



# 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



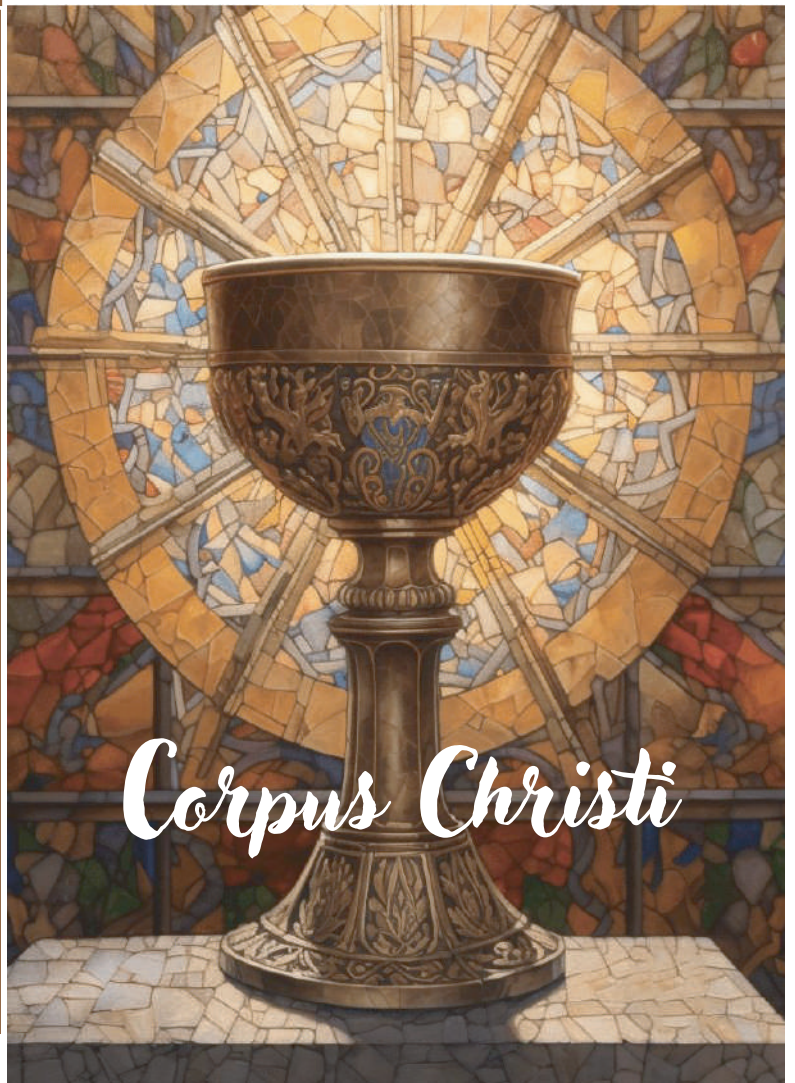
**Thoughts of Blessed Francis Jordan**  
When, Oh Bread of Life, will You revive my exhausted strength? How much longer must I tarry far from You. You, my only hope and certainty, You, my only one and all?

## ANIMA CHRISTI

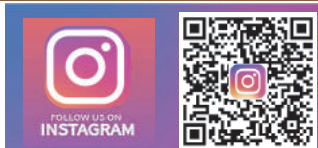
Soul of Christ, sanctify us.  
Body of Christ, save us.  
Blood of Christ, inebriate us.  
Water from the side of Christ, wash us.  
Passion of Christ, strengthen us.

O good Jesus, hear us.  
Within your wounds, conceal us.  
Do not permit us to be parted from you.

From the evil foe, protect us.  
At the hour of our death, call us.  
And bid us to come to you.  
That with your saints we may praise you.  
For ever and ever.  
Amen.



## Corpus Christi



### 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 For The Values of Sports

Let us pray that sports be an instrument of peace, encounter and dialogue among cultures and nations, and that they promote values such as respect, solidarity and personal growth.

# 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 - 7.00 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*

## ★ WEEKEND MASSES ★

**SATURDAY VIGIL - 5.00 pm**  
**SUNDAY**  
8.00 am, 10.00 am & 6.00 pm (Soul Mass)

## ★ RECONCILIATION ★

**SATURDAY VIGIL**  
4.00 pm to 4.30

## ★ BAPTISM ★

**4TH SUNDAY of the Month**  
at 11.30 am

## MARIA REGINA CHURCH

7 Central Road, Avalon

## ★ WEEKDAY MASSES ★

**MONDAY - 8.00am**

**WEDNESDAY - 8.00 am**

**THURSDAY - 10.00 am**  
*Exposition of the Blessed Sacrament, Adoration, Reconciliation 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*

## ★ RECONCILIATION ★

Before Vigil Mass on Saturday

## ★ WEEKEND MASSES ★

**SATURDAY VIGIL - 6.00 pm**  
**SUNDAY - 9.00 am**

## ★ BAPTISM ★

**3RD SUNDAY of the Month**  
at 11.00 am

WE PRAY *for*

## Recently Deceased

**Rocco Romeo**  
**Terence Schubert**  
**Barry May**  
**Shirley Ann Kendall**

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

## Prayer for the Sick

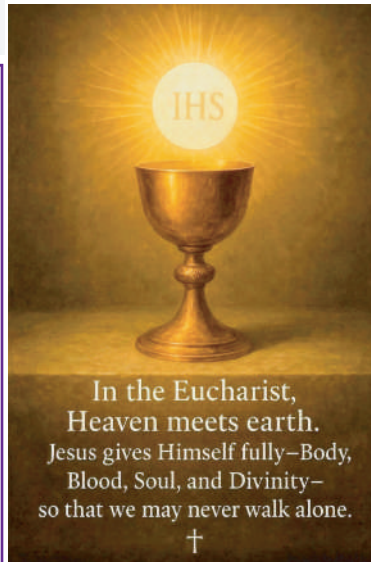
**Anna Śmigowska**  
**Lily Janosik**  
**Sue French**  
**Maureen Larios**  
**Elaine Boyes**  
**Pauline Chipman**  
**Ron Clarke**  
**Barbara Clarke**  
**Anna Katanec**  
**Otma Nouak**  
**Angela Miller**  
**Philip Khalifeh**  
**Joseph Khalifeh**  
**George Azoury**  
**Bruce Farr**  
**James**  
**Jacinta Purnell - Major**  
**Nenita Roque**  
**Marie Celine Roque-Maca**  
**Neda Crvelin**  
**Jesse Cathersides**  
**Mary Reilly**  
**Theresa Keane**  
**Marta Bizubova**  
**Liam Gavin**

# BOOK REVIEW

**Journal**  
By: Helene Berr



The diary of a young Jewish woman in an occupied Parish.



In the Eucharist,  
Heaven meets earth.  
Jesus gives Himself fully—Body,  
Blood, Soul, and Divinity—  
so that we may never walk alone.

## LITURGY FOR THE WEEK

**08/06 Monday, Ordinary Time 10**  
1 Kg 17:1-6; Mt 5:1-12

**09/06 Tuesday, Ordinary Time 10**  
1 Kg 17:7-16; Mt 5:13-16

**10/06 Wednesday, Ordinary Time 10**  
1 Kg 18:20-39; Mt 5:17-19

**11/06 Thursday, St Barnabas**  
Acts 11:21-26, 13:1-3;  
Mt 10:7-13

**12/06 Friday, The Most Sacred Heart of Jesus**  
Deut 7:6-11; Mt 11:25-30

**13/06 Saturday, Ordinary Time 10**  
1 Kg 19:19-21; Mt 5:33-37

## BLESSED FRANCIS JORDAN PRAYER GROUP



Come and spend time in prayer, reflection and devotion to our Blessed Mother and Blessed Francis Mary of the Cross Jordan as we gather together to deepen our faith and seek their loving intercession.

We warmly invite everyone to join us

**AFTER THE 9:30 AM MASS,  
ON WEDNESDAYS**



## THE CATHOLIC PARISH OF PITTWATER 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.

# Our Parish Schools



## Parish Bulletin- Term 2, Week 7

It was a busy week for our senior students.

As part of the Pathways and Partnerships program, Year 10 girls attended the annual Girls Can Too program at several TAFE's across Sydney. The program aims to empower and inspire young women to explore diverse career pathways, build confidence and challenge stereotypes. Through hands-on experiences, real stories from industry professionals, and networking opportunities, our students were encouraged to think big and back themselves. Careers explored included bricklaying, electrotechnology, construction, carpentry and auto mechanics.

Meanwhile, many other Year 10 students attended the 2026 Stand Tall Event at the Aware Super Theatre at the International Convention Centre. The event brought together a host of speakers who equipped students with skills in resilience, strategies to stand up to bullying, and insights into motivation, perspective and decision-making - all vital components of their mental wellbeing.

Year 12 History students attended a study day at the Carlaw Centre at the University of Sydney, organised by the History Teachers Association. The day supported their Ancient, Modern and Extension History studies.

Our Concert Band proudly represented the College at the annual Northern Beaches Instrumental Festival at Narrabeen High School.

Each Friday, our prefects lead Faith Fridays, inviting students to gather in the Chapel and Courtyard for music, reflection and prayer. It is a beautiful way to conclude the week and a reminder that faith is at the heart of all we do at Mater Maria.

Sport has also been in full swing, with students representing the College in MWBA Basketball and Peninsula Cup Netball and Soccer. We congratulate all students involved for representing Mater Maria with pride, teamwork and commitment.

### Change to Enrolment Deadline

Over the next two years, all CSBB schools will move towards offering secondary school placements when students are in Year 3.

To support this change, applications for Year 7 2029 will close on Friday 3 July. Mater Maria continues to receive significantly more applications than the number of places available, and as a result, enrolments often reach capacity during the first round of offers. For this reason, we strongly encourage all interested families to submit an application by this closing date to avoid disappointment. Please visit [matermaria.nsw.edu.au/enrolments](http://matermaria.nsw.edu.au/enrolments) to apply.

*We thank our parish communities for your continued prayers and support. It is through this strong partnership that we are able to nurture and guide our young people, and we look forward to continuing to share the life of our College with you.*



## Sacred Heart Catholic Primary School Week 7, Term 2

On Saturday 30 May our combined band (with St Joseph's Narrabeen and Corpus Christi St Ives) performed at the Northern Beaches Instrumental Festival. To have one rehearsal together and then perform is not an easy task and everyone rose to the occasion and made us very proud.

On Tuesday 2 June, Sacred Heart hosted a Creative Writing Enrichment Day where some of our Year 3 and 4 students came together with students from our local Catholic primary schools. Their stimulus was a crime scene set up, and students needed to plan their writing, create a rough copy, edit and produce a final book copy with illustrations, all by hand.

Our Sacred Heart Feast Day will be celebrated on Friday 12 June. Mass will be held at 9:30am in the church, followed by a special lunch provided for all students.

There is an important Social Justice initiative taking place on this day, raising funds and collecting toiletries for the St Vincent de Paul Winter Appeal. As part of our commitment to Social Justice Outreach, we invite all school families to support this meaningful cause.

On the day, students are invited to wear a touch of red and bring a gold coin donation to support the St Vinnies Winter Appeal. The simple act of bringing a gold coin donation helps foster a spirit of generosity and allows our children to experience the joy of giving to those in need. We are reminded of Jesus' call to 'Love one another as I have loved you' (John 13:34), and this appeal provides a wonderful opportunity to live out this message in a practical way.



## Maria Regina Catholic Primary School Week 7, Term 2

### Simultaneous Storytime 2026 at Maria Regina

Our classes enjoyed sharing in Luna Roo as part of Simultaneous Storytime, followed by creative activities reflecting on the story. A wonderful way to celebrate reading together!



## PARISH DIRECTORY

### PITTWATER PARISH



1 Keenan Street  
Mona Vale NSW 2103



9157 0999



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**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

### THE EUCHARIST

is the supreme proof of the love of Jesus. After this, there is nothing more but Heaven itself.  
*Saint Peter Julian Meynard*





SALVIATORIAN  
SOCIETY OF THE DIVINE SAVIOUR

# You are warmly invited

TO CELEBRATE THE:

**65<sup>th</sup>** Anniversary of Salvatorian Ministry in Australia

**25<sup>th</sup>** Anniversary of Salvatorian Ministry in Pymble Parish



**DATE:**  
Sunday 14 June 2026



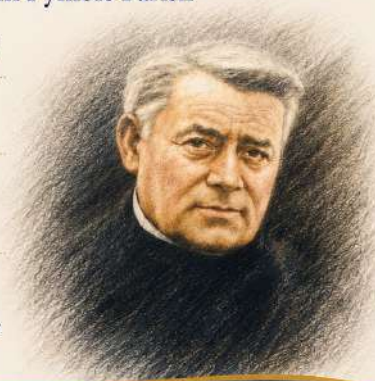
**TIME:**  
9.30am



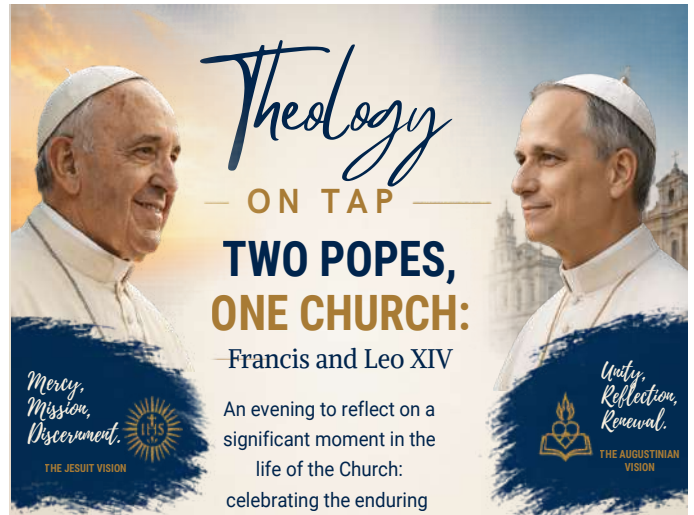
**VENUE:**  
Sacred Heart Church,  
Pymble Parish NSW



**MAIN CELEBRANT:**  
Bishop Emeritus  
Most Rev David Walker



*We look forward to celebrating this joyful occasion with you.*



# Theology

ON TAP

## TWO POPES, ONE CHURCH:

Francis and Leo XIV

An evening to reflect on a significant moment in the life of the Church: celebrating the enduring

legacy of **Pope Francis** and the first anniversary of Pope Leo XIV. Together, we explore how Jesuit and Augustinian spiritual traditions call us to deeper unity, reflection and renewal.



**7:30pm,  
Friday  
12 June 2026**



**North Harbour  
Parish Centre**



**2 King St.,  
Manly Vale 2093**

**A CONVERSATION WITH TWO GUEST SPEAKERS**



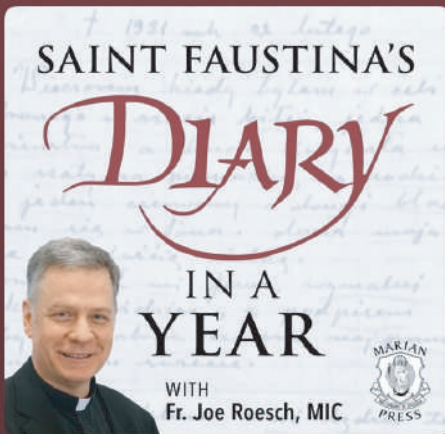
**Fr Richard Leonard, SJ**  
Offering the Jesuit perspective by Pope Francis.



**Fr Tony Banks, OSA**  
Sharing an Augustinian vision in light of Pope Leo.

**All are welcome to join for faith, fellowship and conversation over some refreshments.**

RSVP is required. Donations at the door.



**St Faustina's Diary in a Year - Now Available Free on Spotify**



Discover the inspiring words and words and reflections of St Faustina Kowalska through Divine Mercy in My Soul (The Diary of St Faustina in a Year), is now available to listen for free on Spotify.

This beautiful diary shares St Faustina's encounters with Jesus and the message of Divine Mercy that continues to touch hearts around the world. We encourage parishioners to take time to listen, reflect and deepen their faith through spiritual treasure.

Simply search "St Faustina Diary in a Year" on Spotify to begin listening.

## MANY THANKS

The Appeal supports various charities in our Diocesan community, particularly the Confraternity of Christian Doctrine (CCD), and the Hospital Chaplaincy and Pastoral Care Program. PWBB also supports St Lucy's School and St Edmund's College for students with disabilities, and the Ephpheta Centre supports the deaf community. **All donations over \$2 are tax deductible.**

*Envelopes are available at the back of the pews of both Churches.*



Corpus Christi

O Sacrament Most Holy,  
O Sacrament Divine,  
All Praise and all Thanksgiving,  
Be every moment Thine.



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 ARE WELCOME

We Meet  
First & Third Tuesday of every Month  
at 7 pm  
Sacred Heart Parish Centre

### Join Us - Men's Faith Gathering

We warmly invite all men of our parish & community to come together at 7:00 pm for an informal & faith-filled evening of conversation, reflection & brotherhood.

These gatherings offer a welcoming & supportive space to share openly, grow spiritually & encourage one another in our journey of faith.

Together, we seek to renew our hearts in Christ, strengthen our commitment to God & be a vital & active force of renewal within our Church.

Come & be part of a community where faith is nurtured, friendships are formed & the Holy Spirit at work.

All are welcome. We look forward to seeing you there.

For any questions, contact  
Joe Cilia - 0418 863 814

# CONGRATULATIONS TO Anne Duncan

We extend our heartfelt congratulations to Anne on being awarded the prestigious Pontifical Equestrian Order of St Sylvester by Pope Leo XIV in recognition of her outstanding service and significant contributions to Catholic education.

This distinguished honour reflects Anne's dedication, leadership and commitment to nurturing faith, learning and excellence within the Catholic education community.

We celebrate this well-deserved recognition and thank Anne for her faithful service.

*May God continue to bless her in all that she does.*



## Parish Morning Tea Gathering

*Everyone is welcome to join.*

Last Sunday after the  
9 am Mass  
at the front of  
**MARIA REGINA CHURCH,  
AVALON**

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**

## EFFECTS OF THE EUCHARIST

### INCREASE OUR UNION WITH CHRIST

In the Eucharist, Christ unites Himself to each individual member of the human race.

### GIVES US GRACE

In the Eucharist, fresh actual graces are obtained that enlighten our understanding and strengthen our will.

### SEPARATE US FROM SIN

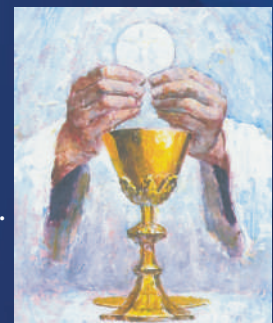
As the Eucharist strengthens our soul and sanctifying grace is increased, it gives us the help to overcome sin.

### REFRESH OUR SOUL

Holy Communion gives the soul the benefits it needs.

### COMMITTS US TO THE POOR

Receiving Communion demands that we recognise Christ in the poor.



# The *Living* Word

**Entrance Antiphon** Psalm 80:17

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

**First Reading** Deuteronomy 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 Corinthians 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** John 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** John 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** John 6:57

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

**REFLECTION**

by Dianne Bergant

*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.*

© Dianne Bergant CSA

## EXPOSITION OF THE BLESSED SACRAMENT



**SACRED HEART CHURCH  
MONA VALE**

**TUESDAY at 8:30 am before the  
9:30 am MASS**

**THURSDAY at 7:30 pm to 9 pm  
after the 7 pm Mass**

**MARIA REGINA CHURCH  
AVALON**

**THURSDAY at 9:00 am before the  
10 am MASS**

## Adoration



*'In the silence of Adoration, we  
meet the Heart of Jesus. There,  
words are not needed—only love,  
surrender, and presence.'*

*'Come to me, all you who are weary and  
burdened, and I will give you rest.'*

— Matt. 11:28

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