



# The Catholic Parish of Pittwater

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



## Hail Holy Queen

Hail Holy Queen,  
Mother of Mercy.

Hail our life,  
our sweetness and our hope.

To thee do we cry,  
poor banished children of Eve;  
to thee do we send up our  
sighs, mourning and weeping in  
this valley of tears.

Turn then, most gracious  
advocate, thine eyes of mercy  
towards us;

and after our exile, show unto  
us the blessed fruit of  
thy womb, Jesus.

O clement, O loving,  
O sweet Virgin Mary.

Amen.



## Thoughts of Blessed Francis Jordan

As long as the Queen of heaven and earth is not everywhere praised, you dare not allow yourself a moment's rest.

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

Continue to practise good hygiene. **Please use the hand sanitisers provided in both of our Churches.**



## POPE FRANCIS' PRAYER INTENTION FOR August For World Youth Day

We Pray that the World Youth Day in Lisbon will help young people to live and witness the Gospel in their own lives.

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 8:30 am, 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  
Matthew Seve  
Matthew Robert  
Williams

Recently Deceased  
Catherine Teresa  
Sheeran  
Peter Butt

Prayer for the Sick

Anna Smigowska  
Guy Zofrea  
Avelino Samartin  
Jeff Langley  
Mark Linfiels  
Nick Moullakis  
Bill Eyre  
Brian Gregan  
Marcia Bailey  
Bec Burroughs  
Susan Hickey  
Margaret De Landre  
Maeve Robinson  
Jenny Carroll  
Matt Ukishima  
Mina Lee  
Maureen Larios  
Denise Wagner  
Tom Murphy  
Leonie Ariemetto  
Lisa Glascoe

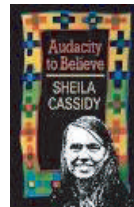


## Vinnies

New stock is now available at the Vinnies Sacred Heart Piety Store for the First Holy Eucharist. All proceeds of the Piety Store go to St Vincent de Paul. All transactions are CASH only, as we do not have EFTPOS facilities. Any queries, please contact the Parish Office on 9157 0999.

## BOOK REVIEW

Audacity to Believe  
An Autobiography  
by: Sheila Cassidy



Her own experiences let Sheila to write about how spirituality wrestles with the social and political needs of the world.

### Liturgy for the Week

- 21/08 Monday, St Pius X  
Judges 2:11-19; Mt 19:16-22
- 22/08 Tuesday, The Queenship of the Blessed Virgin Mary  
Judges 6:11-24; Mt 19:23-30
- 23/08 Wednesday, Ordinary Time 20  
Judges 9:6-15; Mt 20:1-16
- 24/08 Thursday, St Bartholomew  
Rev 21:9-14; Jn 1:45-51
- 25/08 Friday, Ordinary Time 20  
Ruth 1:1, 3-6, 14-16, 22; Mt 22:34-40
- 26/08 Saturday, Ordinary Time 20  
Ruth 2:1-3, 8-11; 4:13-17; Mt 23:1-12

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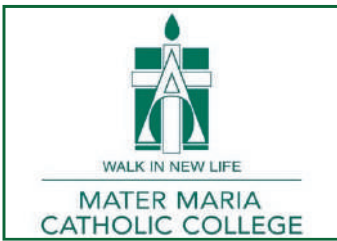
Thank you for your continued contributions and support. Your financial contributions and your generous donations throughout the year are greatly appreciated.

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2023  
Our Year of  
Stewardship



## Parish Bulletin - Term 3, Week 5

On Tuesday, our College community celebrated Eucharist for the Solemnity of the Assumption of the Blessed Virgin Mary. At this Mass for our Holy Day of Obligation we celebrated the namesake of our Patron, Mother Mary, our first and most perfect disciple as our exemplary woman of faith, grace and discipleship. Mary's unwavering devotion to Jesus guides us to open our hearts to God's will.

Our Year 7 Historians embarked on an exciting journey into the past month by researching and recreating ancient Egyptian artifacts. We were very impressed with the time and effort that the students put into this project and as a result, we exhibited the work of all students who opted to have their artefacts showcased. The exhibition allowed parents and fellow students to marvel at the dedication and creativity exhibited by our young scholars.

Wednesday proved to be a big day for our Pastoral Care emphasis in our College. Brainstorm Productions engaged our Year 8 students in an entertaining performance that fostered resilience and vital life skills. For our Creative and Performing Arts students, many from years 9 to 11 were treated to the magical experience of "Beauty and the Beast" at the Capitol Theatre.

The Kids' Cancer Project has been asking schools to host 'The Write a Book in a Day' challenge for many years and Mater Maria has been responding compassionately. This Friday witnessed our students collaborating in small groups within the Benedict Learning Centre, undertaking this heartwarming task of crafting children's books for the young patients at Westmead Hospital.

Regardless of results, this will provide many contemporary books for children who are hospitalised and undertaking cancer treatments. The 'Write a Book in a Day' event not only cultivated generous efforts from students and the staff who supported them.

The College has introduced "Faith Fridays" which is a youth group gathering in our Chapel and Courtyard. This upbeat sharing of faith and music started with our recently-returned WYD students giving Chapter 1 of their recent WYD Pilgrimage to Lisbon, leaving students and staff in awe of their extraordinary journey.

Our College Advisory Board held a retreat where they engaged in scriptural exegesis of The Parable Good Samaritan. They also had a guided walking tour of St Mary's Cathedral, St Scholastica's College Glebe and Rosebank College as we explored Bishop Bede Polding and the Catholic response of the Good Samaritan Sisters as Australia's first religious order.

For those seeking to join our enriching educational journey, applications for Year 7, 2026 and beyond are now open. While Year 7, 2024 and Year 7, 2025 have waiting lists in place, we encourage prospective students and parents to learn more about our offerings by visiting <https://matermaria.nsw.edu.au>.

Our college values at Mater Maria Catholic College - Community - Hospitality - Justice - Spirituality - Stewardship - are touchstones for us in our journey of bringing our follow Jesus.

## Parish Directory

**Pittwater Parish**  
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**CCD Catechist Coordinators**  
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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  
el 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

## WE NEED MORE CATHECHISTS

"Catechists are people who keep the memory of God alive; they keep it alive in themselves and they are able to revive it in others."

-Pope Francis

For those who are interested please contact our amazing CCD Catechist Coordinators:  
Maureen Wooldridge at 0421 907 469 and  
Veronica Thomas at 0417 061 534



# Queenship of Blessed Virgin Mary 22 August: Queenship of Blessed Virgin Mary—Memorial



*A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. ~Revelation 12:1*

The twentieth century saw a great resurgence in devotion to the Mother of God. Several decades prior to that century, on December 8, 1854, Pope Pius IX declared the Dogma of the Immaculate Conception. Four years later, the Blessed Mother appeared to Bernadette Soubirous, a fourteen-year-old peasant girl, in Lourdes, France. In this apparition, when Bernadette asked who the Heavenly Lady was, she responded, "I am the Immaculate Conception." This mystical confirmation of the papal dogma sparked great devotion to the Mother of God, and Lourdes became a frequent pilgrim site where many miracles have taken place.

In 1916, three shepherd children in Fátima, Portugal received three apparitions from the Angel of Peace, the Guardian Angel of Portugal. Then, in 1917 they received six apparitions from the Lady of the Rosary, as she called herself. On the day of her final apparition, some 70,000 had gathered and all witnessed the promised miracle. A pouring rain immediately stopped, the sun danced and plunged to the earth, and everything and everyone were immediately dry. This apparition and miracle continue to fuel devotion to the Mother of God.

In 1950, Pope Pius XII issued an apostolic constitution by which he declared as a dogma of our faith "that the Immaculate Mother of God, the ever Virgin Mary, having completed the course of her earthly life, was assumed body and soul into heavenly glory." Since Jesus is the King of Kings, and since He sits on His throne at the right hand of the Father in Heaven, and since his mother was assumed into Heaven, body and soul, then the logical conclusion flowing from these truths necessarily leads us to today's memorial.

Early Church Fathers used what is referred to as "typology" to clearly establish the continuity between the Old and New Testaments. For example, though King Solomon sinned, he is also a prefigurement, or "type" of Christ

because he was a peacemaker, filled with wisdom, and built the Temple. Saint Augustine, in his commentary on Psalm 127, states that our Lord is "the true Solomon" and that "Solomon was the figure of this Peacemaker." The true Peacemaker is Christ, and just as Solomon built the Temple, so our Lord built the true Temple of His Body, the Church.

Following this form of typology, the Book of I Kings states, "Then Bathsheba went to King Solomon to speak to him for Adonijah, and the king stood up to meet her and paid her homage. Then he sat down upon his throne, and a throne was provided for the king's mother, who sat at his right. She said, 'There is one small favor I would ask of you. Do not refuse me.' The king said to her, 'Ask it, my mother, for I will not refuse you'" (1 Kings 2:19-20). If King Solomon, an Old Testament type of Christ, honored his Queen Mother's requests and sat her on a throne next to his, then so much more does our Lord, the true King of Kings, do so with His mother. Therefore, today's memorial celebrates the fact that, in Heaven, Jesus' mother is seated on a throne next to His, and like Solomon, Jesus says with certainty to her, "Ask it, my mother, for I will not refuse you."

It is for these reasons, that on October 11, 1954, four years after the proclamation of the Assumption, Pope Pius XII instituted the Memorial of the Queenship of Mary with his encyclical letter, *Ad Caeli Reginam* (The Queen of Heaven). This memorial was first assigned the date May 31, which followed the Memorial of the Immaculate Heart of Mary. However, in 1969, Pope Paul VI moved the date to August 22, eight days after the Solemnity of the Assumption of the Blessed Virgin Mary. In large part, this was done to create an octave of anticipation and to show that the Assumption necessarily results in the Mother of God being also the Queen Mother of Heaven and Earth.

As Queen, Mother Mary not only intercedes on our behalf, she also acts as her Son's mediator. From her heavenly throne, the Queen Mother of Heaven and Earth is entrusted with the grace of God. She is not the source, but she is privileged to be the instrument of distribution. As a loving mother, nothing pleases her more than to lavish every good thing upon her children on earth. She longs to gather all of her children together in Heaven, with and in her divine Son.

Though the liturgical and theological evolution of today's memorial might seem complex, the heart of it is simple. We not only have a mother in Heaven, we also have a Queen Mother. As Mary is the Queen Mother of God, we must turn to her with childlike faith and simplicity. As a young child runs to a loving mother in time of need, never questioning her love, protection, and care, so we must run to her. She is our protectress, our refuge, our hope, and our sweet delight. Her affection is perfect and her motherly love unmatched.

As we honor the Queen of Heaven today, ponder the Church's ever-deepening understanding of her role. As the Church has increased its comprehension of Mary's exalted role through the centuries, so we must individually make this discovery throughout our lives. Turn to her, seek her prayers, rely upon her intercession, and honor her as your mother and your queen.

*Mother and Queen of Heaven, this day I run to you as a child with confidence and trust. You are the glorious Queen Mother, reigning over all of your children with love and mercy. Please pray for me, and bestow upon me all that I need. I open my heart to the grace of your Son, which you are entrusted to dispense. Make me holy and free from sin, so you can present me spotless and pure to your beloved Son, the King of the Universe. Queen of Heaven, pray for me. Jesus, I trust in You.*

**My Catholic Life!**



"Sound of Freedom" continues to spread a message of hope in Australian Cinemas starting 24 August 2023. It has reached over 3,400 theatres and hitting \$130 million in the US Box Office.

Sound of Freedom is a true story film that exposes the darkness of child trafficking. A federal agent saves a boy from traffickers, but his sister is still captive. He embarks on a dangerous mission, risking his life to free her from a fate worse than death. Based on the gripping true story of a man's mission to rescue children from the darkest corners of the world. This action-packed drama shines a light on the harrowing reality of sex trafficking and the valiant efforts of those who work tirelessly to combat it.

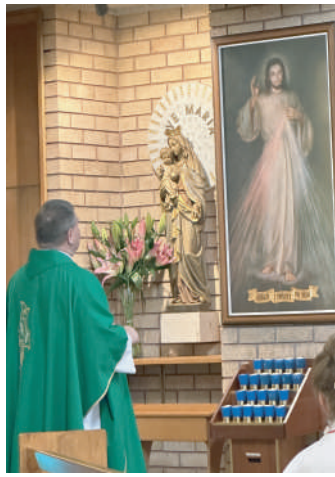
You can see "Sound of Freedom" in theatres around the world. Fight for the light. Silence the darkness. GOD's Children are NOT for Sale.

**Coming soon to Cinemas  
near you on the 24th August**

**United Cinema, Avalon  
United Cinema, Warriewood  
United Cinema, Collaroy**

## Newly Framed Divine Mercy Painting at Maria Regina Church

Thank you so much for your support and generosity, we have framed our beautiful Divine Mercy painting at Maria Regina Church in Avalon. Fr Zygmunt Smigowski blessed the framed painting last Saturday, 12th of August.



## The woman who had faith in Jesus

20th Sunday in Ordinary Time, Year A



Draw the Canaanite woman asking Jesus for help. Write down what the apostles and the woman each said to Jesus.



Who are the outcasts in our community?  
Write them in the footprints.



The Canaanite woman persisted because of her strong belief that Jesus would cure her daughter. Use the words below to find out what Jesus said.



\_\_\_\_\_, you have  
\_\_\_\_\_  
\_\_\_\_ your \_\_\_\_\_  
be \_\_\_\_\_.

- granted
- wish
- faith
- Woman
- Let
- great

Mt 15:21-28

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COMBATING HOMELESSNESS TOGETHER



**Vinnies**

**Piety Store**

There are "Pre-loved" and "Never been Worn" First Communion Dresses available in the Piety Store. All proceeds of the Piety Store go to St Vincent de Paul. All transactions are CASH only, as we do not have EFTPOS facilities. Any queries, please contact the Parish Office on 9157 0999.



## RCIA- New Programme to Start in September 2023

For many years we have been conducting RCIA in our Parish, but this year we have modernised and simplified the programme to make it easier for interested parties to follow the sessions in their busy life schedule. RCIA stands for Rite of Christian Initiation of Adults and is designed for people of any denomination who are interested to learn about our Catholic tradition; Catholics who simply want to be updated on their knowledge of faith and spirituality would also be most welcome to join. Those who are not baptised, as well as Christians of other denominations, will be invited to become full members of our Catholic Community at the end, at Easter 2024, when they receive the Sacraments of Initiation:

**BAPTISM, CONFIRMATION AND  
HOLY EUCHARIST**

If you head over to [www.bbcatholic.org.au/pittwater](http://www.bbcatholic.org.au/pittwater) There is a short video giving an introduction and touches on questions, potential candidates may have on their minds.

All are most welcome to join our informal group sessions.

Simply register your interest at the Parish Office, 9157 0999 or by email at [office@pittwaterparish.org](mailto:office@pittwaterparish.org) by Thursday, 31st August 2023.

# The *Living* Word

## First Reading

Isaiah 9:1-6

### A reading from the prophet Isaiah *A Son is born to us.*

The people that walked in darkness  
has seen a great light;  
on those who live in a land of deep  
shadow  
a light has shone.  
You have made their gladness greater,  
you have made their joy increase;  
they rejoice in your presence  
as men rejoice at harvest time,  
as men are happy when they are dividing  
the spoils.  
For the yoke that was weighing on him,  
the bar across his shoulders,  
the rod of his oppressor,  
these you break as on the day of Midian.  
For all the footgear of battle,  
every cloak rolled in blood,  
is burnt  
and consumed by fire.  
For there is a child born for us,  
a son given to us  
and dominion is laid on his shoulders;  
and this is the name they give him:  
Wonder-Counsellor, Mighty-God,  
Eternal-Father, Prince-of-Peace.  
Wide is his dominion  
in a peace that has no end,  
for the throne of David  
and for his royal power,  
which he establishes and makes secure  
in justice and integrity.  
From this time onwards and for ever,  
the jealous love of the Lord of hosts will  
do this.

## The word of the Lord

### Responsorial Psalm

Ps 112:1-8. R. v.2

### **(R.) Blessed be the name of the Lord for ever.**

Praise, O servants of the Lord,  
praise the name of the Lord!  
May the name of the Lord be blessed  
both now and for evermore!**(R)**

From the rising of the sun to its setting  
praised be the name of the Lord!  
High above all nations is the Lord,  
above the heavens his glory. **(R.)**

Who is like the Lord, our God,  
who has risen on high to his throne  
yet stoops from the heights to look down,  
to look down upon heaven and  
earth?**(R.)**

From the dust he lifts up the lowly,  
from the dunghheap he raises the poor  
to set him in the company of princes,  
yes, with the princes of his people.**(R.)**

### Second Reading Romans 11:13-15. 29-32 A reading from the letter of St Paul to the Romans

*The gifts and call of God are irrevocable.*

Let me tell you pagans this: I have been

sent to the pagans as their apostle, and I  
am proud of being sent, but the purpose  
of it is to make my own people envious  
of you, and in this way save some of  
them. Since their rejection meant the  
reconciliation of the world, do you know  
what their admission will mean? Nothing  
less than a resurrection from the dead!  
God never takes back his gifts or revokes  
his choice.

Just as you changed from being  
disobedient to God, and now enjoy  
mercy because of their disobedience, so  
those who are disobedient now – and  
only because of the mercy shown to you  
– will also enjoy mercy eventually. God  
has imprisoned all men in their own  
disobedience only to show mercy to all  
mankind.

## The word of the Lord.

### Gospel Acclamation

Matthew 4:23

Alleluia, alleluia!

Hail, Mary, full of grace, the Lord is with  
you; blessed are you among women.

Alleluia!

### Gospel

Luke 1:26-38

### A reading from the holy Gospel according to Luke

*You will conceive and bear a son.*

The angel Gabriel was sent by God to a  
town in Galilee called Nazareth, to a  
virgin betrothed to a man named Joseph,  
of the House of David; and the virgin's  
name was Mary. He went in and said to  
her, 'Rejoice, so highly favoured! The  
Lord is with you.' She was deeply  
disturbed by these words and asked  
herself what this greeting could mean,  
but the angel said to her, 'Mary, do not  
be afraid; you have won God's favour.  
Listen! You are to conceive and bear a  
son, and you must name him Jesus. He  
will be great and will be called Son of  
the Most High. The Lord God will give  
him the throne of his ancestor David; he  
will rule over the House of Jacob for  
ever and his reign will have no end.'  
Mary said to the angel, 'But how can this  
come about, since I am a virgin?' 'The  
Holy Spirit will come upon you' the  
angel answered 'and the power of the  
Most High will cover you with its  
shadow. And so the child will be holy  
and will be called Son of God. Know this  
too: your kinswoman Elizabeth has, in  
her old age, herself conceived a son, and  
she whom people called barren is now in  
her sixth month, for nothing is  
impossible to God.' 'I am the handmaid  
of the Lord,' said Mary, 'let what you  
have said be done to me.' And the angel  
left her.

## The Gospel of the Lord

## Ignite Conference 2023



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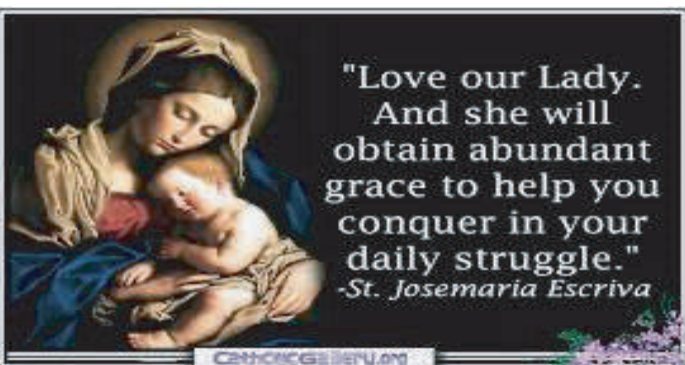
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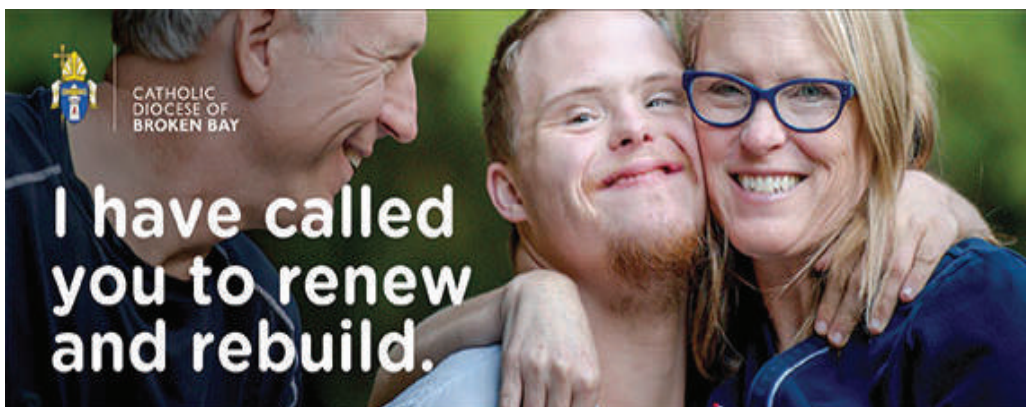
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obtain abundant  
grace to help you  
conquer in your  
daily struggle."  
-St. Josemaria Escriva

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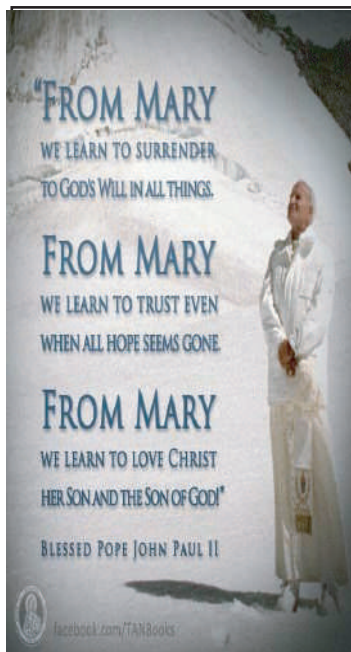


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FINE WINE, SPIRITS & BEER

## FLEET STREET

MERCHANTS

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