



The Catholic Parish of Pittwater

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

Take up Your Cross

Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me"

Matthew 16:24

Prayer for Fathers

Dear God,
pray for fathers who have striven to balance the demands of work, marriage and children with an honest awareness of both joy and sacrifice.

We pray for fathers who, lacking a good model for a father, who have worked to become a worthy and virtuous father.

We pray for men who have no children, but cherish the next generation as if they were their own.

We pray for men who have "fathered" us in their role as mentors and guides.

We pray for men who are about to become fathers; may they openly delight in their children. And we pray for those fathers who have died, but live on in our memory and whose love continues to nurture us.

Amen.

Thoughts of Blessed Francis Jordan

Be a true apostle of Jesus Christ.

Do not rest until you have carried the word of God to all the corners of the earth.

Be a true herald of the Most High!

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



POPE FRANCIS' PRAYER INTENTION FOR SEPTEMBER

For People Living on the Margins

We pray for those persons living on the margins of society, in inhumane life conditions; may they not be overlooked by institutions and never considered of lesser importance.

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

MASS TIMES

SACRED HEART CHURCH

1 Keenan Street, Mona Vale

WEEKDAY MASSES

Tuesday 8.30am

Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8:30 am, followed by Mass at 9.30am

Wednesday 9.30am

Thursday 7pm

Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 7.30pm to 9pm

Friday 9.30am

First Friday of the Month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 9.30am, followed by Mass with Anointing of the Sick at 10.30am

WEEKEND MASSES

Saturday Vigil 5.00pm

Sunday 8.00am • 10.00am • 6.00pm (SOUL)

RECONCILIATION

4.00pm to 4.30pm Saturday

Baptism

4th Sunday - 11.30am

MARIA REGINA CHURCH

7 Central Road, Avalon

WEEKDAY MASSES

Monday 8am

Wednesday 8am

Thursday 10am

9am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45am

Friday 8am

Mass with Anointing of the Sick - First Friday of the Month at 8am

WEEKEND MASSES

Saturday Vigil 6.00pm

Sunday 9.00am

RECONCILIATION

Before Vigil Mass on Saturday
BAPTISM

3rd Sunday - 11.00am

We Pray for Deceased Anniversary

Neil DeLandre
James Leon Reilly

Recently Deceased
Carole Elaine
Anderson

Prayer for the Sick

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



Vinnies

New stock is now available
at the Vinnies Sacred Heart

Piety Store for the
First Holy Eucharist.

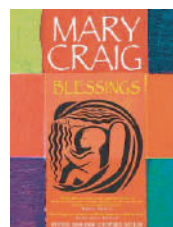
All proceeds of the Piety Store
go to St Vincent de Paul.

All transactions are CASH only,
as we do not have
EFTPOS facilities.

Any queries, please contact
the Parish Office on 9157 0999.

BOOK REVIEW

Blessings
by: Mary Craig



This book is about how Mary Craig
coped with caring for her
handicapped child, born with a
rare disease, who did not even
know her.

Liturgy for the Week

04/09 Monday, Ordinary Time 22
1 Thess 4:13-18; Lk 4:16-30

05/09 Tuesday, Ordinary Time 22
1 Thess 5:1-6, 9-11;
Lk 4:31-37

06/09 Wednesday, Ordinary
Time 22
Col 1:1-8; Lk 4:38-44

07/09 Thursday, Ordinary Time 22
Col 1:9-14; Lk 5:1-11

08/09 Friday, The Nativity of the
Blessed Virgin Mary
Micah 5:1-4; Mt 1:1-16, 18-23

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

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the year are greatly appreciated.



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Safeguarding Sunday

10 September 2023

The Church in Australia marks Safeguarding Sunday on the second Sunday of September – September 10 this year. The day seeks to acknowledge the immense damage caused by the sexual abuse of children, including by priests, religious and lay people within Catholic contexts. It makes a commitment to practices and protocols that create and maintain safe environments for all people, especially children and other people who are at risk. It invites people to pray for those harmed by abuse directly and indirectly. By promoting this day, it can make Safeguarding sound everyday and accessible for people in the church. By building awareness, more community members will get involved in supporting children's/youth ministries and contribute to building a culture of safety.



Pope Francis has chosen the theme, "Free to Choose Whether to Migrate or to Stay", for the 109th World Day of Migrant and Refugees, commemorated in Australia on Sunday, 24 September 2023.



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

Director of Music

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

Media & Communications Coordinator

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

Parish Office Hours

Monday to Thursday
9.00 am to 4.00 pm
Friday
9.00 am to 12.00 pm

Sacred Heart Church

1 Keenan Street Mona Vale
Maria Regina Church
7 Central Road Avalon

MONA VALE

Sacred Heart School
el 8197 6900
Principal: Mr Jamie Wahab

AVALON

Maria Regina School
Tel 9918 2608
Principal: Miss Kirsty Thorpe

WARRIEWOOD

Mater Maria Catholic College
Tel 9997 7044
Principal: Mr Marc Reicher

Mass Time Changes for Next Week

No Masses on Wednesday, 6 September and Friday, 8 September at Maria Regina Church but there will be a Liturgy of the Word with Holy Communion.

No Mass on Thursday Evening, 7 September at Sacred Heart Church but there will be a Liturgy of the Word with Holy Communion.

Adoration of the Blessed Sacrament is at the usual time.



I consider that the sufferings of this present time are as nothing compared with the glory to be revealed for us.

Romans 8:18

Catholic Bible Quotes



facebook/officialcatholic

Frenchs Forest Catholic Parish Catechist Coordinator Role

Frenchs Forest Parish is seeking a Catechist Coordinator. The primary purpose of the Parish Catechist Coordinator is to lead and support the catechists of Frenchs Forest Parish who provide Special Religious Education (SRE) to the Catholic Students in State Schools within the Parish.

We are looking for someone with a strong personal commitment to SRE, Catholic teachings, faith and mission of the Catholic Church.

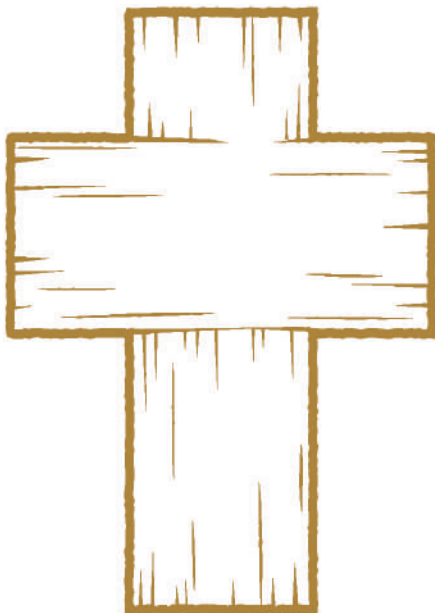
This will be a permanent part-time role in the Parish working 6 hours per week. For more information contact the Parish Office on 9451 5097 or go to

<https://www.ffcp.org.au/positions-vacant-in-catholic-diocese>



22nd Sunday in Ordinary Time, Year A

Write on the cross some of the hard things you need to do if you want to follow Jesus.



COMPLETE THE TEXT MAZE

"If you want to be my followers you must take up your cross and follow me."

START **I** F Y O E

Y D W U T

Z N A L W

V T U E R

D F Y M I T X P I A B O K

G O H E B O Y S R U S T U

J L R C A T A O U M H T J

F L O W E R S Y E T Q A W

S D L K O P F G P U E K B

E W S O Y

A V I U Z

T X C R A

S O R Q H

S D U E O

A R K Y S

N G L L O

D F O F W

R I E P M

E U W T **E** FINISH

Help Jesus tell his disciples about the coming events in Jerusalem.



I must go to the city of Jerusalem...

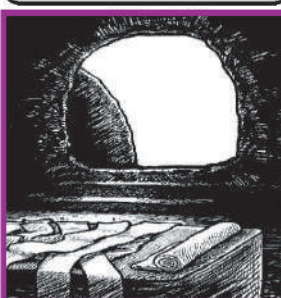
...where people will make me suffer and I will be killed.



Draw Jesus entering the city on the donkey



Draw Jesus suffering on the cross



Write what Jesus tells the disciples next

**Welcome to
Pittwater Parish**
**Freddie Robert Michael
Tenney**
Hugo Matthew Tenney
Noah Lazare Spalding
Alfie Billy Hardie
Sienna Zanetti Avino
at
Sacred Heart Church
Mona Vale
on the
27th of August 2023
for the
Sacrament of
Baptism

*Congratulations
to all the children
who have just had their
First Holy Eucharist
at Maria Regina Church,
Avalon*

*May God's love and grace fill
their hearts with joy and peace
always.
May they remember this day as
a special milestone in their
faith journey.*



Sydney
28 September -
1 October 2023,
Broken Bay
Cathedral Precinct,
Waitara

Get involved

Join us in the mission to bring Jesus into the life of young people. Make the mission reality by attending Ignite Conference, sponsoring as an organisation, donating to the cause, volunteering, bringing a group, presenting a workshop or promoting the conference in your community.

For further information, visit:
igniteconference.com.au

Parish Morning Tea Gathering

Everyone is welcome to join us every month after our
8 am Mass on the 1st Sunday
and after the
10 am Mass on the 3rd Sunday
at the Sacred Heart Parish Centre

2nd and 4th Sunday
after the 9am Mass
in front of the Maria Regina Church, Avalon

It provides an opportunity to all parishioners to connect
and get to know each other.



RCIA- New Programme to Start in September 2023

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

**BAPTISM, CONFIRMATION AND
HOLY EUCHARIST**

If you head over to www.bbcatholic.org.au/pittwater
There is a short video giving an introduction and touches on questions, potential candidates may have on their minds.

All are most welcome to join our informal
group sessions.

Simply register your interest at the Parish Office,
9157 0999 or by email at office@pittwaterparish.org

**The First Information Meeting will be on
Wednesday, 6th of September at 7 pm**



An Australian pilgrimage
led by a
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& the inaugural
Director of the
Mary Mackillop
Heritage Centre
Melbourne
17 October- 28 October
2023

Booking & Enquiries

For further information or to make an
application, please contact the
Australian Pilgrimage Coordinator
Email

national.pilgrimage@mmp.org.au

Telephone

(02) 8912 4818

The *Living* Word

Entrance Antiphon Cf 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 Jeremiah 20:7-9

A reading from the prophet Jeremiah
The word of the Lord God has meant derision for me.

You have seduced me, Lord, and I have let myself be seduced; you have overpowered me: you were the stronger. I am a daily laughing-stock, everybody's butt. Each time I speak the word, I have to howl and proclaim: 'Violence and ruin!' The word of the Lord has meant for me insult, derision, all day long. I used to say, I will not think about him, I will not speak in his name any more. Then there seemed to be a fire burning in my heart, imprisoned in my bones. The effort to restrain it wearied me, I could not bear it.

The word of the Lord

Responsorial Psalm

Ps 62:2-6. 8-9. R. v.2

(R.) My soul is thirsting for you, O Lord my God.

O God, you are my God, for you I long;
for you my soul is thirsting. My body
pines for you like a dry, weary land
without water. **(R.)**

So I gaze on you in the sanctuary
to see your strength and your glory.
For your love is better than life,
my lips will speak your praise. **(R.)**

So I will bless you all my life,
in your name I will lift up my hands.
My soul shall be filled as with a banquet,
my mouth shall praise you with joy. **(R.)**

For you have been my help;
in the shadow of your wings I rejoice.
My soul clings to you;
your right hand holds me fast. **(R.)**

Second Reading Romans 12:1-2
A reading from the letter of St Paul to the Romans

May you present your bodies as a living sacrifice.

Think of God's mercy, my brothers, and worship him, I beg you, in a way that is worthy of thinking beings, by offering your living bodies as a holy sacrifice, truly pleasing to God. Do not model yourselves on the behaviour of the world around you, but let your behaviour change, modelled by your new mind. This is the only way to discover the will of God and know what is good, what it is that God wants, what is the perfect thing to do.

The word of the Lord.

Gospel Acclamation Psalm 30:20

Alleluia, alleluia!
May the Father of our Lord Jesus Christ enlighten the eyes of our heart,
that we might see how great is the hope to which we are called.
Alleluia!

Gospel Matthew 16:21-27

A reading from the holy Gospel according to Matthew
Whoever wishes to come after me must deny himself.

Jesus began to make it clear to his disciples that he was destined to go to Jerusalem and suffer grievously at the hands of the elders and chief priests and scribes, to be put to death and to be raised up on the third day. Then, taking him aside, Peter started to remonstrate with him. 'Heaven preserve you, Lord,' he said. 'This must not happen to you. But he turned and said to Peter, 'Get behind me, Satan! You are an obstacle in my path, because the way you think is not God's way but man's.'

Then Jesus said to his disciples, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake will find it. What, then, will a man gain if he wins the whole world and ruins his life? Or what has a man to offer in exchange for his life?

'For the Son of Man is going to come in the glory of his Father with his angels, and, when he does, he will reward each one according to his behaviour.'

The Gospel 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 CSA

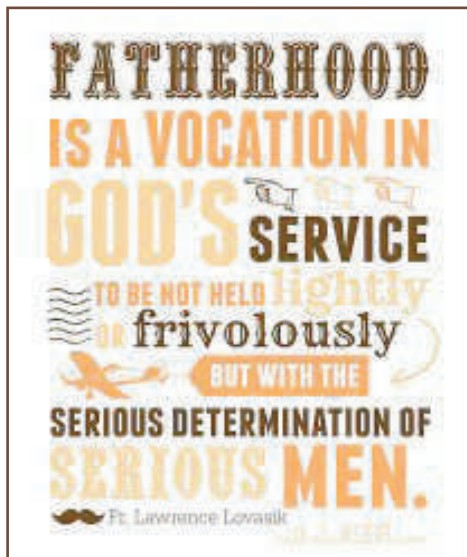
The gospel does not say that Jesus will gallantly step forward, take suffering upon himself, and thus demonstrate his power. Instead, his fate will be a demonstration of his vulnerability. He will be taken forcibly and will suffer at the hands of others. He will do this willingly, but not as a volunteer. Jesus will be a victim. This picture of Jesus carries implications for discipleship. Whoever follows him must follow him to the cross. If we participate in his success, we must also share in his shame. Disciples have a choice to follow or not to follow, but if they choose in his favour they must be ready for suffering and humiliation.

Paul exhorts us to reject the standards of the world. This is a very difficult path to follow, especially when it seems that

those who conform to this age prosper. Following Christ can place barriers between ourselves and others. If we no longer share their values and their interests, we may feel alienated. Suffering is bound to invade our ministerial lives as well. We must remember that Jesus' message antagonised many people in his day. Those who proclaim the same message in their own contexts must be prepared for a similar reaction.

After witnessing the marvellous feats that Jesus accomplished, we discover that he is going to suffer and be put to death. How can this be? With Peter we protest. With Jeremiah we wonder: Have we been duped? The realisation that we too will have to suffer becomes a crucial test of our faith.

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Thankfulness

GIVE THANKS TO THE LORD, FOR HE IS GOOD!
HIS FAITHFUL LOVE ENDURES FOREVER.

1 CHRONICLES 16:34



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