



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

Advent Prayer for Families

Heavenly Father, your Son, Jesus, is your greatest gift to us, a great sign of your love. Guide us as we strive to walk in that love together as a family this Advent. As we prepare our hearts for Christmas, bring us closer to each other and to your Son. Give us the grace and strength we need every day. Help us to always trust in you. Come, Lord Jesus, lead all people closer to you. Come and dispel the darkness of our world with the light of your love. Amen.



The Catholic Parish of Pittwater

You can find us on Instagram



(catholicparishpittwater)



Thoughts of Blessed Francis Jordan
Hope comes from faith! We must have great faith, and without great faith we cannot have hope or confidence in God, or hope in the Lord!

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 DECEMBER

For Pilgrims of Hope

Pope Francis requests this month's prayers "so that this Jubilee strengthens us in faith, helps us recognise Christ risen in our lives, and transforms us into pilgrims of Christian hope."

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

Anna Talese

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

Prayer for the Sick

Anna Śmigowska

Anne Gerathy

James

Bruce Farr

Cindy Kalalo

Maureen Larios

Denise Wagner

Anna Maria

Elaine Boyes

Pauline Chipman

Anna

Svetlana

Leonor

Sofia

Anna Kantonec

Mother Pauline

Angela Miller

Philip Khalifeh

Joseph Khalifeh

Robert McCauley

Heidi Taylor

BOOK REVIEW

An Experience Named Spirit

by: John Shea



John (Jack) Shea is a theologian and storyteller who lectures nationally and internationally on storytelling in world religion, faith-based health care, contemporary spirituality and the spirit at work movement.

Hope

HE WILL RULE OVER THE GENTILES. THEY WILL PLACE THEIR HOPE ON HIM.

ROM. 15:12



Liturgy for the Week

02/12 Monday, 1st Week of Advent
Jer 33:14-16; Lk 21:25-28

03/12 Tuesday, St Francis Xavier
Is 11:1-10; Lk 10:21-24

04/12 Wednesday, 1st Week of Advent
Is 25:6-10; Mt 15:29-37

05/12 Thursday, 1st Week of Advent
Is 29:17-24; Mt 9:27-31

06/12 Friday, 1st Week of Advent
Is 29:17-24; Mt 9:27-31

07/12 Saturday, St Ambrose
Is 30:19-21, 23-26; Mt 9:35 - 10:1, 6-8

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Give to our

Parish of

Pittwater

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Scan the QR code above with your camera app and follow the prompts

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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menALIVE

A National Catholic Ministry for Men, founded out of a response to a great need in the hearts & lives of men & a great need in the life of the Catholic Church.

ALL MEN WELCOME

We Meet
First Tuesday of every Month
at 7pm
Sacred Heart Parish Centre

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



Vinnies

Vinnies Christmas Appeal

Vinnies will be collecting the Annual Christmas Appeal on the consecutive weekends of

**7th December & 8th December
and
14th December & 15th December**

**Envelopes are provided in the Church's pews.
Gifts are Tax Deductible.**

We will be seeking contributions of Christmas Hampers containing gifts for deserving Pittwater and Northern Beaches families.

Cards will be displayed in both Churches to allow you to select a particular family. You are requested to bring the hampers to either Churches, Sacred Heart Church, Mona Vale or Maria Regina Church, Avalon on the weekend of *14th & 15th December.*

As always, your gifts and generosity will be greatly appreciated by Vinnies and the deserving families.

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
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**Media & Communications
Coordinator**
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Sacramental Coordinator
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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: 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

“Connecting to the Mission of Jesus Christ!”

NOVEMBER 2024 APPEAL



**PASTORAL
WORKS**
Broken Bay



Confraternity of
Christian Doctrine (CCD)

Hospital Chaplaincy
and Pastoral Care

THANK YOU

We are so grateful for your generous donations. Every gift makes a difference to someone in hospital, school, parish or the wider community.

Our Pastoral Works Appeal connects everyone to the mission of Jesus Christ in our Diocese. Every gift or donation brings comfort, friendship, or security and often opens the doorway to a faith-filled life.

Donation envelopes are available in our churches. Parishioners can also scan the QR code on the envelopes, posters and social media tiles if they want to donate using the option on our website. While donations can be made at any time, The Pastoral Works November Appeal is the last one for the 2024 calendar year.

All donations over \$2 are tax deductible.



Parish Bulletin – Term 4, Week 7

Our students actively engaged in the annual Mater Chess Tournament, with over forty participants from various year groups competing to accumulate points for their respective Houses.

It has been a busy week for our Year 10 students. The Faith-in-Action group visited the Catholic parish of Mount Druitt with Jesuit Social Services to learn about ongoing initiatives and how Mater Maria can contribute. They also brought along goods donated for the annual Year 10 Christmas Appeal.

Our annual Year 10 Enrichment Program included sessions on Aboriginal spirituality, an Adulting 101 workshop, self-defence and mindfulness.

Year 10 students travelled to Killalea Regional Park for a three-day camping trip, where they collaborated to bring food supplies, tents, and all necessary camping gear for their adventure. This program is designed to cultivate friendships, encourage challenges and promote a growth mindset.

Students in Years 8–11 participated in The Samba Experience, where elective Music students immersed themselves in the vibrant rhythms of Brazilian samba, fostering teamwork and musical skills as they learned to play various instruments and create a dynamic ensemble performance.

Year 11 Drama students attended the production of Dear Evan Hansen at the Roslyn Packer Theatre in Sydney to assist in developing their individual projects. Year 12 students held a \$15 Formal as a community builder and charity fundraiser, with all funds raised donated to Caritas Australia's Project Compassion.

In sports, tennis students in Years 7–10 competed in the CSBB Tennis Championships against other schools in the diocese, while MWBA Basketball continues daily after school.

The College is now accepting applications for Year 7 in 2027 and 2028, with a waitlist for Year 6 to Year 7 transitions in 2025 and 2026. For more information, please visit our enrolments page at matermaria.nsw.edu.au/enrolments.

" I am
the light
of the
world.
He who



follows Me
shall not
walk in
darkness"
John 8:12

Hope

Catholic Parish of Pittwater

Christmas Carols & Dinner

We take this opportunity to invite all Parishioners and to thank all our Volunteers in the Parish, especially Senior Servers, Junior Servers, Lectors, Eucharist Ministers, Counters, Wardens, Altar Society, Musicians and all who contribute to our Planned Giving and those who consistently give their time and effort generously to our Parish.

Saturday, 14th December
after 5 pm Vigil Mass
Sacred Heart Church, Mona Vale

Bring your angelic voices and your best desserts and drinks to share.

Please RSVP by 9th December on the list provided at the back of pews in both Churches or ring the Parish Office on 9517 0999

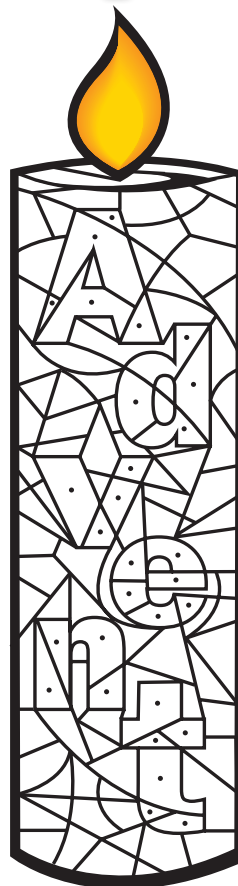
1ST SUNDAY OF ADVENT - YEAR C

Lk 21:25-28, 34-36

My name is

Preparing for Jesus

During Advent we can prepare for the arrival of Jesus by helping others. Draw a picture of yourself helping another person.



Colour the shapes that contain dots purple.

Fill the other shapes with different colours.

Thanks

To all the musicians, singers and all involved in our Parish Music Ministry. We are truly blessed with all your musical abilities and we appreciate your time and talents. You have helped make our Churches special places of worship.



Advent: A Guide for the Perplexed



Advent is not only one of the great seasons of the Church's year; it's the beginning of the new liturgical year, though maybe it doesn't always feel that way. For some of us, perhaps, Advent is not a season we fully engage with. As the work year hurtles towards its conclusion and we get caught up in all the busyness, Advent tends to recede into the background.

But Advent is supposed to be a time of spiritual renewal: a chance to start again, to come home if we've drifted away, to rediscover the joy of knowing Jesus Christ. Jesus comes to make his home among us and within us. Advent offers us a chance to rediscover this.

So it's worth spending some time thinking about what Advent is, why it exists and how we might enter into it more intentionally.

The History of Advent

The origins of the season are a bit fuzzy. In Rome, a season of preparation for Christmas didn't appear until the sixth century. Before that, evidence suggests that it developed within a few local churches before spreading elsewhere. For instance, in Spain and France, it was common by the fourth century to observe

feast of the Epiphany. It was only in 581, in France, that a longer season was established and Christians would pray and fast from 11 November (the feast of St Martin of Tours) until Christmas. In this way, Advent takes inspiration from Lent.

What does 'Advent' mean?

The word advent comes from the old Latin word *adventus*, which refers to an 'arrival, an approach or a coming'. In the context of the leadup to Christmas, it refers to the coming of Christ.

A Season of Anticipation

So while Advent was inspired by Lent, its spirituality is quite different. There is a sense of both waiting and preparation, ideas that are both captured in the concept of anticipation.

Anticipation is not simply a feeling of waiting or expectation. It is a doing, even if it's a slow doing. The word anticipation comes from the Latin word *anticipare*, which means 'to take possession of beforehand' or 'take care of ahead of time'

The Four Themes of Advent

There are four themes corresponding to each week of Advent, beginning with the Sundays.

First Sunday of Advent: Hope

Hope doesn't come from nowhere. The hope of God's people in the Bible comes from the fact that God made them specific promises: of peace, of an eternal kingdom to be established by the Messiah, of a creation finally healed and at rest. So the readings for this week focus especially on God's promises. Becoming acquainted with these promises is a good first step in coming to

Second Sunday of Advent: Preparation
'Prepare the way of the Lord, make straight his paths' (Luke 3:4). As we dwell on these words of St John the Baptist, our sense of anticipation begins to ramp up in the second week of Advent. The promises of God continue, and there's a greater focus of one promise in particular: 'he is coming to save you' (Isaiah 35:4). The message this week is clear: get ready to be saved.

Third Sunday of Advent: Joy
When promises are fulfilled, when a long-awaited hope has been met, there is only one reasonable response: joy. When the Magi from the East saw the star above the place where Jesus was, Matthew says, 'they rejoiced with very great joy' before prostrating themselves in worship (2:10). The shepherds likewise 'went back glorifying and praising God for all they had heard and seen, just as they had been told' (Luke 2:20). The third week of Advent is an opportunity to experience the 'very great joy' of knowing Jesus.

Fourth Sunday of Advent: Love
Finally, we come to the ultimate theme of Advent, the one that makes sense of everything else: love. The readings for this week focus on how the birth of Jesus through Mary is one of the deepest revelations of God's love. One of the antiphons in the leadup to Christmas reads: 'O Root of Jesse's stem, sign of God's love for all his people: come to save us without delay!' The coming of Jesus to live among us and to share our humanity confirms this truth: God really does love us.

from: Catholic Archdiocese of Melbourne

The *Living* Word

Entrance Antiphon Psalm 24:1-3
To you, I lift up my soul, O my God.
In you, I have trusted; let me not be put to shame. Nor let my enemies exult over me; and let none who hope in you be put to shame.

First Reading Jeremiah 33:14-16
A reading from the prophet Jeremiah
I will cause a good seed to spring forth from David.

See, the days are coming – it is the Lord who speaks – when I am going to fulfil the promise I made to the House of Israel and the House of Judah:
‘In those days and at that time, I will make a virtuous Branch grow for David, who shall practise honesty and integrity in the land. In those days Judah shall be saved and Israel shall dwell in confidence. And this is the name the city will be called: The Lord-our-integrity.’

The word of the Lord

Responsorial Psalm
Ps 24:4-5. 8-9. 10. 14. R. v.1
(R.) To you, O Lord, I lift my soul.

Lord, make me know your ways.
Lord, teach me your paths. Make me walk in your truth, and teach me:
for you are God my saviour. **(R.)**

The Lord is good and upright.
He shows the path to those who stray,
he guides the humble in the right path;
he teaches his way to the poor. **(R.)**

His ways are faithfulness and love
for those who keep his covenant and will.
The Lord’s friendship is for those
who revere him; to them he reveals his covenant. **(R.)**

Second Reading
1 Thessalonians 3:12 – 4:2
A reading from first letter of St Paul to the Thessalonians
When Christ comes may he strengthen your hearts in holiness.

May the Lord be generous in increasing your love and make you love one another and the whole human race as much as we love you. And may he so confirm your hearts in holiness that you may be blameless in the sight of our God and Father when our Lord Jesus Christ comes with all his saints.
Finally, brothers, we urge you and appeal to you in the Lord Jesus to make more and more progress in the kind of life that you are meant to live: the life that God wants, as you learnt from us, and as you are already living it. You have not forgotten the instructions we gave you on the authority of the Lord Jesus.

The word of the Lord.



Gospel Acclamation Psalm 84:8
Alleluia, alleluia!

Lord, show us your mercy and love,
and grant us your salvation.

Alleluia!

Gospel Luke 21:25-28. 34-36
A reading from the holy Gospel according to Luke
Your redemption is near at hand.

Jesus said to his disciples: ‘There will be signs in the sun and moon and stars; on earth nations in agony, bewildered by the clamour of the ocean and its waves; men dying of fear as they await what menaces the world, for the powers of heaven will be shaken. And then they will see the Son of Man coming in a cloud with power and great glory. When these things begin to take place, stand erect, hold your heads high, because your liberation is near at hand.

‘Watch yourselves, or your hearts will be coarsened with debauchery and drunkenness and the cares of life, and that day will be sprung on you suddenly, like a trap. For it will come down on every living man on the face of the earth. Stay awake, praying at all times for the strength to survive all that is going to happen, and to stand with confidence before the Son of Man.’

The Gospel of the Lord

Communion Antiphon Psalm 84:13

The Lord will bestow his bounty, and our earth shall yield its increase.

REFLECTION
by Diane Bergant

The readings of the First Sunday of Advent set the stages for our reflections on the entire season. They contain a number of promises, all pointing to peace and fulfilment. Each reading depicts a dimension of suffering that was often brought on by the people themselves. The promises are assurances that the end of their suffering was in sight. The promises reveal a loving and provident, a merciful and forgiving God. These are promises full of hope. The coming of the Lord is clearly a time of expectation, not of fear and trembling. Although the earlier tradition about the Day of the Lord included punishment of the wicked, the focus here is on redemption. The time of expectation may be preceded by apocalyptic signs in the heavens and dismay on earth, but this cosmic shift will bring fulfilment, not destruction. The love and providence, the mercy and forgiveness of God will be made manifest. What is expected of those who receive the promise? An Advent way of life

exhorts us to ‘wait in joyful hope for the coming of our Saviour Jesus Christ’. This way of life is both simple and profound. It does not necessarily require unusual behaviour on our part, but it calls us to live the usual unusually well. It affects the everyday events of life; it directs the way we interact with people; it informs the attitudes that colour our judgments and motivations. It is as ordinary as the birth of a child; it is as extraordinary as the revelation of God.

© Dianne Bergant CSA



Solemnity of the Immaculate Conception of the Blessed Virgin Mary

9 December

8.00 am Mass

Maria Regina Church, Avalaon

9.30 am Mass

Sacred Heart Church, Mona Vale



Vinnies

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Christmas Cards & Calendars

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hope that is seen is not hope

Romans 8:24

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and take
heart, all
you who
hope in
the Lord.

Psalm 34:24

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