



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



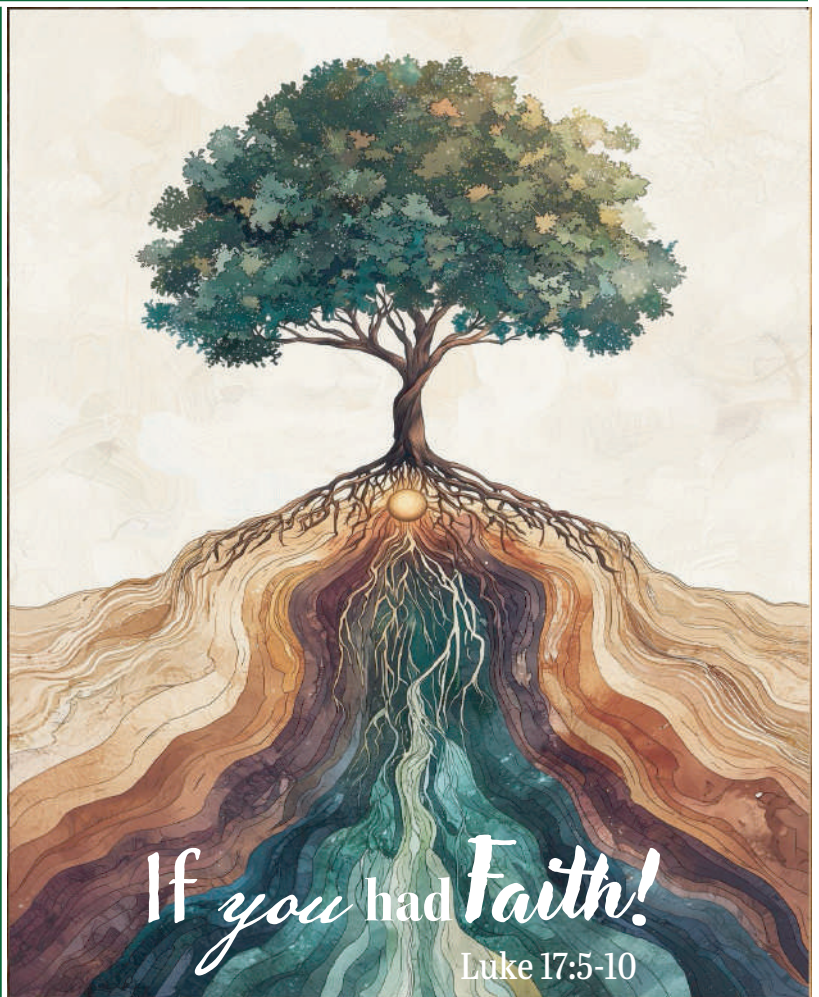
Thoughts of Blessed Francis Jordan

Hope comes from faith! We must have great faith, and without great faith we cannot have hope or confidence in God, or hope in the Lord!

PRAYER FOR PEACE (PRAYER OF ST FRANCIS OF ASSISI)

Lord,
make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master,
grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we
are pardoned,
and it is in dying that we are born
to eternal life.
Amen.



 Like us on
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Pittwater Catholic
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 OCTOBER

*For Collaboration Between Different
Religious Traditions*

Let us pray that believers in different religious traditions might work together to defend and promote peace, justice and human fraternity.

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
Beverley Carmichael
Perlita Quince
Martyn Jones

Deceased Anniversary
James Gerathy
Katrina Quinn
Mare Reškov

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

Noel Reilly
Mary Reilly

SPECIAL ANNOUNCEMENT

Happy 60th
Wedding Anniversary
Aad and Erna
Van Geest

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

BOOK REVIEW

Padre Pio: The True Story
by: C Bernard Ruffin



Read about the intense spirituality of this holy man and descriptions of the miracles attributed to him.

Liturgy for the Week

06/10 Monday, Ordinary Time 27
Jonah 1:1 - 2:1, 11; Lk 10:25-37

07/10 Tuesday, Our Lady of the Rosary
Jonah 3:1-10; Lk 10:38-42

08/10 Wednesday, Ordinary Time 27
Jonah 4:1-11; Lk 11:1-4

09/10 Thursday, Ordinary Time 27
Mal 3:13-20; Lk 11:5-13

10/10 Friday, Ordinary Time 27
Joel 1:13-15; 2:1-2; Lk 11:5-13

11/10 Saturday, Ordinary Time 27
Joel 4:12-21; Lk 11:27-28



THE CATHOLIC PARISH OF PITTWATER GIVING

Our parish flourishes through the thoughtful care of resources and the generous commitment of our supporters. With gratitude, we thank all who help sustain our parish life, care for our Church and support the ministries that serve our community.

TO Make DONATIONS

SCAN the QR CODE below with your mobile phone camera and follow the prompts

Donations can be made weekly, fortnightly, monthly or one-off.



Areas OF GIVING

First Collection
(Clergy Giving)

Second Collection
(Parish Giving)

Pastoral Works Broken Bay
All PWBB donations over \$2 are 100% tax deductible

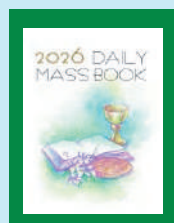
Pastoral Works Broken Bay is the charitable outreach of our Catholic community, supporting the pastoral priorities of the Diocese. It plays a vital role in funding life changing ministries, strengthening families and nurturing parish communities across Broken Bay.

Has Your Credit Card Expired?
If you support the Parish through credit card giving, please let us know if your card details have changed or expired.

Direct Debit
You may also choose to support the Parish through direct debit. This can be set up easily and securely by contacting the Parish Office, who will arrange it for you.

PLEASE ORDER NOW

\$33

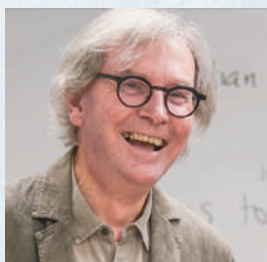
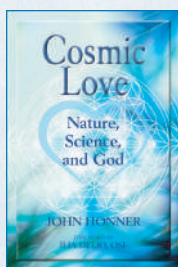


If you would like to order the
2026 Daily Mass Book
please contact the
Parish Office on
9157 0999

New Book by Our Parishioner

JOHN HONNER

COSMIC LOVE: NATURE, SCIENCE AND GOD



John Honner's latest book is called *Cosmic Love: Nature, Science and God*. It is about love being a force of nature, like the force of gravity and about God being at the heart of the cosmos. It is also about the spirituality of wonder, the relationship between science and religion, and the real presence of Jesus in the world. The book is published by Paulist Press in New York, but should be available soon from Bookoccino bookshop in Avalon, or from online suppliers like Booktopia and Amazon and later in the Mona Vale / Avalon Community Library system. John has degrees in science and theology and for many years was a teacher in the United Faculty of Theology in Melbourne and more recently in the Broken Bay Institute BBI-TAITE.



RCIT

(RITE OF CHRISTIAN INITIATION FOR TEENAGERS)

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designed to help you grow and learn
about Catholicism.

STARTING WEDNESDAY, 15 OCTOBER

4:00 PM – 5:00 PM

SACRED HEART PARISH CENTRE

ALL ARE WELCOME!

FOR MORE INFORMATION,
PLEASE CONTACT THE PARISH OFFICE AT 9157 0999

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

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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

Public Rosary



We warmly invite everyone to join us in praying the Public Rosary. Let us come together in faith and unity during this special month dedicated to our Lady.

The NATIONWIDE ROSARY CHAIN on
SATURDAY, 11TH OF OCTOBER

9:30 am Mass followed by the

ROSARY PRAYER at 10 am,

SACRED HEART CHURCH, MONA VALE

"Love the Madonna and pray the Rosary. For her Rosary is the weapon against the evils of the world today. All graces given by God pass through the Blessed Mother."

St Padre Pio

Let's pray through the intercession of Our Lady of Fatima.

PARISH Christmas PROJECT 2025 HELP US BRING THE NATIVITY TO LIFE!

Dear Parishioners,

We are excited to announce our next Parish Project – a heartfelt effort to raise funds for a beautiful **new set of Nativity statues** for our Church.

Our current statues have served us well, but with time and wear, it's time to welcome a new set that reflects the reverence and beauty of the Holy Family and the miracle of Christ's birth. Join Us in Preserving a Cherished Tradition. Your support will help us bring the story of Christmas to life for generations to come.

Every contribution, big or small, makes a difference.

HOW YOU CAN HELP:

Make a donation after Mass

Sponsor a statue in honour of a loved one

LET'S COME TOGETHER IN FAITH AND GENEROSITY
TO PREPARE A FITTING SCENE FOR
THE BIRTH OF OUR SAVIOUR.

*"For where your treasure is,
there your heart will be also." – Luke 12:34*

Thank you for your continued support and love for our parish family!

MORTAL AND VENIAL SINS in the Catholic Church

Mortal sins are grave offenses that sever our friendship with God, and consequently, cause a loss of sanctifying grace. Anyone dying in a state of mortal sin would suffer eternal separation from God in Hell.

What makes an Act a Mortal Sin?

For an action to be considered a Mortal Sin, these **3 conditions** must be present: Grave Matter, Full Knowledge and Deliberate Consent.

1456 "All Mortal Sins of which penitents after a diligent self-examination are conscious must be recounted by them in confession, even if they are most secret and have been committed against the **last two precepts of the Decalogue** (The 9th Commandment: False Witness & The 10th Commandment: Coveting); for these sins sometimes wound the soul more grievously and more dangerous than those which are committed openly."
* 1456, Catechism of the Catholic Church

Venial sins are lesser offenses that injure but do not destroy one's relationship with God.

1458 Without being strictly necessary, confession of everyday faults (Venial Sins), is nevertheless strongly recommended by the Church. Indeed, the regular confession of our venial sins helps form our conscience, fight against evil tendencies, let ourselves be healed by Christ and progress in the life of the Spirit. By receiving more frequently through this sacrament the gift of the Father's mercy, we are spurred to be merciful as he is merciful.
* 1458, Catechism of the Catholic Church

Why do I need the Sacrament of Reconciliation and Penance? How does it help me?

The Sacrament of Penance must be seen within the context of conversion from sin and a turn to God. Peter wept bitterly over his triple denial of Christ but received the grace of conversion and expressed it with a three-fold confession of love for Jesus (cf. Lk 22:54-62; Jn 21:15-19). Paul was converted from persecuting Christians to becoming one of the greatest disciples of Christ who ever lived (cf. Acts 9:1-31). These moments of conversion were only the beginning of their lifelong commitment to living in fidelity to the Gospel of Jesus Christ.

Sin harms our relationship with God and damages our communion with the Church. Conversion of heart is the beginning of our journey back to God. Liturgically this happens in the Sacrament of Penance. In the history of the Church, this Sacrament has been celebrated in different ways. Beneath the changes, there have always been two essentials: the acts of the penitent and the acts of Christ through the ministry of the Church. Both go hand in hand. Conversion must involve a change of heart as well as a change of actions. Neither is possible without God's grace.

The Sacrament of Penance reconciles us with God. "The whole power of the sacrament of Penance consists in restoring us to God's grace and joining us with him in an intimate friendship" (CCC, no. 1468).

The Sacrament of Penance is God's gift to us so that any sin committed after Baptism can be forgiven. In confession we have the opportunity to repent and recover the grace of friendship with God. It is a holy moment in which we place ourselves in his presence and honestly acknowledge our sins, especially mortal sins. With absolution, we are reconciled to God and the Church.

**Excerpt from the Archdiocese of St Paul and Minneapolis*

OCTOBER Month of the Rosary

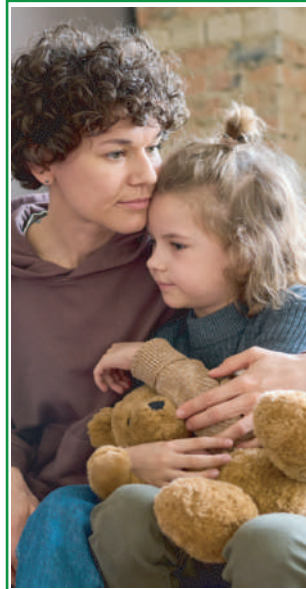
Let us unite in prayer by committing to pray the Rosary every day. Through the intercession of Our Blessed Mother, we seek peace in our world, harmony within our families, and unity in our faith community.



"The Rosary is the weapon for these times."

— St. Padre Pio

Let us entrust our hearts to Mary and ask her to lead us ever closer to her Son, the Prince of Peace.



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DIOCESE OF BROKEN BAY

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7th October
Memorial of
Our Lady of the Rosary



PARISH MORNING TEA GATHERING

Everyone is welcome to join

Every month after the 8 am Mass
on the 1st Sunday and
after the 10 am Mass on
the 3rd Sunday at
**SACRED HEART CHURCH,
MONA VALE**

2nd and 4th Sundays after the
9 am Mass at the front of
**MARIA REGINA CHURCH,
AVALON**



ALLIANCE OF THE HOLY FAMILY INT'L (AHFI)

JOIN US IN VIGILS OF REPARATION FOR THE HOLY YEAR JUBILEE 2025



PRAYER INTENTIONS

1. End to ALL wars and global unrest.
2. Restore sanctity of family life, marriage and life in general.
3. Reparation for ALL desecrations against the Eucharist, offences, blasphemies against the Blessed Virgin Mary.
4. End to widespread corruption, criminality and immortality.
5. TRIUMPH of the Immaculate Heart of Mary.



OCTOBER, 17-18 2025

SACRED HEART CHURCH
1 Keenan Street
Mona Vale

COMMUNION OF REPARATION VIGIL SCHEDULE

Friday, 17 October 2025

- 7.00pm - Scriptural Rosary
- 7.30pm - Holy Mass
- 8.00pm - Exposition of the Blessed Sacrament
Great Salutation Prayer
Self Offering
- 8.15pm - Scriptural Rosary
- 8.45pm - Nine Offices of the Sacred Heart
- 10.30pm - Scriptural Rosary
- 11.00pm - Scriptural Rosary
Litany of the BVM
- 11.35pm - Office of the Blessed Virgin Msry
- Family Consecration

Saturday, 18 October 2025

- 12:05am - Benediction
- 12:15am - Holy Mass

REGULAR VIGIL SITES

You are warmly invited to join the Reparation Vigil
EVERY FIRST FRIDAY-SATURDAY of the month at:

- St. Joachim's, Lidcombe
- St. Patrick's, Kogarah
- St. Margaret Mary's, Merrylands
- Sacred Heart, Mt Druitt
- Our Lady of Mt Carmel, Varroville

FOR MORE DETAILS PLEASE CONTACT: Patricia Lim 0412 689 933

The *Living* Word

Entrance Antiphon

Esther 4:17

Within your will, O Lord, all things are established, and there is none that can resist your will. For you have made all things, the heaven and the earth, and all that is held within the circle of heaven; you are the Lord of all.

First Reading

Habakkuk 1:2-3; 2:2-4

A reading from the prophet Habakkuk
The just will live by faithfulness.

How long, Lord, am I to cry for help while you will not listen; to cry 'Oppression!' in your ear and you will not save? Why do you set injustice before me, why do you look on where there is tyranny? Outrage and violence, this is all I see, all is contention, and discord flourishes. Then the Lord answered and said, 'Write the vision down, inscribe it on tablets to be easily read, since this vision is for its own time only: eager for its own fulfilment, it does not deceive; if it comes slowly, wait, for come it will, without fail. See how he flags, he whose soul is not at rights, but the upright man will live by his faithfulness.'

The word of the Lord

Responsorial Psalm

Ps 94:1-2. 6-9. R. v.8

(R.) If today you hear 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

2 Timothy 1:6-8, 13-14

A reading from the second letter of St Paul to Timothy
Never be ashamed of witnessing the Lord.

I am reminding you to fan into a flame the gift that God gave you when I laid my hands on you. God's gift was not a spirit of timidity, but the Spirit of power, and love, and self-control. So you are never to be ashamed of witnessing to the Lord, or ashamed of me for being his prisoner; but with me, bear the hardships for the sake of the Good News, relying on the power of God.

Keep as your pattern the sound teaching you have heard from me, in the faith and love that are in Christ Jesus. You have

been trusted to look after something precious; guard it with the help of the Holy Spirit who lives in us.

The word of the Lord.

Gospel Acclamation

1 Peter 1:25

Alleluia, alleluia!

The word of the Lord stands for ever; it is the word given to you, the Good News.
Alleluia!

Gospel

Luke 17:5-10

A reading from the holy Gospel according to Luke
If you had faith!

The apostles said to the Lord, 'Increase our faith.' The Lord replied, 'Were your faith the size of a mustard seed you could say to this mulberry tree, "Be uprooted and planted in the sea", and it would obey you.'

'Which of you, with a servant ploughing or minding sheep, would say to him when he returned from the fields, "Come and have your meal immediately"? Would he not be more likely to say, "Get my supper laid; make yourself tidy and wait on me while I eat and drink. You can eat and drink yourself afterwards"? Must he be grateful to the servant for doing what he was told? So with you: when you have done all you have been told to do, say, "We are merely servants: we have done no more than our duty."

The word of the Lord.

Communion Antiphon

Lam 3:25

The Lord is good to those who hope in him, to the soul that seeks him.

REFLECTION

by Dianne Bergant

In our struggles to be faithful disciples, we frequently must endure periods when we feel abandoned by God. When we have been intent on serving God with genuine devotion, such times are particularly trying, for one would expect that God would not withdraw consolations. When this happens, the broken heart and the strained spirit cry out to God in complaint: How long? Why? We have all been worn down by life, tempted to give up, too weary to go on.

Faith in God is a gift for which we pray. It enables us to accomplish marvellous feats; with it we can move mountains. As unprofitable servants, we do not earn it; we have no right to claim it as our own. We are the ones from whom faithful service will be expected. We will be sent to plough the fields and tend the sheep. We will be called to serve at table. The faith that is ours has been mediated to us through the community. We have heard about God and about Jesus from

others, from our parents and families, from our teachers and those who preach, from those with whom we work and play. Faith comes from God, but through the mediation of the community. Timothy received faith from his mother and grandmother. It was strengthened in him through the imposition of Paul's hands and through his preaching of the word of God. Furthermore, what Paul taught had first been handed down to him from those who preceded him.

© Dianne Bergant CSA



**IS GOD CALLING YOU TO MAKE
A DIFFERENCE IN
VOCATIONS MINISTRY?
SERRA VOCATIONS MASS AND
DINNER MEETING**

**THURSDAY 23RD OCTOBER 2025
AT SACRED HEART CHURCH PYMBLE
COMMENCING WITH MASS AT 6.30 PM**

Our Mass celebrant will be Fr Lukasz Kleczka SDS, Assistant Priest at Pymble Catholic Parish. After dinner, Fr Lukasz will speak to us about Blessed Francis Jordan and his vocation journey from Poland to New Jersey USA and Sydney.

**Everyone is welcome,
so please Come and See.**

**Please remember to pray everyday
for vocations to the priesthood,
diaconate, the consecrated life,
ecclesial women, all seminarians,
novices and for the residence of
St Joseph House Discernment Centre.
Please pray for the perseverance of
existing vocations.**

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if you are planning to attend.**



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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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To find out more, call Tamara
0403226699



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MONDAYS

9:30 - 11:30

(SCHOOL TERM)

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Matthew 9:29b