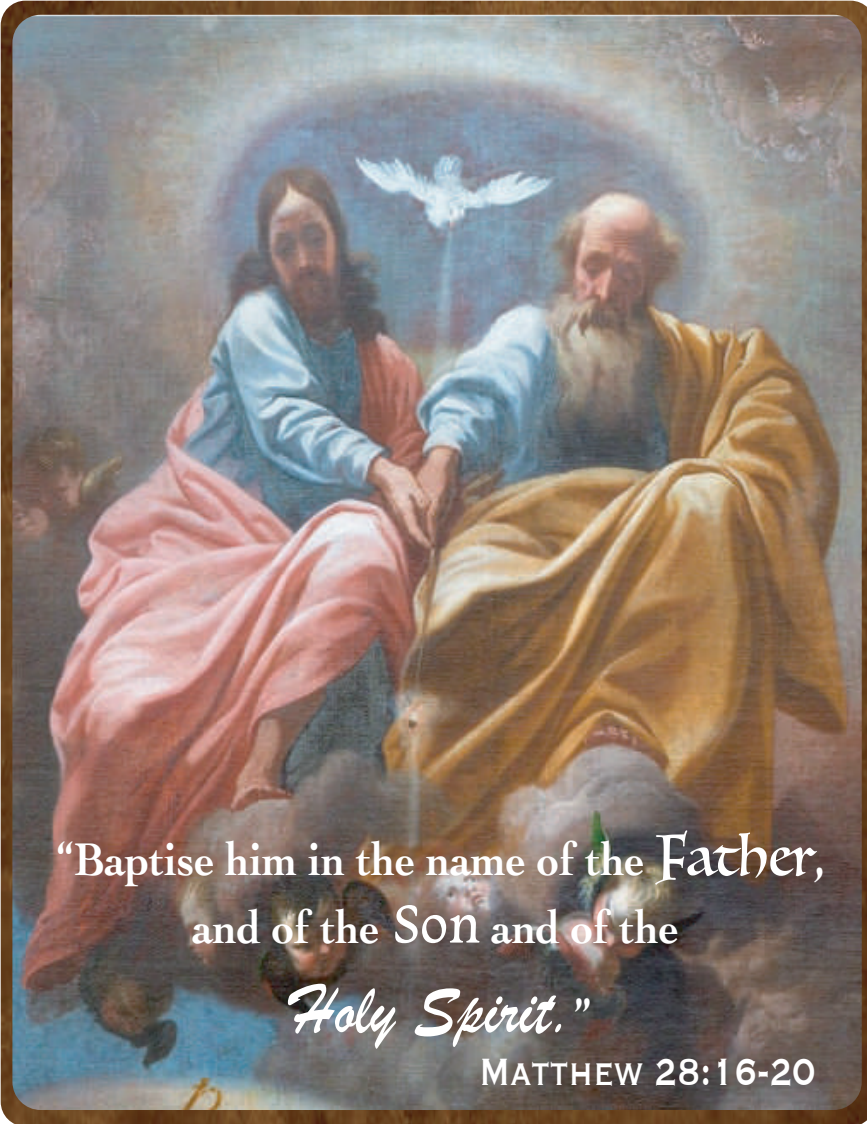




The Catholic Parish of Pittwater

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



“Baptise him in the name of the **F**ather,
and of the **S**ON and of the
Holy Spirit.”

MATTHEW 28:16-20

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.



Thoughts of Blessed Francis Jordan

Love and serve God with all your might. He is Most High and All Holy. In Him alone you will find true peace.

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

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 FRANCIS' PRAYER INTENTION FOR MAY

For The Formation of Men and Women Religious and Seminarians

Let us pray that they grow in their own vocational journey through human, pastoral, spiritual and community formation, that leads them to be credible witnesses of the Gospel.

MASS TIMES

SACRED HEART CHURCH

1 Keenan Street, Mona Vale

WEEKDAY MASSES

Tuesday 9.30am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8:30 am, followed by Mass
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
Juraj Vukman
Claire Romain

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

Recently Deceased
Dragica Peric

Prayer for the Sick

Anna Śmigowska
Nick Moullakis
Bill Eyre
Brian Gregan
Marcia Bailey
Bec Burroughs
Margaret De Landre
Maureen Larios
Denise Wagner
Marco Sangiacamo
Elaine Boyes
Pauline Chipman
Brian Cranch
Sheila Upjohn
Anna
Svetlana
Leonor
Sofia
Xi
Mother Pauline
George
Angela Muller

BOOK REVIEW

Mary With Us

Readings and Prayers by:
Rev Joseph A Viano SSP



This book is so marvelous with beautiful insights into Mary that we may not have contemplated before...reflections on prayers we know...giving us a deeper appreciation of the role of Mary in our lives and to a greater love of Jesus, her divine Son. By saying these prayers and practising these devotions we will receive a great abundance of heavenly favors, graces and blessings.

NOW THE LORD IS THE SPIRIT, AND WHERE THE SPIRIT OF THE LORD IS, THERE IS FREEDOM.

2 CORINTHIANS 3:17

Liturgy for the Week

27/05 Monday, Ordinary Time 8
1 Pet 1:3-9; Mk 10:17-27
28/05 Tuesday, Ordinary Time 8
1 Pet 1:10-16; Mk 10:28-31
29/05 Wednesday, Ordinary Time 8
1 Pet 1:18-25; Mk 10:32-45
30/05 Thursday, Ordinary Time 8
1 Pet 2:2-5, 9-12; Mk 10:46-52
31/05 Friday, The Visitation of the Blessed Virgin Mary
Zeph 3:14-18; Lk: 1:39-56
01/06 Saturday, St Justin
Jude 17, 20-25; Mk 11:27-33

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Pittwater

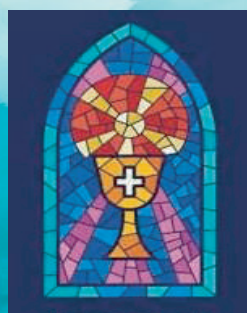
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Use this App to support our Clergy through the first collection and our Parish through the second collection. Donations can be made weekly, fortnightly, monthly or one-off.

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



Everyone is invited to join
Fr Richard and Fr Zygmunt
as they celebrate the Jubilee Mass
for their
Ordination Anniversaries
on Sunday, 2 June 2024 at 10 am
followed by Morning Tea
at Sacred Heart Church, Mona Vale



**Maria Regina Catholic
Primary School Avalon**
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OPEN DAY

Wednesday 19 June 2024
9am - 10.30am

SYDNEY

at Cathedral Precinct Waitara
Hosted in and supported by the
Diocese of Broken Bay

26 - 29 September 2024

Registration: igniteconference.com.au/



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CATHOLIC CONFERENCE
WITH SOMETHING
EVERYONE

IN THE NAME OF
JESUS CHRIST
OF NAZARETH,
RISE UP AND WALK.
ACTS 3:6-7



Parish Directory

Pittwater Parish

1 Keenan Street Mona Vale
NSW 2103
Tel 9157 0999

Parish Priest

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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
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Shereae Knight
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Director of Music

Josh Willard
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Media & Communications Coordinator

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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

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 7256 2138
Principal: Ms Kirsty Thorpe

WARRIEWOOD

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



Parish Bulletin – Term 2, Week 4

This week, our Year 12 students enjoyed a wonderful time at the Mater Maria Senior Retreat held at the picturesque Benedict XVI Retreat Centre in Grose Vale, NSW. Our Year 12s eagerly explored a variety of topics and experiences, engaging in different forms of prayer, discussing the relationship between science and faith, and tackling ethical questions relevant to young people today. This retreat provided a special opportunity for students to deepen their relationships with peers, staff and God. Highlights included participating in Reconciliation and Mass, among other meaningful activities throughout the program.

This term, over twenty students from Years 9 and 10 are actively engaged in the Alpha for Youth Catholic Faith Formation Program. Designed to foster spiritual growth and deepen understanding of the Catholic faith, this comprehensive curriculum empowers students to emerge as compassionate leaders within their communities.

Year 9 Textiles Technology students conducted consumer research into the marketing of certain products at Warriewood Square.

This week, students in Years 10 and 11 visited Ausgrid's depot in Cromer to learn more about careers in the electrical field, thanks to the partnership between the RIEP Program and Ausgrid. Last year, eight students secured Ausgrid apprenticeships through their Bright Spark Program.

Nature enthusiasts in Year 11 explored the Gibberagong Environmental Education Centre at Bobbin Head, investigating fox mitigation programs aimed at safeguarding the Southern Brown Bandicoots. This environmental adventure aligned perfectly with their Year 11 Biology field trip, fostering a sense of responsibility towards our planet.

It has been yet another bustling week of sporting activities at Mater Maria. With daily basketball and enthusiastic involvement in a range of competitions, our students have been showcasing their talents and spirit of sportsmanship. Our sporting endeavours this week have included the MWBA basketball competition, Peninsula Cup netball, Peninsula Cup soccer, CSBB Cross Country Championships and the Jamie Lyons and Steve Menzies City Cup for U13 and U15 students.

For prospective students, applications for Year 7 are now open for 2027 and 2028. A waitlist is in place for students transitioning from Year 6 to Year 7 in 2025, and Year 6 to Year 7 in 2026, as well as for all other year groups in 2024. To learn more about enrolment or to submit an application, please visit our College website at www.matermaria.nsw.edu.au/enrolments.

Ordination Anniversary Celebration

Please Join Us As We Celebrate



Fr Richard Sadowski
on his 25th Ordination Anniversary

and
Fr Zygmunt Smigowski

on his 21st Ordination Anniversary

Friday, 31 May 2024

Royal Motor Yacht Club

at 6 pm

46 Prince Alfred Parade

Newport

\$55 per person

Cocktail Food &

Desserts included

drinks available for purchase

at the bar



Book for the Ordination Anniversary Celebration at

<https://www.trybooking.com/CRMHS>

Courtesy Bus will be available from Sacred Heart Church,
Mona Vale to Royal Motor Yacht Club.

*Please contact the Parish Office on 9517 0999
for more information.*



The Visitation of the Blessed Virgin Mary

31st of May



**Pastoral Discernment
Northern Beaches**

**Everyone is invited for the the Parish Community's
Listening & Dialogue Session to be held on Thursday, 20th of June @ 5:30 pm,
Sacred Heart Parish Centre, Mona Vale**

Bishop Anthony Randazzo invites everyone in our community the opportunity to participate in the Pastoral Discernment Northern Beaches project. The Project aims to understand the unique challenges and opportunities distinct to the Northern Beaches Deanery in order to develop a Pastoral Mission that enables all in the community the opportunity to participate more fully in the Mission of Jesus Christ. All members of our community are invited to participate in the consultation phase of the project, at the service of shaping a Pastoral Discernment Submission for Bishop Anthony's consideration. Please join The Pittwater Parish for a parish/community Consultation Forum. This is an opportunity for us to listen deeply to each other and attend to how the Holy Spirit is moving within us.

We want to hear from you on how our parish / school community can give thanks to God for the way in which the Spirit is at work in the life of the local Church, and to consider new possibilities for both the growth and future of the region. Please consider joining us! Invite family, friends, neighbours, young people and others – we want everyone to participate in this listening and dialogue session. If you can't make the parish / community listening and dialogue session, visit: www.bbcatholic.org.au/pdnb to submit your individual submission for consideration.

PWBB supports two key charitable works in the Diocese – the Confraternity of Christian Doctrine or CCD and our Hospital Chaplaincy and Pastoral Care Program.

Asking for donations is never taken for granted, especially in challenging economic times. However, parishioners have been extremely generous in supporting the charitable works of the Diocese.

The PWBB May appeal is the last one for the financial year 2023/2024 and all donations over \$2 are tax deductible.



“Connecting to the Mission of Jesus Christ!”

MAY APPEAL

“Your generosity with our Pastoral Works appeal helps us go further and wider in helping our community of Broken Bay, and more deeply connect us to our vision and the Mission of Jesus Christ. I am deeply grateful for your support.”

MOST REV ANTHONY RANDAZZO DD JCL BISHOP OF BROKEN BAY

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**Please give generously to our
MAY 2024 APPEAL**

Your Tax-deductible gift supports vital pastoral ministries in our local community. Donate online at www.bbcatholic.org.au/pastoralworks



**Things to Know and Share
about the Holy Trinity**



Where does the word “Trinity” come from?

It comes from the Latin word trinitas, which means “three” or “triad.”

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.

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.

How can we show that the Father, the Son, and the Spirit are distinct Persons?

The distinction of the persons can be shown, for example, in the fact that Jesus speaks to his Father. This would make no sense if they were one and the same person. At that time Jesus declared, ‘I thank thee, Father, Lord of heaven and earth, that thou hast hidden these things from the wise and understanding and revealed them to babes; yea, Father, for such was thy gracious will.’ The fact that Jesus is not the same Person as the Holy Spirit is revealed when Jesus, who has been functioning as the Counselor (Greek, Parakletos) of the disciples--says he will pray to the Father and the Father will give then "another Counselor," who is the Holy Spirit. This shows the distinction of all three Persons: Jesus who prays; the Father who sends; and the Spirit who comes.

**Jimmy Akin
National Catholic Register**

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

Deuteronomy 4:32-34. 39-40

A reading from the book of Deuteronomy

The Lord himself is God in heaven above and on earth below: there is no other.

Moses said to the people: 'Put this question to the ages that are past, that went before you, from the time God created man on earth: Was there ever a word so majestic, from one end of heaven to the other? Was anything ever heard? Did ever a people hear the voice of the living God speaking from the heart of the fire, as you heard it, and remain alive? Has any god ventured to take to himself one nation from the midst of another by ordeals, signs, wonders, war with mighty hand and outstretched arm, by fearsome terrors – all this that the Lord your God did for you before your eyes in Egypt?

'Understand this today, therefore, and take it to heart: The Lord is God indeed, in heaven above as on earth beneath, he and no other. Keep his laws and commandments as I give them to you today so that you and your children may prosper and live long in the land that the Lord your God gives you for ever.'

The word of the Lord

Responsorial Psalm

Ps 32:4-6. 9. 18-20. 22. R. v.12

(R.) Happy the people the Lord has chosen to be his own.

The word of the Lord is faithful and all his works to be trusted. The Lord loves justice and right and fills the earth with his love. (R.)

With his word the heavens were made, by the breath of his mouth all the stars. He spoke; and they came to be. He commanded; they sprang into being. (R.)

The Lord looks on those who revere him, on those who hope in his love, to rescue their souls from death, to keep them alive in famine. (R.)

Our soul is waiting for the Lord. The Lord is our help and our shield. May your love be upon us, O Lord, as we place all our hope in you. (R.)

Second Reading

Romans 8:14-17

A reading from the letter of St Paul to the Romans

You have received the Spirit that makes you God's own children, and in that Spirit we call God: Father, our Father!

Everyone moved by the Spirit is a son of God. The spirit you received is not the spirit of slaves bringing fear into your lives again; it is the spirit of sons, and it makes us cry out, 'Abba, Father!' The Spirit himself and our spirit bear united witness that we are children of God. And if we are children we are heirs as well: heirs of God and coheirs with Christ, sharing his sufferings so as to share his glory.

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

Matthew 28:16-20

A reading from the holy Gospel according to Matthew

Baptise them in the name of the Father, and of the Son, and of the Holy Spirit.

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.'

The Gospel 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 CSA

The feast of the Holy Trinity brings us face to face with the foundation of our faith. The readings for today provide answers to the question: Who is God? They can really only suggest something about the mystery of God, and they can do this only indirectly. They call to mind some of the wonders that God has accomplished for us and in us. It is through reflection on these gracious divine acts that we can get glimpses of God.

The psalm declares that the harmony and interdependence that we see in creation point to a majestic creator responsible for it all. The account of the history of


God's people reveals a God who desires to establish an intimate relationship with them, enters their history as protector and guide, and forgives disloyalty. Finally, Jesus teaches that God sent him into the world to save it, has made us adopted children through the Holy Spirit, and will ultimately clothe us in divine glory. It is from his teaching that we hear that the Son was sent by the Father, the Spirit, which was also his Spirit, proceeded from the Father and from him. From our own experience, we know that God creates, because we are immersed in creation. We know that God saves, because we have been freed from the bondage of our own demons. Our experience tells us that God is with us, and that God is for us. Everything that we know about God declares that God is passionately in love with us, boundlessly so!


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Father
ETERNAL LOVE
He created us to know His love

Son
ETERNAL MERCY
He died for us to reveal the Father's love

Holy Spirit
ETERNAL POWER
He descends upon us to give us new life



LET ALL THAT I
AM WAIT
QUIETLY
BEFORE GOD,
FOR MY HOPE IS
IN HIM.

PSALM 62:5



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Ephesians 4:6

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BIG THANKS

To all the the **VOLUNTEERS** of our Parish who tirelessly share their talents and time. Your willingness to lend a helping hand makes a lot of difference and lasting impact to our faith community. Words are not enough to adequately express our gratitude. Please know that your volunteer work is recognised, appreciated and valued.

**God Bless,
Fr Richard & Fr Zygmunt**

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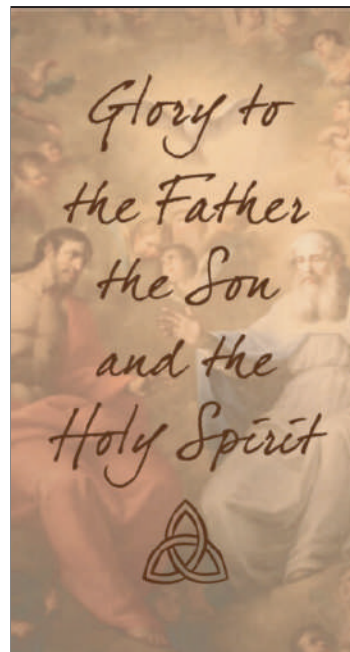
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