



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
Be faithful in everything: faithful in observances, faithful in the vows, faithful in work, in duties of your vocation, in your striving, faithful in everything.

Prayer for Families

(St John Paul II)

Lord God, from you,
every family in heaven and on
earth take its name.

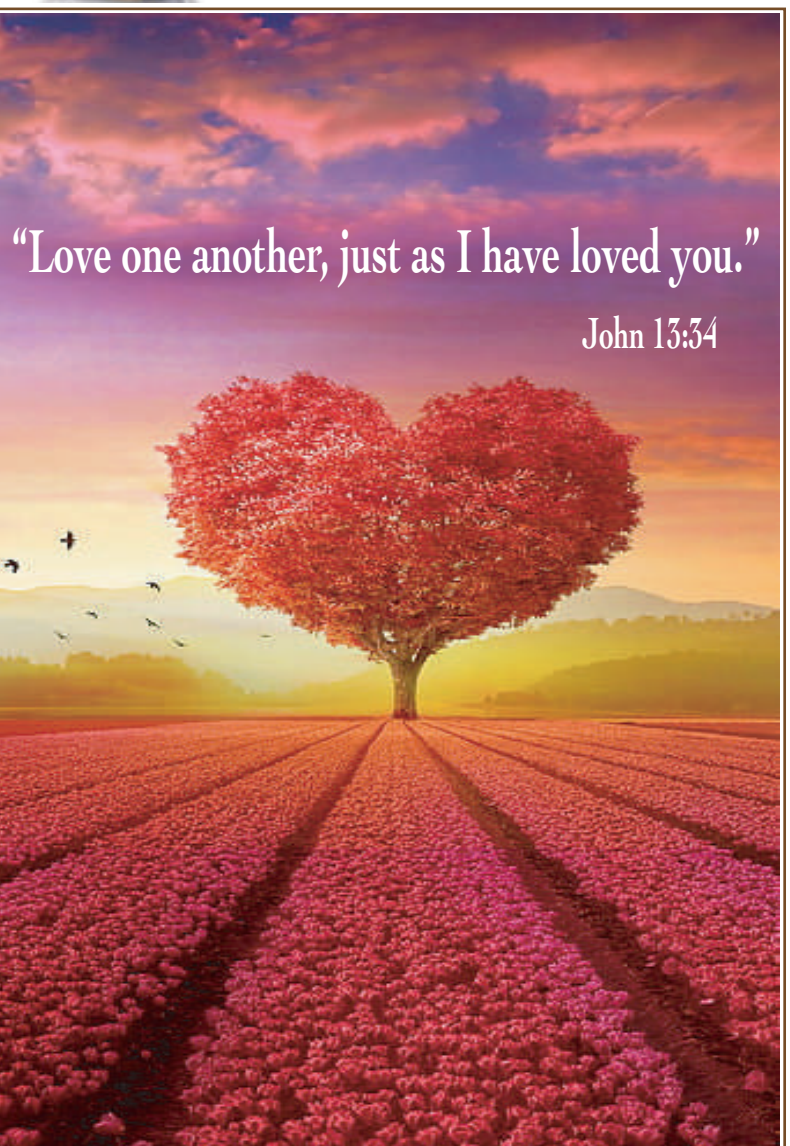
Father, you are love and life.
Through your Son, Jesus Christ,
born of a woman and through
the Holy Spirit,
fountain of divine charity,
grant that every family on earth
may become for each successive
generation a true shrine of
life and love.

Grant that your grace may guide
the thoughts and actions of
husbands and wives for the
good of their families and of all the
families of the world.

Grant that the young may find in the
family solid support for their
human dignity and for their growth
in truth and love.

Through Christ our Lord,
who is the Way, the Truth and the
Life forever and ever.

Amen.



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(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.

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
Donald Francis
Tierney

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

Deceased Anniversary
Joseph Calleia

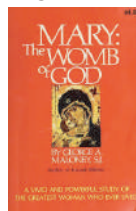
Prayer for the Sick

Anna Śmigowska
Lily Janosik
Trish Newman
Giannina Amore
Bruce Farr
Maureen Larios
Elaine Boyes
Pauline Chipman
Ron Clarke
Barbara Clarke
Anna Katanec
Mother Pauline
Angela Miller
Philip Khalifeh
Joseph Khalifeh
Heidi Taylor
Cathy Dyer
Jacinta Purnell -
Major
Garry Gleeson
Kathy Geach

BOOK REVIEW

Mary: Womb of God

By: George A Maloney, SJ



Fr George is the author of
Inward Stillness and in this book,
he gives a vivid and powerful
study of the greatest woman
who ever lived.

"God shows his love
for us in that while we
were still sinners,
Christ died for us."

ROMANS 5:8

Liturgy for the Week

- 19/05 **Monday, 5th Week of Easter**
Acts 14:5-18; Jn 14:21-26
- 20/05 **Tuesday, 5th Week of Easter**
Acts 14:19-28; Jn 14:27-31
- 21/05 **Wednesday, 5th Week of Easter**
Acts 15:1-6; Jn 15:1-8
- 22/05 **Thursday, 5th Week of Easter**
Acts 15:7-21; Jn 15:9-11
- 23/05 **Friday, 5th Week of Easter**
Acts 15:22-31; Jn 15:12-17
- 24/05 **Saturday, Our Lady, Help of Christians**
Gen 3:9-15, 20; Lk 8:19-21

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POPE LEO XIV
8 MAY 2025

Thank you for your generosity



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Your generous support helps further our mission in the training and education of our young Salvatorian Seminarians in Poland, the Philippines and support our East Timorese seminarians who will be eventually be working here in Australia.

Fr Richard and Fr Zygmunt

"For the glory of God and the salvation of souls, I intend and resolve to make every sacrifice, even of my own life, to promote and further the Society. I will always act in accordance with its purpose in the name of the Lord."

- Blessed Francis Jordan

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

Shereae 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: Mr Jamie Wahab

Maria Regina School
Avalon

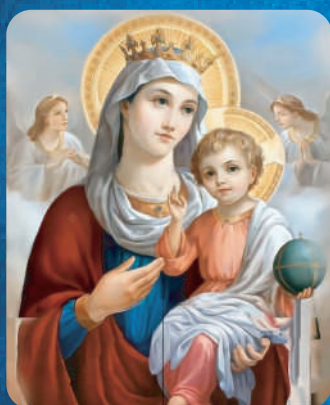
Tel 7256 2138

Principal: Ms Kirsty Thorpe

Mater Maria Catholic College
Warriewood

Tel 7256 2100

Principal: Mr Marc Reicher



Our Lady, Help of Christians 24th May

Mary, help of Christians, you listen with a Mother's love to all who look for your guidance. I ask you to keep all those I love in your tender care.

Give me the strength to face up to life's difficulties and protect me from all spiritual and bodily harm.

Grant me an abundance of love so that I too, may be a help to others, sharing with them in their times of need, and caring for them in their moments of distress. Amen.

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**



Everyone is welcome

playgroup
details

MONDAYS 9.30-11.30
(School Term)

at Sacred Heart Catholic
Church Mona Vale

Join Us

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.

Please contact
NIKKI - 0481 009 376
for more information



Mother's Day with Bishop George

On Sunday, we were blessed to have our former Parish Priest now Bishop George Kolodziej SDS of Bunbury, WA. He officiated Mother's Day Soul Mass with us joined by his con-celebrants, Fr Richard Sadowski SDS, Fr Zygmunt Smigowski SDS, Fr Greg Skulski SDS & Fr Bronek Pietrusewics SDS from Gosford Parish and Fr Robert Borg from the Lakes Parish. Parishioners and ex-students were very excited to be able to catch up with Bishop George, share stories and have a laugh. It was lovely to have him with us, especially on Mother's Day.



For God so loved
the world, that he gave
his only begotten Son,
that whosoever believeth
in him should not perish,
but have everlasting life.
John 3:16



Parish Bulletin – Term 2, Week 3

It has been a busy week for our senior students. Our Year 11 students attended the "Step Up into Teaching" program with the Australian Catholic University, which helps them transition to university study and gain a head start in teacher education through structured support and potential course credits. Others are spending a week doing Year 11 work placements. Meanwhile, Year 12s attended a LinkedIn workshop designed to help our seniors create LinkedIn profiles to record their achievements, connect with potential employers and schoolmates, and access valuable resources for future career opportunities.

Nature enthusiasts in Year 11 explored the Gibberagong Environmental Education Centre at Bobbin Head, investigating fox mitigation programs aimed at safeguarding the Southern Brown Bandicoots. This environmental adventure aligned perfectly with their Year 11 Biology field trip, fostering a sense of responsibility towards our planet.

Year 11 budding filmmakers and musicians performed their own pieces from their film music unit for their friends.

Our Year 11 parents and students were welcomed to our Parent-Teacher-Student Evening. We continue to focus on growth for all students and staff, outlining ways to engage with student learning, methods of communication, the importance of attendance, and the ways that we are supporting student wellbeing through pastoral care. Helping each student flourish and grow in their relationship with Jesus Christ is our core mission here at Mater Maria Catholic College.

There have been plenty of sporting activities at Mater Maria this week. With daily basketball sessions and enthusiastic involvement in a range of competitions, our students have been showcasing their talents and spirit of sportsmanship. Our sporting endeavours include the MWBA basketball competition, Basketball NSW Opens Championships, rugby league, Peninsula Cup netball and soccer competitions, as well as the Broken Bay Intermediate Soccer Gala Day.

Every Friday, our prefects lead Faith Fridays, inviting all students to join in for faith and music in the Chapel and Courtyard, fostering a sense of community.

Applications are now open for Year 2028 and 2029, with a waitlist for Year 7, 2026 and 2027. Please visit <http://www.matermaria.nsw.edu.au/enrolments> for more details.

Recommendation for Parish Finance Committee and Parish Pastoral Council

Dear Parishioners,

As we look to the future of our parish community, we are reminded that the Church thrives when its members actively participate and bring forward their unique talents, perspectives, and energy. With this in mind, we are now seeking recommendations for members for both our Parish Finance Committee and our Parish Pastoral Council and we warmly invite you to consider putting your name forward or recommending someone you believe would serve our parish well.

Why Now?

Every vibrant community benefits from fresh perspectives and renewed vision. These bodies play a vital role in the life and mission of our parish. As some of our current members complete their terms, this is a natural and essential time to welcome new voices and fresh enthusiasm. Whether you're a long-time parishioner or someone newer to our community, your contribution can make a real difference.

Who Are We Looking For?

- People of faith who are committed to the spiritual and practical needs of our parish
- Individuals with ideas, enthusiasm, and a collaborative spirit
- Those with financial, organisational, pastoral, or community-building skills
- Anyone who would like to be part of shaping the direction of our parish in the coming years

About the Committees:

- **Parish Finance Committee:** Assists the parish priest in managing parish resources responsibly. Ideal for those with experience in finance, budgeting, fundraising, or project management.
- **Parish Pastoral Council:** Serves as a consultative body to help guide the spiritual, liturgical, and pastoral mission of the parish. Ideal for creative thinkers, listeners, and people who care deeply about parish life and community outreach.

How to Recommend Someone:

- Recommendations should include the person's name, contact information, and a short note on why they would be a good fit.
- Submit your recommendation to myself at pp@pittwaterparish.org by **Monday 2 June 2025**. Please take the time to prayerfully consider how you—or someone you know—can help lead our parish forward. Thank you and God bless you for your continued support and involvement in our parish life.

Fr Richard Sadowski SDS

Anyone who does not love does not
know God, because God is love.

1 JOHN 4:8

The *Living* Word

Entrance Antiphon

Psalm 97:1-2

O sing a new song to the Lord,
for he has worked wonders;
in the sight of the nations
he has shown his deliverance, alleluia.

First Reading

Acts of the Apostles 14:21-27

A reading from the Acts of the Apostles

They assembled the church and gave an account of all that God had done with them.

Paul and Barnabas went back through Lystra and Iconium to Antioch. They put fresh heart into the disciples, encouraging them to persevere in the faith. 'We all have to experience many hardships' they said 'before we enter the kingdom of God.' In each of these churches they appointed elders, and with prayer and fasting they commended them to the Lord in whom they had come to believe.

They passed through Pisidia and reached Pamphylia. Then after proclaiming the word at Perga they went down to Attalia and from there sailed for Antioch, where they had originally been commended to the grace of God for the work they had now completed.

On their arrival they assembled the church and gave an account of all that God had done with them, and how he had opened the door of faith to the pagans.

The word of the Lord

Responsorial Psalm

Ps 144:8-13. R. cf. v.1

(R.) I will praise your name for ever, my king and my God.

The Lord is kind and full of compassion, slow to anger, abounding in love. How good is the Lord to all, compassionate to all his creatures. **(R.)**

All your creatures shall thank you, O Lord, and your friends shall repeat their blessing. They shall speak of the glory of your reign and declare your might, O God, to make known to men your mighty deeds and the glorious splendour of your reign. **(R.)**

Yours is an everlasting kingdom; your rule lasts from age to age. **(R.)**

Second Reading

Revelation 21:1-5

A reading from the book of the Apocalypse

He will wipe away all the tears from their eyes.

I, John, saw a new heaven and a new earth; the first heaven and the first earth had disappeared now, and there was no longer any sea. I saw the holy city, and the new Jerusalem, coming down from God out of heaven, as beautiful as a bride all dressed for her husband. Then I heard a loud voice call from the throne, 'You see this city? Here God lives

among men. He will make his home among them; they shall be his people, and he will be their God; his name is God-with-them. He will wipe away all tears from their eyes; there will be no more death, and no more mourning or sadness. The world of the past has gone.' Then the One sitting on the throne spoke: 'Now I am making the whole of creation new.'

The word of the Lord.

Gospel Acclamation

John 13:34

Alleluia, alleluia!

I give you a new commandment:
love one another as I have loved you.

Alleluia!

Gospel

John 13:31-35

A reading from the holy Gospel according to John

I give you a new commandment: love one another.

When Judas had gone Jesus said: 'Now has the Son of Man been glorified, and in him God has been glorified. If God has been glorified in him, God will in turn glorify him in himself, and will glorify him very soon. My little children, I shall not be with you much longer. I give you a new commandment: love one another; just as I have loved you, you also must love one another. By this love you have for one another, everyone will know that you are my disciples.'

The word of the Lord.

Communion Antiphon

John 15:1,5

I am the true vine and you are the branches, says the Lord. Whoever remains in me, and I in him, bears fruit in plenty, alleluia.

REFLECTION

by Dianne Bergant

Everything is new! There is a new law of love, a new heaven and earth that is established in the church, a new depth of communion there, and a new glory of God that shines forth from its members. The new commandment that Jesus announces is more than tolerance or mutual respect. It requires self-sacrificing love. Perhaps the greatest obstacle to this love is the diversity discussed last Sunday. It is hard enough to love those who are like us; how can we possibly love those who are different? And how can we love those who do not love us? It is no wonder that the commandment is called new. It calls for something completely different. The new commandment is the law of the new heaven and the new earth that are

established in the new Jerusalem. Standards are entirely different there. The greater ones serve; the meek possess the earth; happy are the poor; woe to those who laugh. This is clearly a city that comes down from heaven, not one made by human hands. It is a city that embraces all who come to it. God dwells in the midst of this city, in the heart of this people. God dwells with them and they dwell with God.

Through this new love, this new heaven and new earth, this new depth of communion, the glory of God is manifested in a new way. The eschatological future is anticipated in the present. The age of fulfilment has dawned.

© Dianne Bergant CSA



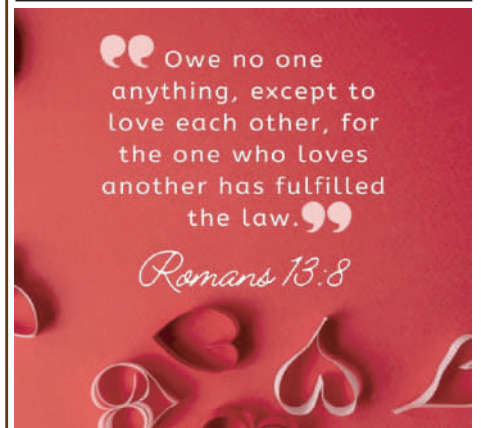
Join us in nurturing the remarkable endeavors in our Sister Parish, Soibada! Become a Friend of Soibada today - just scan the QR code attached to lend your support to this noble cause. Every offering weaves a brighter future!



*"For I was hungry and you gave me food, I was thirsty and you gave me a drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me."
"Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me."*

“Owe no one anything, except to love each other, for the one who loves another has fulfilled the law.”

Romans 13:8



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North Narrabeen

Email: stunningcottage21@gmail.com

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For any questions contact

Joe Cilia - 0418 863 814



Love is patient, love is kind.
It does not envy, it does not boast,
it is not proud. It does not dishonor
others, it is not self-seeking,
it is not easily angered,
it keeps no record of wrongs.

1 Corinthians 13:4-5



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"The second
[commandment] is
this: 'You shall love
your neighbor as
yourself.' There is no
other commandment
greater than these."

MARK 12:31



woman's day

"Whoever
does not
love does
not know
God,
because
God is love."
1 John 4:8

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"Dear friends, let us love
one another, for love
comes from God.
Everyone who loves has
been born of God and
knows God."

—1 John 4:7