



The Catholic Parish of Pittwater

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



Prayer to the Blessed Trinity

The Father is my hope.
The Son is my refuge.
The Holy Spirit is
my protector.

Glory to the holy and
undivided Trinity,
now and for ever.

Let us praise the Father,
the Son and
the Holy Spirit;
let us bless and exalt
God above all
for ever.

Amen.



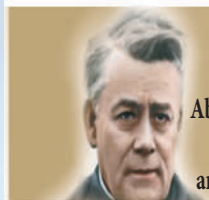
POPE FRANCIS' PRAYER INTENTION FOR JUNE

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

Above all, protect purity of heart. Then the Holy Spirit will find a dwelling in you. In prayer that you get the fire of charity and increase it upon the earth. There you draw your strength.

If you have used this bulletin, please take it home with you.

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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
Rina Lardizabal-Yam

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

05/06 **Monday, St Boniface**
Tobit 1:3, 2:1-8; Mk 12:1-12

06/06 **Tuesday, Ordinary Time 9**
Tobit 2:9-14; Mk 12:13-17

07/06 **Wednesday, Ordinary Time 9**
Tobit 3:1-11; Mk 12:18-27

08/06 **Thursday, Ordinary Time 9**
Tobit 6:10-11,7:1, 9-14, 8:4-9;
Mk 12:28-34

09/06 **Friday, Ordinary Time 9**
Tobit 11:5-17; Mk 12:35-37

10/06 **Saturday, Ordinary Time 9**
Tobit 12:1, 5-15, 20;
Mk 12:28-34

FILM REVIEW

The Exorcism of
Emily Rose



Based on a true story, this DVD, starring Laura Linney and Tom Wilkinson, is a well-executed movie that is compelling to watch.

Sacrament of Confirmation
Saturday, 17 June 2023
at 6 pm
at Maria Regina Church
Sunday, 18 June 2023
at 10 am and 12 noon
at Sacred Heart Church

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Parish of
Pittwater

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Thank you for your continued contributions and support. Your financial contributions and your generous donations throughout the year are greatly appreciated.



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The Solemnity of the Most Holy Trinity in Scriptures and Art



The Church reflects on the mystery of God himself — one God in Three Persons, Father, Son and Holy Spirit — on the first Sunday after concluding the joyous season of Easter with Pentecost. Discussing the Trinity is a challenge because it is a mystery and because, while the Trinity is revealed in Sacred Scripture, the mature theological articulation of what it means to speak of “one God in Three Persons” only took place later, primarily during the great Trinitarian and Christological disputes of the fourth and fifth centuries. That was the era of the great ecumenical councils, like Nicaea and Constantinople. The Profession of Faith we declare at Mass is also known as the Nicene-Constantinopolitan Creed, because those councils began to structure it. Pay attention to it: the Nicene-Constantinopolitan Creed, like the earlier Apostles’ Creed, are both built around the Trinity:

*I believe in God, the Father Almighty ...
and in Jesus Christ, his Only Son ...*

I believe in the Holy Spirit.

The other great creed of Antiquity — the Athanasian Creed — is explicitly constructed around Trinitarian dogmas. It is worth your reading today.

I mention this connection because we are

sometimes prone to think of the Trinity as an abstract whose relevance to my life is probably unclear. It was the Jesuit Karl Rahner, I think, who once wrote that if the Trinity disappeared, many Christians might not even miss it because it is a mystery that has been rendered so mysterious to them that it is in practice irrelevant. But God made us in his image and likeness. God is Trinity, so his image cannot not be affected by that Trinitarian reality, even if he doesn’t realize it. God is not an isolated individual, a closed monad. God is a life-giving communion of persons (communion personarum). That is the God of whom we are an image, in whom he “found delight,” the “one creature whom God wanted for himself” (as St. John Paul II was fond of repeating, following Vatican II).

If man does not enter a life-giving communion of persons, he mars and deforms the image of God in whom he is made. This is what St. John Paul II meant when he insisted, in his first encyclical *Redemptor hominis*, that “man cannot live without love. He remains a being incomprehensible to himself, his life is senseless, if love is not revealed to him, if he does not encounter love, if he does not experience it and make it his own, if he does not participate intimately in it ...” These are powerful words, and not just hyperbole. Man cannot understand himself apart from love because he is made in the image of a God who is Personal Love — and so, absent love, man is an existential contradiction. Modernity television and video games are rife with zombies, but the only real zombies are those humans who try to live as if the image of the Loving God inscribed in them doesn’t matter. The creation — who we were made to be — the Gospel addresses salvation —

who we can be in the light of our God-granted possibilities. The Holy Spirit completes Jesus’s work and enables its execution in his disciples. But Jesus’ work — his “food” — is his Father’s will (John 4:34). Jesus makes it clear that, in the work of salvation, the Holy Spirit gives what is Jesus’s, which is his because it is the Father’s. The whole Trinity created us, and the whole Trinity saves us.

The Trinity is certainly one of them, and not surprisingly. We saw this in the Ascension as depicted in the Drogo Sacramentary, where the Father is shown only as a hand reaching for Jesus, and in El Greco’s Pentecost, where the Holy Spirit appears in the form of a dove and tongues of fire. Elsewhere, John reminds us that, while no one has seen God, God dwells in those who love the brother they see. That is perfect by alluding in whose image we are made, makes clear that our fulfillment as persons as well as our salvation (which are, at root, the same thing) depends on love.

By: John Grondelski
National Catholic Register



*“No one has ever
seen God; but if we love
one another, God lives
in us and his love is
made complete in us.”*

—1 John 4:12

Parish Directory

Pittwater Parish

1 Keenan Street Mona Vale
NSW 2103
Tel 9157 0999

Parish Priest

Fr Richard Sadowski SDS

Tel 9157 0999 ext 10
pp@pittwaterparish.org

Assistant Priest

Fr Zygmunt Smigowski SDS

Tel 9157 0999 ext 12
ap@pittwaterparish.org

Parish Secretary Belinda Cimino

Tel 9157 0999 ext 30
office@pittwaterparish.org

Director of Music

Josh Willard

Tel 9157 0999 ext 17
music@pittwaterparish.org

Media & Communications Coordinator

Conille Felias

Tel 9157 0999 ext 31
media@pittwaterparish.org

Sacramental Coordinator

Sonia Samartin

Tel 9157 0999 ext 13
sacraments@pittwaterparish.org

CCD Catechist Coordinators

Maureen Wooldridge

Mobile 0421 907 469

Veronica Thomas

Mobile 0417 061 534

Parish Office Hours

Monday to Thursday

9.00 am to 4.00 pm

Friday

9.00 am to 12.00 pm

Sacred Heart Church

1 Keenan Street Mona Vale

Maria Regina Church

7 Central Road Avalon

MONA VALE

Sacred Heart School

Tel 8197 6900

Principal: Mr Jamie Wahab

AVALON

Maria Regina School

Tel 9918 2608

Principal: Miss Kirsty Thorpe

WARRIEWOOD

Mater Maria Catholic College

Tel 9997 7044

Principal: Mr Marc Reicher



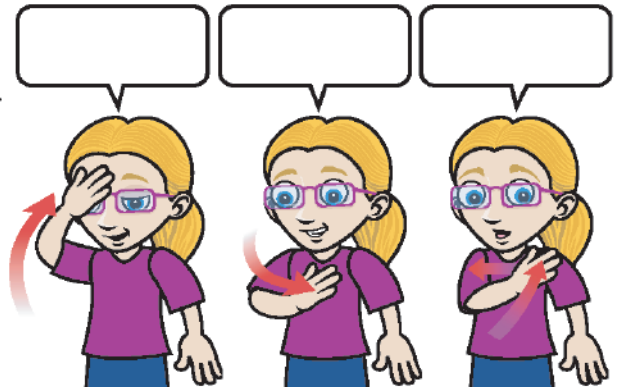
God so loved the world that he gave his only Son

Trinity Sunday, Year A

There is a simple prayer that we say almost every day, which reminds us of the Trinity. That prayer is the Sign of the Cross.

How do I make the Sign of the Cross?

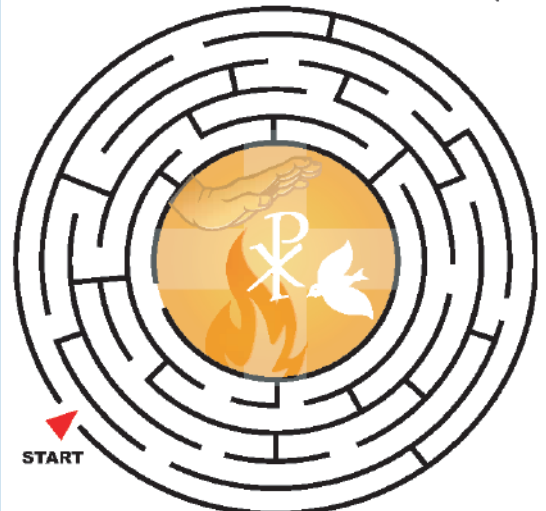
1. Using your right hand, touch your forehead and say... (fill in the 1st speech balloon)
2. Touch your chest near your heart and say... (fill in the 2nd speech balloon)
3. Touch your left shoulder, then your right shoulder and say... (fill in the 3rd speech balloon)



When and where do we use the Sign of the Cross?

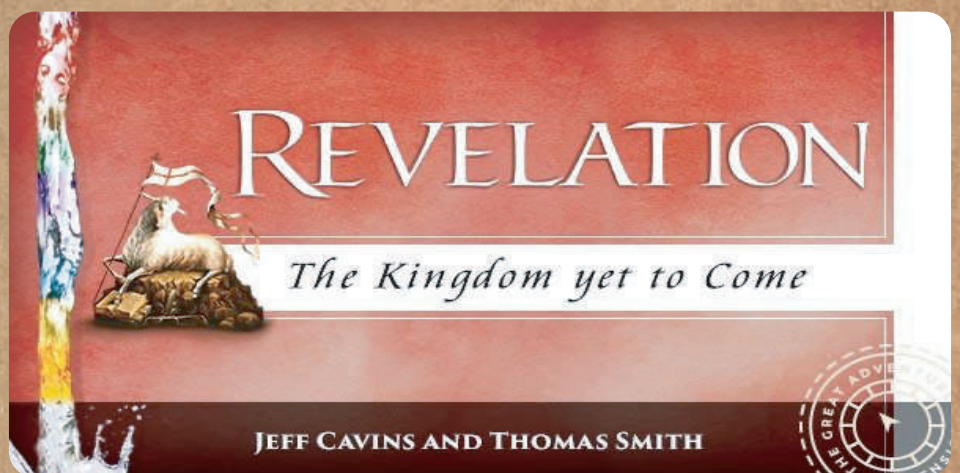
Because of God's love for us, he sent his Son Jesus to save those who believe. How can we return that love?

Find your way to the Father, the Son and the Holy Spirit



Jn 3:16-17

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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 First of the Series will be starting on Tuesday, 6 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 6

Our Year 7 Religious Education classes commenced their Class Masses this week. Fr Richard celebrates Mass with each Religious Education class. The Theme for Year 7 Masses is a Votive Mass of the Blessed Virgin Mary, which is the theme for World Youth Day Lisbon 23. Students deliver the readings and Prayers of Intercession and learn about the Mass with a 'Q&A' afterwards.

Year 10 students learning Child Studies visited Elanora Heights Preschool this week to observe the learning behaviours of preschool children and assist in their creative and cognitive learning and development. Many Year 11 and 12 girls have been meeting Zonta each week, an international organisation focused on social justice and improving the lives of women and girls across the world, to organise fundraising activities as they work towards supplying birthing kits for women in remote regions of the developing world.

Year 12 historians attended the University of Sydney for an Ancient and Modern History Study Day run by the History Teachers Association.

Our School Captains, Liliana Wanstall and Charlie McMurray, joined other School Captains of Pittwater's local high schools for Afternoon Tea at NSW Parliament House to develop their knowledge of our system of government and parliamentary proceedings, learn about the role of the Governor and meet with Member for Pittwater, Rory Amon MP.

We held our Term 2 Parents in Partnership meeting this week. It was a wonderful opportunity for our parents to connect with the College leadership team, network with other parents, and stay informed about College plans and activities to improve our wonderful school community.

After a busy two weeks of rehearsals, our Concert Band performed at Pittwater High School on Friday night for the Northern Beaches Instrumental Festival. It was a wonderful evening supported by many family members and the local community.

It has been another big week of sport at the College. On Monday, our U13 and U15 boys participated in the Sydney North City Cup Rugby League Gala Day whilst our girls in Years 9 – 11 competed in the Sydney North Katrina Fanning Cup. Mater Maria also had swimmers qualifying for the NSW All Schools Swimming Championships. Their achievements so far this year enabled them to compete against the elite of school swimming. This was along with the MWBA basketball games, Peninsula Cup soccer and Peninsula Cup netball games, as well as Peninsula Cup umpiring that takes place at the College during this time of year.

Applications for Year 7, 2026, and beyond are now open. There are waiting lists for Year 7, 2024, and Year 7, 2025. For more information about enrolling at our Mater Maria Catholic College please visit <https://matermaria.nsw.edu.au/enrolments/>.



"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." *Matthew 11:28*

JUNE 2023 PROGRAMS

2nd (Friday)	1ST FRIDAY HEALING SERVICE, CHATSWOOD <i>Our Lady of Dolours Catholic Church, 94 Archer St, Chatswood NSW 2067, Tel 02 9410 9000</i> 6:30pm - 8:30pm	
3rd (Saturday)	ONE DAY MALAYALAM RETREAT 10:00am - 2:30pm	
16th-18th (Fri-Sun)	COUPLES GROWTH RETREAT (LIVE-IN) <i>"Then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind."</i> <i>Philippians 2:2</i> with Fr. Roni George VC and Fr. Joby Varghese VC Friday 5:30pm - Sunday 4:00pm BOOKING: drcretreatrego@gmail.com	
19th (Monday)	SPIRITUAL RETREAT AT ST. PATRICK WALLSEND 7:00pm - 9:00pm, 11 Macquarie St, Wallsend 2287	
20th (Tuesday)	SPIRITUAL RETREAT AT ST. LUKE'S REVESBY 7:00pm - 9:00pm, 1 Beaconsfield St, Revesby, NSW 2212	
25th (Sunday)	ONE DAY PILGRIMAGE (LAST SUNDAY RETREAT) 9:00am - 4:00pm with Fr. Roni George VC and Fr. Joby Varghese VC • Praise and Worship • Preaching The Word • Eucharistic Adoration • Holy Mass	
KID'S MINISTRY FOR CHILDREN AGED BETWEEN 5 - 8 YEARS	CHILDREN'S MINISTRY FOR CHILDREN AGED BETWEEN 9 - 12 YEARS	TEENAGER'S MINISTRY FOR TEENAGERS AGED BETWEEN 13 - 17 YEARS




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"God is our refuge and strength, a very present help in trouble."
Psalm 46:1




Rapid Antigen Tests are available to be picked up at the Parish Office. The Royal North Shore Hospital kindly donated the RATs to our Parish.

*Welcome to
Pittwater Parish*

**Ava Majella Vumbaca
Phoebe Ann Hoschke
Jackson Arthur
Hoschke**

at
**Sacred Heart Church
Mona Vale**
*on the
28th of May 2023*
**for the
Sacrament of
Baptism**

The *Living* Word

Entrance Antiphon

Blest be God the Father,
and the Only Begotten Son of God,
and also the Holy Spirit,
for he has shown us his merciful love

First Reading Ex 34:4-6. 8-9
A reading from the book of Exodus
The Lord God, ruler of all, merciful and loving.

With the two tablets of stone in his hands, Moses went up the mountain of Sinai in the early morning as the Lord had commanded him. And the Lord descended in the form of a cloud, and Moses stood with him there. He called on the name of the Lord. The Lord passed before him and proclaimed, 'Lord, Lord, a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness.' And Moses bowed down to the ground at once and worshipped. 'If I have indeed won your favour, Lord,' he said, 'let my Lord come with us, I beg. True, they are a headstrong people, but forgive us our faults and our sins, and adopt us as your heritage.'

The word of the Lord

Responsorial Psalm Dn 3:52-56. R. v.52

(R.) Glory and praise for ever!

You are blest, Lord God of our fathers. **(R.)**
Blest your glorious holy name. **(R.)**

You are blest in the temple of your glory. **(R.)**
You are blest on the throne of your kingdom. **(R.)**

You are blest who gaze into the depths. **(R.)**
You are blest in the firmament of heaven. **(R.)**

Second Reading 2 Cor 13:11-13
A reading from the first letter of St Paul to the Corinthians
The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

Brothers, we wish you happiness; try to grow perfect; help one another. Be united; live in peace, and the God of love and peace will be with you. Greet one another with the holy kiss. All the saints send you greetings. The grace of the Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all.

The word of the Lord.

Gospel Acclamation Mt 28:19. 20

Alleluia, alleluia!
Glory to the Father, the Son, and the Holy Spirit:
to God who is, who was, and who is to come.
Alleluia!

Gospel

Jn 3:16-18

A reading from the holy Gospel according to John
God sent his Son to save the world through him.

Jesus said to Nicodemus, '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. No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son.'

The Gospel of the Lord

Communion Antiphon Gal 4:6

Since you are children of God, God has sent into your hearts the Spirit of his Son, the Spirit who cries out: Abba, Father.

REFLECTION

by *Dianne Bergant CSA*

The readings for this feast do not directly explain the doctrine of the Trinity as we have come to know it. Rather, they offer us glimpses into the nature of our Triune God. The psalm response suggests that our primary response to God should be one of praise for the love that God has for us.

The God who is beyond our comprehension is also the God who has saved us. We see this theme in both the first reading and the gospel. The covenant language in the reading from Exodus underscores God's unfathomable goodness. God's graciousness and mercy are not rewards for our fidelity. They are extended to us in our sinfulness. It is God's saving grace that transforms us, not any merit on our part. In the gospel we are assured that Jesus was sent into the world to save it, not to condemn it. The Trinitarian phrase found in the letter to the Corinthians is so expressive of the love that God has for us that it has been incorporated regularly into the liturgy. It declares that through his death and resurrection, Jesus has opened for us the treasury of divine grace. It also proclaims that the love of God has forged the bonds of community that unite us. Created in the image and after the likeness of this God, we are called to unity among ourselves. As incomprehensible as it may seem, it is primarily through the unity that we share that we will manifest the unity that exists in God.

© Dianne Bergant CSA

Our deepest sympathy
and prayers to the
family of
the late

*Margaret Alice
Schubert*

Let us honour
the celebration of
her life.

Margaret's funeral service
is on

**Wednesday, 7 June 2023
at 11 am**

*Sacred Heart Church
Mona Vale*

"Yes, my soul, find
rest in God; my hope
comes from him. Truly
he is my rock and my
salvation; he is my
fortress, I will not be
shaken."

- Psalm 62:5-6



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