



# 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 the lovely infant Jesus, under whose image the Church reveres the great love of our Divine Saviour pour out on you a plentitude of grace... Mother Mary

## HOLY FAMILY PRAYER

Holy Family of Nazareth, make our family one with you. Help us to be instruments of peace.

Grant that love, strengthened by grace, may prove mightier than all the weakness and trials through which our families sometime pass. May we always have God at the center of our hearts and homes until we are all in one family, happy and at peace in one true home with you. 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

And he brought them up into his house, and set food before them, and rejoiced greatly, with all his house, having believed in God.

Acts 16:34

## BOOK REVIEW

**A Woman Clothed with the Sun**  
Edited by: John J Delaney



We have heard of some of the apparitions of Our Lady over the last 200 years and this volume explains each one as it happened. A great read.

Our family is a circle of strength, founded on faith, joined in love, kept by god.

## Liturgy for the Week

- 30/12 Monday, 6th Day in the Octave of the Nativity of the Lord  
1 Jn 2:12-17; Lk 2:36-40
- 31/12 Tuesday, 7th Day in the Octave of the Nativity of the Lord  
1 Jn 2:18-21; Jn 1:1-18
- 01/01 Wednesday, Mary, the Holy Mother of God  
Num 6:22-27; Luke 2:16-21
- 02/01 Thursday, Sts Basil the Great and Gregory Nazianzen  
1 Jn 2:22-28; Jn 1:19-28
- 03/01 Friday, before the Epiphany  
1 Jn 3:7-10; Jn 1:35-42

**Pastoral Notes**  
Saturday is the Solemnity of the Epiphany. The Blessing of Homes, traditionally associated with the Epiphany. The Parish Blessing of Chalk would ideally take place at the end of Masses on Epiphany.

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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.

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

## 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*

## 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*

## 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

## Jubilee Year Prayer

Father in heaven,  
may the *faith* you have given us  
in your Son, Jesus Christ, our brother,  
and the flame of *charity* enkindled  
in our hearts by the Holy Spirit,  
reawaken in us the *blessed hope*  
for the coming of your Kingdom.

May your grace transform us into  
tireless cultivators of the seeds  
of the Gospel.

May those seeds transform from within  
both humanity and the whole cosmos  
in the sure expectation of a new earth,  
when, with the powers of Evil vanquished,  
your glory will shine eternally.

May the grace of the Jubilee  
reawaken in us, *Pilgrims of Hope*,  
a yearning for the treasures of heaven.

May the same grace spread  
the joy and peace of our Redeemer  
throughout the earth.

To you our God, eternally blessed,  
be glory and praise for ever.  
Amen.

**PARISH OFFICE IS  
CLOSED FOR THE HOLIDAYS  
and will RE - OPEN on the  
13th JANUARY 2025**

*Happy  
New Year*

2025

**The phones and emails are  
monitored regularly.**

**So please don't hesitate to  
contact us and leave a  
message.**

OUR FAMILY IS A CIRCLE  
OF *strength* AND *love*  
FOUNDED ON FAITH  
JOINED IN *love*, KEPT BY *God*,  
TOGETHER FOREVER



SOCIETY OF DIVINE SAVIOUR

## 2024 Annual Salvatorian Seminary Appeal

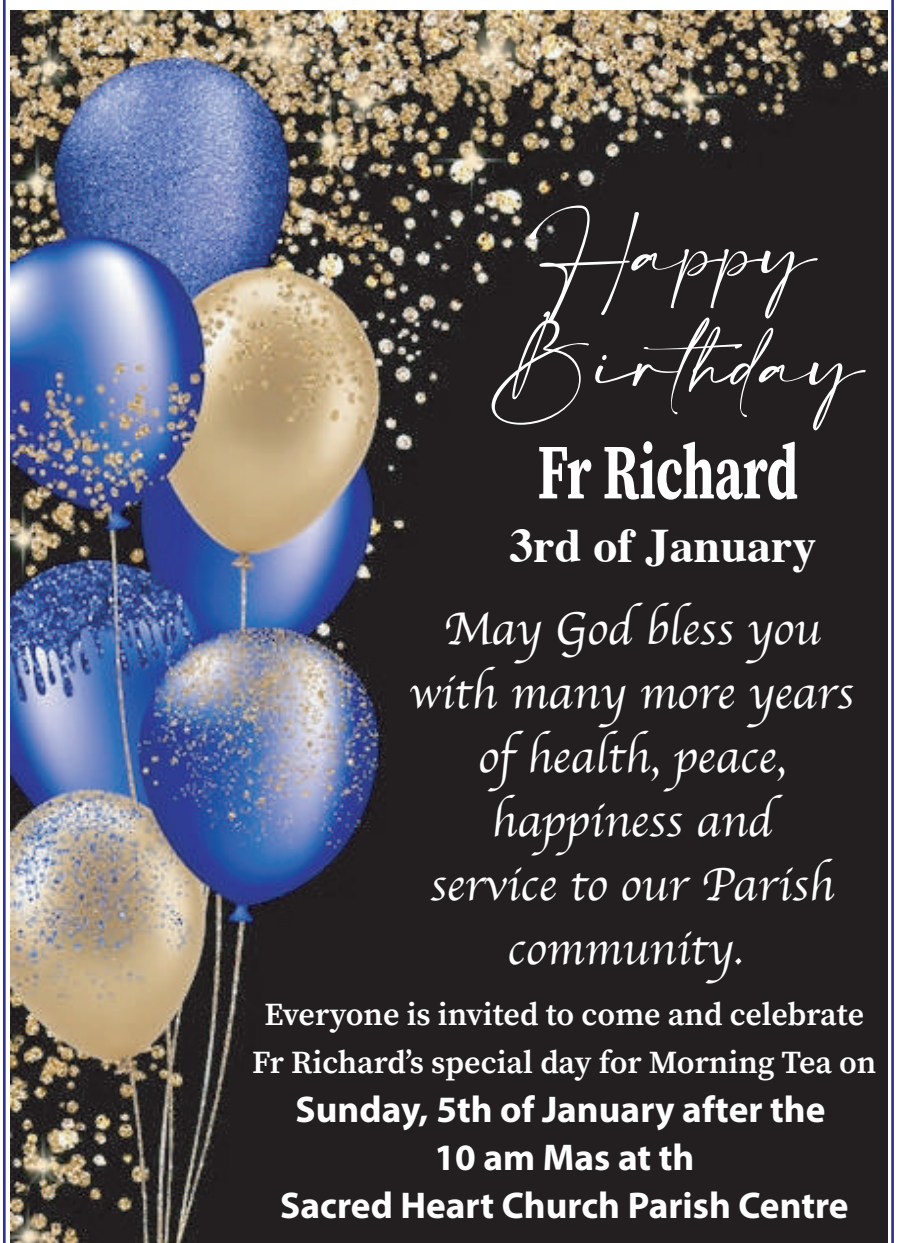
On behalf of the Salvatorian Fathers, I would like to sincerely thank you for all your kind contributions towards our Salvatorian Seminary Appeal in 2024. We are most grateful to you, as every amount greatly assists with the future formation of Salvatorian priests in the Philippines.

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



*Happy  
Birthday*

**Fr Richard**

**3rd of January**

*May God bless you  
with many more years  
of health, peace,  
happiness and  
service to our Parish  
community.*

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

# 10 things to know about Jubilee 2025, beginning 24 December 2024



Signs around the Eternal City declare “Roma si trasforma”—“Rome is transformed” as an explanation for the ubiquitous infrastructure projects underway, including the restoration of iconic sculptures and monuments, ahead of Jubilee 2025, a Holy Year that begins Christmas Eve.

“For everyone, may the Jubilee be a moment of genuine, personal encounter with the Lord Jesus, the ‘door’ ... of our salvation, whom the church is charged to proclaim always, everywhere and to all as ‘our hope,’” Pope Francis wrote in the document that officially declared the year.

## Here are 10 things to know about the upcoming Jubilee Year.

1. A jubilee year, also known as a “holy year,” is a special year in the life of the church currently celebrated every 25 years. The most recent ordinary jubilee was in 2000, with Pope Francis calling for an Extraordinary Jubilee Year of Mercy in 2015-2016.

Jubilee years have been held on regular intervals in the Catholic Church since 1300, but they trace their roots to the Jewish tradition of marking a jubilee year every 50 years.

According to the Vatican website for the jubilee, these years in Jewish history were “intended to be marked as a time to re-establish a proper relationship with God, with one another, and with all of creation, and involved the forgiveness of debts, the return of misappropriated land, and a fallow period for the fields.”

2. Jubilee 2025 opens Christmas Eve, 24 December, at 7 pm, with the rite of the opening of the Holy Door at St Peter’s Basilica in the Vatican immediately before Pope Francis celebrates midnight Mass.

Holy Doors will also be opened at Rome’s three other major basilicas: St John Lateran on 29 December, St Mary Major on 1 January, and St Paul’s Outside the Walls on 5 January.

A Holy Door will also be opened 26 December at Rebibbia Prison, a Roman prison Pope Francis has visited twice before to celebrate Mass and wash inmates’ feet on Holy Thursday. The doors represent the passage to salvation Jesus opened to humanity. In 1423, Pope Martin V opened the Holy Door in the Basilica of St John Lateran—the Diocese of Rome’s cathedral—for the first time for a jubilee. For the Holy Year of 1500, Pope Alexander VI opened Holy Doors at Rome’s four main basilicas. At the end of a holy year, the Holy Doors are formally closed and then bricked over by masons.

3. The theme of the Holy Year is “Pilgrims of Hope.” The papal bull, issued 9 May, that introduced the coming Jubilee Year is titled “Spes Non Confundit,” or “Hope does not disappoint,” drawn from Romans 5:5. “Everyone knows what it is to hope,” Pope Francis wrote. “In the heart of each person, hope dwells as the desire and expectation of good things to come, despite our not knowing what the future may bring.

“Often we come across people who are discouraged, pessimistic and cynical about the future, as if nothing could possibly bring them happiness. For all of us, may the Jubilee be an opportunity to be renewed in hope. God’s word helps us find reasons for that hope.”

Pope Francis also hopes the year draws Catholics toward patience, which he described in “Spes Non Confundit” as a “virtue closely linked to hope,” yet can feel elusive in “our fast-paced world, we are used to wanting everything now.”

4. Drawing on their Jewish roots, jubilee years emphasise the sacrament of reconciliation and restoring relationships with God. They also provide an opportunity for a special jubilee indulgence, which can remove the residual effects of sin through the grace of Christ.

5. The year calls Christians to action. Pope Francis called for “signs of hope” in the Jubilee Year, including the desire for peace in the world, openness to life and responsible parenthood, and closeness to prisoners, the poor, the sick, the young, the elderly, migrants and people “in difficult situations.”

Pope Francis has called on affluent countries to forgive the debts of countries that would never be able to repay them, and address “ecological debt,” which he described as “connected to commercial imbalances with effects on the environment and the disproportionate use of natural resources by certain countries over long periods of time.”

6. Expect an influx of pilgrims in the Eternal City. Italy’s National Tourist Research Institute projects 35 million visitors in 2025, nearly triple of its 13 million visitors in 2023. Pilgrimage is a “fundamental” part of jubilee events, Pope Francis said in “Spes Non Confundit.”

“Setting out on a journey is traditionally associated with our human quest for meaning in life. A pilgrimage on foot is a great aid for rediscovering the value of silence, effort and simplicity of life,” he wrote.

He noted that jubilee pilgrims are likely to visit Rome’s Christian catacombs and its seven pilgrim churches—the basilicas of St Peter, St Mary Major, St John Lateran, St Paul Outside the Walls, St Lawrence, Holy Cross and St Sebastian—destinations St Philip Neri popularised in the 16th century with a 15-mile walk.

12 other Roman churches, including the Sanctuary of Divine Love in southeast Rome, are designated “jubilee churches” intended as gathering spots for pilgrims during the jubilee.

Experts in the travel and hospitality industries suggest anyone heading to Rome in 2025—pilgrim or not—book accommodations, tickets and tours in advance. Visitors may also be expected to pay an increased tourist tax, depending on their type of accommodations.

7. Major events are happening in Rome, including jubilee gatherings with liturgies, speakers and papal audiences to

celebrate different groups within the church. The first is the Jubilee of the World of Communications 24-26 January, followed by the Jubilee of the Armed Forces, Police and Security Personnel 8-9 February.

The jubilee also includes gatherings for artists (15-18 February), deacons (21-23 February) and even marching bands (10-11 May). Some of these special gatherings will coincide with major canonisations, such as the canonisation of Blessed Carlo Acutis during the Jubilee of Teenagers 25-27 April, and the canonisation of Blessed Pier Giorgio Frassati during the Jubilee of Young People 28 July-3 August.

Expect some events to highlight the 1,700th anniversary of the Council of Nicaea, from which Christians received the Nicene Creed. This year, despite different liturgical calendars, the dates for celebrating Easter align in the Catholic Church and the Orthodox Church, leading some, including Pope Francis, to call for a “decisive step forward towards unity around a common date for Easter,” which was discussed in 325 at the Council of Nicaea.

8. Expect Rome to sparkle and shine. Many famous sites and artworks in Rome and at the Vatican have been cleaned or restored for the jubilee, much to the chagrin of many tourists in 2024, who found major monuments obscured by fencing, scaffolding and tarps. Many of those projects are expected to be completed with a fresh-face reveal in time for the jubilee.

9. While many jubilee events will take place in Rome and at the Vatican, it’s a celebration for the whole church. On 29 December, diocesan bishops are expected to open the Holy Year locally with Masses at their cathedrals and co-cathedrals.

Catholics are encouraged to make pilgrimages to their cathedral during the year, and should watch diocesan communications for local events. While Pope Francis encouraged bishops to designate Holy Doors for their own cathedrals during the Jubilee Year of Mercy in 2015, there will only be Holy Doors at the Vatican and in Rome this year.

10. The Jubilee Year concludes with the closing of the Holy Door at St Peter’s Basilica 6 January, 2026, on the feast of the Epiphany. However, the Holy Doors at Rome’s other major basilicas will close 28 December, 2025, the same day dioceses are to end local celebrations of the Holy Year.

The Jubilee Year also looks ahead to 2033, when the church will mark the 2,000th anniversary of Jesus’ passion, death and resurrection, which Pope Francis called “another fundamental celebration for all Christians.”

By: Maria Weiring  
The Catholic Weekly



# The *Living* Word

## Entrance Antiphon

Luke 2:16

The shepherds went in haste, and found Mary and Joseph and the Infant lying in a manger.

## First Reading

1 Samuel 1:20-22, 24-28

### A reading from the first book of Samuel

*For the whole of his life, Samuel shall be lent to the Lord.*

Hannah conceived and gave birth to a son, and called him Samuel 'since' she said 'I asked the Lord for him.'

When a year had gone by, the husband Elkanah went up again with all his family to offer the annual sacrifice to the Lord and to fulfil his vow. Hannah, however, did not go up, having said to her husband, 'Not before the child is weaned. Then I will bring him and present him before the Lord and he shall stay there for ever.'

When she had weaned him, she took him up with her together with a three-year-old bull, an ephah of flour and a skin of wine, and she brought him to the temple of the Lord at Shiloh; and the child was with them. They slaughtered the bull, and the child's mother came to Eli. She said, 'If you please, my lord. As you live, my lord, I am the woman who stood here beside you, praying to the Lord. This is the child I prayed for, and the Lord granted me what I asked him. Now I make him over to the Lord for the whole of his life. He is made over to the Lord.'

There she left him, for the Lord.

## The word of the Lord

### Responsorial Psalm

Ps 83:2-3, 5-6, 9-10. R. v.5

**(R.) How happy they who dwell in your house, O Lord.**

How lovely is your dwelling place, Lord, God of hosts. My soul is longing and yearning, is yearning for the courts of the Lord. My heart and my soul ring out their joy to God, the living God. **(R.)**

They are happy, who dwell in your house, for ever singing your praise. They are happy, whose strength is in you; they walk with ever growing strength. **(R.)**

O Lord, God of hosts, hear my prayer, gave ear, O God of Jacob.

Turn your eyes, O God, our shield, look on the face of your anointed. **(R.)**

## Second Reading

1 John 3:1-2, 21-24

### A reading from the first letter of St John

*He calls you his own children, and that is what you are.*

Think of the love that the Father has lavished on us, by letting us be called God's children; and that is what we are.

Because the world refused to acknowledge him,

therefore it does not acknowledge us.

My dear people, we are already the children of God

but what we are to be in the future has not yet been revealed,

all we know is, that when it is revealed we shall be like him

because we shall see him as he really is.

My dear people,

if we cannot be condemned by our own conscience,

we need not be afraid in God's presence, and whatever we ask him,

we shall receive,

because we keep his commandments

and live the kind of life that he wants.

His commandments are these:

that we believe in the name of his Son

Jesus Christ

and that we love one another

as he told us to.

Whoever keeps his commandments

lives in God and God lives in him.

We know that he lives in us

by the Spirit that he has given us.

## The word of the Lord.

### Gospel Acclamation

Acts 16:14

Alleluia, alleluia!

Open our heart, O Lord, to listen to the words of your Son.

Alleluia!

### Gospel

Lk 2:41-52

#### A reading from the holy Gospel according to Luke

*His parents found him in the temple, sitting among the learned men, listening to them.*

Every year the parents of Jesus used to go to Jerusalem for the feast of the Passover. When he was twelve years old, they went up for the feast as usual. When they were on their way home after the feast, the boy Jesus stayed behind in Jerusalem without his parents knowing it. They assumed he was with the caravan, and it was only after a day's journey that they went to look for him among their relations and acquaintances. When they failed to find him they went back to Jerusalem looking for him everywhere.

Three days later, they found him in the Temple, sitting among the doctors, listening to them, and asking them questions; and all those who heard him were astounded at his intelligence and his replies. They were overcome when they saw him, and his mother said to him, 'My child, why have you done this to us? See how worried your father and I have been, looking for you.' 'Why were you looking for me?' he replied. 'Did you not know that I must be busy with my Father's affairs?' But they did not understand what he meant.

He then went down with them and came

to Nazareth and lived under their authority. His mother stored up all these things in her heart. And Jesus increased in wisdom, in stature, and in favour with God and men.

## The Gospel of the Lord

### Communion Antiphon

Bar 3:38

Our God has appeared on the earth, and lived among us.

## REFLECTION

by Diane Bergant

*The optional readings for the feast of the Holy Family provide us an opportunity to reflect on 'family values' in a slightly different way. Here the pivotal theme is the union that we enjoy with God, a union of love that makes us children of God, members of the family of God. All other families find meaning and inspiration in this fundamental gathering. The stories of Hannah, Elkanah, and Samuel as well as Mary, Joseph and Jesus are examples of how the plan of God unfolds within the everyday occurrences of family life.*

*It is out of love that we are called to be children of God. As children of God, we are also joined to God's own Son, who has commanded us to love one another as God has loved all. If we are faithful to that commandment, Christ remains in us. We are bound to Christ through the power of the Holy Spirit.*

*The human family plays a significant role in the fashioning of the broader family of God. The larger family that God initiates is specified in unique historical families, as strange and as complex as those family relationships may be, with their joys and sorrows, their barrenness and their fruitfulness. There is no way of separating this human family and the broader people of God. The plan of God does not unfold in a vacuum, but in the everyday family situations that include separation and misunderstanding as well as joy and celebration.*

© Dianne Bergant CSA



Country Living

*"For where two or three gather in my name, there am I with them."*

—Matthew 18:20

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**NEW YEAR MASS TIMES**

**2025**

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

*Family*

*For where your treasure is, there will your heart be also.*

*Luke 12:34*

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Narrabeen

THE LORD *directs*  
the STEPS of the GODLY.  
HE *delights* in every  
DETAIL of their lives.  
*Though they stumble*  
they *will never* FALL,  
for THE LORD *holds* them  
BY THE HAND.  
♥ PSALM 37:23-24

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