



# The Catholic Parish of Pittwater

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

## Family Vocation Prayer

Loving God,  
 each member of our family  
 is a special gift from You.  
 You have given us gifts and talents  
 so that we may enjoy life but also,  
 so we can share with others.  
 Generous and loving people are  
 needed for service and leadership  
 in our Church.  
 Help us to know how to encourage  
 and support each other so that we can  
 respond generously to this need.  
 We know that You will be with us.  
 Invite us to become the kind of  
 people You desire us to be.  
 Help us to trust in You and  
 each other.  
 Amen.



### Thoughts of Blessed Francis Jordan

Our main task is to imitate and follow our Lord Jesus Christ, Saviour of the world. Precisely through imitation we must... earn the name of a true 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

### 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 FRANCIS' PRAYER INTENTION FOR APRIL

#### *For The Role of Women*

Let us pray that the dignity and worth of women be recognised in every culture, and for an end to the discrimination they face in various parts of the world.

## MASS TIMES

### SACRED HEART CHURCH

1 Keenan Street, Mona Vale

#### WEEKDAY MASSES

Tuesday 9.30am  
*Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8:30 am, followed by Mass*  
Wednesday 9.30am  
Thursday 7pm  
*Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 7.30pm to 9pm*  
Friday 9.30am  
*First Friday of the Month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 9.30am, followed by Mass with Anointing of the Sick at 10.30am*

#### WEEKEND MASSES

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

RECONCILIATION  
4.00pm to 4.30pm Saturday

Baptism  
4th Sunday - 11.30am

### MARIA REGINA CHURCH

7 Central Road, Avalon

#### WEEKDAY MASSES

Monday 8am  
Wednesday 8am  
Thursday 10am  
*9am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45am*  
Friday 8am

Mass with Anointing of the Sick - First Friday of the Month at 8am

#### WEEKEND MASSES

Saturday Vigil 6.00pm  
Sunday 9.00am

RECONCILIATION  
Before Vigil Mass on Saturday  
BAPTISM  
3rd Sunday - 11.00am

## We Pray for

Deceased Anniversary  
Ack Van Balen

Recently Deceased  
Witold Wiszniewski  
Ray Rowan  
Patricia Doherty

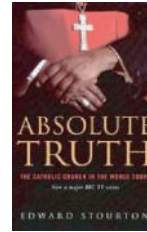
### Prayer for the Sick

Anna Śmigowska  
Nick Moullakis  
Bill Eyre  
Brian Gregan  
Marcia Bailey  
Bec Burroughs  
Margaret De Landre  
Matt Ukishima  
Sean O'Sullivan  
Maureen Larios  
Denise Wagner  
Marco Sangiacamo  
Elaine Boyes  
Pauline Chipman  
Brian Cranch  
Sheila Upjohn  
Anna  
Svetlana  
Leonor  
Sofia  
Xi  
Mother Pauline  
George

## BOOK REVIEW

### Absolute Truth

The Catholic Church in the World Today  
by: Edward Stourton



It chronicles four decades of reforms within an institution that has existed for over two thousand years.

"The Lord is my shepherd. I lack nothing. He lets me rest in grassy meadows; he leads me to restful waters; he keeps me alive. He guides me in proper paths for the sake of his good name."

PSALM 23:1-3

### Liturgy for the Week

- 22/04 Monday, 4th Sunday of Easter Acts 11:1-18; Jn 10:1-10
- 23/04 Tuesday, 4th Sunday of Easter Acts 11:19-26; Jn 10:22-30
- 24/04 Wednesday, 4th Sunday of Easter Acts 12:24 - 13:5; Jn 12:44-50
- 25/04 Thursday, Anzac day Wis 3:1-9; Jn 12:23-28
- 26/04 Friday, St Mark 1 Pet 5:5-14; Mk 16:15-20
- 27/04 Saturday, 4th Sunday of Easter Acts 13:44-52; Jn 14:7-14

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# ANZAC DAY

THURSDAY 25 APRIL 2024

Lord God, help us this day to remember the sacrifice of the first ANZACS, and the generations of men, women and children who have died in the cause of liberty and peace.



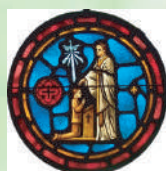
## SALVATORIAN SEMINARY APPEAL

There will be a special collection towards the *Salvatorian Seminary* on the 27th and 28th of April. Your generous contribution will help in the training and the education of our young seminarians and the upkeep of our seminaries in Poland and the Philippines, and also support our East Timorese seminarians who will eventually work in Australia. Since its inception, the seminary has educated more than 500 priests.

Envelopes will be in the pews or Bank Transfer to "Salvatorian Fathers Formation Account"  
BSB: 086-006  
Account No: 56208 8745  
Please indicate "Pittwater Parish"

*Thank you in anticipation  
Fr Richard and Fr Zygmunt*

## UPDATE FROM THE SACRAMENTAL COORDINATOR



### Sacrament of the First Confirmation

**Maria Regina Church, Avalon**  
**Saturday, 22 June 2024 at 6:00 pm**  
or

**Sacred Heart Church, Mona Vale**  
**Sunday, 23 June 2024**  
**at 10:00 am and 12 noon**

*Children in Year 3 and above are eligible to receive the Sacrament of Confirmation if they have been baptised.*

**They should also reside within**

**the Catholic Parish of Pittwater catchment area.**

For more information about the requirements, the preparation program, enrolments, etc., you **MUST ATTEND ONE** of the following

Parent Information & Commitment Sessions

which will take place at 7:30 pm:

Thursday, 2 May - Maria Regina Church, Avalon  
Monday, 6 May - Sacred Heart Church, Mona Vale

If you have any questions, or would like to become a facilitator of your child's preparation group please contact

Sonia at [sacraments@pittwaterparish.org](mailto:sacraments@pittwaterparish.org)

## 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](mailto:pp@pittwaterparish.org)

**Assistant Priest**  
**Fr Zygmunt Smigowski SDS**  
Tel 9157 0999 ext 12  
[ap@pittwaterparish.org](mailto:ap@pittwaterparish.org)

**Parish Secretary**  
**Belinda Cimino**  
Tel 9157 0999 ext 30  
[office@pittwaterparish.org](mailto:office@pittwaterparish.org)

**Administrative Assistant**  
**Shereae Knight**  
Tel 9157 0999 ext 30  
[office@pittwaterparish.org](mailto:office@pittwaterparish.org)

**Director of Music**  
**Josh Willard**  
Tel 9157 0999 ext 17  
[music@pittwaterparish.org](mailto:music@pittwaterparish.org)

**Media & Communications**  
**Coordinator**  
**Conille Felias**  
Tel 9157 0999 ext 31  
[media@pittwaterparish.org](mailto:media@pittwaterparish.org)

**Sacramental Coordinator**  
**Sonia Samartin**  
Tel 9157 0999 ext 13  
[sacraments@pittwaterparish.org](mailto: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**

**MONA VALE**  
**Sacred Heart School**  
Tel 8197 6900  
**Principal: Mr Jamie Wahab**

**AVALON**  
**Maria Regina School**  
Tel 7256 2138  
**Principal: Ms Kirsty Thorpe**

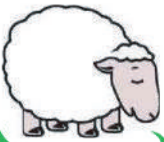
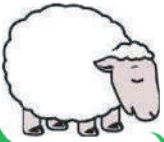
**WARRIEWOOD**  
**Mater Maria Catholic**  
**College**  
Tel 7256 2100  
**Principal: Mr Marc Reicher**




# Jesus is the good shepherd


















4th Sunday of Easter, Year B

As followers of Jesus we are never alone; Jesus is always there to help us and take care of us. What are some of the ways that the Good Shepherd takes care of his sheep?



Help gather all the sheep  by connecting them together using only straight lines - including diagonal lines. But do not pass through fences  or wolves . Complete the word below by adding each letter as your connecting line passes through it.

START

	S					
X		H	X		X	
						
	H	X		X	X	E
E	X			P		
			X	X		X
		R			D	

FINISH

I am the \_\_\_\_\_  
 I know my own \_\_\_\_\_ and they  
 \_\_\_\_\_ me, just as the \_\_\_\_\_  
 knows me and I know the Father.  
 I lay down my \_\_\_\_\_ for my sheep.

Use the following words to find out what Jesus said his disciples.

shepherd

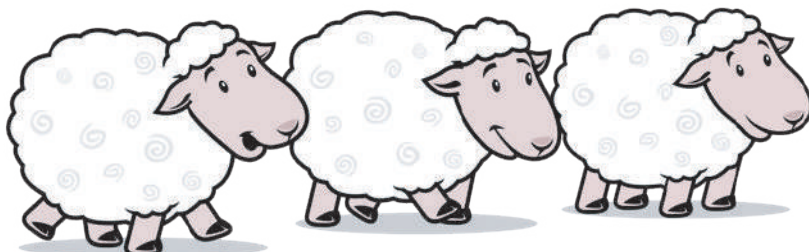
Father

life

good

sheep

know



# SALVATORIAN SEMINARY APPEAL

*"In order that you may be good, reliable announcers of Christ, you should prepare yourselves now by diligent study during the time of your training so that you may acquire a thorough knowledge of Catholic teaching and may be able to proclaim it."*

*- Blessed Francis Jordan, 1901*



**THANK YOU SO MUCH** for your generous donations and continuous support to the Salvatorian Seminary Appeal. There are 12 candidates from East Timor who are in formation in the Philippines. This involves a programme of spiritual and academic training. These young men will eventually join us in Australia once they have completed their education. *Let us pray that the Holy Spirit fill their hearts with humility, meekness, prudence and a burning zeal for souls. Teach them to know and love the Church and that they may always speak, act and think with her.*



## MONA VALE CLOTHING BINS



The Vinnies clothing bins have been removed from the Mona Vale parish grounds due to excessive waste residue and untidiness. Clothing donations can now be made at our Newport Vinnies Store located at 359 Barrenjoey Road, Newport (near the pedestrian crossing). *We appreciate all clothing donations and thank you for your ongoing support.*



INVITATION

## Community Forum

**All are invited as we launch into the Community Engagement phase of the Project**

11am - 12pm Saturday 4 May 2024  
OLGC Catholic Primary School Hall, 11 Currie Rd, Forestville

# The *Living* Word

## Entrance Antiphon

Psalm 32:5-6

The merciful love of the Lord fills the earth; by the word of the Lord the heavens were made, alleluia.

## First Reading

Acts of the Apostles 4:8-12

### A reading from the Acts of the Apostles

*This is the only name by which we can be saved.*

Filled with the Holy Spirit, Peter said: 'Rulers of the people, and elders! If you are questioning us today about an act of kindness to a cripple, and asking us how he was healed, then I am glad to tell you all, and would indeed be glad to tell the whole people of Israel, that it was by the name of Jesus Christ the Nazarene, the one you crucified, whom God raised from the dead, by this name and by no other that this man is able to stand up perfectly healthy, here in your presence, today. This is the stone rejected by you the builders, but which has proved to be the keystone. For of all the names in the world given to men, this is the only one by which we can be saved.'

## The word of the Lord

### Responsorial Psalm

Ps 117:1. 8-9. 21-23. 26. 28-29. R. v.22

**(R.) The stone rejected by the builders has become the cornerstone.**

Give thanks to the Lord for he is good, for his love has no end. It is better to take refuge in the Lord than to trust in men: it is better to take refuge in the Lord than to trust in princes. **(R.)**

I will thank you for you have given answer and you are my saviour. The stone which the builders rejected has become the corner stone. This is the work of the Lord, a marvel in our eyes. **(R.)**

Blessed in the name of the Lord is he who comes. We bless you from the house of the Lord; I will thank you for you have given answer and you are my saviour. Give thanks to the Lord for he is good; for his love has no end. **(R.)**

## Second Reading

1 John 3:1-2

### A reading from the first letter of St John

*We shall see God as he is.*

Think of the love that the Father has lavished on us, by letting us be called God's children; and that is what we are. Because the world refused to acknowledge him, therefore it does not acknowledge us. My dear people, we are already the children of God but what we are to be in the future has not yet been revealed; all we know is, that when it is revealed we shall be like him because we shall see him as he really is.

## The word of the Lord.

### Gospel Acclamation

John 10:14

Alleluia, alleluia!

I am the good shepherd, says the Lord; I know my sheep, and mine know me.

Alleluia!

### Gospel

John 10:11-18

### A reading from the holy Gospel according to John

*The good shepherd lays down his life for his sheep.*

Jesus said:

'I am the good shepherd: the good shepherd is one who lays down his life for his sheep. The hired man, since he is not the shepherd and the sheep do not belong to him, abandons the sheep and runs away as soon as he sees a wolf coming, and then the wolf attacks and scatters the sheep;

this is because he is only a hired man and has no concern for the sheep.

I am the good shepherd;

I know my own

and my own know me,

just as the Father knows me

and I know the Father;

and I lay down my life for my sheep.

And there are other sheep I have

that are not of this fold,

and these I have to lead as well.

They too will listen to my voice,

and there will be only one flock

and one shepherd.

The Father loves me,

because I lay down my life

in order to take it up again.

No one takes it from me;

I lay it down of my own free will,

and as it is in my power to lay it down,

so it is in my power to take it up again;

and this is the command I have been

given by my Father.'

## The Gospel of the Lord

### Communion Antiphon

Luke 24:35

The Good Shepherd has risen, who laid down his life for his sheep and willingly died for his flock, alleluia.

## REFLECTION

by Dianne Bergant CSA

*This Sunday is traditionally known as Good Shepherd Sunday. Two major themes emerge from the readings: an image of the one who saves; and the power of salvation itself. The one who saves is not a mighty warrior who comes in military array. In fact, he is the one who was rejected, who was hunted down, humiliated, tortured and hung naked on a tree, there to die in shame. The one*

*who saves is the cornerstone of the building, holding it together, forming a firm foundation so that the structure will not collapse. The one who saves is a lowly shepherd, entrusted with sheep, not with the affairs of state. The one who saves is an unlikely saviour. This characterisation should give us pause. Is it possible that we have been looking for a saviour in the wrong places? God's saving power flows from steadfast covenant love. It broke open the world in the death and resurrection of Jesus and it overflows as healing grace. The saving power in the name of Jesus, a name that itself means 'saviour' (cf. Matt 1:21), is for all people, even for those sheep who do not yet belong to this fold. Furthermore, it is for all time; God's mercy endures forever. Through our baptism we can bring the saving grace of God to a world in desperate need of healing. We can do this in our families, in our local communities, in the workplace, in so many situations of our lives.*

© Dianne Bergant CSA

## Parish Morning Tea



**Everyone is welcome to join us every month after the**

**8 am Mass on the 1st Sunday and after the**

**10 am Mass on the 3rd Sunday at the**

**Sacred Heart**

**Parish Centre,**

**Mona Vale**

**2nd & 4th Sunday**

**after the 9 am Mass**

**in front of the**

**Maria Regina Church,**

**Avalon**

**"Our concern must be to know God's will. We must enter that path if God wants, when God wants, how God wants."**

**- St Gianna Molla**

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EVEN THOUGH I  
 WALK THROUGH  
 THE VALLEY OF  
 THE SHADOW OF  
 DEATH, I WILL  
 FEAR NO EVIL,  
 FOR YOU ARE  
 WITH ME; YOUR  
 ROD AND YOUR  
 STAFF THEY  
 COMFORT ME.

*Psalm 23:4*

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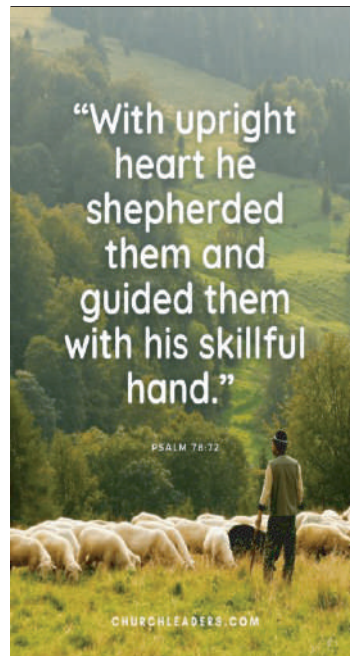


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