



# The Catholic Parish of Pittwater

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



*Peter went up to Jesus and said,  
"Lord, how often must I forgive my brother  
if he wrongs me? As Often as seven times?"  
Jesus answered, "Not seven, I tell you,  
but seventy-seven times."  
Matthew 18:21*

## Divine Mercy Prayer

Eternal God,  
in whom mercy is endless  
and the treasury of  
compassion,  
inexhaustible,  
look upon us and increase  
Your mercy in us.  
That in difficult moments  
we might not despair nor  
become despondent,  
but with great confidence,  
submit ourselves to Your  
holy will,  
which is Love and Mercy  
itself.  
Amen.



**Thoughts of Blessed Francis Jordan**  
May you be ready to endure everything, to do everything  
for the honour of God and the salvation of souls!

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  
Valerie Emily  
Farrell

*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  
Maevie Robinson  
Jenny Carroll  
Matt Ukishima  
Mina Lee  
Maureen Larios  
Denise Wagner  
Tom Murphy  
Leonie Ariemetto  
Isaac Cimino  
Rosa Lakaev

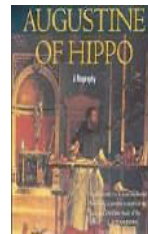


## Vinnies

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

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

- 18/09 Monday, Ordinary Time 24  
1 Tim 2:1-8; Lk 7:1-10
- 19/09 Tuesday, Ordinary Time 24  
1 Tim 3:1-13; Lk 7:11-17
- 20/09 Thursday, Sts Andrew Kim Tae-gon, Paul Chong Ha-Sang and Companions  
1 Tim 3:14-16; Lk 7:31-35
- 21/09 Friday, St Matthew  
Eph 4:1-7, 11-13; Mt 9:9-13
- 22/09 Saturday, Ordinary Time 24  
1 Tim 6:2-12; Lk 8:1-3
- 23/09 Saturday, St Pio of Pietrelcina  
1 Tim 6:13-16; Lk 8:4-15

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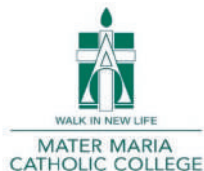
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2023  
Our Year of  
Stewardship



## Parish Bulletin – Term 3, Week 9

Three Mater Maria students achieved some extraordinary results representing NSW All Schools at the National Schools Championships held recently in Sydney. Charli (Year 9) secured Gold in the U14 Girls 200m and 400m Freestyle, as well as Silver in the 100m Freestyle. Macy (Year 10) claimed the National title for the U16 Girls 400m Freestyle. Dominika (Year 10) earned a Bronze medal in the All Schools Senior Girls relay team.

With other sporting news, students in Years 7–10 represented the College in the CSBB AFL Girls Gala Day. Fifty six Year 9/10 students assisted Catholic Schools Primary Gala Day with umpiring and refereeing netball and AFL. Students participated in the NSW State Rugby 7's Championships at Granville Park. Cricketers competed in the Berg Shield Selection Cricket Game at Kitchener Park to win their spot in the NSWCCC Berg Shield Cricket Competition. The MWBA basketball competition continues throughout each week.

Our Year 9 Bronze Duke of Edinburgh students completed two days of hiking and one night camping in Kuringai National Park, while our Year 10 Silver Duke of Edinburgh students completed two days hiking, two nights camping and one day kayaking in Myall Lakes. Both adventures will complete their Duke of Edinburgh Awards.

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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

Please join us in praying and extending our best wishes to our students who are currently sitting their Year 11 examinations this week and continue to pray for our Year 12's as they enjoy their final days of school and prepare for their HSC exams.

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>.

### CONGRATULATIONS to 2023

### Year 12 Graduates

Heavenly Father,  
bless them with hope so  
that they move into the  
future with eager and  
open hearts.  
Help them to put  
knowledge, skills and  
insights gained through  
their education for the  
good of all mankind. Amen.



### Padre Pio of Pietrelcina FEAST DAY and Blessing by the Relic of St Padre Pio on Sunday, 24 September 2023

10 am

Procession followed by the  
Feast Day Mass

### Triduum

Thursday, 21 September at 7 pm

Novena to St Padre Pio & Mass

Friday, 22 September at 7 pm

Novena to St Padre Pio & Mass

Saturday, 23 September at 5:30 pm

Novena to St Padre Pio & Vigil Mass

Information cards are placed at  
the back of Churches.

**Venue:** St Padre Pio Parish,  
Glenmore Park  
34 William Howell Drive, Glenmore Park  
NSW 2745

**For further information, please contact**  
Fr Suresh Kumar- (04) 8844 8844  
(02) 4789 2232

## 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](mailto:pp@pittwaterparish.org)

### Assistant Priest

Fr Zygmunt Smigowski SDS  
Tel 9157 0999 ext 12  
[ap@pittwaterparish.org](mailto:ap@pittwaterparish.org)

### Parish Secretary

Belinda Cimino  
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### Director of Music

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### Media & Communications Coordinator

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### Sacramental Coordinator

Sonia Samartin  
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[sacraments@pittwaterparish.org](mailto: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



# **Congratulations to all the children who have received their First Holy Eucharist**

*May these children come to know God and Jesus Christ,  
whom He sent. May the Holy Spirit help them to grow in faith,  
hope and love, so they may know peace, truth and goodness.*



**Luca Afman  
Amelia Arminak  
Imogen Baker  
Thomas Barker  
Sophie Barwick  
Marley Bayfield  
Zara Borthwick  
William Boykos  
Isla Bradley  
Callum Buckley  
Alexander Burge  
Josie Burrow  
Thomas Burton  
Ellyse Byrnes  
Zac Calandrucchio  
Ava Conn  
Jack Conroy  
Jesse Coomber  
Claudia Corben  
Zarli Cotterill  
Eloise Crone-Nielsen  
Celine Custodio  
Scarlett de Bie  
Marli de Visser  
Zac Docherty  
Oliver Dodwell  
Erin Driver  
Grace Ewart  
Samuel Ewart  
Starsia Fazzolari-Huynh  
Sean Ford  
Dior Franks  
Max Garner  
Edward Gee  
Evin Gleeson  
Abbey Godwin  
Elodie Goetti**

**Edsel Good  
Saoirse Hackett Cullen  
Emma Herbert  
Oliver Holzinger  
Ava Hopkins  
Sophia Johnson  
Kobe Jones  
Jackson Jones  
Brody Kelly  
Christian Knight  
Adam Knights  
Rio Koch  
Grace L'Estrange  
Evelyn Lamb  
Joseph Lamb  
Parker Lee  
Otis Lindsay  
Eadie Lovett  
Cooper Lytham  
Zoe Macqueen  
Isabella Major  
Jake Malivanek  
Dea Maningas  
Archie Martin  
Damian Mastroianni  
Jasmine McCamey  
Lily McGuinness  
Zoe Meehan  
Owen Meyer  
Alessia Molinaro  
Isabella Morgan  
Aden Netanel  
Olivia O'Brien  
Asher O'Sullivan  
Imogen Rabbitts  
Emma Radovanovic  
Korbin Richards**

**Acacia Rulli  
Alex Ryan  
Jed Ryan  
Billy Ryan  
Summer Shortall  
Matthew Shortall  
Ava Skeeles  
Christopher Skinner  
Matilda Smith  
Jack Stephenson  
Evelyn Stevens  
Zalia Stevens  
Paige Stokes  
Harrison Stokes  
Rowan Sutherland  
Jack Szalay  
Elena Taylor  
Oliver Thomas  
Mila Thomas  
Dustin Thomas  
Anna Townsend  
Grace Trout  
Taj Trout  
Bailey Walsh  
Lilly Walton  
Charlotte Way  
Zara Warner-Smith  
Jasper Weir  
Ashton Weir  
Rowan Wood  
Liam Wooldridge  
Dylan Wooldridge  
Olivia Wooton  
Hannah Wright  
Koby Young  
Maisie Young  
Aylah Young**



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**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.

## "It's NOT just about Migrants" (International Night)

*Everyone is invited to join us in celebrating the  
Diversity of our Parish Family  
on Saturday, 30 September 2023,  
5 pm Mass*

**Come and be nourished spiritually then proceed  
to the Sacred Heart Parish Centre  
to come together by sharing our CULTURES  
through FOOD and great company.**

**Please write on the List provided at the back of the Churches.  
Specify your Dish if it's Savoury or Dessert.  
Please BRING and SHARE your Culture's Cuisine for  
everyone to try.**

## Parish

### Morning Tea Gathering

Everyone is welcome to join us  
every month after

**8 am Mass on the 1st Sunday  
and after the  
10 am Mass on the 3rd Sunday  
at the  
Sacred Heart Parish Centre**

**2nd & 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.*



# The *Living* Word

**Entrance Antiphon** Cf Sirach 36:18

Give peace, O Lord, to those who wait for you, that your prophets be found true. Hear the prayers of your servant, and of your people Israel.

**First Reading** Sirach 27:30 – 28:7

**A reading from the book of Ecclesiasticus**

*Forgive your neighbour's faults and when you pray, your sins will be forgiven.*

Resentment and anger, these are foul things, and both are found with the sinner. He who exacts vengeance will experience the vengeance of the Lord, who keeps strict account of sin. Forgive your neighbour the hurt he does you, and when you pray, your sins will be forgiven. If a man nurses anger against another, can he then demand compassion from the Lord? Showing no pity for a man like himself, can he then plead for his own sins? Mere creature of flesh, he cherishes resentment; who will forgive him his sins? Remember the last things, and stop hating, remember dissolution and death, and live by the commandments. Remember the commandments, and do not bear your neighbour ill-will; remember the covenant of the Most High, and overlook the offence.

**The word of the Lord**

**Responsorial Psalm**

Ps 102:1-4. 9-12. R. v.8

**(R.) The Lord is kind and merciful; slow to anger and rich in compassion.**

My soul, give thanks to the Lord, all my being, bless his holy name. My soul, give thanks to the Lord and never forget all his blessings. **(R.)**

It is he who forgives all your guilt, who heals every one of your ills, who redeems your life from the grave, who crowns you with love and compassion. **(R.)**

His wrath will come to an end; he will not be angry for ever. He does not treat us according to our sins nor repay us according to our faults. **(R.)**

For as the heavens are high above the earth so strong is his love for those who fear him. As far as the east is from the west so far does he remove our sins. **(R.)**

**Second Reading** Romans 14:7-9  
**A reading from the letter of St Paul to the Romans**

*Whether alive or dead, we belong to the Lord.*

The life and death of each of us has its influence on others; if we live, we live for the Lord; and if we die, we die for the Lord, so that alive or dead we belong to

the Lord. This explains why Christ both died and came to life, it was so that he might be Lord both of the dead and of the living.

**The word of the Lord.**

**Gospel Acclamation** John 13:34  
Alleluia, alleluia!

I give you a new commandment: love one another as I have loved you.

Alleluia!

**Gospel** Matthew 18:21-35

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

*I tell you that you forgive not seven times but seventy times seven.*

Peter went up to Jesus and said, 'Lord, how often must I forgive my brother if he wrongs me? As often as seven times?' Jesus answered, 'Not seven, I tell you, but seventy-seven times. 'And so the kingdom of heaven may be compared to a king who decided to settle his accounts with his servants. When the reckoning began, they brought him a man who owed ten thousand talents; but he had no means of paying, so his master gave orders that he should be sold, together with his wife and children and all his possessions, to meet the debt. At this, the servant threw himself down at his master's feet. "Give me time," he said "and I will pay the whole sum." And the servant's master felt so sorry for him that he let him go and cancelled the debt. Now as this servant went out, he happened to meet a fellow servant who owed him one hundred denarii; and he seized him by the throat and began to throttle him. "Pay what you owe me", he said. His fellow servant fell at his feet and implored him, saying, "Give me time and I will pay you." But the other would not agree; on the contrary, he had him thrown into prison till he should pay the debt. His fellow servants were deeply distressed when they saw what had happened, and they went to their master and reported the whole affair to him. Then the master sent for him. "You wicked servant," he said. "I cancelled all that debt of yours when you appealed to me. Were you not bound, then, to have pity on your fellow servant just as I had pity on you?" And in his anger the master handed him over to the torturers till he should pay all his debt. And that is how my heavenly Father will deal with you unless you each forgive your brother from your heart.'

**The Gospel of the Lord**

**Communion Antiphon** Cf Psalm 35:8  
How precious is your mercy, O God!  
The children of men seek shelter in the shadow of your wings.

**REFLECTION**

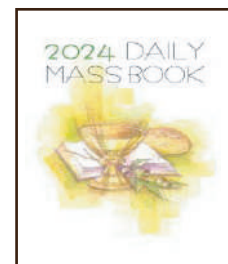
by Dianne Bergant CSA

*A distinctive feature of the teachings of Jesus is his exhortation to forgive. Very explicit about this, Jesus left us his own example by forgiving his executioners while he hung dying on the cross. Until recently we thought that forgiveness begins with the offender repenting of the offence and then asking for pardon. Today many maintain that reconciliation must begin with the one offended offering forgiveness. This willingness to forgive transforms a victim into a survivor. Such magnanimity might then touch the heart of the offender, who may thus be transformed from being an offender to becoming a friend.*

*If God has been so generous in forgiving us, surely we should be generous in forgiving others. The process of becoming a forgiving person takes time. For some, it may take a lifetime. Only little by little are our pettiness and indignation reduced and our desire to strike back diminished. Still, as disciples, we are expected to give the forgiveness that we have been given. Such forgiveness does not provide an easy way out for offenders, for ultimately justice will prevail. If we remain untransformed by God's forgiveness of us, we will be liable to judgment. Our unwillingness to forgive can eat away at us, and we can carry hurts from childhood far into adult years. Forgiving others, as difficult as that may be, is in the long run much easier than bearing the weight of resentfulness, vindictiveness and unresolved frustration. When we forgive we truly begin to be healed.*

© Dianne Bergant CSA

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*Be kind to one another,  
tenderhearted,  
forgiving one another,  
as God in Christ  
forgave you.*

[Ephesians 4:32]



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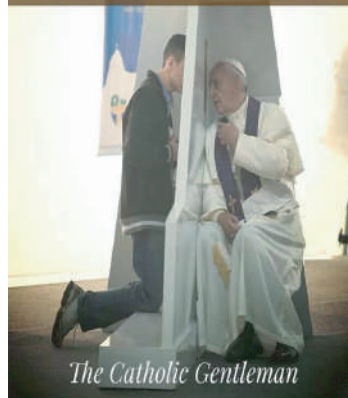


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- Pope Francis, *Evangelii Gaudium*



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