



The Catholic Parish of Pittwater

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

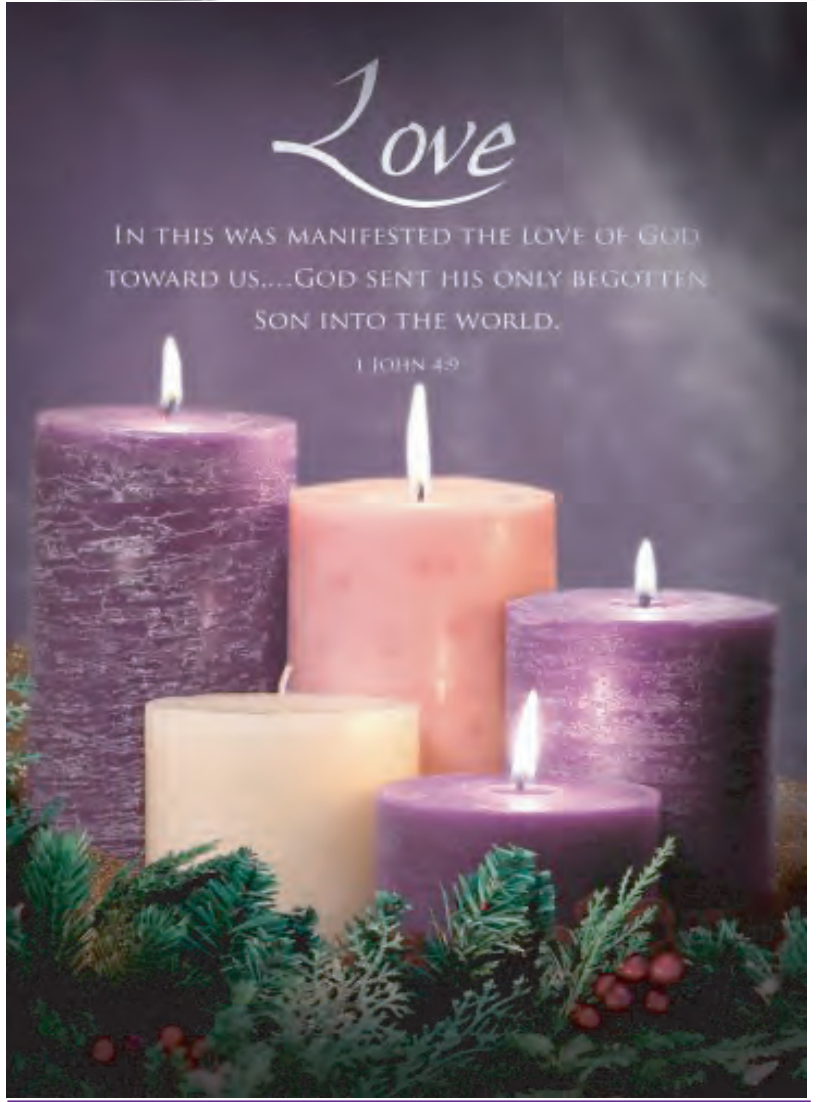
A warm welcome to all our parishioners and visitors who are celebrating the Eucharist with us at Pittwater Parish - Sacred Heart Church and Maria Regina Church



Thoughts of Blessed Francis Jordan
Just as love alone makes apostles,
it alone makes saints.

ADVENT PRAYER

Lord Jesus,
may the light of your love
always shine in our hearts.
As Christmas draws closer,
we marvel at your great
love for us.
Let your love transform
every aspect of our lives
and touch everyone
we encounter.
Our hearts are open
to you, Jesus.
Amen.



Like us on Facebook
The Catholic Parish of Pittwater

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 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

Prayer for the Sick

Anna Śmigowska
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

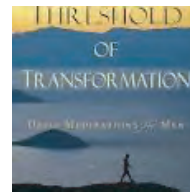
"...He has given us the *Holy Spirit* to fill our hearts with His love."

—Romans 5:5

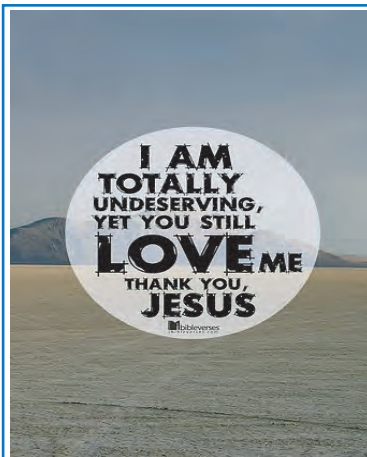


DVD REVIEW

On the Threshold of Transformation
by: Richard Rohr



Nearly every man deals with some form of hurt in his life and this book acknowledges and deals with it directly and redemptively.



Liturgy for the Week

- 23/12 **Monday, 4th Week of Advent**
Mal 3:1-4, 23-24; Lk 1:57-66
- 24/12 **Tuesday, 4th Week of Advent**
2 Sam 7:1-5, 8-12, 14, 16;
Lk 1:67-79
- 25/12 **Wednesday, Nativity of the Lord (Christmas)**
Vigil - Is 62:1-5; Lk 2:1-14
Night - Is 9:1-7; Lk 2:1-14
Dawn - Is 62:11-12; Lk 2:15-20
Day - Is 52:7-10; Jn 1:1-18
- 26/12 **Thursday, St Stephen**
Acts 6:8-10; 7:54-59;
Mt 10:17-22
- 27/12 **Friday, St John**
1 Jn 1:1-4; Jn 20:2-8
- 28/12 **Saturday, The Holy Innocents**
1 Jn 1:5 - 2:2; Mt 2:13-18

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Parish of
Pittwater

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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.



ENROL NOW FOR 2025



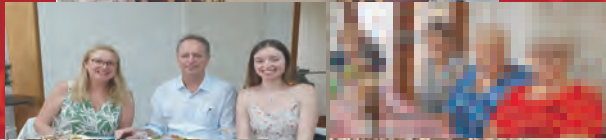
Maria Regina Avalon
Catholic Primary School

42 Central Road, Avalon 2107
7256 2138 | www.mradbb.catholic.edu.au



LIMITED SPACES AVAILABLE

We would like to **THANK** the **MEYER FAMILY** for providing the delicious Christmas Dinner last Saturday and to all the **VOLUNTEERS** who contributed to make our Parish Christmas Party extra special and fun.
Your willingness to share your time and talents through the years is greatly appreciated.



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

Director of Music
Simon Morris
 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

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

Christmas Mass Times 2024



Sacred Heart Church

Mona Vale
Christmas Eve
 24 December
Family Mass
 5:00 PM
Youth Mass
 9:00 PM
Midnight Mass

Carols start at 11:40 pm, Mass 12:00 AM

Christmas Day
 25 December
 8:00 AM & 10:00 AM

Maria Regina Church

Avalon
Christmas Eve
 24 December
Family Mass
 6:00 PM
Vigil Mass
 9:00 PM

Christmas Day
 25 December
 9am

We Pray for the
Souls of
Francesco & Maria
Romeo
Annamaria & Antonio
Lentini
Grace Prato
Michael Mete
Giuseppe Cervonaro
Alfonzo & Elia Muoio
Maria Monteleone
Sam Maletta
Bruno Romeo
Joe Romeo
Paulina Fabian



SOCIETY OF DIVINE SAVIOUR

2024 Annual Salvatorian Seminary Appeal

On behalf of the Salvatorian Fathers, I would like to sincerely thank you for all your kind contributions towards our Salvatorian Seminary Appeal in 2024. We are most grateful to you, as every amount greatly assists with the future formation of Salvatorian priests in the Philippines.

We currently have 12 men from East Timor in formation in the Philippines, with a vision to welcome another three candidates in 2025. However, at an annual cost of \$14,000 per seminarian, your continued financial support is vital towards assisting us with the future of vocations in Australia.

In the Spirit of Blessed Francis Jordan, we thank you for your continued support and prayers, and may the Lord continually bless your parish community with an abundance of graces.

With gratitude in Christ our Saviour,

Fr. Jerzy (George) Kolodziej SDS
Superior of the Salvatorians
Australian Region



men
ALIVE

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
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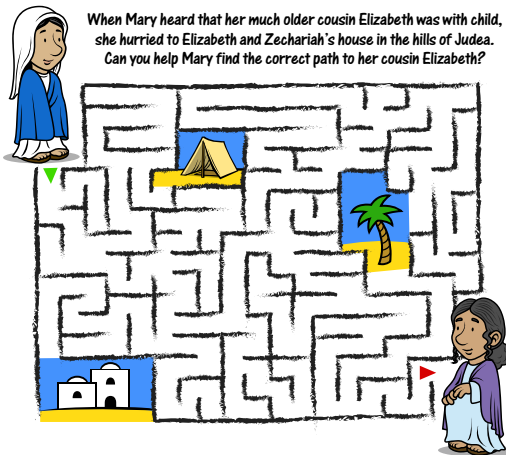
Bringing men together, to renew their faith in God & encourage them to be an active force of renewal in the Church.

For any questions contact
Joe Cilia – 0418 863 814.

The Lord will keep his promise

4th Sunday of Advent, Year C

When Mary heard that her much older cousin Elizabeth was with child, she hurried to Elizabeth and Zechariah's house in the hills of Judea. Can you help Mary find the correct path to her cousin Elizabeth?



DE-CODE ELIZABETH'S MESSAGE

Use the key below to find out what Elizabeth said to Mary.

A - 20	F - 25	K - 19	P - 17	U - 5
B - 12	G - 1	L - 22	Q - 26	V - 4
C - 6	H - 3	M - 14	R - 2	W - 13
D - 10	I - 9	N - 11	S - 15	X - 21
E - 18	J - 24	O - 7	T - 8	Y - 23
				Z - 16

20 15 15 7 7 11 20 15 9 3 18 20 2 10

23 7 5 2 1 2 18 18 8 9 11 1

14 23 12 20 12 23 12 18 6 20 14 18

3 20 17 17 20 20 11 10 14 7 4 18 10

18 9 8 3 9 11 14 18

At Christmas time we celebrate the birth of Jesus Christ by doing special things. Write down why you think it's important to do each of the following things as well as adding one of your own.

I celebrate Christmas by giving gifts to others.

I celebrate Christmas with a family meal.

I celebrate Christmas by going to Mass.

I celebrate Christmas by...

The Fourth Sunday of Advent: *With Haste, Let Us Meet the Lord*



Blessed are you who believed that what was spoken to you by the Lord would be fulfilled (Lk. 1:45).

On this the fourth and last Sunday of Advent, the Sacred Liturgy invites us to be one with the Blessed Virgin Mary, in whom at last the fullness of time is reached, and a new order of providence is begun, when the Son of God takes from her a human nature in order to free the human family from sin through the mysteries of his earthly life (Lumen Gentium, 55). As we prepare to celebrate the Birth of the Messiah, we reflect on the one chosen by God to be so intimately united with Him in the work of salvation. When Christ came into the world, he said, 'Sacrifice and offering you did not desire, but a body you prepared for me' (Heb. 10:5). This body was born of the blessed womb of the Immaculate Virgin Mary, the chosen Daughter of Israel, and the Mother of the Messiah.

The Gospel of the Mass is commonly referred to as the Gospel of the Visitation for it relates our Lady's visit to her cousin Elizabeth, the mother of John the Baptist. The reading of this Gospel text during this time of proximate preparation for the Solemnity of Christmas is significant for from it we learn how our Lady responded to the Incarnation of the Son of God. St. Luke relates that Mary set out and traveled to the hill country in haste (Lk. 1:39). Our Lady's haste does not necessarily refer to the swiftness of the journey but rather to the interior disposition that causes one to act with fervour and zeal. The Gospel of the Visitation clearly teaches us that the Word of God is not simply to be heard; it must be acted on. Mary is not content to receive God's Word in the intimacy of her inner life. She acts on this Word. By this dynamic Mary becomes a visible word herself. Full of God's grace, she reflects the Word made Flesh who is full of grace and truth (Jn. 1:14); and just as grace upon grace overflows to us (Jn. 1:16) through the Son, so does Mary become a vessel of God's grace. For this reason Mary is the model of spiritual commitment with whom the Church celebrates and lives the divine mysteries (Pope Paul VI, *Marialis Cultus*, #16).

Our Lady is both the Mother and the Model of the Church and no less our Teacher in the spiritual life that all of us should endeavour to deepen and nurture. During Advent the Roman Liturgy celebrates the plan of salvation by which God restored humanity to Himself. It is

our privilege each year to hear the ancient prophecies proclaimed and our sacred history once again retold: the plan of salvation by which the merciful God called the patriarchs, united them to Himself in a covenant of love, established the Law through Moses, raised up the prophets, and chose David as the one from whose line the Saviour of the world was to be born. In foretelling the coming of Christ, the books of the Old Testament gradually bring into clearer light the figure of a woman, the Mother of the Redeemer (Lumen Gentium, 55). In Our Lady both the promises of the Lord and humanity's longing for salvation are fulfilled.

As the model of spiritual commitment with whom the Church celebrates and lives the divine mysteries, in both the Annunciation and the Visitation our Lady teaches us how to receive God's Word with faith and how to respond to it in charity. When we have received God's Word both in the proclamation of the Gospel and in the Eucharistic Sacrifice with reverence, purity and devotion then we also go forth in haste; that is to say, with fervor and zeal so that we might share with others what God has done for us. The outreach to those in need especially at this time of the year exemplifies this going forth in haste. It may be said that the Church is always engaged in this Mystery of the Visitation as we, the sons and daughters of the Church bring Christ to others. To fail to do so, whether in word or in deed, frustrates God's plan of salvation as this plan unfolds in our own day. Evangelization is necessarily the foundation for the Church's charitable outreach. Without faith, charity is reduced to mere philanthropy.

In the unfolding of the Mystery of the Incarnation the role of Our Lady as Mother of the Saviour cannot be overstated. The Saviour's task however, was also revealed to St. Joseph, the virginal, earthly father of Our Lord. To him the Angel said in a dream, Mary will bear a son, and you shall call his name Jesus, for he will save his people from their sins (Mt. 1:21). So we learn from Our Lady who longed for [the Messiah] with love beyond all telling (Preface II of Advent, The Roman Missal) likewise to long for the gift of salvation. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled (Lk. 1:45). We also share in this blessing for we too have believed in these promises and once again this year have read them and pondered them in our hearts. The true faith is the greatest gift and the greatest good that we can ever receive. As we endeavour to mature in our faith and become fully trained disciples (Lk. 6:40), we recognise that like Our Lady and St. Joseph, we must become servants of the Mystery of Christ. If we do this earnestly and generously, we will find ourselves engaged in a spiritual fatherhood or motherhood in imitation of St. Joseph and Our Lady, and our hearts especially in prayer, will embrace the whole world; a world is in great crisis. This crisis is fundamentally a crisis of identity and

consequently, of confusion of roles. We can best relieve this crisis by endeavouring to be faithful witnesses to the truth, faith and charity of Christ.

May the humility and docility of Our Lady and St. Joseph help us to benefit from the coming celebration of the Feast of Christmas. With Mary the Mother of Our Saviour may we live and celebrate the Mystery of Christmas and in haste, that is to say, with fervour, zeal and charity, may we share with others the gift and joy of salvation.

*By: Fr Marco Testa
Catholic Insight*

Thank you
from
 Vinnies

We are so grateful to all your generous donations in this year's CHRISTMAS HAMPERS. Many thanks to all your gifts and to everyone who are involved with the collection and for those who reached out to share with those in need during the season of giving.

Parish Morning Tea Gathering

Everyone is welcome to join us every Month after the 8 am Mass on the 1st Sunday 10 am Mass on the 3rd Sunday at **SACRED HEART CHURCH, MONA VALE**

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

The *Living* Word

Entrance Antiphon Isaiah 45:8
Drop down dew from above, you heavens, and let the clouds rain down the Just One; let the earth be opened and bring forth a Saviour.

First Reading Micah 5:1-4
A reading from the prophet Micah
Out of you will be born the one who is to rule over Israel.

The Lord says this:
You, Bethlehem Ephrathah, the least of the clans of Judah, out of you will be born for me the one who is to rule over Israel; his origin goes back to the distant past, to the days of old.
The Lord is therefore going to abandon them till the time when she who is to give birth gives birth.
Then the remnant of his brothers will come back to the sons of Israel.
He will stand and feed his flock with the power of the Lord, with the majesty of the name of his God. They will live secure, for from then on he will extend his power to the ends of the land.
He himself will be peace.

The word of the Lord

Responsorial Psalm
Ps 79:2-3. 15-16. 18-19. R. v.4
(R.) Lord, make us turn to you; let us see your face and we shall be saved.

O Shepherd of Israel, hear us, shine forth from your cherubim throne. O Lord, rouse up your might, O Lord, come to our help. **(R.)**

God of hosts, turn again, we implore, look down from heaven and see. Visit this vine and protect it, the vine your right hand has planted. **(R.)**

May your hand be on the man you have chosen, the man you have given your strength. And we shall never forsake you again: give us life that we may call upon your name. **(R.)**

Second Reading Hebrews 10:5-10
A reading from the letter to the Hebrews
I am coming to do your will.

This is what Christ said, on coming into the world:
You who wanted no sacrifice or oblation, prepared a body for me.
You took no pleasure in holocausts or sacrifices for sin;
then I said,
just as I was commanded in the scroll of the book,
'God, here I am! I am coming to obey your will.'
Notice that he says first: You did not want what the Law lays down as the things to be offered, that is: the

sacrifices, the oblations, the holocausts and the sacrifices for sin, and you took no pleasure in them; and then he says: Here I am! I am coming to obey your will. He is abolishing the first sort to replace it with the second. And this will was for us to be made holy by the offering of his body made once and for all by Jesus Christ.

The word of the Lord.

Gospel Acclamation Luke 1:38

Alleluia, alleluia!

I am the servant of the Lord: may his will for me be done.

Alleluia!

Gospel Luke 1:39-45

A reading from the holy Gospel according to Luke
Why should it happen that I am honoured with a visit from the mother of my Lord?

Mary set out and went as quickly as she could to a town in the hill country of Judah. She went into Zechariah's house and greeted Elizabeth. Now as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? For the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.'

The Gospel of the Lord

Communion Antiphon Isaiah 7:14

Behold, a Virgin shall conceive and bear a son; and his name will be called Emmanuel.

REFLECTION
by Diane Bergant

There is always excitement at this time of the year. It is as if everything is filled with promise. Animositities are set aside; estrangement dissolves into reconciliation; the whole world seems gentler; and we are filled with the spirit of generosity. In the days just before Christmas, the possibility of newness is almost palpable. The spirit of the season has caught hold of us even before the actual day has arrived. Today we stand on the threshold of fulfilment. The future that God has prepared for us is open before us, even though we have not yet stepped out into it. The incarnation takes place in human history, thus affirming the fundamental goodness of human life and concerns,

and sanctifying them even further. The child comes from simple people, from a place that is relatively insignificant, thus underscoring God's preference for what is ordinary. The body that was offered for our salvation, the body that consecrated us through having been offered up, was the body that grew in the womb of Mary. The extraordinary salvific deed of God was accomplished through his coming into the world as one of us. The obedience that Christ played out through his body fulfilled for us the promises made by God. We stand on the threshold of fulfilment, the fulfilment of an event that has already taken place. We ritually reenact it so that we never take it for granted, so that we never forget that it is in and through human history that the marvellous deeds of God are accomplished.

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The Parish Office will be closed at CHRISTMAS and will RE - OPEN on the 13th of January 2025
The phones and emails are monitored regularly.
So please don't hesitate to contact us and leave a message.






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IT IS NOT PROUD
does not dishonor others
PATIENT KIND NOT SELF SEEKING
KEEPS NO RECORD OF WRONGS not easily angered
does not delight in evil
but rejoices with the truth
ALWAYS PROTECTS
HOPES TRUSTS
PERSEVERES

1 CORINTHIANS 13:4-7



Love is patient, love is kind.
It does not envy, it does not boast,
it is not proud. It does not dishonor
others, it is not self-seeking,
it is not easily angered,
it keeps no record of wrongs.
1 Corinthians 13:4-5



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Chris Lee

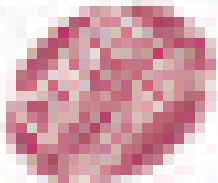
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