



# 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 they rejoice in Your kingdom,  
 to sing Your praise  
 forever and ever.  
 Amen.*



### POPE FRANCIS' PRAYER INTENTION FOR NOVEMBER For Children who Suffer

We pray for children who are suffering, especially those who are homeless, orphans and victims of war; may they be guaranteed access to education and the opportunity to experience family affection.

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



You can find us on **Instagram** (pittwater\_parish)



### Thoughts of Fr Francis Jordan

God became a human being for us to redeem us, to rescue our souls. Therefore, let us seek only the honour of God and the salvation of souls.



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

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**

*Estella Mitchell*  
*Sandra Pyper*

**Recently Deceased**

*Franciszek Smigowski*  
*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**

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

**07/11 Monday in Ordinary Time 32**  
Titus 1:1-9; Lk 17:1-6

**08/11 Tuesday in Ordinary Time 32**  
Titus 2:1-8, 11-14; Lk 17:7-10

**09/11 Wednesday, The Dedication of the Lateran Basilica**  
Ezek 47:1-2, 8-9, 12;; Jn 2:13-22

**10/11 Thursday, St Leo the Great**  
Philemon 7-20; Lk 17:20-25

**11/11 Friday, St Martin of Tours**  
2 Jn 4-9; Lk 17:26-37

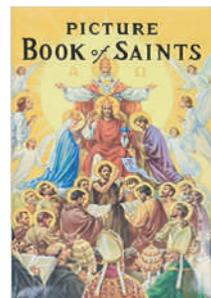
**12/11 Saturday, St Josaphat**  
3 Jn 5-8; Lk 18:1-8

## BOOK REVIEW

**Picture Book of Saints**

By

Rev. Lawrence G Lovasik, S.V.D.



This great book includes short details of each saint pictured and is a great start to the month of November. Show your children or grandchildren this book. They will enjoy it.

**Scan to**  
**Give to our**  
**Parish of**  
**Pittwater**

**Cashless Fast Secure**



Scan the QR code above with your camera app and follow the prompts

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.

**LIVESTREAMS**  
**READINGS**  
**NEWS**

Available on the  
**App Store**

Get it on  
**Google play**

<https://brokenbay.goodgiving.com.au>



DO YOU OR SOMEONE YOU KNOW NEED SUPPORT COORDINATION?

9488 2500

[www.catholiccarebb.org.au](http://www.catholiccarebb.org.au)

*Our deepest sympathy and prayers to Fr Zyga and his Family for the passing of their Beloved Father, Husband, Grandfather and Great Grandfather*

*Franciszek Smigowski*

## *Four habits to change you and the world*



Well-meaning people often send me helpful lists with titles like ‘Ten Things Every Catholic Should Know’, and ‘Seven Ways to Get to Heaven’. This is very kind, and I do read them (mostly).

But I did read something else recently, a pithy one-liner, that I’ll share here: “You will never change your life until you change something you do daily.”

This is very true of us as human beings, and as in nature, so in grace. I’m also increasingly bad at remembering long lists.

So with this in mind, here’s four things I think a Catholic should do every day. They’re all tiny things, but if you try them daily, you will change your relationship with God and everyone else for the better.

### ***1. Start the day with prayer.***

The gut response from most of us is that ‘I don’t have the time’. But you do have the time.

You had the time to exercise this morning – you took the dog for a walk, or you went to a Pilates class. You also had the time to spend two hours browsing on social media yesterday evening.

I often ask clients with anxiety and procrastination issues to do an audit of their time. We print out a one-page planner that’s one full week divided into seven 24-hour days.

All I ask them to do is to map out what they did each day, after they’ve done it. This quickly shows people how much time they really have in their day, and how they use it.

One of the reasons we avoid daily prayer is that we find spending time with God can be uncomfortable. It’s usually more uncomfortable if you’ve been sidelining Him for a while now.

But make the effort. He’s very understanding. And your relationship with Him is the one that really needs the most time and effort, because it’s the one that’s going to last forever.

### ***2. Connect with other people.***

I mean really connect, and with everyone you interact with. Try to make the connections positive ones.

For example, it’s helpful to remember that it’s not very Christian to cut people off while driving or make hand gestures that are not related to giving directions.

### ***3. Be thankful.***

In Colossians 3:15, Paul says ‘kai eucharistoi ginesthe’ – ‘And become thankful’. We often translate this as ‘be thankful’, but Paul really says ‘become’ – that is, you’ll need to work on it. So count your blessings. Say thank you to people when they do something for you, even if it’s trivial.

The attitude of gratitude will carry you through some very dark times. I know people who have been unable to find anything to be thankful for, until I mention warm showers. Everyone perks up at this one.

And be grateful to God, the source of all these blessings, including the warm showers. I don’t know anyone who has ever gotten tired of being thanked, and God is no exception.

### ***4. Sacrifice something.***

The least popular one! This is the old school practice of mortification – an awful word for a positive spiritual practice. I know a mother of a large family who said that the best thing any parent could do for their child was to offer something up spiritually each day for them. Just something small, but every day.

Do something you don’t want to do, particularly for someone else. Or unplug your ears and brain from the AirPods, and walk or drive while listening to the soundtrack of the world instead.

These are four very tiny things. But if you do them every day, they can help you to form good habits that build up the Church in the world, rather than tearing it down.

*by Philippa Martyr  
The Catholic Weekly*

**Welcome to  
Pittwater Parish**

***Mia Souto - Jones  
Xyla Souto - Jones  
Aston Donaldson  
Brandon Williams  
Morgan Williams  
Harvey Davies  
Beau Davies  
Henry Major***

**on the  
23rd of October 2022  
at  
Sacred Heart Church  
Mona Vale  
for the  
Sacrament of  
Baptism**

# Parish Directory

## Pittwater Parish

1 Keenan Street Mona Vale  
NSW 2103  
Tel 9157 0999

## Parish Priest

**Fr Richard Sadowski SDS**  
Tel 9157 0999 ext 10  
pp@pittwaterparish.org

## Assistant Priest

**Fr Zygmunt Smigowski SDS**  
Tel 9157 0999 ext 12  
ap@pittwaterparish.org

## Parish Secretary

**Donita Kerin**

Tel 9157 0999 ext 30  
office@pittwaterparish.org

## Director of Music

**Josh Willard**

Tel 9157 0999 ext 17  
music@pittwaterparish.org

## Media & Communication

**Conille Felias**

Tel 9157 0999 ext 31  
media@pittwaterparish.org

## Sacrament 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

## 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 the Holy Eucharist

(Holy Communion)

Maria Regina Church, Avalon

Saturday 12 November 2022

at 6:00 pm

Sunday 13 November 2022

at 9:00 am

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 Church & Maria Regina Church Piety Stores.**

**The stores are 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.**

## CONTACTLESS

## HOLY WATER DISPENSERS

are situated as you ENTER the Parish Churches. Simply place your fingertips under the dispenser & drops of Holy Water will be dispensed.



## PLEASE NOTE

**THESE ARE NOT HAND SANITISERS**



## MATER MARIA CATHOLIC COLLEGE

### Parish Bulletin – Term 4, Week 4

On Monday, we launched our St Vincent De Paul Christmas Hamper Appeal. Each mentor class will work towards contributing a hamper for a family in need to help those families in our community who need support over this festive season.

On Wednesday, our Year 12 2023 students studying the Society and Culture subject, travelled to the Wesley Conference Centre in the CBD to attend a conference and workshop day by The Society and Culture Association of NSW.

Students in Year 8 attended the 2023 Futuready Entrepreneurship Course orientation day. They had a site tour of OneMeal Warehouse in Brookvale and a workshop with Grant Wilson, formally of Travel Edge.

We had another busy week with sport with the Surfing Program, and the Peninsula Cup Touch Football and MWBA Basketball competitions.

Year 10 examinations took place this week and Year 12 students continue with their HSC examinations. Please keep those students in your thoughts and prayers.

Applications for Year 7, 2025 are 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/>.

We will be like the angels and will be God's children

32nd Sunday in Ordinary Time, Year C

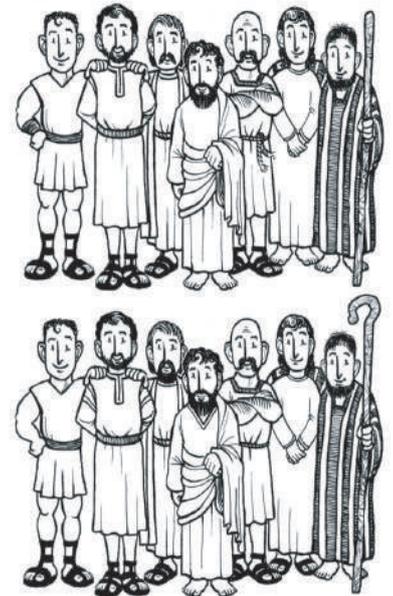
During our life we prepare for a time when God will be with us forever in heaven. Write down things you can do that prepare you for eternal life with God?



Can you imagine what heaven is like? Draw a picture of yourself in heaven or write down what you think it's like to live in heaven.

### Spot the difference

Can you find the seven differences between these two pictures of seven brothers?



Luke 20:27-38

© Creative Ministry Resources



SOCIETY OF THE DIVINE SAVIOUR  
Agnetes for our time  
AUSTRALIA

## Salvatorian Seminary Appeal

Thank you so much to all those who generously supported the Salvatorian Formation Appeal. Your contributions will help in the training and the education of our young seminarians and the upkeep of our Seminaries in Poland and the Philippines. It will also support our East Timorese Seminarians who will be working in Australia.



# The *Living* Word

**Entrance Antiphon** Cf. Ps 87:3

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

**First Reading** 2 Mc 7:1-2, 9-14

## **A reading from the second book of Maccabees**

*The king of the world will receive us into life eternal at the resurrection.*

There were seven brothers who were arrested with their mother. The king tried to force them to taste pig's flesh, which the Law forbids, by torturing them with whips and scourges. One of them, acting as spokesman for the others, said, 'What are you trying to find out from us? We are prepared to die rather than break the Law of our ancestors.'

With his last breath the second brother exclaimed, 'Inhuman fiend, you may discharge us from this present life, but the King of the world will raise us up, since it is for his laws that we die, to live again for ever.'

After him, they amused themselves with the third, who on being asked for his tongue promptly thrust it out and held out his hands, with these honourable words, 'It was heaven that gave me these limbs; for the sake of his laws I disdain them; from him I hope to receive them again.' The king and his attendants were astounded at the young man's courage and his utter indifference to suffering. When this one was dead they subjected the fourth to the same savage torture. When he neared his end he cried, 'Ours is the better choice, to meet death at men's hands, yet relying on God's promise that we shall be raised up by him; whereas for you there can be no resurrection, no new life.'

## **The word of the Lord**

### **Responsorial Psalm**

Ps 16:1. 5-6. 8. 15. R. v.15

### **(R.) Lord, when your glory appears, my joy will be full.**

Lord, hear a cause that is just,  
pay heed to my cry.  
Turn your ear to my prayer:  
no deceit is on my lips. **(R)**

I keep my feet firmly in your paths;  
there was no faltering in my steps.  
I am here and I call, you will hear me, O  
God.  
Turn your ear to me; hear my words. **(R)**

Guard me as the apple of your eye.  
Hide me in the shadow of your wings.  
As for me, in my justice I shall see your  
face  
and be filled, when I awake, with the  
sight of your glory. **(R)**

**Second Reading** 2 Thes 2:16 – 3:5

## **A reading from the second letter of St Paul to the Thessalonians**

*May the Lord strengthen you in everything good that you do or say.*

May our Lord Jesus Christ himself, and God our Father who has given us his love and, through his grace, such inexhaustible comfort and such sure hope, comfort you and strengthen you in everything good that you do or say. Finally, brothers, pray for us; pray that the Lord's message may spread quickly, and be received with honour as it was among you; and pray that we may be preserved from the interference of bigoted and evil people, for faith is not given to everyone. But the Lord is faithful, and he will give you strength and guard you from the evil one, and we, in the Lord, have every confidence that you are doing and will go on doing all that we tell you. May the Lord turn your hearts towards the love of God and the fortitude of Christ.

## **The word of the Lord**

**Gospel Acclamation** Rv 1:5. 6

Alleluia, alleluia!

Jesus Christ is the firstborn of the dead;  
glory and kingship be his for ever and  
ever.

Alleluia!

**Gospel** Lk 20:27-38

## **A reading from the holy Gospel according to Luke**

*He is not a God of the dead but of the living.*

Some Sadducees – those who say that there is no resurrection – approached Jesus and they put this question to him, 'Master, we have it from Moses in writing, that if a man's married brother dies childless, the man must marry the widow to raise up children for his brother. Well, then, there were seven brothers. The first, having married a wife, died childless. The second and then the third married the widow. And the same with all seven, they died leaving no children. Finally the woman herself died. Now, at the resurrection, to which of them will she be wife since she had been married to all seven?' Jesus replied, 'The children of this world take wives and husbands, but those who are judged worthy of a place in the other world and in the resurrection from the dead do not marry because they can no longer die, for they are the same as the angels, and being children of the resurrection they are sons of God. And Moses himself implies that the dead rise again, in the passage about the bush

where he calls the Lord the God of Abraham, the God of Isaac and the God of Jacob. Now he is God, not of the dead, but of the living; for to him all men are in fact alive.'

## **The Gospel of the Lord**

**Communion Antiphon** Cf. Ps 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*

*Both the reading from Maccabees and the passage from the gospel speak of resurrection. The first is a testimony of faith, the second demonstrates a measure of scorn that accompanies unbelief. Belief in resurrection is not the same as the conviction of the immortality of the soul. The latter is based on the makeup of the human person; the former rests on the fidelity of God. The doctrine of resurrection is grounded in the concept of covenant, which claims that God has established a relationship with human beings. At issue is whether or not death is powerful enough to break the ties that bind us in covenant with God. Jesus says 'No!'*

*If this is the future that awaits us, how are we to live until it dawns? Actually, it has already dawned. This is the eschatological hope in which we live by the grace given us from God through our Lord Jesus Christ. Our future is already present and, therefore, we are called to live lives that have been radically transformed. However, the future has not yet completely dawned, and so we find ourselves living both in this age and in the age to come. Thus we live future lives, but we live them in the present. As difficult as this may be, we have the promise that the Lord will strengthen us and guard us. We have the instruction of our religious tradition that directs our minds and hearts. When we live lives of the future, we truly enable that future to dawn in the present.*

© Dianne Bergant CSA



**Advertising Space Available**

*For more information call the Parish Office on 9157 0999*



**PITTWATER DOLPHINS**

BOYS, GIRLS & MIXED TEAMS  
U5s LITTLE DOLPHINS  
AGES U6 - U18



GEAR SUPPLIED | NO REGISTRATION FEES | NO GRADING

**REGISTER NOW!**  
[pittwaterrugby.com.au](http://pittwaterrugby.com.au)



**Electrical  
Plumbing  
Air Conditioning.**

⚡ Ph: (02) 9905 8800

**We turn up,  
Clean up &  
Guarantee our  
Work!!!**

**GET  
IN TOUCH  
TODAY**

**Compassion,  
care, love,  
understanding  
and support**



Ann, Kate and John of Wilson Family Funerals

Personally, talk to Ann Wilson and her team at Wilson Family Funerals. They have decades of experience caring for Northern Beaches families in their time of need.

*Family operated & 100% Australian owned*

Suite 3, 1440 Pittwater Road,  
North Narrabeen, Sydney  
CALL 02 9913 7131  
[wilsonfamilyfunerals.net.au](http://wilsonfamilyfunerals.net.au)




**BROCK'S**  
— Plumbing —

YOUR LOCAL PLUMBER  
SERVICING THE NORTHERN  
BEACHES FOR OVER 30 YEARS.

- ✓ BLOCKED DRAINS
- ✓ PIPE RELINING
- ✓ GENERAL PLUMBING
- ✓ EMERGENCY HOT WATER
- ✓ GAS FITTING

**call now**

**1800 99 58 58**

[www.rapidreline.com.au](http://www.rapidreline.com.au) | [admin@brocksplumbing.com.au](mailto:admin@brocksplumbing.com.au)

**Advertising Space Available**

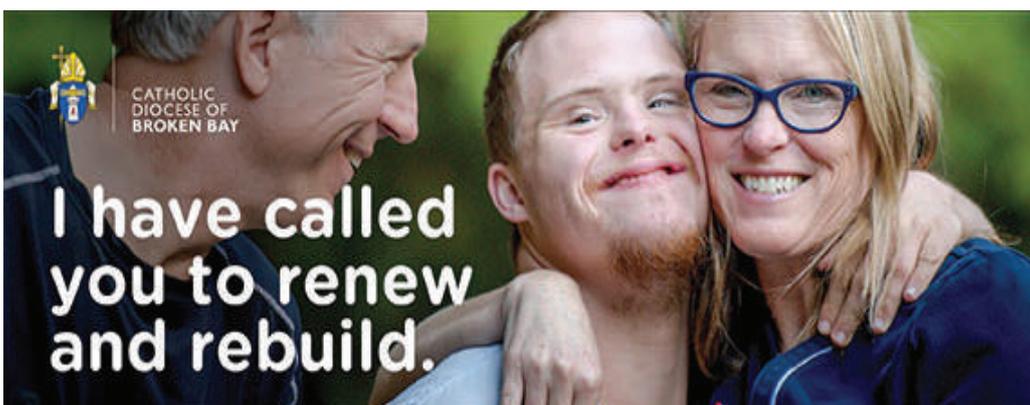
*For more information call the Parish Office on 9157 0999*



**DAYS FOR GIRLS**

To find out more, call Tamara  
0403226699

Every Girl. Everywhere. Period.

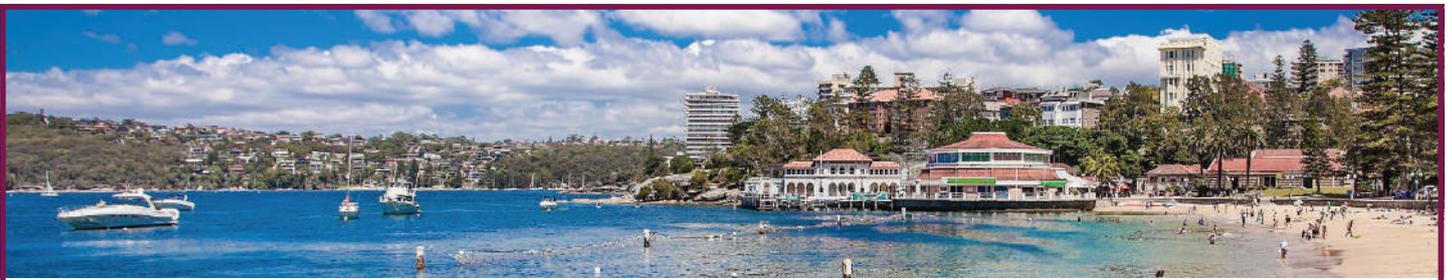


**CATHOLIC DIOCESE OF  
BROKEN BAY**

**I have called  
you to renew  
and rebuild.**

**PASTORAL  
WORKS** Broken Bay

Donate to help families and parish communities in Broken Bay.



# LOCAL PEOPLE CARING FOR LOCAL FAMILIES

Our team live, work and play on the Beaches. We understand the local community and are here for you when you need us most. Whether it's to plan an immediate funeral for a loved one or plan ahead for your own with a pre-paid funeral, we're here to help.

## ANN WILSON FUNERALS

Contact us to find out more.

844 Pittwater Road, Dee Why  
9971 4224

Cnr Barrenjoey Road & Darley Street, Mona Vale  
9979 5978

[annwilsonfunerals.com.au](http://annwilsonfunerals.com.au)

**Part of the local community since 1957**

51 Bassett St, Mona Vale  
Ph: 9999 3340

49 Avalon Pde, Avalon  
Ph: 9918 3315

**Serving Northern Beaches Families & Businesses since 1976!**

**Ph: 9913 2624**  
2 Devitt Street  
Narrabeen

**Advertising Space Available**

*For more information call the Parish Office on 9157 0999*

The Northern Beaches only local family owned and operated funeral company.

With over 35 years experience we can guide you with the sensitivity and respect your loved one deserves.

- 24 hour professional service
- Enquire about pre-paid funerals
- Unique funerals a speciality.

**9999 5211**  
[www.peninsulafunerals.com.au](http://www.peninsulafunerals.com.au)

**Purveyors of Specialty Coffee**

**Driven by a passion for community & quality.**

**Award winning coffee beans available online**  
[www.coffeebros.com.au](http://www.coffeebros.com.au)

**PITTWATER PHARMACY**  
COMPOUNDING CHEMIST

**Ralph Papandrea**  
B.PHARM (Hons) MSc. MPS  
**Len Papandrea**  
B.PHARM. MPS  
**Sam Papandrea**  
B.PHARM. MPS  
**Andrew Snow**  
B.PHARM. MPS

1771 Pittwater Road  
Mona Vale 2103  
Ph: 9999 3398 Fax: 9999 3910

FINE WINE, SPIRITS & BEER

**FLEET STREET**

MERCHANTS

**PAUL BOTTERO**

1755 Pittwater Road  
Mona Vale NSW 2103

Phone: 9999 3055  
Fax: 9999 3055

HUNTER ESTATE AGENTS

**Agency of the Year**  
Emerald Heights

**Duane Hunter**  
0415 708 992  
9970 7220

Follow us on  
f  
duanehunterhea