



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

If your heart is heavy within you, then on the outside you should show joy in bearing your cross. Some suffering must come.

Prayer for STRENGTH and Faith

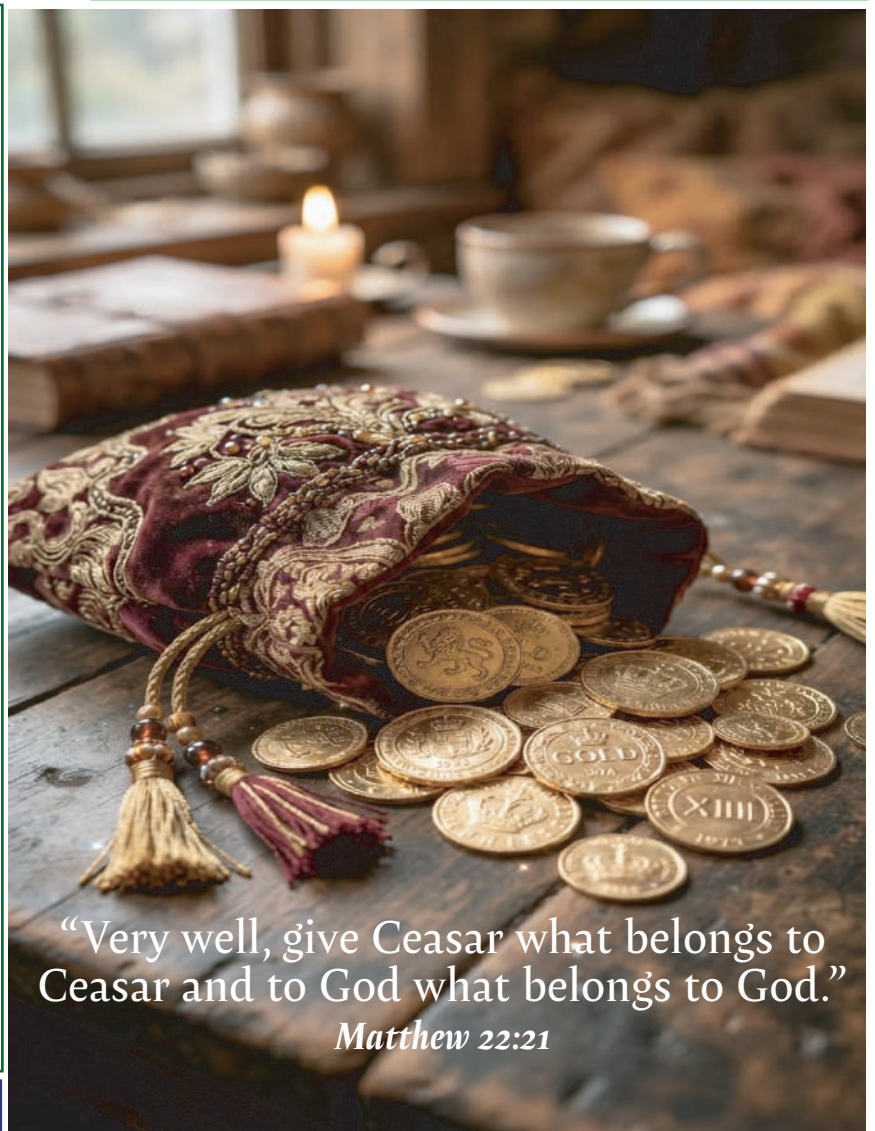
Heavenly Father,
we pray for strengthened faith.
Help us know more of Your word
and face all adversities with
the confidence of victory.

Let us move mountains with
our faith and command things
to fall in line in our lives.

Let us conquer all the evil in
our lives.

Let our words cause healing.
Let our faith build all the
broken pieces in our lives.

Help us to be strong and not be
moved by any adversities.
Through Christ our Lord.
Amen.



"Very well, give Caesar what belongs to Caesar and to God what belongs to God."

Matthew 22:21



Pittwater Catholic Church



Follow Us on



Catholic Parish
Pittwater



POPE LEO'S PRAYER INTENTION FOR October

For Mental Health Ministry

Let us pray that the mental health ministry be established throughout the Church, helping to overcome the stigma and discrimination of persons with mental illnesses.



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 - 7.00 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 Mass)

★ **RECONCILIATION** ★
SATURDAY VIGIL
4.00 pm to 4.30 pm

★ **BAPTISM** ★
4TH SUNDAY of the Month
at 11.30 am

MARIA REGINA CHURCH
7 Central Road, Avalon

★ **WEEKDAY MASSES** ★
MONDAY - 8.00 am

WEDNESDAY - 8.00 am

THURSDAY - 10.00 am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction at 9.00 am

FRIDAY - 8.00 am
FIRST FRIDAY of the Month,
Healing Mass/ Anointing of the Sick at 8.00 am

★ **RECONCILIATION** ★
Before Vigil Mass on Saturday

★ **WEEKEND MASSES** ★
SATURDAY VIGIL - 6.00 pm
SUNDAY - 9.00 am

★ **BAPTISM** ★
3RD SUNDAY of the Month
at 11.00 am

WE PRAY for

RECENTLY DECEASED

ROSALIE SERICH

DECEASED ANNIVERSARY

CARMELA IEMMA

Prayer for the SICK

Lord, look with mercy on your servants who are sick. Bring them comfort, healing and strength.

ANNA ŚMIGOWSKA

LILY JANOSIK

SUE FRENCH

MAUREEN LARIOS

ELAINE BOYES

RON CLARKE

BARBARA CLARKE

ANNA KATANEC

OTMA NOUAK

ANGELA MILLER

PHILIP KHALIFEH

JOSEPH KHALIFEH

GEORGE AZOURY

BRUCE FARR

JAMES

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NENITA ROQUE

MARIE CELINE- MACA

NEDA CRVELIN

JESSE CATHERSIDES

MARY REILLY

NOEL REILLY

THERESE KEANE

MARTA BIZUBOVA

LIAM GAVIN

RICHARD LIM

JAMIE CONNOLLY

AMADEA LUONG

ALFRED FIELD

FRANK KELLENDONK

NAZARENO CIRILLO

GARY O'BRIEN

BOOK REVIEW

The Hidden Stream
by: Ronald A Knox



With his sparkling wit, Knox re-examines some of the fundamental precepts of the Catholic faith as well as the formidable challenges facing Catholics in the modern world.

SOME THINGS CAN ONLY BE
PLACED IN GOD'S HANDS.

— + —
Pray. Release. Return.



LITURGY FOR THE WEEK

19/10 Monday, Ordinary Time 29
Eph 2:1-10; Lk 12:13-21

20/10 Tuesday, Ordinary Time 29
Eph 2:12-22; Lk 12:35-38

21/10 Wednesday, Ordinary
Time 29
Eph 3:2-12; Lk 12:39-48

22/10 Thursday, Ordinary
Time 29
Eph 3:14-21; Lk 12:49-53

23/10 Friday, Ordinary Time 29
Ep 4:1-6; Lk 12:54-59

24/10 Saturday, Ordinary
Time 29
Eph 4:7-16; Lk 13:1-9



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.

Safeguarding

Catholic Parish of Pittwater

The Catholic Diocese of Broken Bay and the Catholic Parish of Pittwater are committed to fostering safe, caring communities for all, especially children and vulnerable people, guided by our faith in Jesus Christ.

Everyone is encouraged to provide feedback on the Diocese of Broken Bay webpage.

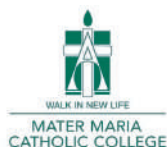


Diocese of Broken Bay Safeguarding
www.bbcatholic.org.au/safeguarding

Safeguarding is everyone's responsibility.

OUR PARISH SCHOOLS

(TERM 4, WEEK 1)



We warmly welcomed students and staff back to Term 4 and to a busy and productive start to Term 4.

This week, our Year 12 2027 students and their families attended an online HSC Information Evening. It was wonderful to see such strong engagement as students begin preparing for this important stage of their learning journey.

We also extend our prayers and best wishes to our Year 12 2026 students, who commenced their HSC examinations on Tuesday. We pray they approach this significant milestone with confidence, knowing they are supported by the Mater Maria community.

A highlight of the week was the 2027 College Prefect Leadership Day at Mary MacKillop Place, where our student leaders explored the principles of Servant Leadership and reflected on their role in shaping our College community.

Beyond the classroom, students embraced a range of enriching opportunities. Thirty Year 9 students completed their Bronze Duke of Edinburgh Qualifying Adventurous Journey, while Year 8 Geography students explored reef ecosystems through an immersive VR360 experience. Year 9 Music, Year 9 Drama and Year 11 Entertainment students attended a live performance of The Lion King musical, and our basketball teams represented the College in MWBA competitions and the NSWCCC Championships.

Faith Fridays continue to be a treasured part of College life, providing students with a welcoming space for prayer, reflection and connection in our Chapel.

Enrolment applications are now open for Year 7 2030. Families are reminded that Year 7 2027 and 2028 are currently at capacity, with waitlists in place and Round 2 enrolment interviews for Year 7, 2029 are now taking place. Further information is available at www.matermaria.nsw.edu.au/enrolments.



SACRED HEART
CATHOLIC PRIMARY SCHOOL
Mona Vale

An Exciting Start to Term 4!

Week 1 has been an exciting start to Term 4, with our students wearing crazy socks and donating gold coins to support Catholic Mission's Socktober initiative. At Sacred Heart, each term we focus on a Social Justice initiative that helps students develop an understanding of the needs of others and encourages them to put their faith into action through service and compassion.

This year's Socktober campaign is supporting communities in Malawi, where families have experienced severe flooding and other extreme weather events. Through their participation, our students have learnt about the challenges faced by children and families around the world and how small actions can make a meaningful difference in the lives of others.

This week also saw the presentation of our Term 3 Principal's Awards and Sacred Heart Awards. These awards recognise students who consistently demonstrate our school values and strive to be their very best.

The Sacred Heart Award is presented to students who display outstanding qualities and behaviours, demonstrating the values of Service, Justice, Compassion and Respect while endeavouring to live as Jesus did.

The Principal's Award recognises students who consistently work towards their personal best in all areas of school life. These students demonstrate resilience, a positive mindset, perseverance and personal growth in their learning and relationships.

As we begin a new term, we congratulate all award recipients and thank our students and families for supporting such a worthy cause through Socktober. We look forward to another term filled with faith, learning, service and achievement.

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9157 0999



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Fr Zygmunt Smigowski SDS

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CCD CATECHIST COORDINATORS

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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

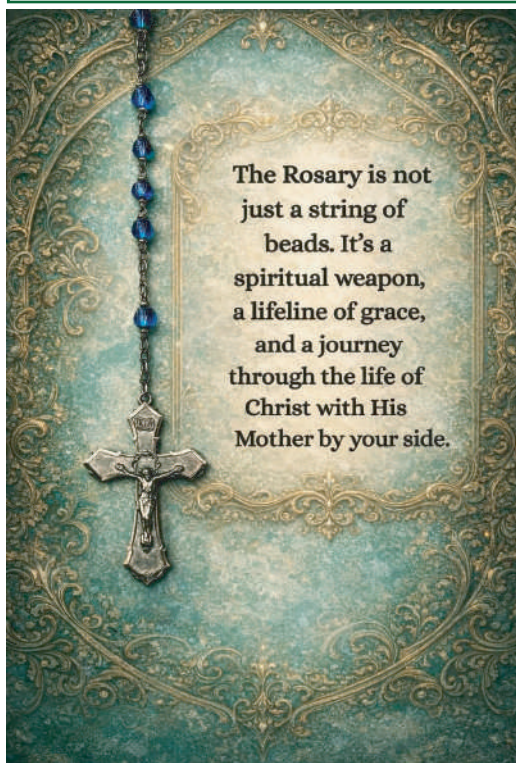
Principal: Ms Louise O'Brien

MARIA REGINA SCHOOL, Avalon

Tel 7256 2138

Principal: Ms Kirsty Thorpe

MATER MARIA CATHOLIC COLLEGE, Warriewood
Tel 7256 2100
Principal: Mr Anthony Mahoney





Free call: 1800 257 296
catholicmission.org.au/united



Envelopes for donations are available in the pews of our Churches. Your generous support helps share God's love and provide hope and assistance to communities in need around the world. THANK YOU



Reach out. Give life.

17 & 18 October

This week, you are invited to partner with Catholic Mission and the Church in Malawi as we support families rebuilding after devastating floods and help children access education close to home.

Through projects like St Peter's Nyamikuta Primary School, the Church is creating a place where children can learn, be nourished, and grow with dignity, regardless of their background or beliefs.

As we celebrate 100 years of World Mission Day, we are reminded by Pope Leo XIV that we are 'One in Christ, United in Mission'.

Join with us in celebration and action by supporting this work with a compassionate gift. Use the provided appeal envelope, scan the QR code, or visit

catholicmission.org.au/united



Give to God what belongs to God

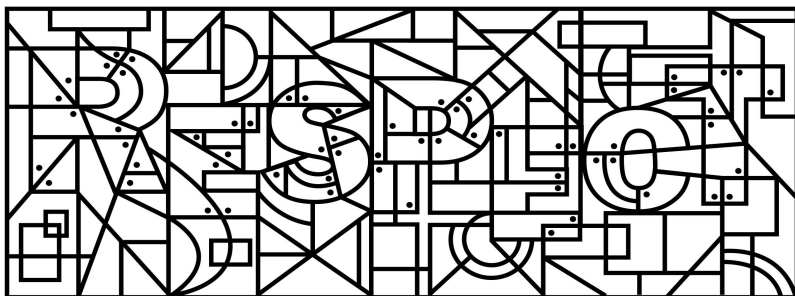
29th Sunday in Ordinary Time Year A



Give to Caesar what belongs to Caesar...

Jesus believed that people should obey the law and pay their taxes to the Romans. What are some laws or rules that we must obey?

Color in the shapes that contain dots to reveal something that Jesus wants us to show others.



YOU ARE INVITED TO
SEMINARIANS' BENEFIT GALA DINNER:

**ANSWERING
THE CALL**

FRIDAY 6TH NOVEMBER 6:30PM-11:30PM
THE EPPING CLUB, 45-47 RAWSON ST, EPPING 2121



CATHOLIC
DIOCESE OF
BROKEN BAY



VOCATIONS
CATHOLIC DIOCESE OF BROKEN BAY

PLEASE REGISTER VIA THE QR CODE

PITTWATER PARISH

ALL SAINTS DAY
Celebration

Come and join us for a fun-filled parish celebration of **All Saint's Day!** We'll begin with **Mass**, with a **colourful procession of children dressed as their favourite saints.**

After the procession, the fun continues with a **BBQ, games, activities and prizes for the best dressed saint costumes.**



SUNDAY 1ST NOVEMBER 2026

6:00pm Mass
Sacred Heart Church, Mona Vale



BBQ



GAMES



ACTIVITIES



PRIZES
for the best
dressed saints!



Please write your name on the list provided at the back of the church if you would like to attend.

Rosary by the BEACH

Saturday,
31st October

at

Governor Philip Park
Beach Road, Palm Beach
(Northern End, Beachside)

FREE BBQ BREAKFAST from
7:30 am to 8:30 am followed by
PRAYING THE ROSARY

• 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 the world, in our communities and in our hearts.



Please **RSVP** by Wednesday, 21st October for catering purposes.



Contact the Parish Office on 9517 0999 or write your name on the Sign Up sheet at the back of the Church.



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"The resurrection of Christ is the most beautiful thing in our faith. Jesus truly rose and this is the source of our meaning of life and also of our hope."

Fr Rozo Palic

Monday, 2 November
at 6 pm,
Sacred Heart Church,
Mona Vale



SCAN
FOR
LOCATIONS
& DETAILS



WE MEET
First & Third Tuesday
of every Month
at 7 pm



**SACRED HEART
PARISH CENTRE**

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 ARE WELCOME



**JOIN US –
MEN'S FAITH GATHERING**

We warmly invite all men of our parish & community to come together at 7:00 pm for an informal & faith-filled evening of conversation, reflection & brotherhood.



For any questions, contact
Joe Cilia 0418 863 814

THE SEVEN BLESSINGS OF THE ROSARY

St Louis Marie Grignion De Montfort
(1673 - 1716)

The Rosary recited with meditation on the mysteries brings about the following marvelous results:

1. It gradually gives us a perfect knowledge of Jesus Christ.
2. It purifies our souls, washing away sins.
3. It gives us victory over all our enemies.
4. It makes it easy for us to practice virtue.
5. It sets us on fire with love of Our Blessed Lord.
6. It enriches us with graces and merits.
7. It supplies us with what is needed to pay all our debts to God and our fellow men and finally, it obtain all kinds of graces for us from the Almighty God.



The *Living* Word

Entrance Antiphon Psalm 16:6,8
To you I call; for you will surely heed me, O God; turn your ear to me; hear my words. Guard me as the apple of your eye; in the shadow of your wings protect me.

First Reading Isaiah 45:1.4-6
A reading from the prophet Isaiah
I have taken the hand of Cyrus to subdue nations before his countenance.

Thus says the Lord to his anointed, to Cyrus, whom he has taken by his right hand to subdue nations before him and strip the loins of kings, to force gateways before him that their gates be closed no more: It is for the sake of my servant Jacob, of Israel my chosen one, that I have called you by your name, conferring a title though you do not know me. I am the Lord, unrivalled; there is no other God besides me. Though you do not know me, I arm you that men may know from the rising to the setting of the sun that, apart from me, all is nothing.

The word of the Lord

Responsorial Psalm
Ps 95:1. 3-5. 7-10. R. v.7
(R.) Give the Lord glory and honour.

O sing a new song to the Lord, sing to the Lord all the earth. Tell among the nations his glory and his wonders among all the peoples. **(R.)**

The Lord is great and worthy of praise, to be feared above all gods; the gods of the heathens are naught. It was the Lord who made the heavens. **(R.)**

Give the Lord, you families of peoples, give the Lord glory and power, give the Lord the glory of his name. Bring an offering and enter his courts. **(R.)**

Worship the Lord in his temple.
O earth, tremble before him. Proclaim to the nations: 'God is king.' He will judge the peoples in fairness. **(R.)**

Second Reading 1 Thessalonians 1:1-5
A reading from the first letter of St Paul to the Thessalonians
We are mindful of your faith, hope and love.

From Paul, Silvanus and Timothy, to the Church in Thessalonika which is in God the Father and the Lord Jesus Christ; wishing you grace and peace from God the Father and the Lord Jesus Christ. We always mention you in our prayers and thank God for you all, and constantly remember before God our Father how you have shown your faith in action, worked for love and persevered through hope, in our Lord Jesus Christ. We know, brothers, that God loves you and that you have been chosen, because when we brought the Good News to you, it came to you not only as words, but as power and as the Holy Spirit and as utter

conviction.

The word of the Lord.

Gospel Acclamation
Philippians 2:15. 16

Alleluia, alleluia!
Shine on the world like bright stars; you are offering it the word of life.
Alleluia!

Gospel Matthew 22:15-21
A reading from the holy Gospel according to Matthew
Give to Caesar the things that belong to Caesar and to God the things that are God's.

The Pharisees went away to work out between them how to trap Jesus in what he said. And they sent their disciples to him, together with the Herodians, to say, 'Master, we know that you are an honest man and teach the way of God in an honest way, and that you are not afraid of anyone, because a man's rank means nothing to you. Tell us your opinion, then. Is it permissible to pay taxes to Caesar or not?' But Jesus was aware of their malice and replied, 'You hypocrites! Why do you set this trap for me? Let me see the money you pay the tax with.' They handed him a denarius, and he said, 'Whose head is this? Whose name?' 'Caesar's' they replied. He then said to them, 'Very well, give back to Caesar what belongs to Caesar – and to God what belongs to God.'

The Gospel of the Lord.

Communion Antiphon
Psalm 32:18-19
Behold, the eyes of the Lord are on those who fear him, who hope in his merciful love, to rescue their souls from death, to keep them alive in famine.

REFLECTION
by Dianne Bergant

The frequency with which we consider the question of insider-outsider is an indication of how important universalism and the breaking down of boundaries is within our religious tradition. All peoples, all lands are called on to praise God. Furthermore, God cares about and cares for all people (see Is 19:25), and God works through all people to accomplish good in the world: Gandhi, a Hindu of Indian origin; Martin Luther King, Jr; a Baptist minister; Susan B. Anthony, a suffragist; Nelson Mandela, a Black South African, etc. Human beings have always realised that, in comparison with the grandeur and expansiveness of the universe within which they live, they are weak and vulnerable creatures. This has led them to believe in and offer homage to a divine being, or beings.

Praise of God has always been an expression of awe and gratitude as well as humility. If neither gender, nor race, nor age, nor class nor culture qualifies one for being an insider, what does? Today's readings suggest that it is service of others. In breaking down the walls of prejudice, the social activists of our own age liberate not only the oppressed groups to which they belong, but also those who oppress them. The lives of these dynamic people show us that service of others draws them into our circles and encircles us in theirs. With open arms God invites all into an embrace of divine love. As God has embraced us, so we are called to embrace all others.

© Dianne Bergant CSA

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**

A time to 

- ♥ SHARE FRIENDSHIP
- ♥ BUILD COMMUNITY
- ♥ GROW IN FAITH

All are welcome! 

Come along and bring a friend. We'd love to see you!

Last Sunday after the **9 am Mass** at the front of
MARIA REGINA CHURCH, AVALON

Keep praying.

Keep trusting.

Keep your Rosary close.



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(SCHOOL TERM)

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