



# The Catholic Parish of Pittwater

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

## Prayer for our Dearly Departed

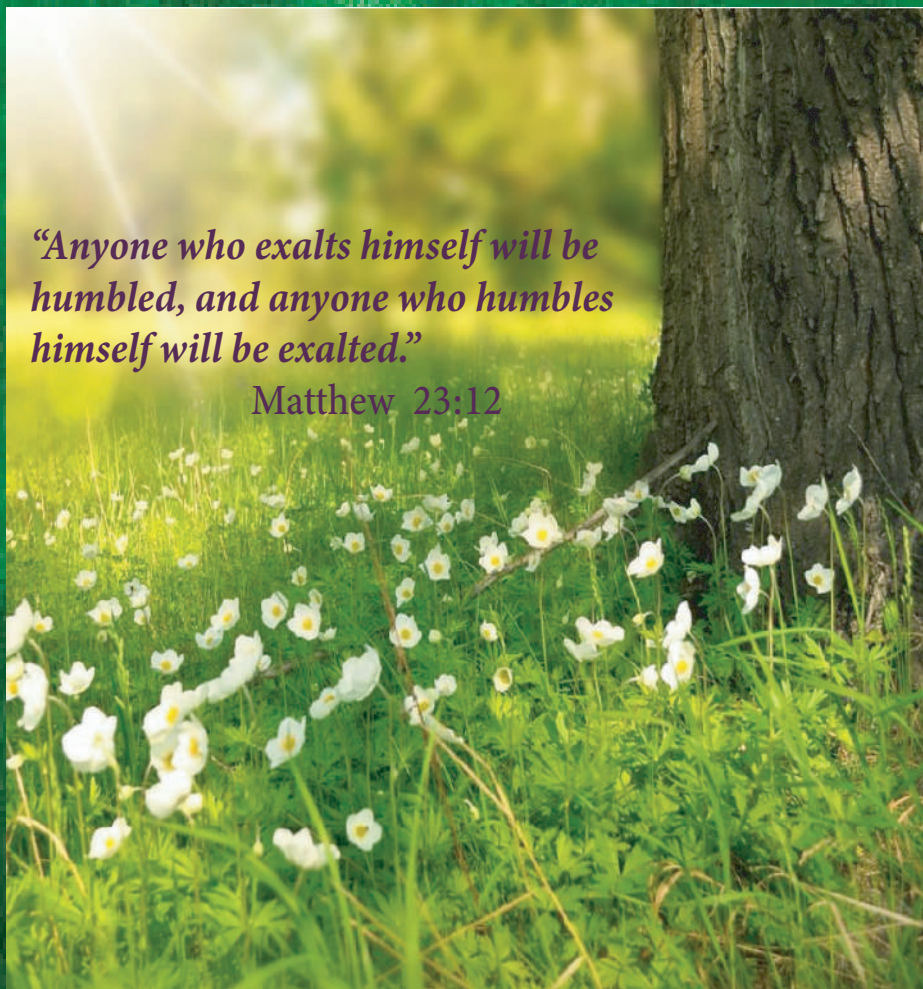
God,  
our Father,  
Your power brings us  
to birth,  
Your providence guides  
our lives,  
and by Your command,  
we return to dust.  
Lord, those who die still  
live in Your presence,  
their lives change  
but do not end.  
We pray in hope for our  
family, relatives  
and friends,  
and for all the dead  
known to You alone.  
In company with Christ,  
who died and now lives,  
may rejoice in Your  
kingdom,  
to sing praise forever  
and ever. Amen.

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

**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**

*"Anyone who exalts himself will be humbled, and anyone who humbles himself will be exalted."*

Matthew 23:12



## Thoughts of Blessed Francis Jordan

Whatever the hour, pour out prayer to the Lord. Always be content with whatever God may dispose for you and in whatever manner He does it.



## POPE FRANCIS' PRAYER INTENTION FOR November

*For the Pope*

We pray for the Holy Father; as he fulfills his mission, may he continue to accompany the flock entrusted to him, with the help of the Holy Spirit.



## 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

## We Pray for

**Deceased Anniversary**  
*Vanessa O'Connell*  
*Amanda Walsha*

May Their Souls And The Souls Of The Faithful Departed, Through The Mercy Of God, Rest in Peace. Amen.

**Recently Deceased**  
*Cecilija Borojevic*

### Prayer for the Sick

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

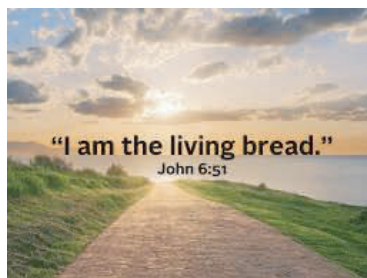
## Parish Office Hours

**Monday to Thursday**

9.00 am to 4.00 pm

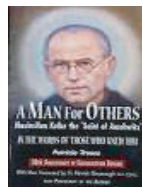
**Friday**

9.00 am to 12.00 pm



## BOOK REVIEW

**A Man For Others**  
by: Maximilian Kolbe  
Saint of Auschwitz



This is a true account of the life of this Polish Franciscan who gave his life for another prisoner in Auschwitz. It is a riveting and easy read of his life journey- you won't want to put it down.

### Liturgy for the Week

**06/11 Monday, Ordinary Time 31**  
Rom 11:19-36; Lk 14:12-14  
**07/11 Tuesday, Ordinary Time 31**  
Rom 12:5-16; Lk 14:15-24  
**08/11 Wednesday, Ordinary Time 31**  
Rom 13:8-10; Lk 14:25-33  
**09/11 Thursday, The Dedication of the Lateran Basilica**  
Ezek 47:1-2, 8-9, 12; Jn 2:13-22  
**10/11 Friday, St Leo the Great**  
Rom 15:14-21; Lk 16:1-8  
**11/11 Saturday, St Martin of Tours**  
Rom 16:3-9, 16, 22-27; Lk 16:9-15

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## 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".



## 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](mailto:pp@pittwaterparish.org)

### Assistant Priest

**Fr Zygmunt Smigowski SDS**

Tel 9157 0999 ext 12  
[ap@pittwaterparish.org](mailto:ap@pittwaterparish.org)

### Parish Secretary

**Belinda Cimino**

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### Administrative Assistant

**Shereae Knight**

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### Director of Music

**Josh Willard**

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[music@pittwaterparish.org](mailto:music@pittwaterparish.org)

### Media & Communications

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**Conille Felias**

Tel 9157 0999 ext 31  
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### Sacramental Coordinator

**Sonia Samartin**

Tel 9157 0999 ext 13  
[sacraments@pittwaterparish.org](mailto: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

el 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



# Letter of the XVI Ordinary General Assembly of the Synod of Bishops to the People of God



*Dear sisters, dear brothers,*

As the proceedings of the first session of the 16th Ordinary General Assembly of the Synod of Bishops draw to a close, we want to thank God with all of you for the beautiful and enriching experience we have lived. We lived this blessed time in profound communion with all of you. We were supported by your prayers, bearing with you your expectations, your questions, as well as your fears. As Pope Francis requested two years ago, a long process of listening and discernment was initiated, open to all the People of God, no one being excluded, to “journey together” under the guidance of the Holy Spirit, missionary disciples engaged in the following of Jesus Christ.

The session in which we have been gathered in Rome since 30 September is an important phase of this process. In many ways it has been an unprecedented experience. For the first time, at Pope Francis’ invitation, men and women have been invited, in virtue of their baptism, to sit at the same table to take part, not only in the discussions, but also in the voting process of this Assembly of the Synod of Bishops. Together, in the complementarity of our vocations, our charisms and our ministries, we have listened intensely to the Word of God and the experience of others. Using the conversation in the Spirit method, we have humbly shared the wealth and poverty of our communities from every continent, seeking to discern what the Holy Spirit wants to say to the Church today. We have thus also experienced the importance of fostering mutual exchanges between the Latin tradition and the traditions of Eastern Christianity. The participation of fraternal delegates from other Churches and Ecclesial Communities deeply enriched our discussions.

Our assembly took place in the context of a world in crisis, whose wounds and scandalous inequalities resonated painfully in our hearts, infusing our work with a particular gravity, especially since some of us come from countries where war rages. We prayed for the victims of deadly violence, without forgetting all those who have been forced by misery and corruption to take the dangerous road of migration. We assured our solidarity and commitment alongside the women and men all over the world who are working to build justice and peace.

At the invitation of the Holy Father, we made significant room for silence to foster mutual listening and a desire for communion in the Spirit among us. During the opening ecumenical vigil, we experienced how the thirst for unity increases in the silent contemplation of the crucified Christ. In fact, the cross is the only cathedra of the One who, having given himself for the salvation of the world, entrusted His disciples to His Father, so that “they may all be one” (John 17:21). Firmly united in the hope brought by His Resurrection, we entrusted to Him our common home where the cries of the earth and the poor are becoming increasingly urgent: “Laudate Deum!” (“Praise God!”), as Pope Francis reminded us at the beginning of our work.

Day by day, we felt the pressing call to pastoral and missionary conversion. For the Church’s vocation is to proclaim the Gospel not by focusing on itself, but by placing itself at the service of the infinite love with which God loved the world (cf. John 3:16). When homeless people near St. Peter’s Square were asked about their expectations regarding the Church on the occasion of this synod, they replied: “Love!”. This love must always remain the ardent heart of the Church, a Trinitarian and Eucharistic love, as the Pope recalled on October 15, midway through our assembly, invoking the message of Saint Thérèse of the Child Jesus. It is “trust” that gives us the audacity and inner freedom that we experienced, not hesitating to freely and humbly express our convergences, differences, desires and questions.

And now? We hope that the months leading to the second session in October 2024 will allow everyone to concretely participate in the dynamism of missionary communion indicated by the word “synod”. This is not about ideology, but about an experience rooted in the apostolic tradition. As the reminded us at the beginning of this process, “communion and mission can risk remaining somewhat abstract, unless we cultivate an ecclesial praxis that expresses the concreteness of synodality (...) encouraging real involvement on the part of each and all” (October 9, 2021).

There are multiple challenges and numerous questions: the synthesis report of the first session will specify the points of agreement we have reached, highlight the open questions, and indicate how our

work will proceed.

To progress in its discernment, the Church absolutely needs to listen to everyone, starting with the poorest. This requires a path of conversion on its part, which is also a path of praise: “I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children” (Luke 10:21)! It means listening to those who have been denied the right to speak in society or who feel excluded, even by the Church; listening to people who are victims of racism in all its forms – in particular in some regions to indigenous peoples whose cultures have been scorned. Above all, the Church of our time has the duty to listen, in a spirit of conversion, to those who have been victims of abuse committed by members of the ecclesial body, and to commit herself concretely and structurally to ensuring that this does not happen again.

The Church also needs to listen to the laity, women and men, all called to holiness by virtue of their baptismal vocation: to the testimony of catechists, who in many situations are the first proclaimers of the Gospel; to the simplicity and vivacity of children, the enthusiasm of youth, to their questions, and their pleas; to the dreams, the wisdom and the memory of elderly people. The Church needs to listen to families, to their educational concerns, to the Christian witness they offer in today’s world. She needs to welcome the voice of those who want to be involved in lay ministries and to participate in discernment and decision-making structures.

To progress further in synodal discernment, the Church particularly needs to gather even more the words and experience of the ordained ministers: priests, the primary collaborators of the bishops, whose sacramental ministry is indispensable for the life of the whole body; deacons, who, through their ministry, signify the care of the entire Church for the most vulnerable. She also needs to let herself be questioned by the prophetic voice of consecrated life, the watchful sentinel of the Spirit’s call. She also needs to be attentive to all those who do not share her faith but are seeking the truth, and in whom the Spirit, who “offers everyone the possibility of being associated with this paschal mystery” (Gaudium et Spes 22, 5), is also present and operative.

“The world in which we live, and which we are called to love and serve, even with its contradictions, demands that the Church strengthen cooperation in all areas of her mission. It is precisely this path of synodality which God expects of the Church of the third millennium” (Pope Francis, October 17, 2015). We do not need to be afraid to respond to this call. Mary, Mother of the Church, the first on the journey, accompanies our pilgrimage. In joy and in sorrow, she shows us her Son and invites us to trust. And He, Jesus, is our only hope!

*Vatican City, October 25, 2023*





## Parish Bulletin – Term 4, Week 4

In an eventful week at Mater Maria Catholic College, our new 2024 College Prefect Leadership Day was a significant highlight. Our twenty-two College Prefects had the privilege of attending Peter Canisius House Retreat Centre in Pymble for a formation program, designed to thoroughly cultivate the principles of Servant Leadership.

In the spirit of spiritual enrichment and community-building, the College dedicated Friday as a student-free day. This allowed all our committed staff members to partake in a one-day spirituality retreat. This retreat aimed to deepen their faith, align with the College's mission, foster a sense of unity and harmony, and reduce stress. It also served as a platform for renewing their commitment to Catholic values, facilitating personal and professional growth.

Sports competitions were also on the agenda, with our junior students participating in the Peninsula Cup U14 Boys Touch Football Competition at Nolan's Reserve in North Manly. Many games for the MWBA Basketball Competition took place throughout the week after school hours. Amidst all this activity, the academic arena witnessed our Year 12 students completing their HSC examinations, whilst our Year 10 students were immersed in their Year 10 examinations all week. Please keep those students in your thoughts and prayers.

An important administrative update is also underway. Mater Maria Catholic College is transitioning to an advanced cloud-based phone system, resulting in a change to our official phone number.

Our new college phone number is **(02) 7256 2100**

From Thursday **30 November, 2023**, all calls to the old number will no longer be redirected, so please update this new contact information in your devices and records.

For prospective students and parents looking to join our educational community, applications for Year 7 in 2026 are still open. While waiting lists are in place for Year 7 in 2024 and 2025, we invite you to explore the opportunities Mater Maria Catholic College offers by visiting our website at <https://matermaria.nsw.edu.au>.



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## Confraternity of Christian Doctrine Diocese of Broken Bay 2023

*28th of October*

*Our Lady of Rosary Cathedral, Waitara*

### CCD Annual Diocesan Mass for Catechists

Congratulations to our Catechists,  
**Maureen Wooldridge (35 Years),**  
**Christine Kocsis (25 Years) and**  
**Judith Croke (15 Years)**

on receiving the awards for years of  
bringing the faith to children as our  
Catechists and for the commitment  
and service to our faith community.

If you are interested in joining the ministry,  
please contact the Parish Office, 9157 0999  
or **Maureen Wooldridge 0421 907 469**  
and **Veronica Thomas 0417 061 534**



**CONGRATULATIONS  
BISHOP ANTHONY:  
4TH ANNIVERSARY  
IN THE DIOCESE**



# The *Living* Word

**Entrance Antiphon** Psalm 37:22-23  
Forsake me not, O Lord, my God;  
be not far from me!  
Make haste and come to my help,  
O Lord, my strong salvation!

**First Reading** Malachi 1:14 – 2:2. 8-10

**A reading from the prophet Malachi**  
*You have strayed from the way, you have caused many to stumble by your teaching.*

I am a great king, says the Lord of hosts, and my name is feared throughout the nations. And now, priests, this warning is for you. If you do not listen, if you do not find it in your heart to glorify my name, says the Lord of hosts, I will send the curse on you and curse your very blessing. You have strayed from the way; you have caused many to stumble by your teaching. You have destroyed the covenant of Levi, says the Lord of hosts. And so I in my turn have made you contemptible and vile in the eyes of the whole people in repayment for the way you have not kept to my paths but have shown partiality in your administration. Have we not all one Father? Did not one God create us? Why, then, do we break faith with one another, profaning the covenant of our ancestors?

**The word of the Lord**

**Responsorial Psalm** Ps 130

**(R.) In you, Lord, I have found my peace.**

O Lord, my heart is not proud  
nor haughty my eyes.  
I have not gone after things too great  
nor marvels beyond me. **(R.)**

Truly I have set my soul  
in silence and peace.  
A weaned child on its mother's breast,  
even so is my soul. **(R.)**

O Israel, hope in the Lord  
both now and for ever. **(R.)**

**Second Reading** 1 Thessalonians 2:7-9. 13

**A reading from the letter of St Paul to the Thessalonians**  
*We were eager to hand over to you not only the Good News but our lives as well.*

Like a mother feeding and looking after her own children, we felt so devoted and protective towards you, and had come to love you so much, that we were eager to hand over to you not only the Good News but our whole lives as well. Let me remind you, brothers, how hard we used to work, slaving night and day so as not to be a burden on any one of you while we were proclaiming God's Good News to you. Another reason why we constantly thank God for you is that as soon as you heard the message that we brought you as

God's message, you accepted it for what it really is, God's message and not some human thinking; and it is still a living power among you who believe it.

**The word of the Lord.**

**Gospel Acclamation** John 14:23

Alleluia, alleluia!

You have one Father, your Father in heaven; you have one teacher: the Lord Jesus Christ.

Alleluia!

**Gospel** Matthew 23:1-12  
**A reading from the holy Gospel according to Matthew**  
*They do not practise what they preach.*

Addressing the people and his disciples Jesus said, 'The scribes and the Pharisees occupy the chair of Moses. You must therefore do what they tell you and listen to what they say; but do not be guided by what they do: since they do not practise what they preach. They tie up heavy burdens and lay them on men's shoulders, but will they lift a finger to move them? Not they! Everything they do is done to attract attention, like wearing broader phylacteries and longer tassels, like wanting to take the place of honour at banquets and the front seats in the synagogues, being greeted obsequiously in the market squares and having people call them Rabbi. 'You, however, must not allow yourselves to be called Rabbi, since you have only one Master, and you are all brothers. You must call no one on earth your father, since you have only one Father, and he is in heaven. Nor must you allow yourselves to be called teachers, for you have only one Teacher, the Christ. The greatest among you must be your servant. Anyone who exalts himself will be humbled, and anyone who humbles himself will be exalted.'

**The Gospel of the Lord**

**Communion Antiphon** Psalm 15:11  
You will show me the path of life, the fullness of joy in your presence, O Lord.

**REFLECTION**

by Dianne Bergant CSA

*Since Vatican II the responsibilities of leadership have been spread throughout the community. This has not happened simply because there are fewer priests and religious. It has occurred primarily because the Council itself insisted that by virtue of their baptism all Christians are called to discipleship, which includes active participation in the mission of the church. While those who are ordained continue in specialised forms of leadership, other people have stepped forward to assume their newly*

*recognised responsibilities. Sometimes they have more influence in the church than do the ordained.*

*We derive the connection between pharisaical and hypocritical from Jesus' description of the Pharisees found in today's reading. His condemnation, along with the condemnation of the priests in the first reading, should be a warning to all who in any way exercise leadership. We must always be on our guard lest the trappings of leadership ensnare us and we fail in our responsibilities toward God and the community we serve.*

*There is a mode of leadership that reflects the very meaning of authority. This way of leadership authors life. It is characterised by the striking image of a nursing mother who both gives and sustains life. Those who exercise leadership in this way create a community where life is fostered, not stifled, where talents serve all of the members, and the talents of all of the members are invited to serve. Such a community not only nurtures its members, it is itself the author of life in the world.*

© Dianne Bergant CSA

**Welcome to  
Pittwater Parish**

**Mila Mara Pasalich**

**at  
Sacred Heart Church  
Mona Vale  
on the  
29th of October 2023  
for the  
Sacrament of  
Baptism**

**"I am the way  
The truth and the life  
No one comes to the Father  
Except through Me"**

- Jesus Christ  
John 14:6



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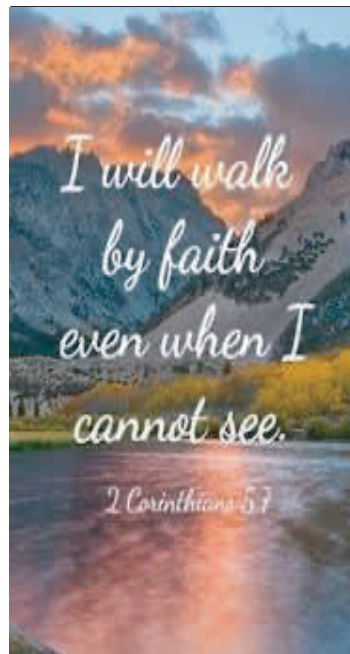
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