



The Catholic Parish of Pittwater

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



Prayer for Fathers

Our Father in heaven,
you have made yourself
known to us through
Jesus Christ and have
invited us to pray to you as
our Father.

We pray for fathers.
Give them wisdom.
Give them patience.
Give them the ability to
love in a way that reflects
your love.

We pray for the children.
Give them guidance.
Give them warmth, comfort
and peace in their fathers'
homes.

We pray for the fatherless
and those who struggle in their
families.

Be their Father when earthly
fathers fail.

Show them love and guidance
and help them to know a
father's love through your love
providence and care.

Amen.

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



Thoughts of Fr Francis Jordan

If you wish to obtain something from the Lord,
you will obtain whatever you ask for through prayer.



POPE FRANCIS' PRAYER INTENTION FOR SEPTEMBER

Abolition of the Death Penalty

We pray that the death penalty,
which attacks the dignity of the
human person, may be legally
abolished in every country.



You can find us on
Instagram
(pittwater_parish)

If you have used this
bulletin, please take it
home with you.

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 8am,

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

James Reilly
Jakob Vukovic

Recently Deceased

John Tulloh
Thomas Britt

If you would like the names of your relatives
or friends and offerings included, please
drop the envelope in to the Parish Office by

Prayers for the Sick

Franciszek Smigowski

Anna Smigowska

Nick Moullakis

M. Miller

Annette Davis

Andrew Hood

Jeff Langley

Erin Ocampo

Mark Lindfiels

Vicky Kalingasan

Bill Eyre

Brian Gregan

Mrian Poe

Marcia Bailey

Bec Burroughs

Susan Hickey

Sophia Burfitt

Margaret De Landre

Maeve Robinson

Jenny Carroll

Matt Ukishima

Pietrina Maiorana

Mina Lee

Denise Wagner

Ron

Leonie Ariemetto

John Graham

Liturgy for the Week

05/09 Monday Ordinary Time 23
1 Cor 5:1-8; Lk 6:6-11

06/09 Tuesday Ordinary Time 23
1 Cor 6:1-11; Lk 6:12-19

07/09 Wednesday Ordinary Time 23
1 Cor 7:25-31; Lk 6:20-26

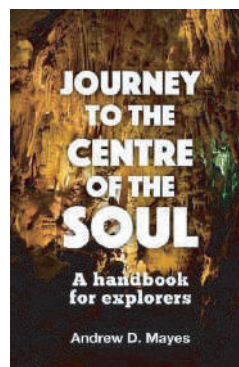
08/09 Thursday, The Nativity of the
Blessed Virgin Mary
Micah 5:1-4; Mt 1:1-16, 18-23

09/09 Friday Ordinary Time 23
1 Cor 9:16-19, 22-27;
Lk 6:39-42

10/09 Friday Ordinary Time 23
1 Cor 10:14-22; Lk 6:43-49

BOOK REVIEW

**Journey to the Centre
of the Soul**
A Handbook for Explorers
By: Andrew D. Mayes



This spiritual adventure encourages
us to search for something deeper in
our spiritual life and links us with
spiritual guides as we progress in our journey.

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Give to our
Parish of
Pittwater**

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and follow the prompts

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Clergy through the first
collection and our Parish
through the second collection.
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GIVING

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contributions and support. Your
financial contributions and your
generous donations throughout
the year are greatly appreciated.

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figures.....*

Friend

A advisor

Teacher

Healer

Everlasting love

Role model in
Christ





At long last, winter is giving way to warmer temperatures and spring is on the horizon. More sunshine, more time outside, and spring cleaning. I love purging the clutter and excess in order to let some air and peace flow through the house. After practicing minimalism for eight years now, spring cleaning is an event I anticipate like a kid waiting for Easter morning. There's something so inviting and calming about a life renewed through simplicity.

A Different Kind of Minimalism

Minimalism is one of those big trends that has spawned smaller trends. It seems like it's not enough to say you like to live simply, how you do it matters almost more. And aside from choosing your own minimalist method, making it last becomes prime as well.

I can honestly declare, however, that choosing a simple life was much less something I found on my own, and much more of a holy stirring in my soul. I'm not the type who whittled family possessions down to one hundred items, or who touched every dang thing in the house to see if it "sparked joy."

Living simply transcends a cultural craze. It is meant to be as unique to us all as our souls, because pursuing simplicity in the light of Jesus is what makes it last. Christian minimalism looks to Jesus to learn what He wants for our lives. Then, it applies that mission to both our material and temporal needs. From this comes peace, order, and a holy contentment knowing that we have what we need and, if we lack, the Lord will sustain us.

"Come, Follow Me."

My favorite story about living simply is the account of The Rich Young Man (Mark 10:17-31). It's one of those stories that makes me cringe but also encourages me to eliminate distraction.

The young man confronts Jesus, asking the Lord what it takes to gain eternal life. He says he keeps the Commandments and wants to know what he's missing. "Sell your possessions, give to the poor, and follow me," Christ responds.

Following Jesus is what we Christians are repeatedly and perpetually called to do. Jesus beckons each of us to a custom-made plan, a charge suited to our God-given gifts. And He equips us with graces to do it. What is it that God wants of you and for you? What fuels your passion and makes you feel like a woman on a mission? It's here that Catholic simplicity begins. Holy minimalism means keeping what we need to follow Jesus and detaching from the rest. What do you need to follow Jesus the way He's asking you to follow Him?

"Holy minimalism means keeping what we need to follow Jesus and detaching from the rest."

God calls me to my husband and our kids as well as to making our home welcoming to family and visitors. We have enough undies, towels, and plates to go around. We have enough space to breathe, but not too much, so I can keep tabs on the kids. We can have friends over to eat or play. Our home is not run over with stuff, but it definitely looks "lived in." God has also called me to my work as a speaker and writer, so I have a reliable computer and a desk where I work. Material simplicity means whatever is enough to say "yes" to God is enough.

Don't Walk Away

My cringe at The Rich Young Man comes when the young man walks away sorrowful, "for he had many possessions." This is the part when

my eyes go wide with disbelief. For real?! How could this guy be so stuck on his stuff that he walks away from Jesus? But then I check myself, because the fact is that I do it all the time. I lose sight of God's minute-by-minute call to me and I go my own way. I shop (or eat chocolate) when life gets hard, my "screen time" is slightly over the top, and when I want something, I get totally fixed on it—almost obsessed—until it's mine.

Purging What Doesn't Matter to Make Room for What Does

Life is chock full of attachments that distract us from following the Lord. We have to let go of what's holding us back. Do you need to put your phone or computer away so you don't lose sight of the priceless souls in your family? As a stay-at-home mom, I have to stop myself from putting off quality time with my kids for the sake of cleaning that can wait a bit, or checking "one more thing" online. Every so often, I have to cut our excess. During what I call "purge week," I approach every corner of our house with ruthless detachment. If something fails to serve some kind of purpose, whether for the body or soul, it goes. Even if something meshes with how we're following Jesus, I cross-check it with a more challenging question, "Could someone else use this or be more grateful to have it?"

Treasure in Heaven

Of course it's not wrong to keep what we want or use, but occasionally giving up something of more personal value gives way for a deeper devotion to God. Store up your treasure in heaven. A priest friend of mine joked, "I never saw a hearse pulling a U-Haul," because you can't take it with you!

What's distracting you from having that John 10:10 scene (i.e. living life to the full) Jesus wants you to have so badly? What are you holding onto that someone else needs or could appreciate more? Nothing has opened my eyes to the dignity of others like living simply. I initially jumped on the minimalism band wagon just to make sure our little house would fit our growing family. Decluttering had its perks like a renewed home and less anxiety caused by clutter, but as I kept detaching from "stuff" and giving to anyone in need, I saw clearly how much people matter. It brought me so much joy to look for others' needs or ways I could help their days be easier. If you have extra time, make a bigger dinner and invite friends over. If you use two of the same thing, try living with just one. You'll adapt and that fear of holding on to things "just in case" will disappear in time.

What the Rich Young Man Should Have Asked

Practicing minimalism in light of God's unique call for your life lifts a big load off your shoulders. It yields peace and freedom previously unrealized, as well as renewed gratitude and joy in Christ. Getting there, however, is no easy feat, especially when our hearts look anything like the Rich Young Man's heart. Jesus even affirms all this further in the story, "With men this is impossible, but with God all things are possible."

I wish the Rich Young Man had stuck around, despite his discouragement. Then he would have heard the Lord, and maybe he would have asked for God's grace. I'd like to argue that the Rich Young Man's downfall was not necessarily his attachment to his "many possessions," but that he didn't ask for help.

Jesus doesn't call us to follow Him and then leave us to go it alone. He walks with us and sustains us. The Lord surrounds us with support, and it's likely He planted our desire for simplicity in the first place.

Minimalism as a movement will likely disappear from the cultural zeitgeist; but if we regard simplicity as a holy effort toward answering the Lord's desires for and from our lives, and as a means of recognizing the worth of others instead of stuff, then it goes beyond trends and becomes a matter of the soul. Intentionally keeping what we need and cutting out what we don't unearths a life more connected to Heaven. Christian simplicity yields closeness with Jesus, trust in His will, and a peace beyond understanding.

by: **Katie Sciba**

Parish Directory

Pittwater Parish

1 Keenan Street Mona Vale
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Tel 9157 0999

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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

Donita Kerin
Tel 9157 0999 ext 30
office@pittwaterparish.org

Director of Music

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

Media & Communication

Conille Felias
Tel 9157 0999 ext 31
media@pittwaterparish.org

Sacrament Coordinator

Sonia Samartin
Tel 9157 0999 ext 13
sacraments@pittwaterparish.org

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
Tel 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



Jesus tells us that choosing his way is not always easy.
When might it be hard to do what Jesus asks us?

What are some good choices
you can make this week?
Tick the good choices and
cross the bad ones.



HELP AROUND THE HOUSE
WITHOUT BEING ASKED TO

☐

DON'T WORRY ABOUT
SAYING MY EVENING
PRAYERS

☐

CONTRIBUTE TO THE
OFFERTORY PLATE

☐

MAKE FRIENDS WITH
SOMEONE NEW

☐

MAKE FUN OF THE
TEACHERS

☐

OWN UP TO MAKING
A BAD DECISION

☐

TURN OFF THE T.V.
AND READ A BOOK

☐

STOP DOING YOUR
HOMEWORK AND GO
OUTSIDE TO PLAY

☐

DO SOMETHING NICE
FOR YOUR PARENTS

☐

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Love
Maze
Find the path to God



SAFEGUARDING MONTH *families*

SEPTEMBER 2022



CATHOLIC
DIOCESE OF
BROKEN BAY

BUILDING MEANINGFUL CONNECTIONS IN EVERY FAMILY

The Diocese of Broken Bay promotes awareness of
Safeguarding each September.

We invite all families to share with us your experiences of
how you connect as a family in the form of a story, a video or
a photo during Safeguarding Month of September.

Some suggestions might include exercising together,
bushwalking, baking or play a game.

Scan for
more
activity
ideas



bbccatholic.org.au/safeguarding/engaging-with-your-family

The most creative and inspirational
entries will be showcased on our
Diocesan Safeguarding Month webpage.

SCAN
TO
ENTER



Entries will be open September 1 to September 30.

*Submission of entries will be taken as consent to share
bbccatholic.org.au/safeguardingmonth2022



Parish Bulletin – Term 3, Week 7

On Monday evening, we held our annual HSC Showcase. Students and parents were welcomed in our Marana Centre and Byrne Theatre to see the exceptional major HSC works created by our Creative Arts, TAS and Drama students.

On Tuesday and Friday, the College welcomed our next cohort of Year 7 students for their Orientation Day before they join us in 2023. Our senior students answered their questions and helped them to explore the College. The current Year 6 students appeared excited and ready to take on the challenges that high school presents. We hope that each student who attended the day left in the afternoon feeling a little less anxious than they may have felt on arrival, and we look forward to when they join us in the coming year. Afterwards on Tuesday, we held a Parent Information Evening for all their parents.

On Wednesday, we congratulated our new College Captains, College Vice Captains and Senior Prefects at our 2023 Student Leadership Handover. Parents of our new prefects were invited to the assembly then enjoyed a morning tea with their children. We have many different music bands and ensembles at the College and to showcase their skills to the Mater Maria community, we held the annual Battle of the Bands on Monday and Friday lunch time in the Benedict Learning Centre Piazza.

On Friday we hosted our annual Father's Day Blessing and Breakfast for our Mater Maria dads and carers. This was a wonderful opportunity for the students to show their appreciation towards their dad and share in prayer giving thanks for their fathers. It was another busy week for sport at the College. On Monday students competed at the NSW Ultimate Frisbee Championships Opens. This is a state run competition held at Meadowbank Park. The Netball NSW Boys Schools Cup and BBSSA Athletics Championships were held on Tuesday. The BBSSA Junior and Intermediate Boys Basketball Gala Day was held on Thursday and the BBSSA Golf Tournament was held on Friday. This is in addition to the Peninsula Cup and MWBA competitions. We thank our students for their school spirit and for representing the College at these sporting events.

Applications for Year 7, 2025 are now open. There are waiting lists for Year 7, 2023 and Year 7, 2024. For more information about enrolling at our Mater Maria Catholic College please visit <https://matermaria.nsw.edu.au/enrolments/>.

INVITATION

TO ALL CATHOLICS AND NON-CATHOLICS

We are happy to invite everybody who would like to know more about our Catholic faith tradition to join our next RCIA Programme of our Parish in Pittwater starting
5 September 2022, Monday
If Jesus asked us as He queried Peter and His disciples "Who do people say the Son of Man is?", what would our answer be??

Our RCIA team (RCIA stands for "Rite of Christian Initiation of Adults") would love to share our answers with you based on our faith tradition and our personal experience.
In 24 informal evening sessions we discuss some of life's deeper deeper questions:

**What does it mean to be a Catholic today?*
**What can the Bible and the Church tell us in this day and age?*
**What do we really believe, really?*

Please join us on Monday, 5 September 2022
at 7 pm
(for 90 minutes) in our Parish Centre at
Sacred Heart Church, Mona Vale
EVERYBODY IS WELCOME!

The *Living* Word

Entrance Antiphon Ps 118:137, 124

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

First Reading Wis 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 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 Ps 118:135

Alleluia, alleluia!

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

Alleluia!

Gospel Lk 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 Gospel of the Lord

Communion Antiphon Cf. Ps 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

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

Knitting Group

A lovely lady parishioner, named Pam Mawbey, would like to start a knitting group to make "Items" for our congregation. Everyone who loves to knit and those who would like to learn are welcome to join.

Please contact
PAM on her mobile: 0416 270 615
or E-mail her at:
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