



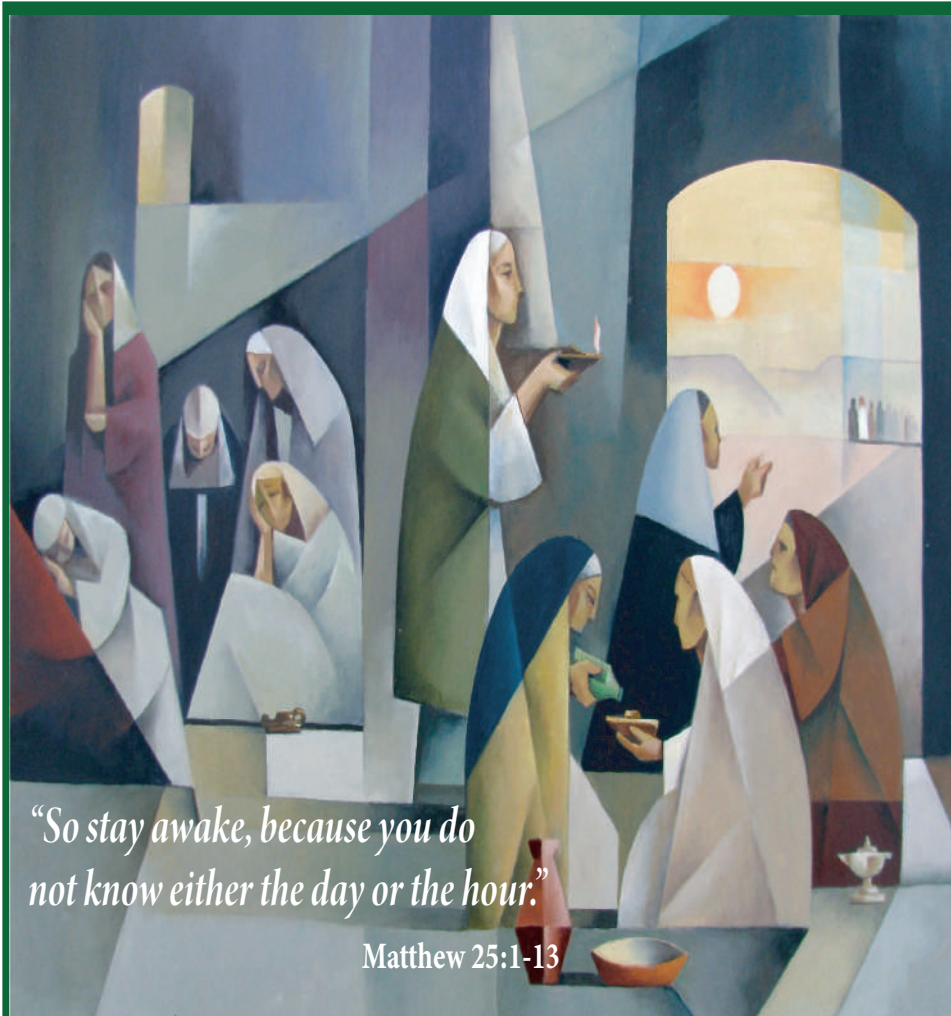
The Catholic Parish of Pittwater

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

Prayer for Departed Loved Ones

In Your hands, O Lord,
we humbly entrust our
brothers and sisters.

In this life,
You embraced them
with Your tender love;
deliver them now from
every evil and bid
them eternal rest.
Welcome them into Paradise,
where there will be no
sorrow, no weeping or pain,
but fullness of peace
and joy with
Your Son and the Holy Spirit,
forever and ever.
Amen.



*"So stay awake, because you do
not know either the day or the hour."*

Matthew 25:1-13

**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.***



Thoughts of Blessed Francis Jordan

Pray therefore, and pray again! That is the means by which you
can achieve so much!



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

*Joe Garces
Terry Buggy
Edmund Loong*

Recently Deceased
*Murray Summit
Marea Anne Johnson
Maria Faggion*

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 Williams

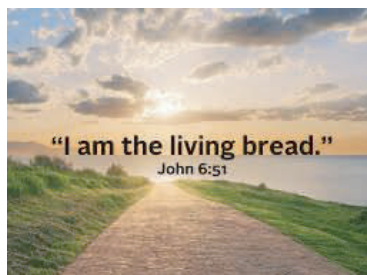
Parish Office Hours

Monday to Thursday

9.00 am to 4.00 pm

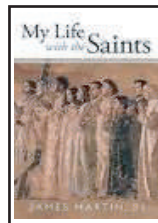
Friday

9.00 am to 12.00 pm



BOOK REVIEW

My Life with the Saints
by: Fr James Martin, SJ



From lukewarm Catholic childhood, James tells us how, from being a business executive to a Jesuit, he was accompanied by surprising friends, the Saints of the Church.

Liturgy for the Week

13/11 Monday, Ordinary Time 32
Wis 1:1-7; Lk 17:1-6

14/11 Tuesday, Ordinary Time 32
Wis 2:23- 3:9; Lk 17:7-10

15/11 Wednesday, Ordinary Time 32
Wis 6:1-11; Lk 17:11-19

16/11 Wednesday, Ordinary Time 32
Wis 7:22- 8:1; Lk 17:20-25

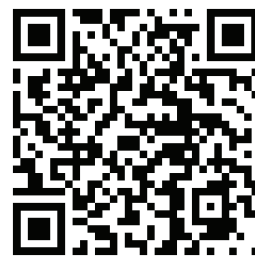
17/11 Friday, St Elizabeth of Hungary
Wis 13:1-9; Lk 17:26-37

18/11 Wednesday, Ordinary Time 32
Wis 18:14-16; 19:6-9;
Lk 18:1-8

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2023
Our Year of
Stewardship



Dear Parishioners,

You may or may not have heard of the Catenian Association.

The Catenians are an association of Catholic men that meet monthly to enjoy the friendship of those with the common bond of the Catholic Faith and Parish Life. Our motto is "Strengthening Family Life Through Friendship and Faith". Most new members are surprised to see the welcoming smiling faces of some of those they see at Mass or Parish functions.

Our groups are called Circles and the Catena "The Chain" that binds us to the now international association that has grown over the years.

On occasion, we meet with other Circles in friendly competition and enjoy the fraternity that the association generates. Our evenings comprise a short meeting followed by dinner. We often include entertainment such as guest speakers and performers and our partners join us on occasion.

We also have friends of Catenians, usually the non-Catholic spouse of a Catholic wife who knows Catenian wives socially. They enjoy the friendliness and the feeling of being welcomed by the Association whose members may know them socially.

If you wish to know more, or better still, to attend one of our dinners to get the feel of the Association, please ring our Membership Officer on 9944 0886.



Thank you so much
for your generous support to our mission to
 dedicating lives to others, in partnership with
 communities, missionaries aim to create a positive
 change through spiritual care and the implementation of
 grassroots projects, such as healthcare and education,
 reaching far beyond Catholic communities.

Parish Directory

Pittwater Parish

1 Keenan Street Mona Vale
 NSW 2103
 Tel 9157 0999

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 pp@pittwaterparish.org

Assistant Priest

Fr Zygmunt Smigowski SDS

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 ap@pittwaterparish.org

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Josh Willard

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Sonia Samartin

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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 7256 2138

Principal: Miss Kirsty Thorpe

WARRIEWOOD

Mater Maria Catholic College

Tel 7256 2100

Principal: Mr Marc Reicher



Help Jesus tell the story of the girls with oil lamps. Add words and pictures to the story.

Ten girls went to a _____ and waited for the groom.

Five were foolish. They took their lamps but no extra ____.

Five were _____. They took extra oil for their lamps.

The _____ was late. The foolish girls asked for some oil, but the wise girls did not have enough to share.

While the _____ girls were buying more oil, the groom arrived. Everyone went inside and closed the doors.

The foolish girls returned. They shouted, "Open the _____!", but they were not allowed inside.

What words would you use to describe the wise girls and the foolish girls?

The wise girls



The foolish girls



Parish Bulletin – Term 4, Week 4

This Monday marked the start of yearly examinations for our Year 7, 8, and 9 students. Please keep those students in your thoughts and prayers as they navigate this important phase in their academic journey.

From Sunday 12 November to Tuesday 21 November, our students in Years 7, 8 and 9 who are studying Japanese, will have the fantastic opportunity to participate in the Japanese Cultural Immersion Program. We are excited to welcome several students from Hamamatsu Nittai High School in Japan, who will be staying with local families and learning English at Mater Maria Catholic College.

On Monday, Year 10 students had the privilege of attending their annual Reflection Day. This event was a significant part of our evangelization and catechetical program, focusing on the teachings found in Pope Francis' encyclical *Laudato Si*. We reflected on what these teachings mean for us as we strive to lead our lives as faithful Catholics. Meanwhile, our Year 10 students embarked on a Faith in Action program at Jesuit Social Service in Mt. Druitt on Thursday, an area with the largest urban Aboriginal population in Australia.

Year 11 students participated in the Prevent Alcohol and Risk-Related Trauma in Youth (P.A.R.T.Y) program at Royal North Shore Hospital. This interactive program aimed to raise awareness about the consequences of risky choices, giving our students a firsthand experience by interacting with police, paramedics, doctors, nurses, allied health professionals and volunteers at the hospital.

On Friday, we gathered in our College amphitheatre for our Remembrance Day Service. Together, we observed a moment of silence to reflect on the service and sacrifices made by Australians who have given their lives or suffered in the service of our nation.

Sports played a big role at the College this week. Our junior students took part in the Peninsula Cup U14 Boys Touch Football Competition, and we saw numerous basketball games being played after school hours as part of the MWBA Basketball Competition.

For prospective students and parents interested in joining our educational community, we want to remind you that 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 countless opportunities Mater Maria Catholic College has to offer by visiting our website at <https://matermaria.nsw.edu.au>

Envy thou not the oppressor,
and choose none of his ways.
For the froward is abomination to the LORD:
but his secret is with the righteous.
Proverbs 3:31-32

DailyVerses.net

Confraternity of Christian Doctrine Diocese of Broken Bay 2023

28th of October

Our Lady of Rosary Cathedral, Waitara
Congratulations

David West

on receiving the awards for 10 years of
bringing the faith to children as our
Catechists and for the commitment
and service to our faith community.



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”.

The *Living* Word

Entrance Antiphon

Psalm 87:3

Let my prayer come into your presence.
Incline your ear to my cry for help, O Lord.

First Reading

Wisdom 6:12-16

A reading from the book of Wisdom

Wisdom is found by those who look for it.

Wisdom is bright, and does not grow dim. By those who love her she is readily seen, and found by those who look for her. Quick to anticipate those who desire her, she makes herself known to them. Watch for her early and you will have no trouble; you will find her sitting at your gates. Even to think about her is understanding fully grown; be on the alert for her and anxiety will quickly leave you. She herself walks about looking for those who are worthy of her and graciously shows herself to them as they go, in every thought of theirs coming to meet them.

The word of the Lord

Responsorial Psalm

Ps 62:2-8. R. v.2

(R.) My soul is thirsting for you, O Lord my God.

O God, you are my God, for you I long;
for you my soul is thirsting.
My body pines for you
like a dry, weary land without water. **(R.)**

So I gaze on you in the sanctuary.
to see your strength and your glory.
For your love is better than life,
my lips will speak your praise. **(R.)**

So I will bless you all my life,
in your name I will lift up my hands.
My soul shall be filled as with a banquet,
my mouth shall praise you with joy. **(R.)**

On my bed I remember you.

On you I muse through the night for you
have been my help; in the shadow of
your wings I rejoice. **(R.)**

Second Reading

1 Thessalonians 4:13-18

A reading from the letter of St Paul to the Thessalonians

Those who died as Christians, God will bring to life with Jesus.

We want you to be quite certain, brothers, about those who have died, to make sure that you do not grieve about them, like the other people who have no hope. We believe that Jesus died and rose again, and that it will be the same for those who have died in Jesus: God will bring them with him. We can tell you this from the Lord's own teaching, that any of us who are left alive until the Lord's coming will not have any advantage over those who have died. At the trumpet of God, the voice of the archangel will call out the command and the Lord himself

will come down from heaven; those who have died in Christ will be the first to rise, and then those of us who are still alive will be taken up in the clouds, together with them, to meet the Lord in the air. So we shall stay with the Lord for ever. With such thoughts as these you should comfort one another.

The word of the Lord.

Gospel Acclamation

Matthew 24:42. 44

Alleluia, alleluia!

Be watchful and ready:
you know not when the Son of Man is coming.

Alleluia!

Gospel

Matthew 25:1-13

A reading from the holy Gospel according to Matthew

Look, the bridegroom comes. Go out to meet him.

Jesus told this parable to his disciples: 'The kingdom of heaven will be like this: Ten bridesmaids took their lamps and went to meet the bridegroom. Five of them were foolish and five of them were sensible: the foolish ones did take their lamps, but they brought no oil, whereas the sensible ones took flasks of oil as well as their lamps. The bridegroom was late, and they all grew drowsy and fell asleep. But at midnight there was a cry, "The bridegroom is here! Go out and meet him." At this, all those bridesmaids woke up and trimmed their lamps, and the foolish ones said to the sensible ones, "Give us some of your oil: our lamps are going out." But they replied, "There may not be enough for us and for you; you had better go to those who sell it and buy some for yourselves." They had gone off to buy it when the bridegroom arrived. Those who were ready went in with him to the wedding hall and the door was closed. The other bridesmaids arrived later. "Lord, Lord," they said, "open the door for us." But he replied, "I tell you solemnly, I do not know you." So stay awake, because you do not know either the day or the hour.'

The Gospel of the Lord

Communion Antiphon

Psalm 22:1-2

The Lord is my shepherd; there is nothing I shall want.
Fresh and green are the pastures where he gives me repose, near restful waters he leads me.

REFLECTION

by Dianne Bergant CSA

The early Christians thought that all their questions about death had been answered with the resurrection of Jesus. Therefore, when loyal Christians began

to die, not only did their old questions come back, but also they were plagued with new and difficult ones. Was it possible that those loyal Christians had not been loyal after all? Or worse, were the promises made by Jesus empty promises? No! Paul assures us. It is all true. Christ has died; Christ is risen; Christ will come again, and all the faithful will be joined with him. How it will happen, we do not know. When it will happen, we do not know. That it will happen, we are sure.

The wisdom that we have culled from life becomes the treasury from which we draw the prudence and insight needed to negotiate life's paradoxes. It throws light on our strengths and on our weaknesses; it enables us to discern what is important and what is not; it directs us to bring extra oil in our lamps. Life and the wisdom that we have acquired through it, have taught us that we can indeed trust the promises of God. They have been fulfilled in the past, and wisdom assures us that they will be fulfilled in the future. It is wisdom that cautions us to be vigilant, to be ready to adjust our plans. It is wisdom that prepares us for the night watches of life. It is wisdom that instructs us to be ready at all times.

© Dianne Bergant CSA



Welcome to Pittwater Parish

Francesco Samuel

Romeo

Sienna Romeo

at

Sacred Heart Church

Mona Vale

on the

5th of November 2023

for the

**Sacrament of
Baptism**

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*"Fear not, for I am with you, be not
dismayed, for I am your God, I will
strengthen you, I will help you, I will
uphold you with my victorious right
hand."*

Isaiah 41:10



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"I have been crucified
with Christ and I
no longer live, but
Christ lives in me. The
life I now live in the
body, I live by faith in
the Son of God, who
loved me and gave
Himself for me."

GALATIANS 2:20



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