



# 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*

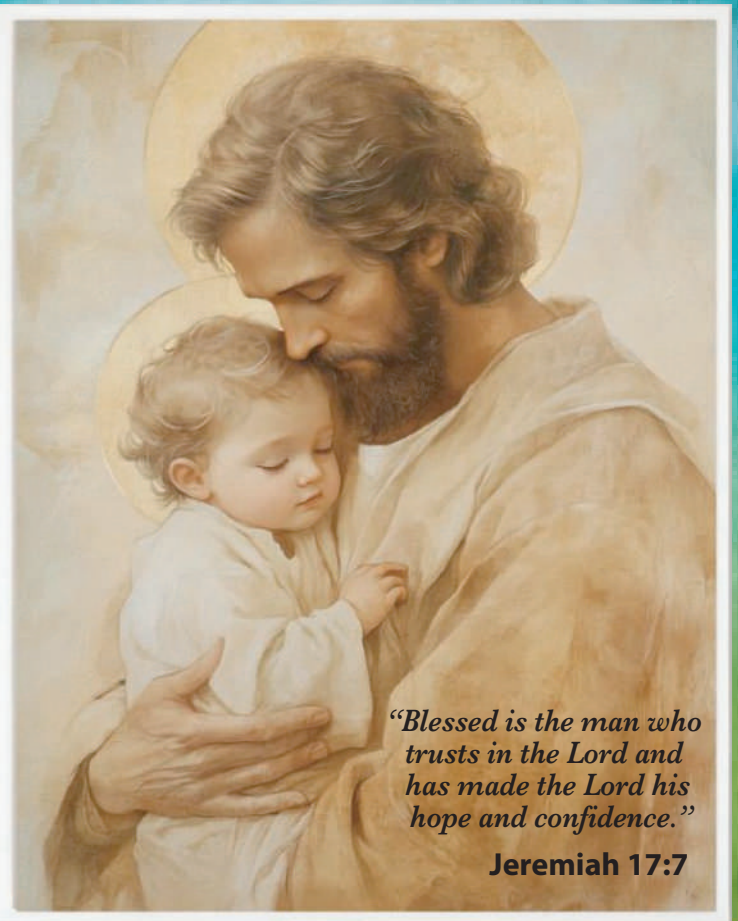


## Thoughts of Blessed Francis Jordan

Be faithful in everything: faithful in observances, faithful in the vows, faithful in work, in duties of your vocation, in your striving, faithful in everything.

## Prayer for Fathers

Heavenly Father,  
you entrusted your Son,  
Jesus Christ, the child of Mary,  
to the care of Joseph,  
his foster father.  
Bless all fathers, grandfathers  
and father figures as they  
care for their families.  
Give them strength and wisdom,  
tenderness and patience.  
Give them ability to love in a way  
that reflects your love.  
Support them in the work  
they have to do,  
protecting those who look up to them,  
as we look up to them,  
as we look up to you for love  
and salvation.  
Help us to love them in a way  
that would bring honour to you and them.  
Bless and heal all those wounded  
by their imperfections of their fathers  
and grant an eternal rest to our fathers  
you have called from this life.  
Through Jesus Christ, our Lord.  
Amen.



*"Blessed is the man who trusts in the Lord and has made the Lord his hope and confidence."*

**Jeremiah 17:7**



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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 SEPTEMBER

*For Our Relationship with  
all Creations*

Let us pray, inspired by Saint Francis,  
we might experience our  
interdependence with all creatures  
who are loved by God and worthy  
of love and respect,

## 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

Recently Deceased  
**Milton Guberina**

*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

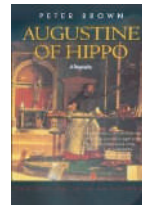
## SPECIAL ANNOUNCEMENT

*Happy 50th*  
*Wedding Anniversary*  
**Sue and Peter Simons**

"May the Almighty God continue to bless your union, and may your bond grow ever stronger, rooted in love, faith and understanding."

## BOOK REVIEW

**Augustine of Hippo**  
**A Biography**  
by: Peter Brown



*Both philosophically and as a reader of the Bible, he is a challenge to anyone alive now. Read his life story.*

### Liturgy for the Week

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

**09/09 Tuesday, Ordinary Time 23**  
Col 2:6-15; Lk 6:12-19

**10/09 Wednesday, Ordinary Time 23**  
Col 3:1-11; Lk 6:20-26

**11/09 Thursday, Ordinary Time 23**  
Col 3:12-17; Lk 6:27-38

**12/09 Friday, Ordinary Time 22**  
1 Tim 1:1-2, 12-14; Lk 6:39-42

**13/09 Saturday, St John Chrysostom**  
1 Tim 1:15-17; Lk 6:43-49

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**LIMITED SPACES AVAILABLE**

# Magic Moments at Maria Regina



- ★ We celebrated our school's feast day, The Queenship of Mary Feast Day, by having a beautiful Mass, a really fun mini-fete, great raffles, and a lolly guessing competition!
- ★ Ava and Alex in Year 6 represented Maria Regina at the Northern Beaches public speaking finals. They presented a 3-minute speech and an impromptu speech. We are so proud of them both!
- ★ Adam (Year 6), Baxter (Year 5), Sully (Year 5) and Summer (Year 4) represented Maria Regina at the Catholic Schools Broken Bay athletics carnival for track and field events – well done!
- ★ The school celebrated Father's Day with a lovely breakfast, whole school Mass and open classrooms. Some wonderful parents made Maria Regina hot sauce was even made using chillis from our very own eco-garden. They sold out in record time!



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## 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*  
Tel 9157 0999 ext 30  
office@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

**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

### Insights into Catholicism today...



What is our faith tradition all about?  
Our next sessions start on

It's NOT TOO LATE to join  
Every Wednesday 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!*



The Catholic Parish of Pittwater

### ADVERTISEMENT SPACES AVAILABLE

Our bulletin has available spaces to promote local businesses. It's a great way to reach the community and endorse your services. Ready to advertise? Please contact the Parish Office on 9157 0999 for more information



**MONDAYS**  
9:30 - 11:30  
(School Term)  
Please contact  
**NIKKI - 0481 009 376**



## Parish Bulletin - Term 3, Week 7

Over the past three weeks, our College has been a hive of activity, filled with academic achievements, spiritual growth, creative expression and community engagement.

### ACADEMIC EXCELLENCE AND ENRICHMENT

Our Year 12 students recently completed their HSC Trial Examinations, marking a significant milestone in their academic journey. We continue to keep them in our prayers as they prepare for their final exams. Year 11 Ancient History students visited the Chau Chak Wing Museum at Sydney University, participating in a tailored workshop that deepened their understanding of Ancient Egyptian and Roman history. Meanwhile, our Year 8 students explored Japanese culture during Japanese Day at the Nihongo Tanken Centre, gaining insight into the connection between language and cultural practices.

### CREATIVITY AND COMPASSION

Students took part in the 'Write a Book in a Day' challenge, crafting heartfelt stories for young cancer patients at Westmead Hospital. This initiative, run by The Kids' Cancer Project, highlighted the power of storytelling and the generosity of our students and staff. We also hosted the Year 11 Art Exhibition and HSC Showcase, celebrating the exceptional major works of our Year 12 Creative Arts and TAS students, alongside impressive live performances from our HSC Music students.

### SPIRITUAL FORMATION AND LEADERSHIP

Year 8 students participated in their annual Spirituality Day, themed "Flourishing Olympics", facilitated by trained Year 10 Small Group Leaders in partnership with Young La Sallians. Our staff also embraced the theme of "Faith in Action" during their own Spirituality Day, volunteering at food banks, hospitals, crisis centres and aged care homes across NSW. We proudly celebrated the 2025 Student Leadership Handover Assembly, welcoming our new College Captains, Vice Captains and Senior Prefects with families joining us for a special morning tea to mark the occasion. Every Friday, our prefects lead Faith Fridays - a time of reflection, music and community in the Chapel and Courtyard. All students are warmly invited to attend.

### COMMUNITY AND SERVICE

Almost all Year 12 students participated in the Mater Maria Vinnies Winter Sleepout, spending a night "sleeping rough" at the College to raise awareness and funds for those experiencing homelessness. This powerful experience fostered empathy and understanding. We also hosted our biggest ever Father's Day Blessing, Liturgy and Breakfast, celebrating the important role of fathers and grandfathers in our community.

### WELCOMING FUTURE STUDENTS

We were thrilled to welcome our incoming Year 7 cohort for 2026 during their Orientation Day, followed by a Parent Information Session. We look forward to officially welcoming these students next year. Please note: Applications are now open for Year 2028 and 2029, with waitlists currently in place for Year 7, 2026 and 2027. Visit [matermaria.nsw.edu.au/enrolments](https://matermaria.nsw.edu.au/enrolments) for more information.



**We extend our heartfelt  
condolences to Bishop George  
on the passing of his  
beloved mother, Waleria Kołodziej.**

Mrs. Kołodziej was a woman of deep faith, and her presence and prayers have been a source of strength and inspiration to many. As a community, we offer our prayers for the repose of her soul and for comfort to Bishop George and his family during this time of sorrow.

*Eternal rest grant unto her,  
O Lord, and let perpetual light  
shine upon her.  
May she rest in peace. Amen.*

**Come and join our  
Catechism Ministry!**



**PUBLIC SCHOOL SCRIPTURE CLASS SCHEDULE**

**AVALON (FRIDAY)**  
INFANTS 11.50 am - 12.20 pm  
YEARS 3 & 4 10.25 am - 10.50 am  
YEARS 5 & 6 10.55 am - 11.25 am

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

**MONA VALE (WEDNESDAY)**  
INFANTS 12.20 pm - 12.50 pm  
YEARS 3 & 4 1.30 pm - 2.00 pm  
YEARS 5 & 6 2.10 - 2.40 pm

**NEWPORT (TUESDAY)**  
INFANTS 1.00 pm - 1.30 pm  
YEAR 3 1.00 pm - 1.30 pm  
YEARS 4, 5 & 6 1.30 pm - 2.00 pm

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

8th September



## The Nativity of the Blessed Virgin Mary



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**



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**SALVATORIANS**  
Apostles for our times.

### ***Please Keep the Salvatorian Fathers in Your Prayers***

We kindly ask all parishioners to keep the Salvatorian Fathers in Australia in your prayers this week, as they gather for an important time of discernment and decision-making. They will be electing a new Superior and his Council to guide their mission and ministry in the years ahead.

May the Holy Spirit inspire their hearts, grant them wisdom, unity, and peace, and lead them to choose leaders who will serve with faith, humility and dedication.

*"Come, Holy Spirit, guide the hearts and minds of those entrusted with this responsibility. Amen."*

## MASS SCHEDULE CHANGES

**Monday, 8 September - Maria Regina Church, Avalon**  
8 am Mass

**Tuesday, 9 September - Sacred Heart Church, Mona Vale**  
9:30 am Mass

**Wednesday, 10 September -**  
**Maria Regina Church, Avalon**  
8 am *Liturgy of the Word with Holy Communion*

**Sacred Heart Church, Mona Vale**  
9:30 am Mass

**Thursday, 11 September -**  
**Maria Regina Church, Avalon**  
10 am Mass

**Sacred Heart Church, Mona Vale**  
7 pm *Liturgy of the Word with Holy Communion*

**Friday, 12 September -**  
**Maria Regina Church, Avalon**  
8 am Mass *Liturgy of the Word with Holy Communion*

**Sacred Heart Church, Mona Vale**  
9:30 am Mass

## Parish Pilgrimage - Saturday, 20th September

**Our Lady of the Rosary**  
**Waitara**



**St Patrick's Church,**  
**Gosford (Shrine of St Pope John Paul II)**



**The cost is \$50 per person, which includes Transport and Lunch.**

**Meeting at 8:30 am, Sacred Heart Church, Mona Vale Courtyard**

**Join us for a special parish pilgrimage to Waitara and Gosford.**

**To reserve your seat on the bus, please write your name and contact details on the Sign-up Sheet at the back of the Church.**

**Payments can be made at the Parish Office prior to the day of the pilgrimage.**

**We look forward to sharing this spiritual journey with you!**

# The *Living* Word

## Entrance Antiphon

Psalm 118:137, 124

You are just, O Lord, and your judgement is right; treat your servant in accord with your merciful love.

## First Reading

Wisdom 9:13-18

### A reading from the book of Wisdom

*Who can comprehend the will of God?*

What man can know the intentions of God? Who can divine the will of the Lord? The reasonings of mortals are unsure and our intentions unstable; for a perishable body presses down the soul, and this tent of clay weighs down the teeming mind. It is hard enough for us to work out what is on earth, laborious to know what lies within our reach; who, then, can discover what is in the heavens? As for your intention, who could have learnt it, had you not granted Wisdom and sent your holy spirit from above? Thus have the paths of those on earth been straightened and men been taught what pleases you, and saved, by Wisdom.

## The word of the Lord

### Responsorial Psalm

Ps 89:3-6. 12-14. 17. R. v.1

**(R.) In every age, O Lord, you have been our refuge.**

You turn men back into dust and say: 'Go back, sons of men.' To your eyes a thousand years are like yesterday, come and gone, no more than a watch in the night. **(R.)**

You sweep men away like a dream, like grass which springs up in the morning. In the morning it springs up and flowers: by evening it withers and fades. **(R.)**

Make us know the shortness of our life that we may gain wisdom of heart. Lord, relent! Is your anger for ever? Show pity to your servants. **(R.)**

In the morning, fill us with your love; we shall exult and rejoice all our days. Let the favour of the Lord be upon us: give success to the work of our hands. **(R.)**

## Second Reading

Philemon 12-17:Phlm 9-10, 12-17

### A reading from the letter of St Paul to Philemon

*Receive him, not as a slave anymore, but as a very dear brother.*

This is Paul writing, an old man now and, what is more, still a prisoner of Christ Jesus. I am appealing to you for a child of mine, whose father I became while wearing these chains: I mean Onesimus. I am sending him back to you, and with him – I could say – a part of my own self. I should have liked to keep him with me; he could have been a substitute for you, to help me while I am

in the chains that the Good News has brought me. However, I did not want to do anything without your consent; it would have been forcing your act of kindness, which should be spontaneous. I know you have been deprived of Onesimus for a time, but it was only so that you could have him back for ever, not as a slave any more, but something much better than a slave, a dear brother; especially dear to me, but how much more to you, as a blood-brother as well as a brother in the Lord. So if all that we have in common means anything to you, welcome him as you would me.

## The word of the Lord.

### Gospel Acclamation

Psalm 118:135

Alleluia, alleluia!

Let your face shine on your servant, and teach me your laws.

Alleluia!

### Gospel

Luke 14:25-33

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

*All who do not renounce their possessions cannot be my disciples.*

Great crowds accompanied Jesus on his way and he turned and spoke to them. 'If any man comes to me without hating his father, mother, wife, children, brothers, sisters, yes and his own life too, he cannot be my disciple. Anyone who does not carry his cross and come after me cannot be my disciple.

'And indeed, which of you here, intending to build a tower, would not first sit down and work out the cost to see if he had enough to complete it? Otherwise, if he laid the foundation and then found himself unable to finish the work, the onlookers would all start making fun of him and saying, "Here is a man who started to build and was unable to finish." Or again, what king marching to war against another king would not first sit down and consider whether with ten thousand men he could stand up to the other who advanced against him with twenty thousand? If not, then while the other king was still a long way off, he would send envoys to sue for peace. So in the same way, none of you can be my disciple unless he gives up all his possessions.'

## The word of the Lord.

### Communion Antiphon

Psalm 41:2-3

Like the deer that yearns for running streams, so my soul is yearning for you, my God; my soul is thirsting for God, the living God.

## REFLECTION

by Dianne Bergant

*The wisdom tradition from which the first reading is taken is rooted in the fact that life is a series of choices. The epistle and the gospel reading provide us with examples of the way Christians should choose. Finally, the psalm's description of the fleeting nature of life sets the context and tone of our decision-making. Discipleship demands that, in the face of all the choices available to us, we keep our priorities straight. In the gospel, Jesus insists that we must be single minded. We must cling to the one thing necessary, and that one thing is authentic discipleship. In choosing Jesus, we choose other things as well. We choose new relationships with the very people to whom we have already been committed. Those who were slaves, or lower class, or employees, or providers of service are now regarded as sisters and brothers in Christ. In choosing Jesus, we also choose the cross. We choose to live in a way that calls us to travel the high road: to forgive offences committed against us; to live simply so that others can simply live; to take responsibility for the moral character of society.*

*The fleeting nature of life as characterised in the psalm forces us to look at the meaning of life. When the day dawns for us to return to dust, what will we have gained from life? The realisation of our finiteness and the transitory nature of life should help us to set our priorities right and should give us the courage to remain faithful to them.*

© Dianne Bergant CSA

## PARISH MORNING TEA GATHERING

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8 am Mass on the  
1st Sunday and  
after the 10 am Mass on  
the 3rd Sunday at  
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As a father has compassion on his children,  
so the Lord has compassion on those who fear him  
~ Psalm 103:13



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TRAINING AND  
ADMONITION OF  
THE LORD

Ephesians 6:4

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righteous will be  
very happy; the one  
who gives life to  
the wise will rejoice."

PROVERBS 23:24

