



# 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

We must diligently and wisely use all ways and means which the love of Christ inspires to glorify God.

## Memorare

Remember, O most gracious  
Virgin Mary,  
that never was it known,  
that anyone who fled to  
your protection,  
implored your help,  
or sought your intercession  
was left unaided.

Inspired by this confidence,  
I fly to you,  
O Virgin of virgins,  
my mother;  
to you I come,  
before you I stand,  
sinful and sorrowful.

O Mother of the Word Incarnate,  
despise not my petitions,  
but in your mercy,  
hear and answer me.  
Amen.



## 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.



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Parish**

You can find us on Instagram



**(catholicparishpittwater)**

## 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  
**Owen Graham**  
**Julianne O'Neill**

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

Deceased Anniversary  
**Pietrina Maiorana**

## Prayer for the Sick

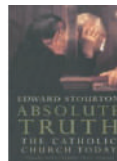
Anna Śmigowska  
Lily Janosik  
Trish Newman  
Giannina Amore  
Bruce Farr  
Maureen Larios  
Elaine Boyes  
Pauline Chipman  
Ron Clarke  
Barbara Clarke  
Anna Katanec  
Mother Pauline  
Angela Miller  
Philip Khalifeh  
Joseph Khalifeh  
Heidi Taylor  
Cathy Dyer  
Jacinta Purnell -  
Major

## BOOK REVIEW

### Absolute Truth

The Catholic Church in the  
World Today

By: Edward Stourton



It chronicles four decades of reforms  
within an institution that has existed  
for over two thousand years.



## Liturgy for the Week

**05/05 Monday, 3rd Week of Easter**  
Acts 6:8-15; Jn 6:22-29

**06/05 Tuesday, 3rd Week of Easter**  
Acts 7:51 - 8:1; Jn 6:3-35

**07/05 Wednesday, 3rd Week of Easter**  
Acts 8:1-8; Jn 6:35-40

**08/05 Thursday, 3rd Week of Easter**  
Acts 8:26-40; Jn 6:44-51

**09/05 Friday, 3rd Week of Easter**  
Acts 9:1-20; Jn 6:52-59

**10/05 Saturday, 3rd Week of Easter**  
Acts 9:31-42; Jn 6:60-69

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Parish of  
Pittwater

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## FOURTH SUNDAY OF EASTER

## Good Shepherd Sunday, 11th May

God our Father, we thank you for calling men  
and women to serve in your  
Son's Kingdom as priests, deacons and  
consecrated people.

Send the Holy Spirit to help others to respond  
generously to your call. Amen.





## Salvatorian Seminary Appeal

There will be a special collection towards the Salvatorian Seminary on the 10th and 11th of May.

Your generous contribution will help in the training and education of our young seminarians and the upkeep of our seminaries in Poland and the Philippines, and also support our East Timorese seminarians who will eventually work in Australia.

Since its inception, the seminary has educated more than 500 priests.

Envelopes will be in the pews or Bank Transfer to

"Salvatorian Fathers Formation Account"

BSB: 086-006

Account No: 56208 8745

Please indicate "Pittwater Parish"



Society of the Divine Savior  
**SALVATORIANS**  
Apostles for our times.

*Thank You in anticipation,*  
**Fr Richard & Fr Zygmunt**

## Mother's Day 11th May

We invite all Mothers for a Special Blessing during these Masses:

**Sacred Heart Church, Maria Regina Church,  
Mona Vale Avalon**

**Saturday 10th May  
at 5pm**

**Sunday, 11th May at  
8 am, 10 am and 6 pm**

**Saturday, 10th May  
at 6 pm**

**Sunday, 11th May  
at 9 am**

Therefore I tell you,  
whatever you ask for in prayer,  
believe that you have received it,  
and it will be yours.

**Mark 11:24**

## Parish Directory

### Pittwater Parish

**1 Keenan Street,  
Mona Vale  
NSW 2103  
Tel 9157 0999**

**Parish Priest**

**Fr Richard Sadowski SDS**

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**

Tel 9157 0999 ext 30

office@pittwaterparish.org

**Administrative Assistant**

**Shereae Knight**

Tel 9157 0999 ext 30

office@pittwaterparish.org

**Media & Communications  
Coordinator**

**Conille Felias**

Tel 9157 0999 ext 31

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**

### SCHOOLS

**Sacred Heart School  
Mona Vale**

Tel 8197 6900

Principal: Mr Jamie Wahab

**Maria Regina School  
Avalon**

Tel 7256 2138

Principal: Ms Kirsty Thorpe

**Mater Maria Catholic College  
Warriewood**

Tel 7256 2100

Principal: Mr Marc Reicher



11th May

2025

WORLD DAY  
of PRAYER  
for VOCATIONS

Heavenly Father,  
give Your sons and daughters  
the confidence to accept Your call,  
and the love to follow always in  
the footsteps of Your beloved Son  
with courage and dedication to  
Your will. Amen.



MAY,

*Month of Mary*

MAY will always be a special month, the month that the Church dedicates to the Blessed Virgin Mary, mother of God and our mother.

The month is just the right time to renew the love that all of us who are baptised ought to profess for the woman whom God chose — from eternity — to be the earthly mother of his Son, Jesus Christ, the word made flesh for the redemption of the human race.

How can we not turn our gaze toward her, who looks at us with sweetness and compassion. It's no coincidence that the Son of God wanted to grow up in the warmth of a mother like Mary and receive her loving care.

In the plan of salvation, the Blessed Virgin Mary holds a special place.

By virtue of her role to be the mother of the Son of God by divine election, she was conceived immaculately — without the stain of original sin — and by fidelity to her son, she has been crowned queen of heaven and earth.

*Excerpt from The Catholic Leader*



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

Later, Jesus appeared again to the disciples beside the Sea of Galilee. This is how it happened.

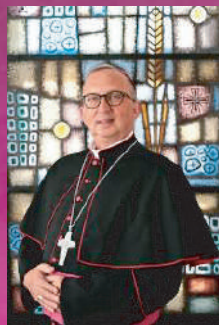
- John 21:1 NLT -





A warm welcome back to our  
former Parish Priest,  
*the Most Reverend*

*Bishop George  
Kolodiesj SDS*  
Bishop of Bunbury



*It will be a great opportunity for everyone to welcome  
Bishop George and celebrate his journey.  
There will be coffee and light refreshments  
at the Sacred Heart Parish Centre*

*From 4:00 pm to 5:30 pm,  
Sacred Heart Parish Centre*

He will be presiding a Special Soul Mass,  
on Sunday, 11th May at 6 pm  
Sacred Heart Church, Mona Vale



## Parish Bulletin – Term 2, Week 1

Monday and Tuesday marked student-free days as our teachers joined secondary school teachers from the Diocese to St Leo's Catholic College for two busy System Curriculum Reform Days, continuing their focus on improving high-quality education.

As our students embarked on their first day of Term 2 on Wednesday, we held our Anzac Commemoration Service at the College. Led by Mr Clarke, it was a poignant moment of reflection, paying homage to the brave souls who have made the ultimate sacrifice in conflicts and wars. The assembly concluded with The Last Post, a reminder of the debt of gratitude we owe to all who have served our nation. Our students also had a lesson about the Anzac tradition and were offered Anzac biscuits, symbolising unity and remembrance. The Benedict Learning Centre displayed a rich collection of war memorial books, sparking enthusiasm as our students delved deeper into these narratives.

Every Friday, our prefects led Faith Fridays, inviting all students to join in for faith and music in the Chapel and Courtyard. It was a wonderful way to wrap up the week and come together as a community.

Applications are now open for Year 7, 2029, and 2028, with a waitlist for Year 7, 2027, and all Year Groups in 2025 and 2026. Visit

<http://www.matermaria.nsw.edu.au/enrolments> for details.



# Little Hearts Playgroup

playgroup  
details

**MONDAYS 9.30-11.30  
(School Term)**

at Sacred Heart Catholic  
Church Mona Vale

**Join us**

Join us at our Play Group  
to connect with other  
parents and children,  
enjoy playtime, and  
make new friends. Stay  
for a cup of tea or coffee  
—everyone is welcome

Contact Nikki on 0481009376  
for more information



## PARISH MORNING TEA GATHERING

*Everyone is welcome to join and  
get to know everyone  
in our Parish Community*

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**

# The *Living* Word

**Entrance Antiphon** Psalm 65:1-2

Cry out with joy to God, all the earth;  
O sing to the glory of his name.  
O render him glorious praise, alleluia.

## **First Reading**

Acts of the Apostles 5:27-32. 40-41

### **A reading from the Acts of the Apostles**

*We are witnesses of these words, and so is the Holy Spirit.*

The high priest demanded an explanation of the apostles. 'We gave you a formal warning,' he said 'not to preach in this name, and what have you done? You have filled Jerusalem with your teaching, and seem determined to fix the guilt of this man's death on us.' In reply Peter and the apostles said, 'Obedience to God comes before obedience to men; it was the God of our ancestors who raised up Jesus, but it was you who had him executed by hanging on a tree. By his own right hand God has now raised him up to be leader and saviour, to give repentance and forgiveness of sins through him to Israel. We are witnesses to all this, we and the Holy Spirit whom God has given to those who obey him.' They warned the apostles not to speak in the name of Jesus and released them. And so they left the presence of the Sanhedrin glad to have had the honour of suffering humiliation for the sake of the name.

## **The word of the Lord**

### **Responsorial Psalm**

Ps 29:2. 4-6. 11-13. R. v.2

**(R.) I will praise you, Lord,  
for you have rescued me.**

I will praise you, Lord, you have rescued me and have not let my enemies rejoice over me. O Lord, you have raised my soul from the dead, restored me to life from those who sink into the grave. **(R.)**

Sing psalms to the Lord, you who love him, give thanks to his holy name. His anger lasts but a moment; his favour through life. At night there are tears, but joy comes with dawn. **(R.)**

The Lord listened and had pity.  
The Lord came to my help. For me you have changed my mourning into dancing; O Lord my God, I will thank you for ever. **(R.)**

## **Second Reading**

Revelation 5:11-14

### **A reading from the book of the Apocalypse**

*The Lamb that was sacrificed is worthy to be given power, wealth, glory, and blessing.*

In my vision, I, John, heard the sound of an immense number of angels gathered round the throne and the animals and the elders; there were ten thousand times ten thousand of them and thousands upon thousands, shouting, 'The Lamb that was

sacrificed is worthy to be given power, riches, wisdom, strength, honour, glory and blessing.' Then I heard all the living things in creation – everything that lives in the air, and on the ground, and under the ground, and in the sea, crying, 'To the One who is sitting on the throne and to the Lamb, be all praise, honour, glory and power, for ever and ever.' And the four animals said, 'Amen'; and the elders prostrated themselves to worship.

## **The word of the Lord.**

### **Gospel Acclamation**

Alleluia, alleluia!

Christ is risen, the Lord of all creation;  
he has shown pity on all people.

Alleluia!

## **Gospel**

John 21:1-14

### **A reading from the holy Gospel according to John**

*Jesus stepped forward, took the bread and gave it to them, and did the same with the fish.*

Jesus showed himself again to the disciples. It was by the Sea of Tiberias, and it happened like this: Simon Peter, Thomas called the Twin, Nathanael from Cana in Galilee, the sons of Zebedee and two more of his disciples were together. Simon Peter said, 'I'm going fishing.' They replied, 'We'll come with you.' They went out and got into the boat but caught nothing that night. It was light by now and there stood Jesus on the shore, though the disciples did not realise that it was Jesus. Jesus called out, 'Have you caught anything, friends?' And when they answered, 'No', he said, 'Throw the net out to starboard and you'll find something.' So they dropped the net, and there were so many fish that they could not haul it in. The disciple Jesus loved said to Peter, 'It is the Lord.' At these words 'It is the Lord,' Simon Peter, who had practically nothing on, wrapped his cloak round him and jumped into the water. The other disciples came on in the boat, towing the net and the fish; they were only about a hundred yards from land.

As soon as they came ashore they saw that there was some bread there, and a charcoal fire with fish cooking on it. Jesus said, 'Bring some of the fish you have just caught.' Simon Peter went aboard and dragged the net to the shore, full of big fish, one hundred and fifty-three of them; and in spite of there being so many the net was not broken. Jesus said to them, 'Come and have breakfast.' None of the disciples was bold enough to ask, 'Who are you?'; they knew quite well it was the Lord. Jesus then stepped forward, took the bread and gave it to them, and the same with the fish. This was the third time that Jesus

showed himself to the disciples after rising from the dead.

## **The word of the Lord.**

**Communion Antiphon** Luke 24:35

The disciples recognized the Lord Jesus in the breaking of the bread, alleluia.

## **REFLECTION**

by Dianne Bergant

*Today we concentrate on the different ways that the witness of the community of faith manifests the Lord – the apostolic witness of leadership and service that is accomplished by the various ministries within the church. While today's gospel singles out Peter as a leader within the community, in no way does this mean that such providential care for the church is the sole responsibility of authorised leaders. Rather, it is the responsibility of all the baptised. In their teaching and preaching, the apostles moved from one understanding of God's presence and activity in the midst of the people to another. This new understanding had the death and resurrection of Jesus at its core. The light of the resurrection illumined their former religious convictions and aspirations, and they were undeterred in their commitment to spread this good news, this new word, this transforming light. A martyr is a witness, one who is so committed, that that person is willing to suffer any consequence, even death, in order to be faithful. The apostles rejoiced that they had been found worthy of ill-treatment for the sake of the name of Jesus. The Lamb who is exalted is the one who was slain, and Peter is told that, like his master, he will pay for his commitment with his life. Even the psalm alludes to the suffering that must be endured by those who have chosen to be faithful. This kind of steadfastness has always been a persuasive witness. most profound religious experiences. It not only transforms the present, but it also entrusts us with a vision of what is yet to be, an eschatological hope for a glorious future.*

© Dianne Bergant CSA





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WHEN I THOUGHT,  
"MY FOOT SLIPS,"  
your steadfast love,  
O LORD,  
HELD ME UP.

Psalms 94:18

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"If you have faith, you  
will receive whatever  
you pray for."

MATTHEW 21:22

woman's day

Delight yourself  
also in the Lord,  
And He shall give  
you the desires of  
your heart.

Psalms 37:4

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"Jesus said, 'Go, your  
faith has healed you.' At  
once he was able to see,  
and he began to follow  
Jesus on the way."

MARK 10:52

woman's day