



The Catholic Parish of Pittwater

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

Prayer for All Souls Day

Merciful Father,
hear our prayer and
console us.

As we renew our faith in
Your Son,
whom You raised from
the dead.

Strengthen our hope
that our departed
brothers and sisters
will share in His
resurrection,
who lives and reigns
with You and the
Holy Spirit, God,
forever and ever.
Amen.

Eternal rest grant unto them,
O Lord, and let perpetual
light shine upon them.

May they rest in peace.
Amen.



*God is LOVE.
Only through loving
can we reach LOVE.*

-POPE FRANCIS

Thoughts of Blessed Francis Jordan



Our main task is to imitate and follow our Lord Jesus Christ, Saviour of the world. Precisely through imitation we must... earn the name of a true 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

Continue to practise good hygiene. ***Please use the hand sanitisers provided in both of our Churches.***



POPE FRANCIS' PRAYER INTENTION FOR OCTOBER For the Synod

We pray for the Church, that she may adopt listening and dialogue as a lifestyle at every level, and allow herself to be guided by the Holy Spirit towards the peripheries of the world.

MASS TIMES

SACRED HEART CHURCH
1 Keenan Street, Mona Vale

WEEKDAY MASSES

Tuesday 8.30am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8:30 am, followed by Mass at 9.30am

Wednesday 9.30am

Thursday 7pm
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 7.30pm to 9pm

Friday 9.30am
First Friday of the Month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 9.30am, followed by Mass with Anointing of the Sick at 10.30am

WEEKEND MASSES

Saturday Vigil 5.00pm
Sunday 8.00am • 10.00am • 6.00pm (SOUL)

RECONCILIATION
4.00pm to 4.30pm Saturday

Baptism
4th Sunday - 11.30am

MARIA REGINA CHURCH
7 Central Road, Avalon

WEEKDAY MASSES

Monday 8am
Wednesday 8am
Thursday 10am
9am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45am
Friday 8am

Mass with Anointing of the Sick - First Friday of the Month at 8am

WEEKEND MASSES

Saturday Vigil 6.00pm
Sunday 9.00am

RECONCILIATION
Before Vigil Mass on Saturday

BAPTISM
3rd Sunday - 11.00am

May Their Souls And The Souls Of The Faithful Departed,
Through The Mercy Of God,
Rest in Peace. Amen.
Eternal Rest Grant Unto Them O Lord, And Let Perpetual Light Shine Upon Them.
May they Rest in Peace. Amen.

Recently Deceased
Patricia Wiggins

Prayer for the Sick

Anna Smigowska
Guy Zofrea
Jeff Langley
Mark Linfiels
Nick Moullakis
Bill Eyre
Brian Gregan
Marcia Bailey
Bec Burroughs
Susan Hickey
Margaret De Landre
Maeve Robinson
Jenny Carroll
Matt Ukishima
Mina Lee
Maureen Larios
Denise Wagner
Tom Murphy
Leonie Ariemetto
Marco Sangiacamo
Sarah Paterson
Marta Bizubova

BOOK REVIEW

The Way of Trust and Love
By: Jacques Philippe



St Therese of Lisieux sought a new way to Heaven; a little way that is quite straight, quite short: a completely new little way.

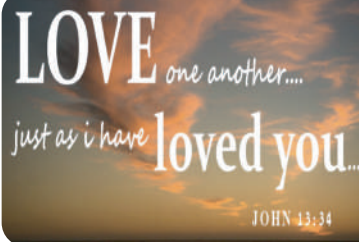
Parish Office Hours

Monday to Thursday

9.00 am to 4.00 pm

Friday

9.00 am to 12.00 pm



Liturgy for the Week

30/10 Monday, Ordinary Time 30
Rom 8:12-17; Lk 13:10-17

31/10 Tuesday, Ordinary Time 30
Rom 8:18-25; Lk 13:18-21

01/11 Wednesday, Mass of the Solemnity of All Saints
Rev 7:2-4, 9-14; Mt 5:1-12

02/11 Thursday, The Commemoration of All the Faithful Departed
Readings from the Masses for the Dead (Lectionary, vol 3, p 849-890)

03/11 Friday, Ordinary Time 30
Rom 9:1-5; Lk 14:1-6

04/11 Saturday, St Charles Borromeo
Rom 11:1-2, 11-12, 25-29; Lk 14:1, 7-11

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2023
Our Year of *Stewardship*

HSC 2022 - 63rd ranked school in NSW



We would like to warmly welcome **Shereae Knight** to our Parish Team as our new

Administrative Assistant. Shereae and her family are active members of our parish community for years. Her husband, Matthew is the Deputy Chairperson of our Pittwater Pastoral Council and also a Senior Server. They have five beautiful children, Lucia, Christian, Luke, Amelia and Gianna. Their four older children goes to Sacred Heart Catholic Primary School.

Welcome to Pittwater Parish

**Sadie Mary Lough
Otis Johnny Lough
Charlotte Gabriella Stefanatos
Hazel Jane Burrell
Blake Colin Amery
Bowen Craig Amery**

at
**Sacred Heart Church
Mona Vale
on the
22nd of October 2023
for the
Sacrament of
Baptism**

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

Director of Music
Josh Willard
Tel 9157 0999 ext 17
music@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

MONA VALE
Sacred Heart School
Tel 8197 6900
Principal: Mr Jamie Wahab

AVALON
Maria Regina School
Tel 9918 2608
Principal: Miss Kirsty Thorpe

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

Book of Remembrance

Church tradition has always urged prayer for the deceased, in particular by offering the Eucharist Celebration for them: it is the best spiritual help that we can give to their souls, particularly to those who are 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 the Christian religion has cultivated with great piety the "memory of the dead" Lumen Gentium, n.50) Remembering the dead, caring for their grave 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
Saint Peter's Square
Sunday, 2 November 2014



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 in the any collection baskets.

Each day in November, a Mass will be offered for all those mentioned in our "Book of Remembrance".



Jesus' law of love



30th Sunday in Ordinary Time, Year A



Show your love

I show love for God when I

I show love for others when I



Whenever we show kindness, love and respect for others, we are loving God.
Draw a picture of yourself doing something that shows love for God.

Fill in the missing words to complete the story.

- love
- second
- God
- answered
- yourself
- teacher
- heart
- first
- test
- commandment

An expert in the Jewish law tried to _____ Jesus. He asked, "_____, what is the most important _____ ?"



Jesus _____ : "Love the Lord your _____ with all your _____, soul and mind." This is the _____ and most important commandment. The _____ is like it : " _____ your neighbour as much as you love _____".





WALK IN NEW LIFE
MATER MARIA
CATHOLIC COLLEGE

Parish Bulletin - Term 4, Week 3

It has been a dynamic week at Mater Maria Catholic College, filled with various activities and accomplishments. Our students in Years 8, 9 and 10 took to the field in the Downey Cup Cricket Competition, a state-wide knockout cricket event for Catholic Schools. Their spirited performance at Mike Pawley Oval in Curl Curl, playing 50 overs, showcased their sportsmanship and determination.

Meanwhile, students in Years 7 to 10 engaged in the competitive Manly Cup Cricket Competition, facing off against local secondary schools, further developing their athletic talents. Over at Nolans Reserve in North Manly, the Peninsula Cup U14 Boys Touch Football Competition is still in full swing, while MWBA Basketball continues to keep our students on their toes.

Art and creativity also took centre stage with our Year 11 Music students collaborating with Year 2 students from St. Joseph's Catholic Primary School to craft an original song about compassion. Year 10 Music students created a captivating composition about the parable of the Good Samaritan. These delightful creations were presented at the prestigious Bishop's Art Prize competition hosted at the Hornsby RSL Club.

Our dedicated Parents in Partnership showed their appreciation for our incredible teaching staff with a heartwarming morning tea celebration on World Teachers Day on Friday 27 October 2023. Meanwhile, Faith Fridays at our Chapel provided a tranquil moment for reflection for our students. In the realm of mental health, Batyr shared valuable insights with our Year 12 students, emphasising the importance of well-being and support, making a significant impact.

The spirit of empowerment prevailed as 41 Mater Maria female students participated in a Zonta Meeting, advocating for the empowerment of women through community service by discussing ideas for the upcoming 16 Days of Activism events.

Let's not forget our Year 12 students, who continue to demonstrate resilience during their HSC examinations. Please keep them in your thoughts and prayers as they enter the final leg of this academic journey.

Lastly, for those considering joining our educational community, applications for Year 7 2026, are still open. While waiting lists are in place for Year 7 2024 and Year 7 2025. We encourage prospective students and parents to explore the opportunities Mater Maria Catholic College offers by visiting <https://matermaria.nsw.edu.au>.



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Jn 10:10

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**Fr Richard
and
Fr Zygmunt**



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Photo: Yeha Hingoua/Getty Images

The *Living* Word

Entrance Antiphon Cf Psalm 104:3-4

Let the hearts that seek the Lord rejoice;
turn to the Lord and his strength;
constantly seek his face.

First Reading Exodus 22:20-26

A reading from the book of Exodus
If you are harsh with the widow or the orphan, my anger will rage against you.

The Lord said to Moses, ‘Tell the sons of Israel this, ‘‘You must not molest the stranger or oppress him, for you lived as strangers in the land of Egypt. You must not be harsh with the widow, or with the orphan; if you are harsh with them, they will surely cry out to me, and be sure I shall hear their cry; my anger will flare and I shall kill you with the sword, your own wives will be widows, your own children orphans.

‘‘If you lend money to any of my people, to any poor man among you, you must not play the usurer with him: you must not demand interest from him.

‘‘If you take another’s cloak as a pledge, you must give it back to him before sunset. It is all the covering he has; it is the cloak he wraps his body in; what else would he sleep in? If he cries to me, I will listen, for I am full of pity.’’

The word of the Lord

Responsorial Psalm

Ps 17:2-4. 47. 51. R. v.2

(R.) I love you, Lord, my strength.

I love you, Lord, my strength,
my rock, my fortress, my saviour.
My God is the rock where I take refuge;
my shield, my mighty help, my stronghold.

The Lord is worthy of all praise:
when I call I am saved from my foes.

(R.)

Long life to the Lord, my rock!
Praised be the God who saves me.
He has given great victories to his king
and shown his love for his anointed. **(R.)**

Second Reading 1 Thessalonians 1:5-10

A reading from the letter of St Paul to the Thessalonians

You turned away from idols to serve God and await his Son.

You observed the sort of life we lived when we were with you, which was for your instruction, and you were led to become imitators of us, and of the Lord; and it was with the joy of the Holy Spirit that you took to the gospel, in spite of the great opposition all round you. This has made you the great example to all believers in Macedonia and Achaia since it was from you that the word of the Lord started to spread – and not only throughout Macedonia and Achaia, for the news of your faith in God has spread

everywhere. We do not need to tell other people about it: other people tell us how we started the work among you, how you broke with idolatry when you were converted to God and became servants of the real, living God; and how you are now waiting for Jesus, his Son, whom he raised from the dead, to come from heaven to save us from the retribution which is coming.

The word of the Lord.

Gospel Acclamation John 14:23

Alleluia, alleluia!

All who love me will keep my words,
and my Father will love them and we will come to them.

Alleluia!

Gospel Matthew 22:34-40

A reading from the holy Gospel according to Matthew

You shall love the Lord your God and your neighbour as yourself.

When the Pharisees heard that Jesus had silenced the Sadducees they got together and, to disconcert him, one of them put a question, ‘Master, which is the greatest commandment of the law?’ Jesus said, ‘You must love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second resembles it: you must love your neighbour as yourself. On these two commandments hang the whole Law, and the Prophets also.’

The Gospel of the Lord

Communion Antiphon Cf Psalm 19:6

We will ring out our joy at your saving help and exult in the name of our God.

REFLECTION

by Dianne Bergant CSA

Our religious tradition is founded on love. Actually, life itself is grounded in love. We may not always feel this love, but if we allow ourselves to reflect on life, we will realise this truth. We have been called into being by God’s love; and we will only be happy if we live in that love. Thus, when we are directed to love God and love one another, we are not being asked to do something contrary to our nature. Rather, we are being told to live in accord with that nature. We come from God who is love, and so it is in our very nature to love and to be loved. We may sometimes think that it is easier to love God than to love others. It may actually be just the opposite. Other

people are tangible. We can see and hear them, interact with them. Their influence in our lives can permeate our consciousness. That is not the way it is with God. Like Moses on the mountain, we can only see the traces of divinity as God passes by (see Ex 33:23). However, we show that we love God in the way we love our neighbour.

Love, the foundation of the reign of God, is contagious. When we love others, the reign of God spreads throughout the world. The compassion that we show toward others is a form of evangelisation. It proclaims much louder than any words that the reign of God has been established.

© Dianne Bergant CSA



Dates for your Diary



Solemnity of All Saints
Wednesday, 1 November

Mass at 8am
at Maria Regina Church
and
9:30 am
at Sacred Heart Church



Commemoration of All the Faithful Departed (All Souls Day)

Thursday, 2 November
Mass at 9:30 am and 7 pm

at
Sacred Heart Church
and
10 am Mass
at
Maria Regina Church

10:45 am
Gather at Mona Vale Cemetery,
near the graves of the priests,
to pray the rosary.
Followed by blessing of the graves.

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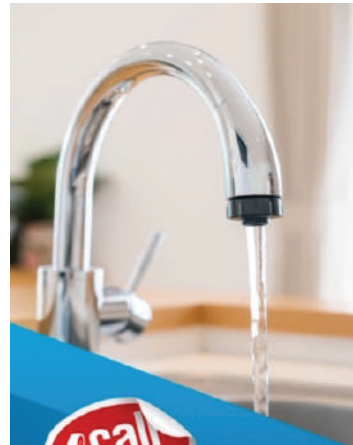
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You are loved

There is no fear in love. But perfect love drives out fear,
because fear has to do with punishment.
The one who fears is not made perfect in love.
WE LOVE BECAUSE HE FIRST LOVED US.

1 JOHN 4:18-19



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