



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

Cast all your cares to the Lord and soon you will discover that the Lord directs all things to the best outcome!

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within your wounds conceal me.
Do not permit me to be parted from you.
From the evil foe protect me.
At the hour of my death call me
and bid me to come to you.
That with your saints I may praise you
forever and ever. Amen.

CORPUS CHRISTI



In the first place, through the reception of the Sacrament of the Eucharist, Christ Himself, the cause of grace, becomes present in man.
- St Thomas Aquinas

 Like us on
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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 JUNE

**That the World Might Grow
in Compassion**

Let us pray that each one of us might find consolation in a personal relationship with Jesus, and from his Heart, learn to have compassion on the world.

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

Deceased Anniversary

Mate Spadina
Mile Spadina

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

Prayer for the Sick

Anna Smigowska

Lily Janosik

Trish Newman

Giannina Amore

Therese Keane

Maureen Larios

Elaine Boyes

Pauline Chipman

Ron Clarke

Barbara Clarke

Anna Katanec

Mother Pauline

Angela Miller

Philip Khalifeh

Joseph Khalifeh

Heidi Taylor

James

Jacinta Purnell - Major

Garry Gleeson

Kathy Geach

Nenita Roque

Marie Celine Roque- Maca

Ma Lourdes Espino-Ng

Jesse Cathersides

Liam Gavin

BOOK REVIEW

St John's Gospel
Navarre Bible



This edition provides more footnotes to what St John has said in his writings making it easier for the reader to appreciate.

Train
yourself
to find the
blessing
in
everything.

FIONACHILD.COM

Liturgy for the Week

23/06 Monday, Ordinary Time 12
Gen 12:1-9; Mt 7:1-5

24/06 Tuesday, The Nativity of St John the Baptist
Is49:1-6; Lk 1:57-66

25/06 Wednesday, Ordinary Time 12
Gen 15:1-12, 17-18; Mt 7:15-20

26/06 Thursday, Ordinary Time 12
Gen 16:1-12, 15-16; Mt 7:21-29

27/06 Friday, The Most Sacred Heart of Jesus
Ezek 34:11-16; Lk 15:3-7

28/06 Saturday, Ordinary Time 12
Gen 18:1-15; Mt 8:5-17

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Give to our
Parish of
Pittwater

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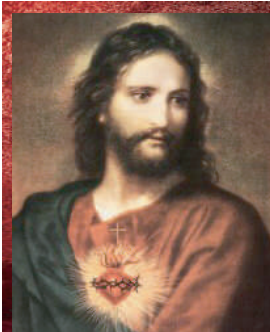
Scan the QR code above with your camera app and follow the prompts

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.

Thank you for your continued contributions and support. Your financial contributions and your generous donations throughout the year are greatly appreciated.

Available on the
App Store

Get it on
Google play



Solemnity of the Most Sacred Heart of Jesus
Our Church's Feast Day
Friday, 27th June

9:30 am Mass with the School Community
and 7 pm Mass
Sacred Heart Church, Mona Vale

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
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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: Mr Jamie Wahab

Maria Regina School
Avalon
Tel 7256 2138
Principal: Ms Kirsty Thorpe

Mater Maria Catholic College
Warriewood
Tel 7256 2100
Principal: Mr Marc Reicher

Hats On for Soibada

Join us for a night of fun in your best hat!

Date: 4th July
Place: The Green Room Avalon Beach RSL Club
Tickets: \$25 at <https://www.trybooking.com/DCPZW>
Nibbles provided. Drinks available for purchase.
Lucky Door Prize and Raffle

*All funds raised will go directly to medical
and education projects.*



*The 4th of July might be a holiday in America but in Avalon
we will be wearing Hats to help Soibada*

I'm known for liking hats - and many of my friends often look for a chance to wear one too. I want to invite you to a very special event, Hats on for Soibada! It's been over ten years since we had a good hat party - so it is time! There will be a prize for the best hat, raffles and a lucky door prize. Money generated will support education and health projects in our sister village Soibada, Timor Leste.

Come along, have a fun night and support a very worthy cause. Nibbles will be provided, and drinks can be purchased from the bar. We will be entertained by the incredibly talented Barrenjoey High and Sydney Vocal Arts student, Sophia Julius. Tickets are only \$25 - when you think that amount is one week's wages for a teacher in Soibada you can see what a difference you make! I look forward to seeing you there,

Tamara Sloper Harding OAM
President, Friends of Soibada



MARIA REGINA
Catholic Primary School Avalon

OPEN DAY 2025

REGISTER NOW

Wednesday 25 June
9am - 10.30am

NorthernBeachesOpenDays.com.au

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Our bulletin has available spaces to promote local businesses. It's a great way to reach the community and endorse your services.

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WHAT'S HAPPENING AT MARIA REGINA? **Week 8**

Calling all prospective parents!

Mark your calendars - **Wednesday 25th June**
Join Maria Regina Avalon for our 2nd and final Open Day for 2025 and gain an insight into school life at Maria Regina.

*Meet our Principal, Ms Kirsty Thorpe

*Experience a student-led tour

*Hear about our Kindergarten -

Year 12 Journey with Mater Maria,
Warriewood and St Paul's, Manly

*Learn about how we value our students as individuals

Register at the link to find out more:

<https://bit.ly/3BdbBaN>

Enrolling now for Kindergarten to Year 6!



Message of Appreciation **from** **FR ZYGMUNT**

Thank you so much for the wonderful birthday wishes, presents and prayers. It is a blessing to serve this community, your support strengthens my resolve to serve God faithfully. May God bless you all.



THE SIGNIFICANCE OF **CORPUS CHRISTI**

From: Catholic Online

The Church's celebration of the solemnity of the Most Holy Body and Blood of Christ, known as Corpus Christi, holds great significance due to the centrality of the Eucharist in the life of the Church. Described by the Catechism of the Catholic Church as the "sum and summary of our faith," the Eucharist is considered the source and summit of the Christian life according to the Second Vatican Council's Dogmatic Constitution on the Church (Lumen Gentium, No. 11). It is these truths about the Eucharist that inspired Saint Juliana of Liege, a medieval saint, to advocate for the establishment of this yearly solemnity.

Saint Juliana, a Norbertine canoness from modern-day Belgium, dedicated her life to promoting a feast that would honor and celebrate Christ's real presence in the Eucharist and its profound significance for the Church. Her devotion to the Blessed Sacrament, coupled with private revelations she received, led her to advocate for the establishment of a liturgical feast to commemorate the sacrament of Christ's Body and Blood. Initially, she felt powerless to bring about this feast due to the cultural limitations of the early 13th century. However, with the support of her confessor, John of Lausanne, and her confidante, Blessed Eva of Liege, the feast was eventually approved by their diocesan bishop in 1246.

Blessed Eva played a crucial role in expanding the celebration of Corpus Christi beyond its local origins after Saint Juliana's death. She reached out to Pope Urban IV, who had prior knowledge of Saint Juliana's visions and their significance. In a providential turn of events, Pope Urban IV declared Corpus Christi as a universal feast in 1264, making it the first obligatory feast imposed by a pope. He assigned the renowned theologian Saint Thomas Aquinas to compose new liturgical texts for the feast. During a time when scholars debated the nature of Christ's presence in the Eucharist, Saint Thomas defended the doctrine of transubstantiation, providing a philosophical foundation for the Church's understanding of the Eucharist.

A significant aspect of Corpus Christi is the Eucharistic procession, which holds biblical, liturgical, and pietistic importance. Processions involving sacred elements have a long history, such as the processions with the Ark of the Covenant in the Old Testament and Christ's triumphal entry into Jerusalem on Palm Sunday in the New Testament. Eucharistic processions, which emerged shortly after the establishment of Corpus Christi, serve to reaffirm the Church's belief in the real presence of the Blessed Sacrament. In medieval times, these processions were grand events involving entire towns and cities. They were particularly splendid in European Catholic monarchies, with sovereigns, nobility, civic officials, and military guards participating. The faithful would kneel in adoration as the procession passed by, a tradition still observed in certain Catholic monarchies like the Principality of Monaco.

Today, many parishes continue the tradition of Eucharistic processions, adapting them to their local customs and culture. Altars adorned with flowers and candles may be set up in front of homes along the procession route for the faithful to stop and adore the Eucharistic Lord. Processions can span several blocks or even miles, culminating in a different church. The Ceremonial of Bishops provides guidelines for the organisation of the procession, including the order of ministers. Various groups and associations within the parish, such as the choir or fraternal organisations, often participate, showcasing the diverse gifts within the mystical Body of Christ. Hymns, chants, litanies, and prayers accompany the procession, and it typically concludes with Benediction before reposing the Blessed Sacrament.

The celebration of Corpus Christi and its Eucharistic procession provide a joyful opportunity to honor and praise God's gift of the Eucharist. By proclaiming their faith and expressing gratitude for being nourished by Christ's love, the faithful can bear witness to the profound mystery of the Eucharist in their daily lives.



THE NATIVITY **OF ST. JOHN** **THE BAPTIST**

24th June



THANK YOU FOR **YOUR GENEROSITY**

Your donations to Pastoral Works help us achieve our mission to help our two key charitable works of the Diocese - the Confraternity of Christian Doctrine or CCD and our Hospital Chaplaincy and Pastoral Care Program.

Monetary gifts over \$2 is tax deductible.

Your help is greatly appreciated.

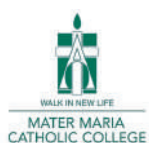
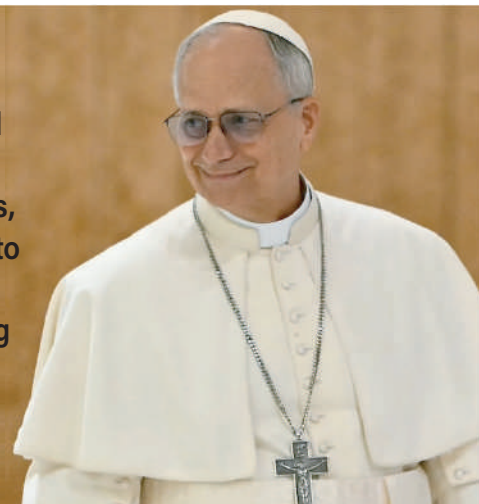
You still have time until the
30th June 2025 to put in your
Monetary Gifts.

Peter's Pence Collection

On Sunday, 29th June, we join with other parishes across the world in taking up the Vatican's annual Peter's Pence Collection. This provides for the charitable works of mercy identified by His Holiness, Pope Leo XIV, including emergency assistance to those in need due to natural disaster, war, oppression and disease.

Your generosity allows the Holy Father to respond to those suffering with love and compassion.

You can make a gift using the Peter's Pence collection envelope available in the pews next Sunday.



Parish Bulletin - Term 2, Week 8

This week, we welcomed parents and students of Years 8, 9, and 10 to the Parent-Teacher-Student Evening. We focused on fostering growth for all students and staff, discussing student learning engagement, effective communication, the importance of attendance, and the robust support provided through pastoral care. Our mission is to help each student flourish and grow in their relationship with Jesus Christ.

Students attended the Year 8 Italian Day, participating in cultural activities like Italian trivia, tombola, gelato, pizza and soccer to develop their understanding of how language connects with cultural practices and values.

Year 11 Hospitality students showcased their skills in the annual Battle of the Chefs competition at St Peter's College, Tuggerah, competing with dedication against other students from the Broken Bay Diocese.

Senior students attended a Venio Retreat at St Joseph Spirituality and Retreat Centre Kincumber, opened by Bishop Randazzo. They experienced rich moments of prayer and reflection, sharing their faith with peers from other schools in the Diocese.

Students visited the Jarjum family at Our Lady of Good Counsel Catholic School, Forestville, exploring Aboriginal culture and history through interactive experiences.

Environmental Action Day, our version of "Clean Up Australia Day," was led by our Stewardship Prefects and the SRC. The event brought the Mater community together to do something good for our local environment.

Our Pre-Loved Uniform Shop opened this week, offering parents wearable uniform items at a 70% discount, with all proceeds donated to charity. MWBA Basketball, NSWCCC Opens Basketball Championship, Peninsula Cup Soccer for the U14s and U16s, and Peninsula Cup Netball Competition were some of the sports events this semester. Year 9 PASS students also refereed at a primary school gala day to develop their leadership skills.

Every Friday, our prefects lead Faith Fridays, a special time of reflection, music, and community in the Chapel and Courtyard. All students are warmly invited to join. Applications are now open for Year 2028 and 2029. Please note that waitlists are currently in place for Year 7, 2026 and 2027. For more information, visit:

<http://www.matermaria.nsw.edu.au/enrolments>

THANK YOU From Three Springs Primary School WA



In July 2012 the Meditation Group of Pittwater Parish had a visit from Reg Maher, a parishioner, explaining to us the work of Sister Anna Warlow. Sister Anna is a Good Samaritan sister, and she was working with Aboriginal communities in Northeast WA. The focus of the mission of the Good Samaritan Rural Outreach, as it is called, was community building and especially the encouragement of children to stay in school. After Reg's presentation to our group, we decided to support Sister Anna's work with our donations.

Then in March 2013 we received permission from Father George to hold monthly Coffee Mornings and to leave out a donation basket for parishioners to make a donation if they wished. Thus began, in a very quiet way, the support of Pittwater Parish to the work of the Good Samaritan Rural Outreach.

Over the years, thanks to the generous donations from parishioners, various community projects initiated by Sister Anna were supported by Pittwater Parish. Then in 2019 our community began the support of Khyan Townsend. We supported him from Year 9 through to his graduation. This amazing young man was Head Boy of Nagle Catholic College and received a scholarship from the East Fremantle Football Club.

Then in May 2021 Sister Anna became very ill and was forced to retire back to Sydney. Before she left WA, she had formed a dedicated group of lay women to carry on the work of the Good Samaritan Rural Outreach. Called Oblates of the Sisters of the Good Samaritan, this group of women have now organised a breakfast programme for the students of Three Springs Primary School. These students travel long distances on a school bus from remote outback areas to attend school. They have to leave very early in the morning and need to have some good food when they arrive at school. Thanks to the donations from Pittwater Parish, the Oblates are now able to also supply fresh fruit for the children's lunch.

This is the story behind our Coffee Mornings as they became known. The parish now encourages us to join together for weekly Coffee Mornings, first and third Sundays at Sacred Heart and the second and fourth Sundays at Maria Regina. This is wonderful fellowship building. On the third Sunday of each month, the Meditation Group will continue to leave out a "giving bowl" beautifully made by Graham Baker. Any kind donation given is greatly appreciated and please be assured that your backing goes 100% to the educational needs of young Aborigines.



The *Living* Word

Entrance Antiphon Psalm 80:17

He fed them with the finest wheat
and satisfied them with honey from the
rock.

First Reading Genesis 14:18-20
A reading from the book of Genesis
Melchizedek brought bread and wine.

Melchizedek king of Salem brought
bread and wine; he was a priest of God
Most High. He pronounced this blessing:
‘Blessed be Abraham by God Most High,
creator of heaven and earth,
and blessed be God Most High for
handing over your enemies to you.’
And Abraham gave him a tithe of
everything.

The word of the Lord

Responsorial Psalm Ps 109:1-4. R. v.4
**(R.) You are a priest for ever,
in the line of Melchizedek.**

The Lord’s revelation to my Master:
‘Sit on my right: I will put your foes
beneath your feet.’ **(R.)**

The Lord will send from Zion your
sceptre of power: rule in the midst of all
your foes. **(R.)**

A prince from the day of your birth
on the holy mountains; from the womb
before the daybreak I begot you. **(R.)**

The Lord has sworn an oath he will not
change. ‘You are a priest for ever,
a priest like Melchizedek of old.’ **(R.)**

Second Reading 1 Corinthians 11:23-26
**A reading from the first letter of St
Paul to the Corinthians**
*Every time you eat this bread and drink
this cup, you are proclaiming the death
of the Lord.*

This is what I received from the Lord,
and in turn passed on to you: that on the
same night that he was betrayed, the
Lord Jesus took some bread, and thanked
God for it and broke it, and he said, ‘This
is my body, which is for you; do this as a
memorial of me.’ In the same way he
took the cup after supper, and said, ‘This
cup is the new covenant in my blood.
Whenever you drink it, do this as a
memorial of me.’ Until the Lord comes,
therefore, every time you eat this bread
and drink this cup, you are proclaiming
his death.

The word of the Lord.

Gospel Acclamation John 6:51-52

Alleluia, alleluia!

I am the living bread from heaven, says
the Lord; whoever eats this bread will
live for ever.

Alleluia!

Gospel Luke 9:11-17
**A reading from the holy Gospel
according to Luke**
They all ate and were filled.

Jesus made the crowds welcome and
talked to them about the kingdom of
God; and he cured those who were in
need of healing.

It was late afternoon when the Twelve
came to him and said, ‘Send the people
away, and they can go to the villages and
farms round about to find lodging and
food; for we are in a lonely place here.’
He replied, ‘Give them something to eat
yourselves.’ But they said, ‘We have no
more than five loaves and two fish,
unless we are to go ourselves and buy
food for all these people.’ For there were
about five thousand men. But he said to
his disciples, ‘Get them to sit down in
parties of about fifty.’ They did so and
made them all sit down. Then he took the
five loaves and the two fish, raised his
eyes to heaven, and said the blessing
over them; then he broke them and
handed them to his disciples to distribute
among the crowd. They all ate as much
as they wanted, and when the scraps
remaining were collected they filled
twelve baskets.

The word of the Lord.

Communion Antiphon John 6:57

Whoever eats my flesh and drinks my
blood remains in me and I in him, says
the Lord.

REFLECTION
by Dianne Bergant

*This Feast combines the previous feasts
of Corpus Christi and the Precious Blood
of Christ. It reminds us that the body and
blood of Christ were offered as a
sacrifice for us, and every time we
re-enact this sacrifice, we renew his
sacrifice. The Body and Blood of Jesus is
the interim meal for the Christian
community. We are to feed on it until the
Lord returns. We see again the
already-but-not-yet character of
Christian eschatology, for the Lord has
already returned. That means that the
Eucharist meal is a re-enactment of
Christ’s death, an anticipatory
celebration of his coming, and a
thanksgiving banquet with him present.
The multiplication of the loaves and the
fishes prefigures the eschatological
banquet of fulfilment. Its miraculous
bounty assures us of the abundance of
that future banquet.
Its miracle of multiplication prefigures
the miracle of Jesus as he changed the
bread and wine into his own body and
blood. Jesus handed himself over as food
and drink on the very night that he was
handed over by others. The banquet that
he prepared was a celebration of the new
covenant; it was an eschatological
banquet of thanksgiving. This feast*

*invites us to enter through either the
past, the present or the future, for each
one will lead us to the mystery that we
celebrate: the mystery of the sacrifice of
Christ; the mystery of the sacred bread
and wine of the future; the mystery of the
eschatological banquet of the present.*

© Dianne Bergant CSA



PARISH MORNING TEA GATHERING

*Everyone is welcome to join and
get to know each other
in our Parish Community.*

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**



Playgroup Details
Mondays 9:30-11:30
(School Term)

Join us at our Play Group to connect
with other parents and children,
enjoy playtime and make new friends.
Stay for a cup of tea or coffee.
Everyone is welcome.

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ALL MEN WELCOME


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

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For any questions contact
Joe Cilia - 0418 863 814

**"For as often as you eat this bread and drink the cup,
you proclaim the death of the Lord until he comes."**
1 Corinthians 11:26



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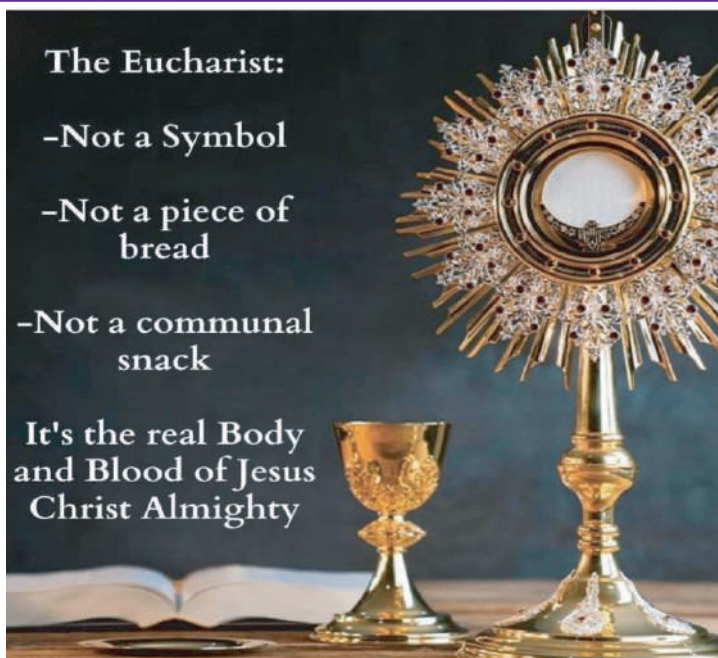
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-Not a Symbol

-Not a piece of
bread

-Not a communal
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SUCH
A
MIRACLE.**

*St. Francis
Cardinal
Baker
(1881-1971)*



St. Francis