



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

May he preserve in you purity of heart! Become temples of the Holy Spirit!



Prayer to the *Holy Spirit*

Spirit of wisdom and understanding, enlighten our minds to perceive the mysteries of the universe in relation to eternity.

Spirit of right judgement and courage, guide us and make us firm in our baptismal decision to follow Jesus' way of love.

Spirit of knowledge and reverence, help us to see the lasting value of justice and mercy in our everyday dealings with one another.

May we respect life as we work to solve problems of family and nation, economy and ecology.

Spirit of God, spark our faith, hope and love into new action each day.

Fill our lives with wonder and awe in your presence which penetrates all creation.

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.



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
Frank Kolarik
Rina Lardizabal-Yam
Enzo Vieni
Sandra Pyper

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

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
James
Jacinta Purnell - Major
Garry Gleeson
Kathy Geach
Nenita Roque
Marie Celine Roque- Maca
Ma Lourdes Espino-Ng
Jesse Cathersides
Liam Gavin

BOOK REVIEW

Prayer and Contemplation

By: Robert Llewellyn



Contemplation is for Christians of all faiths. It is a prayer which puts us in the presence of God, letting our hearts and minds move toward Him, guidance to cope with the needs and turmoil we hold in our hearts.



Vinnies

Piety Store

Gifts and cards for Confirmation are now available at the store. The Piety Store will be open on Saturday, after the Vigil Mass, Sunday after the 10 am Mass, Thursday, 19 June Confirmation Rehearsal (Sacred Heart Church) and Saturday, 21 June (Day of Confirmation) Credit Card Access is available All proceeds go to the St Vincent de Paul Society

Liturgy for the Week

09/06 Monday, The Blessed Virgin Mary, Mother of God
Gen 3:9-15,20; Jn 19:25-34
10/06 Tuesday, Ordinary Time 10
2 Cor 1:18-22; Mt 5:13-16
11/06 Wednesday, St Barnabas
Acts 11:21-26, 13:1-3; Mt 10:7-13
12/06 Thursday, Ordinary Time 10
2 Cor 4:7-15; Mt 5:27-32
13/06 Friday, St Anthony of Padua
2 Cor 4:7-15; Mt 5:27-32
14/06 Saturday, Ordinary Time 10
2 Cor 5:14-21; Mt 5:33-37

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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.



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PRE-BIRTHDAY CELEBRATION for

Fr Zygmunt

on 15th of June
after the 10 am Mass

Everyone is invited to join us for Morning Tea to celebrate another year of Fr Zyga's blessings and guidance. It's a great opportunity to express our appreciation for his unwavering dedication and support to our Parish Community.

WHAT'S HAPPENING AT MARIA REGINA?



Week 6 – June 4th – Spotlight on students who made the MR Cross country team



We are incredibly proud of our Maria Regina students who represented our school at the recent Broken Bay cross country event. With determination, team spirit, and a great sense of sportsmanship, they gave their best on the track and cheered each other on every step of the way. Their hard work and dedication are a true reflection of our school values, and we celebrate their efforts and achievements with pride!



MARIA REGINA
Catholic Primary School Avalon

OPEN DAY

Wednesday 25 June 2025
9am - 10.30am



Meet our Principal, teachers, students and parents as they welcome you to the Maria Regina community.



Learn about the many opportunities Maria Regina offers our students as valued and nurtured individuals.



Experience school life at Maria Regina through a personalised and intimate student-led tour.



Gain an insight into our faith-led approach and our Kindergarten to Year 12 Catholic Journey with Mater Maria, Warriewood and St Paul's, Manly.



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Miss Kirsty Thorpe
Principal



Maria Regina Catholic Primary School
42 Central Road, Avalon NSW 2107
(02) 7256 2138 | mra@dbb.catholic.edu.au

Parish Directory

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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

In this Holy Jubilee Year, our hope is to connect to the mission of Jesus Christ each day.

Please support our upcoming Pastoral Works May 2025 Appeal

Confraternity of
Christian Doctrine (CCD)

Hospital Chaplaincy
and Pastoral Care



Please pick up one of the envelopes that were made available on the pews of both Churches or click on the QR code to make a Donation.

PASTORAL
WORKS
Broken Bay

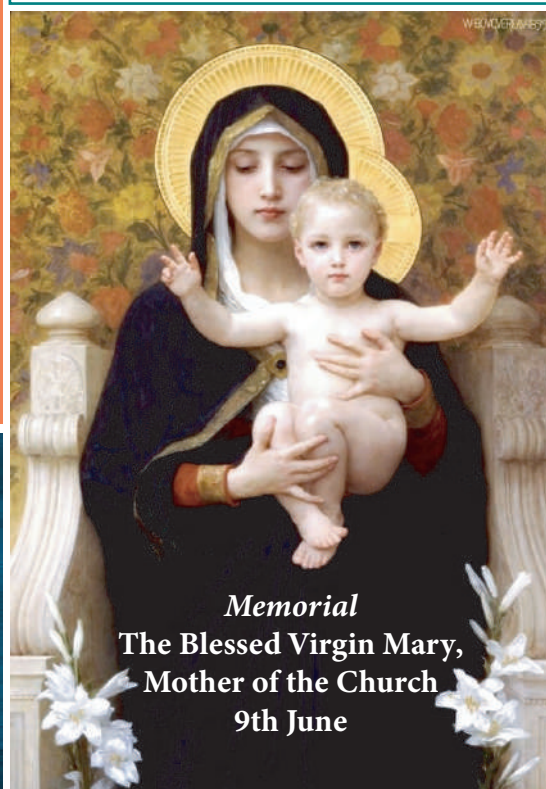
Your generous DONATIONS will help renew and rebuild families and parish communities in Broken Bay.

All monetary gifts over \$2 are tax deductible by 30 June 2025

NO MASSES
at both Churches
but there will be
Liturgy of the Word
with
Holy Communion

on

Tuesday, 10 June
Wednesday, 11 June
Thursday, 12 June



Memorial

The Blessed Virgin Mary,
Mother of the Church
9th June



St Anthony of Padua
13 JUNE

"Actions speak louder than words;
let your words teach and
your actions speak."

Decoding Pentecost

By: Fr David Caron OP
Cross Catholic Outreach



Pentecost, the beginning and birthday of the Church, is an annual feast that closes out the Easter season 50 days after the resurrection is celebrated. The word Pentecost has its root in the Greek word that means five. (One can see where the word pentagon comes from.) It is also a word that was used in Judaism during the time of Jesus, as Pentecost was the word used for the harvest festival Shavuot.

The Christian celebration has its origins in the Acts of the Apostles, in Acts 2:1-12, where the early disciples experienced the filling of the Holy Spirit promised by Jesus. Acts also states, "While staying with them, he ordered them not to leave Jerusalem, but to wait there for the promise of the Father. 'This,' he said, 'is what you have heard from me; for John baptised with water, but you will be baptized with the Holy Spirit not many days from now'" (Acts 1:4-5).

This Third Person of the Holy Trinity is known by a variety of names in Christian theology; one name is Paraclete. The name Paraclete means educator, intercessor, teacher, helper and comforter. These names describe how the Holy Spirit is present in the Church and is present with God's people. The Spirit is sent to remind us of all that Jesus said and taught. The Holy Spirit makes everything possible. These meanings highlight why meditating on the feast of Pentecost is an important thing to do. With the whole Church throughout the ages, we may rightfully pray, "Come, Holy Spirit. Come!"

ADVERTISEMENT SPACES AVAILABLE

Our bulletin has available spaces to promote local businesses.

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Parish Bulletin – Term 2, Week 6

This week, we warmly welcomed our Year 7 parents and students to the Parent-Teacher-Student Evening. Our focus remains on fostering growth for all students and staff. We outlined ways to engage with student learning, effective communication methods, the importance of attendance, and the robust support we offer through wellbeing. At the heart of our mission is helping each student flourish and deepen their relationship with Jesus Christ.

Our senior students had the opportunity to visit the University of Sydney, where they heard from members of the Economics faculty and explored future pathways in this dynamic field.

Year 12 Extension and Modern History students also attended an HSC study day at Sydney University, hosted by the History Teachers Association, gaining valuable insights and preparation for their final exams.

Drama students from Years 10 and 11 enjoyed a cultural excursion to the Ensemble Theatre in Kirribilli, where they experienced a live performance of Harold Pinter's *The Lovers* and *The Dumb Waiter*.

Students in the Stage 5 Japanese Experience course participated in the JPEX Sado incursion, held at Mater Maria. They engaged in a traditional tea ceremony, crafted their own wagashi sweets and connected live with a former student currently studying at a Japanese university, an enriching cultural exchange.

Our talented musicians proudly represented the College at the Northern Beaches Instrumental Festival, showcasing their dedication and musical growth.

In sport, our students thrived across a range of competitions, including MWBA basketball, Peninsula Cup soccer and netball, the Netball NSW Schools Cup, umpiring and coaching programs, and the Broken Bay Intermediate and Senior Netball Gala Day. We also had strong participation in the Rugby League Gala Day.

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.

Enrolments Update:

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>.



A National Catholic Ministry for Men, founded out of a response to a great need in the hearts & lives of men & great need in the life of the Catholic Church.

ALL MEN WELCOME

We Meet

First & Third Tuesday of every Month

At 7pm

Sacred Heart Parish Centre

**We will also be beginning a series on
METANOIA**

A video series & discussion, inviting everyone to a deeper more profound conversion - a metanoia - that moves us from *something* to *someone*, as metanoia ultimately turns us to Jesus.

Bringing men together, to renew their faith in God & encourage them to be an active force of renewal in the Church

**For any questions contact
Joe Cilia – 0418 863 814**

Little Hearts Playgroup

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 —everyone is welcome

Contact Nikki on 0481009376 for more information

The *Living* Word

Entrance Antiphon Wisdom 1:7
The Spirit of the Lord has filled the whole world and that which contains all things understands what is said, alleluia.

First Reading Acts of the Apostles 2:1-11
A reading from the Acts of the Apostles
They were all filled with the Holy Spirit, and began to speak different languages.

When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech. Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome – Jews and proselytes alike – Cretans and Arabs; we hear them preaching in our own language about the marvels of God.'

The word of the Lord

Responsorial Psalm
Ps 103:1. 24. 29-31. 34. R. v.30
(R.) Lord, send out your Spirit and renew the face of the earth.

Bless the Lord, my soul!
Lord God, how great you are,
How many are your works, O Lord!
The earth is full of your riches. **(R.)**

You take back your spirit, they die, returning to the dust from which they came. You send forth your spirit, they are created; and you renew the face of the earth. **(R.)**

May the glory of the Lord last for ever!
May the Lord rejoice in his works!
May my thoughts be pleasing to him.
I find my joy in the Lord. **(R.)**

Second Reading Romans 8:8-17
A reading from the letter of St Paul to the Romans
Everyone moved by the Spirit is a son of God.

People who are interested only in unspiritual things can never be pleasing to God. Your interests, however, are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you

possessed the Spirit of Christ you would not belong to him. Though your body may be dead it is because of sin, but if Christ is in you then your spirit is life itself because you have been justified; and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you. So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live. Everyone moved by the Spirit is a son of God. The spirit you received is not the spirit of slaves bringing fear into your lives again; it is the spirit of sons, and it makes us cry out, 'Abba, Father!' The Spirit himself and our spirit bear united witness that we are children of God. And if we are children we are heirs as well: heirs of God and coheirs with Christ, sharing his sufferings so as to share his glory.

The word of the Lord.

Sequence
Holy Spirit, Lord of light,
From the clear celestial height
Thy pure beaming radiance give.
Come, thou Father of the poor,
Come with treasures which endure;
Come, thou light of all that live!
Thou, of all consolers best,
Thou, the soul's delightful guest,
Dost refreshing peace bestow;
Thou in toil art comfort sweet;
Pleasant coolness in the heat;
Solace in the midst of woe.
Light immortal, light divine,
Visit thou these hearts of thine,
And our inmost being fill:
If thou take thy grace away,
Nothing pure in man will stay;
All his good is turned to ill.
Heal our wounds, our strength renew;
On our dryness pour thy dew;
Wash the stains of guilt away:
Bend the stubborn heart and will;
Melt the frozen, warm the chill;
Guide the steps that go astray.
Thou, on us who evermore
Thee confess and thee adore,
With thy sevenfold gifts descend:
Give us comfort when we die;
Give us life with thee on high;
Give us joys that never end.

Gospel Acclamation
Alleluia, alleluia!
Come, Holy Spirit; fill the hearts of your faithful and kindle in them the fire of your love.
Alleluia!

Gospel John 14:15-16. 23-26
A reading from the holy Gospel according to John
The Holy Spirit will teach you

everything.

Jesus said to his disciples
'If you love me you will keep my commandments.
I shall ask the Father
and he will give you another Advocate to be with you for ever.
If anyone loves me he will keep my word,
and my Father will love him,
and we shall come to him
and make our home with him.
Those who do not love me do not keep my words.
And my word is not my own;
it is the word of the one who sent me.
I have said these things to you while still with you;
but the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of all that I have said to you.'

The word of the Lord.

Communion Antiphon
Acts of the Apostles 2:4,11
They were all filled with the Holy Spirit and spoke of the marvels of God, alleluia.

REFLECTION
by Dianne Bergant
We have been in the in-between time since the Ascension of the Lord. Today we celebrate the dramatic inbreaking of the time of fulfilment. We celebrate the fullness of the Spirit and the great gathering of nations. The feast also brings the Easter season to its conclusion. All are brought together as we are brought together into the body of Christ. The plan of salvation has been brought to its conclusion. Christ is exalted next to God and has sent his Spirit to fill the earth with God's power. The world is charged with divine energy; it needs but a spark to ignite it with life and with excitement. This vitality explodes into the extraordinary: tongues are loosed and speech overflows its linguistic constraints; charismatic gifts flood the valleys of human habitation; barred doors are burst open and frightened hearts are calmed. The Spirit of the Lord fills the whole world. We gather together to discover that God has gathered us for another. Strangers assemble to fulfil personal obligations and they experience a phenomenon that bonds them together for life. Individual religious devotion is swept up into communal divine revelation. Through the Spirit of God, we are reconciled to each other and then together we spend ourselves for the common good. The world is renewed; the community is revitalised; we come to know the mysterious yet all pervasive peace of Christ.

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"But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you."

John 14:26

Parade

When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting.

Acts 2:1-2

DailyVerses.net



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'REPENT AND BE
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OF JESUS CHRIST FOR
THE FORGIVENESS OF
YOUR SINS. AND YOU
WILL RECEIVE THE GIFT
OF THE HOLY SPIRIT!'

ACTS 2:38

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