



# 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

If you could not preach at all with words, example alone is already a mighty sermon that would capture the spectator.

## DISCIPLESHIP PRAYER

Heavenly Father,  
open our hearts to hidden realities:  
your love for all people,  
your presence in the community,  
your call to justice and peace.

May the sacraments stir in us  
that same love for all people.

Christ Jesus,  
help us to imitate your example:  
healing the sick,  
welcoming the stranger,  
assisting the poor and vulnerable.

May these remind us of your love  
and self-giving,  
which we strive to imitate.

We ask you,  
through Christ,  
our Lord.  
Amen.



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Pittwater  
Catholic Parish



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**INSTAGRAM**



### 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 *June*

### For The Values of Sports

Let us pray that sports be an instrument of peace, encounter and dialogue among cultures and nations, and that they promote values such as respect, solidarity and personal growth.

# 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 - 7.00 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*

## WEEKEND MASSES

**SATURDAY VIGIL - 5.00 pm**  
**SUNDAY**  
8.00 am, 10.00 am & 6.00 pm (Soul Mass)

## RECONCILIATION

**SATURDAY VIGIL**  
4.00 pm to 4.30

## BAPTISM

**4TH SUNDAY** of the Month  
at 11.30 am

## MARIA REGINA CHURCH

7 Central Road, Avalon

## WEEKDAY MASSES

**MONDAY - 8.00am**

**WEDNESDAY - 8.00 am**

**THURSDAY - 10.00 am**  
*Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction at 9.00 am*

**FRIDAY - 8.00 am**  
**FIRST FRIDAY** of the Month,  
*Healing Mass/ Anointing of the Sick at 8.00 am*

## RECONCILIATION

Before Vigil Mass on Saturday

## WEEKEND MASSES

**SATURDAY VIGIL - 6.00 pm**  
**SUNDAY - 9.00 am**

## BAPTISM

**3RD SUNDAY** of the Month  
at 11.00 am

# WE PRAY for

## RECENTLY DECEASED

STANISLAW SEREMET  
ROCCO ROMEO

*Eternal rest, grant unto them,  
O Lord, and let perpetual light  
shine upon them.  
May they rest in peace. Amen.*

## DECEASED ANNIVERSARY

MATE SPADINA KRETIC  
MILE SPADINA

## Prayer for the SICK

*Lord, look with mercy on  
your servants who are sick.  
Bring them comfort,  
healing and strength.*

ANNA ŚMIGOWSKA  
TRISH NEWMAN  
LILY JANOSIK  
SUE FRENCH  
MAUREEN LARIOS  
ELAINE BOYES  
PAULINE CHAPMAN  
RON CLARKE  
BARBARA CLARKE  
ANNA KATANEC  
OTMA NOUAK  
ANGELA MILLER  
PHILIP KHALIFEH  
JOSEPH KHALIFEH  
GEORGE AZOURY  
BRUCE FARR  
JAMES  
JACINTA PURNELL-MAJOR  
NENITA ROQUE  
MARIE CELINE- MACA  
NEDA CRVELIN  
JESSE CATHERSIDES  
MARY REILLY  
NOEL REILLY  
THERESA KEANE  
MARTA BIZUBOVA  
LIAM GAVIN



## SOLEMNITY OF The Nativity of ST JOHN THE BAPTIST 24TH JUNE

*Voice of the wilderness,  
messenger of God and  
martyr for truth.*

*St John the Baptist, pray for us as we  
prepare the way for Christ in  
our lives. Amen.*

# BOOK REVIEW

## Our Catholic Faith

by: Matthew Arnold



Truths about God and the Mysteries of the Catholic Faith with orchestral music and scenes of contemporary Catholicism, the glory of nature and sacred art and architecture.

# GO

into all the world  
&  
**PROCLAIM**  
the  
**GOSPEL**  
to the whole creation.

-MARK 16:15-

## LITURGY FOR THE WEEK

22/06 Monday, Sts John Fisher & Thomas More  
2 Kings 17:5-8, 13-15, 18;  
Mt 7:1-5

23/06 Tuesday, Ordinary Time 12  
2 Kg 19:9-11, 14-21, 31-36;  
Mt 7:6, 10-11

24/06 Wednesday, The Nativity of St John the Baptist  
Is 49:1-6; Lk 1:57-66

25/06 Thursday, Ordinary Time 12  
2 Kg 24:8-17; Mt 7:21-29

26/06 Friday, Ordinary Time 12  
2 Kg 25:1-12; Mt 8:1-4

27/06 Saturday, Ordinary Time 12  
Lam 2:2, 10-14, 18-19;  
Mt 8:5-17



## THE CATHOLIC PARISH OF PITTPATER 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.

# Our Parish Schools

# PARISH DIRECTORY

## PITTWATER PARISH



### Parish Bulletin- Term 2, Week 9

It has been another vibrant week at Mater Maria, with students embracing opportunities in learning, faith, culture, service and sport.

Year 7 Japanese students enjoyed a Bunkasai cultural incursion, taking part in activities including taiko drumming and making onigiri rice balls. Year 12 Biology students participated in the Amgen Biotech Experience, using research-grade equipment to explore molecular biology and biotechnology in a hands-on laboratory setting. Three Year 12 Hospitality students also represented the College at the annual Interschool Hospitality Cooking Competition at St Peter's Catholic College, Tuggerah.

Many of our College musicians shared their talents through a Concert for Caritas on Thursday afternoon, raising funds to support Caritas Australia's work with communities experiencing poverty and injustice around the world.

Each Friday, our Prefects continue to lead Faith Fridays, inviting students to gather for music, reflection and prayer - a meaningful reminder that faith is at the heart of our College community.

Students have also proudly represented Mater Maria in MWBA basketball, Broken Bay and Peninsula Cup netball, Peninsula Cup soccer, the NSW All Schools Regional Touch Football tournament, and the Year 9 PASS Flag Football Gala Day which was held on the College basketball courts. We congratulate all students involved for representing Mater Maria with pride, teamwork and commitment.

Families are reminded that applications for Year 7 2029 close on Friday 3 July, as Catholic Schools Broken Bay moves towards offering secondary placements when students are in Year 3. As demand for places at Mater Maria remains strong, families are encouraged to apply by the closing date at

[matermaria.nsw.edu.au/enrolments](http://matermaria.nsw.edu.au/enrolments)

*We thank our parish communities for your continued prayers and support. It is through this strong partnership that we are able to nurture and guide our young people, and we look forward to continuing to share the life of our College with you.*



### Sacred Heart Catholic Primary School Week 9, Term 2

On Monday 15 June, our Year 1 students visited Sydney Zoo for their excursion. The excursion was linked to the topic that focuses on features of living things and their environment. Thank you to our Year 1 staff and Year 1 parent helpers.

On Tuesday 16 June, we held our Athletics Time Trials at Kitchener Park, with students competing in the 100m and 200m events. Earlier this term, our Athletics Carnival was rained out so it was great to get the opportunity to complete these races. Students from Years 2-6 walked down to the park, and we were delighted to enjoy beautiful sunshine throughout the day.

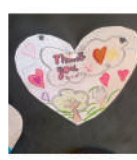
On Thursday 18 June we held our School Handball Final. This is the 5th year this competition has been held and was created as a student initiative back in 2022. Congratulations to the winners from each year group that will compete at the Northern Beaches Interschools Handball Final in Week 11.

Sacred Heart Feast Day, celebrated last Friday 12 June, was a wonderful occasion for our school community. Students attended a special Mass, proudly wore a touch of red, and enjoyed a lunch from the canteen. The day also marked an important part of our Term 2 social justice initiative, supporting the St Vincent de Paul Winter Appeal. Through our gold coin donations, we raised valuable funds, and we were delighted to collect a significant number of toiletry bags generously donated by our community for those in need. Thank you to everyone for your kindness and generosity in supporting this important cause.



### Maria Regina Catholic Primary School Week 9, Term 2

We have received a thank you letter from the principal Shirley MacLeod of the Three Springs Primary School in WA. This is the school Breakfast Program that Pittwater Parish has been supporting with the kind donations from parishioners. These volunteer donations are collected at the Coffee Mornings every third Sunday of the month at Sacred Heart Mona Vale. Here is what Shirley had to say. Every school day, we have the MEEDAC (Midwest Aboriginal Employment and Economic Development) bus doing two runs around Three Springs picking up children for school. When they arrive at school, we have a Breakfast Program offering toast, spaghetti, milo or orange juice. Sometimes porridge. Three mornings a week it is run by a local volunteer Gladys Sutton. Gladys doesn't even have children at our school. Two days a week the police come and cook and talk to our students. It is a very special arrangement. With your financial support we will purchase milo, toothpaste and margarine. And if we run short of bread, it will be used for that as well. We get the spaghetti, milk and orange juice from Food Bank in Geraldton.



### 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**

Last Sunday after the  
9 am Mass  
at the front of  
**MARIA REGINA CHURCH,  
AVALON**

1 Keenan Street  
Mona Vale NSW 2103  
 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**  
*Shereae Knight*  
Tel 9157 0999 ext 30  
office@pittwaterparish.org

**PARISH BOOKKEEPER**  
*Suzy Caruso*  
Tel 9157 0999 ext 30  
accounts@pittwaterparish.org

**MEDIA & COMMUNICATIONS  
COORDINATOR**  
*Conille Felias*  
Tel 9157 0999 ext 31  
media@pittwaterparish.org

**DIRECTOR OF MUSIC**  
*Monique Reeves*  
Tel 9157 0999 ext 17  
music@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



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 ARE WELCOME

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

### Join Us - Men's Faith Gathering

We warmly invite all men of our parish & community to come together at 7:00 pm for an informal & faith-filled evening of conversation, reflection & brotherhood.

These gatherings offer a welcoming & supportive space to share openly, grow spiritually & encourage one another in our journey of faith.

Together, we seek to renew our hearts in Christ, strengthen our commitment to God & be a vital & active force of renewal within our Church.

Come & be part of a community where faith is nurtured, friendships are formed & the Holy Spirit at work.

All are welcome. We look forward to seeing you there.

For any questions, contact  
Joe Cillia - 0418 863 814

# Happy Birthday Fr Zygmunt!

Wishing you a very happy and blessed birthday on  
**23<sup>rd</sup> June!**

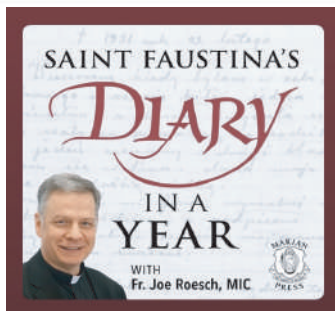
May God continue to bless you with health, joy, and strength as you inspire and guide us in faith and love. ♥

*Thank you for your dedication, kindness, and faithful service.*

*God bless you always!*



WALKING TOGETHER, LEARNING TOGETHER, GROWING TOGETHER  
AND POINTING EACH OTHER TO JESUS.



ST FAUSTINA'S DIARY IN A YEAR -  
NOW AVAILABLE FREE ON SPOTIFY



Discover the inspiring words and reflections of St Faustina Kowalska through Divine Mercy in My Soul (The Diary of St Faustina in a Year), is now available to listen for free on Spotify. This beautiful diary shares St Faustina's encounters with Jesus and the message of Divine Mercy that continues to touch hearts around the world. We encourage parishioners to take time to listen, reflect and deepen their faith through spiritual treasure. Simply search "St Faustina Diary in a Year" on Spotify to begin listening.

## THE 12 PROMISES OF THE SACRED HEART OF JESUS

As given to

St Margaret Mary Alacoque



- 1) I will give them all of the graces necessary for their state of life.
- 2) I will establish peace in their homes.
- 3) I will comfort them in all their afflictions.
- 4) I will be their strength during life and above all during death.
- 5) I will bestow a large blessing upon all their undertakings.
- 6) Sinners shall find in My Heart the source and the infinite ocean of mercy.
- 7) Tepid souls shall grow fervent.
- 8) Fervent souls shall quickly mount to high perfection.
- 9) I will bless every place where a picture of my heart shall be set up and honoured.
- 10) I will give to priests the gift of touching the most hardened hearts.
- 11) Those who shall promote this devotion shall have their names written in My Heart, never to be effaced.
- 12) The all-powerful love of My Heart will grant to all those who shall receive Communion on the First Friday of nine consecutive months the grace of final penitence; they shall not die under my displeasure, nor without receiving their Sacraments; My heart shall be their assured refuge at the last hour.

# APOSTLES VS DISCIPLES

## UNDERSTANDING CHRIST'S CALL AND MISSION

Jesus called those He wanted, that they might be with Him and that He might send them out to preach.  
- Mark 3:14

**JESUS CALLS.  
WE FOLLOW.  
HE SENDS.  
WE GO.**



### WHO ARE THE APOSTLES?

The Apostles are the 12 men personally chosen by Jesus, called to be with Him, learn from Him, and sent out with authority to continue His mission.

#### THE 12 APOSTLES

- |                          |  |
|--------------------------|--|
| 1 Simon Peter            | 7 Thomas   |
| 2 Andrew                 | 8 Matthew, the tax collector                         |
| 3 James, son of Zebedee  | 9 James, son of Alphaeus                             |
| 4 John, brother of James | 10 Thaddaeus (St. Jude)                              |
| 5 Philip                 | 11 Simon the Cananaean                               |
| 6 Bartholomew            | 12 Matthias<br>(Replaced Judas Iscariot - Acts 1:26) |



#### THEIR MISSION




- ✓ Chosen by Jesus (Mk 3:13-19)
- ✓ Witnesses of His life, death, and resurrection
- ✓ Sent with authority to teach, baptize, forgive sins, and lead the Church
- ✓ Foundation of the Church (Eph 2:20)



### WHO ARE THE DISCIPLES?

Disciples are all who follow Jesus, accept His teaching, believe in Him, and walk in His way.

#### EXAMPLES OF DISCIPLES

- |   |   |
|---|---|
|  The Blessed Virgin Mary<br>(the first and most faithful disciple) |  Susanna   |
|  Mary Magdalene   |  Nathanael                                      |
|  Zacchaeus   |  The Samaritan woman at the well               |
|  Bartimaeus  |  John the Baptist                              |
|  Joanna, the wife of Herod's steward                             |  And many others who believed and followed Him |



#### THEIR RESPONSE

- ✓ Hear His words
- ✓ Believe in Him
- ✓ Follow Him in faith and love
- ✓ Grow in holiness and discipleship

#### KEY DIFFERENCE



DISCIPLES = THE MANY FOLLOWERS OF JESUS



APOSTLES = THE SELECTED TWELVE SENT ON MISSION



“All Apostles are disciples, but not all disciples are Apostles.”



### WHY THIS MATTERS




Jesus didn't just call people to believe—He established a mission structure. The Apostles received authority to teach, baptize, lead, and build His Church. This is the foundation of Apostolic Succession—Christ's mission continues in His Church today through the bishops in union with the Pope.



“As the Father has sent Me, so I send you.”  
- John 20:21

#### REFLECTION

Being a disciple means following Jesus with faith.  
Being connected to the Apostolic mission means living in unity with the teaching of Christ and His Church.

-  Do I truly follow Jesus as His disciple?
-  Am I rooted in the faith the Apostles handed on?
-  Am I living out Christ's mission in my daily life?



#### CONCLUSION

Jesus calls all people to be disciples, but He also established the Apostles to guide, teach, and preserve His Church.  
Discipleship is the journey. · Apostleship is the mission entrusted by Christ.  
Both reveal one truth: Christ is forming a people who will follow Him faithfully until the end of time.



# The *Living* Word

**Entrance Antiphon** Psalm 27:8-9  
The Lord is the strength of his people,  
a saving refuge for the one he has  
anointed. Save your people, Lord, and  
bless your heritage, and govern them for  
ever.

**First Reading** Jeremiah 20:10-13  
**A reading from the prophet Jeremiah**  
*He has delivered the soul of the needy  
from the hands of those who are evil.*

Jeremiah said:  
‘I hear so many disparaging me,  
“Terror from every side!  
Denounce him! Let us denounce him!”  
All those who used to be my friends  
watched for my downfall,  
“Perhaps he will be seduced into error.  
Then we will master him  
and take our revenge!”  
But the Lord is at my side, a mighty  
hero;  
my opponents will stumble, mastered,  
confounded by their failure;  
everlasting, unforgettable disgrace will  
be theirs.  
But you, Lord of Hosts, you who probe  
with justice,  
who scrutinise the loins and heart,  
let me see the vengeance you will take  
on them,  
for I have committed my cause to you.  
Sing to the Lord,  
praise the Lord,  
for he has delivered the soul of the needy  
from the hands of evil men.’

**The word of the Lord**

**Responsorial Psalm**  
Ps 68:8-10. 14. 17. 33-35. R. v.14  
**(R.) Lord, in your great love, answer  
me.**

It is for you that I suffer taunts, that  
shame covers my face, that I have  
become a stranger to my brothers, an  
alien to my own mother's sons. I burn  
with zeal for your house and taunts  
against you fall on me. **(R.)**

This is my prayer to you,  
my prayer for your favour.  
In your great love, answer me, O God,  
with your help that never fails:  
Lord, answer, for your love is kind;  
in your compassion, turn towards me.  
**(R.)**

The poor when they see it will be glad  
and God-seeking hearts will revive;  
for the Lord listens to the needy and does  
not spurn his servants in their chains.  
Let the heavens and the earth give him  
praise, the sea and all its living creatures.  
**(R.)**

**Second Reading** Romans 5:12-15  
**A reading from the letter of St Paul to  
the Romans**  
*God's gift to us is nothing like our sin  
against him.*

Sin entered the world through one man,  
and through sin death, and thus death has  
spread through the whole human race

because everyone has sinned. Sin existed  
in the world long before the Law was  
given. There was no law and so no one  
could be accused of the sin of  
‘law-breaking’, yet death reigned over all  
from Adam to Moses, even though their  
sin, unlike that of Adam, was not a  
matter of breaking a law.  
Adam prefigured the One to come, but  
the gift itself considerably outweighed  
the fall. If it is certain that through one  
man's fall so many died, it is even more  
certain that divine grace, coming through  
the one man, Jesus Christ, came to so  
many as an abundant free gift.

**The word of the Lord.**

**Gospel Acclamation** John 15:26. 27

*Alleluia, alleluia!*  
The Spirit of Truth will bear witness to  
me, says the Lord, and you also will be  
my witnesses.  
*Alleluia!*

**Gospel** Matthew 10:26-33  
**A reading from the holy Gospel  
according to Matthew**  
*Do not fear those who can kill the body.*

Jesus instructed the Twelve as follows:  
‘Do not be afraid. For everything that is  
now covered will be uncovered, and  
everything now hidden will be made  
clear. What I say to you in the dark, tell  
in the daylight; what you hear in  
whispers, proclaim from the house-tops.  
‘Do not be afraid of those who kill the  
body but cannot kill the soul; fear him  
rather who can destroy both body and  
soul in hell. Can you not buy two  
sparrows for a penny? And yet not one  
falls to the ground without your Father  
knowing. Why, every hair on your head  
has been counted. So there is no need to  
be afraid; you are worth more than  
hundreds of sparrows.

‘So if anyone declares himself for me in  
the presence of men, I will declare  
myself for him in the presence of my  
Father in heaven. But the one who  
disowns me in the presence of men, I  
will disown in the presence of my Father  
in heaven.’

**The Gospel of the Lord.**

**Communion Antiphon** Psalm 144:15  
The eyes of all look to you, Lord,  
and you give them their food in due  
season.

**REFLECTION**  
by Dianne Bergant

*The demands of discipleship can be very  
difficult. The strength that is needed to  
continue on the chosen path despite its  
hardships can come only from God. We  
live in a world that desperately needs to  
hear the call to conversion, but it is a  
world that is subject to the death that  
entered it through the sin of Adam. Those*

*who answer the call of God may have to  
face the hostility of this world, because  
their values and their commitment to  
righteousness threaten its moorings. To  
commit oneself to the reign of God is to  
challenge the reign of the world, and this  
can make one very unpopular. In the  
midst of this suffering we can find  
strength in the promises of God, and we  
believe that God is faithful to these  
promises.*

*Only half of today's picture is bleak. The  
other half is radiant with hope. Paul  
assures us that the gracious gift that God  
offers us is far greater than the  
transgressions brought on by sin. This  
gracious gift is Jesus Christ himself. The  
gift exceeds anything for which we might  
have hoped. He is the comfort that will  
carry us through our disappointments.  
He is the strength that will enable us to  
endure the misunderstanding and  
hardship that come with discipleship. We  
are called to acknowledge him before the  
world, and we are promised that if we  
do, he will acknowledge us before God.  
There is light even in the midst of  
darkness. There is hope even in the midst  
of suffering.*

© Dianne Bergant CSA



## BLESSED FRANCIS JORDAN PRAYER GROUP



Come and spend time in prayer,  
reflection and devotion to our  
Blessed Mother and Blessed Francis  
Mary of the Cross Jordan  
as we gather together to deepen  
our faith and seek their loving  
intercession.

We warmly invite everyone  
to join us weekly.

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