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



Dear Parishioners,

As we celebrate the joyful and festive season of Christmas, may the glory of our Saviour's birth fill your hearts with peace and love. We wish you joy as we remember the miracle of Christ's birth. In this holy season of prayer, song and laughter, we praise the Lord for the great wonders he has sent us.

Fr Richard and Fr Zygmunt

Merry Christmas

Christmas Message from Bishop Anthony

On that holy night in Bethlehem, I imagine Mary, the mother of Jesus, gazing lovingly into the eyes of her newborn son. In that tender look, she did not simply see a child, but the very hope of the world.

In those eyes, she saw the fulfillment of God's promise: a Saviour who would bring light to all peoples, healing to the broken-hearted, peace to the weary and hope to those who struggle.

In the eyes of the newborn child, Mary saw not only the future, but also a hope that would never fade, a hope that would withstand every trial and difficulty.

As another's today look upon their children, perhaps they too see a new beginning, a sign that, despite the darkness of the world, God's light will never be extinguished.

It can often be difficult to hold onto hope amidst the overwhelming violence and suffering that seem to plague our world. Yet, hope is healing power—one that sustains us through even the darkest moments.

Jesus Christ came into the

world to remind us that hope is not the absence of difficulty, but the strength to endure and the grace to heal.

This Christmas, as we celebrate the birth of Jesus Christ, let us open the hope he brings.

In the face of violence, we are called to be peacemakers; in moments of grief, sources of comfort; in the midst of chaos, we are invited to shine the light of Christ's love, reaching out to those who suffer, standing in solidarity with the oppressed.

As we prepare to embark on the Jubilee Year 2025, as Pilgrims of Hope, let us look into the eyes of those we love and see in them the same hope that Mary saw in her Son.

No matter what the future may bring, we are never alone, for Jesus Christ is with us - today, tomorrow and always.

May you have a blessed Christmas, filled with the peace of Christ. And may the Jubilee year be a time of joy, renewal and hope for you and your families.

The *Living* Word *Mass of the Night*

Entrance Antiphon

Psalm 2:7

The Lord said to me: You are my Son.
It is I who have begotten you this day.

First Reading

Isaiah 9:1-7

A reading from the prophet Isaiah

A son is given to us.

The people that walked in darkness has seen a great light; on those who live in a land of deep shadow a light has shone. You have made their gladness greater, you have made their joy increase; they rejoice in your presence as men rejoice at harvest time, as men are happy when they are dividing the spoils. For the yoke that was weighing on him, the bar across his shoulders, the rod of his oppressor, these you break as on the day of Midian. For all the footgear of battle, every cloak rolled in blood, is burnt and consumed by fire. For there is a child born for us, a son given to us and dominion is laid on his shoulders; and this is the name they give him: Wonder-Counsellor, Mighty-God, Eternal-Father, Prince-of-Peace. Wide is his dominion in a peace that has no end, for the throne of David and for his royal power, which he establishes and makes secure in justice and integrity. From this time onwards and for ever, the jealous love of the Lord of hosts will do this.

The word of the Lord

Responsorial Psalm

Ps 95:1-3. 11-13 R. Lk 2:11

(R.) Today is born our Saviour, Christ the Lord.

O sing a new song to the Lord,
sing to the Lord all the earth.
O sing to the Lord, bless his name. **(R.)**

Proclaim his help day by day,
tell among the nations his glory
and his wonders among all the peoples. **(R.)**

Let the heavens rejoice and earth be glad,
let the sea and all within it thunder
praise, let the land and all it bears
rejoice, all the trees of the wood shout
for joy at the presence of the Lord for he
comes, he comes to rule the earth. **(R.)**

With justice he will rule the world,
he will judge the peoples with his truth. **(R.)**



Second Reading

Titus 2:11-14

A reading from the letter of St Paul to Titus

God's grace has been revealed to all people.

God's grace has been revealed, and it has made salvation possible for the whole human race and taught us that what we have to do is to give up everything that does not lead to God, and all our worldly ambitions; we must be self-restrained and live good and religious lives here in this present world, while we are waiting in hope for the blessing which will come with the Appearing of the glory of our great God and saviour Christ Jesus. He sacrificed himself for us in order to set us free from all wickedness and to purify a people so that it could be his very own and would have no ambition except to do good.

The word of the Lord.

Gospel Acclamation

Luke 2:10-11

Alleluia, alleluia!

Good News and great joy to all the world:
today is born our Saviour, Christ the Lord.

Alleluia!

Gospel

John 1:1-5. 9-14

A reading from the holy Gospel according to Luke

Today a saviour has been born for you.

Caesar Augustus issued a decree for a census of the whole world to be taken. This census – the first – took place while Quirinius was governor of Syria, and everyone went to his own town to be registered. So Joseph set out from the town of Nazareth in Galilee and travelled up to Judaea, to the town of David called Bethlehem, since he was of David's House and line, in order to be registered together with Mary, his betrothed, who was with child. While they were there the time came for her to have her child, and she gave birth to a son, her first-born. She wrapped him in swaddling clothes, and laid him in a manger because there was no room for them at the inn. In the countryside close by there were shepherds who lived in the fields and took it in turns to watch their flocks during the night. The angel of the Lord appeared to them and the glory of the Lord shone round them. They were terrified, but the angel said, 'Do not be afraid. Listen, I bring you news of great joy, a joy to be shared by the whole people. Today in the town of David a saviour has been born to you; he is Christ

the Lord. And here is a sign for you: you will find a baby wrapped in swaddling clothes and lying in a manger.' And suddenly with the angel there was a great throng of the heavenly host, praising God and singing: 'Glory to God in the highest heaven and peace to men who enjoy his favour.'

The Gospel of the Lord

Communion Antiphon

John 1:14

The Word became flesh, and we have seen his glory.

REFLECTION

by Dianne Bergant CSA

The Gospel situates the birth of Jesus within Roman rule of the first century. Through the Incarnation, the ordinary becomes transparent and reveals the extraordinary; the divine is known in the child. Only those of humble heart experience this wonder. They behold it and they come to embrace it. In fact, it is the nature of this child, born in history, to reverse the orders of power. God is portrayed as a valiant liberator who champions the cause of justice and who brings a liberation that reverses history and the ways of war, power and oppression. This reversal is made more shocking by the fact that the one who is the mighty warrior and conqueror of the nations is a child. This child is the weak and voiceless one, the one who has neither power nor legal rights. God's reversal of the long-standing realities of this world is accomplished through the apparently insignificant, through the gift of this child who is given to us in the middle of the night. Something new has happened: the age of God's fulfilment has arrived. The age of grace and fresh hope, made available to all people of good will, is an era of redemptive presence. Now all people can walk in the newness of life and grace. Yet, while this new age has begun, it is not yet fully realised. We live believing in its presence and awaiting its fulfilment. Although we are celebrating Christmas, we still await the final coming of the Lord.

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The *Living* Word *Mass of the Day*

Entrance Antiphon

Isaiah 9:5

A child is born for us, and a son is given to us; his sceptre of power rests upon his shoulder, and his name will be called Messenger of great counsel.

First Reading

Isaiah 52:7-10

A reading from the prophet Isaiah

All the ends of the earth shall see the saving power of our God.

How beautiful on the mountains, are the feet of one who brings good news, who heralds peace, brings happiness, proclaims salvation, and tells Zion, 'Your God is king!' Listen! Your watchmen raise their voices, they shout for joy together, for they see the Lord face to face, as he returns to Zion. Break into shouts of joy together, you ruins of Jerusalem; for the Lord is consoling his people, redeeming Jerusalem. The Lord bares his holy arm in the sight of all the nations, and all the ends of the earth shall see the salvation of our God.

The word of the Lord

Responsorial Psalm

Ps 97:1-6. R. v.3

(R.) All the ends of the earth have seen the saving power of God.

Sing a new song to the Lord for he has worked wonders. His right hand and his holy arm have brought salvation. (R.)

The Lord has made known his salvation; has shown his justice to the nations. He has remembered his truth and love for the house of Israel. (R.)

Il the ends of the earth have seen the salvation of our God Shout to the Lord all the earth, ring out your joy. (R.)

Sing psalms to the Lord with the harp, with the sound of music. With trumpets and the sound of the horn acclaim the King, the Lord. (R.)

Second Reading

Hebrews 1:1-6

A reading from the letter to the Hebrews

In our own time, God speaks to us through his Son.

At various times in the past and in various different ways, God spoke to our ancestors through the prophets; but in our own time, the last days, he has spoken to us through his Son, the Son that he has appointed to inherit everything and through whom he made everything there is. He is the radiant light

of God's glory and the perfect copy of his nature, sustaining the universe by his powerful command; and now that he has destroyed the defilement of sin, he has gone to take his place in heaven at the right hand of divine Majesty. So he is now as far above the angels as the title which he has inherited is higher than their own name.

God has never said to any angel: You are my Son, today I have become your father, or: I will be a father to him and he a son to me. Again, when he brings the First-born into the world, he says: Let all the angels of God worship him.

The word of the Lord.

Gospel Acclamation

Luke 1:38

Alleluia, alleluia!

A holy day has dawned upon us.

Come you nations and adore the Lord.

Today a great light has come upon the earth.

Alleluia!

Gospel

John 1:1-18

A reading from the holy Gospel according to John

The Word of God became flesh and dwelt among us, and we saw his glory.

In the beginning was the Word: the Word was with God and the Word was God. He was with God in the beginning. Through him all things came to be, not one thing had its being but through him.

All that came to be had life in him and that life was the light of men, a light that shines in the dark, a light that darkness could not overpower.

A man came, sent by God.

His name was John.

He came as a witness, as a witness to speak for the light, so that everyone might believe through him.

He was not the light, only a witness to speak for the light. The Word was the true light that enlightens all men; and he was coming into the world.

He was in the world that had its being through him, and the world did not know him. He came to his own domain and his own people did not accept him. But to all who did accept him he gave power to become children of God,

to all who believe in the name of him who was born not out of human stock or urge of the flesh or will of man but of God himself. The Word was made flesh, he lived among us, and we saw his glory,

the glory that is his as the only Son of the Father,

full of grace and truth.

John appears as his witness, He proclaims:

'This is the one of whom I said:

He who comes after me ranks before me

because he existed before me.'

Indeed, from his fullness we have, all of us, received –

yes, grace in return for grace,

since, though the Law was given through Moses,

grace and truth have come through Jesus Christ.

No one has ever seen God;

it is the only Son, who is nearest to the Father's heart,

who has made him known.

The Gospel of the Lord

Communion Antiphon

Psalm 97:3

All the ends of the earth have seen the salvation of our God.

REFLECTION

by Dianne Bergant CSA

Today the Christmas celebration gains a new depth of theological meaning. At midnight, the birth in history was proclaimed. At dawn, the initiative of God's gift was declared and the community's joyful gratitude was announced. In this third celebration, the identity of Christ and the new way of life that he brings is announced.

If our eyes are open and alert, we can see that God has won a victory for us, one that is tangible and realised in our midst. It is an overwhelming victory, one that permanently conquers the enemy.

This victory has a profound impact on every place, every time and every people.

The birth of the infant, the king in David's line, promises salvation to all who long for it. This salvation is a new vision of wisdom, one that has been realised in Christ, God's agent of grace in the world. It is a new world, one of inclusivity and of righteous honour. It is a new age, one that is ushered in by the child who is leading a victory procession.

Ultimately, only eyes of faith allow us to see the fullness of God's revelation. The glory of the infant king is the very presence of God made flesh. Jesus is the eternal incarnate Word who has pitched his tent among us. Ours is not a distant God; the incarnate wisdom of God is among us, and we are called to a change of heart that will allow us to see this wonder.

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CLOSED FOR THE HOLIDAYS

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.

Merry Christmas and a Blessed New Year!

NEW YEAR MASS TIMES



Wednesday, 1st January
Maria Regina Church, Avalon
at 8.00 am
&
Sacred Heart Church, Mona Vale
at 9.30 am

UPDATE FROM THE SACRAMENTAL COORDINATOR

SACRAMENT OF FIRST RECONCILIATION

MARIA REGINA CHURCH, AVALON - Wednesday, 2 April 2025 at 5.00 pm
SACRED HEART CHURCH, MONA VALE - Wednesday, 9 April 2025 at 5.00 pm
Children in Year 4 and above are eligible to receive this Sacrament if they have been Confirmed.

For further information about the First Reconciliation programme and to enrol your child, you MUST attend ONE of the following Parent Information & Commitment Sessions:
Thursday, 6 February 2025 - Maria Regina Church at 7 pm OR
Tuesday, 11 February 2025 - Sacred Heart Church at 7 pm

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


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



SOCIETY OF DIVINE SAVIOUR

THANK YOU so much to the parents, students & staff of Sacred Heart Catholic Primary School, Maria Regina Catholic Primary School, Mater Maria Catholic College, Senior Servers, Lectors, Musicians & Singers, Eucharistic Ministers, Collectors, Welcomers, Counters, Computer Specialists and all who volunteered to make Christmas special this year.

God bless you all!

Fr Richard

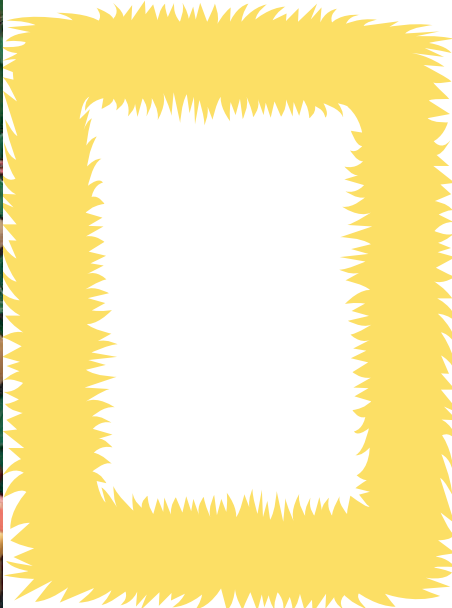


Today is born our Saviour

The Nativity of the Lord, Christmas Day



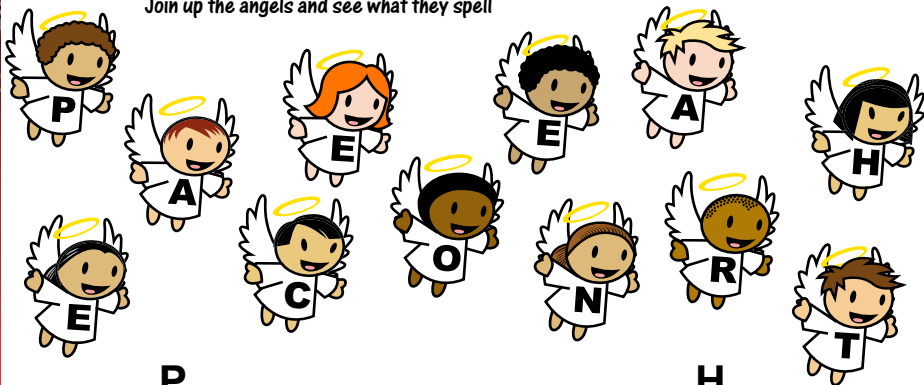
Draw a picture of the newly born Jesus

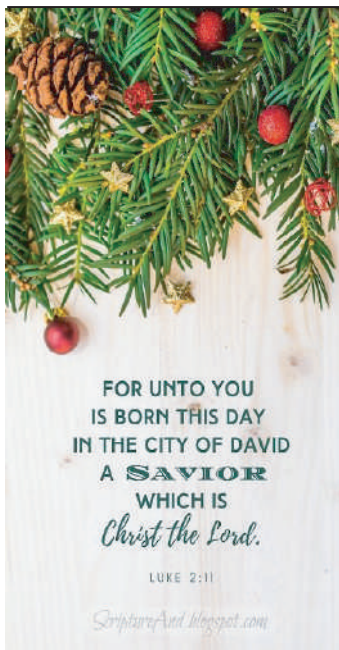


God gives us all that we have. What are some of the gifts you have received from God?



Join up the angels and see what they spell





FOR UNTO YOU
IS BORN THIS DAY
IN THE CITY OF DAVID
A SAVIOR
WHICH IS
Christ the Lord.

LUKE 2:11

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the life was the
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- John 1:4
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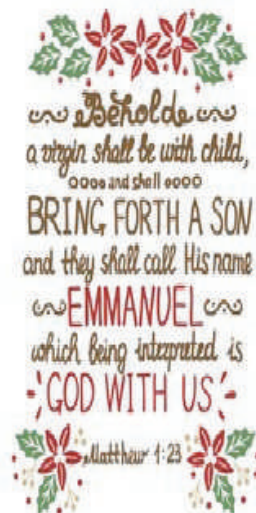
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