



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

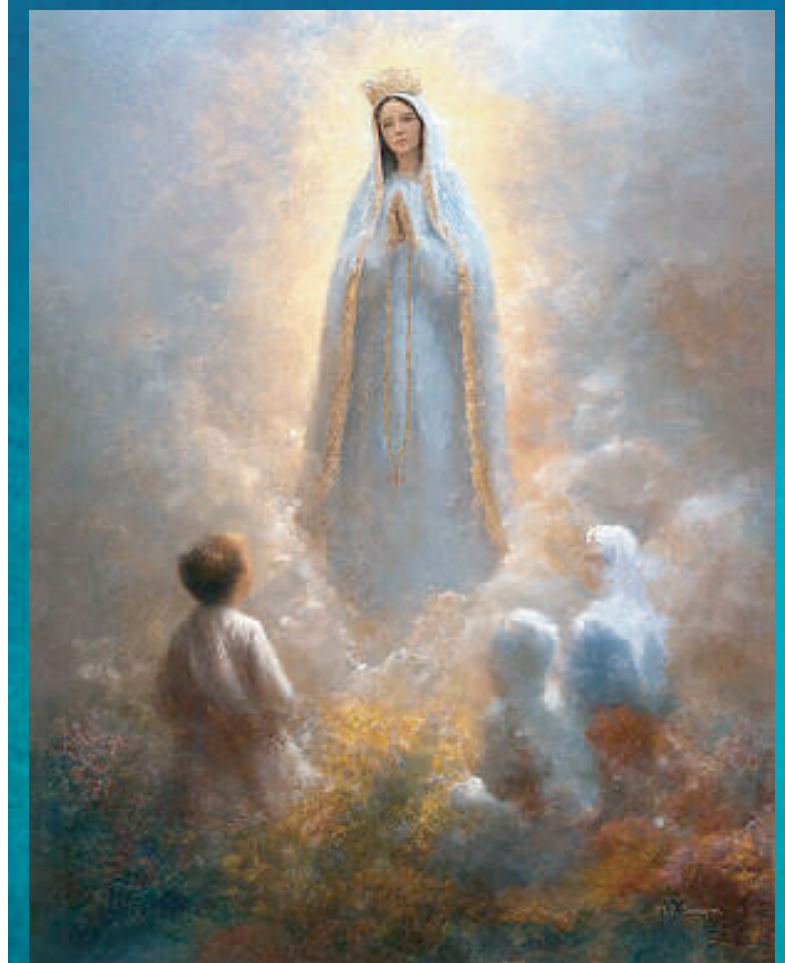
Consider Mary. She said little. But through her example her humility, modesty etc... she accomplished much. Imitate her so that you also accomplish quite a lot through good example.

Prayer to our Lady of Fatima

Most Holy Virgin,
you appeared at Fatima to reveal
to the three shepherd children
the treasures of graces
contained in the recitation
of the Holy Rosary,

Inspire our hearts with a
sincere love of this devotion,
so that by meditating on the
mysteries of our Redemption
recalled in it,
we may receive spiritual blessings
and obtain the conversion of sinners.

We seek your intercession
for the intentions
we place before you,
for the greater glory to God,
for your honour and for
the good of souls.
Amen.



 Like us on
Facebook
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
Martin Brent

Deceased Anniversary
Mare Jurićev
Anka Jurićev

Prayer for the Sick

Anna Šmigowska

Lily Janosik

Sue French

Maureen Larios

Elaine Boyes

Pauline Chipman

Ron Clarke

Barbara Clarke

Anna Katanec

Otma Nouak

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

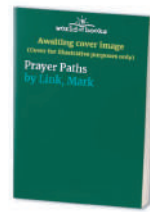
Noel Reilly

Mary Reilly

BOOK REVIEW

Prayer Paths

by: Mark Link, SJ



Search for serenity and God in an age of stress. Introductory meditation is recommended in order to relax tension in the body. Then some very interesting prayer paths are suggested and my favourite is natural paths, exploring the wonders of nature all around us. There are also scriptural and devotional paths among others. A thought provoking read!



1 Thessalonians 5:18

Liturgy for the Week

13/10 Monday, Ordinary Time 28
Rom 1:1-7; Lk 11:29-32

14/10 Tuesday, Ordinary Time 28
Rom 1:16-25; Lk 11:37-41

15/10 Wednesday, St Teresa of Jesus
Rom 2:1-11; Lk 11:42-46

16/10 Thursday, Ordinary Time 28
Rom 3:21-30; Lk 11:47-54

17/10 Friday, St Ignatius of Antioch
Rom 4:1-8; Lk 12:1-7

18/10 Saturday, St Luke
2 Tim 4:10-17; Lk 10:1-9

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**



**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.



RCIT

(RITE OF CHRISTIAN INITIATION FOR TEENAGERS)

A special program for young people aged 12-17

Are you a teenager interested in learning about the Catholic faith and receiving the Sacraments of Initiation—Baptism, Confirmation, and First Holy Communion? Join us on a meaningful journey of faith, friendship and discovery.

Spread across 10 engaging sessions 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
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

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!

MISSIONARIES OF HOPE

among all peoples



For women like Sharon, who must choose between feeding their children or selling their crops to survive, and Grace, who risked her life traveling 160km for safe childbirth, hope comes through Sr Jane and Kayula. Through sustainable farming, Sr Jane helps women provide for their families. At the Chilonga Mission Hospital, Kayula ensures mothers and babies receive the dignity and care they deserve.

This World Mission Month, we invite you to extend your generosity to help enhance the vital work of the Church. Your support can make a significant difference to the lives of many, offering hope to the people of Zambia.



Freecall: 1800 257 296
catholicmission.org.au/mission



Discover and share in our story

The Sisters of Charity Heritage Centre brings alive the spirit of the Congregation, its history and heritage.

Australia's first religious sisters have been of service to the community regardless of creed, wealth or ethnicity, for over 185 years.

Tuesday – Thursday
10.00am-3.00pm or by appointment
Free entry, parking available
Bookings recommended



*You too are part of this continuing
and living heritage and we'd
love to welcome you.*



Sisters
of Charity
of Australia

HERITAGE
CENTRE

1 Rockwall Cres, Potts Point, NSW
T: 02 9138 0835
W: socheritagecentre.org.au
E: heritagecentre@rscoffice.com



PRAY the Rosary Daily



We should all pray the Rosary every day for peace in the world, for the well-being of our families, and for the spiritual growth of our parish community. Through the intercession of Our Blessed Mother, may our prayers bring healing, unity, and grace to all.

"The Rosary is the weapon for these times."
— St. Padre Pio

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 immorality.
5. TRIUMPH of the Immaculate Heart of Mary.

REGULAR VIGIL SITES

You are warmly invited to join the Reparation Vigil
EVERY FIRST SATURDAY OF THE MONTH at:

- * St Joachim's, Lidcombe
- * St Patrick's, Kogarah
- * Sacred Heart, Mt Druitt
- * Our Lady of Mount Carmel, Varroville



**17 - 18 OCTOBER
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 Mary
- Family Consecration

Saturday, 18 October 2025

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

FOR MORE DETAILS, PLEASE CONTACT: PATRICIA LIM 0412 689 933

Rosary by the Beach A Call to Prayer for Peace

All parishioners are warmly invited to join us for this special gathering. Let us come together in faith and unity as we lift our hearts in prayer.

We will begin with a time of fellowship and nourishment, followed by the recitation of the Holy Rosary as we intercede for peace in our world, in our communities, and in our hearts.

Saturday, 25th October
AT GOVERNOR PHILIP PARK
BEACH ROAD, PALM BEACH
Free BBQ Breakfast FROM
7:30 am to 8:30 am FOLLOWED
BY PRAYING THE ROSARY

Let this be a moment of spiritual renewal, as we find strength in one another and in the presence of Our Blessed Mother. Together, let us be a light of hope and peace.

All are welcome - bring a friend and your own folding chair

Please **RSVP by Wednesday, 22nd October** for catering purposes.
Contact the Parish Office on 9517099 or

Write your name on the Attendance Sheet that is made available at the back of the pews in both Churches.



DATES for your DIARY

1st
NOVEMBER
Saturday

All Saints Day Mass
at 9:30 am
Sacred Heart Church,
Mona Vale

2nd
NOVEMBER
Sunday

Blessing of the Graves
2 pm at
Mona Vale Cemetery
Fazzolari Avenue,
Mona Vale

BE KIND
be thoughtful
be genuine
but most of all
BE THANKFUL

Book of Remembrance

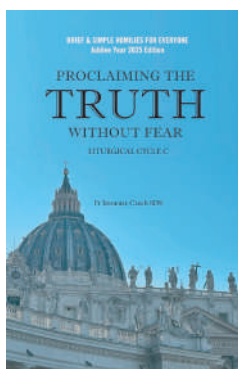
November is a special time to pray for the dead.

A plenary indulgence may be gained for the dead, once only, by visiting a Church on 2 November and praying the Lord's Prayer and the Creed.

Three conditions are required for gaining indulgence:
Sacramental Confession, Eucharistic Communion and
Prayer for the Pope's intentions.

If you would like the names of your deceased loved ones, relatives or friends published in our "Book of Remembrance", please fill in the "November Offerings" envelopes and drop it in to the Parish office or put it in the collection during the weekend Masses.

Each day in November, a Mass will be offered for all the names published in our "Book of Remembrance."



Buy a Book for \$50
and Support the Salvatorian Formation

ENVELOPES are made available to make a purchase
with **CASH** or by **CREDIT CARD**.

Please place the completed envelope:
In the collection during Mass
or Drop it off at the Parish Office.

Thank you for your support!

The *Living* Word

Entrance Antiphon Psalm 129:3-4

If you, O Lord, should mark iniquities,
Lord, who could stand?
But with you is found forgiveness,
O God of Israel.

First Reading 2 Kings 5:14-17
A reading from the second book of the Kings

Naaman returned to Elisha, the prophet, and acknowledged the Lord.

Naaman the leper went down and immersed himself seven times in the Jordan, as Elisha had told him to do. And his flesh became clean once more like the flesh of a little child.

Returning to Elisha with his whole escort, he went in and stood before him. 'Now I know' he said, 'that there is no God in all the earth except in Israel. Now, please, accept a present from your servant.' But Elisha replied, 'As the Lord lives, whom I serve, I will accept nothing.' Naaman pressed him to accept, but he refused. Then Naaman said, 'Since your answer is "No," allow your servant to be given as much earth as two mules may carry, because your servant will no longer offer holocaust or sacrifice to any god except the Lord.'

The word of the Lord

Responsorial Psalm

Ps 97:1-4. R. see v.2

(R.) The Lord has revealed to the nations his saving power.

Sing a new song to the Lord for he has worked wonders. His right hand and his holy arm have brought salvation. **(R.)**

The Lord has made known his salvation; has shown his justice to the nations. He has remembered his truth and love for the house of Israel. **(R.)**

All the ends of the earth have seen the salvation of our God. Shout to the Lord all the earth, ring out your joy. **(R.)**

Second Reading 2 Timothy 2:8-13
A reading from the second letter of St Paul to Timothy

If we hold firm, we shall reign with Christ.

Remember the Good News that I carry. 'Jesus Christ risen from the dead, sprung from the race of David'; it is on account of this that I have my own hardships to bear, even to being chained like a criminal – but they cannot chain up God's news. So I bear it all for the sake of those who are chosen, so that in the end they may have the salvation that is in Christ Jesus and the eternal glory that comes with it.

Here is a saying that you can rely on: If we have died with him, then we shall live with him. If we hold firm, then we shall reign with him.

If we disown him, then he will disown us. We may be unfaithful, but he is always faithful, for he cannot disown his own self.

The word of the Lord.

Gospel Acclamation

1 Thessalonians 5:18

Alleluia, alleluia!

For all things give thanks to God, because this is what he expects of you in Christ Jesus.

Alleluia!

Gospel Luke 17:11-19
A reading from the holy Gospel according to Luke

It seems that no one has returned to give thanks to God except this foreigner.

On the way to Jerusalem Jesus travelled along the border between Samaria and Galilee. As he entered one of the villages, ten lepers came to meet him. They stood some way off and called to him, 'Jesus! Master! Take pity on us.' When he saw them he said, 'Go and show yourselves to the priests.' Now as they were going away they were cleansed. Finding himself cured, one of them turned back praising God at the top of his voice and threw himself at the feet of Jesus and thanked him. The man was a Samaritan. This made Jesus say, 'Were not all ten made clean? The other nine, where are they? It seems that no one has come back to give praise to God, except this foreigner.' And he said to the man, 'Stand up and go on your way. Your faith has saved you.'

The word of the Lord.

Communion Antiphon Psalm 33:11

The rich suffer want and go hungry, but those who seek the Lord lack no blessing.

REFLECTION

by Dianne Bergant

The leprosy of Naaman and the ten men in the gospel serves as a metaphor for sinfulness, the condition that makes us unfit for the presence of God and despicable in the eyes of others. Separated from God and alienated from society, we are truly in a deplorable state, a state out of which we are unable to extricate ourselves. Into these seemingly hopeless conditions step the prophet Elisha and Jesus. Each in his own way brings the healing power of God, the saving grace of God. Paul is such a mediator as well. He brings the gospel to those who are in need of salvation. When people are open to his preaching, they are transformed and made ready to receive eternal glory. After healing come gratitude and praise.

Both Naaman and the lone Samaritan are so filled with gratitude that they return to the one responsible for their healing. They are not so preoccupied with their good fortune as to forget that it came to them as a gift. Their response is the kind of thanks and praise that is proclaimed in the psalm and that is also celebrated at each Sunday Eucharist. We have been saved from our alienation from God and from each other so let us give thanks to the Lord.

Those who know that they have been healed, who realize that this was a gift freely given to them, and who return to give thanks have, by these acts of devotion, stepped over a threshold into a new way of living. Their thanks and praise usher them into a new age, the age of eschatological promise.

© 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.**

**For catering purposes, kindly
ring Anna Leung on 0478 083 116
or email
annaytyleung@yahoo.com.au
or ring
Terry Scanlan on 0438 887 295
or email
terry_scanlan@bigpond.com
if you are planning to attend.**

PSALM 23:

*So Much to Be
Grateful for.*

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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

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

To find out more, call Tamara
0403226699



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49 Avalon Pde, Avalon
Ph: 9918 3315

JOHNSON BROS.
MITRE 10



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to connect with other
parents and make new
friends.
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or coffee
Everyone is welcome.

MONDAYS

9:30 - 11:30

(SCHOOL TERM)

Please CONTACT

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Dr Wael Wasef
02 9997 5848

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