



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

And if you want to do great things for God you must suffer much, be humiliated and tested.
...love the cross. Seek it and your efforts will bear fruit. It is so beautiful to belong absolutely to Jesus the Crucified.

PRAYER TO THE HOLY CROSS

O Jesus Christ, Your cross is life-saving!
Your death and resurrection brought us salvation.
Send us the Holy Spirit while we praise You and meditate on the meaning of Your death.
Through the Holy Spirit, open our hearts so that we may be able to know that without sacrifice, we can never be disciples.

Dear Jesus, Your love for your Father and for the whole world brought You to the cross.

Gazing upon the cross helps us to remember Your bitter Passion and we thank for Your great sacrifice.

May our veneration of the cross help us to be more loving.
That we may learn to love our brothers and sisters and any hatred, mistrust or resentment will leave our hearts.

Lord Jesus Christ, in remembrance of Your sorrowful Passion and Death, please look down upon us and hear our prayers.

Holy Cross, whereon the Lamb of God was offered for the sins of the world, deliver and save us. 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 SEPTEMBER

*For Our Relationship with
all Creations*

Let us pray, inspired by Saint Francis,
we might experience our
interdependence with all creatures
who are loved by God and worthy
of love and respect,

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

Tony Phillip Giunta
Melissa Cervonaro
Jagoda Olivari

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

Sue French

Maureen Larios

Elaine Boyes

Pauline Chipman

Ron Clarke

Barbara Clarke

Anna Katanec

Mother Pauline

Angela Miller

Philip Khalifeh

Joseph Khalifeh

Therese Keane

Bruce Farr

Heidi Taylor

James

Jacinta Purnell - Major

Garry Gleeson

Nenita Roque

Marie Celine Roque-

Maca

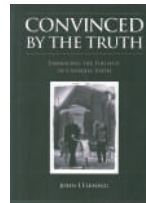
Neda Crvelin

Jesse Cathersides

Noel Reilly

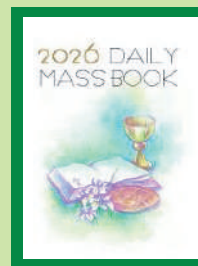
DVD REVIEW

Convinced by the Truth
by: Fr John Fleming



This DVD tells of Dr Fleming who was an agnostic in his teens and later, was ordained into the Anglican Church but the doctrines made him decide to become a Catholic priest instead

PLEASE ORDER NOW



If you would like to order the

2026 Daily Mass Book,

please contact the Parish Office on 9157 0999

Liturgy for the Week

15/09 Monday, Our Lady of Sorrows
Heb 5:7-9; Lk 2:33-35

16/09 Tuesday, Sts Cornelius & Cyprian
1 Tim 3:14-13; Lk 7:11-17

17/09 Wednesday, Ordinary Time 24
1 Tim 3:14-16; Lk 7:31-35

18/09 Thursday, Ordinary Time 24
1 Tim 4:12-16; Lk 7:36-50

19/09 Friday, Ordinary Time 24
1 Tim 6:2-12; Lk 8:1-3

20/09 Saturday, Sts Andrew Kim Tae-gin & Paul Chong Ha-sang
1 Tim 6:13-16; Lk 8:4-15



THE CATHOLIC PARISH
OF PITTPATER

GIVING

Our parish flourishes through the thoughtful care of resources and the generous commitment of our supporters. With gratitude, we thank all who help sustain our parish life, care for our Church and support the ministries that serve our community.

TO Make DONATIONS

SCAN the QR CODE below with your mobile phone camera and follow the prompts

Donations can be made weekly, fortnightly, monthly or one-off.



Areas OF GIVING

First Collection
(Clergy Giving)

Second Collection
(Parish Giving)

Pastoral Works Broken Bay
All PWBB donations over \$2 are 100% tax deductible

Pastoral Works Broken Bay is the charitable outreach of our Catholic community, supporting the pastoral priorities of the Diocese. It plays a vital role in funding life changing ministries, strengthening families and nurturing parish communities across Broken Bay.

Has Your Credit Card Expired?
If you support the Parish through credit card giving, please let us know if your card details have changed or expired.

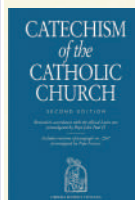
Direct Debit
You may also choose to support the Parish through direct debit. This can be set up easily and securely by contacting the Parish Office, who will arrange it for you.

We are pleased to offer copies of the Catechism of the Catholic Church

For those who would like to deepen their understanding of our faith.

Please **ORDER** your copy at the Parish Office for \$20
If you are interested in buying a copy, please stop by the office during regular hours or contact us on 9517 0999

May God bless you as you continue to grow in faith and knowledge.



CONGRATULATIONS TO FR RICHARD
Newly Elected Vice Superior of the
Salvatorians in Australia



We are delighted to share the wonderful news that our beloved parish priest, Fr Richard Sadowski SDS, has been elected as the new Vice Superior of the Salvatorians in Australia. This is a tremendous

honour and a recognition of his deep faith, tireless dedication, and inspiring leadership both within our parish and the wider Salvatorian community. We are incredibly proud of him and are grateful for the grace and wisdom he continues to share with us. Please join us in congratulating Fr. Richard and praying for him as he takes on this important new role.

May the Holy Spirit guide and strengthen him in his continued service to the Church.

Fulfilling the Sunday Obligation

We want to take a moment to gently remind everyone of something at the heart of our faith: our Sunday Mass obligation. As Catholics, we're called to gather each Sunday to worship God, receive the Eucharist, and be part of our parish community. This isn't just a tradition, it's a central part of living our faith.

This is a strong message, but it comes from the Church's love for us and desire that we stay connected to Christ. Mass isn't just an obligation — it's a gift. It's where we receive Jesus in the Eucharist, are strengthened by His Word, and find encouragement and peace in community.

Let's keep putting God first in our week, and in our hearts.

Catechism of the Catholic Church, Sunday Obligation, 2180 and 2181

Parish Directory

Pittwater Parish

1 Keenan Street,
Mona Vale
NSW 2103
Tel 9157 0999

Parish Priest
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CCD Catechist Coordinators
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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: Ms Louise O'Brien

Maria Regina School
Avalon
Tel 7256 2138
Principal: Ms Kirsty Thorpe

Mater Maria Catholic College
Warriewood
Tel 7256 2100
Principal: Mr Anthony Mahoney



- ★ Last weekend, 17 students from Years 4, 5 and 6 made their First Holy Communion. The Maria Regina school community sends a heartfelt congratulations and blessings to these children and their families.
- ★ Our Year 3 and 4 students participated in a Netball Gala Day, playing against other Northern Beaches CSBB schools. Even though many students had not played netball before, they demonstrated outstanding enthusiasm, team-work and resilience during the day.
- ★ On Friday 12th September, a number of our students participated in the Mater Maria Band Day. This is a wonderful event, when students from CSBB primary schools spend the day with Mater students being mentored in their instrument of choice and perform in a joint concert in the afternoon. Our thanks to Mater Maria for hosting again this year and welcoming our students to this annual event.
- ★ The Maria Regina School Captains enjoyed spreading joy throughout Avalon this week by handing out cards made by the students. Each card included an inspiration quote to promote kindness, compassion and happiness within our community. We hope you were lucky enough to receive one!

ENROLLING NOW FOR KINDY 2026

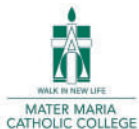


Maria Regina Avalon
Catholic Primary School
42 Central Road, Avalon 2107
7256 2138 | www.mraabb.catholic.edu.au

CONTACT
US TODAY!



LIMITED SPACES AVAILABLE



Parish Bulletin - Term 3, Week 8

It's been a vibrant and eventful week at Mater Maria Catholic College.

At the College Advisory Board Meeting, the Executive Team reviewed submissions from our Year 12 students, each outlining their contributions to the College, parish and wider community throughout the year. One student will be recognised with the College's Mission Award at the upcoming Year 12 Graduation Ceremony - a prestigious honour presented annually by the College Board Director, celebrating outstanding service and commitment to our shared values.

We also held the Discernment of Ministries for our incoming 2025 College Prefects. These student leaders have been nominated to guide key areas including the arts, community, house, liturgy, social justice, stewardship and sport. As senior leaders, they will foster spirit, represent their peers, and lead with integrity and purpose.

Our Year 12 students took part in the Mater Maria Vinnies Winter Sleepout, spending one night "sleeping rough" on site to deepen their understanding of homelessness. This powerful experience not only built empathy but also raised awareness and funds for Vinnies, while educating students about support services available locally and across Sydney. The evening concluded with games on the oval and a BBQ - marking the end of their formal lessons and celebrating their schooling journey.

We were delighted to welcome Catholic primary students from Maria Regina, Sacred Heart, St Joseph's and St Rose for the Northern Beaches Precinct Primary Band Day, held in our College Hall. With students ranging from seasoned performers to those just starting out, the day was filled with music, mentorship and joy. Our students stepped up as guides, helping younger musicians harmonise and grow in confidence. The day ended with a lively concert for proud parents, showcasing the unity and talent of our combined band.

Faith Fridays continue to be a cherished part of our week, offering students a peaceful space for reflection and connection in the Chapel through our youth group gatherings.

Our pre-loved uniform shop remains a wonderful initiative, opening once per term on Tuesday afternoons. Families can purchase quality uniform items at a 70% discount, with all proceeds supporting MoWaNa Northern Beaches Safe Space—a local service assisting individuals experiencing emotional distress.

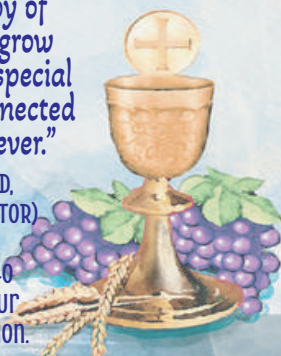
Sport has been in full swing this week, with students participating in the Broken Bay Girls Basketball Gala Day (refereed by our own students), NSWRU Secondary Schools Rugby 7s at Central Coast Regional Stadium, Peninsula Cup Rugby for U14s and U16s, and soccer competitions across Years 7 to 9 and the Opens. The weekly MWBA Basketball Competition also continues to energise our students. Their enthusiasm and team spirit are a true reflection of the vibrant culture at Mater Maria.

Finally, a reminder that applications are now open for Year 7 in 2028 and 2029. Waitlists are currently in place for Year 7, 2026 and 2027. Applications for Year 7, 2028 will close at the end of Term 1, 2026. For more details, visit matermaria.nsw.edu.au/enrolments.

Congratulations to all the children who have recently received and those who will soon receive the SACRAMENT OF THE FIRST HOLY EUCHARIST

"May you all experience the joy of God's love, feel His peace and grow in faith as you embark on this special spiritual journey, remaining connected to Jesus and His blessings forever."

A HEARTFELT THANK YOU TO FR RICHARD, SONIA SAMARTIN (SACRAMENTAL COORDINATOR), THE PARENTS, CATECHISTS, TEACHERS, GROUP FACILITATORS AND ALL THOSE WHO CONTRIBUTED TO THE PREPARATION OF OUR CHILDREN FOR THEIR FIRST HOLY COMMUNION.



PARISH PILGRIMAGE SATURDAY, 20TH SEPTEMBER



**Our Lady of the Rosary
Cathedral
Waitara**



**St Patrick's Church,
(Shrine of St Pope John Paul II)
Gosford**



**The cost is \$50 per person, which includes
Transport and Lunch.**

Meeting at 8:30 am.

Sacred Heart Church, Mona Vale Courtyard

**To reserve your seat on the bus, please write your name and
contact details on the Sign-up Sheet at the back of the Church.**

**Payments can be made at the Parish Office prior
to the day of the pilgrimage.**

We look forward to sharing this spiritual journey with you!

WORLD DAY OF MIGRANTS AND REFUGEES (INTERNATIONAL NIGHT)

**SATURDAY,
27TH SEPTEMBER**

**AFTER THE 5 PM MASS
SACRED HEART CHURCH**

**Everyone is invited to join us in celebrating
the Diversity of our Parish Family.**

**Come and be nourished spiritually then
proceed to the**

**SACRED HEART CHURCH
PARISH CENTRE**

**to come together by sharing our different
Cultures through FOOD and great company.**

**Please RSVP by Friday, 19 September
Attendance list is provided at the back
of both Churches.**

**Please Bring and Share your culture's Cuisine
for everyone to try.**

Please specify your DISH if it's SAVOURY or SWEET.

The Exaltation of the Holy Cross, Within and Around Us

By Plinio Corrêa de Oliveira, *Catholic Magazines. News*



The exaltation of the Holy Cross of Our Lord Jesus Christ is one of the most beautiful feasts of the Church, both in title and significance.

First of all, let us consider what the word exaltation evokes.

In common usage, pervaded with sentimentalism, an exalted individual is one who is highly excitable, subjecting others to his arrogance. True exaltation, however, has nothing to do with conceit. From the Latin *exaltare*, it means to raise, to uplift, to ascend.

The exaltation of the Holy Cross of Our Lord Jesus Christ is, therefore, the feast by which the Church recalls and proclaims to the world that it raises the symbol of Redemption above all things, lifting it to its rightful and supreme height.

The Apex of Humiliations Suffered by Jesus

This praise is clothed in even greater majesty and jubilation when we consider that the cross was originally an instrument of torture used throughout Antiquity, representing ignominy and shame for the person who suffered death by crucifixion.

Therefore, in being nailed to the Cross, Our Lord Jesus Christ suffered tremendous humiliation. This is to say that He died like an outlaw, a thief, equated with the two criminals who were crucified with Him on the height of Golgotha.

In this sense, the Cross represents the apex of all the contempt and scorn that Jesus suffered in His public life, especially during the tragic days of the Passion. These humiliations satisfied the desire of the executioners to add an even more painful moral martyrdom to that of the physical torments. Thus, with the crown of thorns, the robe of mockery, the reed simulating a sceptre, the blows, etc., their intent was to torment the adorable Soul of Our Lord, not just His Most Holy Body.

While it is true that the Cross of Our Lord was the apex of all the humiliations He suffered, it was also the beginning of all the contempt that Catholics would have to endure in the name of the Son of God until the end of the world. For

impiety never lays down its arms. It always aims to disparage and put down genuine Christian morality. Rare, if not non-existent, are Catholics who have not been humiliated, in one way or another, for their fidelity to Jesus Christ. This constitutes one of the beatitudes, for it means to be persecuted for love of divine justice, against which the impious constantly rise up.

However, it should be noted that the Cross of Christ and the crosses that we carry for Him are also symbols of our honour. This means receiving humiliation with our head held high, taking pride in it – and moreover, with a spirit of defiance. In face of those who insult us, let us proclaim the supreme symbol of our Faith with even greater gusto and jubilation. This is entirely in accord with the idea of exaltation: to manifest the glory of the Cross, with a pride that quells the outrages that the adversaries seek to perpetrate against Christ.

It is fitting to recall that this pride was already demonstrated in the first centuries of Christianity when, on the eve of the Battle of Milvian Bridge, the Emperor Constantine had a vision of the Cross, encircled with the words: “In hoc signo vinces – In this sign you will conquer!” It was an announcement that the Cross was rising in the sky and would remain definitively on the horizon of the world, humiliating the wicked in their turn.

This is the valour lacking in sentimental Catholics. In face of any humiliation, the latter display an indolent and flaccid countenance, and flee. They bring great shame upon the cause they should protect. Our Faith needs to be defended with a combative spirit and, thus, if someone insults the Cross in our presence, we should respond fearlessly and courageously. Not as one who vindicates his own honour, but as one who responds for the infinitely more precious honour of Our Lord Jesus Christ and, in union with His, that of the Blessed Virgin.

Atop Towers and Crowns

Similarly, the honour of the God-Man is also avenged by the Church. And for this reason, Catholics regard the Cross as a sign of distinction, as a symbol of that which is most sacred and holy. And placing it atop all things was the constant endeavour of Christian Civilisation. We see, then, the expressions characteristic of the age of faith: the Cross atop lofty church and cathedral towers; the Cross atop the crowns of kings and emperors, adorning the noblest coats of arms of the families of the first aristocracy, or serving as the insignia for medals of honour. And in order to indicate the great importance of a document, it began with a cross.

In short, in everything that man held as supreme, the Cross of Our Lord Jesus was present, conveying the idea that, among all the marvels worked by Him in this world, the most admirable and

adorable was to have suffered and died on that instrument of shame. Conveying, also, the vengeance for this humiliation, a chivalrous and supernatural vengeance – the exaltation of the Holy Cross!

The Cross Glorified Within Us

We find still another teaching in the Cross.

Our Lord Jesus Christ is the Redeemer of humanity. He had to redeem it by accepting death. Thus, He endured the agony in the Garden of Olives and the scourging of the Passion, He walked to Calvary's peak and allowed Himself to be crucified, so as to fulfil the mission that had brought Him into the world.

From that moment on, the Cross became the affirmation of the sufferings, of the torments and the difficulties that man accepts to fulfil God's designs for him on earth. Consequently, he confronts all things, following the example of Our Lord, in submission to the superior divine will. This is the lesson that the Cross gives us: to embrace suffering, sacrifice, holocaust, in an act of man's fidelity to his own vocation.

This fidelity not only signifies a life-long battle for the triumph of the Catholic Faith and the elevation of the Cross of Our Lord Jesus Christ above all things, but also victory in our internal combats. In fact, we are continually waging war within our souls, in which virtues and sins oppose one another. This antagonism results in internal attrition and friction which is, at times, severe. In this fight, we must always look ahead, and always take the bold initiative in defeating sin. In a sense, this battle is the glorification of the Cross of Our Lord Jesus Christ within us.

True joy is in the Cross

From the beginnings of Christianity, men were baptised in the shadow of the Cross, they were married under its protection, gave it the most honourable places in their homes and, when the final moment of their lives came, they died looking at it. In other words, the Cross marked the entire life of a Catholic. It is one more expression of the fundamental idea that daily life on earth was made for suffering and heroism. And whoever speaks of heroism, speaks of the Cross.

The true joy of life is not found in enjoying pleasures, great or small, or in having plenty to eat and drink, or in any other type of comfort. Genuine satisfaction in life is that sensation of cleanness of soul we have when we look directly at our cross and say “yes” to it. In this way, we act like Our Lord Jesus Christ, who, without waiting for the suffering to come, foresaw it and set out for the place where He would encounter it. He gave Himself up, advancing courageously, because He desired and carried His Cross to the top of the mountain where He would be immolated. Accepting suffering head on and making of it our joy. This is truly the exaltation of the Cross within us.

The *Living* Word

Entrance Antiphon

Galatians 6:14

We should glory in the Cross of our Lord Jesus Christ, in whom is our salvation, life and resurrection, through whom we are saved and delivered.

First Reading

Numbers 21:4-9

A reading from the book of Numbers

When those that were afflicted looked upon it, they were healed.

On the way through the wilderness, the Israelites lost patience. They spoke against God and against Moses, 'Why did you bring us out of Egypt to die in this wilderness? For there is neither bread nor water here; we are sick of this unsatisfying food.'

At this God sent fiery serpents among the people; their bite brought death to many in Israel. The people came and said to Moses, 'We have sinned by speaking against the Lord and against you. Intercede for us with the Lord to save us from these serpents.' Moses interceded for the people, and the Lord answered him, 'Make a fiery serpent and put it on a standard. If anyone is bitten and looks at it, he shall live.' So Moses fashioned a bronze serpent which he put on a standard, and if anyone was bitten by a serpent, he looked at the bronze serpent and lived.

The word of the Lord

Responsorial Psalm

Ps 77:1-2, 34-38. R. v.7

(R.) Do not forget the works of the Lord!

Give heed, my people, to my teaching; turn your ear to the words of my mouth. I will open my mouth in a parable and reveal hidden lessons of the past. (R.)

When he slew them then they would seek him, return and seek him in earnest. They would remember that God was their rock, God the Most High their redeemer. (R.)

But the words they spoke were mere flattery; they lied to him with their lips. For their hearts were not truly with him; they were not faithful to his covenant. (R.)

Yet he who is full of compassion forgave their sin and spared them. So often he held back his anger when he might have stirred up his rage. (R.)

Second Reading

Philippians 2:6-11

A reading from the letter of St Paul to the Philippians

He humbled himself, therefore God had exalted him.

The state of Jesus was divine, yet he did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are; and being as all men are, he was humbler yet, even to accepting death, death on a cross.

But God raised him high and gave him the name which is above all other names so that all beings in the heavens, on earth and in the underworld, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of God the Father.

The word of the Lord.

Gospel Acclamation

Psalm 118:135

Alleluia, alleluia!

We adore you, O Christ, and we praise you, because by your cross you have redeemed the world.

Alleluia!

Gospel

John 3:13-17

A reading from the holy Gospel according to John

The Son of Man must be lifted up.

Jesus said to Nicodemus: 'No one has gone up to heaven except the one who came down from heaven, the Son of Man who is in heaven; and the Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him. Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.'

The word of the Lord.

Communion Antiphon

John 12:32

When I am lifted up from the earth, I will draw everyone to myself, says the Lord.

REFLECTION

by Dianne Bergant

Today we concentrate on the power of the cross in our lives. It is the ultimate demonstration of the nature of God. Christ gave of himself even to death on the cross. This is characteristic, not only of the man Jesus, but of the Godhead. Creation is the first example of divine emptying; redemption is the ultimate example. Unlike Good Friday when we stand before the stark cross and mourn the death of our innocent messiah, today we stand before the glorious cross and praise God for God's incomprehensible goodness toward us. God's graciousness is poured out indiscriminately, prodigally as only profound love can be given. Such is the nature of our God, and the cross is the symbol of this nature. Jesus compares the pole in the

wilderness on which was fixed the serpent to the cross which becomes the source of our healing. It was through the cross that Jesus conquered sin and death and won for us access to God. It is through the cross that we die to sin and rise to new life in Christ. As painful as life's crosses may be, they serve to transform us. It can be our hope in the midst of pain and suffering and brokenness, because it promises to carry us into new life.

Through the goodness of God, which has been poured out for us, we have been granted eternal life. It is incomprehensible to think that death is the way to life, but that is the message of this feast. The cross, which is a sign of shame and misery, is now a symbol of glory and exaltation.

© Dianne Bergant CSA

FREE COPIES AVAILABLE

The Mystery of Faith: Encountering Jesus Christ in the Eucharist A Pastoral Letter from Bishop Anthony Randazzo



This beautiful and thoughtful reflection invites us to deepen our understanding and love for the Eucharist. You're encouraged to take a copy home and use it as a guide for prayer and reflection,

**Copies are available at the Church entrance.
Please take one for yourself or share with someone who might be blessed by it.**

PARISH MORNING TEA GATHERING

Everyone is welcome to join

Every month after the

8 am Mass on the

1st Sunday and

after the 10 am Mass on

the 3rd Sunday at

SACRED HEART CHURCH,

MONA VALE

2nd and 4th Sundays

after the 9 am Mass

at the front of

MARIA REGINA CHURCH,

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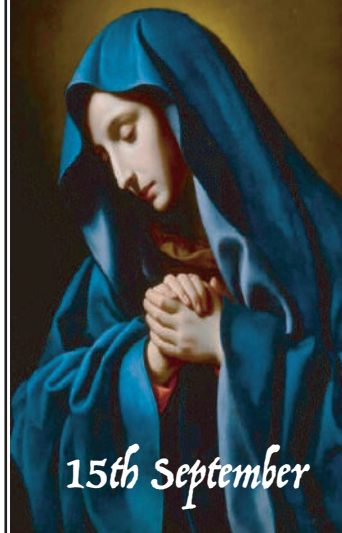
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BUT HAVE
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JOHN 3:16

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