



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

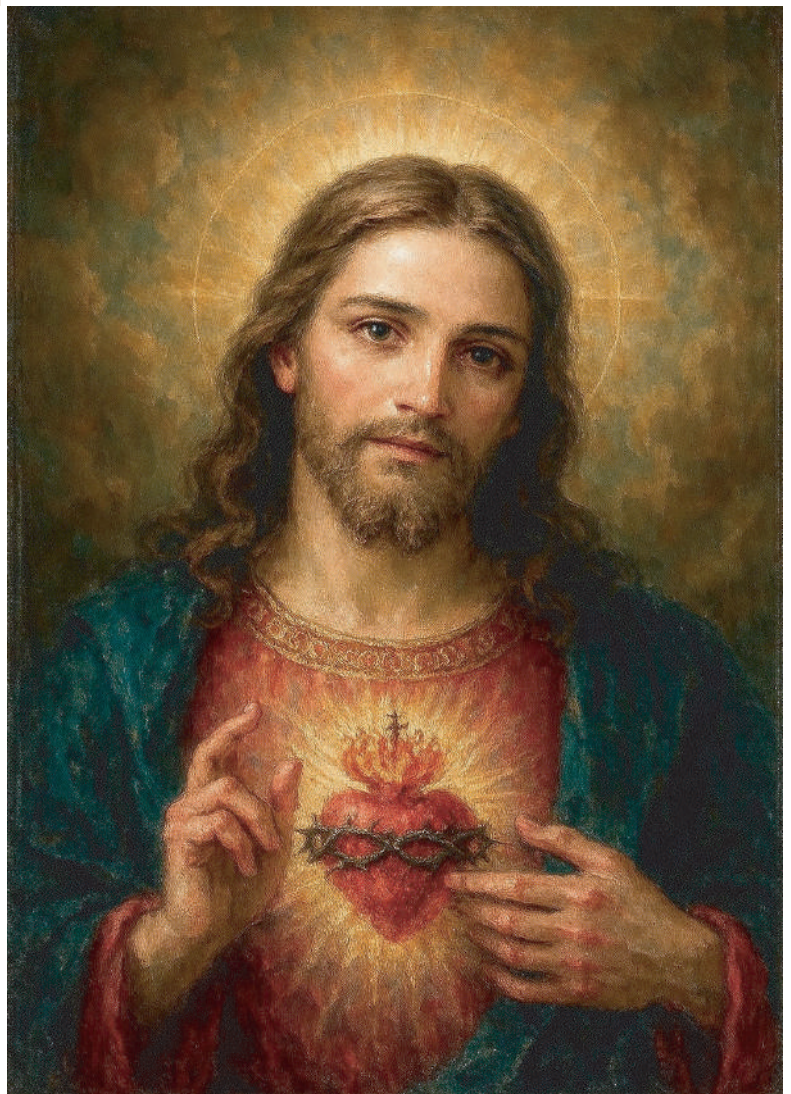
Whoever trusts in the Lord will never sink or fall. Whoever has the Lord for his strength will never fall...

The Most Sacred Heart of Jesus Prayer

O Most Holy Heart of Jesus, fountain of every blessing. We adore You, We love You, and with a lively sorrow for our sins, we offer You our poor hearts.

Make us humble, patient, pure and obedient to Your will.

Grant, good Jesus, that we may live in You and for You. Amen.



Follow us on **facebook**
Pittwater Catholic Parish



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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 9.00 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

STANISLAW SEREMET
ROCCO ROMEO
SHIRLEY KENDALL
BARRY MAY

Eternal rest, grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.

DECEASED ANNIVERSARY

FRANK KOLARIK

Prayer for the SICK

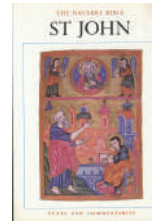
Lord, look with mercy on your servants who are sick. Bring them comfort, healing and strength.

ANNA ŚMIGOWSKA
LILY JANOSIK
SUE FRENCH
MAUREEN LARIOS
ELAINE BOYES
PAULINE CHAPMAN
RON CLARKE
ANNA KATANEC
OTMA NOUAK
ANGELA MILEER
PHILIP KHALIFEH
JOSEPH KHALIFEH
GEORGE AZOURY
BRUCE FARR
JAMES
JACINTA PURNELL-MAJOR
NENITA ROQUE
MARIE CELINE- MACA
NEDA CRVELIN
JESSE CATHERSIDES
MARY REILLY
NOEL REILLY
THERESA KEANE
MARTA BIZUBOVA
LIAM GAVIN

BOOK REVIEW

St John's Gospel

Navarre Bible



This edition provides more footnotes to what St John has said in his writings, making it easier for the reader to appreciate.

Above all else,
guard your heart,
for everything you do
flows from it.

Proverbs 4:23



LITURGY FOR THE WEEK

- 15/06 Monday, Ordinary Time 11
1 Kg 21:1-16; Mt 5:38-42
- 16/06 Tuesday, Ordinary Time 11
1 Kg 121:17-29; Mt 5:43-48
- 17/06 Wednesday, Ordinary Time 11
2 Kg 2:1, 6-14; Mt 6:1-6, 16-18
- 18/06 Thursday, Ordinary Time 11
Sirach 48:1-14; Mt 6:19-23
- 19/06 Friday, Ordinary Time 11
2 Kings 11:1-4, 9-18, 20; Mt 6:19-23
- 20/06 Saturday, Ordinary Time 11
2 Chr 24:17-25; Mt 6:24-34

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 weekly

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 8

This week was shorter due to the King's Birthday public holiday on Monday, providing students and staff with a long weekend to rest and recharge. The remainder of the week was busy, with students completing assessments and examinations as they move closer to the important half-yearly exam period.

Our annual Year 7 Spirituality Day took place on Friday across the Marana Complex, Byrne Theatre and College Chapel. The day was a wonderful opportunity for reflection and connection, with the support of several Year 10 student leaders who demonstrated great leadership throughout. Spirituality Day was a highly engaging and meaningful experience, thanks to the dedication of our Leader of Evangelisation and Religion teachers, who facilitated a range of enriching activities.

Drama continues to flourish at Mater Maria, building on the strength of our outstanding bi-annual performances. Our Drama teachers recently established a Drama Troupe, which now sees almost forty students rehearsing each Tuesday after school, generously giving their time to further develop their skills. This initiative promises to enhance the quality of future performances even further.

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

Sport was also in full swing, with students representing the College in MWBA Basketball and Peninsula Cup Netball and Soccer. Students in Years 9 and 10 participated in the NSW All Schools Metro East Touch Football Tournament at Taren Point. Meanwhile, a team of four students - three of whom won the NSWCCC Championships last year - competed once again at the Broken Bay Tennis Gala Day in Mona Vale. 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 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.

Start children off on the way they should go, and even when they are old they will not turn from it.

Proverbs 22:6



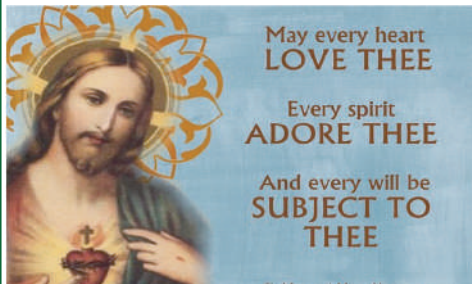
Sacred Heart Catholic Primary School Week 8, Term 2

On Friday 5 June, we held a Staff Development Day focussing on Mathematics. Throughout the day, staff worked collaboratively to explore and refine the most effective teaching strategies to further enhance student learning and achievement.

On Wednesday 10 June, our Stage 3 students (Year 5&6) participated in a Soccer Gala Day against other Northern Beaches Catholic schools. These Gala Days are always a great opportunity for students to build on their skills in the sport, display their sportsmanship and participate at an interschools level.

On Thursday 11 June, our School Captains, Grace and Ayden, were invited to attend a special tour of the State Parliament, with our local member Jacqui Scruby. This is a wonderful leadership opportunity for our School Captains, who will learn about the state parliament system and process and can interact with leaders from other Northern Beaches schools.

Happy Sacred Heart Feast Day on Friday 12 June.



Maria Regina Catholic Primary School Week 8, Term 2

Our wonderful ECO Garden at Maria Regina has become a vibrant hub where students and parents come together to care for, nurture, and celebrate our shared environment. This thriving space not only teaches sustainability but also strengthens our school community as hands join in planting, tending, and watching the garden flourish. It's a living reminder of what we can grow when we work together.



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PITTWATER PARISH



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9157 0999



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SACRED HEART CHURCH

1 Keenan Street, Mona Vale



MARIA REGINA CHURCH

7 Central Road, Avalon



SCHOOLS

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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 12 PROMISES OF THE SACRED HEART OF JESUS

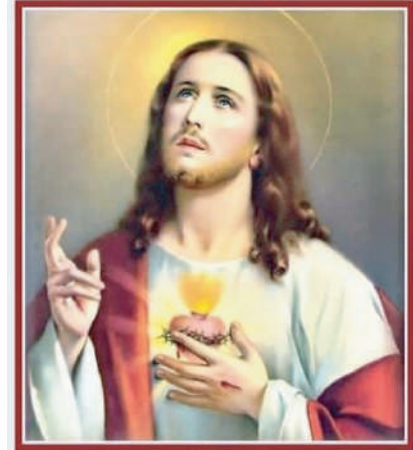
As given to

St Margaret Mary Alacoque



- 1) I will give them all of the graces necessary for their state of life.
- 2) I will establish peace in their homes.
- 3) I will comfort them in all their afflictions.
- 4) I will be their strength during life and above all during death.
- 5) I will bestow a large blessing upon all their undertakings.
- 6) Sinners shall find in My Heart the source and the infinite ocean of mercy.
- 7) Tepid souls shall grow fervent.
- 8) Fervent souls shall quickly mount to high perfection.
- 9) I will bless every place where a picture of my heart shall be set up and honoured.
- 10) I will give to priests the gift of touching the most hardened hearts.
- 11) Those who shall promote this devotion shall have their names written in My Heart, never to be effaced.
- 12) The all-powerful love of My Heart will grant to all those who shall receive Communion on the First Friday of nine consecutive months the grace of final penitence; they shall not die under my displeasure, nor without receiving their Sacraments; My heart shall be their assured refuge at the last hour.

FIRST FRIDAY DEVOTION



Attend Mass for 9 Consecutive First Fridays. Receive Holy Communion each First Friday.

MIRACLE PRAYER TO THE SACRED HEART OF JESUS

O Sacred Heart of Jesus, I come before You with a humble and trusting heart, seeking Your divine mercy and grace. You are the source of all miracles, and I place my deepest needs in Your hands. Please grant me the miracle I seek (mention your request), according to Your will, and for Your greater glory. May Your Sacred Heart be my refuge and strength and may I always trust in Your love and providence. I ask this in Your most holy and precious Name. Amen.

HAPPY
Birthday

Fr Zygmunt

23RD JUNE



Loving God,
we thank You for the gift
of Fr Zygmunt.

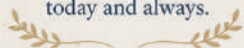
Bless him with joy,
good health, and strength.

May he continue to be
a faithful shepherd and
a good example to all.

Amen. ♥

Happy Birthday, Fr Zygmunt!
Thank you for your kindness,
dedication, and faithful service.

May God bless you
today and always.



Please join us for

MORNING TEA

after the 10 AM MASS

on **SUNDAY, 21ST JUNE**

to celebrate

Fr Zygmunt's Birthday!



THANK YOU, FR ZYGMUNT,
FOR ALL YOU DO FOR OUR COMMUNITY.

First Friday
— DEVOTION —

IN THE CATHOLIC FAITH

Draw closer to the Sacred Heart of Jesus,

Nine First Fridays in a row for His love and mercy.

— *How to Practice* —



Attend Mass & Receive Communion



Go to Confession



Pray Before the Blessed Sacrament



Offer Acts of Reparation



*"Behold this Heart
which has so loved men..."*

— Sacred Heart of Jesus —

Jesus' Promise



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 Cillia - 0418 863 814



PARISH EXCURSION TO THE SISTINE CHAPEL EXHIBITION

Last week, a group of parishioners enjoyed a wonderful day out in the city visiting the Sistine Chapel Exhibition. The excursion began with Holy Mass in the Crypt of St Mary's Cathedral, beautifully celebrated by our very own Fr Zygmunt. It was a prayerful and fitting start to a day of faith and fellowship. Following Mass, the group visited the Sistine Chapel Exhibition in the Forecourt near the Cathedral. Parishioners were captivated by the stunning reproductions through screen projections of Michaelangelo's masterpieces and appreciated the opportunity to learn more about the beauty and history of this remarkable work of sacred art. On the journey home, everyone gathered at the Pittwater RSL for a delicious lunch and enjoyed sharing conversations and reflections on the day's experiences. The outing was thoroughly enjoyed by all who attended and provided a wonderful opportunity for friendship, spiritual enrichment and community fellowship.

The Most Sacred Heart of Jesus

Flames

The ardent love of Jesus that purifies and transforms.

Cross

The Crucifixion, Christ's greatest sacrifice.

Blood and wound

His pierced side and the blood shed for our redemption.

Crown of Thorns

The pain and agony of Jesus on the cross, which he endured to save us.



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We are excited to offer advertising opportunities on our upcoming digital LED sign. This is a wonderful way to promote your business, service, or upcoming event while supporting our parish community. If you would like to secure a place, please contact the Parish Office by phone on 9157 0999 or email, office@pittwaterparish.org. Spaces are limited, so we encourage you to book early. We look forward to hearing from you!

The *Living* Word

Entrance Antiphon Psalm 32:11,19

The designs of his Heart are from age to age, to rescue their souls from death, and to keep them alive in famine.

First Reading Deuteronomy 7:6-11
A reading from the book of Deuteronomy
The Lord loves you and has chosen you.

Moses said to the people: 'You are a people consecrated to the Lord your God; it is you that the Lord our God has chosen to be his very own people out of all the peoples on the earth. 'If the Lord set his heart on you and chose you, it was not because you outnumbered other peoples: you were the least of all peoples. It was for love of you and to keep the oath he swore to your fathers that the Lord brought you out with his mighty hand and redeemed you from the house of slavery, from the power of Pharaoh king of Egypt. Know then that the Lord your God is God indeed, the faithful God who is true to his covenant and his graciousness for a thousand generations towards those who love him and keep his commandments, but who punishes in their own persons those that hate him; he makes him work out his punishment in person. You are therefore to keep and observe his commandments and statutes and ordinances that I lay down for you today.'

The word of the Lord

Responsorial Psalm

Ps 102:1-4. 6-8. 10. R. v.17

(R.) The Lord's kindness is everlasting to those who fear him.

My soul, give thanks to the Lord, all my being, bless his holy name. My soul, give thanks to the Lord and never forget all his blessings. **(R.)**

It is he who forgives all your guilt, who heals every one of your ills, who redeems your life from the grave, who crowns you with love and compassion. **(R.)**

The Lord does deeds of justice, gives judgement for all who are oppressed. He made known his ways to Moses and his deeds to Israel's sons. **(R.)**

The Lord is compassion and love, slow to anger and rich in mercy. He does not treat us according to our sins nor repay us according to our faults. **(R.)**

Second Reading 1 John 4:7-16
A reading from the first letter of St John
God loved us first.

My dear people, let us love one another since love comes from God and everyone who loves is begotten by God and knows God. Anyone who fails to love can never have known God, because God is love. God's love for us was revealed when

God sent into the world his only Son so that we could have life through him; this is the love I mean: not our love for God, but God's love for us when he sent his Son to be the sacrifice that takes our sins away.

My dear people, since God has loved us so much, we too should love one another. No one has ever seen God; but as long as we love one another God will live in us and his love will be complete in us. We can know that we are living in him and he is living in us because he lets us share his Spirit. We ourselves saw and we testify that the Father sent his Son as saviour of the world. If anyone acknowledges that Jesus is the Son of God, God lives in him, and he in God. We ourselves have known and put our faith in God's love towards ourselves. God is love and anyone who lives in love lives in God, and God lives in him.

The word of the Lord.

Gospel Acclamation Matthew 11:29

Alleluia, alleluia!

Take my yoke upon you; learn from me, for I am gentle and lowly in heart.
Alleluia!

Gospel Matthew 11:25-30

A reading from the holy Gospel according to Matthew

I am gentle and humble of heart.

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father, and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

The Gospel of the Lord.

Communion Antiphon John 7:37-38

Thus says the Lord: Let whoever is thirsty come to me and drink. Streams of living water will flow from within the one who believes in me.



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

SAINT FAUSTINA'S DIARY IN A YEAR
WITH Fr. Joe Roesch, MIC

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



Discover the inspiring 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.

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9:30 - 11:30

(SCHOOL TERM)

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