



# 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 the risen Saviour fill each of you with abundant graces and blessings. Work courageously at making progress in doing good and put your whole trust in God who is our helper.

## Prayer on the Feast of the Ascension

Lord Jesus,  
you became man and  
came to live among us.

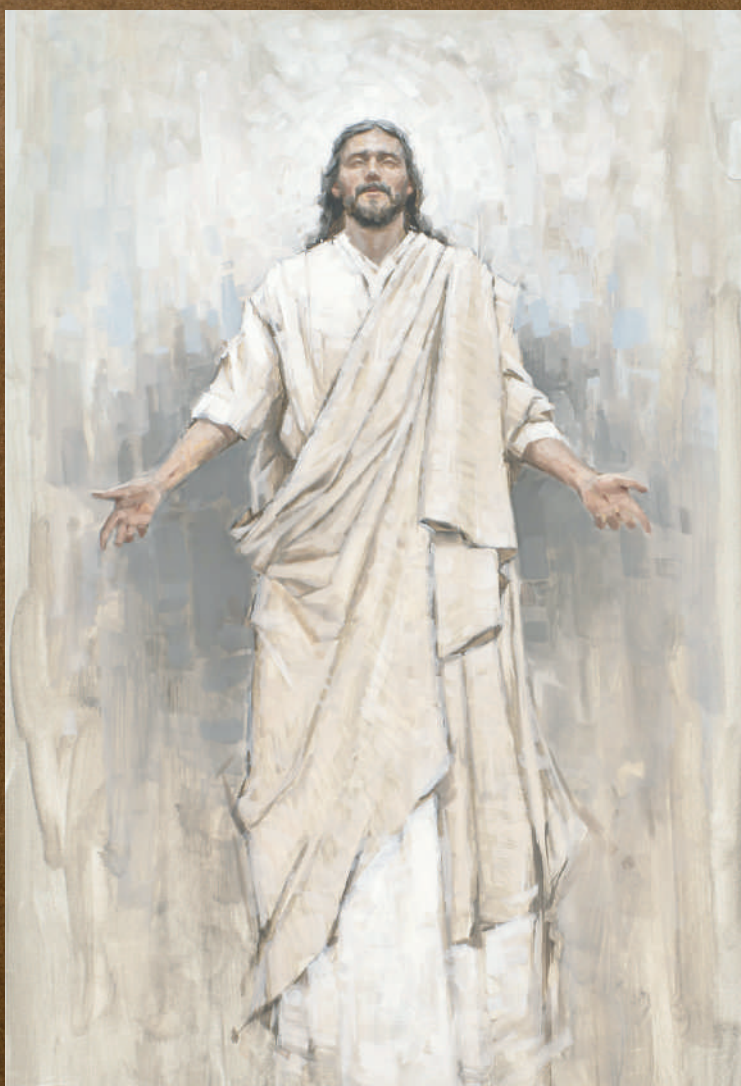
For love of us,  
you suffered and died for us.

Because you are God,  
you conquered death and  
rose on the third day.

Today you return to your Father  
and our Father,  
but you promised to remain with us  
until the end of time,  
and to send us the Holy Spirit.

We rejoice and thank you,  
Lord Jesus.

Come Holy Spirit,  
purify and transform us,  
kindle within us the fire of  
your love.  
Amen.



 Like us on  
**Facebook**  
Pittwater Catholic  
Parish

You can find us on Instagram

  
(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

**Recently Deceased**  
**Sr Helen Ryan, OP**  
**Ronson Ng**

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

**Deceased Anniversary**  
**Frank Kolarik**  
**Rina Lardizabal-Yam**

#### Prayer for the Sick

Anna Smigowska

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

## 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 to their faith.



**Vinnies**

### Piety Store

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

### Liturgy for the Week

**02/06 Monday, 7th Week of Easter**  
Acts 19:1-8; Jn 16:29-33

**03/06 Tuesday, Charles Lwanga & Companions**  
Acts 20:17-27; Jn 17:1-11

**04/06 Wednesday, 7th Week of Easter**  
Acts 20:28-38; Jn 17:11-19

**05/06 Thursday, St Boniface**  
Acts 22:30, 23:6-11; Jn 17:20-26

**06/06 Friday, 7th Week of Easter**  
Acts 25:13-21; Jn 21:15-19

**07/06 Saturday, 7th Week of Easter**  
Acts 28:16-20, 30-31; Jn 21:20-25

## Scan to

**Give to our**  
**Parish of**  
**Pittwater**

Cashless Fast Secure



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.



Available on the  
**App Store**



Get it on  
**Google play**

## Happy 26th Ordination Anniversary

### Fr Richard

Thank you for your years of service and dedication to God and our parish community. May you continue to be a beacon of hope and love. We are so grateful for your faith and compassion.

## WHAT'S HAPPENING AT MARIA REGINA?

### Week 5 – May 28th – Cambodia stall

Our school community is coming together to make a difference! This week, our students are running a fundraising stall to support children in Cambodia by helping provide essential learning resources and school supplies. Every dollar raised will go toward giving these children better access to education and brighter opportunities. Together, we can help make a lasting impact!



**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.



**Scan NOW  
To Register**

[NorthernBeachesOpenDays.com.au](http://NorthernBeachesOpenDays.com.au)



**Miss Kirsty Thorpe**  
Principal



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

## Parish Directory

### Pittwater Parish

1 Keenan Street,  
Mona Vale  
NSW 2103  
Tel 9157 0999

#### Parish Priest

**Fr Richard Sadowski SDS**

Tel 9157 0999 ext 10  
[pp@pittwaterparish.org](mailto:pp@pittwaterparish.org)

#### Assistant Priest

**Fr Zygmunt Smigowski SDS**

Tel 9157 0999 ext 12  
[ap@pittwaterparish.org](mailto:ap@pittwaterparish.org)

#### Parish Secretary

**Belinda Cimino**

Tel 9157 0999 ext 30  
[office@pittwaterparish.org](mailto:office@pittwaterparish.org)

#### Administrative Assistant

**Shereae Knight**

Tel 9157 0999 ext 30  
[office@pittwaterparish.org](mailto:office@pittwaterparish.org)

#### Media & Communications Coordinator

**Conille Felias**

Tel 9157 0999 ext 31  
[media@pittwaterparish.org](mailto:media@pittwaterparish.org)

#### Sacramental Coordinator

**Sonia Samartin**

Tel 9157 0999 ext 13  
[sacraments@pittwaterparish.org](mailto:sacraments@pittwaterparish.org)

#### CCD Catechist Coordinators

**Maureen Wooldridge**

Mobile 0421 907 469

**Veronica Thomas**

Mobile 0417 061 534

### Sacred Heart Church

1 Keenan Street, Mona Vale

### Maria Regina Church

7 Central Road, Avalon

## 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

## Recommendation for Parish Finance Committee and Parish Pastoral Council

Dear Parishioners,  
As we look to the future of our parish community, we are reminded that the Church thrives when its members actively participate and bring forward their unique talents, perspectives, and energy. With this in mind, we are now seeking recommendations for members for both our Parish Finance Committee and our Parish Pastoral Council and we warmly invite you to consider putting your name forward or recommending someone you believe would serve our parish well.

### **Why Now?**

Every vibrant community benefits from fresh perspectives and renewed vision. These bodies play a vital role in the life and mission of our parish. As some of our current members complete their terms, this is a natural and essential time to welcome new voices and fresh enthusiasm. Whether you're a long-time parishioner or someone newer to our community, your contribution can make a real difference.

### **Who Are We Looking For?**

- People of faith who are committed to the spiritual and practical needs of our parish
- Individuals with ideas, enthusiasm, and a collaborative spirit
- Those with financial, organisational, pastoral, or community- building skills
- Anyone who would like to be part of shaping the direction of our parish in the coming years

### **About the Committees:**

- **Parish Finance Committee:** Assists the parish priest in managing parish resources responsibly. Ideal for those with experience in finance, budgeting, fundraising, or project management.
- **Parish Pastoral Council:** Serves as a consultative body to help guide the spiritual, liturgical, and pastoral mission of the parish. Ideal for creative thinkers, listeners, and people who care deeply about parish life and community outreach.

### **How to Recommend Someone:**

- Recommendations should include the person's name, contact information, and a short note on why they would be a good fit.
- Submit your recommendation to myself at [pp@pittwaterparish.org](mailto:pp@pittwaterparish.org) by **Monday 2 June 2025.**

Please take the time to prayerfully consider how you—or someone you know—can help lead our parish forward.

Thank you and God bless you for your continued support and involvement in our parish life.

**Fr Richard Sadowski SDS**



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**



*Jesus was taken up to heaven*

**The Ascension of the Lord, Year C**

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....

---



---



**ASCENSION**

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

---

---

---

---

---

---

---

---



## Parish Bulletin –Term 2, Week 5

This week, we celebrated Reconciliation Week 2025 with a special school preview of *Illume*, a new production by Bangarra Dance Theatre Company at the Roslyn Packer Theatre. This production showcased music, visuals, and dance to explore the way light has captivated and sustained indigenous culture, drawing on 65,000 years of heritage. Some of our students also represented Mater Maria at the Aboriginal and Torres Strait Service Person's Commemoration at the ANZAC Memorial in Hyde Park on Friday. Additionally, Mater Maria is featured in Reconciliation Australia's special choir project. Our students joined voices with choirs from across the country to sing "Solid Rock" by Shane Howard, celebrating unity and reconciliation. We are proud to be part of this powerful movement, reminding us that all over this country, we are living on the sacred Land of the First Nations people. Congratulations to all musicians and singers.

Our Year 9 students embarked on a two-day hike and overnight camp in Kuringai National Park as their Practice Adventurous Journey for the Duke of Edinburgh Bronze Award. They improved their navigational skills while carrying all their food, clothing, tents, and sleeping bags in their backpacks. The hike fostered teamwork and culminated in two wonderful days of hiking and camping in beautiful surroundings.

Thirty Year 10 students attended the CSBB 'Shine' Student Leaders event at St Peter's College in Tuggerah. This gathering provided aspiring leaders from various schools across the Diocese with an opportunity for leadership and faith formation.

Each year, we hold a House Liturgy and lunch for each of our five houses. Pius House celebrated their student led liturgy this week and enjoyed muffins at recess as well.

Many Year 11 students spent the week doing work placements at various organisations and businesses.

It has also been a busy week for sports at Mater Maria, from daily basketball sessions to participation in various competitions. Our students have showcased their skills and sportsmanship in the MWBA Basketball Competition, BNSW Opens State Finals at Penrith Valley Regional Sports Complex, Peninsula Cup competitions for netball, U14s and U16s soccer, the Bill Turner Cup soccer competition for U15s, and the Broken Bay Cross Country Championships at the Gosford Racecourse.

Every Friday, our prefects lead Faith Fridays, inviting all students to join in for faith and music in the Chapel and Courtyard, fostering a sense of community.

Applications are now open for Year 2028 and 2029, with a waitlist for Year 7, 2026 and 2027. Please visit <http://www.matermaria.nsw.edu.au/enrolments> for more details.

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*

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

## 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

Acts of the Apostles 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 of the Apostles 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, 6-7, 8-9. 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

Ephesians 1:17-23

### A reading from the letter of St Paul 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 Matthew 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

Luke 24:46-53

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

*While blessing them, he was taken to heaven.*

Jesus said to his disciples: 'You see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this. 'And now I am sending down to you what the Father has promised. Stay in the city then, until you are clothed with the power from on high.' Then he took them out as far as the outskirts of Bethany, and lifting up his hands he blessed them. Now as he blessed them, he withdrew from them and was carried up to heaven. They worshipped him and then went back to Jerusalem full of joy; and they were continually in the Temple praising God.

## The word of the Lord.

### Communion Antiphon Matthew 28:20

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

## REFLECTION

by Dianne Bergant

*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 but have not yet arrived at a second. While the narratives that describe the Ascension fit well into the unfolding story of redemption, the feast celebrates the exaltation of Jesus. The readings allow us to focus on this theological point while we commemorate a turning point in the life of the church. We do this by considering the enthronement of Christ in the heavens and the new body of Christ on earth.*

*Many of the Easter accounts have directed our attention to the appearances of Jesus which were intended to strengthen the Christians' belief in his bodily resurrection.*

*Today we stand awestruck, watching Jesus ascend into the clouds of heaven, there to be enthroned at the right hand of God. Today is a day to be overwhelmed by the reality of the divinity of the one whom we have known in his humanity. Christ who ascended into heaven in his body carries on what he began on earth through his new body, the community of believers. He teaches through its apostles and evangelists. He ministers through its prophets and pastors. 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.*

© Dianne Bergant CSA

## Thank You

**I would like to thank everyone for the prayers, messages, plants and gifts especially the Communion given to me when I was at the hospital, making the surgery a great success.**

**I'm truly grateful to be part of this faith community. God bless.**

**- Trish Newman**



WHILE HE BLESSED THEM,  
HE PARTED FROM THEM AND  
WAS CARRIED UP INTO  
HEAVEN.

-LUKE 24:51-

©ASHLEYVICZEK



**PRIME VISION**  
PROPERTY MAINTENANCE

**FREE QUOTE**  
0433 321 448

A Wide Range of Services from Expert Cleaners  
We know how important it is to keep your windows squeaky clean and your property looking like new. That's why we offer a comprehensive range of property and window cleaning services to clients around Sydney. With the help of traditional methods and modern technologies, our cleaners can assist with:

*Window cleaning (traditional, pure-water and abseiling)*  
**HIGH PRESSURE CLEANING**  
**HOUSE SOFT WASHING**  
**GUTTER CLEANING**  
**SOLAR PANEL CLEANING**



**Electrical**  
**Plumbing**  
**Air Conditioning.**



**Ph:(02) 9905 8800**

**We turn up,  
Clean up &  
Guarantee our  
Work !!!**

**GET  
IN TOUCH  
TODAY**



**WILSON  
FAMILY  
FUNERALS**

**CALL 02 9913 7131**

*Locally Australian family  
owned and operated  
Available 24/7*



Ann, John and Kate of Wilson Family Funerals

*Personally talk to Ann Wilson and her team*

- Decades of experience caring for Northern Beaches and North Shore families
- A meaningful service uniquely personal to a family's needs and wishes
- Pre-paid funeral plans
- Care, compassion, love, understanding and support

Suite 3, 1440 Pittwater Rd,  
North Narrabeen, Sydney

[wilsonfamilyfunerals.net.au](http://wilsonfamilyfunerals.net.au)



**"MEN OF GALILEE," THEY SAID, "WHY DO  
YOU STAND HERE LOOKING INTO THE SKY?  
THIS SAME JESUS, WHO HAS BEEN TAKEN  
FROM YOU INTO HEAVEN, WILL COME BACK  
IN THE SAME WAY YOU HAVE SEEN HIM GO  
INTO HEAVEN."**

**- ACTS 1:11**

Then they that gladly received his word were baptized:  
and the same day there were added unto them  
about three thousand souls.

**Acts 2:41**

DailyVerses.net



Every Girl. Everywhere. Period.

To find out more, call Tamara  
0403226699



**CATHOLIC  
DIOCESE OF  
BROKEN BAY**

**I have called  
you to renew  
and rebuild.**

**PASTORAL  
WORKS** Broken Bay

Donate to help  
families and parish  
communities in  
Broken Bay.

Your trusted  
Funeral Directors on the  
Northern Beaches

## ANN WILSON FUNERALS

Proudly Local. Available 24/7

Dee Why 9971 4224 | Mona Vale 9979 5978

[annwilsonfunerals.com.au](http://annwilsonfunerals.com.au)



Part of the local  
community since 1957

51 Basset St, Mona Vale  
Ph: 999 3340  
49 Avalon Pde, Avalon  
Ph: 9918 3315



When day came,  
Jesus left and went to  
a secluded place,  
and the crowds were  
searching for Him,  
and came to Him and  
tried to keep Him  
from going away  
from them.

Luke 4:42

[www.bibleversesnow.com](http://www.bibleversesnow.com)



[facebook.com/SophiaInstitutePress](https://facebook.com/SophiaInstitutePress)

The Northern Beaches only local family  
owned and operated funeral company



Chris Lee

With over 35 years  
experience we can guide  
you with sensitivity  
and respect your loved  
one deserves.

- \* 24 hour professional service
- \* Enquire about pre-paid funerals
- \* Unique funerals a specialty

**9999 5211**

[www.peninsulafunerals.com.au](http://www.peninsulafunerals.com.au)

Purveyor of Specialty Coffees



Driven by a passion for community  
& quality



"use our 10% discount code  
on checkout parish10 with  
all coffee bean orders"

Award winning coffee  
beans available online  
[www.coffeebros.com.au](http://www.coffeebros.com.au)

## PITTWATER PHARMACY COMPOUNDING CHEMIST



**Ralph Papandrea**  
B.PHARM (Hons) MSc. MPS  
**Len Papandrea**  
B.PHARM. MPS  
**Sam Papandrea**  
B.PHARM. MPS  
**Andrew Snow**  
B.PHARM. MPS

1771 Pittwater Road  
Mona Vale 2103  
Ph: 9999 3398 Fax: 9999 3910

FINE WINE, SPIRITS & BEER

## FLEET STREET

MERCHANTS

**PAUL BOTTERO**

1755 Pittwater Road  
Mona Vale NSW 2103

Phone: 9999 3055  
Fax: 9999 3055



We can be anchored  
in this hope:  
Jesus tore the veil  
between us and  
God's presence.

Hebrews 10:19

OH LORD HELP US