



The Catholic Parish of Pittwater

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



A Prayer for 'The Transfiguration of the Lord'

At the Transfiguration, Father,
You showed Jesus in glory,
a glimpse of what His
disciples would see in
His risen life.

Bless us in our humanity,
with an awareness of
Your presence, leading us to
share in Your divine life even
in our daily struggle.

Help us to deepen our
knowledge of the
Law and the Prophets,
channels of Your grace
throughout history
and signposts for our journey.

Amen.

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



Thoughts of Blessed Francis Jordan

Even if you have heavenly visions and perform
miracles, without virtue you are in the most
serious danger.

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
Stanko Rusev
Maria Gough
Milagros Macarayan
Susan Makabenta

Recently Deceased
Beryl Peo-Duncan
Sarafina Zofrea

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

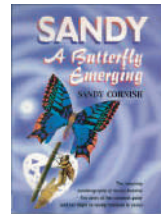


Vinnies

New stock is now available at the Vinnies Sacred Heart Piety Store.
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

Sandy
A Butterfly Emerging
by: Sandy Cornish



This is the story of Sandy, with cerebral palsy, who wrote this book using her middle finger. It is the testimony to what Christian faith can do.

Liturgy for the Week

- 07/08 Monday, Ordinary Time 18
Num 11:4-15; Mt 14:13-21
- 08/08 Tuesday, St Mary of the Cross
1 Kg 17:8-16; Mt 6:25-34
- 09/08 Wednesday, Ordinary Time 18
Num 13:1-2, 25-14:1, 26-29
34-35; Mt 15:21-28
- 10/08 Thursday, St Lawrence
2 Cor 9:6-10; Jn 12:24-26
- 11/08 Friday, St Claire
Deut 4:32-40; Mt 16:24-28
- 12/08 Saturday, Ordinary Time 18
Deut 6:4-13; Mt 17:14-20

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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.

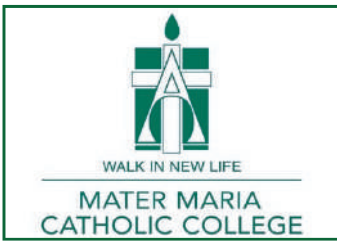
Thank you for your continued contributions and support. Your financial contributions and your generous donations throughout the year are greatly appreciated.

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2023
Our Year of
Stewardship



Parish Bulletin - Term 3 Week 3

It has been a wonderful week of learning and discovery at Mater Maria Catholic College with many students embracing new challenges, expanding their horizons in many new ways as they continue our focus on right relationship as a Catholic community.

Recently, our Year 9 students embarked on a three-day camp at Lake Macquarie. Through thrilling outdoor activities, they not only discovered the qualities of self-reliance, leadership, and responsibility but also developed a positive attitude towards healthy outdoor pursuits. These adventures not only strengthened the bonds between our students and teachers but also fostered a spirit of camaraderie that will thrive throughout the year. Also with Year 9, some students undertook a challenging two-day hike from Berowra Heights to Hornsby as part of their Adventurous Journey for their Duke of Edinburgh Bronze Award. They completed the journey with determination, and unity as well as building on essential life skills along the way.

In what has been a busy time for Year 9, Music students attended a mesmerising live concert by the Sydney Symphony Orchestra. This enchanting experience helped to ignite their passion for the art of music.

Year 11 students studying subjects Society & Culture and Geography, embarked on a profound journey at the Whitlam Institute, experiencing the struggles faced by refugees as they flee their homes and endure life in refugee camps. Led by refugees and asylum seekers who shared their personal stories, our students gained empathy, understanding and appreciation for the diverse world we inhabit. We recognise our catholic stance in solidarity with refugees called to action with our faith.

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.

Year 11 students embraced professional opportunities through various work placements. From learning about cyber security at TATA, a global IT organization, to exploring the world of marine industry careers at the Boating Industry Association's Marine Industry Careers Day, our students were given the opportunity to widen their horizons and sharpen their ambitions.

On the sports front, our students showcased their spirit and talents in various competitions. Whether it was the CSBB Girls Basketball Gala Day in Terrigal, the NSW Ultimate Frisbee Championships in Meadowbank for Year 8 girls, or the CSBB's U13 Boys & U14 Girls Rugby League Gala days for Year 7 & 8 students, our athletes demonstrated determination and teamwork. Not to forget, the Peninsula Cup Girls Soccer and MWBA Basketball, where our students continue to shine!

As our Year 12 students embark on their HSC Trial examinations, we humbly request your prayers and support during this crucial time. May God guide their efforts, and may they achieve results that reflect their hard work and abilities.

We would like to remind prospective students and parents that applications for Year 7, 2026 and beyond are now open, while waiting lists are in place for Year 7, 2024 and Year 7, 2025. Visit our website at <https://matermaria.nsw.edu.au/enrolments/> to explore the enriching educational opportunities we offer.

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

Director of Music
Josh Willard
Tel 9157 0999 ext 17
music@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

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



Our Salvatorian Group before leaving for WYD



ROME

Day 1 - LISBON



Day 2 - LISBON





CatholicCare
Diocese of Broken Bay

COMBATING HOMELESSNESS TOGETHER

Please help us fundraise for CatholicCare's homelessness services across the Diocese

Please take an envelope and return it with your donations by the 12th & 13th of August

Bishop Anthony's Message for the The CatholicCare Homelessness Appeal

As the temperatures fall with the onset of winter and cost of living expenses keep rising, there are those in our community who will be struggling more than ever to make ends meet. In the coming months an increasing number of men, women and families will seek social and welfare support while, sadly, many will find themselves without shelter and hot meals. Homelessness is a major issue across all socio-economic groups, including our own communities and parishes. Last year Catholic Care Broken Bay launched the inaugural Homelessness Appeal in our Diocese to support two innovative homelessness services.

Mary Mac's Place in Woy Woy is open to anyone who is homeless, transient or just needs a helping hand. This service provides more than 2,000 nutritious meals a month, as well as a place to shower and to wash clothes. Mary Mac's also provides links to other support services, emergency relief and health supports.

Dom's Place is a homelessness hub in Hornsby which has been operating for just over a year. It provides access to essential support services, crisis intervention and case management to men, women and families who are at risk or experiencing homelessness and domestic violence. It is a place where people can feel safe and connected to the community.

The CatholicCare Homelessness Appeal culminates on 8 August, the feast day of St Mary of the Cross MacKillop who devoted her life to the poor, established schools and places of refuge for the working class and disadvantaged.

The first Homelessness Appeal raised nearly \$112,000 which assisted thousands of people. I recognise everyone is facing increasing living expenses however, if our parishioners could be encouraged to contribute even a small amount, it will make an enormous difference to many of our brothers and sisters. It is vital we assist our communities when they need it most, recognising justice and mercy is at the heart of our Church, and dignity and respect is for all.

Most Rev Anthony Randazzo DD, JCL
Bishop of Broken Bay

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

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 by Thursday, 31st August 2023.



"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

The *Living* Word

Entrance Antiphon Cf Matthew 17:5
In a resplendent cloud the Holy Spirit appeared. The Father's voice was heard: This is my beloved Son, with whom I am well pleased. Listen to him.

The Gloria in excelsis (Glory to God in the highest) is said.

First Reading Daniel 7:9-10. 13-14

A reading from the book of Daniel
His raiment was as white as snow.

As I watched:
Thrones were set in place
and one of great age took his seat.
His robe was white as snow,
the hair of his head as pure as wool.
His throne was a blaze of flames,
its wheels were a burning fire.
A stream of fire poured out,
issuing from his presence.
A thousand thousand waited on him,
ten thousand times ten thousand stood
before him.
A court was held and the books were
opened.
I gazed into the visions of the night.
And I saw, coming on the clouds of
heaven,
one like a son of man.
He came to the one of great age
and was led into his presence.
On him was conferred sovereignty,
glory and kingship,
and men of all peoples, nations and
languages became his servants.
His sovereignty is an eternal sovereignty
which shall never pass away,
nor will his empire ever be destroyed.

The word of the Lord

Responsorial Psalm
Ps 96:1-2. 5-6. 9. R. vv.1. 9.

**(R.) The Lord is king, the most high
over all the earth.**

The Lord is king, let earth rejoice,
let all the coastlands be glad. Cloud and
darkness are his raiment; his throne,
justice and right. **(R)**

The mountains melt like wax before the
Lord of all the earth. The skies proclaim
his justice; all peoples see his glory. **(R.)**

For you indeed are the Lord most high
above all the earth exalted far above all
spirits. **(R.)**

Second Reading 2 Peter 1:16-19
**A reading from the second letter of St
Peter**
We heard this voice from out of heaven.

It was not any cleverly invented myths
that we were repeating when we brought
you the knowledge of the power and the
coming of our Lord Jesus Christ; we had
seen his majesty for ourselves. He was

honoured and glorified by God the
Father, when the Sublime Glory itself
spoke to him and said, 'This is my Son,
the Beloved; he enjoys my favour.' We
heard this ourselves, spoken from
heaven, when we were with him on the
holy mountain.

So we have confirmation of what was
said in prophecies; and you will be right
to depend on prophecy and take it as a
lamp for lighting a way through the dark
until the dawn comes and the morning
star rises in your minds.

The word of the Lord.

Gospel Acclamation Matthew 17:5

Alleluia, alleluia!

This is my Son, my beloved, in whom is
all my delight: listen to him.

Alleluia!

Gospel Matthew 17:1-9
**A reading from the holy Gospel
according to Matthew**
His face was shining like the sun.

Jesus took with him Peter and James and
his brother John and led them up a high
mountain where they could be alone.
There in their presence he was
transfigured: his face shone like the sun
and his clothes became as white as the
light. Suddenly Moses and Elijah
appeared to them; they were talking with
him. Then Peter spoke to Jesus. 'Lord,'
he said 'it is wonderful for us to be here;
if you wish, I will make three tents here,
one for you, one for Moses and one for
Elijah.' He was still speaking when
suddenly a bright cloud covered them
with shadow, and from the cloud there
came a voice which said, 'This is my
Son, the Beloved; he enjoys my favour.
Listen to him.' When they heard this, the
disciples fell on their faces, overcome
with fear. But Jesus came up and touched
them. 'Stand up,' he said 'do not be
afraid.' And when they raised their eyes
they saw no one but only Jesus.
As they came down from the mountain
Jesus gave them this order, 'Tell no one
about the vision until the Son of Man has
risen from the dead.'

The Gospel of the Lord

Communion Antiphon Cf 1 John 3:2

When Christ appears, we shall be like
him, for we shall see him as he is.

REFLECTION
by Dianne Bergant CSA

*In the midst of Ordinary Time we are
invited to behold the transfiguration of*

*Christ. By some horrible coincidence, we
recall Christ's brilliance on the day that
the world marks another cosmic event,
its birth into the atomic age at
Hiroshima. The paradox of these events
should not be lost on us. The white light
that shone from Christ was a mere
suggestion of the divine splendour that is
beyond human comprehension; the
flashing light from the atomic explosion
was an omen of the destructive force that
is within human grasp. It is imperative
that the horror of the latter be brought
under the control of the glory of the
former.*

*The transfiguration was a moment in
time when Jesus' divine glory broke
through his humanity and shone with a
brilliance that was blinding. We sing of
this glory time and again in the psalms.
Yet when it really appears we can hardly
believe it ourselves. The readings outline
three different moments when this glory
was revealed. The first was reported by
the visionary in the book of Daniel. The
second moment was the scene of the
transfiguration. The third is hidden in the
resurrection testimony of the author of
the Letter of Peter.*

*We are the ones who today possess the
prophetic message; we are the present
day eyewitnesses of Christ's majesty. We
too have moments when we might behold
his glory and hear the voice proclaiming
his identity, but we need eyes of faith and
ears that are open.*

© Dianne Bergant CSA

**Mater Maria Catholic College
will be hosting the
after 6 Pm Soul Mass dinner
this Sunday, 6th August**

**The Meyer Family Team's
"Sizzling Roaster"
has been postponed and
the date will soon to be advised.**



**Rapid Antigen
Tests**

**There are still a number of RATs at the
Parish Office that are available
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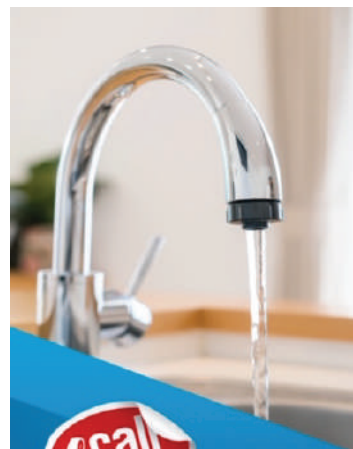


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To one who has faith, no
explanation is necessary.
To one without faith, no
explanation is possible.

- St. Thomas Aquinas



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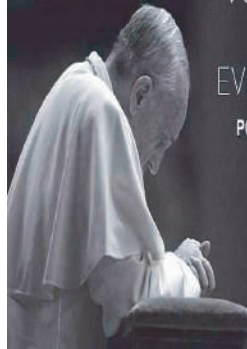


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