



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

The humility! Become quite humble. Reflect often on the comforting promise: Deus humilibus dat gratiam, 'God gives His favour to the humble.'

Prayer of Humility

Lord Jesus,
when You walked the earth,
your humility obscured
Your Kingship.
Your meekness confused the arrogant,
hindering them from grasping
Your purpose,
Your nobleness attending to
the destitutes.
Teach me to model after
Your eminence,
to subject my human nature
to humility.
Grant me with a natural inclination
to never view myself greater
than anyone.
Banish all lingering sparks of
self-importance that could
elevate me greater than you.
Let my heart always imitate
Your humility.
Amen.

*For everyone who exalts himself
will be humbled,
but the man who humbles himself
will be exalted.'*

LUKE 18:14



 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 Simon Vincent Taylor

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

Marta Bizubova

BOOK REVIEW

The Jewess Mary
Mother of Jesus
by: Henry Skrzynski



This book is about Jewish women's life in Palestine two thousand years ago.

The author is trying to place in its historical and cultural perspective what might have been the life Mary had led in Nazareth for 40 years as a simple Jewish woman; what would have been her religious obligations, her family duties and her social position as a Jewish maiden, wife, mother and lastly as a widow.

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

27/10 Monday, Ordinary Time 30
Rom 8:12-17; Lk 13:10-17

28/10 Tuesday, Sts Simon and Jude
Eph 2:19-22; Lk 6:12-19

29/10 Wednesday, Ordinary Time 30
Rom 8:26-30; Lk 13:22-30

30/10 Thursday, Ordinary Time 30
Rom 8:31-39; Lk 13:31-35

31/10 Friday, Ordinary Time 30
Rom 9:1-5; Lk 14:1-6

01/11 Saturday, All Saints Day
Rev 7:2-4, 9-14; Mt 5:1-12

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



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.



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.

GLUTTONY (2ND DEADLY SIN)

Gluttony (From Lat. *gluttire*, to swallow, to gulp down), the excessive indulgence in food and drink. The moral deformity discernible in this vice lies in its defiance of the order postulated by reason, which prescribes necessity as the measure of indulgence in eating and drinking. Clearly one who uses food or drink in such a way as to injure his health or impair the mental equipment needed for the discharge of his duties, is guilty of the sin of gluttony. It is incontrovertible that to eat or drink for the mere pleasure of the experience, and for that exclusively, is likewise to commit the sin of gluttony. Such a temper of soul is equivalently the direct and positive shutting out of that reference to our last end which must be found, at least implicitly, in all our actions. At the same time it must be noted that there is no obligation to formally and explicitly have before one's mind a motive which will immediately relate our actions to God.

Excerpt from Joseph F Delaney, Catholic Answers, Encyclopedia Gluttony, Excessive Indulgence in Food and Drink

TEMPERANCE (2ND VIRTUE)

Temperance is mainly concerned with controlling our strongest desires—those for the greatest pleasures. These pleasures come from our most natural actions, which are about staying alive and reproducing.

So, the greatest pleasures come from eating, drinking and sex, because these are tied to survival and reproduction. These pleasures come through the sense of touch, which is why temperance is especially about touch, and only secondarily about the other senses like taste, smell, sight, and sound, which often just prepare us for pleasures of touch (like the smell of food or seeing someone attractive).

The standard for temperance is reason—knowing what's right and fitting. What counts as reasonable depends on our real needs at a given time, and on what truly matters in life, such as truth, beauty, relationships, leisure, and faith. In the end, a good life is one that aims toward our highest purpose, which is to know and love God, the Supreme Good. Living a virtuous life means everything we do, especially in terms of pleasure, should be directed toward that ultimate goal.

GLUTTONY & TEMPERANCE A REFLECTION

In Catholic teaching, the struggle between gluttony and temperance is not merely about food or physical indulgence—it is a reflection of our spiritual state and our orientation toward God. These concepts are deeply rooted in the understanding that the human body is a temple of the Holy Spirit (1 Corinthians 6:19) and that the proper ordering of our desires leads us closer to holiness.

The path from gluttony to temperance is not one of guilt, but of conversion—a reorientation of our desires toward God. In the Sacrament of Reconciliation, we bring our disordered attachments before God and receive grace to grow in virtue.

Ultimately, temperance prepares our hearts to love more freely. When we are no longer enslaved by our appetites, we can love God and neighbour with undivided hearts.

May we pray for the grace to recognise where gluttony takes root in our lives and cultivate the virtue of temperance, trusting that God alone satisfies the deepest hungers of the soul.

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

humility
gentleness
patience
love
- EPHESIANS 4:2 -

DATES for your DIARY

November
1st

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

November
2nd

Blessing of the Graves
SUNDAY at 2:00 pm
Mona Vale Cemetery
Fazzolari Avenue,
Mona Vale

Please support our
Pastoral Works November 2025 Appeal



Confraternity of
Christian Doctrine (CCD)



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PARISH PILGRIMAGE THURSDAY, 13TH NOVEMBER



**St Mary's Catholic Church
MANLY**



**Our Lady of Dolours
Catholic Church
CHATSWOOD**



**The cost is \$50 per person, which includes
Transport and Lunch.**

**Leaving at 8:00 am,
Sacred Heart Church, Mona Vale Courtyard**

**To reserve your seat on the bus, please write your name and
contact details on the Sign-up Sheet at the back of the Church.
Payments can be made at the Parish Office prior
to the day of the pilgrimage.**

PLEASE DON'T FORGET YOUR PILGRIMAGE PASSPORT

*"Together, let's embrace the beauty and growth of
this spiritual journey."*

This book offers a compelling introduction
to Pope Leo XIV (formerly Fr Robert Prevost,
OSA), with a particular focus on his
Australian connection. Some of you may
recall that during his time as Prior General
of the Augustinians, he visited Manly Vale
on several occasions and even celebrated
Mass on Collaroy Beach—memories that
make this launch especially meaningful for
our local community.

THURSDAY, 6 November
Arrive at 7:00 pm & Start at 7:30 pm
**St Kieran's Parish Centre
Manly Vale**

Join us!

for the launch of this book by
Fr Dave Austin OSA



**Thursday
6 November
2025**



**Arrive 7:00pm
Start 7:30pm**



**St Kieran's
Parish Centre**



The book will be
available for
purchase on the
day and at the
Parish Office
thereafter



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Parish Bulletin Term 4, Week 2

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.

We continue to keep our Year 12 2025 students in our prayers as they sit their HSC examinations. This is a significant time, filled with challenges that require strength, focus and commitment. These exams offer students the opportunity to demonstrate the knowledge and skills they've developed throughout their years at Mater Maria Catholic College. Please remember them in your thoughts and prayers over the coming weeks.

Music Elective students in Years 8, 9 and 11 took part in All Hands On Ukes, a fun, hands-on workshop led by Tom Harding, where students learned to play the ukulele and explored music together.

Our talented Year 9 and 11 pianists performed a lunchtime concert, Acoustic Arena, in the library, sharing their musical gifts with the school community.

Year 11 Hospitality students visited a local café to prepare and serve coffee as part of their course. They also attended an information session at Dee Why RSL, exploring the many career pathways available in the hospitality industry.

Every Friday, our prefects host Faith Fridays—an upbeat youth group gathering with faith and music in our Chapel and Courtyard, welcoming all students.

It's been a busy week of sport at Mater Maria. Students in Years 8, 9, and 10 competed in the Manly Warringah Shield Cricket, showing great sportsmanship and determination. Others represented the College in the Peninsula Cup Rugby and Soccer, Broken Bay Girls AFL Gala Day, and weekly MWBA Basketball competitions.

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.

Pittwater Parish

All Saints Day Celebration

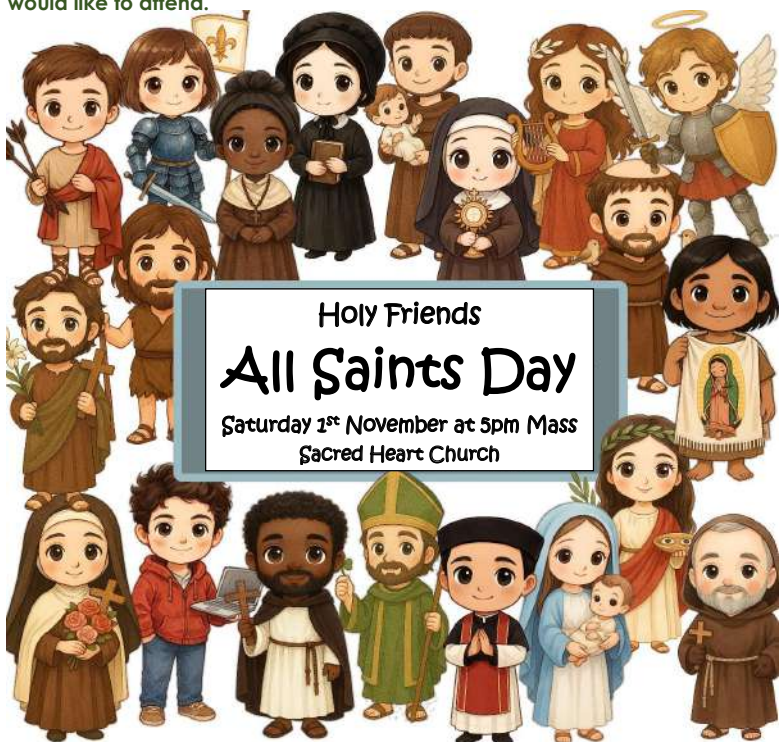
Come and join us for a fun-filled parish celebration of **All Saints Day**!

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.

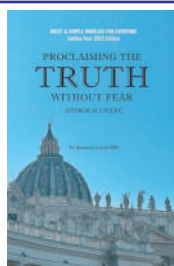
After the procession, the fun continues with a **BBQ, games, activities, and prizes for the best dressed saint costumes**. It's a day for the whole parish family to enjoy—food, fun, and faith all in one!

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.



Holy Friends
All Saints Day
Saturday 1st November at 5pm Mass
Sacred Heart Church



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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!

Humble yourselves
in the presence of
the Lord, and He
will exalt you.

James 4:10

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".



The *Living* Word

Entrance Antiphon

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

Sirach 35:12-14, 16-18

A reading from the book of Ecclesiasticus

The prayer of the humble will penetrate the heavens.

The Lord is a judge
who is no respecter of personages.
He shows no respect of personages to the detriment of a poor man,
he listens to the plea of the injured party.
He does not ignore the orphan's supplication,
nor the widow's as she pours out her story.

The man who with his whole heart
serves God will be accepted,
his petitions will carry to the clouds.
The humble man's prayer pierces the clouds,
until it arrives he is inconsolable
nor will he desist until the Most High takes notice of him,
acquits the virtuous and delivers judgement.

And the Lord will not be slow,
nor will he be dilatory on their behalf.

The word of the Lord

Responsorial Psalm

Ps 32:2-3, 17-19, 23. R. v.7

(R.) The Lord hears the cry of the poor.

I will bless the Lord at all times,
his praise always on my lips; in the Lord
my soul shall make its boast. The humble
shall hear and be glad. **(R.)**

The Lord turns his face against the
wicked to destroy their remembrance
from the earth. The just call and the Lord
hears and rescues them in all their
distress. **(R.)**

The Lord is close to the broken-hearted;
those whose spirit is crushed he will
save. The Lord ransoms the souls of his
servants. Those who hide in him shall
not be condemned. **(R.)**

Second Reading

2 Timothy 4:6-8, 16-18

A reading from the second letter of St Paul to Timothy

All that remains is the crown of righteousness reserved for me.

My life is already being poured away as
a libation, and the time has come for me
to be gone. I have fought the good fight
to the end; I have run the race to the
finish; I have kept the faith; all there is to
come now is the crown of righteousness
reserved for me, which the Lord, the
righteous judge, will give to me on that
Day; and not only to me but to all those
who have longed for his Appearing.

The first time I had to present my
defence, there was not a single witness to
support me. Every one of them deserted
me – may they not be held accountable
for it. But the Lord stood by me and gave
me power, so that through me the whole
message might be proclaimed for all the
pagans to hear; and so I was rescued
from the lion's mouth. The Lord will
rescue me from all evil attempts on me,
and bring me safely to his heavenly
kingdom. To him be glory for ever and
ever. Amen.

The word of the Lord.

Gospel Acclamation 2 Corinthians 5:19

Alleluia, alleluia!

God was in Christ, to reconcile the world
to himself; and the Good News of
reconciliation he has entrusted to us.
Alleluia!

Gospel

Luke 18:9-14

A reading from the holy Gospel according to Luke

The publican returned to his home justified; the pharisee did not.

Jesus spoke the following parable to
some people who prided themselves on
being virtuous and despised everyone
else, 'Two men went up to the Temple to
pray, one a Pharisee, the other a tax
collector. The Pharisee stood there and
said this prayer to himself, "I thank you,
God, that I am not grasping, unjust,
adulterous like the rest of mankind, and
particularly that I am not like this tax
collector here. I fast twice a week; I pay
tithes on all I get." The tax collector
stood some distance away, not daring
even to raise his eyes to heaven; but he
beat his breast and said, "God, be
merciful to me, a sinner." This man, I tell
you, went home again at rights with God;
the other did not. For everyone who
exalts himself will be humbled, but the
man who humbles himself will be
exalted.'

The word of the Lord.

Communion Antiphon 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

It is very easy for religious people to fall into a kind of self-righteousness. Their very enthusiasm and generosity can plant the seeds of religious arrogance. They know what commitment demands of them; they experience relative success in their endeavors to be faithful; they distance themselves from what they think might threaten their resolve; and then they pass judgment on those who do not share their values or experience their success. This kind of arrogance is often imperceptible, because there is enough

truth in every step along the way that it is difficult to recognise when one is veering off the track.

Jesus extols the humility of the one who admits being a sinner, and can accept the implications of that admission. This is the kind of prayer that is described in the reading from Sirach and the psalm response. It is those who can admit that they are needy who turn to God in that need. It is those who trust that God will be their strength in the face of their weaknesses who are strengthened. Paul's own prayer demonstrates the attitudes that should be ours as we pray. Like the Pharisee, he acknowledges his success. He has competed well; he has finished the course; he has kept the faith. However, unlike the Pharisee, he acknowledges that God is the source of any good he has been able to accomplish. The Lord stood by him and gave him strength. If there is any glory, it belongs to God. Paul's confident prayer springs from a humble heart.

© Dianne Bergant CSA

Notice to Parishioners



Please note that no parking will be allowed in the parish courtyard next week due to maintenance work being carried out on the driveway.
We apologise for any inconvenience this may cause and appreciate your understanding and cooperation. Our priority is everyone's safety while the work is being completed.
Thank you for your patience and support.

WHAT'S HAPPENING AT MARIA REGINA?



Week 2 - 22nd October Tree of Hope

We are so proud of our Maria Regina students who have written beautiful messages of hope on leaves, creating a stunning display in honour of Children Safeguarding Week. It's a powerful reminder of the kindness and care within our school community.



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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.

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For any questions contact
Joe Cilia - 0418 863 814

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To find out more, call Tamara
0403226699



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(SCHOOL TERM)

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