



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
May he preserve in you purity of heart! Become temples of the Holy Spirit!



Everyday I Need You Lord

Everyday, I need you, Lord,
but today especially,
I need some extra strength to face
whatever is to come.

This day, more than
Any other day,
I need to feel you near me
to strengthen my courage and
to overcome any fear.

By myself I cannot meet the
Challenge of the hour.

We are frail human creatures
and we need a Higher Power
to sustain us in all that life may bring.

And so, dear Lord, this day and
stretch out your powerful
arm to help me.

May your love be upon me as
I place all my hope in you.
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.



POPE FRANCIS' PRAYER INTENTION FOR JANUARY **FOR THE RIGHT TO AN EDUCATION**

Let us pray for migrants, refugees, and those affected by war, that their right to an education, which is necessary to build a better world, might always be respected.

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
Ted Calandruccio

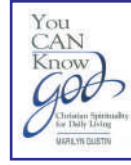
Deceased Anniversary
Tom Kasch
Susan Hickey
Leonard Nezeti

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

BOOK REVIEW

You Can Know God
 Christian Spirituality for Daily Living
 by: Marilyn Gustin



You really can know God who is listening to you all the time. If you are homesick for God, this book is written for you.

believe
 ON THE LORD
 JESUS CHRIST,
 AND THOU SHALT
 be saved
 AND THY HOUSE.
 ACTS 16:31

Liturgy for the Week

- 13/01 **Monday, Ordinary Time 1**
 Heb 1:1-6; Mk 1:14-20
- 14/01 **Tuesday, Ordinary Time 1**
 Heb 2:5-12; Mk 1:21-28
- 15/01 **Wednesday, Ordinary Time 1**
 Heb 2:14-18; Mk 1:29-39
- 16/01 **Thursday, Ordinary Time 1**
 Heb 3:7-14; Mk 1:40-45
- 17/01 **Friday, St Anthony**
 Heb 4:1-5, 11; Mk 2:1-12
- 11/01 **Saturday, Ordinary Time 1**
 Heb 4:12-16; Mk 2:13-17

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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
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LIMITED SPACES AVAILABLE

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
If you have any questions, please contact Sonia on
sacraments@pittwaterparish.org



Fr Richard would like to **THANK**
everyone for your thoughts and
prayers.

Your thoughtfulness has made his
birthday extra special.



Congratulations

Fr George Kołodziej SDS,
Superior for Salvatorians in Australia for
being appointed by His Holiness Pope
Francis as 5th Bishop for the Diocese of
Bunbury WA.

We are very proud to see second
Salvatorian Priest from Australia becoming
a bishop!

Fr George brings to that role a great
experience of working in many areas of
priestly ministry.

It is a huge loss for us Salvatorians in
Australia but an amazing gain for the local
church of Bunbury Diocese!

We wish him many blessings and please
keep him in your prayers 🙏

Parish Directory

Pittwater Parish

1 Keenan Street,
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NSW 2103
Tel 9157 0999

Parish Priest
Fr Richard Sadowski SDS
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ap@pittwaterparish.org

Parish Secretary
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Shereae Knight
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Director of Music
Simon Morris
Tel 9157 0999 ext 17
music@pittwaterparish.org

Media & Communications
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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



Feast of the Baptism of the Lord

From The Vatican News

Already in 300 AD, the Eastern Church celebrated the Epiphany and the Baptism of Jesus on 6 January. In the Western Church, this feast was mentioned in the Liturgy of the Hours. With the reform of the liturgy in 1969, the date for this Feast was set on the Sunday after the Epiphany. When the Feast of the Epiphany is not celebrated on 6 January, it is celebrated on the Sunday between 2 and 8 January, and the Feast of the Baptism of the Lord is celebrated on the Monday following the Epiphany. The Christmas Season concludes with the celebration of this Feast, even though a “window” is left open until 2 February, the day on which the Feast of the Presentation of the Lord in the Temple is celebrated. The latter feast is also known as Candlemas since Christ is proclaimed as the “light for the gentiles”.

A People's Experience

It is interesting to note that the Evangelist Luke recounts that Jesus' baptism was an experience of the people: “After all the people had been baptized”. By being in the midst of the people, Jesus manifests profound solidarity with His sinful people, giving from the very beginning a certain “stamp” to His mission. Jesus reveals that He is the One who has come to “get His hands dirty” so as to bear the sins of humanity.

The Baptism

Unlike the other evangelists, Luke does not dwell on the baptism, but leaves it in the background, using a simple phrase: “Jesus also had been baptized”. What the evangelist highlights is Jesus' behavior: “He was praying”. This is a particularly dear theme for Luke that he repeats often in his Gospel. In this climate of prayer, Jesus receives the gift of the Spirit and is confirmed by the Father who recognizes him to be “the beloved” and that He is “well pleased” with Him, or that He has placed His trust in Jesus. This is a way of indicating that Jesus' way of drawing near to the people, of being in solidarity with them, is the reason why He was sent.

Prayer

In the context of prayer, Jesus receives the gift of the Holy Spirit. This detail suggests that every time we pray, when we are speaking one on One with God (Saint Teresa of Avila), it is possible to experience the Holy Spirit. To pray is to return to Him, to remain with Him. It is the breath of our being children of God which we were introduced to in our own baptism. Only in prayer can our lives as God's children be nourished. In moments of prayer, we allow God to say over us: “You are the beloved”, “You are important for me”.

The Lord's Beloved

In Jesus, the Father's chosen Son, each of us is “the Lord's beloved child”, with whom God “is pleased”. This is true for me, but it is also true for every brother and sister, independently of our condition of being sinners. In baptism, what happened at Christmas happens again: God descends, He enters within me so that I might be reborn in Him as a new creature. But we are asked to bear witness to this “new life” (cf. Is. 43:19) so that just as Jesus could say, “those who have seen me have seen the Father” (Jn. 14:9), so too can other people say of us, “I see Jesus in you”. Humanly this is impossible, certainly. But “nothing is impossible with God” (Lk. 1:37).



You are my own dear Son

The Baptism of the Lord

Draw Jesus being baptised in the river by John the Baptist.



Find Out

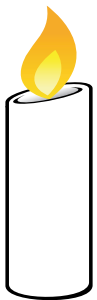


When were you baptised?

Where were you baptised?

Who are your Godparents?

Draw a line to connect each symbol with its correct meaning.



Candle

Symbolises the Holy Spirit

Symbolises life, cleansing and growth

Symbolises purity and freedom from sin

Symbolises the emergence from darkness into the light

Dove



Water

White Gown



The *Living* Word

Entrance Antiphon

After the Lord was baptized, the heavens were opened, and the Spirit descended upon him like a dove, and the voice of the Father thundered: This is my beloved Son, with whom I am well pleased.

First Reading

Isaiah 40:1-5, 9-11

A reading from the prophet Isaiah

The glory of the Lord shall be revealed, and all people shall see it.

‘Console my people, console them’ says your God.

‘Speak to the heart of Jerusalem and call to her

that her time of service is ended,

that her sin is atoned for,

that she has received from the hand of the Lord

double punishment for all her crimes.’

A voice cries, ‘Prepare in the wilderness a way for the Lord.

Make a straight highway for our God across the desert.

Let every valley be filled in,

every mountain and hill be laid low,

let every cliff become a plain,

and the ridges a valley;

then the glory of the Lord shall be revealed

and all mankind shall see it;

for the mouth of the Lord has spoken.’

Go up on a high mountain,

joyful messenger to Zion.

Shout with a loud voice,

joyful messenger to Jerusalem.

Shout without fear,

say to the towns of Judah,

‘Here is your God.’

Here is the Lord coming with power,

his arm subduing all things to him.

The prize of his victory is with him,

his trophies all go before him.

He is like a shepherd feeding his flock,

gathering lambs in his arms,

holding them against his breast

and leading to their rest the mother ewes.

The word of the Lord

Responsorial Psalm

Ps 28:1-4, 9-10. R. v.11

(R.) Oh, bless the Lord, my soul!

Lord God, how great you are, clothed in majesty and glory, wrapped in light as in a robe! You stretch out the heavens like a tent. (R.)

Above the rains you build your dwelling.

You make the clouds your chariot,

you walk on the wings of the wind,

you make the winds your messengers

and flashing fire your servants. (R.)

How many are your works, O Lord!

In wisdom you have made them all.

The earth is full of your riches.

There is the sea, vast and wide,

with its moving swarms past counting,

living things great and small. (R.)

All of these look to you to give them their food in due season. You give it, they gather it up: you open your hand, they have their fill. (R.)

You take back your spirit, they die, returning to the dust from which they came. You send forth your spirit, they are created; and you renew the face of the earth. (R.)

Second Reading

Titus 2:11-14; 3:4-7

A reading from the letter of St Paul to Titus

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.

When the kindness and love of God our saviour for mankind were revealed, it was not because he was concerned with any righteous actions we might have done ourselves; it was for no reason except his own compassion that he saved us, by means of the cleansing water of rebirth and by renewing us with the Holy Spirit which he has so generously poured over us through Jesus Christ our saviour. He did this so that we should be justified by his grace, to become heirs looking forward to inheriting eternal life.

The word of the Lord.

Gospel Acclamation

Luke 3:16

Alleluia, alleluia!

John said: He who is to come is mightier than I; he will baptise you with the Holy Spirit and with fire.

Alleluia!

Gospel

Luke 3:15-16, 21-22

A reading from the holy Gospel according to Luke

When Jesus had been baptised and had been praying, the heavens were opened and the Holy Spirit came upon him.

A feeling of expectancy had grown among the people, who were beginning to think that John might be the Christ, so John declared before them all, ‘I baptise you with water, but someone is coming, someone who is more powerful than I am, and I am not fit to undo the strap of his sandals; he will baptise you with the Holy Spirit and fire.’

Now when all the people had been baptised and while Jesus after his own baptism was at prayer, heaven opened and the Holy Spirit descended on him in bodily shape, like a dove. And a voice

came from heaven, ‘You are my Son, the Beloved; my favour rests on you.’

The Gospel of the Lord

Communion Antiphon

John 1:32,34

Behold the One of whom John said: I have seen and testified that this is the Son of God.

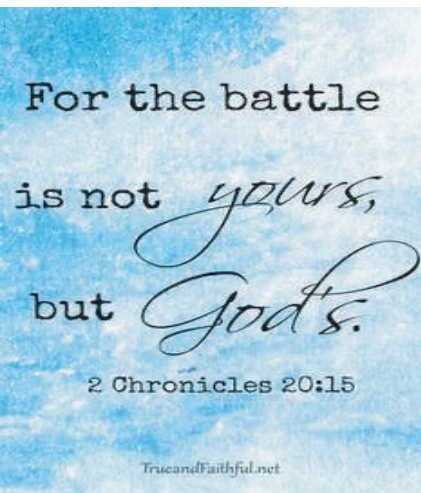
REFLECTION

by Dianne Bergant CSA

The optional readings for this feast recapitulate the themes of the entire Advent-Christmas season. Within the Christian tradition the voice that announces the future events is associated with John the Baptist. However, the reading itself proclaims the coming and manifestation of the Lord, clearly an Advent theme. The gospel reading from Luke moves us from anticipation of the coming of the messiah to fulfillment of God’s promise. This theme of fulfillment is at the heart of the Christmas message. In the baptism narrative we see that Jesus has come into our midst, not only as a helpless infant, but as our anointed messiah. There is a dimension to this same gospel reading that opens us to a future yet to be fully realized in our lives. The one upon whom the Spirit descends has come to baptize us in that same Spirit.

The reading from Titus is similar to the gospel. Both herald the appearance of Jesus and promise a future fulfilment for us. Renewed by the Spirit, we will be justified and become heirs in hope of eternal life. The readings clearly announce that: the Lord is coming; the Lord has come; the Lord will continue to come to and through us into the whole world. Under all of this rings the melody of God’s creative power as seen in the Psalm response. In view of the Isaian passage, God promises to create something new in the wilderness of chaos. There the glory of the Lord will be revealed.

© Dianne Bergant CSA



Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God.

John 3:5

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**THEN PETER SAID TO THEM,
"REPENT, AND LET
EVERY ONE OF YOU
BE BAPTIZED
- IN THE NAME OF -
JESUS CHRIST
FOR THE REMISSION OF SINS;
AND YOU SHALL RECEIVE THE
GIFT OF THE HOLY SPIRIT."
ACTS 2:38**

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So in Christ Jesus you are all children of God through faith, for all of you who were baptized into Christ have clothed yourselves with Christ.

Galatians 3:26-27

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ACTS 2:38

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