



The Catholic Parish of Pittwater

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

A warm welcome to all our parishioners and visitors who are celebrating the Eucharist with us at Pittwater Parish - Sacred Heart Church and Maria Regina Church



Thoughts of Blessed Francis Jordan

Reveal to me and teach me Your will
Oh God almighty!
See, I am ready, but you, Lord, help me.

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.



 Like us on Facebook
Pittwater Catholic Parish

 You can find us on Instagram
(catholicparishpittwater)

SAFEGUARDING

We, the people of the Catholic Diocese of Broken Bay and the Catholic Parish of Pittwater are committed to fostering communities of safety and care for all people, especially for children and others in the community who are vulnerable. Our commitment is underscored by our faith in Jesus Christ.



POPE LEO'S PRAYER INTENTION for NOVEMBER

For the Prevention of Suicide

Let us pray that those who are struggling with suicidal thoughts might find the support, care and love they need in their community and be open to the beauty of life.

MASS TIMES

Sacred Heart Church

1 Keenan Street, Mona Vale

WEEKDAY MASSES

Tuesday 9.30 am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction *from 8.30 am followed by Mass*

Wednesday 9.30 am

Thursday 7 pm
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction *from 7.30 pm to 9.00 pm*

Friday 9:30 am
First Friday of the month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction *from 9:30 am, followed by Healing Mass/ Anointing of the Sick at 10.30 am*

WEEKEND MASSES

Saturday Vigil 5.00 pm
Sunday 8.00 am, 10.00 am & 6.00 pm (SOUL)

RECONCILIATION

Saturday Vigil 4.00 pm to 4.30 pm

BAPTISM

4th Sunday of the Month 11.30 am

Maria Regina Church

7 Central Road, Avalon

WEEKDAY MASSES

Monday 8.00 am

Wednesday 8.00 am

Thursday 10 am
9.00 am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45 am

Friday 8.00 am
First Friday of the month, *Healing Mass/ Anointing of the Sick at 8.00 am*

WEEKEND MASSES

Saturday Vigil 6.00 pm
Sunday 9.00 am

RECONCILIATION

Before Vigil Mass on Saturday

BAPTISM

3rd Sunday of the Month 11.00 am

WE PRAY for

Recently Deceased
Ana Stojsic
Deanna "Dee" Donlan

May all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Prayer for the Sick

Anna Śmigowska

Lily Janosik

Sue French

Maureen Larios

Elaine Boyes

Pauline Chipman

Ron Clarke

Barbara Clarke

Anna Katanec

Otma Nouak

Angela Miller

Philip Khalifeh

Joseph Khalifeh

Therese Keane

Bruce Farr

Heidi Taylor

James

Jacinta Purnell - Major

Garry Gleeson

Nenita Roque

Marie Celine Roque- Maca

Neda Crvelin

Jesse Cathersides

Mary Reilly

Marta Bizubova

DVD REVIEW

The Reluctant Saint

The Story of St Joseph of Cupertino



At his mother's request, Montalban, her brother, reluctantly accepts his nephew into the monastery where we see one calamity after another.



Society of the Divine Savior
SALVATORIANS
Apostles for our times.

Buy a Book for \$50 and Support the Salvatorian Formation



ENVELOPES are made available to make a purchase with **CASH** or by **CREDIT CARD**. Please place the completed envelope: In the collection during Mass or Drop it off at the Parish Office.

Thank you for your support!

Liturgy for the Week

17/11 Monday, St Elizabeth of Hungary
1 Macc 1:1-10-15, 41-43, 54-57, 62-64; Lk 18:35-43

18/11 Tuesday, Ordinary Time 33
2 Macc 6:18-31; Lk 19:1-10

19/11 Wednesday, Ordinary Time 33
2 Macc 7:1, 20-31; Lk 19:11-28

20/11 Thursday, Ordinary Time 33
1 macc 2:15-29; Lk 19:41-44

21/11 Friday, The Presentation of the Blessed Virgin Mary
Wis 13:1-9; Lk 17:26-37

22/11 Saturday, St Cecilia
1 Macc 6:1-13; Lk 20:27-40

Gentle Reminder on Receiving the Holy Eucharist

We kindly remind everyone to consume the Holy Eucharist immediately upon receiving it—either before stepping away from the priest or minister, or right there at the altar. Please refrain from taking the Sacred Host back to your seat before consuming it. This helps maintain the dignity and sanctity of the Holy Eucharist, which is truly the Body of Christ.



Thank you for your understanding, cooperation and continued reverence in this most sacred moment of our faith.



THE CATHOLIC PARISH
OF PITTSWATER

GIVING

Our parish flourishes through the thoughtful care of resources and the generous commitment of our supporters. With gratitude, we thank all who help sustain our parish life, care for our Church and support the ministries that serve our community.

TO MAKE DONATIONS

SCAN the QR CODE below with your mobile phone camera and follow the prompts

Donations can be made weekly, fortnightly, monthly or one-off.



Areas of GIVING

First Collection

(Clergy Giving)

Second Collection

(Parish Giving)

Pastoral Works Broken Bay

All PWBB donations over \$2 are 100% tax deductible

Pastoral Works Broken Bay is the charitable outreach of our Catholic community, supporting the pastoral priorities of the Diocese. It plays a vital role in funding life changing ministries, strengthening families and nurturing parish communities across Broken Bay.

Has Your Credit Card Expired?

If you support the Parish through credit card giving, please let us know if your card details have changed or expired.

Direct Debit

You may also choose to support the Parish through direct debit. This can be set up easily and securely by contacting the Parish Office, who will arrange it for you.

Book of Remembrance

During the month of November, the Church invites us to remember and pray for all our faithful departed. It is a sacred time to express our love and gratitude for those who have gone before us and to commend their souls to God's infinite mercy. Let us unite in prayer for our beloved family members, friends, and all the souls in purgatory, that they may share in the eternal light and peace of Christ.

You are encouraged to include the names of your departed loved ones in our Book of Remembrance, and to join us in offering Masses and personal prayers throughout the month for their eternal rest.

Please fill in the "November Offerings" envelopes and drop it in to the Parish Office or

put it in the collection during the weekend Masses.

Each day in November, a Mass will be offered for all the names published in our "Book of Remembrance".



PREPARING OUR HEARTS FOR CONFESSION:

A Journey Through the 7 Deadly Sins and Heavenly Virtues



As part of our commitment to deepening our spiritual lives and growing in holiness, we are launching a **Weekly Reflection Series** focusing on the 7 Deadly Sins and their corresponding Virtues.

Each week, we will explore one of the sins that can separate us from God, along with the virtue that counteracts it and draws us closer to Him. This journey will help us better understand ourselves, recognise areas in need of God's mercy, and prepare our hearts for a sincere and fruitful Confession or Reconciliation. This is an opportunity for all of us—individually and as a community—to reflect, grow, and be renewed in our faith.

Stay tuned each week for practical insights and spiritual guidance as we seek to turn away from sin and grow in virtue.

SLOTH (5TH DEADLY SIN)

Sloth is more than general laziness. It's a lazy soul. The slothful person looks at God's transforming love and says, it's too much work. It's easier to be Martha, harder to be Mary. Mary's doing what's necessary. "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her." (Luke 10:41-42) There are a lot of things we could do, but one thing is necessary. Luke tells us that Mary chose the good portion: she... sat at the Lord's feet and listened to his teaching. (v.39) Jesus calls us to listen first, and then to service.

We need a relationship with Jesus. All relationships take work, and if we refuse to do that work, it's not going to work. Not only will the relationship be in serious jeopardy, but we can miss out on the joy offered to us through that relationship! But the hard work of a relationship can at times make us want to give up or distract ourselves with something else.

Excerpt from cckc.church

DILIGENCE (5TH VIRTUE)

When sloth rises up, following Jesus can feel too hard. Don't give in. Like Mary, sit at His feet, listen to what He says. The only antidote to sloth is diligence, perseverance, working at the relationship—which is the hardest thing in the world when we are feeling slothful! Our souls

are bent towards laziness.

We say we want to change, but do we? I don't want to be so angry or lustful or greedy. Change is not just going to happen. Peter said, practice these things. We must realize that practice makes virtue. Discipline makes virtue. And our motivation is not to earn His grace (you can't do that) but because of His grace! Early church fathers talked about how the best way to fight sloth is with the discipline of "staying put." What they mean is doing what you know is right even when you don't want to. Diligence. Instead of drifting, choose to step further in. We should do what we should be doing, not what we want to do, even when it feels like drudgery.

Excerpt from cckc.church

SLOTH & DILIGENCE A REFLECTION

Sloth refuses to do what love requires. This is why it destroys families and workplaces and communities. It's not just laziness; it's being too lazy to love! Jesus isn't telling Martha to stop working and go to Bible studies all day long. No! God loves us so that we will love others. When we don't, sloth impacts everyone around us!

When we choose sloth (or drift), it may feel innocent. And sure, we need rest and downtime. Workaholism is not a virtue! But if we're becoming slothful persons, we are robbing the people around us. It's a failure to love. Your family needs you. Your neighbours and your friends need you. Your church. Your community. Your clients. Your classmates. Sloth sees the needs and opportunities for love and says, nah, it's too much work. Find places to serve your community and your church. Volunteering is good. And the primary work God has for you is the place where He's put you. It's the work you do day-in and day-out, whether you get paid for it or not, whether you like it or not. Practice diligence. Then you'll begin to see your work not simply as a collection of tasks, but as an opportunity to love. Life is meant to be spent. This is why Jesus came. And He spent His life for you and for me. He longs to change us with His love. He constantly works on our behalf. And yes, He died for lazy people too. But He rose again to turn our sloth into love. To bring dignity and joy to our work and to our lives. To bring forgiveness when we fail and hope that we can change. This is the work He does. And it's the work He invites us into. Let's be diligent with what matters most.

Excerpt from cckc.church

Parish Directory

Pittwater Parish

1 Keenan Street,
Mona Vale
NSW 2103
Tel 9157 0999

Parish Priest
Fr Richard Sadowski SDS

Tel 9157 0999 ext 10

pp@pittwaterparish.org

Assistant Priest
Fr Zygmunt Smigowski SDS

Tel 9157 0999 ext 12

ap@pittwaterparish.org

Parish Secretary
Belinda Cimino

Tel 9157 0999 ext 30

office@pittwaterparish.org

Administrative Assistant
Sherae Knight

Tel 9157 0999 ext 30

office@pittwaterparish.org

**Media & Communications
Coordinator**
Conille Felias

Tel 9157 0999 ext 31

media@pittwaterparish.org

Sacramental Coordinator
Sonia Samartin

Tel 9157 0999 ext 13

sacraments@pittwaterparish.org

**CCD Catechist
Coordinators**

Maureen Wooldridge

Mobile 0421 907 469

Veronica Thomas

Mobile 0417 061 534

Sacred Heart Church
1 Keenan Street, Mona Vale

Maria Regina Church
7 Central Road, Avalon

SCHOOLS

Sacred Heart School
Mona vale

Tel 8197 6900

Principal: Ms Louise O'Brien

Maria Regina School
Avalon

Tel 7256 2138

Principal: Ms Kirsty Thorpe

Mater Maria Catholic College
Warriewood

Tel 7256 2100

Principal: Mr Anthony Mahoney



FEAST OF THE
PRESENTATION
OF THE BLESSED
VIRGIN MARY
21ST NOVEMBER

SAVE
the
DATES

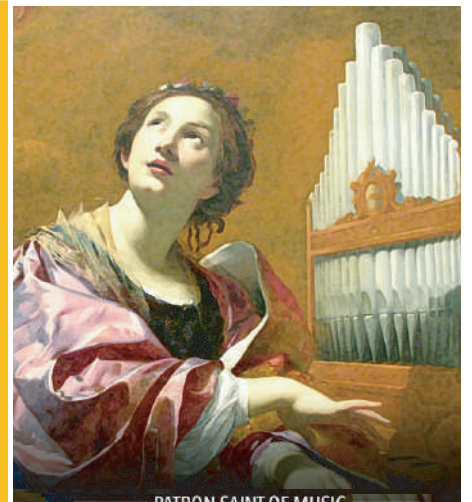
MONDAY, 8th DECEMBER
**Annual Salvatorian
Foundation Day**

at 6:30 pm MASS
followed by Cocktails
& Fellowship

Sacred Heart Parish Centre,
Mona Vale

SATURDAY, 13th DECEMBER
**Christmas Carols
& Dinner**

after the 5:00 pm MASS
Sacred Heart Parish Centre,
Mona Vale



PATRON SAINT OF MUSIC

Saint Cecilia

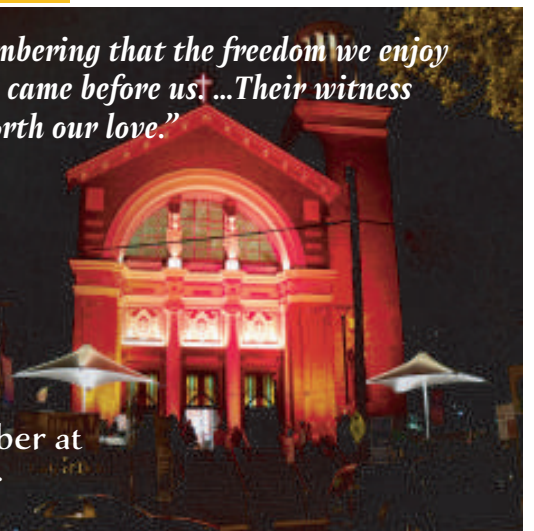
O Eternal God, who gave us in the person of St. Cecilia, a powerful protectress, grant that after having faithfully passed our days like herself, in innocence and holiness, we may one day attain the land of beatitude, where in concert with her, we may praise you and bless you forevermore in eternity. Amen.

"It is not just about remembering distant lands. It is about remembering that the freedom we enjoy today was purchased by the courage and sacrifice of those who came before us... Their witness strengthens our faith, their sacrifice calls forth our love."

RED WEDNESDAY

NOVEMBER 19

BISHOP ANTHONY RANDAZZO will celebrate Mass to pray for persecuted Christians on Wednesday, 19 November at Our Lady of Dolours Church, Chatswood at 7:00pm. All are welcome to join.



PASTORAL
WORKS
Broken Bay



**Pastoral Works
November 2025 Appeal**

"Connecting to the Mission of Jesus Christ!"



Confraternity of
Christian Doctrine (CCD)



Hospital Chaplaincy
and Pastoral Care



Please give generously to our
NOVEMBER 2025 APPEAL

WHO DOES PASTORAL WORKS BROKEN BAY SUPPORT?

- *The **Confraternity of Christian Doctrine (CCD)** takes the Gospel of Jesus Christ to our State Schools, CCD coordinates over 700 volunteer catechists to provide religious education to 12,000 students in the state schools in the Diocese of Broken Bay.
- *The **Hospital Chaplaincy and Pastoral Care Program** provides pastoral support and sacraments to the sick in seven Hospitals in the Diocese.
- *Every year, PWBB also contributes financially to **St Lucy's School** and **St Edmund's College**, which caters for students with disabilities, and to the **Ephpheta Centre**, which supports the deaf community across Sydney. These collaborations started many years ago, we cannot thank you enough for your commitment to caring for our people with disabilities.

WHAT WILL MY GIFT BE USED FOR?

99% of Pastoral Works Broken Bay donations go directly to the work of the charities mentioned above. The remaining 1% is used to cover the cost of materials for the appeals. None of the donated money is retained within the Diocese for administrative purposes, ensuring that your contribution goes directly to the five local charities carrying out the mission of Jesus Christ at the grassroots level.



Parish Bulletin Term 4, Week 5

This Monday marked the beginning of yearly examinations for our Year 8 and Year 9 students. Please keep them in your thoughts and prayers during this important time.

On Tuesday, we gathered in the College amphitheatre for our Remembrance Day Service, observing a moment of silence to honour Australians who have served and sacrificed for our nation. Students also attended services at the Avalon and Pittwater RSL's.

On Wednesday evening, several Mater Maria students were recognised at the CSBB Religious Creative Arts Competition, showcasing their talents in visual arts, film, and live performances at Hornsby RSL. The event was attended by Most Rev. Bishop Anthony Randazzo and the Director of Catholic Schools, Mr Danny Casey.

Year 10 Mathematics Advanced students visited the Centre for Creativity at the Sydney Opera House, where they created observational sketches, collaborative three-dimensional drawings, and small sculptural models inspired by the building's unique geometry.

Our Year 12 students hosted a \$15 Formal, a wonderful community-building event and charity fundraiser. All proceeds were donated to Caritas Australia's Project Compassion.

In sport, senior students competed in the CSBB Opens Volleyball Championships against other schools in the diocese, while MWBA Basketball continues daily after school.

Every Friday, our prefects host Faith Fridays, a vibrant youth group in our Chapel and Courtyard, combining faith, music and fellowship, and is open to all students.

A reminder that applications are now open for Year 7 in 2028 and 2029. Waitlists are currently in place for Year 7, 2026 and 2027. Applications for Year 7, 2028 will close at the end of Term 1, 2026. For more details, visit matermaria.nsw.edu.au/enrolments.

WHAT'S HAPPENING AT MARIA REGINA?



Week 4 - 1st November

Celebrating All Saints Day

Some of our students had the joy of attending the All Saints Day celebration at Sacred Heart Church, dressed as their favourite saints!

From Saint Francis to Saint Joan of Arc, their costumes were thoughtful, creative, and full of heart.

It was a beautiful way to honour the lives of the saints and reflect on their inspiring examples of faith, courage, and kindness.

Thank you to Sacred Heart Church for welcoming our students so warmly — and to our families for helping bring these saintly outfits to life!



Week 5- 12th November

Our 2026 Kindergarten Class Orientation has kicked off!

A warm welcome to our 2026 Kindergarten class starting their orientation at Maria Regina this term! We're so excited to have these bright young learners join our school community.

Here's to new friendships, big smiles, and a wonderful journey ahead!



The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

DEUTERONOMY 31:8-9

Southern Living

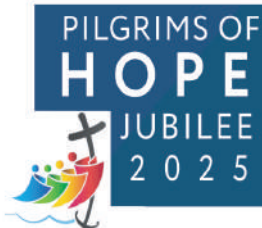


MARIA REGINA

Catholic Primary School, Avalon

Enrolling Now

Kindergarten - Year 6



JUBILEE OF CHOIRS

A CHORAL FESTIVAL OF SONG

All are invited to this Jubilee event at
Our Lady of the Rosary Cathedral
on Saturday 22 November: the Feast of Saint Cecilia

5 pm: Vigil Mass for the Solemnity of Christ, celebrated by Bishop Anthony DD JCL (*light supper to follow*)
6:30 pm: Jubilee Concert in the Cathedral, featuring Choirs from across Broken Bay Diocese (*Free Admission*)



CATHOLIC
DIOCESE OF
BROKEN BAY

The *Living* Word

Entrance Antiphon

Jeremiah 29:11,12,14

The Lord said: I think thoughts of peace and not of affliction. You will call upon me, and I will answer you, and I will lead back your captives from every place.

First Reading

Malachi 3:19-20

A reading from the prophet Malachi
The sun of righteousness will shine on you.

The day is coming now, burning like a furnace; and all the arrogant and the evil-doers will be like stubble. The day that is coming is going to burn them up, says the Lord of hosts, leaving them neither root nor stalk. But for you who fear my name, the sun of righteousness will shine out with healing in its rays.

The word of the Lord

Responsorial Psalm

Ps 97:5-9

(R.) The Lord comes to rule the earth with justice.

Sing psalms to the Lord with the harp with the sound of music. With trumpets and the sound of the horn acclaim the King, the Lord. **(R.)**

Let the sea and all within it, thunder; the world, and all its peoples. Let the rivers clap their hands and the hills ring out their joy at the presence of the Lord. **(R.)**

For the Lord comes, he comes to rule the earth. He will rule the world with justice and the peoples with fairness. **(R.)**

Second Reading

2 Thessalonians 3:7-12

A reading from the second letter of St Paul to the Thessalonians
Do not give anyone food who refuses to work.

You know how you are supposed to imitate us: now we were not idle when we were with you, nor did we ever have our meals at anyone's table without paying for them; no, we worked night and day, slaving and straining, so as not to be a burden on any of you. This was not because we had no right to be, but in order to make ourselves an example for you to follow.

We gave you a rule when we were with you: not to let anyone have any food if he refused to do any work. Now we hear that there are some of you who are living in idleness, doing no work themselves but interfering with everyone else's. In the Lord Jesus Christ, we order and call on people of this kind to go on quietly working and earning the food that they eat.

The word of the Lord.

Gospel Acclamation

Luke 21:28

Alleluia, alleluia!

Lift up your heads and see; your redemption is near at hand.
Alleluia!

Gospel

Luke 21:5-19

A reading from the holy Gospel according to Luke

Your endurance will win you your life.

When some were talking about the Temple, remarking how it was adorned with fine stonework and votive offerings, Jesus said, 'All these things you are staring at now – the time will come when not a single stone will be left on another: everything will be destroyed.' And they put to him this question: 'Master,' they said, 'when will this happen, then, and what sign will there be that this is about to take place?'

'Take care not to be deceived,' he said, 'because many will come using my name and saying, "I am he" and, "The time is near at hand." Refuse to join them. And when you hear of wars and revolutions, do not be frightened, for this is something that must happen but the end is not soon.' Then he said to them, 'Nation will fight against nation, and kingdom against kingdom. There will be great earthquakes and plagues and famines here and there; there will be fearful sights and great signs from heaven.

'But before all this happens, men will seize you and persecute you; they will hand you over to the synagogues and to imprisonment, and bring you before kings and governors because of my name – and that will be your opportunity to bear witness. Keep this carefully in mind: you are not to prepare your defence, because I myself shall give you an eloquence and a wisdom that none of your opponents will be able to resist or contradict. You will be betrayed even by parents and brothers, relations and friends; and some of you will be put to death. You will be hated by all men on account of my name, but not a hair of your head will be lost. Your endurance will win you your lives.'

The word of the Lord.

Communion Antiphon

Psalm 72:28

To be near God is my happiness, to place my hope in God the Lord.

REFLECTION

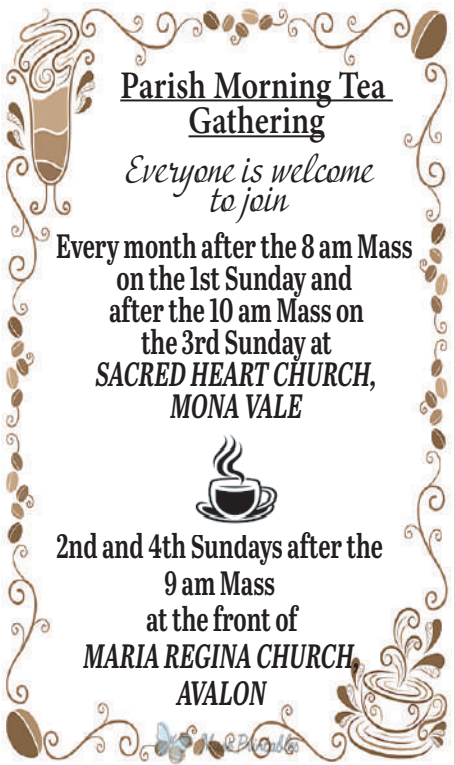
by Dianne Bergant

The Day of the Lord was believed to be the time when God would come in majesty and power to set all things right. We must remember that the descriptions in today's readings are metaphorical or symbolic in nature. As with all metaphors or symbols, we miss something of their profound meaning if we merely understand them literally. It is

not helpful to relate elements of the description with particular aspects of the contemporary world. Belief in the Day of the Lord is a way of testifying to our faith in the righteousness of God.

Although the narrative readings for today concentrate on the disruptions that will accompany the coming of God, they also contain hints of the salvation that will finally arrive. Malachi speaks of the sun of justice that comes with healing rays; Luke promises that the faithful disciples will escape without a hair of their heads being destroyed. Just as the descriptions of the upheavals should not be understood literally, neither should these descriptions. It may be that the faithful followers of Jesus will suffer terrible agonies. The point here is that even in the midst of their pain, they will be protected. The healing rays of justice and the rescue of the lives of the upright are references to salvation. God does not come at the end to condemn, but to save. Furthermore, the suffering that precedes the end is intended for purification and refinement, not punishment. Christians are exhorted to live in this endtime with patient endurance of difficulties.


© Dianne Bergant CSA



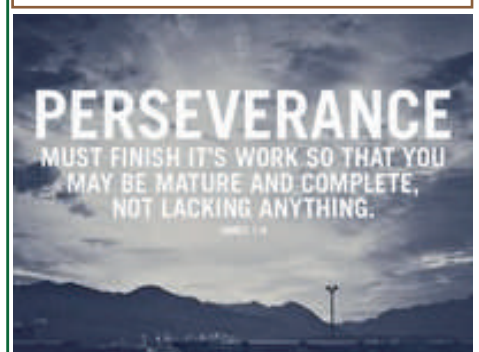
Parish Morning Tea Gathering

Everyone is welcome to join

Every month after the 8 am Mass on the 1st Sunday and after the 10 am Mass on the 3rd Sunday at SACRED HEART CHURCH, MONA VALE



2nd and 4th Sundays after the 9 am Mass at the front of MARIA REGINA CHURCH, AVALON



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A National Catholic Ministry for Men, founded out of a response to a great need in the hearts & lives of men & great need in the life of the Catholic Church.

ALL MEN WELCOME

We Meet
 First & Third Tuesday of every Month
 At 7pm
 Sacred Heart Parish Centre

**We will also be beginning a series on
 METANOIA**
 A video series & discussion, inviting everyone to a deeper more profound conversion - a metanoia - that moves us from something to someone, as metanoia ultimately turns us to Jesus.

Bringing men together, to renew their faith in God & encourage them to be an active force of renewal in the Church

**For any questions contact
 Joe Cilia - 0418 863 814**

ADVERTISEMENT SPACES AVAILABLE

Our bulletin has available spaces to promote local businesses. It's a great way to reach the community and endorse your services. Ready to advertise? Please contact the Parish Office on **9157 0999** for more information

To find out more, call Tamara
 0403226699



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49 Avalon Pde, Avalon
Ph: 9918 3315



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friends.
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or coffee
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MONDAYS

9:30 - 11:30

(SCHOOL TERM)

Please CONTACT

NIKKI - 0481 009 376

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Dr Wael Wasef
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“

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LORD, that I may walk
in your truth; unite
my heart to fear your
name.

PSALM 86:11