son, be gentle in carrying out your business, and you will be better loved than a lavish giver. The greater you are, the more you should behave humbly, and then you will find favour with the Lord; for great though the power of the Lord is, he accepts the homage of the humble. There is no cure for the proud man's malady, since an evil growth has taken root in him. The heart of a sensible man will reflect on parables, an attentive ear is the sage's dream

The word of the Lord

Responsorial Psalm

Ps 67:4-7, 10-11. R. v.11

(R.) God, in your goodness, you have made a home for the poor.

The just shall rejoice at the presence of God, they shall exult and dance for joy. O sing to the Lord, make music to his name; rejoice in the Lord, exult at his presence. **(R.)**

Father of the orphan, defender of the widow, such is God in his holy place. God gives the lonely a home to live in; he leads the prisoners forth into freedom. **(R.)**

You poured down, O God, a generous rain: when your people were starved you gave them new life. It was there that your people found a home, prepared in your goodness, O God, for the poor. **(R.)**

Second Reading

Hebrews 12:18-19, 22-24

A reading from the letter to the Hebrews

You have to come to Mount Zion and to the city of the living God.

What you have come to is nothing known to the senses: not a blazing fire, or a gloom turning to total darkness, or a storm; or trumpeting thunder or the great voice speaking which made everyone that heard it beg that no more should be said to them. But what you have come to is Mount Zion and the city of the living God, the heavenly Jerusalem where the millions of angels have gathered for the festival, with the whole Church in which everyone is a 'first-born son' and a citizen of heaven. You have come to God himself, the supreme Judge, and been placed with spirits of the saints who have been made perfect; and to Jesus, the mediator who brings a new covenant.

The word of the Lord.

Gospel Acclamation

Matthew 11:29

Alleluia, alleluia!

Take my yoke upon you; learn from me, for I am gentle and lowly in heart.

Alleluia!

Gospel

Luke 14:1, 7-14

A reading from the holy Gospel according to Luke

All who exalt themselves shall be humbled and all who humble themselves shall be exalted.

On a sabbath day Jesus had gone for a meal to the house of one of the leading Pharisees; and they watched him closely. He then told the guests a parable, because he had noticed how they picked the places of honour. He said this, 'When someone invites you to a wedding feast, do not take your seat in the place of honour. A more distinguished person than you may have been invited, and the person who invited you both may come and say, "Give up your place to this man." And then, to your embarrassment, you would have to go and take the lowest place. No; when you are a guest, make your way to the lowest place and sit there, so that, when your host comes, he may say, "My friend, move up higher." In that way, everyone with you at the table will see you honoured. For everyone who exalts himself will be humbled, and the man who humbles himself will be exalted.' Then he said to his host, 'When you give a lunch or a dinner, do not ask your friends, brothers, relations or rich neighbours, for fear they repay your courtesy by inviting you in return. No; when you have a party, invite the poor, the crippled, the lame, the blind; that they cannot pay you back means that you are fortunate, because repayment will be made to you when the virtuous rise again.'

The word of the Lord.

Communion Antiphon

Psalm 30:20

How great is the goodness, Lord,
that you keep for those who fear you.

REFLECTION

by Dianne Bergant

The goodness of God is seen in the extravagant generosity with which God gives gifts. This is described in the psalm in the boundlessness and universal scope of God's generosity. Like the rain that falls on the entire landscape, the blessings of God are showered on all. These blessings are true gifts. They have not been earned, nor can they be repaid.

God's openness is also seen in the reading from the Letter to the Hebrews and in the gospel. All are invited to approach the heavenly city; the heavenly banquet will be open to the poor and to those who have no way of repaying. Only the humble can receive the gifts of God. Only those who can admit their neediness are open enough to realise that God's blessings are gifts freely given, not compensation for a job well done. Without a humble spirit we are unable to receive gifts as gifts. This is either because we are too proud or we do not know how to receive with the open hearts of children, who never think that they must return in kind. This is the kind of humility recommended by Sirach. This is the kind of humility possessed by the disadvantaged pictured in the gospel. As we have received from the bounty of God, so we are called to give to others. Only those who have received with a humble spirit can give with the generosity of God, for they know that they do not deserve God's goodness and they do not require anything in return.

© Dianne Bergant CSA

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**

*Everyone is welcome
to join*

humility

[hyū-mi-lə-tē] • noun

high view of God
low view of self

[colossians 3:12]

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**HUMBLE YOURSELVES.
THEN, UNDER GOD'S MIGHTY HAND,
SO THAT HE WILL LIFT YOU
UP IN HIS OWN GOOD TIME.
LEAVE ALL YOUR WORRIES WITH HIM,
BECAUSE HE CARES FOR YOU.**

1 PETER 5:6-7



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0403226699**

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HUMBLE
yourselves before
the Lord,
and HE will
lift you up.
James 4:10



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Psalms 112:5