



The Catholic Parish of Pittwater

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



Anima Christi

Soul of Christ,
sanctify me.
Body of Christ,
save me.
Blood of Christ,
inebriate me.
Water from the side of Christ,
wash me.
Passion of Christ,
strengthen me.
O good Jesus, hear me;
Within Your wounds
conceal me.
Do not permit me to be
parted from You
From the evil foe
protect me.
At the hour of my death call me,
and bid me to come to You,
that with Your saints I
may praise You for ever and ever.
Amen.



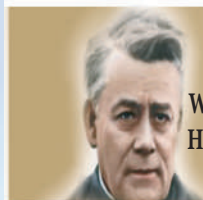
POPE FRANCIS' PRAYER INTENTION FOR JUNE

For the Abolition of Torture
We pray that the international community may commit in a concrete way to ensuring the abolition of torture and guarantee support to victims and their families.

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

When, Oh Bread of Life, will You revive my exhausted strength?
How much longer must I tarry far from You. You, my only hope and certainty, You, my only one and all.

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
Bob Kasch
John Joseph Cincotta

Recently Deceased
Margaret Alice Schubert
Chahida Domit
Bounassif

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

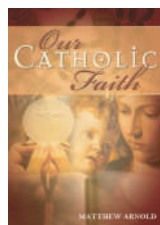
John Graham

Liturgy for the Week

- 12/06 **Monday, Ordinary Time 10**
2 Cor 1:1-7; Mt 5:1-12
- 13/06 **Tuesday, St Anthony of Padua**
2 Cor 1:18-22; Mt 5:13-16
- 14/06 **Wednesday, Ordinary Time 10**
2 Cor 3:4-11; Mt 5:17-19
- 15/06 **Thursday, Ordinary Time 10**
2 Cor 3:15-4:1, 3-6; Mt 5:20-26
- 16/06 **Friday, The Most Sacred Heart of Jesus**
Deut 7:6-11; Mt 11:25-30
- 17/06 **Saturday, The Immaculate Heart of the Blessed Virgin Mary**
Is 61:9-11; Lk 2:41-51

FILM REVIEW

Our Catholic Faith



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Piety Store

New stock is now available for the Sacrament of Confirmation at the Vinnies Sacred Heart Piety Store.

The store is open on Tuesday from 3:30 pm.

All proceeds of the Piety Store go to St Vincent de Paul. All transactions are CASH only, as we do not have EFTPOS facilities.

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Celebrating Corpus Christi



The fact that the Church celebrates the solemnity of the Most Holy Body and Blood of Christ makes good sense, given the Eucharist's centrality in the life of the Church, neatly described by the Catechism of the Catholic Church as the "sum and summary of our faith". And there's the Second Vatican Council's famous reiteration of this reality in the Dogmatic Constitution on the Church, calling the Eucharist the "source and summit of the Christian life" (Lumen Gentium, No. 11). These truths about the Eucharist seem to be at the heart of why the medieval saint Juliana of Liège was moved to guide the Church toward celebrating this yearly solemnity, more commonly known as Corpus Christi.

Historical Background

St. Juliana, a little-known Norbertine canoness from modern-day Belgium, spent much of her life advocating for a feast to honor and celebrate Christ's real presence in the Eucharist and all the meaning it holds for the Church. St. Juliana was prompted to advocate for the feast in response to not only her own personal devotion to the Blessed Sacrament, but also in response to private revelations.

Interpreted later, in consultation with spiritual guides, the visions of St. Juliana

that began when she was 16 years old indicated the necessity of a liturgical feast in honor of the sacrament of Christ's Body and Blood. Given the culture of the early 13th century, she felt there was nothing she could do about instituting such a feast. However, she had confided in two individuals, other than a few members of her monastery, about the visions — both of whom proved to be helpful in bringing its establishment to fruition.

The young monk who served as St. Juliana's confessor, John of Lausanne, collaborated with her to compose an office by which to celebrate this divinely inspired liturgical feast. Eventually their diocesan bishop approved the texts and authorized its celebration in his diocese in 1246.

Eva of Liège, an anchoress attached to the parish attended by St. Juliana and one of her confidantes, was instrumental in bringing the feast beyond its provincial origins after St. Juliana's death. Eva had contacted Pope Urban IV with the request to celebrate the feast throughout the universal Church. The future pope originally was a priest of Liège and already had been familiar with St. Juliana's visions and their meaning. And so, it seemed, the hand of providence was behind the pope's 1264 declaration of the solemnity of Corpus Christi — the first universal feast to be imposed obligatorily by a pope. He assigned papal theologian St. Thomas Aquinas to compose new liturgical texts for the feast. This promulgation came at a time when scholastics debated the corporeality of Christ's presence in the Eucharist, chief among the defenders of which was St. Thomas, who supplied the philosophical backbone of the Church's Eucharistic doctrine by defining transubstantiation.

Many of the original texts for Corpus Christi composed by St. Thomas

Aquinas, including Adoro te Devote, remain an essential part of the Church's sacred hymnography. The Pange Lingua, for example, is often sung during the Eucharistic procession after the Evening Mass of the Lord's Supper on Holy Thursday, to which the last two stanzas are referred separately as Tantum ergo and sung at Benediction of the Blessed Sacrament.

Eucharistic Processions

One of the key liturgical facets of Corpus Christi is its procession. Of course, processions have great biblical, liturgical and popular pietistic importance. In the Old Testament, think of the processions with the Ark of the Covenant, or the innumerable accounts of festal pilgrimage processions to Jerusalem — praising God with music and dance — of which the Psalms speak. Or in the New Testament, think of the procession of Christ through those first Palm Sunday crowds who shouted his praises. Processions of the faithful enable Christians to give public witness to their faith, give glory to God, and they symbolize our earthly pilgrimage to the heavenly Jerusalem.

Moving the Feast

The solemnity of the Most Holy Body and Blood of Christ was originally fixed to the Thursday following Trinity Sunday, and still is in many countries. However, in 1969, Pope St. Paul VI gave episcopal conferences the option to transfer the feast to the following Sunday. The significance of this solemnity in the life of the Church is evidenced in Canon 395 of the Code of Canon Law, which states that in addition to Christmas, Holy Week, Easter and Pentecost, the diocesan bishop is to be present in his diocese for its celebration, "except for a grave and urgent cause."

by: MICHAEL R. HEINLEIN
Simply Catholic

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Parish Directory

Pittwater Parish

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Assistant Priest

Fr Zygmunt Smigowski SDS

Tel 9157 0999 ext 12
ap@pittwaterparish.org

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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



Whoever eats this bread will live forever

The Body and Blood of Christ, Year A

During Mass we share in a sacred meal called the Eucharist, which means 'to give thanks'. In the chalice, write down some things which we can be thankful for. In the bread, draw a picture of your family sharing a special meal.



Can you work out which two of these pictures are the same?



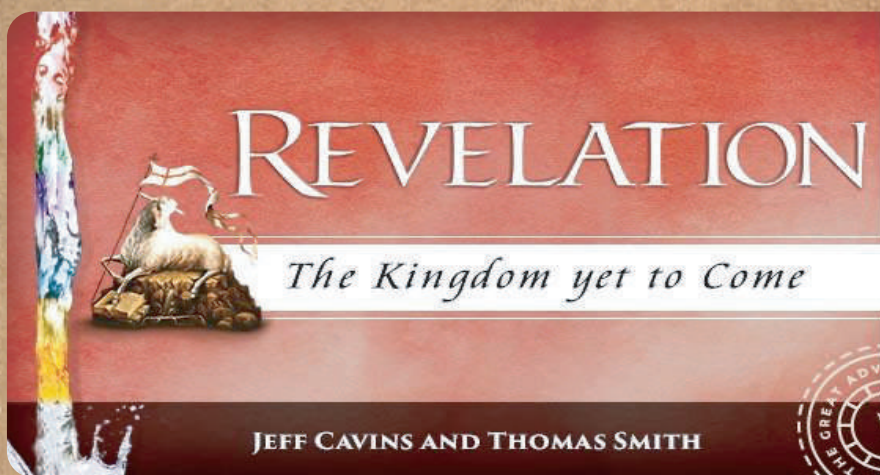
Jn 6:51-58

© Creative Ministry Resources 2005

Dear Lord,

Amen.

Write a prayer of thanksgiving to God that you can say before every meal.



Everyone is welcome to join and watch this intriguing 6 DVD Set in which Jeff Cavins and Thomas Smith provide expert commentary on the book of Revelations.

The *Second* part of the Series will be on Tuesday, 14 June 2023.

There will be Morning Tea at 10 am at the Parish Centre and discussions after the film.

For further inquiries, please contact Maxine Boshier at 0452 532 073



Parish Bulletin – Term 2, Week 7

At the NSW All Schools Swimming Championships last week, three talented students showcased their exceptional skills, advancing to the National Championships. Their success stands as a testament to their hard work and dedication in the pool.

Soul Mass at Sacred Heart saw over 250 students, parents and staff from Mater Maria in attendance on Sunday.

In a heart-warming display of compassion and community spirit, our Hospitality students organized a Soup Kitchen to raise funds for Friends for Soibada, a cause dedicated to making a positive impact on those in need.

The Byrne Theatre became a stage fit for stars as our Year 12 VET Entertainment students presented the captivating concert, 'Sounds of the Cinema' on Tuesday evening. From remarkable vocal performances by Year 11 and 12 music students to outstanding acts by our Concert Band, Junior Vocal Ensemble, and HSC Music 2 students, every aspect of the production, including set design, costume design, and sound and lighting, was handled with expertise by our talented students.

Meanwhile, our Year 9 and 10 students embarked on an enriching work experience opportunity at TATA, a prominent global IT organization specialising in Cyber Security. This hands-on experience allowed students to delve into the world of technology and digital security, providing valuable insights and exploration.

Empowerment took centre stage as students from Years 10 and 11 attended the Stand Tall Event. Esteemed motivational speakers equipped our students with essential life skills, including resilience, standing up against bullying, motivation, perspective, and decision-making.

Bell Shakespeare's acclaimed acting troupe visited the college on Friday, captivating our Year 9 and 10 students with live performances that brought the timeless tales of Shakespeare to life. Simultaneously, students from Years 9-12 participated in the engaging 'Do the Maths' online event organised by the University of NSW. The program included talks, interactive activities, and valuable information about degrees and scholarships, fostering a comprehensive experience in mathematics. Many Mater students have joined Zonta to support the Birthing Kit Foundation. With a goal of raising funds for 400 birthing kits, our Zonta Club Members organised a bake sale this week, contributing to this noble cause. Furthermore, they initiated a school book drive, collecting books for children at a local women's refuge, ensuring the joy of reading reaches those in need. Sports enthusiasts thrived as students actively participated in various competitions, including the CSBB Junior Soccer Gala Day, Peninsula Cup soccer matches, netball games, netball umpiring, and MWBA basketball events.

For those interested in joining our community, applications for Year 7, 2026 and beyond are now open. However, please note that waiting lists are in place for Year 7, 2024, and Year 7, 2025. Visit our website at <https://matermaria.nsw.edu.au/enrolments/> to explore the enriching educational opportunities we offer.



Celebrating the Sacrament of Confirmation

Maria Regina Church, Avalon
Saturday, 17 June at 6pm

Sacred Heart Church, Mona Vale
Sunday, 18 June at 10am and at 12noon

The Most Reverend Bishop Anthony Randazzo, DD JCL
*will be presiding at the Sacrament of Confirmation in
both Churches.*

Welcome to Pittwater Parish

Liliana Rose Wanstall
for the Sacraments of Confirmation and
Holy Communion

on Sunday, 4th of June 2023
at Sacred Heart Church, Mona Vale



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Maria Regina Church
7 Central Rd, Avalon
Tuesday, 20 June
7:00am - 9:00am



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cameras (digital and film, SLR, Poloroid and point 'n' click); cords
and cables; computer games; Gameboys; Nintendos; Xbox; tools;
small to medium-size power tools; watches; hard drives; servers;
small appliances; vintage radios.



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The *Living* Word

Entrance Antiphon Cf. Ps 80:17

He fed them with the finest wheat and satisfied them with honey from the rock.

First Reading Dt 8:2-3. 14-16
A reading from the book of Deuteronomy
He gave you food which you and your ancestors did not know.

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

The word of the Lord

Responsorial Psalm
Ps 147:12-15. 19-20. R. v.12

(R.) Praise the Lord, Jerusalem.

O praise the Lord, Jerusalem!
Zion, praise your God!
He has strengthened the bars of your gates, he has blessed the children within you. **(R.)**

He has established peace on your borders, he feeds you with finest wheat. He sends out his word to the earth and swiftly runs his command. **(R.)**

He makes his word known to Jacob, to Israel his laws and decrees. He has not dealt thus with other nations; he has not taught them his decrees. **(R.)**

Second Reading 1 Cor 10:16-17
A reading from the first letter of St Paul to the Corinthians
Though we are many, we form a single body because we share this one loaf.

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

The word of the Lord.

Gospel Acclamation Jn 6:51-52

Alleluia, alleluia!
I am the living bread from heaven, says the Lord;
whoever eats this bread will live for ever.
Alleluia!

Gospel Jn 6:51-58

A reading from the holy Gospel according to John
My flesh is real food and my blood is real drink.

Jesus said to the Jews:
'I am the living bread which has come down from heaven.
Anyone who eats this bread will live for ever;
and the bread that I shall give is my flesh, for the life of the world.'
Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:
'I tell you most solemnly,
if you do not eat the flesh of the Son of Man and drink his blood,
you will not have life in you.
Anyone who does eat my flesh and drink my blood
has eternal life,
and I shall raise him up on the last day.
For my flesh is real food
and my blood is real drink.
He who eats my flesh and drinks my blood
lives in me
and I live in him.
As I, who am sent by the living Father, myself draw life from the Father,
so whoever eats me will draw life from me.

This is the bread come down from heaven;
not like the bread our ancestors ate: they are dead,
but anyone who eats this bread will live for ever.'

The Gospel of the Lord

Communion Antiphon Jn 6:57

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

REFLECTION
by Dianne Bergant CSA
This feast harkens back to the celebration of Holy Thursday. By way of the metaphors of food and drink, its readings provide us with a look at the mystery of divine presence. They first provide a picture of a God who feeds us. In the past God set a table in freedom, and then provided food that enabled our ancestors to survive. God fed those who were needy, not those who were worthy. Jesus offered sustenance to the crowds that gathered around him. It was not

manna from heaven that he offered but his own flesh and blood as food and drink. This food and drink are the pledge of eternal life.


Those who eat this bread and drink this cup are caught up in a profound unity with God, a unity not envisioned in the wilderness experience. There is a new overlay of significance. Jesus' claim to give his flesh and blood was a bold one, Paul's seems even bolder. He states that partaking of the bread and the cup not only joins us with Christ, but actually makes us participants in the body and blood of Christ. Humanity and divinity are joined as one. The Eucharist is a sign of unity in another way. Joined to the body and blood of Christ, we are joined to each other: We are one body and that body is Christ. The Eucharist is truly a celebration of thanksgiving: thanksgiving for our transformation and thanksgiving for our unity.

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