



The Catholic Parish of Pittwater

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

World Mission Day



Pope Francis' Mission Prayer

Heavenly Father,
 when your only begotten
 Son, Jesus Christ,
 rose from the dead,
 he commissioned his
 followers to
 "go and make disciples of
 all nations".
 You remind us that through
 our Baptism, we are made
 sharers in the mission
 of the Church.
 Empower us by the gifts of the
 Holy Spirit to be
 courageous and zealous in
 bearing witness to the Gospel,
 so that the mission entrusted
 to the Church, which is still
 very far from completion,
 may find new and efficacious
 expressions that bring life and
 light to the world.
 Help us make it possible for
 all people to experience
 the saving love and mercy
 of Jesus Christ,
 who lives and reigns with you
 in the unity of the Holy Spirit,
 One God, for ever and ever.
 Amen.

Thoughts of Fr 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!

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



If you have used this bulletin, please take it home with you.



POPE FRANCIS' PRAYER INTENTION FOR OCTOBER

For a Church open to everyone

We pray for the Church; ever faithful to, and courageous in preaching the Gospel, may the Church be a community of solidarity, fraternity and welcome, always living in an atmosphere of synodality.



You can find us on **Instagram** (pittwater_parish)

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

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 8am, 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

We Pray *for*

Deceased Anniversary
Michal Bizub

Recently Deceased
Robert Davis O'Connor
Dorotea Labone
Ben Custodio
Kathleen Papallo

If you would like the names of your relatives or friends and offerings included, please drop the envelope in to the Parish Office by

Prayers for the Sick

Franciszek Smigowski

Anna Smigowska

Nick Moullakis

M. Miller

Avelino Samartin

Andrew Hood

Jeff Langley

Erin Ocampo

Mark Lindfiels

Nick Moullakis

Bill Eyre

Brian Gregan

Mrian Poe

Marcia Bailey

Bec Burroughs

Susan Hickey

Sophia Burfitt

Margaret De Landre

Maeve Robinson

Jenny Carroll

Matt Ukishima

Pietrina Maiorana

Mina Lee

Denise Wagner

Tom Murphy

Leonie Ariemetto

John Graham

Liturgy for the Week

24/10 **Monday in Ordinary Time 30**
Eph 4:32-4:8; Lk 13:10-17

25/10 **Tuesday in Ordinary Time 30**
Eph 5:21-33; Lk 13:18-21

26/10 **Wednesday in Ordinary Time 30**
Eph 6:1-9; Lk 13:22-30

27/10 **Thursday in Ordinary Time 30**
Eph 6:10-20; Lk 13:31-35

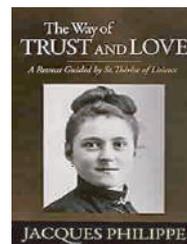
28/10 **Friday, Sts Simon and Jude**
Eph 2:19-22; Lk 6:12-19

29/10 **Saturday in Ordinary Time 30**
Phil 1:18-26; Lk 14:1, 7-11

BOOK REVIEW

The Way of Trust and Love

By
Jacques Philippe



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



Salvatorian Seminary Appeal

There will be a special collection towards the Salvatorian Seminary next weekend. Your generous contribution will help in the training and the education of our young seminarians and the upkeep of our seminaries in Poland and the Philippines, and also support our East Timores Seminarians who will be working in Australia. Since its inception, the seminary has educated more than 500 priests. Envelopes will be in the pews or Bank transfer to "Salvatorian Fathers Formation Account" BSB:086-006 Account No:56208 8745, please indicate "Pittwater Parish"

Thank you in anticipation.

Fr Richard Sadowski SDS and Fr Zygmunt Smigowski SDS

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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.

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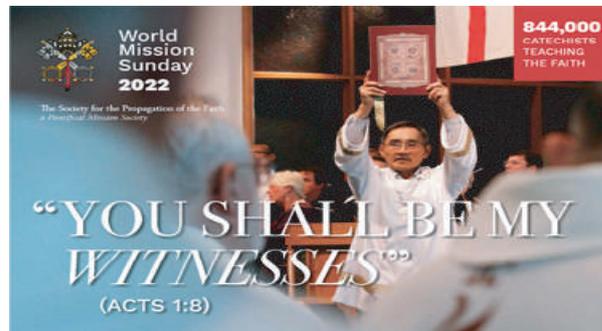
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MESSAGE OF HIS HOLINESS POPE FRANCIS FOR WORLD MISSION DAY 2022

“You shall be my witnesses” (Acts 1:8)



Dear brothers and sisters!

These words were spoken by the Risen Jesus to his disciples just before his Ascension into heaven, as we learn from the Acts of the Apostles: “You shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses in Jerusalem and in all Judea and Samaria and to the ends of the earth” (1:8). They are also the theme of the 2022 World Mission Day which, as always, reminds us that the Church is missionary by nature.

This year World Mission Day offers us the opportunity to commemorate several important events in the Church’s life and mission: the fourth centenary of the founding of the Congregation de Propaganda Fide, now the Congregation for the Evangelization of Peoples, and the second centenary of the Society of the Propagation of the Faith. A hundred years ago, the latter, together with the Society of the Holy Childhood and the Society of Saint Peter the Apostle, was granted the title “Pontifical”.

Let us reflect on the three key phrases that synthesize the three foundations of the life and mission of every disciple: “You shall be my witnesses”, “to the ends of the earth” and “you shall receive the power of the Holy Spirit”.

1. “You shall be my witnesses” – The call of every Christian to bear witness to Christ

This is the central point, the heart of Jesus’ teaching to the disciples, in view of their being sent forth into the world. The disciples are to be witnesses of Jesus, thanks to the grace of the Holy Spirit that they will receive. Wherever they go and in whatever place they find themselves. Christ was the first to be sent, as a “missionary” of the Father (cf. Jn 20:21), and as such, he is the Father’s “faithful witness” (cf. Rev 1:5). In a similar way, every Christian is called to be a missionary and witness to Christ. And the Church, the community of Christ’s disciples, has no other mission than that of bringing the Gospel to the entire world by bearing witness to Christ. To evangelize is the very identity of the Church.

A deeper look at the words, “You shall be my witnesses”, can clarify a few ever timely aspects of the mission Christ entrusted to the disciples. The plural form of the verb emphasizes the communitarian and ecclesial nature of the disciples’ missionary vocation. Each baptized person is called to mission, in the Church and by the mandate of the Church: consequently, mission is carried out together, not individually, in communion with the ecclesial community, and not on one’s own initiative. Even in cases where an individual in some very particular situation carries out the evangelizing mission alone, he must always do so in communion with the Church which commissioned him. As Saint Paul VI taught in the Apostolic Exhortation *Evangelii Nuntiandi*, a document dear to my heart: “Evangelization is for no one an individual and isolated act; it is one that is deeply ecclesial. When the most obscure preacher, catechist or pastor in the most distant land preaches the Gospel, gathers his little community together or administers a sacrament, even alone, he is carrying out an ecclesial act, and his action is certainly attached to the evangelizing activity of the whole Church by institutional relationships, but also by profound invisible links in the order of grace. This presupposes that he acts not in virtue of a mission which he attributes to himself or by a personal inspiration, but in union with the mission of the Church and in her name” (No. 60).

2. “To the ends of the earth” – The perennial relevance of a mission of universal evangelization

In telling the disciples to be his witnesses, the risen Lord also tells them where they are being sent: “...in Jerusalem and in all Judea and Samaria and to the ends of the earth” (Acts 1:8). Here we clearly see the universal character of the disciples’ mission. We also see the “centrifugal” geographical expansion, as if in concentric circles, of the mission, beginning with Jerusalem, which Jewish tradition considered the centre of the world, to Judea and Samaria and to “the ends of the earth”. The disciples are sent not to proselytize, but to proclaim; the Christian does not proselytize. The Acts of the Apostles speak of this missionary expansion and provide a striking image of the Church “going forth” in fidelity to her call to bear witness to Christ the Lord and guided by divine providence in the concrete conditions of her life. Persecuted in Jerusalem and then spread throughout Judea and Samaria, the first Christians bore witness to Jesus everywhere (cf. Acts 8:1, 4).

The words “to the ends of the earth” should challenge the disciples of Jesus in every age and impel them to press beyond familiar places in bearing witness to him. For all the benefits of modern travel, there are still geographical areas in which missionary witnesses of Christ have not arrived to bring the Good News of his love. Then too no human reality is foreign to the concern of the disciples of Jesus in their mission. Christ’s Church will continue to “go forth” towards new geographical, social and existential horizons, towards “borderline” places and human situations, in order to bear witness to Christ and his love to men and women of every people, culture and social status. In this sense, the mission will always be a *missio ad gentes*, as the Second Vatican Council taught. Here I would like to remember and express my gratitude for all those many missionaries who gave their lives in order to “press on” in incarnating Christ’s love towards all the brothers and sisters whom they met.

3. “You will receive power” from the Holy Spirit – Let us always be strengthened and guided by the Spirit.

When the risen Christ commissioned the disciples to be his witnesses, he also promised them the grace needed for this great responsibility: “You shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses” (Acts 1:8). According to the account in Acts, it was precisely following the descent of the Holy Spirit on the disciples that the first act of witnessing to the crucified and risen Christ took place. That kerygmatic proclamation – Saint Peter’s “missionary” address to the inhabitants of Jerusalem – inaugurated an era in which the disciples of Jesus evangelized the world. Whereas they had previously been weak, fearful and closed in on themselves, the Holy Spirit gave them the strength, courage and wisdom to bear witness to Christ before all.

Dear brothers and sisters, I continue to dream of a completely missionary Church, and a new era of missionary activity among Christian communities. I repeat Moses’ great desire for the people of God on their journey: “Would that all the Lord’s people were prophets!” (Num 11:29). Indeed, would that all of us in the Church were what we already are by virtue of baptism: prophets, witnesses, missionaries of the Lord, by the power of the Holy Spirit, to the ends of the earth! Mary, Queen of the Missions, pray for us!

FRANCIS

Rome, Saint John Lateran, 6 January 2022,
Solemnity of the Epiphany of the Lord

Parish Directory

Pittwater Parish

1 Keenan Street Mona Vale
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Parish Priest

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CCD Catechist Coordinators

Maureen Wooldridge

Mobile 0421 907 469

Veronica Thomas

Mobile 0417 061 534

Parish Office Hours

Monday to Thursday

9.00 am to 4.00 pm

Friday

9.00 am to 12.00 pm

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



Celebrating the Sacrament of Reconciliation

Sacred Heart Church, Mona Vale

Tuesday 25 October 2022 at 4:30 pm

Tuesday 25 October 2022 at 6:00 pm

Maria Regina Church, Avalon

Thursday 3 November at 4:30 pm

Celebrating the Sacrament of the Holy Eucharist

(Holy Communion)

Maria Regina Church, Avalon

Saturday 12 November 2022

at 6:00 pm

Sunday 13 November 2022

at 9:00 pm

Sacred Heart Church, Mona Vale

Saturday 19 November 2022

at 5:00 pm

Sunday 20 November 2022

at 10 am

Sunday 20 November 2022

at 12 noon

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 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 Mass Offering" envelopes and drop it in to the Parish Office or put in any collection baskets.

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



Vinnies



New stock is now available for First Holy Communion at the Vinnies Sacred Heart Piety Store. The store is open after most masses. All proceeds of the Piety Store go to St Vincent de Paul. All transactions are CASH only, as we do not have EFTPOS facilities.

Any queries, please contact the Parish Office on 9157 0999.

"Do not be ashamed to recite the Rosary alone, while you walk along the streets, to school, to the university, to work, or as you commute by public transport."



St Pope John Paul II



MATER MARIA CATHOLIC COLLEGE

Parish Bulletin – Term 4, Week 1

We welcomed back all students and teachers to Term 4.

On Tuesday, we held a whole school assembly in our Marana Complex, where our 2023 College Prefects were presented with their new blazers and the College Prefect gave their leadership pledge. We presented the Sports Awards to recognise both individual and team sport success and announced our annual Year 7 Marchibald art winners.

Wednesday was World Mental Health Day and during the students' Pastoral Periods, we focused on the theme 'Tune in'. To tune in, means being aware of what is happening within you, and in the world around you. Being present by tuning in has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections. We will be continuing to raise awareness and help to build resilience throughout this month.

We held our Socktober Fundraiser for our Year 9 students in which they competed in a Socktober Shootout with sockballs on the College basketball court and purchased a sausage sizzle and drink. The funds raised will be sent to Catholic Mission to support families in Ethiopia facing malnutrition and food insecurity.

Many students in Years 7 to 10 competed in the 2022 BSSSA Rugby 7's Championships and the 2022 BSSSA AFL Championships at the EDSAAC Oval in Bateau Bay.

The Year 9 Commerce students visited various companies across the Northern Beaches and the City and met people with diverse career backgrounds to help broaden their own perspective of what is possible and achievable.

Our best wishes are extended to our Year 12 students who will be commencing their HSC examinations this week. This is an important time for students, one that represents significant challenges and requires strength and commitment. The examinations will provide them with opportunities to demonstrate the knowledge they have gained and skills they have acquired during their school years at Mater Maria Catholic College. Please keep these students in your prayers and thoughts as they complete these final examinations over the next month.

Applications for Year 7, 2025 are now open. There are waiting lists for Year 7, 2023 and Year 7, 2024. For more information about enrolling at our Mater Maria Catholic College please visit

<https://matermaria.nsw.edu.au/enrolments/>.



What things did the tax collector say to God?

How can we be humble like the tax collector?



Four empty rectangular boxes for writing answers.

Colour in the tax collector.

Match up the correct endings

Draw a line from the first half of each sentence to its correct ending.



The Pharisee and the Tax Collector went

you will be honoured.

The Pharisee prayed

"God, have pity on me! I am a sinner."

The Tax Collector prayed

you will be put down.

If you put yourself above others

to the temple to pray.

If you humble yourself

"God, I thank you that I am not greedy or dishonest."

Luke 18:9-14

© Creative Ministry Resources

BRING HOPE TO NEELA AND HER FAMILY

This week Catholic Mission offers us the opportunity to be part of a life-changing program which aims to help prevent malnutrition, especially in babies and young children, and help disadvantaged families provide food for their loved ones.

The Deberety Goat Rearing Centre is a dream of the local Church and community in Emdibir. When established, the Centre aims to provide nutritious goats milk for families in need, like Neela's*, so that babies like Ajani* can be healthy and strong.

Please give generously today to help kickstart this life-giving program by using the appeal envelope provided, going online at catholicmission.org.au/ethiopia, or scanning the QR code. Your gift will also help many other similar Church-run mission programs around the world.

*Name altered to protect identity



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



Sunday, 23 October is World Mission Day, a day that gives focus to Catholic Mission and their work on behalf of Pope Francis to support Church-run mission programs around the world. This year, they are inviting us to partner with the Church of Ethiopia and local communities. Further information to support the appeal can be found here:

<https://www.catholicmission.org.au/for-parishes/main>

The *Living* Word

Entrance Antiphon Cf. Ps 104:3-4

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

First Reading Sir 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 Psal 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 Tm 4:6-8, 16-18

A reading from the 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 Cor 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 Lk 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 Gospel of the Lord

Communion Antiphon Cf. Ps 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

*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



Parish Bulletin – Term 4, Week 2

This week has been a big week of
sport at the College. On Monday
students in Years 9 and 10 attended
the BBSSA Girls Water Polo Gala Day
at Homebush on Monday. On Tuesday,
boys in Years 7 to 9 attended the
Manly Cup U15 Cricket Gala Day at
Nolans Reserve in Manly and on
Thursday they attended the Berg
Shield Cricket Competition at Lak
Park in Narrabeen. The Peninsula Cup
Touch Football Competition and the
MWBA Basketball competitions
continue throughout this term. We
thank our students for their school
spirit and for representing the College
at these sporting events.

Please keep our Year 12 students in
your prayers and thoughts as they
complete their HSC examinations
over the next few weeks.

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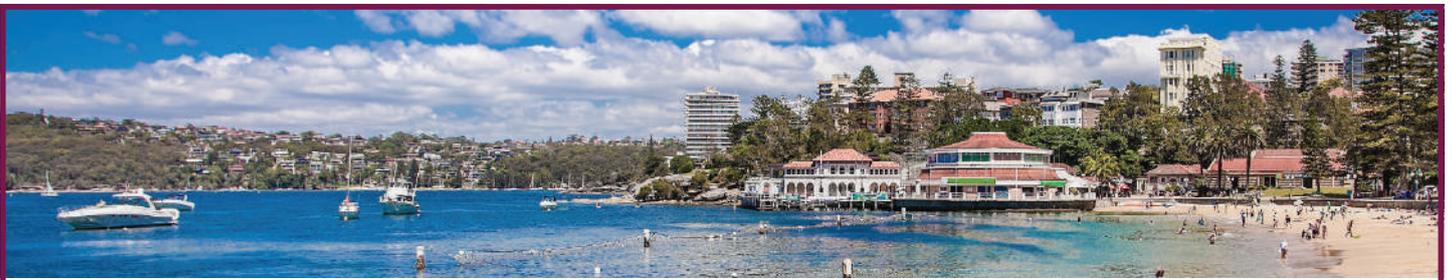


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