



# The Catholic Parish of Pittwater

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

## Pentecost Sunday



*Holy Spirit, Lord of the Light*

### *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 judgment 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 a new action each day.  
Fill our lives with wonder and awe in Your presence which penetrates all creation.  
Amen.



#### POPE FRANCIS' PRAYER INTENTION FOR MAY For Church Movements and Groups

We pray that Church movements and groups may rediscover their mission of evangelization each day, placing their own charisms at the service of needs in the world.

You can find us on **Instagram** (pittwater\_parish)



Continue to practise good hygiene. *Please use the hand sanitisers provided in both of our Churches.*



#### Thoughts of Fr Francis Jordan

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

**If you have used this bulletin, please take it home with you.**

**Like us on Facebook**  
Parish of Pittwater

**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**

## MASS TIMES

SACRED HEART CHURCH  
1 Keenan Street, Mona Vale

### WEEKDAY MASSES

Tuesday 8.30am  
*Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8am, followed by Mass at 9.30am*  
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*

Recently Deceased  
*Denise Coil*

### Prayer for the Sick

Anna Smigowski  
Mile Spadina  
Sarah Zofrea  
Guy Zofrea  
Avelino Samartin  
Bill O'Connor  
Jeff Langley  
Mark Linfiels  
Nick Moullakis  
Bill Eyre  
Brian Gregan  
Jim Hammond  
Marcia Bailey  
Bec Burroughs  
Susan Hickey  
Sophia Burfitt  
Margaret De Landre  
Maeve Robinson  
Jenny Carroll  
Matt Ukishima  
Mina Lee  
Maureen Larios  
Denise Wagner  
Tom Murphy  
Leonie Ariemetto  
John Graham

## Liturgy for the Week

29/05 Monday, The Blessed Virgin Mary, Mother of the Church  
Gen 3:9-15, 20; Jn 19:25-34

30/05 Tuesday, Ordinary Time 8  
Sirach 35:1-12; Mk 10:28-31

31/05 Wednesday, The Visitation of the Blessed Virgin Mary  
Zeph 3:14-18; Lk 1:39-56

01/06 Thursday, St Justin, martyr  
Sirach 42:15-25; Mk 10:46-52

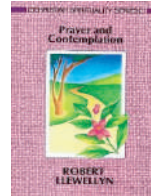
02/06 Friday, Ordinary Time 8  
Sirach 44:1, 9-13; Mk 11:11-26

03/06 Saturday, Sts Charles Lwanga & Companions  
Sirach 51:12-20; Mk 11:27-33

## 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 needs and turmoil we hold in our hearts.

## Sacrament of Confirmation

Saturday, 17 June 2023  
at 6 pm

at Maria Regina Church  
Sunday, 18 June 2023  
at 10 am and 12 noon  
at Sacred Heart Church

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Give to our  
Parish of  
Pittwater

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

Use this App to support our Clergy through the first collection and our Parish through the second collection. Donations can be made weekly, fortnightly, monthly or one-off.

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



Maria Regina  
Catholic Primary School Avalon

# OPEN DAY 2023

Wednesday 14 June - 9am - 10.30am

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your help is greatly appreciated.

Please visit:

[bbcatholic.org.au/pastoralworks](http://bbcatholic.org.au/pastoralworks)  
or Use: Parish envelopes

## Everything you need to know about Pentecost



This weekend, the Church celebrates Pentecost, one of the most important feast days of the year that concludes the Easter season and celebrates the beginning of the Church.

### **Here's what you need to know about the feast day:**

The timing and origins of Pentecost always occurs 50 days after the death and resurrection of Jesus, and ten days after his ascension into heaven. Because Easter is a moveable feast without a fixed date, and Pentecost depends on the timing of Easter, Pentecost can fall anywhere between May 10 and June 13. The timing of these feasts is also where Catholics get the concept of the Novena - nine days of prayer - because in Acts 1, Mary and the Apostles prayed together "continuously" for nine days after the Ascension leading up to Pentecost. Traditionally, the Church prays the Novena to the Holy Spirit in the days before Pentecost. The name of the day itself is derived from the Greek word "pentecoste," meaning 50th.

There is a parallel Jewish holiday, Shavu'ot, which falls 50 days after Passover. Shavu'ot is sometimes called the festival of weeks, referring to the seven weeks since Passover.

Originally a harvest feast, Shavu'ot now commemorates the sealing of the Old Covenant on Mount Sinai, when the Lord revealed the Torah to Moses on Mount Sinai. Every year, the Jewish people renew their acceptance of the gift of the Torah on this feast.

### **What happens at Pentecost?**

In the Christian tradition, Pentecost is the celebration of the person of the Holy Spirit coming upon the Apostles, Mary, and the first followers of Jesus, who were gathered together in the Upper Room. A "strong, driving" wind filled the room where they were gathered, and tongues of fire came to rest on their heads, allowing them to speak in different languages so that they could understand each other. It was such a strange phenomenon that some people thought the Christians were just drunk - but Peter pointed out that it was only the morning, and said the phenomenon was caused by the Holy Spirit.

The Holy Spirit also gave the apostles the other gifts and fruits necessary to fulfill the great commission - to go out and preach the Gospel to all nations. It fulfills the New Testament promise from Christ (Luke 24:46-49) that the Apostles would be "clothed with power" before they would be sent out to spread the Gospel.

### **Happy Birthday, Church**

It was right after Pentecost that Peter, inspired by the Holy Spirit, preached his first homily to Jews and other

non-believers, in which he opened the scriptures of the Old Testament, showing how the prophet Joel prophesied events and the coming of the Holy Spirit at Pentecost.

For this reason, Pentecost is considered the birthday of the Church - Peter, the first Pope, preaches for the first time and converts thousands of new believers. The apostles and believers, for the first time, were united by a common language, and a common zeal and purpose to go and preach the Gospel.

### **Pentecost Vestments and Customs Around the World**

Typically, priests will wear red vestments on Pentecost, symbolic of the burning fire of God's love and the tongues of fire that descended on the apostles.

However, in some parts of the world, Pentecost is also referred to as "WhitSunday", or White Sunday, referring to the white vestments that are typically worn in Britain and Ireland. The white is symbolic of the dove of the Holy Spirit, and typical of the vestments that catechumens desiring baptism wear on that day. An Italian Pentecost tradition is to scatter rose leaves from the ceiling of the churches to recall the miracle of the fiery tongues, and so in some places in Italy, Pentecost is sometimes called Pascha Rosatum (Easter roses).

In France, it is tradition to blow trumpets during Mass to recall the sound of the driving wind of the Holy Spirit.

In Asia, it is typical to have an extra service, called genuflexion, during which long poems and prayers are recited. In Russia, Mass goers often carry flowers or green branches during Pentecost services.

**By Catholic News Agency Staff**

# 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

### Director of Music

**Josh Willard**

Tel 9157 0999 ext 17  
music@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

### Parish Office Hours

Monday to Thursday

9.00 am to 4.00 pm

Friday

9.00 am to 12.00 pm

### 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 9918 2608

Principal: Miss Kirsty Thorpe

### WARRIEWOOD

**Mater Maria Catholic College**

Tel 9997 7044

Principal: Mr Marc Reicher

## We are filled with the Holy Spirit

Pentecost Sunday, Year A, B and C



The Spirit Brings

# LOVE

I can show love by \_\_\_\_\_

\_\_\_\_\_ because I am filled with the Holy Spirit.



The Spirit Brings

# PEACE

I can be a peacemaker by \_\_\_\_\_

\_\_\_\_\_ because I am filled with the Holy Spirit.



The Spirit Brings

# JOY

I can show joy by \_\_\_\_\_

\_\_\_\_\_ because I am filled with the Holy Spirit.

Draw a picture of someone you know who is filled with the Holy Spirit - it could even be yourself!



Each person was able to hear the message of the Gospel in their own language. See if you can decipher the language below to read the special message.

∅ = A	± = H	* = R
⋈ = D	∩ = I	≡ = S
∇ = E	∪ = L	⊖ = T
∪ = F	∩ = N	∨ = U
⊗ = G	⊙ = O	⚡ = W

⊗ ⊙ ∪ ± ∅ ≡ ∩ ∪ ∇

∪ ∅ ∩ ∪ ∇ \* ∪ ∪ ∪ ⊖ ± ∩ ∅ ≡

Jn 20:19-23

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As we continue our  
**Cathedral Precinct Journey**

please join us as  
we celebrate our Patronal feast

## Mary Star of the Sea Vigil Mass

with Most Rev Anthony Randazzo DD JCL  
Bishop of Broken Bay

Our Lady of the Rosary Cathedral  
Waitara

Tuesday, 30 May 2023 at 5:30pm

to be followed by a light supper at  
The Light of Christ Centre for a Diocesan-wide  
presentation and consultation on the future  
of our Cathedral Precinct

Please RSVP  
events@bbcatholic.org.au by  
Monday 22 May 2023





## Parish Bulletin – Term 2, Week 5

On Wednesday, we celebrated the Solemnity for Our Lady Help of Christians which doubles as Mater Maria Catholic College's Feast Day. Students and teachers came together to celebrate Eucharist led by our local Fathers, together with our Year 12 Prefects in the Marana Complex. The Masses were complimented with beautiful songs by musicians in all year groups. All students and staff were supplied with lunch at our Mater Community BBQ Lunch. Other festivities included a 'Students v Staff' soccer game on the College Oval, Student-led DJ/Disco in the Hall, an outdoor handball competition, and various puzzles and board games in our Benedict Learning Centre. It was a fantastic day complimented with beautiful weather as we come together to commemorate Mary our Mother as the first and most perfect disciple.

Our Year 12 Students attended a 3-day overnight retreat last week at Benedict XVI Retreat Centre. The students and accompanying teachers found the retreat to be an enriching experience of faith and community. Our theme was Jesus' great question of faith, "Who Do you say that I am?" (Mt 16:15). Students and staff participated in Reconciliation and Mass along with several other very meaningful activities throughout the programme.

Our Year 7 parents and students were welcomed to our Parent-Teacher 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 business here at Mater Maria Catholic College. Our musicians have been busy this week rehearsing for the upcoming Northern Beaches Instrumental Festival.

It has been another big week of sport at the College. On Monday, students in Years 10, 11 and 12 participated in the CSBB Open Basketball Gala Day at Breakers Stadium in Terrigal. On Tuesday, students in Year 12 competed in the NSW Opens Mixed Touch Football Gala Day at Doyle Ground North Parramatta. On Thursday, students in Years 7 – 10 participated at the Metro Cup 2023- Boys Netball Gala Day at Willoughby Leisure Centre in Willoughby. This was along with the MWBA basketball games, Peninsula Cup Soccer and Peninsula Cup Netball games that take place during the first semester.

Applications for Year 7, 2026, and beyond are now open. There are waiting lists for Year 7, 2024, and Year 7, 2025. For more information about enrolling at our Mater Maria Catholic College please visit

<https://matermaria.nsw.edu.au/enrolments/>.



**My dear sisters and brothers in Christ,**

When Saint Paul wrote to the Corinthians instructing them about gifts, he was not just reminding them of how talented they might be, but rather that they were gifted by God for a purpose. And that purpose could only be realised if each one lived in a full and wholesome relationship with God. In the Letter to the Romans, Saint Paul reminds us that the Spirit is not just some force or power of God the Father, but a person who works the Father.

The Spirit teaches us to be authentic in our relationship with God. Not to see God as a force or power, but as a person who thinks about us and loves each one of us and works for us and redeems us.

As sons and daughters of God we are led by the Spirit. As Catholic Christians we believe that the Holy Spirit is the ultimate preview and pledge of our salvation.

As sons and daughters of God we are led by the Spirit. As Catholic Christians we believe that the Holy Spirit is the ultimate preview and pledge of our salvation.

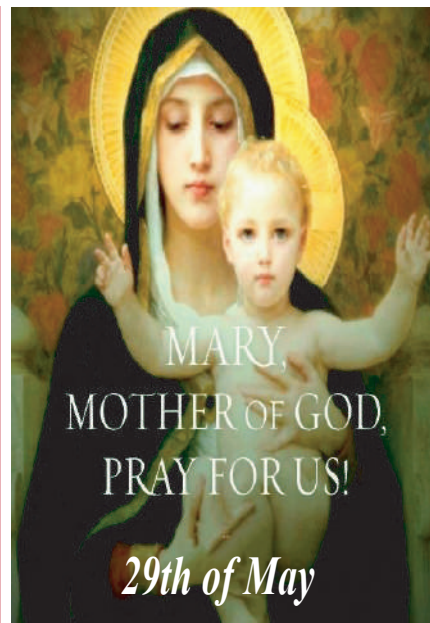
They are an even more sober reminder of the vocation of the bishop, the priest, and the deacon, whose lives must be spent at the service of the faithful, who in turn, having been nourished by Word and Sacrament, will be God's presence in the world, not by way of mediocrity, but with excellence, enthusiasm, and distinction.

My dear people, the Holy Spirit is at work in the Church and indeed in each one of us in Broken Bay. As we prepare for the great feast of Pentecost, may we be strong in our faith and confident in our hope as together we pray:

Come, Holy Spirit! Come, light of our hearts. Make us witnesses before the world so that God may be all in all and our joy may be complete.

Amen.

**+Anthony**



*Welcome to  
Pittwater Parish*

**Lola Judith Twiname  
Hudson Michael  
Twiname  
Sonny Michael  
Twiname  
Baxter Kerry Lamont  
Marley Anna  
Cristaudo  
Harry Chadwick  
Cristaudo**

**at  
Sacred Heart Church  
Mona Vale  
on the  
21st of May 2023  
for the  
Sacrament of  
Baptism**



**Rapid Antigen Tests**  
are available to be picked up at  
the Parish Office.  
The Royal North Shore Hospital  
kindly donated the RATs to our  
Parish.

# The *Living* Word

## Entrance Antiphon

Wis 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 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

1 Cor 12:3-7, 12-13

**A reading from the first letter of St Peter to the Corinthians**

*In the one Spirit we were all baptised, making one body.*

No one can say, 'Jesus is Lord' unless he is under the influence of the Holy Spirit. There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different ways in

different people, it is the same God who is working in all of them. The particular way in which the Spirit is given to each person is for a good purpose. Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

## 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.

## The word of the Lord.

### Gospel Acclamation

Mt 28:19. 20

Alleluia, alleluia!

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

Alleluia!

### Gospel

Jn 20:19-23

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

*As the Father sent me, so I send you: Receive the Holy Spirit.*

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you. 'As the Father sent me, so am I sending you.' After saying this he breathed on them and said:

'Receive the Holy Spirit.  
For those whose sins you forgive,  
they are forgiven:  
for those whose sins you retain,  
they are retained.'

## The Gospel of the Lord

### Communion Antiphon

Acts 2:4,11

They were all filled with the Holy Spirit and spoke of the marvels of God, alleluia.

## REFLECTION

by *Dianne Bergant CSA*

*Pentecost celebrates the fullness of the Spirit and the great gathering of nations. It brings the Easter season to its conclusion. The Risen Lord has been exalted to his rightful place next to God and he 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.*

*Once again we gather together for one reason, only to discover that God has gathered us for another. Through the Spirit of God, we are reconciled to each other and then together we spend ourselves for the common good. Through the Spirit of God the world is renewed, the community is revitalised, and we come to know the mysterious yet all pervasive peace of Christ.*

*The Spirit has been poured forth and works wonders wherever human hearts are open to its promptings. The earth is renewed each time rivalries are resolved, distinctions are recognised as merely expressions of diversity, peace is restored, comfort and solace are offered, and forgiveness is granted. We are immersed in the vigour of the Spirit of God. All we have to do is open ourselves to it and the reign of God will be born in our midst.*

© Dianne Bergant CSA

Rejoice evermore. Pray  
without ceasing. In  
every thing give  
thanks: for this is the  
will of God in Christ  
Jesus concerning you.  
1 Thessalonians 5:16-18

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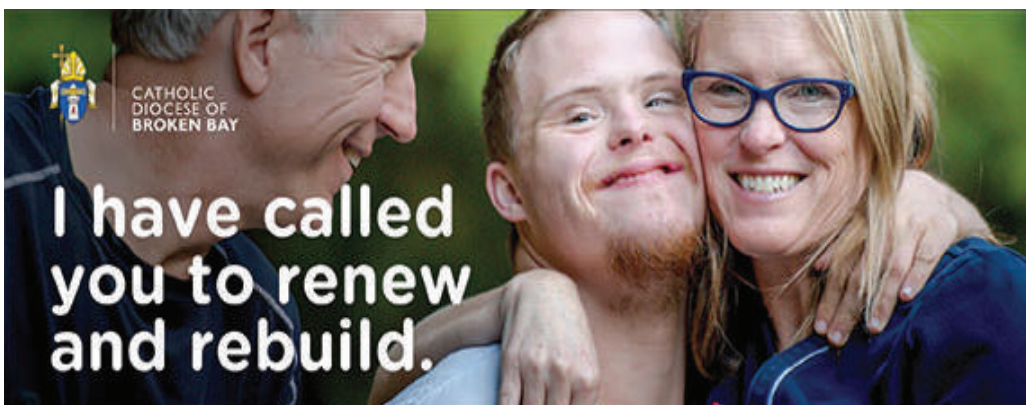
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