



# The Catholic Parish of Pittwater

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

The only way to *Peace*  
is *Forgiveness*

St Pope John Paul II



## *Prayer for Peace*

Lord Jesus Christ,  
You are the true King of peace,  
who are Yourself,  
our peace and reconciliation,  
who so often said,  
“Peace to you”-  
please grant us peace.

Make all men and women  
witnesses of truth, justice and  
brotherly love.

Banish from their hearts  
whatever might endanger peace.

Enlighten our rulers that they  
may guarantee and defend  
the great gift of peace.

May all people on the earth  
become as brothers and sisters.

May longed for peace blossom  
forth and reign always  
over us all.

Amen.

-St Pope John Paul II



## Thoughts of Blessed Francis Jordan

First I wish you peace with God. Seek to remove all that could disturb this peace... Be assured, however, that peace sometimes means sacrifices!

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

Mare Juricev

Recently Deceased  
Bridie Gavin

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  
Isaac Cimino  
Rosa Lakaev

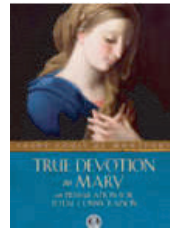


## Vinnies

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

True Devotion of Mary  
by: St Louis de Montfort



This sublimely inspiring book explains the wonderful spiritual effect that true devotion to Mary brings in a person's life.

### Liturgy for the Week

- 11/09 Monday, Ordinary Time 23  
Col 1:24- 2:3; Lk 6:6-11
- 12/09 Tuesday, Ordinary Time 23  
Col 2:6-15; Lk 6:12-19
- 13/09 Wednesday, St John Chrysostom  
Col 3:1-11; Lk 6:20-26
- 14/09 Thursday, The Exaltation of the Holy Cross  
Num 21:4-9; Jn 3:13-17
- 15/09 Friday, Our Lady of Sorrows  
Heb 5:7-9; Jn 19:25-27
- 16/09 Saturday, Sts Cornelius & Cyprian  
1 Tim 1:15-17; Lk 6:43-49

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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.

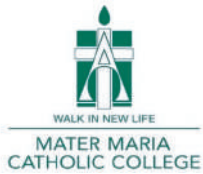
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2023  
Our Year of  
Stewardship





## Parish Bulletin - Term 3, Week 8

It has been a very busy fortnight at Mater Maria Catholic School. We welcomed our next cohort of Year 7 students for their Orientation Day before they join us in 2024 and held a Parent Information Evening for their parents. We hope that each student who attended the day left feeling less anxious than they may have felt on arrival, and we look forward to when they join us next year. We also welcomed current students and parents into the College to see the exceptional HSC major works created by our Creative Arts and TAS students and listen to wonderful live HSC performances.

Our new College Captains, College Vice Captains and Senior Prefects were congratulated by all at our 2024 Student Leadership Handover Assembly. Parents of our new prefects came to the assembly and enjoyed a morning tea with their successful children.

We hosted our biggest ever annual Father's Day Blessing, Liturgy and Breakfast to our Mater Maria Dads and Grandparents. This was a wonderful opportunity for the students to show their appreciation towards the male role model in their lives and a time for them to join in prayer for the wonderful gift that they are.

Our brand new Pre-Loved Uniform Shop opened on Tuesday. This allows parents to purchase wearable uniform items each term offered at 70% discount with all funds raised being donated to the MoWaNa Northern Beaches Safe Space. This is a local community-based service to support people who are experiencing emotional distress.

It has been a very busy fortnight of sport at the College. We had fantastic participation in both track and field events at the Athletics Carnival, with the winners competing at the annual CSBB

Athletics Championships this week. The Peninsula Cup competition is in full swing with boys rugby union and girls soccer. Students are playing netball for the Netball NSW Schools Cup and umpiring for the NSW Netball Schools Cup Boys Netball Umpiring. Several College teams are playing for MWBA basketball and NSW Netball. The school spirit at these events presents a great example of the positive culture at Mater Maria.

For those seeking to join our enriching educational journey, applications for Year 7, 2026 are now open. While Year 7, 2024 and Year 7, 2025 have waiting lists in place, we encourage prospective students and parents to learn more about our offerings by visiting <https://matermaria.nsw.edu.au>.

Our College values at Mater Maria Catholic College - Community - Hospitality - Justice - Spirituality - Stewardship - are touchstones for us in our journey of bringing our follow Jesus.



## 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



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## Soup for Soibada

6.30pm  
15 September 2023  
Maria Regina Church Hall  
Central Rd Avalon Beach  
Tickets \$20  
Enjoy a warm bowl of soup,  
crusty bread and live  
entertainment

# Supporting Safe Communities

**SAFEGUARDING SUNDAY 2023**  
10 SEPTEMBER



## 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.

# PEACE IN OUR HOME

- Speak kindly
- Gather regularly
- Laugh readily
- Work cheerfully
- Give generously
- Apologize humbly
- Forgive quickly
- Hug freely
- Pray frequently
- Stand firmly
- CHEER LOUDLY**
- Love genuinely

And above all things have fervent love for one another...  
(1 Pet. 4:8)



## Talk to those who do wrong by you

23rd Sunday in Ordinary Time, Year A

### Jesus wants us to be peacemakers

When someone does wrong things against me, I can be a peacemaker by....

When I do wrong things against someone, I can be a peacemaker by....



### How did Jesus treat sinners?

Matthew was a tax collector and was disliked by many people. Jesus shared a meal with him and other sinners. Matthew became a disciple of Jesus. **Mt 9:9-13**

Draw Jesus sharing a meal with Matthew and his friends

A woman who had sinned was brought before Jesus. The pharisees wanted Jesus to condemn her, but instead Jesus forgave her sins. **Jn 8:2-11**

Write a short prayer asking God to forgive our sins

Dear Lord, \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ Amen.

A rich man named Zaccheus climbed a tree to get a better view of Jesus. People became upset when Jesus decided to be a guest at Zaccheus' house, but Zaccheus was so happy he gave half his possessions to the poor. **Lk 19:1-10**

Draw Zaccheus in the sycamore tree

Forgiveness means seeing a person as an image bearer of God

CLAIRE SWINARSKI



If someone sins against you, speak to them and tell them what was wrong. If they listen to you, you will have won them back.

Welcome to  
**Pittwater Parish**  
  
Bailey Rose Meyer  
Phoenix John Walton  
  
at  
Sacred Heart Church  
Mona Vale  
on the  
3rd of September 2023  
for the  
Sacrament of  
Baptism





## Sydney

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

Young people, teachers, ministry leaders and adults of all ages are preparing to attend the exciting four-day Ignite Conference hosted in Sydney by our Diocese of Broken Bay.

With this year's theme being "Wonder", Ignite is truly a dynamic conference for everyone, from primary aged children to adults.

Between 28 September and 1 October, the Broken Bay Cathedral Precinct, Waitara will feature inspiring workshops, powerful preaching, music rallies, games, creative arts, dance, the sacraments, and opportunities to meet, mix and explore faith formation and encounters.

If you were one of the fortunate pilgrims to attend World Youth Day in Lisbon then you can now continue your faith journey in your own backyard.

There is still the opportunity to register and experience the Church fully alive in faith. A conference that is innovative, passionate, authentic and animated by the Holy Spirit.

For further information visit  
<https://igniteconference.com.au/>

**Congratulations  
to all the children  
who have received their  
First Holy Eucharist  
at Sacred Heart Church,  
Mona Vale**

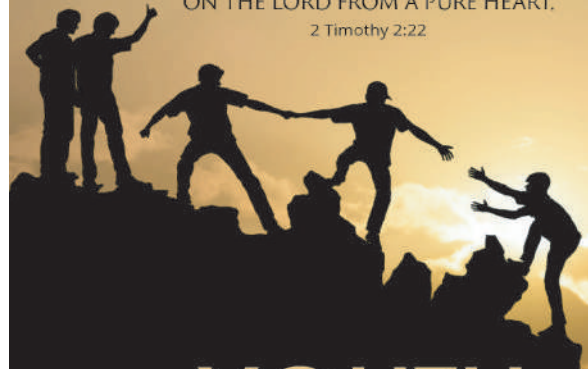
*May this life-giving Bread  
always feed their souls and  
nourish their spirits.*

*May they always know the peace  
of Jesus, the light of His love  
and the joy of His life within them.*



SO FLEE YOUTHFUL PASSIONS AND PURSUE RIGHTEOUSNESS,  
FAITH, LOVE, AND PEACE, ALONG WITH THOSE WHO CALL  
ON THE LORD FROM A PURE HEART.

2 Timothy 2:22



# YOUTH RETREAT

**15th-17th September 2023**

Starts on Friday 5.30pm & ends on Sunday 4.00pm

For more info & bookings please contact:  
02 4372 1598 or email: [drcretreatgo@gmail.com](mailto:drcretreatgo@gmail.com)



## DIVINE RETREAT CENTRE

160 Hensons Road, Somersby, SYDNEY-NSW 2250,  
Tel: 02 4372 1598, email: [drcsydney@gmail.com](mailto:drcsydney@gmail.com)  
• [www.divineretreatcentre.org](http://www.divineretreatcentre.org) • [www.facebook.com/divineretreatcentersomersby](https://www.facebook.com/divineretreatcentersomersby)

The Divine Retreat Centre promotes the safety and protection of children and other vulnerable persons in its care.

## 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.*



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& the inaugural  
Director of the  
Mary Mackillop  
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Melbourne  
17 October- 28 October  
2023



IN THE FOOTSTEPS  
OF MARY MACKILLOP

## Booking & Enquiries

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

[national.pilgrimage@mmp.org.au](mailto:national.pilgrimage@mmp.org.au)

Telephone

(02) 8912 4818



# 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** Ezekiel 33:7-9

**A reading from the prophet Ezekiel**  
*If you have not warned the wicked man, then I will hold you responsible for his death.*

The word of the Lord was addressed to me as follows, 'Son of man, I have appointed you as sentry to the House of Israel. When you hear a word from my mouth, warn them in my name. If I say to a wicked man: Wicked wretch, you are to die, and you do not speak to warn the wicked man to renounce his ways, then he shall die for his sin, but I will hold you responsible for his death. If, however, you do warn a wicked man to renounce his ways and repent, and he does not repent, then he shall die for his sin, but you yourself will have saved your life.'

**The word of the Lord**

**Responsorial Psalm**

Ps 94:1-2.6-9. R. v.8

**(R.) O that today you would listen to his voice! Harden not your hearts.**

Come, ring out our joy to the Lord; hail the rock who saves us. Let us come before him, giving thanks, with songs let us hail the Lord. **(R.)**

Come in; let us bow and bend low; let us kneel before the God who made us for he is our God and we the people who belong to his pasture, the flock that is led by his hand. **(R.)**

O that today you would listen to his voice! 'Harden not your hearts as at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work.' **(R.)**

**Second Reading** Romans 13:8-10

**A reading from the letter of St Paul to the Romans**

*Love is the fulfilment of the Law.*

Avoid getting into debt, except the debt of mutual love. If you love your fellow men you have carried out your obligations. All the commandments: You shall not commit adultery, you shall not kill, you shall not steal, you shall not covet, and so on, are summed up in this single command: You must love your neighbour as yourself. Love is the one thing that cannot hurt your neighbour; that is why it is the answer to every one of the commandments.

**The word of the Lord.**

**Gospel Acclamation** 2 Corinthians 5:19  
Alleluia, alleluia!

God was in Christ, to reconcile the world to himself; and the Good News of reconciliation he has entrusted to us.

Alleluia!

**Gospel** Matthew 18:15-20

**A reading from the holy Gospel according to Matthew**

*If your brother or sister listens to you, you will have won that person back.*

Jesus said to his disciples: 'If your brother does something wrong, go and have it out with him alone, between your two selves. If he listens to you, you have won back your brother. If he does not listen, take one or two others with you: the evidence of two or three witnesses is required to sustain any charge. But if he refuses to listen to these, report it to the community; and if he refuses to listen to the community, treat him like a pagan or a tax collector.

'I tell you solemnly, whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven. 'I tell you solemnly once again, if two of you on earth agree to ask anything at all, it will be granted to you by my Father in heaven. For where two or three meet in my name, I shall be there with them.'

**The Gospel 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**

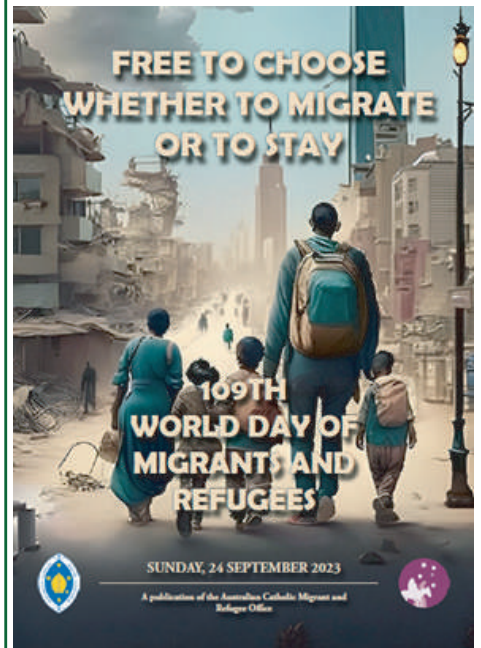
by Dianne Bergant CSA

*It is difficult for leaders to call people to accountability. Such is the unenviable responsibility of pastors in the parish, coordinators of religious education, members of the parish council, principals in the school, directors of liturgical ministry, to name but a few. Disciples must also engage in the very difficult process of reconciliation. Differences of opinion, misunderstandings, and actual offences tend to alienate people. We see this happen in families, neighbourhoods, parish communities, workplaces. It is not enough to say that we must try to forgive from our hearts. The process of reconciliation requires significant movement toward the admission of guilt as well. Both the one offended and the offender must be willing to be transformed.*

*Gathering two or three together in prayerful collaboration is not as easy as it sounds. If collaboration is to be effective, we have to be open and honest about our opinions and our biases, and respectful of the opinions and biases of*

*others. We must work for the common good and not merely for what we personally think is best. We must be willing to accept and implement decisions with which we may not totally agree, and we must live with them gracefully. All of this calls for unselfish love. Love fulfils the entire law only: when we honour our personal commitments and the personal commitments of others; when we value the life, dignity and reputation of others; and when we respect their possessions. It is only because love is so demanding that it covers all of our responsibilities.*

© Dianne Bergant CSA



**109th**

**World Day of Migrants and Refugees**

**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.**

*But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.*

**Romans 6:22 KJV**



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understanding  
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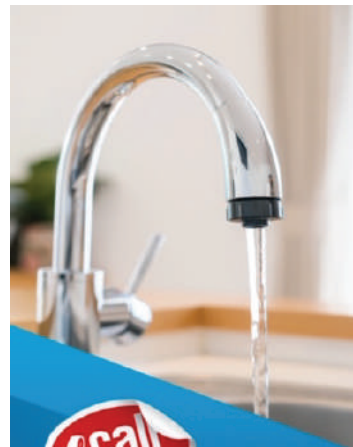


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Be kind and compassionate  
to one another, forgiving each other,  
just as in Christ God forgave you.

**Ephesians 4:32**



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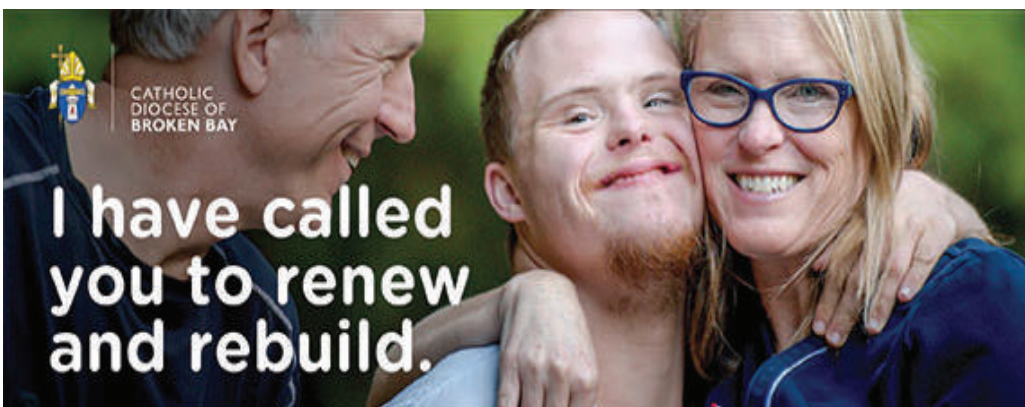
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Narrabeen

Peace  
I leave with you,  
my peace  
I give unto you:  
not as the world giveth,  
give I unto you.  
Let not your  
heart  
be troubled,  
neither let it be afraid.

John 14:27

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