



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

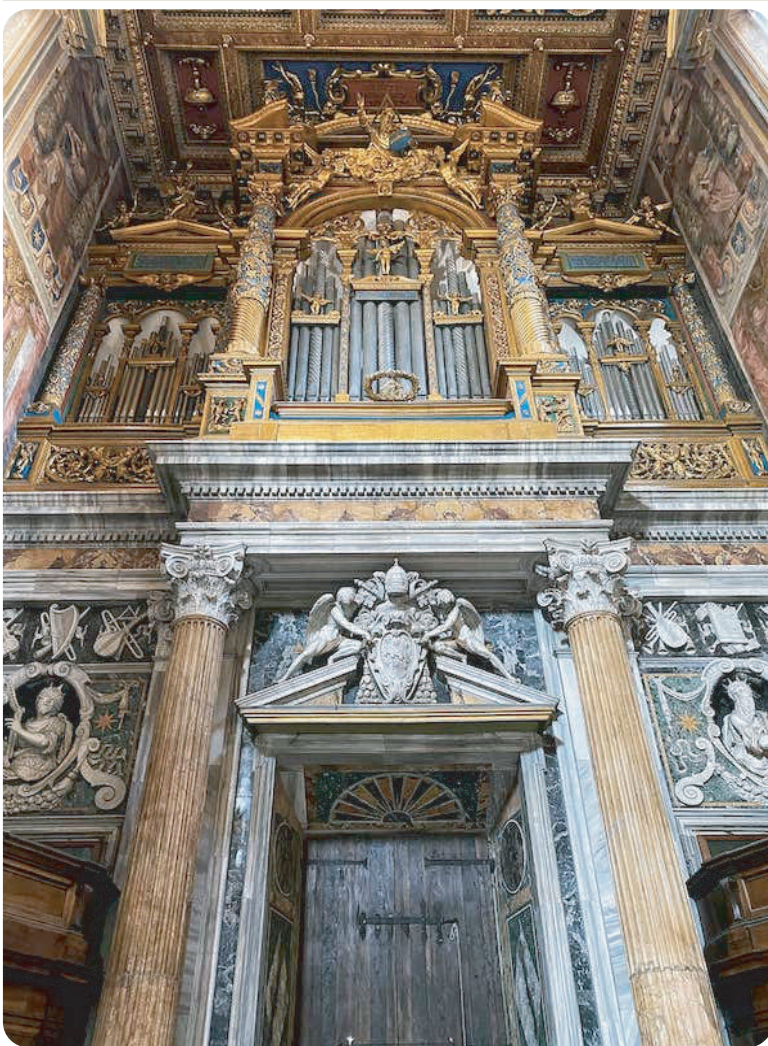


Thoughts of Blessed Francis Jordan

Pray therefore, and pray again!
That is the means by which you can achieve so much!

Prayer for the Faithful Departed

O God,
Creator and Redeemer
of all the faithful,
grant to the souls of your
departed servants,
happiness and peace
as we remember them
with charity and kindness.
May Jesus Christ,
your only Son,
bring them peace
and embrace them to
join in his
everlasting kingdom.
Amen.



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Parish

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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*

Recently Deceased Adrian Van Gogh

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

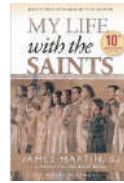
Jesse Cathersides

Mary Reilly

Marta Bizubova

BOOK REVIEW

My Life With The Saints
by: Fr James Martin SJ



From lukewarm Catholic childhood, James tells us how, from being a business executive to a Jesuit priest, he was accompanied by surprising friends, the Saints of the Church.



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envelope:
In the collection during Mass
or Drop it off at the Parish Office.
Thank you for your support!

Liturgy for the Week

10/11 **Monday, St Leo the Great**
Wis 1:1-7; Lk 17:1-6

11/11 **Tuesday, St Martin of Tours**
Wis 2:23 - 3:9; Lk 17:7-10

12/11 **Wednesday, St Josaphat**
Wis 6:1-11; Lk 17:11-19

13/11 **Thursday, Ordinary Time 32**
Wis 7:22 - 8:1; Lk 17:20-25

14/11 **Friday, Ordinary Time 32**
Wis 13:1-9; Lk 17:26-37

15/11 **Saturday, Ordinary Time 32**
Wis 18:14-16; 19:6-9; Lk 18:1-8

THANK YOU *from the Reilly Family*

The Reilly family sincerely thank all parishioners from Sacred Heart and Maria Regina for their prayers and kind thoughts for Mary and Noel over the past two months. Special thanks to Fathers Richard, Zygmunt and Paul (Esperance), and to the wonderful Mary O'Connor for bringing them Communion. Noel is recovering well and hopes to be back at Mass soon. Please continue to keep Mary in your prayers as she battles a difficult spinal infection.



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.

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.



In Loving Memory of Adrian Van Gogh

It is with deep sadness that we share the passing of our dear parishioner, Adrian Van Gogh.

Adrian was a beloved member of our faith community.

We extend our heartfelt condolences to his family and loved ones during this time of loss.

The Celebration of his Life was held last Wednesday, 5th November at St Joseph's Catholic Church, Narrabeen. May he rest in the eternal peace of Christ.

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.

GREED (4TH DEADLY SIN)

The vice most directly opposed to charity is greed. Greed, or avarice, is an unquenchable thirst for more. More money, more stuff, more power.

Money, material things, power... these are not problematic in and of themselves. God's creation and the dominion to rule over it are generous gifts that God has given to mankind. When these things are used as a means to a good end, they can be very good indeed. But when they become an end in and of themselves, there is a problem.

It is our attitude, our heart's posture, toward riches that makes all the difference. Greed only sees riches as something to be acquired and used for one's own gain, but charity sees the ultimate fulfillment of riches as something to be freely given away for the benefit of others.

Excerpt from "Forgotten Vices, Forgotten Virtues: Greed vs Charity by Sean Kelly, cccrd.org"

CHARITY (4TH VIRTUE)

I believe the concept that often eludes us is that charity is always a two-way street. In the act of giving, both the giver and the receiver experience the mercy and grace of God.

A favorite verse of mine is Galatians 6:2: "Bear one another's burdens, and so fulfill the law of Christ." Paul tells us here that in order to fulfill the law of Christ, we need others who have burdens to bear. If you get to bear someone

else's burden, they are actually blessing you because they are giving you the opportunity to embody the sacrificial love of Christ. In this way, we can understand the famous but heavy words of John Chrysostom: "The rich exist for the sake of the poor. The poor exist for the salvation of the rich."

Excerpt from "Forgotten Vices, Forgotten Virtues: Greed vs Charity by Sean Kelly, cccrd.org"

GREED & CHARITY A REFLECTION

Greed and charity stand as two opposing movements of the human heart. Greed turns us inward, chaining us to possessions, status, and self-preservation. Charity turns us outward, freeing us to love God and neighbor with an undivided heart.

Greed is not merely the love of money; it is the restless desire for more — more wealth, more control, more recognition — as though our worth depended on accumulation. It is a quiet idolatry, replacing trust in God with trust in ourselves and our possessions.

Jesus warns us in Luke 12:15: "Take care to guard against all greed, for though one may be rich, one's life does not consist of possessions." Greed blinds us to the needs of others and deafens us to the voice of God calling us to simplicity and generosity.

In the modern world, greed hides beneath the illusion of "success." It whispers that having more means being more — more secure, more respected, more loved. But in truth, greed empties the soul. It fills our hands but leaves our hearts hollow.

Charity, on the other hand, is the love that reflects God Himself — for "God is love" (1 John 4:8). It is not mere sentiment or philanthropy, but a divine virtue infused in us by grace. Charity enables us to see Christ in every person and to give not just from our excess, but from our very selves.

Saint Paul reminds us, "If I give away all I have... but do not have love, I gain nothing" (1 Corinthians 13:3). Charity transforms giving from a duty into a joy. It opens our hearts to participate in the generosity of God, who "did not spare His own Son" (Romans 8:32).

The journey from greed to charity is a path of conversion. It begins with gratitude — recognising that all we have is gift. It deepens through detachment — learning to hold lightly the things of this world. And it blossoms in generosity — giving not out of obligation, but out of love for God.

In this way, charity is not opposed to having possessions, but to being possessed by them. It orders our hearts rightly, so that we use what we have to serve others and glorify God.

Parish Directory

Pittwater Parish

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ap@pittwaterparish.org

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CCD Catechist Coordinators
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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

Pastoral Works November 2025 Appeal

"Connecting to the Mission of Jesus Christ!"



Confraternity of
Christian Doctrine (CCD)



Hospital Chaplaincy
and Pastoral Care



Please give generously to our
NOVEMBER 2025 APPEAL

WHO DOES PASTORAL WORKS BROKEN BAY SUPPORT?

- * The **Confraternity of Christian Doctrine (CCD)** takes the Gospel of Jesus Christ to our State Schools, CCD coordinates over 700 volunteer catechists to provide religious education to 12,000 students in the state schools in the Diocese of Broken Bay.
- * The **Hospital Chaplaincy and Pastoral Care Program** provides pastoral support and sacraments to the sick in seven Hospitals in the Diocese.
- * Every year, PWBB also contributes financially to **St Lucy's School** and **St Edmund's College**, which caters for students with disabilities, and to the **Ephpheta Centre**, which supports the deaf community across Sydney. These collaborations started many years ago, we cannot thank you enough for your commitment to caring for our people with disabilities.

WHAT WILL MY GIFT BE USED FOR?

99% of Pastoral Works Broken Bay donations go directly to the work of the charities mentioned above. The remaining 1% is used to cover the cost of materials for the appeals. None of the donated money is retained within the Diocese for administrative purposes, ensuring that your contribution goes directly to the five local charities carrying out the mission of Jesus Christ at the grassroots level.

HOW CAN I MAKE A GIFT?

Please complete the tear-off pledge form included in the Appeal envelopes, which are available in the pews of both Churches.

THANK YOU FOR YOUR GENEROSITY

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."*

Gentle Reminder on Receiving the Holy Eucharist

We kindly remind everyone to consume the Holy Eucharist immediately upon receiving it—either before stepping away from the priest or minister, or right there at the altar. Please refrain from taking the Sacred Host back to your seat before consuming it. This helps maintain the dignity and sanctity of the Holy Eucharist, which is truly the Body of Christ.

Thank you for your understanding, cooperation and continued reverence in this most sacred moment of our faith.



WELCOME TO PITTWATER PARISH

Levi Power

William Power

at

Maria Regina Church,
Avalon on

19th October 2025



Mayssa Sandra Romeo

at

Sacred Heart Church,
Mona Vale on

19th October 2025



Sarah Catherine Atkins

Airlie Summer Lilian Major

Charlie Rochelle

Nichols De Sadeleir

Luca Andre Raynal

Ivy Rose Raynal

Louie Erickson Toth

at

Sacred Heart Church,
Mona Vale on

26th October 2025

for the

SACRAMENT OF BAPTISM



Parish Bulletin Term 4, Week 4

Students involved with Zonta assembled over 300 birthing kits this week for the Birthing Kit Foundation Australia. These kits, along with essential educational resources, will be sent to remote regions in developing countries to promote hygienic birthing practices, helping mothers safely welcome their newborns into the world.

As an effort to raise awareness for men's mental health, some of our teachers and Year 12 students are participating in the 'Movember' campaign by growing moustaches throughout the month. This initiative not only promotes important conversations but also helps raise funds for mental health programs. Some of our female students are showing their support by styling their hair long for the month.

This week also marked the completion of the HSC and Year 10 exam. We keep all students in our thoughts and prayers as they navigate this challenging time.

Year 11 students attended a workshop at the Wesley Conference Centre for those studying Society and Culture. Organised by the Society and Culture Association of NSW, the workshop was designed to prepare students sitting the HSC in 2026.

Senior students were immersed in the dynamic world of the Navy through interactive displays, ship tours, and direct engagement with serving Navy personnel at the Navy Life Expo 2025, as part of the CSBB Pathways and Partnerships program.

It has been a busy week of sports. Year 8 and 9 students competed in the Berg Shield Cricket knockout competition held across NSW for all Catholic schools, while MWBA Basketball games ran across all age groups. Students also took part in the 2025 High School Wavepool Surfing Championships at URBNSURF Sydney, which will crown both individual and team champions. Over 30 junior students supported primary school sport by assisting as referees at the upcoming Stage 3 Broken Bay Touch/Tag Gala Day, and Years 7 and 8 participated in the U13s Broken Bay Touch Football Gala Day against other schools in the diocese. Senior students attending Long Jetty competed in the U18 Cricket Downie Trophy.

Every Friday, our prefects host Faith Fridays, a vibrant youth group in our Chapel and Courtyard, combining faith, music and fellowship, and is open to all students.

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.

WHAT'S HAPPENING AT MARIA REGINA?



Week 4 - 5th November
Happy International Teachers' Day!

Our students at Maria Regina said a big THANK YOU to our incredible teachers!
Their kindness, creativity, and dedication make every day brighter.
They inspire us to learn, grow and dream big.
We appreciate you more than words can say
thank you for everything you do!



Book of Remembrance

During the month of November, the Church invites us to remember and pray for all our faithful departed. It is a sacred time to express our love and gratitude for those who have gone before us and to commend their souls to God's infinite mercy. Let us unite in prayer for our beloved family members, friends, and all the souls in purgatory, that they may share in the eternal light and peace of Christ.

You are encouraged to include the names of your departed loved ones in our Book of Remembrance, and to join us in offering Masses and personal prayers throughout the month for their eternal rest.

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".



11th NOVEMBER

REMEMBRANCE DAY



Lest we forget.....

God of truth and justice, we hold before you those whose memory we cherish, and those whose names we will never know. Help us to lift our eyes above the torment of this broken world, Grant us the grace to pray for those who wish us harm. Amen.



MARIA REGINA
Catholic Primary School, Avalon

**Enrolling
Now**

Kindergarten - Year 6



The *Living* Word

Entrance Antiphon Revelation 21:2

I saw the holy city, a new Jerusalem, coming down out of heaven from God, prepared like a bride adorned for her husband.

First Reading Ezekiel 47:1-2, 8-9, 12

A reading from the prophet Ezekiel
I see water flowing from the temple and all who were touched by it were saved.

The angel brought me to the entrance of the Temple, where a stream came out from under the Temple threshold and flowed eastwards, since the Temple faced east. The water flowed from under the right side of the Temple, south of the altar. He took me out by the north gate and led me right round outside as far as the outer east gate where the water flowed out on the right-hand side. The man went to the east holding his measuring line and measured off a thousand cubits; he then made me wade across the stream; the water reached my ankles. He measured off another thousand and made me wade across the stream again; the water reached my knees. He measured off another thousand and made me wade across again; the water reached my waist. He measured off another thousand; it was now a river which I could not cross; the stream had swollen and was now deep water, a river impossible to cross. He then said, 'Do you see, son of man?' He took me further, then brought me back to the bank of the river. When I got back, there were many trees on each bank of the river. He said, 'This water flows east down to the Arabah and to the sea; and flowing into the sea it makes its waters wholesome. Wherever the river flows, all living creatures teeming in it will live. Fish will be very plentiful, for wherever the water goes it brings health, and life teems wherever the river flows. Along the river, on either bank, will grow every kind of fruit tree with leaves that never wither and fruit that never fails; they will bear new fruit every month, because this water comes from the sanctuary. And their fruit will be good to eat and the leaves medicinal.'

The word of the Lord

Responsorial Psalm

Ps 45:2-3, 5-6, 8-9. R. v.5

(R.) The waters of the river gladden the city of God.

God is for us a refuge and strength, a helper close at hand, in time of distress: so we shall not fear though the earth should rock, though the mountains fall into the depths of the sea. **(R.)**

The waters of a river give joy to God's city, the holy place where the Most High dwells. God is within, it cannot be shaken; God will help it at the dawning of the day. **(R.)**

The Lord of hosts is with us: the God of Jacob is our stronghold. Come, consider the works of the Lord,

the redoubtable deeds he has done on the earth. **(R.)**

Second Reading

1 Corinthians 3:9-11, 16-17

A reading from the first letter of St Paul to the Corinthians
You are the temple of God.

You are God's building. By the grace God gave me, I succeeded as an architect and laid the foundations, on which someone else is doing the building. Everyone doing the building must work carefully. For the foundation, nobody can lay any other than the one which has already been laid, that is Jesus Christ. Didn't you realise that you were God's temple and that the Spirit of God was living among you? If anybody should destroy the temple of God, God will destroy him, because the temple of God is sacred; and you are that temple.

The word of the Lord.

Gospel Acclamation 2 Chronicles 7:16

Alleluia, alleluia!

I have chosen and sanctified this house, says the Lord, that my name may remain in it for all time.
Alleluia!

Gospel John 2:13-22

A reading from the holy Gospel according to John

He spoke about the temple of his own body.

Just before the Jewish Passover Jesus went up to Jerusalem, and in the Temple he found people selling cattle and sheep and pigeons, and the money changers sitting at their counters there. Making a whip out of some cord, he drove them all out of the Temple, cattle and sheep as well, scattered the money changers' coins, knocked their tables over and said to the pigeon-sellers, 'Take all this out of here and stop turning my Father's house into a market'. Then his disciples remembered the words of scripture: Zeal for your house will devour me. The Jews intervened and said, 'What sign can you show us to justify what you have done?' Jesus answered, 'Destroy this sanctuary, and in three days I will raise it up'. The Jews replied, 'It has taken forty-six years to build this sanctuary: are you going to raise it up in three days?' But he was speaking of the sanctuary that was his body, and when Jesus rose from the dead, his disciples remembered that he had said this, and they believed the scripture and the words he had said.

The word of the Lord.

Communion Antiphon

1 Pet 2:5

Be built up like living stones, into a spiritual house, a holy priesthood.

REFLECTION

by Dianne Bergant

The basilica of St John Lateran is the cathedral of Rome, the mother church of all Roman Catholic churches.

The temple was the place on earth where God dwelt amid the people. It was God's presence, not the worship performed there, that made it a sacred site. There is something incarnational about this presence of God. It is manifested in the concrete, in something with shape and character. Still, as important as the temple may be, it is only a building. Paul insists that we are the temple of God; we are the manifestation of God in the world today. The Spirit of God dwells in us, making the believing community the living temple of God.

Today's readings offer us two pictures of the temple of God, two characterisations of the community of believers. In one, the temple has become a marketplace, and the community is preoccupied with the business of the world. In Ezekiel, we see water from the temple transforming everything in its path. As water flowed from the temple in Ezekiel's vision, so grace flows from the temple that is the people of God. Which image more closely characterises the community of which we are a part? Are we able to transform the wilderness of our world into a place that is teeming with life? Is the community truly the presence of God in the world today? Or is the temple simply a place where ritual is performed but the concerns of God take second place to the affairs of the world?

© 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



2nd and 4th Sundays after the 9 am Mass at the front of MARIA REGINA CHURCH, AVALON

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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 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

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MONDAYS

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(SCHOOL TERM)

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