



# The Catholic Parish of Pittwater

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

*"For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many." Mark 10:45*

Father, I know I often get caught up in the chaos of my own life, focusing on my wants and needs more than others. For this I am sorry. Father, help me change my heart, becoming more like Your Son and less like myself.

Teach me humility and show me how to keep my own selfish ambitions in check.

Father, help me see ways to imitate Jesus within my life, and become more devoted to the needs of others than my own. I want to serve others generously, giving all of myself.

I want to serve from a heart filled with gladness, joy and love. I want to encourage and build people up. I want to promote unity amongst all, becoming a peacemaker. I pray that You would want me to serve others, so that I may be a part of changing lives for Your glory.

Father, if I am the light of the world, I pray with Your help I could shine brighter each and every day.

I give myself to you, I am Your servant, and I am so excited to see what you can do through me.

In Jesus' Name.

Amen,

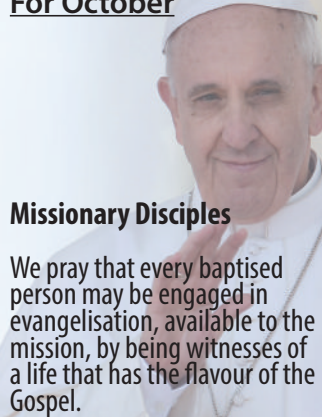


## Thoughts of Bl Francis Jordan

O Lord, help me, show me the way! Without you, I can do nothing. I hope all things from You. In you, O Lord, I have hoped, I will not be confounded for ever.



## Pope Francis' Prayer Intentions For October



### Missionary Disciples

We pray that every baptised person may be engaged in evangelisation, available to the mission, by being witnesses of a life that has the flavour of the Gospel.

## LIVE STREAM

We will livestream our 10am Mass this Sunday so that all are able to join in Spiritual Communion with us as a parish family of Pittwater. To join the livestreaming please visit our parish website <https://www.bbcatholic.org.au/pittwater/news-events/parish-news/livestream-our-weekend-masses>

This Mass remains available for viewing at the conclusion of the Mass for the whole Sunday, so if you don't get the opportunity to join us live at 10am, you are still able to watch it anytime throughout the day.

Due to NSW Government restrictions, our Churches are opened only for private prayers.

A warm welcome to all our parishioners and visitors who are celebrating the Eucharist with us at Pittwater Parish Online



You can find us on Instagram ([@pittwater\\_parish](https://www.instagram.com/pittwater_parish))

## PARISH DIRECTORY

**Pittwater Parish**  
1 Keenan Street Mona Vale NSW 2103  
Tel 9157 0999  
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**Parish Office Hours**  
Monday to Thursday  
9.00am to 4.00pm  
Friday 9am to 12 noon

**Sacred Heart Church**  
1 Keenan Street Mona Vale

**Maria Regina Church**  
7 Central Road Avalon

**Mona Vale**  
**Sacred Heart School**  
Tel 9999 3264  
Principal: Mrs Suellen Garey

**Avalon**  
**Maria Regina School**  
Tel 9918 2608  
Principal: Miss Kirsty Thorpe

**Warriewood**  
**Mater Maria Catholic College**  
Tel 9997 7044  
Principal: Mr Marc Reicher

We acknowledge the lifelong trauma of abuse victims, survivors and their families, the failures of the Catholic Church to protect, believe and respond justly to children and vulnerable adults, and the consequent breach of community trust.

## We Pray for the Souls of

**Brenda Bottero**  
**Sandra Pyper**  
**The faithful departed**  
**John**  
**Jamie Custodio**

## Recently Deceased

**Ben Castillo**  
**Peter Vorlicek**  
**Fr George Rossman**  
**Ray McDermott**  
**Neville Gurnett**

## Prayers for the Sick

Philip Maddrell  
Gail Reiher  
Imelda Vince  
Moira Howie  
Christine Hills  
Sara Zofrea  
Beryl Peo-Duncan  
John Andrew Graham  
John Charles Graham  
Michael Carrodus  
Pat Regan  
Robyn Sheather  
Candida Hernandez  
Chin Quang Le  
Tony Quatroville  
Garry Gleeson  
Elizabeth Kral  
Nazarena Custodio  
Annette Davis  
Andrew Hood  
Jeff Langley  
Warwick Chipman  
Erin Ocampo  
Mark Lindfield  
Vicky Kalingasan  
Cos Coniglio  
Bill Eyre  
Brian Gregan  
Marian Poe  
Marcia Bailey  
Bec Burroughs  
Susan Hickey  
Sophia Burfitt  
Anne Gerathy  
Margaret De Landre  
Sick members of Family  
Maeve Robinson  
Jenny Carroll  
The Sick and all affected by Covid

The names on this list will be removed after four weeks unless otherwise requested or advised. Thank you

If you would like the names of your relatives or friends and offerings included, please drop the envelope in to the Parish Office by Midday on Wednesdays. Thank You.

## Special Intentions

**Elizabeth Ott**

Watch the daily Mass on Demand from Broken Bay's Cathedral at  
<https://www.youtube.com/channel/UCNenwlf7i14XB9TsVBrLyQ>

We hope that this will help the faithful to celebrate the Holy Mass online wherever you are



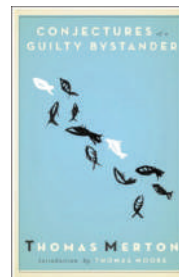
**Vinnies**  
**changes**  
**lives**  
**everyday.**

Show your support and  
give to our annual appeal

For the needy, help is  
available by contacting  
the Brookvale Centre  
9905 0424 during  
business hours.

## BOOK REVIEW

**Conjectures of a Guilty Bystander**  
by Thomas Merton



The author examines some of the most urgent questions of our age. In his candor, he discusses historical and theological issues in an informal, literary and sometimes poetic way. An easy read.

## Spiritual Communion Prayer

My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.



## Bay Connect

Regular opportunities to connect

Evangelisation Broken Bay has launched a new program of online events called Bay Connect. The program provides an online program of regular activities commenced on 30 August, to converse, reflect and connect spiritually online during this challenging time.

The program commenced on Monday, 30 August, and includes:

### • THE CHOSEN MONDAY

Mondays @ 7:30-8:45pm via Zoom - Join us as we go through the first season of The Chosen, viewing one episode every Monday, breaking open some themes and coming to know Jesus in a fresh new way.

### • TUESDAY NIGHT LIGHTS

Tuesdays @ 7:00-7:30pm via Instagram Live (@cybbaus) - A place for the community to come together for prayer and to praise God from the setting of your home. All youth, young adults, singles and families, parishioners and clergy are invited.

### • HUMPHDAY HANGOUT W/ BR BERNARD

Wednesdays @ 7:00-7:30pm via Zoom - Our jolly friar Br. Bernard Mary will host the session with time for prayer, 'Banger' of the week, casual chat and an entertaining selection of activities.

### • FORMATION FRIDAYS

Fridays @ 7:00-8:00pm via Zoom - An opportunity to get some simple Catholic formation on various aspects of the faith, from the basics to the hot topics, featuring a different guest speaker each week, followed by some time for questions/discussion.

"Through this, we hope that those in our community who are seeking opportunities to come closer to Christ can do so in a new and fresh way," said Tomasz.

To find out more and register online, visit the Bay Connect page on the Diocese of Broken Bay website

<https://www.bbcatholic.org.au/news/covid-19-updates/prayer-resources/bay-connect>

## Parish Virtual Morning Tea

**Sunday 17th October**  
**after 10am Livestream Mass**  
**(about 11am)**

The morning teas are a great opportunity for us to "virtually" come together, see each other's faces, hear each other's voices and connect as a parish family over a cup of tea or coffee. Connect virtually with us, this week.

The link to join is Join Zoom Meeting

<https://zoom.us/j/95764225406?pwd=aHQ4UW1DQUJzMHhMbWc4VTQrOWplUT09>

Meeting ID: 957 6422 5406  
Passcode: 189590



## BISHOP ANTHONY RANDAZZO'S "ROAD MAP" FOR BROKEN BAY

Bishop Anthony has considered the NSW Government's "Roadmap" from the current COVID restrictions and all its implications for the Faithful of Broken Bay, and has determined the following to apply to our own diocese:

1. From the Monday after 70% vaccination rate has been achieved (forecast to be Monday 11 October) when places of public worship can be opened and be available for those who are vaccinated, our churches will be reopened for private prayer and devotion only. It is for our people to be mindful of government requirements for this stage of the Roadmap and to engage this opportunity with a sense of responsibility and COVID safety.
2. From the Monday after 80% vaccination rate has been achieved, public Masses will resume in our churches according to the usual schedule. In accord with the government regulation, the vaccination status of our people who attend our churches, or who undertake a ministry in them, will not need to be verified.

During this stage:

- a. Other rituals such as Baptisms and other services of prayer and devotion may resume.
  - b. Confessions will be scheduled again.
  - c. The number of people who can attend Mass and other liturgies and services of prayer will be based on the 4 sqm principle (uncapped), including for funerals and weddings.
  - d. Congregational singing will not be possible, but a musician and cantor are possible and will be engaged for the beauty of the liturgy.
  - e. COVID safe practices related to the celebration of our liturgies will be re-introduced.
  - f. It is essential that anyone visiting our churches use the QR code to register their visit, sanitize, and always wear a mask.
  - g. The use of our facilities such as meeting rooms and halls will not be possible.
3. From 1 December 2021
    - a. Density for gatherings in our churches will shift to one person per 2 sqm for both indoor and outdoor gatherings.
    - b. Congregational singing will be possible at our liturgies.
    - c. There will be no restriction on the use of other parish facilities such as meeting rooms and halls.

Bishop Anthony is confident that the staged return he has outlined, in accord with both the spiritual needs of our people and the Roadmap, will ensure our safety and our unity as we journey forward together into the new environment ahead of us.

This is correct at time of printing 3pm Friday, as we have not received any updates from the Bishop's office.

# Scan to Give to our Parish of Pittwater

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Use this App to support our Clergy through the first collection and our Parish through the second collection. Donations can be made weekly, fortnightly, monthly or one-off.

## GIVING

Thank you for your continued contributions and support. Your financial contributions and your generous donations throughout the year are greatly appreciated.

## LIVESTREAMS READINGS NEWS



<https://brokenbay.goodgiving.com.au>

## Volunteering: Glorifying the Lord through service to others

By Father John W. Crossin, OSFS | Catholic News Service

At the end of Mass, we are blessed and sent "in peace to love and serve the Lord." But how are we to be disciples of Christ in everyday life, outside of Mass?

We realise that our Christianity is to be lived, but how do we do so in our ordinary life situations that can be so complicated and somewhat secular?

The Gospel imperative is clear: We are to love God and love each other. More particularly, we know that when we serve "the least of these" we are serving Christ.

Our discernment of God's will begins at the Eucharist. It continues in our personal prayer. We should consider and "pray about" what gifts we have been given by God that can be of service to others.

A spiritual director and/or spiritual friends can be helpful in this process of discernment. My pastoral experience has been that Catholics tend to miss or understate the gifts that they have been given by the Holy Spirit. What is obvious to others may not be obvious to us.

If we come to know our gifts, we can still wonder what we can do specifically. Certainly, we should ask the Holy Spirit to guide us. Often the Spirit can speak to us through circumstances we encounter or, as with the parishioners, the invitation of another.

St. Francis de Sales is insightful here. He observes that daily life provides many small opportunities to serve others. If God is calling us to assume a more extended service, this will become clear to us over time.

"Start small" is good advice. We should consider that God can surprise us by his call. The call can be to do something modest but necessary for the welfare of others.

At times we will plant seeds of goodness and others will reap the results in the future. My friend who volunteers with Habitat for Humanity contributes his time and talent but rarely meets the eventual owners of the house.

Our service will call of us to practice the everyday virtues such as patience, humility, gentleness and simplicity.

If we look at social media or other means of communication, it often appears that Catholic teaching focuses on "what not to do." We realise that such an emphasis can spark conflict, attract attention and "sell."

We know from the "inside" that Catholic moral teaching is more positive. Morality is about becoming a certain kind of person. Our service is

about practicing the virtues and becoming more like Christ.

An important daily virtue is humility. Service is a two-way process. We need to spend more of our time listening to others than speaking.

Usually those we think we are serving are also serving us. There is wisdom in paying attention and learning. Service to others can be personally enriching.

A man I knew felt called to serve the dying. He spent many of his Saturday mornings helping at a hospice run by an order of sisters. He told me that he did whatever the sisters told him to do - which included cleaning the floor.

He said he learned a great deal from speaking with the poor people who were dying. I was amazed at the humility of this prominent, successful attorney who for many years quietly served the poor.

Service need not be complicated. Following the guidance of those who are more expert is not difficult, nor is it always hard to listen to others. Service to others can put us in touch with the simple living and detachment from material goods that Jesus teaches.

Gentleness with others shows our respect for their human dignity. This virtue can gradually become evident in all or most of our daily interactions.

Gentleness with others often reflects our gentleness with ourselves. Sometimes we need to silence our "inner critic," rely on God's mercy and share that mercy with the members of our community.

The monsignor and the lawyer were both using their gifts to build a community of service. As Pope Francis continually reminds us, we are called to walk with others and to encounter others on the pilgrimage of life.



Such friendships are one of the keys to our spiritual growth and to a joyful life. We pray for the others and ask them to pray for us. We "go in peace" seeking the guidance of the Spirit in serving others and letting others serve us.

### Call your Mother!



She has not heard from you in decades!

## Come and See!

### INVITATION TO NON-CATHOLICS AND CATHOLICS (2021)

We are happy to invite everybody who would like to know more about our Catholic faith tradition to join our next RCIA ('Rite of Christian Initiation of Adults') programme of our Parish in Pittwater. In 24 informal evening sessions we discuss and try to answer some of **LIFE'S DEEPER QUESTIONS** based on our faith tradition and our personal experience.

Some questions Non-Catholics may have:

- Does God exist or is He a 'Mystery' to me?
- Why is there so much suffering in the world?
- Is faith a private affair or do I need a community?
- Why should I listen to the Catholic Church?
- How do Catholics interpret the Bible?
- Who do you say the Son of Man is?
- Do I have a personal relationship with Him?

Some questions Catholics may have:

- What is the 'Paschal Mystery' to me?
- How has the Church moved on since I left school?
- In what way has the Church changed since the Second Vatican Council?
- Can science and faith go together?
- What is the Church really teaching about sex?
- Can I further deepen my personal relationship with Jesus?

In the past few years over 60 people have joined us and given us enthusiastic responses. Many participants testify to this every year by becoming new or renewed members of our Church at Easter. *Why not you?*

If you think that life deserves more than superficial answers offered by the world, if this has made you curious in any way, please register at our Parish Office (02) 9157 0999. Due to Covid restrictions we will not be able to set a start date, but we will contact you to keep you up to date.

**Everybody is welcome!**

To read the messages from Bishop Anthony and from the people Vox Populi please go to [www.pittwaterparish.org](http://www.pittwaterparish.org). News and events tile and Messages from Bishop Anthony on the drop down menu.

# To be good people we must serve others

29th Sunday in Ordinary Time, Year B



## Serving Others

Jesus tells us that we need to serve others in order to be good people. What are some ways you can be of service to others?

I can serve my family by ...

I can serve my school by ...

I can serve my community by ...

START

I	F	Y	O	I	E	R	B	E	F
T	O	M	U	W	A	P	O	G	R
V	A	L	S	H	N	T	T	T	E
S	I	R	T	S	U	M	H	K	A
E	F	Y	B	D	J	U	O	Y	T
X	H	T	E	O	P	E	S	B	A
L	E	B	K	F	A	E	H	E	O
R	S	E	T	O	L	L	T	H	T
D	N	R	L	T	S	Z	U	E	P
U	T	V	A	N	E	A	N	R	S

FINISH



## COMPLETE THE TEXT MAZE

"If you want to be great you must be the servant of all the others."



## Ruler or Servant?

Which of the following things best describe a ruler or a servant?  
Draw a line from each description to what you think is the correct side.



### RULER

ORDERS OTHERS TO DO  
THEIR WORK

WORKS FOR OTHERS

WANTS TO BE GREAT

SHOWS HUMILITY

HAS POWER OVER OTHERS

MAKES SACRIFICES

TREATS THEIR LEADERS  
WITH RESPECT

Draw a picture of  
a king or queen



### SERVANT

Draw a picture of  
a servant





# The *Living* Word

**Entrance Antiphon** Cf. Ps 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** Is 53:10-11  
**A reading from the prophet Isaiah**  
*If he offers his life in atonement, he shall see his heirs, and have long life.*

The Lord has been pleased to crush his servant with suffering.  
If he offers his life in atonement, he shall see his heirs, he shall have a long life  
and through him what the Lord wishes will be done.  
His soul's anguish over  
he shall see the light and be content.  
By his sufferings shall my servant justify many,  
taking their faults on himself.

## The word of the Lord

**Responsorial Psalm**  
Ps 32:4-5, 18-20, 22. R. v.22

**(R.) Lord, let your mercy be on us,  
as we place our trust in you.**

The word of the Lord is faithful  
and all his works to be trusted.  
The Lord loves justice and right  
and fills the earth with his love. **(R)**

The Lord looks on those who revere him,  
on those who hope in his love.  
to rescue their souls from death,  
to keep them alive in famine. **(R)**

Our soul is waiting for the Lord.  
The Lord is our help and our shield.  
May your love be upon us, O Lord,  
as we place all our hope in you. **(R)**

**Second Reading** Heb 4:14-16  
**A reading from the letter to the Hebrews**  
*Let us be confident in approaching the throne of grace.*

Since in Jesus, the Son of God, we have the supreme high priest who has gone through to the highest heaven, we must never let go of the faith that we have professed. For it is not as if we had a high priest who was incapable of feeling our weaknesses with us; but we have one who has been tempted in every way that we are, though he is without sin. Let us be confident, then, in approaching the throne of grace, that we shall have mercy from him and find grace when we are in need of help.

## The word of the Lord

**Gospel Acclamation** Mk 10:45  
Alleluia, alleluia!  
he Son of Man came to serve  
and to give his life as a ransom for all.  
Alleluia!

**Gospel** Mk 10:35-45  
**A reading from the holy Gospel according to Mark**  
*The Son of Man came to give his life as a ransom for all.*

James and John, the sons of Zebedee, approached Jesus. 'Master,' they said to him, 'we want you to do us a favour.' He said to them, 'What is it you want me to do for you?' They said to him, 'Allow us to sit one at your right hand and the other at your left in your glory.' 'You do not know what you are asking' Jesus said to them. 'Can you drink the cup that I must drink, or be baptised with the baptism with which I must be baptised?' They replied, 'We can.' Jesus said to them, 'The cup that I must drink you shall drink, and with the baptism with which I must be baptised you shall be baptised, but as for seats at my right hand or my left, these are not mine to grant; they belong to those to whom they have been allotted.'

When the other ten heard this they began to feel indignant with James and John, so Jesus called them to him and said to them: 'You know that among the pagans their so-called rulers lord it over them, and their great men make their authority felt. This is not to happen among you. No; anyone who wants to become great among you must be your servant, and anyone who wants to be first among you must be slave to all. For the Son of Man himself did not come to be served but to serve, and to give his life as a ransom for many.'

## The Gospel of the Lord.

**Communion Antiphon** Cf. Ps 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 CSA

*When we set out to follow Jesus, faithful to the promises that we made at baptism to renounce sin and live lives directed by the Spirit, we normally do so with generosity of heart. However, after we have borne the burdens of this decision and realise some of the implications of our commitment, we begin to wonder if it was worth it. We believe that God will generously bless us. Still, would it be so wrong to hope for a little more, especially if we have made significant*

*sacrifices along the way? Of those to whom much has been given, much will be required in return. The closer we are to Jesus, the more we will be expected to mirror him. The great ones in the reign of God, the ones who exercise authority over others, must be the servants of the rest. Parents, teachers, civil authorities, managers of every kind, pastoral leaders must all be servants, as Jesus was a servant. We will also have to drink from his cup of suffering and be baptised into his death. As we draw close to the one who gave his life as an offering for sin, we will find that the same self-sacrifice is being asked of us. When we struggle with the misfortunes that we face because of our commitment to Jesus, we will have him as an inspiration and a model to follow. He can sympathise with our weaknesses, identify with our suffering. We can draw strength from his example and hope from his kindness.*

© Dianne Bergant CSA

Church Tradition has always urged prayer for the deceased, in particular by offering the Eucharistic Celebration for them: it is the best spiritual help that we can give to their souls, particularly to those who are the most forsaken. The foundation of prayer in suffrage lies in the communion of the Mystical Body. As the Second Vatican Council repeats, "fully conscious of this communion of the whole Mystical Body of Jesus Christ, the pilgrim Church from the very first ages of the Christian religion has cultivated with great piety the memory of the dead" (Lumen Gentium, n. 50). Remembering the dead, caring for their graves and prayers of suffrage, are the testimony of confident hope, rooted in the certainty that death does not have the last word on human existence, for man is destined to a life without limits, which has its roots and its fulfillment in God.

POPE FRANCIS



If you would like the names of your deceased friends, relatives or loved ones published in our "**Book of Remembrance**" please fill the "November Mass Offering" envelopes (available in the front of the Church) and drop it in to the Parish Office or on the plate before Wednesday 12 noon, each week.

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Liturgy for the Week	
18/10	<b>Monday St Jude</b> evangelist 2 Tim 4:10-17; Lk 10:1-9
19/10	<b>Tuesday Ordinary Time 29</b> Rom 5:12, 15, 17-21; Lk 12:35-38
20/10	<b>Wednesday Ordinary Time 29</b> Rom 6:12-18; Lk 12:39-48
21/10	<b>Thursday Ordinary 29</b> Rom 6:19-23; Lk 12:49-53
22/10	<b>Friday Ordinary Time 29</b> Rom 7:18-25; Lk 12:54-59
23/10	<b>Saturday Ordinary Time 29</b> Rom 8:1-11; Lk 13:1-9

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We acknowledge and thank the businesses and individuals that support our parish through advertising in our parish bulletin. We thank them for their support and ask our parish community to support their businesses in return.

**For we CANNOT KEEP FROM SPEAKING about what we have SEEN & HEARD**  
ACTS 4:29

Next week Catholic Mission will invite you to partner with Sister Chalaad and the Good Shepherd Sisters in Thailand as they reach out to vulnerable mothers, like Churai, and their babies, who would have nowhere to turn when they need support, love and kindness the most.

Next week you will have the opportunity to respond to what you have seen and heard, and the Home, as well as other vital mission programs supporting children and communities in need around the world. Please come with an open and generous heart.

\*Name and images altered to protect identity.

**catholic mission** Freecall: 1800 257 296  
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