



The Catholic Parish of Pittwater

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

Pope Francis' prayer to Mary to intercede to end the pandemic.

(During Rosary with world's shrines)

O Virgin Mary, turn your merciful eyes to us in this pandemic of coronavirus, and comfort those who are lost and weeping for their dearly departed, sometimes buried in a way that hurts the soul."

"Support those who are distressed for the sick people to whom, to prevent contagion, they cannot stay near. Instill confidence in those who are anxious about the uncertain future and the consequences for the economy and work."

"Mother of God and our Mother, implore for us from God, Father of mercy, that this hard trial ends and that a horizon of hope and peace returns."

"As at Cana, come to your Son Jesus, asking him to comfort the families of the sick and victims and to open their hearts to trust. Protect the doctors, nurses, healthcare workers, volunteers who in this time of emergency are in the front line and put their lives at risk to save other lives."

"Accompany their fatigue and give them strength, goodness and health. Be close to those who night and day care for the sick, to priests and consecrated persons who, with pastoral solicitude and evangelical commitment, seek to help and support everyone."

"O Mary, comforter of the afflicted, embrace all your troubled children and ask that the Merciful Father intervene with his omnipotent hand to free us from this terrible pandemic, so that life may take its daily course in serenity," he prayed.

"We entrust ourselves to You, who shine on our journey as a sign of salvation and hope, O merciful, O pious, O sweet Virgin Mary. Amen."



Thoughts of Fr Francis Jordan

O Lord, help me, show me the way! Without you, I can do nothing. I hope all things from You. In you, O Lord, I have hoped, I will not be confounded for ever.



5 June 2020

Dear Parishioners,

Last Sunday, Pentecost Sunday, we celebrated the joyous occasion of the birthday of our Church. We have finished the Easter season and although we are now in Ordinary Time in our liturgical year, this weekend we celebrate Trinity Sunday. The mystery of the Holy Trinity is one of the central doctrines of Christianity and the greatest mystery of our Faith. There is one God and in this one God there are three Divine Persons; the Father is God, the Son is God, the Holy Spirit is God. Each Person is God, yet there are not three Gods. Although all separate entities upon themselves, they are also one and the same entity.

Fr Richard and myself have enjoyed having more parishioners at our weekday Masses and are looking forward to seeing many of you over this coming weekend. There are still some places available for the Masses this weekend and bookings can also be made for next weekend.

continued next page...

To book for our Weekend Masses at Sacred Heart Church, Mona Vale please visit: <https://www.trybooking.com/BJPSE>

To book for our Weekend Masses at Maria Regina Church, Avalon, please visit: <https://www.trybooking.com/BJPSP>

If you don't have access to a computer and cannot access Trybooking, please do not hesitate to contact the parish office to book your place.

There is no need for you to register your attendance if you have booked for our weekend Masses as your name will be on our attendance list. However, when attending for weekday Masses, please remember to register your attendance on the sheets at the Church entrance for the purposes of contact-tracing if it becomes necessary.

When attending the Church from this weekend, please sit in the marked spaces so that we can ensure that we are maintaining social distancing. Please also use the sanitiser provided. We will need to keep our distance to protect one another.

We have been asked to avoid the passing around of collection plates. For this reason, please make your donations to our first and second collections via the boxes placed at the back of our Churches or to use the "Tap n Go" credit card facilities. Donations can be made by Visa or MasterCard via our website <https://www.bbcatholic.org.au/pittwater/archive/donations-and-giving>

As you would be aware, the money contributed to our Parish through our second collection ensures the financial survival of our Parish as these donations help to meet the running costs that the Parish incurs 365 days a year. We would like to take this opportunity to thank you for your generous financial support to the life, mission and future of our Parish.

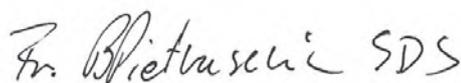
Of course, I understand that many people are financially affected by the COVID-19 crisis with lost jobs and declining business. I know that may affect your contribution. Please be assured of my prayers that your situation will soon improve.

For those that are vulnerable or unwell or have missed out on booking a place at our weekend Masses, we will continue to livestream our 5pm Mass on Saturdays and 10am Mass on Sundays so that all are able to join in Spiritual Communion with us. To join the livestreaming please visit our parish website: <https://www.bbcatholic.org.au/pittwater/news-events/parish-news/livestream-our-weekend-masses>

I am very grateful to our community who demonstrate their love for their neighbours by generously supporting the Charitable Works Fund. When you give to the CWF, you can be assured that your donation is working for the faith and the people of the Diocese of Broken Bay. Donations \$2 and over are tax-deductible and donations can be made by credit card by clicking the Bpoint logo at <https://www.bbcatholic.org.au/pittwater/archive/donations-and-giving> All your donations will help us meet the annual parish quota of \$57487, of which \$31954 is still outstanding.

Please continue to spread the good news that the Churches are once again open and that you can register for our weekend Masses, come for our weekday Masses or come for private prayer.

Yours in Jesus Christ our Saviour,



Fr Bronek Pietruszewicz SDS
Parish Priest



Vinnies

Vinnies changes lives everyday.

Show your support and give to our annual appeal

For the needy, help is available by contacting the Brookvale Centre 9905 0424 during business hours.

Did you know that if you are new to our parish you can register your details through our website or if your contact details have changed you can update them. Simply go to www.pittwaterparish.org, click on the "Welcome" menu item and select "Parishioner Registration" from the dropdown menu. If you have any problems, please contact the parish office on 9157 0999.

LIBRARY

"Now that the restrictions have been lifted concerning the opening of churches, although at present only 10 people, we can access the Library. You are very welcome to browse the vast assortment of books and DVDs in the Parish Library at Maria Regina after the daily and weekend Masses." Books and DVDs will still be reviewed in the Bulletin." if you have an inquiry you may phone me on 99183973 (Home) 0401613643 (mobile).



Trish Newman

Pope Francis' Prayer Intentions For June



The Way of the Heart

We pray that all those who suffer may find their way in life, allowing themselves to be touched by the Heart of Jesus.

We Pray for Recently Deceased

Diane Stewart

If you would like the names of your relatives or friends and offerings included, please drop the envelope in to the Parish Office by Midday on Wednesdays. Thank You.

Eternal Rest Grant Unto Them O Lord, And Let Perpetual Light Shine Upon Them.

May they Rest in Peace. Amen.
May Their Souls And The Souls Of The Faithful Departed, Through The Mercy Of God, Rest In Peace. Amen.

Deceased Anniversary

Vimala Aloysius
Kim Purser
Souls in Purgatory
Norma Poppleton

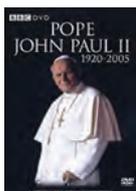
Prayers for the Sick

Tayla Riddle
Giovanni Returra
Bill Eyre
Manny Zarb
Philip Maddrel
Gail Reiher
Imelda Vince
Eric Domagas
Vicky Villaluz
Ben Castillo
Moira Howie
Carol Brennan
Jomar
Christine Hills
Donald McRae
Mary O'Connor
Sara Zofrea
Beryl Peo-Duncan
Joe Romeo
John Andrew Graham
John Charles Graham

The names on this list will be removed after four weeks unless otherwise requested or advised. Thank you

DVD REVIEW

Pope John Paul II 1920 - 2005



This BBC DVD, narrated by Geoffrey Palmer, is a fitting tribute to a man whose mission above all was to proclaim the joy of faith in a troubled world. He travelled constantly and became a globally recognised figure, reaffirming the traditional values of the Catholic Church.



The Catholic Parish of Pittwater

Weekend Masses from our parish will be live-streamed :

Saturday Vigil Mass 5pm and Sunday Morning Mass 10am

<https://www.youtube.com/channel/UCBpLC9Gn8yp4qW-TU0GDzsw/videos> or search Pittwater Parish on Youtube

or follow the link on our Parish Website

Please check our website for links to the other celebrations www.pittwaterparish.org or our facebook page for updates.



To ensure that we fulfil the requirements of the 50 people limit, we would like you to use the Trybooking website to book for our weekend Masses. There is no need to book for the weekday Masses. The bookings are now open and will close at 4pm on Fridays. Further weekend Masses will be added each week, taking into consideration any changes in government restrictions.

Here are some pointers that might help:

- Once you have selected the Mass you would like to book for, you will need to enter the quantity of tickets at the bottom of the page. Then click NEXT.
- Once you have read and agreed to the "Additional Information" you will need to select "YES" from the dropdown box that says "I Agree to the Terms Above"
- You will then need to enter the First Name and the Last Name of each of the Attendees. Then click NEXT.
- In the Checkout, you will need to complete all the fields, First Name, Last Name, Phone Number, Address, Suburb, Postcode and Email Address. Then click PURCHASE.
- If you have completed the transaction successfully, you will see "Transaction Successful" on the following page and you will receive an email with the "ticket" to the Mass you have selected.
- If you do not see "Transaction Successful" and you do not receive an email (please remember to check your junk email) then the items may still be in your cart and you may need to re-complete one of the steps.
- You do not need to print the ticket. We will have your name on the "Ticket Holder List" for each Mass.

To book for our Masses at Sacred Heart Church, Mona Vale, please visit <https://www.trybooking.com/BJPSE>

To book for our Masses at Maria Regina Church, Avalon, please visit <https://www.trybooking.com/BJPSP>

Please do not hesitate to contact the Parish office 9157 0999 if you need any assistance.

Watch the daily Mass on Demand at

<https://www.youtube.com/user/cathnews>

We hope that this will help the faithful to celebrate the Holy Mass online wherever they are



If you are experiencing Domestic Violence

Ring 1800 RESPECT
1800 737 732

PLANNED GIVING

The money contributed to our parish via our second collection helps us to meet the running costs which our Parish incurs, including wages, electricity, telephones, insurances, rates, building and equipment repairs and maintenance, to name but a few. As we are unable to donate via our second collection at present, our parish will not receive the funds which are truly needed to cover our relentless stream of expenses. Whilst you are unable to attend Mass, if you are able to make your regular donation by way of automatic direct debit from your credit card, please complete the form included in this bulletin. **Or donations can be made on our website: www.pittwaterparish.org through the donations and giving tile.** If you would prefer not to give by credit card, please contact the parish office, 9157 0999 for other ways that you can contribute.



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.



The Catholic Parish of Pittwater

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

Planned Giving Direct Debit Agreement Form for Contributions Via Credit Card

- I am an existing Planned Giving contributor
- I am new to Planned Giving

Or Donate at
www.pittwater-parish.org
Donations and
Giving Tile

| | | | |
|------------|--|--------|--|
| Full Name | | | |
| Address: | | | |
| Telephone: | | Email: | |

Payment Agreement

| | | |
|---------------------------------|--------------------------------------|--|
| <input type="checkbox"/> Weekly | <input type="checkbox"/> Fortnightly | <input type="checkbox"/> Monthly |
| Debit Amount: | \$ | <input checked="" type="checkbox"/> Until Further Notice |

Debit from Credit Card

| | | | | | | | | | | | |
|-------------------|----------------------|----------------------|-------------------------------|----------------------|----------------------|-------------------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Card Number: | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Card Holder Name: | | | <input type="checkbox"/> Visa | | | <input type="checkbox"/> Mastercard | | | | | |
| Expiry Date: | / | CCV: | | <input type="text"/> | <input type="text"/> | <input type="text"/> | | | | | |

This authorisation is to remain in force until notice is received in writing for it to be changed.

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|---------------------------------|--|-------|---|---|
| Signatory of Nominated Account: | | Date: | / | / |
|---------------------------------|--|-------|---|---|

Thank you for supporting our planned giving programme.

Please return the completed form to the parish office or email to office@pittwaterparish.org

Terms and Conditions

I/We hereby authorise The Catholic Parish of Pittwater to debit my/our credit card account. Monthly debits occur on the 15th day of each month or the next business day. Weekly and fortnightly debits occur on the Monday of each week or fortnight accordingly. The administration of this agreement is conducted by The Catholic Parish of Pittwater. The Catholic Parish of Pittwater will not change the amount or frequency of drawing arrangements without my prior approval. It is my responsibility to ensure that I/We have sufficient clear funds in our nominated account to enable the direct debit to be honoured by our financial institution. If the Debit request falls on a weekend or public holiday, it will be processed on the next working day. I/We are advised to verify account details against a recent bank statement and if uncertain to contact our financial institution or The Catholic Parish of Pittwater. If our Direct Debit is dishonoured or returned by our financial institution, for any reason, The Catholic Parish of Pittwater reserves the right to re-present the Direct Debit for processing again on the next business day. The Catholic Parish of Pittwater will keep the information about our nominated account at the financial institution private and confidential unless this information is required to investigate a claim made in relation to an alleged incorrect or wrongful debt, or otherwise required by law. I/We may stop, cancel, alter or defer your Direct Debit Request at any time, by contacting The Catholic Parish of Pittwater I/we agree to notify The Catholic Parish of Pittwater if the account is closed.

The Way of the Heart: Pope Francis' Prayer Intention for June



We pray that all those who suffer may find their way in life, allowing themselves to be touched by the Heart of Jesus.

The heart has always been a symbol of the miracle of life and of its fragility. The association is inescapable. If our heart stops beating, our life comes to a final halt, too. But the marvel is that it can keep beating unaided for over a hundred years. The heart, too, has been very remote: only in the lifetime of many of us has it been

possible to operate on it. Because it was so central and so mysterious it was seen as the deepest and most precious part of ourselves. We still speak in that way of the heart. To go to the heart of things is to cut away distractions and to understand them deeply. To speak from the heart is to say what you most deeply believe and feel, not in a superficial or self-deceiving way.

The heart, too, has always been seen as a symbol of our feelings and attitudes. To have a hard heart is to be callous. To have a soft heart is to be sympathetic, sometimes too much so. In particular it has been seen as the home of love. We can all think of love songs, many of them pretty dire, in which the heart is mentioned.

When the Scriptures speak of our heart, they usually refer to the depths of ourselves where we reveal what matters most deeply to us. That is the deep level of honesty and self-knowledge at which God wants our relationship to him to be conducted. When the Scriptures speak of God's attitudes and feelings towards us, they cover a range of human feelings – anger, rage, love, tenderness, sadness. But God always returns to love and forgiveness. Love conquers all. Jesus especially, is identified with God's love. In him the Son of God comes to share our messy and murderous world and dies for us out of love. Jesus shows God to be a loving Father and not a judge, executioner or absentee landlord, but one whose love

is tender and conquers death and human viciousness.

We Christians constantly lose sight of God's love and are tempted to see God instead as a hard taskmaster, an impersonal and unfeeling force, or a judge inflicting inflexible punishments. We redefine love as expectation. If our experience has been of stern and punitive figures of authority, our image of God will also be harsh. Saints constantly respond to this caricature of God by turning us back to the Jesus of the Gospel who speaks of God's love both in his words and in what he does: healing, driving out demons, bringing joy out of grief. God is at the heart of things, and the heart of God is love.

That is the background of Pope Francis' prayer. If we face great suffering in our lives, it is easy to become depressed and to see God as punishing us for our sins or as not caring at all about us. It is easy to pray in fear or to give up on prayer. That is why Pope Francis begins by asking us to pray that people who suffer – and we all know what it is to suffer – will find their own way in life, and that in doing this they might be touched by Jesus' love.

As always Pope Francis speaks out of a deep relationship with Jesus in which we enter his humanity with its depth and range of feelings, and find consolation in his love.

Pudim for Soibada



Dear Friends,

I have been a bit lonely during COVID-19 and feeling very helpless when it comes to the projects in Soibada. Can you help cheer me up?

Do you want to do an online cooking class with me and help Soibada at the same time? We are having the first of a series of lessons and learning my favourite Pudim! Tickets are \$15 and all proceeds go towards wages for the local builders in Soibada who are currently constructing the classrooms in the training centre.

We will be making the traditional Timorese Pudim! It is a bit like crème caramel. There will be time for a drink and a chat as well.

<https://www.trybooking.com/BJSHU>

Once you have purchased your ticket I will send you the zoom link and everything else you need!

There is a very interesting story behind this Pudim! A few years ago as I was setting up the Soibada stall for Timor Independence Day at Maria Regina Catholic Primary School I looked up to see two gorgeous little girls dressed in Tais. Not what you would expect in Avalon! It turned out that their Mum, Paola Borges was standing right next to me. Her husband, the girls' Dad is Timorese! What an amazing connection for this tiny school that initiated the link to Timor Leste for our community. Eventually, I met Luisinha Borges, Paola's Mother in Law and she made me the Pudim for my birthday. Last September Luisinha and I caught up in Dili. I visited her at her sister Ceu's place. They even came up to Soibada to see us and have a look at the projects. It turns out that their mother went to school in the village and lived in the convent. Now, Luisinha is going to teach us how to make Pudim!

Tamara Sloper Harding OAM

Chairperson Pittwater Friends of Soibada
0403226699



Most Rev Anthony Randazzo
Bishop of Broken Bay
Message for BBNeighbourhoods 2 June 2020

My dear brothers and sisters in Christ,

Yesterday, for the Feast of Mary, Star of the Sea, I celebrated Mass in the Cathedral with an assembly of the community of the Church inside the building while livestreaming into homes. I am delighted that Government has eased restrictions on our churches. While we still have a long way to go, we are now able to gather in groups of 50 people for prayer, worship, and most importantly for holy Mass.

As we begin to return to our churches, I would ask that you adhere to the health regulations that are in place. They are designed for the protection of all, especially those who might be vulnerable. We do not want to exaggerate the situation, so simple things like washing your hands before Mass with soap and water is an easy way to ensure your safety. Your priests and community leaders are doing everything possible to make our gatherings safe. I would invite you to assist and help whenever possible. If you are unwell or physically vulnerable due to illness, it would seem prudent to avoid coming to the church until you are recovered. However, please do not hesitate to contact your local parish so that the priests, deacons or pastoral teams can attend you, especially in your time of need.

Our Catholic School community has resumed classes and our Schools are well and truly in full swing. While all of our children are important, I would ask that you spare a thought and a prayer for our Year 12 students, in Catholic or Public Schools. The final year of high school is an important time in the lives of our youth. This year has brought added pressure and stress upon them. I am confident that as a community of faith, we will be able to accompany our young women and men as they step out into their future. Might we take the time to reassure them that they are not alone. Can we reassure them that we are with them and most importantly, that God has a marvellous plan for their lives.

This weekend we commemorate the Feast of the Blessed Trinity. It is a feast about love, relationships, fellowship and communion. The Blessed Trinity is the model of life and holiness for us. I have chosen this Feast to admit two of our seminarians as Candidates for Holy Orders, Sam French on Saturday at Woy Woy and Roger Delmonte on Sunday at the Cathedral. Candidacy is a public commitment on the part of the community of the Church to accompany these men as they move to the next stage of their formation for the priesthood. I invite you to pray for Sam and Roger, asking Jesus the Good Shepherd, to form them as shepherds after His own heart.

Please keep safe and well in these challenging times. Be reassured of a remembrance in my daily prayers and at Mass.

Blessings and thanks for all that you do,

A handwritten signature in black ink that reads '+ Anthony Randazzo'.

Most Rev Anthony Randazzo DD, JCL
Bishop of Broken Bay

As we celebrate the Year of Prayer in our parish... Pope Francis' Catechesis at the General Audience on 27th May 2020



This is the reason why God's lordship is transmitted down the chain of these men and woman, who are often misunderstood and marginalised in the world. But the world lives and grows thanks to God's power that these servants of His attract through their prayer. They are like a chain, which does not make a lot of noise, that rarely makes the headlines, and yet its importance is such that it restores trust in the world! I remember the story of a man: a head of government, important, not of this time, from times past. An atheist who did not have religious feeling in his heart, but as a child used to hear his grandmother who prayed, and this stayed in his heart. And in a difficult moment of his life, that memory returned to his heart, and he said, "But my grandmother prayed. ..." In this way he began to pray with the formulas his grandmother used, and there he found Jesus. Prayer is a chain of life, always: many men and women who pray, sow life.

Dear brothers and sisters, good morning!

Today's catechesis is dedicated to the prayer of the just.

God's plan regarding humanity is for the good. Yet in our everyday lives we experience the presence of evil: it is an everyday experience. The first chapters of the Book of Genesis describe the progressive expansion of sin in human living. Adam and Eve (see Gn 3:1-7) doubt God's good intentions. They think they are dealing with a jealous God who wants to prevent their happiness. Hence rebellion arose: they no longer believe in a generous Creator who desire their well-being. Their hearts yield to the temptation of the evil one. They are taken in by the delirium of omnipotence: "When you eat of the fruit of the tree, you will become like God" (see v. 5). And this is the temptation: this is the ambition that enters into the heart. The experience goes in the opposite direction, however. Their eyes are opened and they discover that they are naked (v. 7), with nothing. Do not forget this: the tempter is a bad payer, he pays badly.

Evil becomes even more explosive with the second human generation, it is stronger: it is the story of Cain and Abel (see Gn 4:1-16). Cain is envious of his brother: there is the worm of envy. As the first-born, he sees Abel as a rival, someone who threatens his place as the first-born. Evil enters within his heart and Cain does not succeed in controlling it. Evil starts to enter the heart: we tend always to look badly at others, with suspicion. And this also happens with our thought: "This person is bad, he will harm me". And this thought gradually enters into the heart. And so we have the story of the first relationship of brothers that ends in homicide. I think, today, of human brotherhood ... war everywhere.

Cain's descendants develop crafts and arts, but violence develops as well. It is expressed in Lamech's sinister song that sounds like a hymn of vengeance: "I have killed a man for wounding me, a young man for bruising me [...] If Cain is avenged seven times, then Lamech seventy-seven times" (Gn 4:23-24). Revenge:

"You will pay for what you have done". But the judge

does not say this, I do. And I make myself the judge of the situation. Thus evil spreads like wildfire until it invades the entire picture: "The Lord saw how great the wickedness of human beings was on earth, and how every desire that their heart conceived was always nothing but evil" (Gn 6:5). The great frescoes of the universal flood (chapters 6-7) and of the Tower of Babel (chapter 11) reveal that a new beginning is needed, like a new creation, that will have its fulfilment in Jesus Christ.

Yet, in these first pages of the Bible, another story is also written. It is less apparent, humbler and more devout. It represents the redemption of hope. Even though almost everyone behaves cruelly, making hatred and conquest the driving force behind human affairs, there are persons who are capable of praying to God with sincerity, who are capable of writing humanity's destiny in another way. Abel offers God a sacrifice of first-fruits. After he dies, Adam and Eve had a third son, Seth, of whom Enosh (which means "mortal") is born. It is said that "at that time people began to invoke the Lord by name" (4:26). Then Enoch appears, a person who "walks with God" and who was taken up into heaven (see 5:22-24). Finally, there is the story of Noah, a just man who "walked with God" (6:9), before whom God withholds His plan to destroy humanity (see 6:7-8).

Reading these accounts, one has the impression that prayer is an embankment, that is humankind's refuge before the wave of evil that is growing in the world. We see well that we pray even to be saved from ourselves. It is important to pray: "Lord, please, save me from myself, from my ambitions, from my passions". Those who pray in the first pages of the Bible are peacemakers: in fact, when it is authentic, prayer liberates us from our instinct toward violence. It is a gaze directed toward God, so that He might return to take care of the human heart. We read in the Catechism: "This kind of prayer is lived by many righteous people in all religions" (CCC, 2569). Prayer cultivates flowerbeds of rebirth in places where human hatred was only capable of sowing a desert. And prayer is powerful, because it attracts the power of God, and the power of God always gives life: always. He is the God of life, and He brings about rebirth.

God's path and God's story is transmitted through them: it is passed down to the "remnant" of humanity who have not been conformed to the law of the strongest, but have asked that God accomplish His miracles, and above all that He transform their hearts of stone to hearts of flesh (see Ez 36:26). And prayer helps this: because prayer opens the door to God, transforming our heart, very often made of stone, into a human heart. And it takes great humanity, and with humanity one prays well.

What would Jesus Do?

What would Jesus do if He was in your shoes? Would He extend forgiveness or hold on to bitterness?

What would Jesus do if He was in your shoes? Would He resort to violence or show some patience?

What would Jesus do if He was in your shoes? Would He turn the other cheek or give you the end of a stick?

What would Jesus do if He was in your shoes? Would He seek vengeance or exercise forbearance?

What would Jesus do if He was in your shoes? Would He call for retribution or forgive you no matter the situation?

What would you do if Jesus was with you? Would you continue in your ways or do as He says?

PARISH DIRECTORY

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Parish Office Hours
Monday to Thursday
9.00am to 4.00pm
Friday 9am to 12 noon

Sacred Heart Church
1 Keenan Street Mona Vale

Maria Regina Church
7 Central Road Avalon

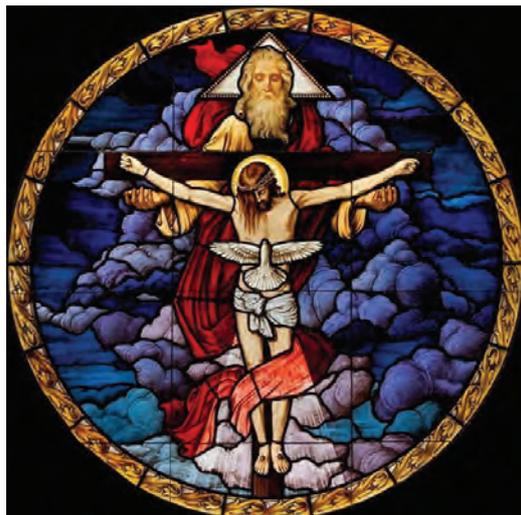
Mona Vale
Sacred Heart School
Tel 9999 3264
Principal: Mrs Suellen Garey

Avalon
Maria Regina School
Tel 9918 2608
Principal: Mrs Kathy Gee

Warriewood
Mater Maria Catholic College
Tel 9997 7044
Principal: Mr Marc Reicher

We acknowledge the lifelong trauma of abuse victims, survivors and their families, the failures of the Catholic Church to protect, believe and respond justly to children and vulnerable adults, and the consequent breach of community trust.

Solemnity of the Most Holy Trinity



Each year on the Sunday following Pentecost, the Church celebrates the mystery of the Most Holy Trinity, our belief that God is One and yet Three Persons: Father, Son and Holy Spirit, equal in majesty and glory, One in Three and Three in One.

This is something so wonderful and sublime that the human mind cannot pretend to comprehend the full meaning of the mystery, which nonetheless is the cause of our joy and our hope as followers of Jesus Christ.

Saint Augustine of Hippo, one of the greatest minds that ever existed in the Church, who died in 430 AD, was trying to comprehend the mystery of the Holy Trinity, in which he firmly believed and placed his trust, yet realised it was no easy thing to full grasp. In his contemplation Augustine decided to take a walk along the seashore. There he saw a child playing in the sand near the shoreline. Having dug a hole in the sand, the child was bringing over handfuls of water from the nearby ocean to fill the hole.

At one point Augustine asked what the child was trying to do. The youngster replied that he wanted to empty the entire ocean into the hole he had dug in the sand. "But that is impossible," Augustine observed, "Can't you see the ocean is infinitely greater than the hole you have dug in the sand?" At that moment Augustine realised a profound truth: it is equally impossible to fill the human mind with the immensity of the mystery of the Holy Trinity.

As Saint Augustine realised, the human mind is too limited to take in all the greatness of the Trinity, he also admitted that only God can fill and satisfy the human heart. "Our hearts are restless until they rest in you, O Lord," Augustine so wisely expressed it. In other words, there are many things about God that we cannot fully understand with the mind, but that we can with the heart.

God is so much and is in fact everything: Creator, Father, Sustainer, Son, Redeemer, Infinite Wisdom, Holy Spirit, Sanctifier, Comforter, Love, Advocate, who cannot but act for the welfare of the human family, drawing all things and persons toward the knowledge and love of God.

As the Catechism of the Catholic Church rightly expresses it: "The mystery of the Holy Trinity is the central mystery of Christian faith and life" (number 234).

The Holy Trinity is above all a mystery of love and the complete expression of the love of God, which in turn transforms those who come to God, who live and die in God.

Furthermore, the Holy Trinity is a mystery of unity, being indivisible, meaning the Trinity cannot be divided, yet at the same time composed of three Persons, Father, Son and Holy

Spirit, as we said at the beginning. In other words, "We do not confess three gods, but one God in three persons" (Catechism of the Catholic Church, number 253).

This unity in diversity of the Holy and Blessed Trinity is all-inclusive, meaning each and every human being is welcome to partake of the life of the Trinity. The Holy Trinity in turn gives true and lasting life to others whose lives are touched by God. That is the heart of our life in the Holy Trinity. Furthermore, the life we live becomes a source of encouragement and redemption for others hungering for rest in the One God who is our origin and goal.

We are each being invited to engage more than the mind as we ponder the mystery of our living under the watchful care of the Holy Trinity. We are invited to open "the ears of our heart," as Saint Benedict so beautifully expressed it, in order to comprehend, to the degree that we can, the greatness of our God.

While living this life, we will never understand fully the God who saves us, but that is no reason to give up in our search for God, and our ardent pursuit of God's will for our life, as well as our proclamation of the Gospel by the lives we live.

God is Love, Scripture tells us, and whoever lives in love lives in God and God in the one who loves. Let us put God in the centre of our existence and go to God frequently in prayer, in praise, as well as adoration, petition, and thanksgiving. It is always a righteous thing to do and in fact gives nourishment and encouragement for our daily existence. We form a family with God. As the Trinity dwells in unity, we are called to do likewise. May God be found in the heart of our communities, our families and our relationships.

The Holy Eucharist (Mass) we celebrate is the supreme act of God's bestowing life upon human beings. We are offered the possibility of partaking in divine life when we receive the Precious Body and Blood of the Lord. It is mystery to see before us bread and wine and yet believe that contained therein is the very Body and Blood of the Redeemer of all people, our God who loves us without measure.

May we never cease to thank our God for the gifts we have received and may we remain today and always united to the Holy Trinity, our One God, Father, Son and Holy Spirit.

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Sunday 7 June 2020



WELCOME TO THE SOLEMNITY OF THE MOST HOLY TRINITY



God is love. The overflowing love of the Father and the Son, is the Holy Spirit poured out. We are invited into this love and are called to share the love we have been gifted with others; a love which is never rationed and gives peace and hope. We are called to imitate God and love as generously as he does; to go out and proclaim the Good News, that we are saved because of His life-giving love for us.

GOSPEL READING: JOHN 3:16

"God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life"

Read the full text at

<https://www.universalis.com/Australia/mass.htm>



REFLECTION:

"It is a sharing of God himself so that we may have a share of him. He is love, and he wants us to live in that triune love."

<https://buffetcatholic.wordpress.com/2014/06/14/triune-love-a-reflection-on-this-weeks-gospel-john-316-18/>

PRAYER:



The Father is my hope.
The Son is my refuge.
The Holy Spirit is my protector.
Glory to the holy and undivided Trinity, now and forever.
Let us praise the Father, the Son and the Holy Spirit;
Let us bless and exalt God above all forever.

<https://www.catholicnewsagency.com/resources/prayers/other-prayers/prayer-to-the-blessed-trinity>

ADDITIONAL RESOURCES



We are Family - Abiding Together Podcast:
<https://www.abidingtogetherpodcast.com/podcastarchive/category/We+Are+Family>

Sr Clare Crockett (Maria of the Trinity and the Heart of Mary) Full Movie:
<https://www.youtube.com/watch?v=-0LKZm2BqZo>

SONG:

Holy, Holy, Holy - Audrey Assad:
<https://www.youtube.com/watch?v=AgHrNNM23p8>

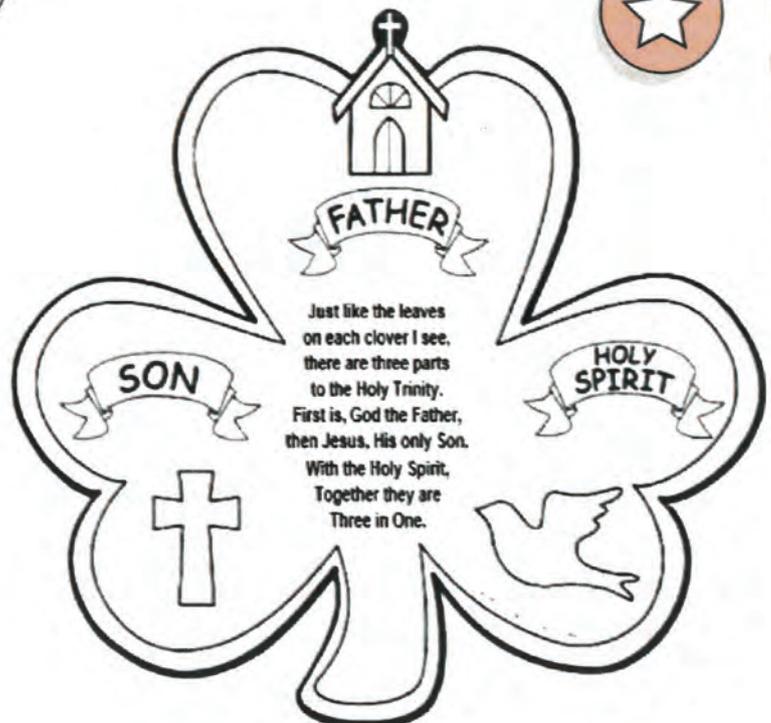
THIS WEEK:

Contact your parish office to volunteer in any way that is helpful including tasks related to the re-opening of churches and connecting with parishioners who may be more isolated.

CHILDREN'S RESOURCES:

The Trinity - Catholic Central:
<https://www.youtube.com/watch?v=wKYM90vX7f8&t=12s>

Reflection Question Chatterbox - Flame Creative Kids:
<http://flamecreativekids.blogspot.com/2012/11/reflection-question-origami-chatterbox.html>



<https://www.calonarsitek.com/>

MORE RESOURCES AT:
bbccatholic.org.au/connected



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The *Living* Word

Entrance Antiphon

Wis 1:7

Blest be God the Father,
and the Only Begotten Son of God,
and also the Holy Spirit,
for he has shown us his merciful love.

First Reading

Ex 34:4-6. 8-9

A reading from the book of Exodus
The Lord God, ruler of all, merciful and loving.

With the two tablets of stone in his hands, Moses went up the mountain of Sinai in the early morning as the Lord had commanded him. And the Lord descended in the form of a cloud, and Moses stood with him there.

He called on the name of the Lord. The Lord passed before him and proclaimed, 'Lord, Lord, a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness.' And Moses bowed down to the ground at once and worshipped. 'If I have indeed won your favour, Lord,' he said, 'let my Lord come with us, I beg. True, they are headstrong people, but forgive us our faults and our sins, and adopt us as your heritage.'

The word of the Lord

Responsorial Psalm

Dn 3:52-56. R. v.52

(R.) Glory and praise for ever!

You are blest, Lord God of our fathers. **(R.)**

Blest your glorious holy name. **(R.)**

You are blest in the temple of your glory. **(R.)**

You are blest on the throne of your kingdom. **(R.)**

You are blest who gaze into the depths. **(R.)**

You are blest in the firmament of heaven. **(R.)**

Second Reading

2 Cor 13:11-13

A reading from the second letter of St Paul to the Corinthians

The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

Brothers, we wish you happiness; try to grow perfect; help one another. Be united; live in peace, and the God of love and peace will be with you.

Greet one another with the holy kiss. All the saints send you greetings.

The grace of the Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all.

The word of the Lord

Gospel Acclamation

Alleluia, alleluia!

Glory to the Father, the Son, and the Holy Spirit:

to God who is, who was, and who is to come. Alleluia!

Gospel

Jn 3:16-18

A reading from the holy Gospel according to John

God sent his Son to save the world through him.

Jesus said to Nicodemus,
'God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.

No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son.'

The Gospel of the Lord

Communion Antiphon

Acts 2:4,11

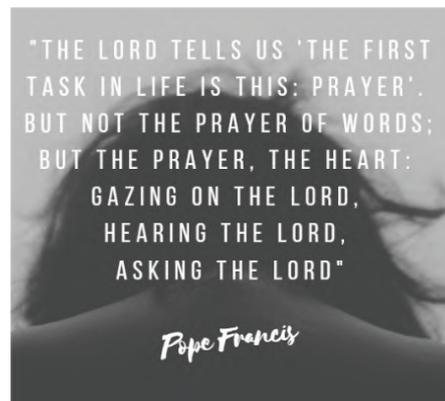
Since you are children of God,
God has sent into your hearts the Spirit of his Son,
the Spirit who cries out: Abba, Father.

REFLECTION by Dianne Bergant CSA

The readings for this feast do not directly explain the doctrine of the Trinity as we have come to know it. Rather, they offer us glimpses into the nature of our Triune God. The psalm response suggests that our primary response to God should be one of praise for the love that God has for us.

The God who is beyond our comprehension is also the God who has saved us. We see this theme in both the first reading and the gospel. The covenant language in the reading from Exodus underscores God's unfathomable goodness. God's graciousness and mercy are not rewards for our fidelity. They are extended to us in our sinfulness. It is God's saving grace that transforms us, not any merit on our part. In the gospel we are assured that Jesus was sent into the world to save it, not to condemn it.

The Trinitarian phrase found in the letter to the Corinthians is so expressive of the love that God has for us that it has been incorporated regularly into the liturgy. It declares that through his death and resurrection, Jesus has opened for us the treasury of divine grace. It also proclaims that the love of God has forged the bonds of community that unite us. Created in the image and after the likeness of this God, we are called to unity among ourselves. As incomprehensible as it may seem, it is primarily through the unity that we share that we will manifest the unity that exists in God.



Spiritual Communion Prayer

My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You.

Never permit me to be separated from You. Amen.



The Charitable Works Fund

Thank you for your continued contribution. We are so grateful to our community who demonstrate their love for their neighbours by generously supporting the Charitable Works Fund. The CWF is still working by providing the funds to ensure our trained CatholicCare Pastoral Care Practitioners are available by mobile phone for those in hospitals in our Diocese. With restrictions on visitors, Pastoral Care Practitioners are needed more than ever for the patients, their families and the staff in the hospitals in our Diocese. The CWF is still working by providing the funds to create online resources for students in public schools in our Diocese to receive Catholic Special Religious Education Classes. This vital ministry will assist parents at home continue the valuable faith formation to Catholic students in the public schools in our Diocese. The CWF is still working by assisting St Lucy's School and St Edmund's College care for students with special needs who are still attending providing additional funds to two schools with students with special needs. The CWF works every day by providing funds to those who are deaf or hard of hearing through the Ephpheta Centre.

When you give to the CWF, you can be assured that your donation is working for the faith and the people of the Diocese of Broken Bay.

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Liturgy for the Week

08/06 **Monday Ordinary Time 10**
 1 Kg 17:1-6; Mt 5:1-12

09/06 **Tuesday Ordinary Time 10**
 1 Kg 17:7-16; Mt 5:13-16

10/06 **Wednesday Ordinary Time 10**
 1 Kg 18:20-39; Mt 5:17-19

11/06 **Thursday St Barnabas, apostle**
 Acts 11:21-26, 13:1-3;
 (Mt 10:7-13)

12/06 **Friday Ordinary Time 10**
 1 Kg 19:9, 11-16; Mt 5:27-32

13/06 **Saturday St Anthony of Padua,**
 priest, doctor
 1 Kg 19:19-21; Mt 5:33-37
 (Alt. Is 61:1-3; Lk 10:1-9)



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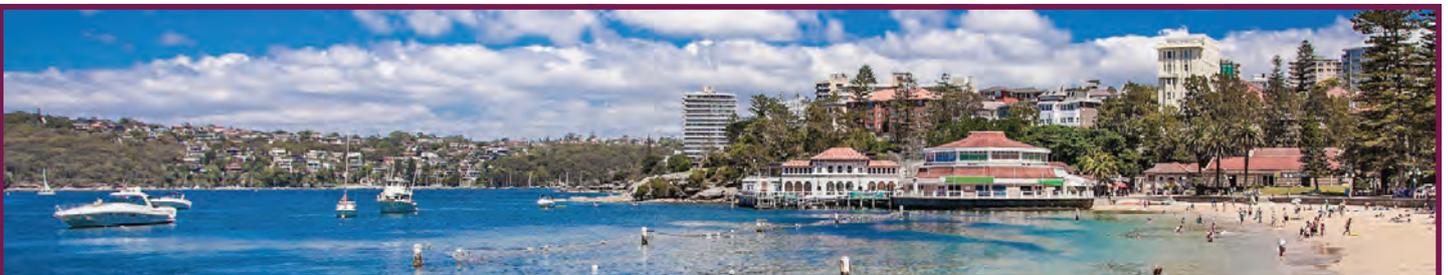
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