



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

True humility is the key to heaven's treasury of grace.
Oh pilgrim, get up bravely, if you stumble along the rugged path to life!

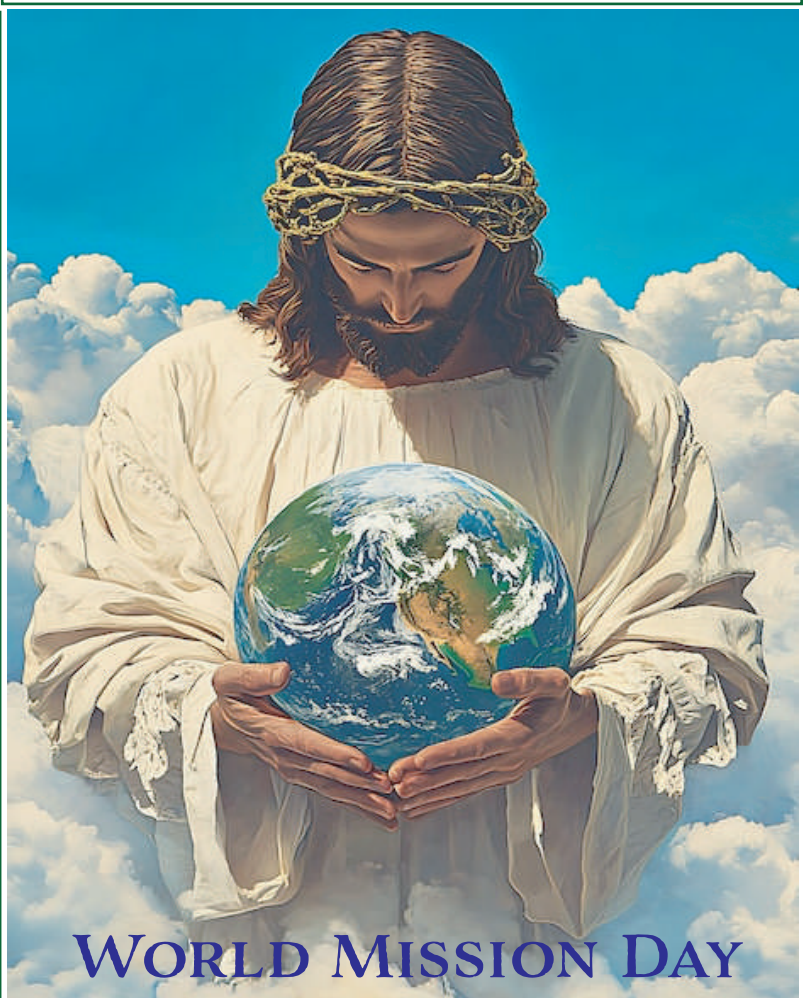
PRAYER TO LOVE AND SERVE

O Lord,
in Your infinite wisdom and boundless love,
You have called us to love and serve one another as You have loved us.

I come before You,
my heart open and ready to receive
Your guidance and strength
to fulfill this command.

Teach me to love not just in words,
but in action and truth.
Instill in me a heart that sees
beyond the surface,
recognising the need,
the hurt and the longing
those around me.

Grant me the courage to step
out of my comfort zone,
to serve others with
humility and grace,
reflecting Your love in
every interaction.
Amen.



WORLD MISSION DAY

 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

May all the souls of the faithful
departed, through the
mercy of God, rest in peace.
Amen.

Prayer for the Sick

Anna Śmigowska

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

The Miraculous Medal
by: Mary Fabyan Windeatt



This book contains the true story of the
Medal, given by the Blessed Virgin to
St Catherine Laboure.

Stories of miraculous healings and
visitations of Our Lady to St Catherine.
"All those who use this medal will
receive great graces when wearing
it around their neck."

- Our Lady to Catherine Laboure
November 1830

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**

Liturgy for the Week

20/10 Monday, Ordinary Time 29
Rom 4:20-25; Lk 12:13-21

21/10 Tuesday, Ordinary Time 29
Rom 5:12, 15, 17-21; Lk 12:35-38

22/10 Wednesday, Ordinary Time 29
Rom 6:12-18; Lk 12:39-48

23/10 Thursday, Ordinary Time 29
Rom 6:19-23; Lk 12:49-53

24/10 Friday, Ordinary Time 29
Rom 7:18-25; Lk 12:54-59

25/10 Saturday, Ordinary Time 29
Rom 8:1-11; 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.

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prompts

Donations can be made
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Areas of GIVING

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(Clergy Giving)

Second Collection

(Parish Giving)

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All PWBB donations over
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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.

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If you support the Parish
through credit card giving,
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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.



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

PREPARING OUR HEARTS FOR CONFESSION:

A Journey Through the 7 Deadly Sins and Heavenly Virtues



As part of our commitment to deepening our spiritual lives and growing in holiness, we are launching a **Weekly Reflection Series** focusing on the 7 Deadly Sins and their corresponding Virtues.

Each week, we will explore one of the sins that can separate us from God, along with the virtue that counteracts it and draws us closer to Him. This journey will help us better understand ourselves, recognise areas in need of God's mercy, and prepare our hearts for a sincere and fruitful Confession or Reconciliation. This is an opportunity for all of us—individually and as a community—to reflect, grow, and be renewed in our faith.

Stay tuned each week for practical insights and spiritual guidance as we seek to turn away from sin and grow in virtue.

PRIDE (1ST DEADLY SIN)

Sacred Scripture speaks of pride as one of the two primary roots of sin. Various Catholic theologians and writers have seen it as one of the greatest sins, for it gives birth to many other evil impulses. St. Thomas Aquinas and Pope St. Gregory the Great called pride "the queen of all vices." Pride is an inordinate love of one's own inflated sense of superiority, a love of one's own worth, an exaggerated assessment of one's talents, or attribution to oneself of talents that one doesn't have. It is a self-exultation that makes you think you are better than others, and, in so doing, you belittle others. It is an inordinate desire for self-esteem, which flows from a sense of self-importance and self-sufficiency. St. Robert Bellarmine tells us, "Pride is a sin because a man reckons that he more than he really is, thus, he wishes to be put ahead of others and cannot suffer one to be higher than him or equal to him."

Excerpt from a chapter in the Manual for Conquering Deadly Sin by Fr Dennis Kolinski

HUMILITY (1ST VIRTUE)

Humility is the first and most important step toward a life of holiness. It is the foundation of all virtue. St Augustine said in one of his letters, "The way to Christ is first through humility, second, second through humility, third through humility." (Letters 118:22)

Humility means recognising your strengths as gifts given by God, which are meant to be used for God's purposes. It's not prideful to admit that you are good at these things. It is prideful to think that these gifts and talents make you better or more important than anyone else. It is prideful to think that these gifts come from yourself and should be used selfishly for your own interest.

Humility also means recognising your weaknesses, either areas of your life to be worked on, if it's something that can be improved or accepted as a cross if it's not. Your weaknesses are occasions to rely on God for help, but they do not make you worse or less deserving than anyone else. What makes you special is God and God's love for you.

Excerpt from a chapter in the Manual for Conquering Deadly Sin by Fr Dennis Kolinski

PRIDE & HUMILITY: A REFLECTION

Pride, often called the root of all sin, elevates the self above others. It whispers that we are more important, more deserving, more right. It blinds us to our own flaws and closes us off from growth, love, and grace. Pride builds walls—between us and others, and between us and God. But humility breaks those walls down. Where pride demands recognition, humility seeks truth. It does not belittle the self but places it in honest perspective—acknowledging both strengths and limitations. Humility allows us to listen, to learn, to ask for help, and to admit when we are wrong. It opens the heart to compassion, and the mind to wisdom. Humility does not destroy the self; it restores it. It is not weakness, but strength under control. In humility, we become more human—more connected to others, more receptive to grace. Thus, humility is not just the opposite of pride; it is its healing. Where pride wounds the soul by isolating it in self-importance, humility invites communion—first with others, and ultimately with the divine.

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



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MISSIONARIES OF HOPE

among all peoples



This week, you're invited to partner with the Church in Zambia to help women overcome poverty and mothers give birth safely.

The Women's Cooperative, led by Sr Jane will provide women with the training and support required to break the cycle of scarcity, and the Chilonga Mission Hospital is determined to ensure every woman and baby receives a safe and dignified start to life.

During World Mission Sunday, we are called to be 'Missionaries of hope among all peoples', and we invite you to extend Christ's love to those in need in Zambia. You can support this work by using the appeal envelope, going online at catholicmission.org.au/mission, or scanning the QR code. Your gift will also assist many other Church programs around the world.



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



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.



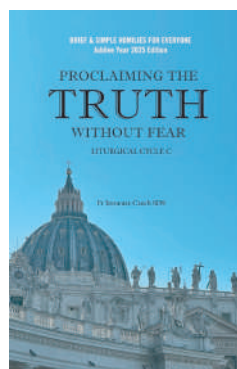
Saturday, 25th October
AT GOVERNOR PHILIP PARK
BEACH ROAD,
PALM BEACH
Free BBQ Breakfast FROM
7:30 am to 8:30 am
FOLLOWED
BY PRAYING THE ROSARY

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.



Buy a Book for \$50
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ENVELOPES are made available to make a purchase with **CASH** or by **CREDIT CARD**.
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In the collection during Mass
or Drop it off at the Parish Office.

Thank you for your support!

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".



DATES for your DIARY



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

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

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LED BY FR ROZO PALIĆ



PROGRAMME



SYDNEY

*Mass and Healing Service
Eucharistic Adoration
Individual Blessings*

*Talk
Prayer for Inner Healing
Laying of Hands*

THURSDAY, 23 October at 7:00 pm

*Sacred Heart Church, 1 Keenan St MONA VALE,
NSW 2103*

FRIDAY, 24 October at 9:00 am

*Sacred Heart Church, 2 Richard Porter Way PYMBLE,
NSW 2078*

FRIDAY, 24 October at 7:00 pm

*St Patrick's Church, 76 York St, GOSFORD,
NSW 2250*

SATURDAY, 25 October at 5:00 pm and

SUNDAY, 26 October at 6:00 pm

*St Luke's Church, 1 Beaconsfield, REVESBY,
NSW 2212*

FOR MORE INFORMATION please CONTACT
Maxine Bosher - 0452 532 073

Pittwater Parish

All Saints Day Celebration

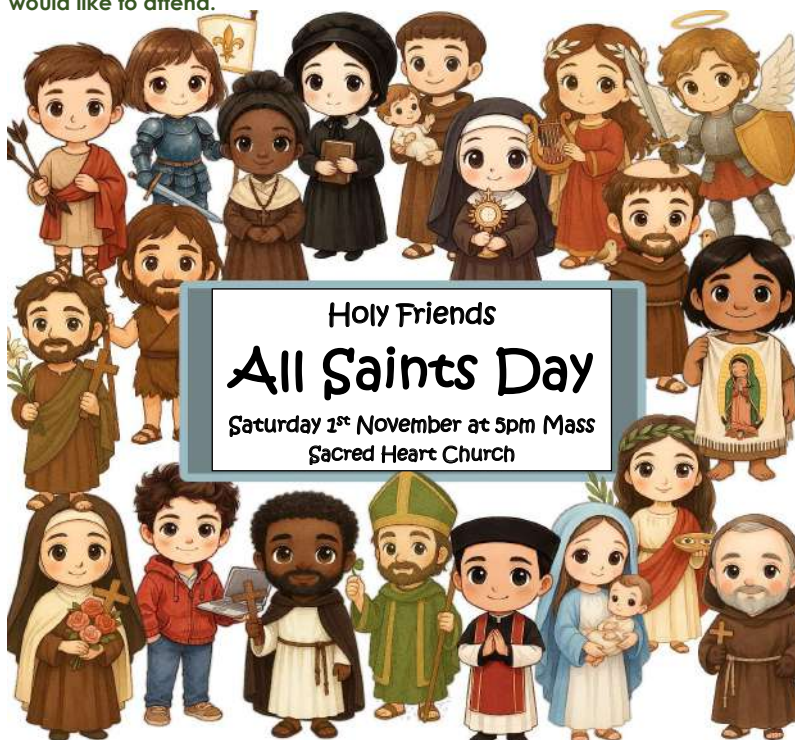
Come and join us for a fun-filled parish celebration of **All Saints Day!**

We'll begin with **Mass**, followed by a colourful **procession of children dressed as their favourite saints**. Whether it's St Francis, St Mary MacKillop, St Joseph, or any of the great saints of our Church, this is a chance for the children to bring these heroes of faith to life in a joyful way.

After the procession, the fun continues with a **BBQ, games, activities, and prizes for the best dressed saint costumes**. It's a day for the whole parish family to enjoy—food, fun, and faith all in one!

All Saints Day is about more than remembering the past—it's about celebrating that each one of us is called to be a saint today. So bring your family and friends, join in the celebration, and let's make this a parish feast to remember!

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



Parish Bulletin Term 4, Week 1

We welcomed back all students and teachers to Term 4 and to a very busy first week.

Our Year 12 2026 students and their parents attended the HSC Information Evening. It was wonderful to see such strong attendance from our community.

We extend our best wishes to our Year 12 2025 students who commenced their HSC examinations on Tuesday. This is a significant time, filled with challenges that require strength and commitment. These examinations offer students the opportunity to demonstrate the knowledge and skills they have developed throughout their years at Mater Maria Catholic College. Please keep them in your prayers and thoughts as they complete their final examinations over the coming month.

A highlight of the week was the 2026 College Prefect Leadership Day. Our eighteen College Captains, Vice-Captains and Prefects attended a formation program at Mary MacKillop Place in North Sydney, where they explored the principles of Servant Leadership.

Forty-three Year 9 students completed their Qualifying Adventurous Journey with a two-day hike and overnight camp on the Great North Walk, earning their Bronze Duke of Edinburgh award.

Guest speaker Clare Wu shared her personal insights and experiences with mental health with our Year 9 students.

Year 9 students also attended the Catholic Mission Mass at Our Lady of the Rosary Cathedral in Waitara, joining peers from other Diocesan schools.

Year 9 and Year 10 Music students, along with Year 11 Entertainment students, enjoyed the Back to the Future musical production at the Lyric Theatre.

Faith Fridays continue to be a meaningful tradition, with a youth group gathering in our Chapel each week for a tranquil moment of reflection.

Sport is back in full swing, with students participating in the Broken Bay Rugby League Junior Gala Day in Tuggerah, weekly MWBA Basketball competitions, Peninsula Cup U14s Rugby and Opens Soccer.

Finally, a reminder that applications are now open for Year 7 in 2028 and 2029. Waitlists are currently in place for Year 7, 2026 and 2027. Applications for Year 7, 2028 will close at the end of Term 1, 2026. For more details, visit matermaria.nsw.edu.au/enrolments.

May God continue to bless our College community and guide us in all our endeavours.

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 Exodus 17:8-13

A reading from the book of Exodus
As long as Moses kept his arms raised, Israel had the advantage.

The Amalekites came and attacked Israel at Rephidim. Moses said to Joshua, 'Pick out men for yourself, and tomorrow morning march out to engage Amalek. I, meanwhile, will stand on the hilltop, the staff of God in my hand.' Joshua did as Moses told him and marched out to engage Amalek, while Moses and Aaron and Hur went up to the top of the hill. As long as Moses kept his arms raised, Israel had the advantage; when he let his arms fall, the advantage went to Amalek. But Moses arms grew heavy, so they took a stone and put it under him and on this he sat, Aaron and Hur supporting his arms, one on one side, one on the other; and his arms remained firm till sunset. With the edge of the sword Joshua cut down Amalek and his people.

The word of the Lord

Responsorial Psalm Ps 120. R. v.2
(R.) Our help is from the Lord, who made heaven and earth.

I lift up my eyes to the mountains:
from where shall come my help?
My help shall come from the Lord
who made heaven and earth. **(R.)**

May he never allow you to stumble!
Let him sleep not, your guard.
No, he sleeps not nor slumbers,
Israel's guard. **(R.)**

The Lord is your guard and your shade;
at your right side he stands.
By day the sun shall not smite you
nor the moon in the night. **(R.)**

The Lord will guard you from evil,
he will guard your soul. The Lord will
guard your going and coming both now
and for ever. **(R.)**

Second Reading 2 Timothy 3:14 – 4:2
A reading from the second letter of St Paul to Timothy

This is how the people of God become equipped and ready for every good work.

You must keep to what you have been taught and know to be true; remember who your teachers were, and how, ever since you were a child, you have known the holy scriptures – from these you can learn the wisdom that leads to salvation through faith in Christ Jesus. All scripture is inspired by God and can profitably be used for teaching, for refuting error, for guiding people's lives

and teaching them to be holy. This is how the man who is dedicated to God becomes fully equipped and ready for any good work.

Before God and before Christ Jesus who is to be judge of the living and the dead, I put this duty to you, in the name of his Appearing and of his kingdom: proclaim the message and, welcome or unwelcome, insist on it. Refute falsehood, correct error, call to obedience – but do all with patience and with the intention of teaching.

The word of the Lord.

Gospel Acclamation Hebrews 4:12

Alleluia, alleluia!
The word of God is living and active;
it probes the thoughts and motives of our heart.
Alleluia!

Gospel Luke 18:1-8

A reading from the holy Gospel according to Luke

God will see those who cry to him vindicated.

Jesus told his disciples a parable about the need to pray continually and never lose heart. 'There was a judge in a certain town' he said 'who had neither fear of God nor respect for man. In the same town there was a widow who kept on coming to him and saying, "I want justice from you against my enemy!" For a long time he refused, but at last he said to himself, "Maybe I have neither fear of God nor respect for man, but since she keeps pestering me I must give this widow her just rights, or she will persist in coming and worry me to death."' And the Lord said, 'You notice what the unjust judge has to say? Now will not God see justice done to his chosen who cry to him day and night even when he delays to help them? I promise you, he will see justice done to them, and done speedily. But when the Son of Man comes, will he find any faith on earth?'

The word 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 readings today offer various aspects of prayer for our consideration. There is the spiritual discipline of prayer itself, which is essential to the life of the disciple: there is the communal dimension of prayer; and there is the ministerial commitment that is born of prayer. Our personal prayer must be persistent. Like Moses and the woman in the gospel reading, we must be ceaseless

in our prayer, not discouraged by difficulties that we might have to face. Regardless of how strange the first reading may appear to be, it very strongly emphasises the communal dimension of prayer.

As minister of the word, Timothy is admonished to keep preaching the gospel, to keep spreading the good news, to allow the scriptures to continue to be a source of wisdom for himself and, through him, for all of the people who hear him. To have this kind of facility with Scripture requires that one enter into the deep meaning of the Scriptures and make them the basis of one's prayer. One must engage in what the monks call lectio divina, prayerful reflective reading of the scriptures. This practice, or spiritual discipline, gives us access to God and it also gives God access to us. It gives us the courage and the gentleness to teach, to refute, to correct. When our ministerial activity flows from prayer, it also flows from and strengthens right relationships with God and with the community. When this becomes a reality, the Son of Man will indeed find faith on earth.

© Dianne Bergant CSA

WHAT'S HAPPENING AT MARIA REGINA?



Week 1 – 15th October
Maria Regina Choir Performance

Huge congratulations to our Maria Regina School Choir for their amazing performance in front of the whole school!
Your voice lift up the hall and brought smiles to everyone - what a beautiful way to share your talent and teamwork.



Don't make light
of the Lord's

Discipline

and don't give up when
he corrects you.
For the Lord disciplines
those he

loves

HEBREWS 12: 5-6

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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
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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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THE TRUTH
THE LIFE

JOHN 14:6