



# 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

No matter in what position we may find ourselves, let us see to it that we possess patience, which is the test of Humility.

## PRAYER TO THE BLESSED TRINITY

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

Glory be to the Father,  
and to the Son  
and to the Holy Spirit,  
as it was in the  
beginning, is now,  
and ever shall be,  
world without end.  
Amen.



 Like us on  
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Pittwater Catholic  
Parish

You can find us on Instagram

  
(catholicparishpittwater)

## SAFEGUARDING

We, the people of the Catholic Diocese of Broken Bay and the Catholic Parish of Pittwater are committed to fostering communities of safety and care for all people, especially for children and others in the community who are vulnerable. Our commitment is underscored by our faith in Jesus Christ.



## POPE LEO'S PRAYER INTENTION for JUNE

**That the World Might Grow  
in Compassion**

Let us pray that each one of us might find consolation in a personal relationship with Jesus, and from his Heart, learn to have compassion on the world.

## MASS TIMES

### Sacred Heart Church

1 Keenan Street, Mona Vale

#### WEEKDAY MASSES

**Tuesday 9.30 am**  
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8.30 am followed by Mass

**Wednesday 9.30 am**

**Thursday 7 pm**  
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 7.30 pm to 9.00 pm

**Friday 9:30 am**  
First Friday of the month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 9:30 am, followed by Healing Mass/ Anointing of the Sick at 10.30 am

**WEEKEND MASSES**  
**Saturday Vigil 5.00 pm**  
**Sunday 8.00 am, 10.00 am & 6.00 pm (SOUL)**

**RECONCILIATION**  
**Saturday Vigil**  
**4.00 pm to 4.30 pm**

**BAPTISM**  
**4th Sunday of the Month**  
**11.30 am**

### Maria Regina Church

7 Central Road, Avalon

#### WEEKDAY MASSES

**Monday 8.00 am**

**Wednesday 8.00 am**

**Thursday 10 am**  
9.00 am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45 am

**Friday 8.00 am**  
First Friday of the month, Healing Mass/ Anointing of the Sick at 8.00 am

**WEEKEND MASSES**  
**Saturday Vigil 6.00 pm**  
**Sunday 9.00 am**

**RECONCILIATION**  
Before Vigil Mass on Saturday

**BAPTISM**  
**3rd Sunday of the Month**  
**11.00 am**

## We Pray for

### Deceased Anniversary

*Enzo Vieni*  
*Sandra Pyper*

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

### Prayer for the Sick

Anna Smigowska

Lily Janosik

Trish Newman

Giannina Amore

Therese Keane

Maureen Larios

Elaine Boyes

Pauline Chipman

Ron Clarke

Barbara Clarke

Anna Katanec

Mother Pauline

Angela Miller

Philip Khalifeh

Joseph Khalifeh

Heidi Taylor

James

Jacinta Purnell - Major

Garry Gleeson

Kathy Geach

Nenita Roque

Marie Celine Roque- Maca

Ma Lourdes Espino-Ng

Jesse Cathersides

Liam Gavin

## BOOK REVIEW

### Apostles of the Last Days

The Fruits of Medjugorje

By: Thomas Rutkoski



This is the story of the author's profound conversion of the supernatural events that led him to quit his job and the subsequent effect it had on him and those with whom he came into contact with.



**Vinnies**

### Piety Store

Gifts and cards for Confirmation are now available at the store.

The Piety Store will be open on

**Saturday, after the Vigil Mass, Sunday after the 10 am Mass at Sacred Heart Church, Mona Vale**

**Tuesday, 17 June**

**Maria Regina Church**

**Confirmation Rehearsal**

**Cash Only**

**Thursday, 19 June**

**Confirmation Rehearsal**

**(Sacred Heart Church)**

**and Saturday, 21 June**

**Credit Card Access is available**

### Liturgy for the Week

**16/06 Monday, Ordinary Time 11**  
2 Cor 6:1-10; Mt 5:38-42

**17/06 Tuesday, Ordinary Time 11**  
2 Cor 8:1-9; Mt 5:43-48

**18/06 Wednesday, Ordinary Time 11**  
2 Cor 9:6-11; Mt 6:1-6, 16-18

**19/06 Thursday, Ordinary Time 11**  
2 Cor 11:1-11; Mt 6:7-15

**20/06 Friday, Ordinary Time 11**  
2 Cor 11:18, 21-30; Mt 6:19-23

**21/06 Saturday, St Aloysius Gonzaga**  
2 Cor 12:1-10; Mt 6:24-34

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

**Cashless Fast Secure**



**Scan the QR code above with your camera app and follow the prompts**

Use this App to support our Clergy through the first collection and our Parish through the second collection. Donations can be made weekly, fortnightly, monthly or one-off.

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

Available on the **App Store**

Get it on **Google play**

## ENROLLING NOW FOR KINDY 2026



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

**CONTACT US TODAY!**



**LIMITED SPACES AVAILABLE**



## Thank You For Your Recommendations

I would like to extend my heartfelt thanks to everyone who took the time to volunteer themselves or recommend others for a position on either our Parish Finance Committee or the Parish Pastoral Council.

Your willingness to serve or to recognise the gifts and dedication of others in our community reflects the vibrant spirit of faith, service, and shared responsibility that strengthens our parish life. We are truly blessed to have so many individuals ready to contribute their time, talents, and faith to support the mission and ministry of our parish.

I am currently in the process of finalising committee roles and will be in contact shortly with those who have been recommended with details about an upcoming meeting.

Thank you once again for your commitment and for helping shape the future of our parish.

*Fr Richard Sadowski SDS*

Parish Priest

## Parish Directory

### Pittwater Parish

1 Keenan Street,  
Mona Vale  
NSW 2103  
Tel 9157 0999

Parish Priest  
**Fr Richard Sadowski**  
SDS

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pp@pittwaterparish.org

Assistant Priest  
**Fr Zygmunt Smigowski**  
SDS

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ap@pittwaterparish.org

Parish Secretary  
**Belinda Cimino**  
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Sacramental Coordinator  
**Sonia Samartin**  
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sacraments@pittwaterparish.org

CCD Catechist  
Coordinators  
**Maureen Wooldridge**  
Mobile 0421 907 469  
**Veronica Thomas**  
Mobile 0417 061 534

**Sacred Heart Church**  
1 Keenan Street, Mona Vale


**Maria Regina Church**  
7 Central Road, Avalon

### SCHOOLS

**Sacred Heart School**  
Mona vale  
Tel 8197 6900  
Principal: Mr Jamie Wahab

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

**Mater Maria Catholic College**  
Warriewood  
Tel 7256 2100  
Principal: Mr Marc Reicher



The Spirit brings glory to Christ and the Father

The Most Holy Trinity, Year C

God - The father

Creator of all things.  
Loves each of us.  
Sent his only beloved son to save us.

God - The Son

What do you know about Jesus?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

God - The Holy Spirit

Guided the prophets.  
Strengthened the members of the early church.  
Helps us all today.

Jesus told his disciples how the Holy Spirit would bring glory to the Father and the Son. What things can you do to bring glory to God?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Spirit shows what is true

Write down whether these statements are true or false

God created the world in eight days. ☐

God the Father loves us so much that he gave us his only Son. ☐

Jesus was baptised by John the Evangelist. ☐

Jesus died so that we may have eternal life. ☐

The disciples received the Holy Spirit on Easter Monday. ☐

The Holy Spirit allowed the disciples to speak in many different languages. ☐

Draw the Father

Draw the Holy Spirit

Draw the Son

Draw the Holy Spirit

Jn 16:12-15

© Creative Ministry Resources



## 2025 CLERGY CONFERENCE



The Broken Bay Clergy including Fr Richard and Fr Zygmunt attended a 3-day conference last week to improve more on building up our Churches while using the God-given gifts of the missionary disciples. This program equips ministry leaders with practical skills to grow and lead effectively.

### LETTER FROM BISHOP ANTHONY

Bishop Anthony Randazzo has written a letter to all parishioners in preparation for the Feast of Corpus Christi next Sunday.

Please pick up a copy of the Letter in the back of both Churches.



### WHAT'S HAPPENING AT MARIA REGINA?

Week 7 - 11th June

Maria Regina Avalon Open Day

*Calling all prospective parents!*

Mark your calendars - **Wednesday 25th June**  
Join Maria Regina Avalon for our 2nd and final Open Day for 2025 and gain an insight into school life at Maria Regina.

\*Meet our Principal, Ms Kirsty Thorpe

\*Experience a student-led tour

\*Hear about our Kindergarten -

Year 12 Journey with Mater Maria, Warriewood and St Paul's, Manly

\*Learn about how we value our students as individuals

Register at the link to find out more:

<https://bit.ly/3BdbBaN>

**Enrolling now for Kindergarten to Year 6!**

### THANK YOU SO MUCH

for your on-going support to reach our GOAL of  
**\$54,944**

for the financial year 2024-2025.

We still have an Outstanding Amount of  
**\$14,315.85**

**to 30th June 2025**

Your generous donations to Pastoral Works allow us to continue to fulfill our mission and serve people in our parish communities in Broken Bay.

*Monetary gifts over \$2 is tax deductible.*

*Your help is greatly appreciated.*

In this Holy Jubilee Year, our hope is to connect to the mission of Jesus Christ each day.

**Please support our upcoming**

### Pastoral Works May 2025 Appeal

Confraternity of  
Christian Doctrine (CCD)

Hospital Chaplaincy  
and Pastoral Care



Please pick up one of the envelopes that were made available on the pews of both Churches or click on the QR code to make a Donation.

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**MARIA REGINA**  
Catholic Primary School Avalon

**OPEN DAY  
2025**

**REGISTER NOW**

**Wednesday 25 June**  
9am - 10.30am

**NorthernBeachesOpenDays.com.au**



## Parish Bulletin - Term 2, Week 7

This week was shorter due to the King's Birthday on Monday, giving students and staff a long weekend to relax.

As the HSC draws closer, Mater Maria students joined St Paul's Catholic College students studying Year 12 Music for an HSC Performance Workshop. They performed one of their HSC pieces for each other and workshoped it in our Byrne Theatre.

Our Mater Musicians also performed at this week's College Assembly. The Year 12 music and vocal ensemble performed "Solid Rock," while the Year 11 musicians performed the Aboriginal "Our Father" as part of Reconciliation Week activities.

Year 12 Society & Culture students attended the Wesley Conference Centre in Sydney for HSC Study Day. Experienced HSC teachers presented sessions using study hints and tips, unpacked past HSC questions, and addressed a range of syllabus dot points and contemporary examples.

Our annual Year 7 Spirituality Day took place on Friday in the Marana Complex, Byrne Theatre, College Chapel and classrooms.

Close to 80 Mater Maria students from every year group joined a Zonta Club meeting this week. Students worked together during lunchtime to construct Care Cushions for patients in local hospitals recovering from surgery.

Meanwhile, Year 10 students attended the annual Stand Tall Event. Motivational speakers at the International Convention Centre (ICC) equipped our students with essential life skills, including resilience, standing up against bullying, motivation, perspective and decision-making.

Our students thrived in a busy week of sports competitions, including the NSWCCC Cross Country Championships, MWBA basketball, Peninsula Cup soccer and netball, umpiring and coaching programs, the Broken Bay Junior Soccer Gala Day, and the Bill Turner Cup. Over 20 students attended the 2025 High School Wavepool Teams Challenge at Homebush this week. It was the second event of the 2025 High School Surf Series.

Every Friday, our prefects lead Faith Fridays, a special time of reflection, music, and community in the Chapel and Courtyard. All students are warmly invited to join.

### Enrolments Update:

Applications are now open for Year 2028 and 2029. Please note that waitlists are currently in place for Year 7, 2026 and 2027. For more information, visit:

<http://www.matermaria.nsw.edu.au/enrolments> .

## IMPORTANT FACTS TO KNOW AND SHARE ABOUT THE HOLY TRINITY

BY: JIMMY AKIN  
NATIONAL CATHOLIC REGISTER



### ***Where does the word "Trinity" come from?***

It comes from the Latin word trinitas, which means "three" or "triad." The Greek equivalent is triados.

### ***When was it first used?***

The first surviving use of the term (there may have been earlier uses that are now lost) was around A.D. 170 by Theophilus of Antioch, who wrote: In like manner also the three days which were before the luminaries, are types of the Trinity [Τριάδος], of God, and His Word, and His wisdom. And the fourth is the type of man, who needs light, that so there may be God, the Word, wisdom, man.

### ***What is the Trinity?***

The Compendium of the Catechism of the Catholic Church explains it this way:

The Church expresses her trinitarian faith by professing a belief in the oneness of God in whom there are three Persons: Father, Son, and Holy Spirit. The three divine Persons are only one God because each of them equally possesses the fullness of the one and indivisible divine nature.

### ***Is the Trinity the central mystery of the Christian Faith?***

Yes. The Compendium explains: The central mystery of Christian faith and life is the mystery of the Most Blessed Trinity.

### ***How can the Trinity be proved?***

The Trinity can only be proved through the divine revelation that Jesus brought us. It cannot be proved by natural reason or from the Old Testament alone. The Compendium of the Catechism of the Catholic Church states:

God has left some traces of his trinitarian being in creation and in the Old Testament but his inmost being as the Holy Trinity is a mystery which is inaccessible to reason alone or even to Israel's faith before the Incarnation of the Son of God and the sending of the Holy Spirit.

### ***How can we show from Scripture that there is only one God?***

The fact that there is only one God was already made clear in the Old Testament. For example, the book of Isaiah proclaims:

"You are my witnesses," says the Lord, "and my servant whom I have chosen, that you may know and believe me and understand that I am He. Before me no god was formed, nor shall there be any after me [Isaiah 43:10].

Thus says the Lord, the King of Israel and his Redeemer, the Lord of hosts: "I am the first and I am the last; besides me there is no god" [Isaiah 44:6].

### ***How can we show that the Son is generated by the Father and that the Spirit proceeds from the Father and the Son?***

The fact that the Son is generated by the Father is indicated by the names of these Persons. Sons are generated by fathers. The Second Person of the Trinity would not be a Son if he were not generated by the First Person as his Father.

The fact that the Holy Spirit proceeds from the Father and the Son is reflected in another statement of Jesus:

But when the Counselor comes, whom I shall send to you from the Father, even the Spirit of truth, who proceeds from the Father, he will bear witness to me [John 15:26].

This depicts the Holy Spirit proceeding from the Father and the Son ("whom I shall send"). Here the outward operations of the Persons of the Trinity reflect their mutual relations with each other. It may also be said that the Holy Spirit proceeds from the Father through the Son.

For there are three that bear record in  
heaven, the Father, the Word, and the  
Holy Ghost: and these three are one.

1 John 5:7



# 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

Proverbs 8:22-31

**A reading from the book of Proverbs**  
*Wisdom was born before the earth was made.*

The Wisdom of God cries aloud:

The Lord created me when his purpose first unfolded,  
before the oldest of his works.

From everlasting I was firmly set,  
from the beginning, before earth came into being.

The deep was not, when I was born,  
there were no springs to gush with water.  
Before the mountains were settled,  
before the hills, I came to birth;  
before he made the earth, the countryside,

or the first grains of the world's dust.  
When he fixed the heavens firm, I was there,

when he drew a ring on the surface of the deep,  
when he thickened the clouds above,  
when he fixed fast the springs of the deep,  
when he assigned the sea its boundaries – and the waters will not invade the shore –  
when he laid down the foundations of the earth,

I was by his side, a master craftsman,  
delighting him day after day,  
ever at play in his presence,  
at play everywhere in his world,  
delighting to be with the sons of men.

## The word of the Lord

## Responsorial Psalm

Ps 8:4-9. R. v.2

**(R.) O Lord, our God, how wonderful your name in all the earth!**

When I see the heavens, the work of your hands, the moon and the stars which you arranged, what is man that you should keep him in mind, mortal man that you care for him? **(R.)**

Yet you have made him little less than a god; with glory and honour you crowned him, gave him power over the works of your hand, put all things under his feet. **(R.)**

All of them, sheep and cattle, yes, even the savage beasts, birds of the air, and fish that make their way through the waters. **(R.)**

## Second Reading

Romans 5:1-5

**A reading from the letter of St Paul to the Romans**

*To God through Christ in the love which is poured out through the Spirit.*

Through our Lord Jesus Christ, by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about

looking forward to God's glory. But that is not all we can boast about; we can boast about our sufferings. These sufferings bring patience, as we know, and patience brings perseverance, and perseverance brings hope, and this hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us.

## The word of the Lord.

## Gospel Acclamation

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

John 16:12-15

**A reading from the holy Gospel according to John**

*Whatever the Father has is mine. The Spirit will receive what I give and tell you about it.*

Jesus said to his disciples:

'I still have many things to say to you but they would be too much for you now.

But when the Spirit of truth comes he will lead you to the complete truth, since he will not be speaking as from himself

but will say only what he has learnt; and he will tell you of the things to come.

He will glorify me, since all he tells you will be taken from what is mine. Everything the Father has is mine; that is why I said:

All he tells you will be taken from what is mine.'

## The word of the Lord.

## Communion Antiphon

Galatians 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.

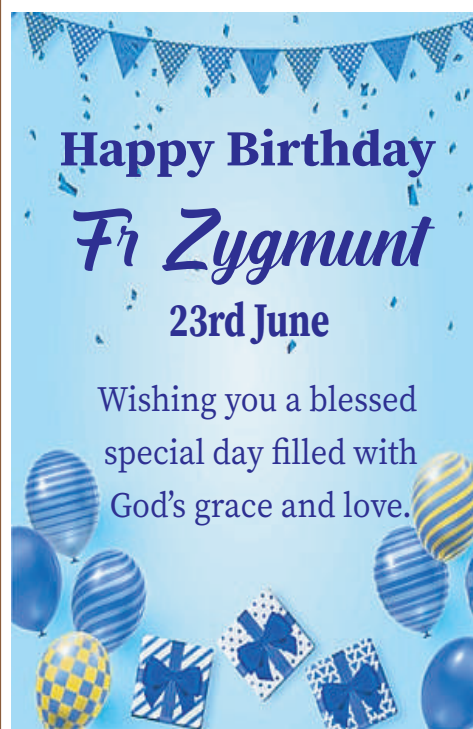
## REFLECTION

by Dianne Bergant

*Both the first reading and the psalm response celebrate the marvels of creation and the marvelous creator who brought them into being. Proverbs states that God created all of these things through Wisdom. While later theology will identify Wisdom with both the Word of God, the second person of the Trinity, and the Holy Spirit, the third person, the reading itself does not suggest this. Paul credits God with our justification through faith. Justification or salvation is accomplished by God through our Lord Jesus Christ. The love of God is poured into our hearts through the Holy Spirit. Paul does not clearly state that the love of God that we receive through the Holy Spirit sanctifies us, but one could certainly understand it in this way. John's theology resembles very closely*

*that of Paul. In it, Jesus reveals the intimate connection between himself and the Father as well as himself and the Spirit. The Spirit continues the mission of Jesus, neither adding anything to his teaching nor omitting anything from it. While this is a feast that glorifies the central mystery of our faith, a mystery that is based on the way the three divine persons relate to each other, the readings all address ways that God relates to us. If we concentrate, as the texts for today suggest that we do, on all of the ways that our Triune God has blessed us, we may be more inclined to cry out with the psalmist: 'O Lord, our God, how wonderful your name in all the earth!'*

© Dianne Bergant CSA



**Playgroup Details**  
**Mondays 9:30-11:30**  
**(School Term)**

Join us at our Play Group to connect with other parents and children, enjoy playtime and make new friends. Stay for a cup of tea or coffee. Everyone is welcome.

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**Nikki on 0481 009 376**  
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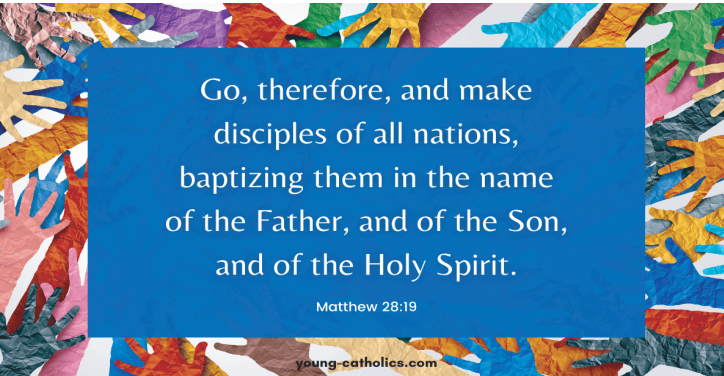
**ALL MEN WELCOME**

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

**We will also be beginning a series on**  
**METANOIA**  
A video series & discussion, inviting everyone to a deeper more profound conversion - a metanoia - that moves us from *something* to *someone*, as metanoia ultimately turns us to Jesus.

**Bringing men together, to renew their faith in God & encourage them to be an active force of renewal in the Church**


**For any questions contact**  
**Joe Cilia - 0418 863 814**



Go, therefore, and make  
disciples of all nations,  
baptizing them in the name  
of the Father, and of the Son,  
and of the Holy Spirit.

Matthew 28:19

[young-catholics.com](http://young-catholics.com)



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"THEREFORE GO  
AND MAKE DISCIPLES OF ALL NATIONS,  
BAPTIZING THEM  
IN THE NAME OF THE FATHER  
AND OF THE SON  
AND OF THE HOLY SPIRIT,  
AND TEACHING THEM TO OBEY  
EVERYTHING I HAVE COMMANDED YOU.  
AND SURELY I AM  
WITH YOU ALWAYS,  
TO THE VERY END OF THE AGE."

Matthew 28:19-20