



The Catholic Parish of Pittwater

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



PRAYER OF GRATITUDE

Loving God,
as I express my gratitude
to You in a prayer,
may it be pleasing,
joyful sound to You.
Thank you, Lord, for Your love.
It brings me acceptance
and significance.
Thank you, Lord, for Your truth.
It gives me guidance and
direction.
Thank you, Lord,
for Your mercy.
It brings me help and comfort.
Thank you, Lord, for Your
faithfulness.
It brings me stability and
strength.
Thank you, Lord,
for Your beauty displayed
in the earth.
It brings me joy and delight.
Thank you, Lord,
for Your way of redemption-
the cross.
It brings me salvation and
regeneration.
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

Love and serve God with all your might. He is Most High and All Holy. In Him alone you will find true peace.

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 Deceased Anniversary

Walter Ott

Hedi Ott

Recently Deceased

Eddie Partridge

Ellenor Partridge

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

22/05 Monday, 7th week of Easter
Acts 19:1-8; Jn 16:29-33

23/05 Tuesday, 7th week of Easter
Acts 20:17-27; Jn 17:1-11

24/05 Wednesday, 7th week of Easter
Sirach 4:11-18; John 19:25-27

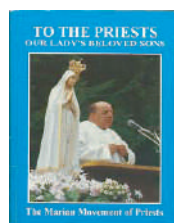
25/05 Thursday, 7th week of Easter
Acts 12:2-17, 23:6-11;
Jn 17:20-26

26/05 Friday, St Philip Neri
Acts 25:13-21; Jn 21:15-19

27/05 Saturday, 7th week of Easter
Acts 28:16-20, 30-31;
Jn 21:20-25

BOOK REVIEW

"To the Priests,
Our Lady's Beloved Sons"
by: The Marian Movement of Priests



This is a very good book for those Catholics who have turned lukewarm in their faith.

Sacrament of Confirmation Update

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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Maria Regina

Catholic Primary School Avalon

OPEN DAYS 2023

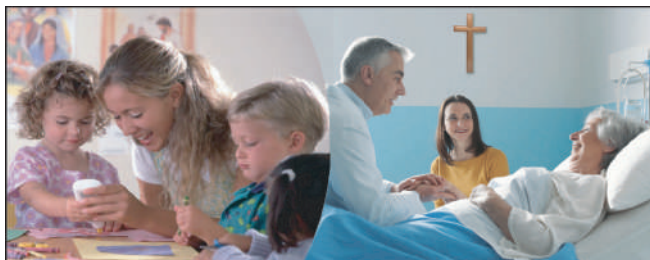
Tuesday 14 March - 9am - 10.30am

Wednesday 14 June - 9am - 10.30am

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Register





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Most Rev Anthony Randazzo DD JCL
Bishop of Broken Bay

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St Lucy's School

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St Edmund's College

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To donate, complete the form in the envelope available in your parish and return to your parish.

Or go online by scanning the QR code or visiting: bbcatholic.org.au/pastoralworks. Thank you.

We need your DONATIONS to help renew and rebuild families and parish communities in Broken Bay by the 30th of June 2023.

Every dollar helps and 100% of your donation is tax deductible.

Our Parish quota for the financial year 2022-2023 is \$48,906.00,

Thank you for your generosity.

We still have an outstanding amount of \$30,181.00

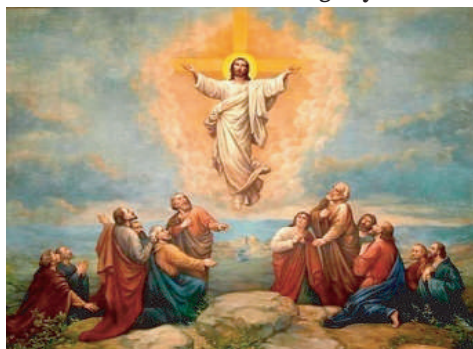
your help is greatly appreciated.

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or Use: Parish envelopes

THE ASCENSION OF THE LORD

Ecce Homo...in all His glory



The heart-piercing flash of time when the wife's eyes lock with her husband's as she steps into the lifeboat, but he stays on board the listing ship. The wailing and crying as mothers and children are ripped apart on the platform at Auschwitz-Birkenau. The well-loved cousin who leaves his far-flung relatives' home after a visit, everyone knowing he will never pass that way again. The emotional farewell. The final, bittersweet call. The last hug and tender kiss on the teary cheek. History, literature, and everyday reality are thick with dramatic goodbyes. Departures can be painful, none more than the mysterious finality of a soul's departure from this life. For those without faith, confusion deepens the pain. Without God there is, after life, just the void. The real absence. Emptiness, chaos, and guesswork about what frightening reality awaits behind the curtain. Today's Feast of the Ascension is a peek behind that curtain and what the believer sees is life, fulfillment, and hope. In the Ascension, we have a

much more. Forty days after His Resurrection from the dead, the disciples witness the Lord go away. But they are not sad. Saint Luke relates that the disciples were full of joy upon returning to Jerusalem after witnessing Jesus' Ascension on the Mount of Olives. Jesus had gone away but had not died. He had departed but was fully alive. Christ showed that there was an alternative path, a different way to "do" leaving time and space.

Most memory is happy memory. We naturally forget what causes us pain and embarrassment and more easily retain what brings smiles and light. Our Catholic religion serves us well when it remembers truths on our behalf. The Church tells us year in and year out where we came from—God. It reads to us at Mass the stories of our salvation. It reminds us that death and suffering are painful but not the end. And in the Ascension the Church preserves the very positive memory of man's greatness. The Ascension reinforces our dignity. It is a shot of vitamin B right into the spine. We stand taller and straighter when we know that we are meant to live forever in the Father's house in heaven.

Many modern biologists point to a pile of wet clay and say, "Look, here is man." Modern visual artists often show bloody, suffering, degraded man and say, "Look, here is man." Sensualists sell the unclothed body to the lustful and say, "Look, here is man." Pontius Pilate stood the broken and bloody body of Jesus before the rabble and said the same, "Ecce Homo." Today the Church asks its

to say, "Here is man too. Here is the body restored, in all of man's resplendent power." It is not enough for us to guess about our origins. We must reflect upon our destination. Where we are going says more about us than where we came from. Man is not a small pile of dirt. He is not his broken jaw, his foreclosed home, his failed marriage, or his carnal desires. He is these things, but he is more. Man is great because God is great. At Mass the priest says, "Lift up your hearts," and the people respond, "We lift them up to the Lord." Indeed. Today we marvel at the spectacle of the God-Man Jesus Christ ascending to heaven and to home. From that high place, and only from there, can we properly gauge our dignity. The Ascension should not invite speculation about the number of rooms in the Father's mansion, or how exactly the Lord zoomed up into the clouds. The Ascension is about what comes next. It's about our dignity. It teaches us that self importance is nothing. It is union with God that makes us great and makes us happy.

Lord Jesus, You were from Mary biologically but from the Father theologically. On this Feast of the Ascension, You return to the Father's house. Help all who believe in You and who belong to You in the Church to one day join You in that heavenly home forever and ever.

My Catholic Life!



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

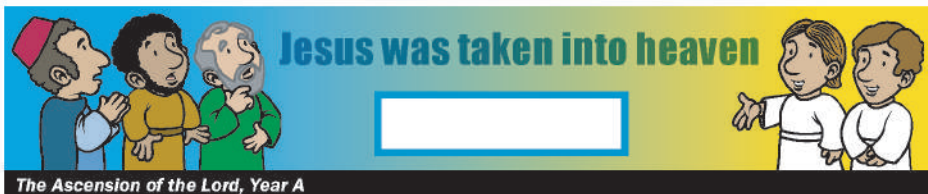
Principal: Miss Kirsty Thorpe

WARRIEWOOD

Mater Maria Catholic College

Tel 9997 7044

Principal: Mr Marc Reicher



Draw Jesus ascending into heaven.



Even though Jesus ascended into heaven he is always with us. Complete the sentences below.

Jesus is with me when....

Jesus is with me when....

Jesus is with me when....

Mt 28:16-20



ASCENSION

How many words can you make from the letters in the word ASCENSION?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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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.

**"Trust in the LORD
with all your heart and
lean not on your own
understanding."**

- Proverbs 3:5



TO VOLUNTEER FOR OUR WEEKEND MASSES

WE ARE IN NEED OF:

SENIOR SERVERS

READERS

POWERPOINT OPERATORS

JUNIOR ALTAR SERVERS

**THERE WILL BE SIGN-UP SHEETS AT
THE BACK OF THE CHURCHES.**

**THANK YOU SO MUCH, WE GREATLY
APPRECIATE IT.**

Parish Bulletin – Term 2, Week 4

This week, our Year 12 students had a wonderful time together at the Mater Maria Senior Retreat in the beautiful location of The Benedict XVI Retreat Centre at Grose Vale, NSW. Our Year 12s enthusiastically explored a variety of topics and experiences. They engaged in different types of prayer experiences, participated in discussions on the nexus between science and faith as well as wrestling with ethical questions which face young people today. This retreat is a special opportunity for students to enrich and deepen the quality of their relationships with peers, staff and God.

Year 9 Entrepreneurship students attended an excursion in Brookvale to meet two entrepreneurs in their businesses before visiting a StartUp Hub for a tour and presenting their Food Drive assessment task at the Hub conference room. They also visited a local Aboriginal business collective to learn about cultural appropriation. Whilst our Year 10 Entrepreneurship students attended an excursion in North Sydney to present their pitch and social enterprise proposal assessment to a panel of three at the WeWork shared office space. They visited the NGO Good Return and the Australian Catholic University to hear about the study and research being conducted in this field.

Year 9 and 10 students attended the CSBB 'Shine' Student Leaders at St Peter's College in Tuggerah. Shine is an opportunity for aspiring student leaders from different schools across the Diocese to participate in a leadership and faith formation gathering.

Several Year 9 students participated in a two-day hike in Glenworth Valley to complete their Practice Adventurous Journey and earn their Bronze Duke of Edinburgh award.

Our Mater Maria Surf Team participated in the Lifeline Classic High School Surf Challenge which took place on Friday at Queenscliff Beach. They competed against some of the best surfers on the Northern Beaches at the gala day.

It has been another big week of sport at the College with the NSW Basketball All Open Boys Gala Day at Penrith Valley, MWBA Basketball, Peninsula Cup Soccer, CSBB Intermediate Soccer Gala Day and the Peninsula Cup Netball Competition.

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/>.



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@bbccatholic.org.au by
Monday 22 May 2023



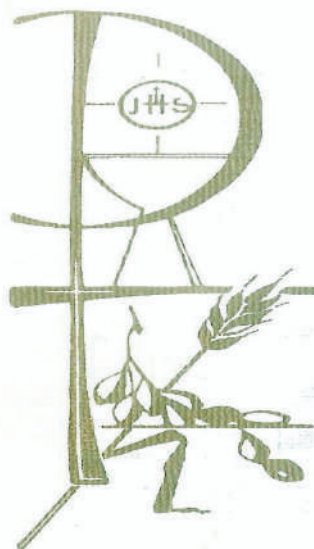
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**Congratulations to
Fr Zygmunt Smigowski, SDS
20 Years (24th May)**
and

**Fr Richard Sadowski, SDS
24 Years (29th May)**
for their
**Ordination Anniversaries
to Priesthood.**

**We thank you for your years
of service to God and
His people.**

**May the Lord bless you with
great health. Fill your life
with His joy and sustain you
by His grace.**

The *Living* Word

Entrance Antiphon

Acts 1:11

Men of Galilee, why gaze in wonder at the heavens? This Jesus whom you saw ascending into heaven will return as you saw him go, alleluia.

First Reading

Acts 1:1-11

A reading from the Acts of the Apostles

Why are you standing here looking into the sky? Jesus has been taken into heaven.

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is' he had said, 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.'

Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.'

The word of the Lord

Responsorial Psalm

Ps 46:2-3. 6-9. R. v.6

(R.) God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

All peoples, clap your hands,
cry to God with shouts of joy!
For the Lord, the Most High, we must
fear, great king over all the earth. (R)

God goes up with shouts of joy;
the Lord goes up with trumpet blast.
Sing praise for God, sing praise,
sing praise to our king, sing praise. (R)

God is king of all the earth.
Sing praise with all your skill.
God is king over the nations;
God reigns on his holy throne. (R)

Second Reading

Eph 1:17-23

A reading from the letter of St Peter to the Ephesians

He made Jesus to sit at his right hand in heaven.

May the God of our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full knowledge of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercised for us believers. This you can tell from the strength of his power at work in Christ, when he used it to raise him from the dead and to make him sit at his right hand, in heaven, far above every Sovereignty, Authority, Power, or Domination, or any other name that can be named, not only in this age, but also in the age to come. He has put all things under his feet, and made him, as the ruler of everything, the head of the Church; which is his body, the fullness of him who fills the whole creation.

The word of the Lord.

Gospel Acclamation

Mt 28:19. 20

Alleluia, alleluia!

Go and teach all people my gospel.
I am with you always, until the end of the world.

Alleluia!

Gospel

Mt 28:16-20

A reading from the holy Gospel according to Matthew

All authority in heaven and on earth has been given to me.

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commandments I gave to you. And know that I am with you always; yes, to the end of time.'

The Gospel of the Lord

Communion Antiphon

Mt 28:20

Behold, I am with you always,
even to the end of the age, alleluia.

REFLECTION

by Dianne Bergant CSA

The feast of the Ascension is really a kind of liminal moment in the Easter season. It is a time between times, a moment

when we have left one place in our journey but have not yet arrived at a second. The glory of the Risen Christ has already been revealed in us, but not yet totally. The feast itself celebrates the exaltation of Jesus. Today we stand awestruck, watching Jesus ascend into the clouds of heaven, there to be enthroned at the right hand of God. Today we are overwhelmed by the reality of the divinity of the one whom we have known in his humanity. Like the conquering creator-god, he has overcome his enemy (death) and now reigns over his new creation (the church). Christ who ascended into heaven in his body carries on what he began on earth through his new body, the church. He teaches through its apostles and evangelists. He ministers through its prophets and pastors. In and through the church, Jesus continues to heal and to comfort; to forgive and to include. We have not been left alone; we have his power; the same power with which he performed marvels when he walked the earth. We have not been left alone; we have each other. Together we make up the new body of Christ. Together we await the fullness of this body. It is this new body that stands in between the times, secure in what we have, confident of what we will be given.

© Dianne Bergant CSA



SERRA VOCATIONS MASS AND DINNER MEETING

Father Robert Borg, Parish Priest of The Lakes Catholic Parish, will be celebrating Mass for Serra at Sacred Heart Church Pymble on Thursday 25th May 2023.

The evening commences with Mass at 6.00 PM followed by a light meal and a short meeting.

Following the meeting Father Robert will be our guest speaker.

Everyone is welcome. Please "come and see".

Please remember to pray every day for vocations to the priesthood, diaconate, the consecrated life, ecclesial women, all seminarians and novices and for the perseverance of existing vocations.

Please telephone: Terry Scanlan on 0438 887 295 or email terry_scanlan@bigpond.com if you would like to attend.

Advertising Space Available

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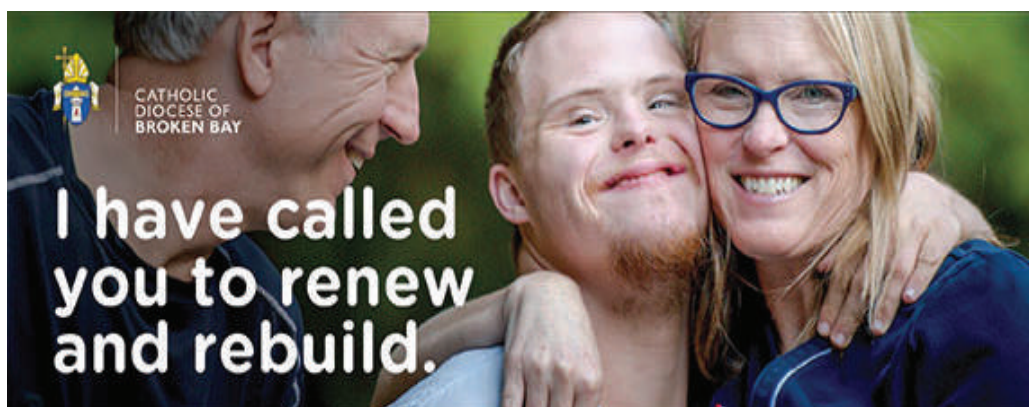
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