



# 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!



**An Epiphany Prayer**

Lord Jesus Christ,  
may Your light shine  
our way,  
as once it guided the steps  
of the Magi;  
that we too may be led  
into Your presence  
and worship You,  
the Child of Mary,  
the Word of the Father,  
the King of nations,  
the Saviour of Mankind;  
to whom be Glory for ever.  
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  
**Tuna Szuman**

### Deceased Anniversary

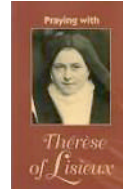
**Tom Kasch**  
**Helen Seve**  
**Nita Seve**

### 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

Praying with  
**Therese of Lisieux**  
by: Joseph F Schmidt, FSC



Therese was a Carmelite nun who entered the convent at 15 years of age and died nine years later, yet in that short period she managed to inspire untold numbers with her profoundly simple spirituality and her understanding that God loves us regardless.

AND WHAT DOES  
**THE LORD**  
REQUIRE OF YOU?

TO ACT JUSTLY  
TO LOVE MERCY  
TO WALK HUMBLLY  
WITH YOUR GOD.

MICAH 6:8

### Liturgy for the Week

- 06/01 Monday, Weekday of Christmas Time  
1 Jn 3:22 - 4:6; Mt 4:12-17, 23-25
- 07/01 Tuesday, Weekday of Christmas Time  
1 Jn 4:7-10; Mk 6:34-44
- 08/01 Wednesday, Weekday of Christmas Time  
1 Jn 4:11-18; Mk 6:45-52
- 09/01 Thursday, Weekday of Christmas Time  
1 Jn 4:19 - 5:4; Lk 4:14-22
- 10/01 Friday, Weekday of Christmas Time  
1 Jn 5:5-13; Lk 5:12-16
- 11/01 Saturday, Weekday of Christmas Time  
1 Jn 5:14-21; Jn 3:22-30

Scan to  
Give to our  
Parish of  
Pittwater

Cashless Fast Secure



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.

Available on the  
 App Store

Get it on  
 Google play

# 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

## 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*

## *New Year Wishes & Message*

Our Parish is very active & vibrant & we appreciate & recognise the impact our parishioners & our dedicated parish team make through volunteering & getting involved in different activities by serving others.

Our volunteers are an essential part of the fabric of our faith community & hope that we continue to inspire & nurture each other as together we grow in our faith & trust in God.

*"There are different kinds of spiritual gifts, but the same spirit; there are different forms of service but the same Lord; there are different workings but the same God who produces all of them in everyone.*

*1 Corinthians 12:4-6*

### **Sacraments 2024**

In Baptism we were claimed for Christ, we received a vocation from God, a unique calling to undertake in life & a special mission to proclaim the Gospel to the next generation.

The Catholic Parish of Pittwater celebrated

160 Baptisms

131 Confirmations

144 First Reconciliations & First Eucharists

As God continues to gather his children, we pray that he will comfort them, safeguard them & dwell with them always.

### **Jubilee Year**

Next year 2025 we celebrate the jubilee Year with the theme "Pilgrims of Hope"

We pray that the year will usher in new beginnings in our lives, may all closed doors be opened to us & new opportunities be discovered and may the guiding light of God lead us to happiness & peace.

*Fr Richard Sadowski, SDS*

## 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

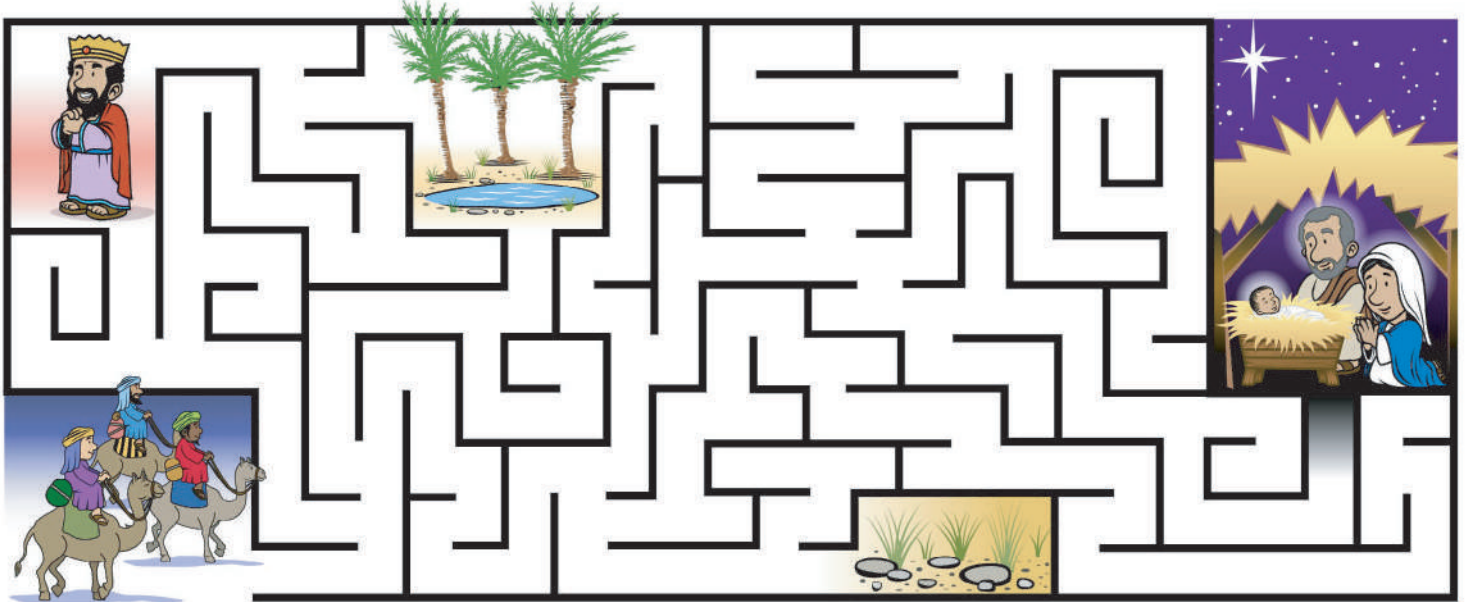


# Wise men came from the East

The Epiphany of the Lord



Help the wise men find their way to Bethlehem - watch out for King Herod!



The wise men had to search for Jesus.  
Where are some of the places we  
can find Jesus in our world today?


Draw yourself offering a gift to Jesus



*Happy Birthday*

**Fr Richard**

Everyone is invited to come and celebrate  
Fr Richard's special day for Morning Tea on  
**Sunday, 5th of January after the  
10 am Mass at the  
Sacred Heart Church Parish Centre**

**THE EPIPHANY  
OF OUR LORD**



All of God's creation gives Him glory and praises Him by its very existence. Psalm 143 states, "Praise him, sun and moon; praise him, all shining stars. Praise him, highest heavens, you waters above the heavens. Let them all praise the LORD's name; for he commanded and they were created..." Though creation gives praise to God simply by existing and thus, revealing its Creator, today's solemnity commemorates the one moment in time when God used a star to manifest His eternal glory. At the time of Jesus' birth, it was commonly believed that a new star would appear whenever a new ruler was born. The Father in Heaven used this belief to honor His Son Who was born as the new King. The three Magi from the East were astrologers. When they saw this "new star," they chose to follow it to discover the new King. Creation itself, in the form of a star, pointed the way, thus giving glory to the newborn King, manifesting Him to the whole world as symbolized by the Magi.

The word "Epiphany" means "manifestation." Therefore, as we honor this moment in time when the Christ Child was made manifest to the world, we need to look into our own hearts. There, we discover Christ's ongoing manifestation to us so that we can worship Him Who has also chosen to be born within our hearts. We must diligently seek out that manifestation of God within us and respond to it in the same ways that the Magi responded. First of all, the Magi were determined. When they saw a sign from the heavens that pointed to a new King, they stopped everything and departed in haste to find Him. When God speaks to you and manifests Himself to you in some way, nothing could be more important than to be attentive to His voice and follow His manifestation with the same haste. The Magi brought the Christ Child gifts of gold, frankincense, and myrrh. God was honored and glorified through His creation by the giving of these gifts. God created gold to manifest His beauty and

dignity. It was a gift that symbolized kingship. When we ponder the natural gift of gold given to the Christ Child, we are inspired to give Him our own gift of symbolic gold by prayerfully acknowledging Him as our own King to whom we pledge our complete submission.

Made from the sap of trees found in India, northeastern Africa, and the Arabian peninsula, frankincense and myrrh are also fruits of God's creation. Used in worship to symbolize prayers rising to heaven, frankincense symbolizes the Christ Child's divinity. We offer frankincense to Christ when we acknowledge His divine nature, since He is God in the flesh. Often used in burial, myrrh honors the Christ Child Who came to give His life as a sacrifice for many. We offer myrrh to profess our belief in the saving power of Christ's death on the Cross and our need for that gift of salvation.

As we celebrate the Solemnity of the Epiphany, try to see it as a historical event in which you are invited to share. God wants to manifest Himself to you today. When this happens, you must respond with faith and worship, giving God the greatest glory by giving Him your very life and offering Him your spiritual gifts of gold, frankincense, and myrrh.

Most glorious Christ Child, the Father in Heaven honored Your birth by placing a star over the place where you lay. Through that new star, Your divine presence was made manifest to the world in the Magi who responded with faith and worship. Please manifest Yourself to me within my own soul where You wish to be born, and give me the love and zeal I need to follow the example of the Magi, offering You my own gifts in adoration and trust. Jesus, I trust in You.

*from My Catholic Life!*



# The *Living* Word

## Entrance Antiphon

Malachi 3:1; 1 Chr 29:12

Behold, the Lord, the Mighty One, has come;  
and kingship is in his grasp, and power and dominion.

## First Reading

Isaiah 60:1-6

**A reading from the prophet Isaiah**  
*The glory of the Lord shines upon you, parents.*

Arise, shine out, Jerusalem, for your light has come,  
the glory of the Lord is rising on you, though night still covers the earth and darkness the peoples.  
Above you the Lord now rises and above you his glory appears.  
The nations come to your light and kings to your dawning brightness.  
Lift up your eyes and look round: all are assembling and coming towards you,  
your sons from far away  
and your daughters being tenderly carried.

At this sight you will grow radiant, your heart throbbing and full;  
since the riches of the sea will flow to you;  
the wealth of the nations come to you; camels in throngs will cover you, and dromedaries of Midian and Ephah; everyone in Sheba will come, bringing gold and incense and singing the praise of the Lord.

## The word of the Lord

**Responsorial Psalm** Ps 71:1-2, 7-8, 10-13

**(R.) Lord, every nation on earth will adore you.**

O God, give your judgement to the king, to a king's son your justice,  
that he may judge your people in justice and your poor in right judgement. **(R.)**

In his days justice shall flourish and peace till the moon fails.  
He shall rule from sea to sea, from the Great River to earth's bounds. **(R.)**

The kings of Tarshish and the sea coasts shall pay him tribute.  
The kings of Sheba and Seba shall bring him gifts.  
Before him all kings shall fall prostrate, all nations shall serve him. **(R.)**

For he shall save the poor when they cry and the needy who are helpless.  
He will have pity on the weak and save the lives of the poor. **(R.)**

## Second Reading

Ephesians 3:2-3, 5-6

**A reading from letter of St Paul to the Ephesians**

*The revelation means that pagans now share the same inheritance, that they are parts of the same body.*

You have probably heard how I have

been entrusted by God with the grace he meant for you, and that it was by a revelation that I was given the knowledge of the mystery. This mystery that has now been revealed through the Spirit to his holy apostles and prophets was unknown to any men in past generations; it means that pagans now share the same inheritance, that they are parts of the same body, and that the same promise has been made to them, in Christ Jesus, through the gospel.

## The word of the Lord.

## Gospel Acclamation

Matthew 2:2

Alleluia, alleluia!

We have seen his star in the East;  
and have come to adore the Lord.

Alleluia!

## Gospel

Matthew 2:1-12

**A reading from the holy Gospel according to Matthew**

*We have come from the East to worship the king.*

After Jesus had been born at Bethlehem in Judaea during the reign of King Herod, some wise men came to Jerusalem from the east. 'Where is the infant king of the Jews?' they asked. 'We saw his star as it rose and have come to do him homage.' When King Herod heard this he was perturbed, and so was the whole of Jerusalem. He called together all the chief priests and the scribes of the people, and enquired of them where the Christ was to be born. 'At Bethlehem in Judaea,' they told him, 'for this is what the prophet wrote: And you, Bethlehem, in the land of Judah,

you are by no means least among the leaders of Judah,

for out of you will come a leader who will shepherd my people Israel.' Then Herod summoned the wise men to see him privately. He asked them the exact date on which the star had appeared, and sent them on to Bethlehem. 'Go and find out all about the child,' he said 'and when you have found him, let me know, so that I too may go and do him homage.' Having listened to what the king had to say, they set out. And there in front of them was the star they had seen rising; it went forward and halted over the place where the child was. The sight of the star filled them with delight, and going into the house they saw the child with his mother Mary, and falling to their knees they did him homage. Then, opening their treasures, they offered him gifts of gold and frankincense and myrrh. But they were warned in a dream not to go back to Herod, and returned to their own country by a different way.

## The Gospel of the Lord

## Communion Antiphon

Matthew 2:2

We have seen his star in the East, and have come with gifts to adore the Lord.

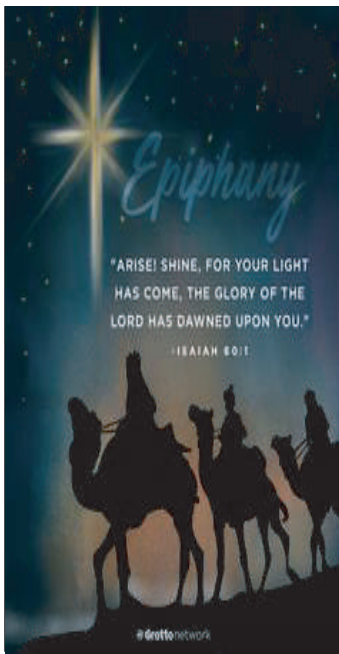
## REFLECTION

by Dianne Bergant CSA

*The Christmas season reaches an apex with the Epiphany. In some liturgical traditions, it is the central celebration of Christmas. It commemorates not only the birth of Christ and the visit of the Magi, but also his baptism in the Jordan and the manifestation of his glory at the wedding feast of Cana. In the Roman Catholic tradition, the focus is on the visit of the Magi and the implications of that visit for the glorious manifestation of God to all the peoples of the world. There is a wonderful summons to alertness and presence of mind and heart, a call for all the nations to witness the marvellous works of God that shine as light in the midst of the surrounding darkness. The light of God is known in the ways in which the most vulnerable in the city are cared for and acknowledged. In just action and righteousness, the city becomes the beacon of God, and all the nations are attracted by this light. The quality of the light leads the way through the darkness and sustains the world in goodness and peace. The manifestation of God among us changes the ways in which we perceive each other. Christ's birth provides us with the light by which we see a new criterion for relating. The Magi represent the multi-ethnic and cultural diversity in civic and parish situations, as well as the many religions of the world. All people, regardless of race or ethnic origin, can be co-heirs with Christ.*

© Dianne Bergant CSA

"IN *Happy* MOMENTS,  
PRAISE GOD.  
IN DIFFICULT MOMENTS,  
*SEEK* God.  
IN QUIET MOMENTS,  
*trust* GOD.  
IN EVERY MOMENT,  
THANK *God.*"





## PRIME VISION


PROPERTY MAINTENANCE

**FREE QUOTE**  
0433 321 448

A Wide Range of Services from Expert Cleaners

We know how important it is to keep your windows squeaky clean and your property looking like new. That's why we offer a comprehensive range of property and window cleaning services to clients around Sydney. With the help of traditional methods and modern technologies, our cleaners can assist with:

*Window cleaning (traditional, pure-water and abseiling)*  
**HIGH PRESSURE CLEANING**  
**HOUSE SOFT WASHING**  
**GUTTER CLEANING**  
**SOLAR PANEL CLEANING**



**Electrical**  
**Plumbing**  
**Air Conditioning.**

Ph:(02) 9905 8800

**We turn up,  
Clean up &  
Guarantee our  
Work !!!**

**GET  
IN TOUCH  
TODAY**



## WILSON FAMILY FUNERALS

CALL 02 9913 7131

*Locally Australian family  
owned and operated  
Available 24/7*



Ann, John and Kate of Wilson Family Funerals

*Personally talk to Ann Wilson and her team*

- Decades of experience caring for Northern Beaches and North Shore families
- A meaningful service uniquely personal to a family's needs and wishes
- Pre-paid funeral plans
- Care, compassion, love, understanding and support

Suite 3, 1440 Pittwater Rd,  
North Narrabeen, Sydney

[wilsonfamilyfunerals.net.au](http://wilsonfamilyfunerals.net.au)



# Thank You!

We would like to express our gratitude for all your generous Christmas presents and cards. We appreciate your kindness and thoughtfulness. We hope you all had a blessed Christmas and New Year filled with love, hope, joy and peace.

Fr Richard and Fr Zygmunt



When they saw the star,  
they were overjoyed.  
— Matthew 2:10





To find out more, call Tamara  
0403226699

Every Girl. Everywhere. Period.



CATHOLIC  
DIOCESE OF  
BROKEN BAY



I have called  
you to renew  
and rebuild.

PASTORAL  
WORKS

Broken Bay

Donate to help  
families and parish  
communities in  
Broken Bay.



Your trusted  
Funeral Directors on the  
Northern Beaches

# ANN WILSON FUNERALS

Proudly Local. Available 24/7

Dee Why 9971 4224 | Mona Vale 9979 5978

[annwilsonfunerals.com.au](http://annwilsonfunerals.com.au)



Part of the local  
community since 1957

51 Basset St, Mona Vale  
Ph: 999 3340  
49 Avalon Pde, Avalon  
Ph: 9918 3315



Serving  
Northern Beaches  
Families  
& Businesses  
since 1976!

Ph: 9913 2624  
2 Devitt Street  
Narrabeen

“  
Now I know only  
in part; then I will  
know fully, even as  
I have been fully  
known. And now  
faith, hope, and  
love abide, these  
three; and the  
greatest of these is  
love.”

-1CORINTHIANS 13:13

WomansDay

The Northern Beaches only local family  
owned and operated funeral company



Chris Lee

With over 35 years  
experience we can guide  
you with sensitivity  
and respect your loved  
one deserves.

- \* 24 hour professional service
- \* Enquire about pre-paid funerals
- \* Unique funerals a speciality

9999 5211

[www.peninsulafunerals.com.au](http://www.peninsulafunerals.com.au)

Purveyor of Specialty Coffees



Driven by a passion for community  
& quality



“use our 10% discount code  
on checkout parish10 with  
all coffee bean orders”

Award winning coffee  
beans available online  
[www.coffeebrothers.com.au](http://www.coffeebrothers.com.au)

PITTWATER  
PHARMACY  
COMPOUNDING CHEMIST



Ralph Papandrea  
B.PHARM (Hons) MSc. MPS  
Len Papandrea  
B.PHARM. MPS  
Sam Papandrea  
B.PHARM. MPS  
Andrew Snow  
B.PHARM. MPS

1771 Pittwater Road  
Mona Vale 2103  
Ph: 9999 3398 Fax: 9999 3910

FINE WINE, SPIRITS & BEER

FLEET STREET

MERCHANTS

PAUL BOTTERO

1755 Pittwater Road  
Mona Vale NSW 2103

Phone: 9999 3055  
Fax: 9999 3055

HUNTER  
ESTATE  
AGENTS



Property Sales  
2020



Duane  
Hunter  
0415 708 992  
9970 7220

Follow us on



[duanehunterhea](https://www.facebook.com/duanehunterhea)