



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

God became a human being for us to redeem us, to rescue our souls. Therefore, let us seek only the honour of God and the salvation of souls.



Prayer for Our Departed Loved Ones

In Your hands, O Lord,
we humbly entrust our
brothers and sisters.
In this life, You embraced them
with Your tender love;
deliver them now from evil
and bid them eternal rest.

Welcome them into Paradise,
where there will be no sorrow,
no weeping or pain,
but fullness of peace and joy
with Your Son and the
Holy Spirit,
forever and ever.
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 NOVEMBER

For the Prevention of Suicide

Let us pray that those who are struggling with suicidal thoughts might find the support, care and love they need in their community and be open to the beauty of life.

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 Sandra Pyper

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

Prayer for the Sick

Anna Śmigowska

Lily Janosik

Sue French

Maureen Larios

Elaine Boyes

Pauline Chipman

Ron Clarke

Barbara Clarke

Anna Katanec

Otma Nouak

Angela Miller

Philip Khalifeh

Joseph Khalifeh

Therese Keane

Bruce Farr

Heidi Taylor

James

Jacinta Purnell - Major

Garry Gleeson

Nenita Roque

Marie Celine Roque- Maca

Neda Crvelin

Jesse Cathersides

Noel Reilly

Mary Reilly

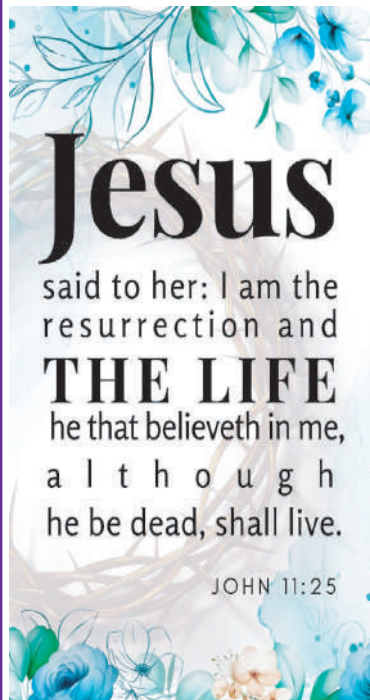
Marta Bizubova

BOOK REVIEW

He and I
by: Gabrielle Bossis



Gabrielle's dialogues with Jesus are simple reflections on the Gospels which encourage growth in one's personal relationship with the Lord.



Liturgy for the Week

03/11 Monday, Ordinary Time 31
Rom 11:19-36; Lk 14:12-14

04/11 Tuesday, St Charles Borromeo
Rom 12:5-16; Lk 14:15-24

05/11 Wednesday, Ordinary Time 31
Rom 13:8-10; Lk 14:25-33

06/11 Thursday, Ordinary Time 31
Rom 14:7-12; Lk 15:1-10

07/11 Friday, Ordinary Time 31
Rom 15:14-21; Lk 16:1-8

08/11 Saturday, Ordinary Time 31
Rom 16:3-9, 16, 22-27; Lk 16:9-15



THE CATHOLIC PARISH OF PITTPATER 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.

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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

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(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.



MARIA REGINA
Catholic Primary School, Avalon

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Kindergarten - Year 6



PREPARING OUR HEARTS FOR CONFESSION:

A Journey Through the 7 Deadly Sins and Heavenly Virtues



As part of our commitment to deepening our spiritual lives and growing in holiness, we are launching a **Weekly Reflection Series** focusing on the 7 Deadly Sins and their corresponding Virtues.

Each week, we will explore one of the sins that can separate us from God, along with the virtue that counteracts it and draws us closer to Him. This journey will help us better understand ourselves, recognise areas in need of God's mercy, and prepare our hearts for a sincere and fruitful Confession or Reconciliation. This is an opportunity for all of us—individually and as a community—to reflect, grow, and be renewed in our faith.

Stay tuned each week for practical insights and spiritual guidance as we seek to turn away from sin and grow in virtue.

LUST (3RD DEADLY SIN)

The Catechism (2351) describes lust as the "disordered desire or inordinate enjoyment of sexual pleasure." This seeking after sexual pleasure alone is deadly because it has a disintegrating impact on the human person.

Lust elevates sexual pleasure to the sole end of the sexual act thereby isolating it from its true purposes. It attacks the unity of the person and the person's relationships with others. By introducing division and separation between the powers of life and love in our minds first, lust disorients, misdirects and inverts these powers away from their true end of unity - within the person, with others and with God.

Lust's impure desires, forget God and reduce our neighbours and ourselves into mere objects of gratification. Lust stimulates the thought that we are in control, that the powers of life and love originate with us rather than with God.

CHASTITY (3RD VIRTUE)

The virtue of Chastity falls under the cardinal virtue of temperance. As we saw earlier in this series on virtues and vices, temperance "moderates the attraction of pleasures and provides balance in the use of created goods." (CCC1809) Chastity involves moderation when it comes to sexual pleasure. Specifically, chastity seeks the "successful integration of sexuality within the person" and, therefore, the unity of the person in body and spirit. (CCC2337)

This unity of the person depends on the ability to maintain the "integrity of the powers of life and love placed in the person." (CCC2338) These "powers" allow us to participate on the life and love of God, which happens most directly when we love God with all our heart, mind and strength and our neighbour as ourselves. Chastity, then, always involves the gift of oneself.

The marital act is unitive because the human body by its human nature is directed to relationship, wherein we achieve true wholeness as a communion of persons. God established marriage so that man and woman could participate in his love and thus selflessly give themselves to each other in love. The marital act is procreative because the nature of love is to overflow, to be life-giving.

LUST & CHASTITY A REFLECTION

In our world today, the virtue of chastity often feels countercultural—something dismissed as outdated or unnecessary. Yet, the call to chastity is not a rejection of love or desire, but a path toward authentic freedom and deeper communion with God and others. To live chastely is to love rightly—to see others not as objects of pleasure, but as persons created in the image and likeness of God.

Lust, on the other hand, distorts this vision. It takes what is good—the beauty of human sexuality—and twists it into self-centered gratification. Lust blinds the heart to the dignity of the other person. It whispers that fulfillment can be found in taking rather than giving, in possessing rather than reverencing.

Chastity is not simply abstaining from sexual sin; it is about ordering our desires toward love that is self-giving, faithful, and life-giving—the kind of love that mirrors God's own. It allows us to experience relationships as God intended: rooted in respect, tenderness and truth. To grow in chastity is a journey of grace. It requires prayer, self-discipline, the sacraments, and humility. The Eucharist and the Sacrament of Reconciliation are especially powerful sources of healing and strength. Through them, we learn that our weakness is not the end of the story; God's mercy renews and transforms us.

Let us, then, turn to Mary, the purest of hearts, and ask her to intercede for us—that we may see others as she saw her Son, with love that is pure, reverent, and free from self-seeking.

May we remember that chastity is not about repression, but about freedom—the freedom to love as God loves.

Parish Directory

Pittwater Parish

1 Keenan Street,
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Tel 9157 0999

Parish Priest
Fr Richard Sadowski SDS
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ap@pittwaterparish.org

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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: 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



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PARISH PILGRIMAGE

THURSDAY, 13TH NOVEMBER



**St Mary's Catholic Church
MANLY**



**Our Lady of Dolours
Catholic Church
CHATSWOOD**



**The cost is \$50 per person, which includes
Transport and Lunch.**

Leaving at 8:00 am,

Sacred Heart Church, Mona Vale Courtyard

**To reserve your seat on the bus, please write your name and
contact details on the Sign-up Sheet at the back of the Church.**

**Payments can be made at the Parish Office prior
to the day of the pilgrimage.**

PLEASE DON'T FORGET YOUR PILGRIMAGE PASSPORT

*"Together, let's embrace the beauty and growth of
this spiritual journey."*

Join us!

for the launch of this book by
Fr Dave Austin OSA

The book will be
available for
purchase on the
day and at the
Parish Office
thereafter



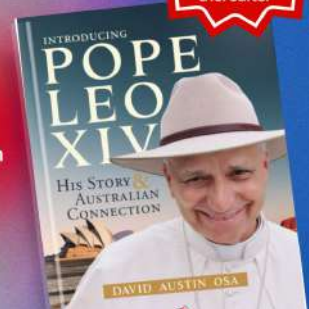
Thursday
6 November
2025



Arrive 7:00pm
Start 7:30pm



St Kieran's
Parish Centre



This book offers a compelling introduction to Pope Leo XIV (formerly Fr Robert Prevost, OSA), with a particular focus on his Australian connection. Some of you may recall that during his time as Prior General of the Augustinians, he visited Manly Vale on several occasions and even celebrated Mass on Collaroy Beach—memories that make this launch especially meaningful for our local community.

THURSDAY, 6 November

Arrive at 7:00 pm & Start at 7:30 pm

St Kieran's Parish Centre

Manly Vale

ALL SOULS - COMMEMORATION
OF ALL THE FAITHFUL DEPARTED

**A great prophet has
appeared among us**

Luke 7:11-17

My name is

The Lord says that those who
have faith will be raised to life on
the last day, even if they die. Draw
a picture of you doing something
that shows you have faith in God.



The people who saw Jesus raise the dead
man to life were frightened, but they
praised God. Use the words below to
find out what they said.

**visited
God
appeared
great
people
prophet**

A _____ has
_____ among us; _____ has
_____ his _____.



© Creative Ministry Resources

**WELCOME TO
PITTWATER PARISH**

**ARABELLA JEAN ROWLEY
HENRY RAYMOND LOVE**

at
**Maria Regina Church,
Avalon on
14th September 2025**



**MARLEY JEAN POWER
HARVEY MAY SMITH
ZIGGY VALLEY OXENHAM
ROMY LOU OXENHAM
BEAU BEDE OXENHAM
LOLA PARSONS
QUINN ROSE MEISCHKE**

at
**Sacred Heart Church,
Mona Vale on
21st September 2025**

for the
SACRAMENT OF BAPTISM



Parish Bulletin Term 4, Week 3

We welcomed back all students and teachers to Term 4 and to a very busy first week.

Our Year 12 2026 students and their parents attended the HSC Information Evening. It was wonderful to see such strong attendance from our community.

We extend our best wishes to our Year 12 2025 students who commenced their HSC examinations on Tuesday. This is a significant time, filled with challenges that require strength and commitment. These examinations offer students the opportunity to demonstrate the knowledge and skills they have developed throughout their years at Mater Maria Catholic College. Please keep them in your prayers and thoughts as they complete their final examinations over the coming month.

A highlight of the week was the 2026 College Prefect Leadership Day. Our eighteen College Captains, Vice-Captains and Prefects attended a formation program at Mary MacKillop Place in North Sydney, where they explored the principles of Servant Leadership.

Forty-three Year 9 students completed their Qualifying Adventurous Journey with a two-day hike and overnight camp on the Great North Walk, earning their Bronze Duke of Edinburgh award.

Guest speaker Clare Wu shared her personal insights and experiences with mental health with our Year 9 students.

Year 9 students also attended the Catholic Mission Mass at Our Lady of the Rosary Cathedral in Waitara, joining peers from other Diocesan schools.

Year 9 and Year 10 Music students, along with Year 11 Entertainment students, enjoyed the Back to the Future musical production at the Lyric Theatre.

Faith Fridays continue to be a meaningful tradition, with a youth group gathering in our Chapel each week for a tranquil moment of reflection.

Sport is back in full swing, with students participating in the Broken Bay Rugby League Junior Gala Day in Tuggerah, weekly MWBA Basketball competitions, Peninsula Cup U14s Rugby and Opens Soccer.

Finally, a reminder that applications are now open for Year 7 in 2028 and 2029. Waitlists are currently in place for Year 7, 2026 and 2027. Applications for Year 7, 2028 will close at the end of Term 1, 2026. For more details, visit matermaria.nsw.edu.au/enrolments.

May God continue to bless our College community and guide us in all our endeavours.

Book of Remembrance

November is a special time to pray for the dead. A plenary indulgence may be gained for the dead, once only, by visiting a Church on 2 November and praying the Lord's prayer and the Creed. Three conditions are required for gaining indulgence: Sacramental Confession, Eucharistic Communion and Prayer for the Pope's intentions.

If you would like the names of your deceased loved ones, relatives or friends published in our "Book of Remembrance", please fill in the "November Offerings" envelopes and drop it in to the Parish Office or put it in the collection during the weekend Masses. Each day in November, a Mass will be offered for all the names published in our "Book of Remembrance".



**PASTORAL
WORKS** Broken Bay



Pastoral Works November 2025 Appeal

"Connecting to the Mission of Jesus Christ!"

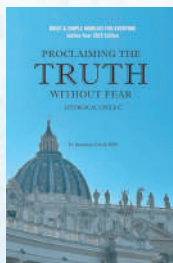


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In the collection during Mass
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Thank you for your support!

"In this Holy Jubilee Year of grace, renewal and hope, your generosity with our Pastoral Works Appeal helps us to go further and wider in helping our community of Broken Bay. I am always deeply grateful for your support."

Most Rev Anthony Randazzo DD JC
Bishop of Broken Bay

For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.

1 Timothy 4:4-5



The *Living* Word

Entrance Antiphon

1 Th 4:14; 1 Cor 15:22

Just as Jesus died and has risen again, so through Jesus God will bring with him those who have fallen asleep; and as in Adam all die, so also in Christ will all be brought to life.

First Reading

Wisdom 3:1-9

A reading from the book of Wisdom

He accepted them as a holocaust.

The souls of the virtuous are in the hands of God, no torment shall ever touch them. In the eyes of the unwise, they did appear to die, their going looked like a disaster, their leaving us, like annihilation; but they are in peace. If they experienced punishment as men see it, their hope was rich with immortality; slight was their affliction, great will their blessings be. God has put them to the test and proved them worthy to be with him; he has tested them like gold in a furnace, and accepted them as a holocaust. When the time comes for his visitation, they will shine out; as sparks run through the stubble, so will they. They shall judge nations, rule over peoples, and the Lord will be their king for ever. They who trust in him will understand the truth, those who are faithful will live with him in love; for grace and mercy await those he has chosen.

The word of the Lord

Responsorial Psalm Ps 22. R. v.1 or v.4
(R.) The Lord is my shepherd; there is nothing I shall want.

The Lord is my shepherd; there is nothing I shall want. Fresh and green are the pastures where he gives me repose. Near restful waters he leads me, to revive my drooping spirit. **(R.)**

He guides me along the right path; he is true to his name. If I should walk in the valley of darkness no evil would I fear. You are there with your crook and your staff; with these you give me comfort. **(R.)**

You have prepared a banquet for me in the sight of my foes. My head you have anointed with oil; my cup is overflowing. **(R.)**

Surely goodness and kindness shall follow me all the days of my life. In the Lord's own house shall I dwell for ever and ever. **(R.)**

Second Reading

Romans 5:5-11

A reading from the letter of St Paul to the Romans

Having been justified by his blood, we will be saved from God's anger through him.

Hope is not deceptive, because the love of God has been poured into our hearts

by the Holy Spirit which has been given us. We were still helpless when at his appointed moment Christ died for sinful men. It is not easy to die even for a good man – though of course for someone really worthy, a man might be prepared to die – but what proves that God loves us is that Christ died for us while we were still sinners. Having died to make us righteous, is it likely that he would now fail to save us from God's anger? When we were reconciled to God by the death of his Son, we were still enemies; now that we have been reconciled, surely we may count on being saved by the life of his Son? Not merely because we have been reconciled but because we are filled with joyful trust in God, through our Lord Jesus Christ, through whom we have already gained our reconciliation.

The word of the Lord.

Gospel Acclamation Matthew 25:34

Alleluia, alleluia!

Come, you whom my Father has blessed, says the Lord; inherit the kingdom prepared for you since the foundation of the world.
Alleluia!

Gospel

Matthew 5:1-12

A reading from the holy Gospel according to Matthew

Rejoice and be glad, for your reward will be great in heaven.

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:
'How happy are the poor in spirit: theirs is the kingdom of heaven.
Happy the gentle: they shall have the earth for their heritage.
Happy those who mourn: they shall be comforted.
Happy those who hunger and thirst for what is right: they shall be satisfied.
Happy the merciful: they shall have mercy shown them.
Happy the pure in heart: they shall see God.
Happy the peacemakers: they shall be called sons of God.
Happy those who are persecuted in the cause of right: theirs is the kingdom of heaven.
'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'

The word of the Lord.

Communion Antiphon

John 11:25-26

I am the Resurrection and the Life, says the Lord. Whoever believes in me, even

though he dies, will live, and everyone who lives and believes in me will not die for ever.

REFLECTION

by Dianne Bergant

If we are honest we will have to admit that though we have died with Christ to sin and risen with him to new life, we do not fully die to sin. In fact, there are many times in our lives when we live in sin, when we actually cling to sin. What happens to those who die in such a state? They may not have turned completely away from the goodness of God, but they have not been faithful either. The remnants of sin cling to them, making them somewhat unfit to stand before the face of God. Are they lost? Or are they saved?

In God there is mercy in abundance.

Jesus is not willing to lose anyone.

Therefore, the power of Jesus and the strength of his promises give us hope that even after death there is the possibility of purification and pardon. We have no idea of when this might happen or how it will happen. All we know is that the loving kindness of God far surpasses any infidelity of which we might be guilty. The feast of All Souls is not a feast of sadness, but one of great hope and confidence. It invites us to entrust our dead to God, because we know that they are really God's dead. We know that if we have loved them, God has loved them more. They are in God's care, and like a good shepherd God will lead them to peace.

© Dianne Bergant CSA

PARISH MORNING TEA GATHERING

Everyone is welcome to join

**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**

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ALL MEN WELCOME

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

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For any questions contact
Joe Cilia - 0418 863 814

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(SCHOOL TERM)

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*You cannot be
half a saint;
you must be a
whole saint
or no saint at all.*

St. Therese of Lisieux