



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

First, I wish you peace with God. Seek to remove all that could disturb this peace... Be assured, however, that peace sometimes means sacrifices!

Advent Prayer

Almighty Father,
Advent is a time to prepare our hearts for Christmas. Let the Spirit of wisdom and understanding, counsel and might, knowledge and fear of the Lord, be with us and direct us during this special season of celebration for the gift that Jesus is. Help us to understand and obey you by listening and paying attention to the Holy Spirit's presence in us as believers and followers of Jesus Christ.
Amen.



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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

We Pray for

Deceased Anniversary
Victor Cobanov
Paul Vlatko
Lujka Spadina - Kretic

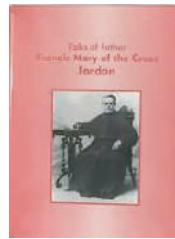
Recently Deceased
Gertrud Mayer

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

BOOK REVIEW

Talks of Father Francis
Mary of the Cross Jordan



Father Leonard of the Lay Salvatorians in Australia told us about Father Francis Mary of the Cross Jordan. As a follow up, this book gives us, in the talks that survive, his vision both his Society and of his entire mission.

The
Joy
of the Lord
is your Strength!

Nehemiah 8:10

Liturgy for the Week

- 16/12 Monday, 3rd Week of Advent
Num 24:2-7, 15-17;
Mt 21:23-27
- 17/12 Tuesday, 3rd Week of Advent
Gen 49:2, 8-10; Mt 1:1-17
- 18/12 Wednesday, 3rd Week of Advent
Jer 23:5-8; Mt 1:18-24
- 19/12 Thursday, 3rd Week of Advent
Judges 13:2-7, 24-25; Lk 1:5-25
- 20/12 Friday, 3rd Week of Advent
Is 7:10-14; Lk 1:26-38
- 21/12 Saturday, 3rd Week of Advent
Song 2:8-14; Lk 1:39-45

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LIMITED SPACES AVAILABLE

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

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



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,

A handwritten signature in black ink, appearing to read 'Fr. Jerzy'.

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





Parish Bulletin – Term 4, Week 9

We concluded the school year this week with a Presentation of Awards Ceremony for students in Years 7, 8 and 9. The ceremony was dedicated to highlighting and acknowledging the outstanding achievements of our students.

For the rest of the week, the staff continued to work hard in preparation for 2025, completing mandatory first aid training, reviewing compliance and student achievement, and unpacking the Catholic Schools Broken Bay Catholic charter. It was a busy few days.

We are all looking forward to a well-deserved break, coming together with family and friends to celebrate the true meaning of Christmas. We would like to take this opportunity to wish all our students, families and the wider Mater Maria community a happy and safe Christmas and New Year.

As this marks the final week of the term for students, this is our last editorial in the Parish Bulletin for 2024.

The College is now accepting applications for Year 7 in 2027 and 2028, with a waitlist for Year 6 to Year 7 transitions in 2025 and 2026. For more information, please visit our enrolments page at www.matermaria.nsw.edu.au/enrolments.

New Parish Director of Music



We would like to warmly welcome

Simon Morris

to our Parish Team as
our new

Director of Music

Simon also shares his talent as an Assistant Deputy of Music at Our Lady of Good Counsel, Forestville and Catholic Church of St Martin de Porres.

He graduated at the University of Sydney, Conservatory of Music.

He is a composer, singer, teacher and classical pianist. He is excited to join the Pittwater Parish community as he continue to praise God through music.

PARISH RECONCILIATION BEFORE CHRISTMAS

ADVENT is a wonderful time to celebrate the reconciling love and the healing graces our Lord offers us.

Thursday, 19th December
Individual Reconciliation after the 7 pm Mass
Sacred Heart Church, Mona Vale

Several Priests will be available to hear the Confessions.

Come to the Lord and experience the extraordinary grace of his forgiveness.

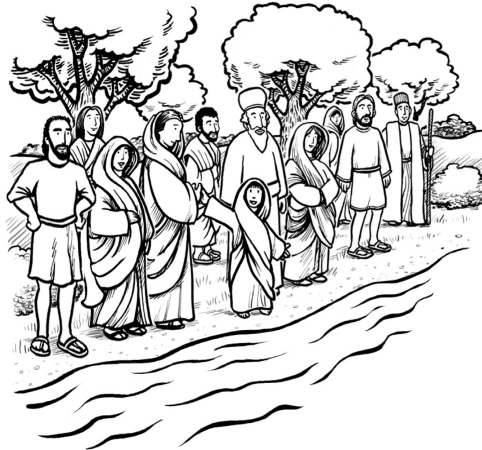


What must we do?

3rd Sunday of Advent, Year C



John, the son of Zechariah baptised people in the River Jordan to prepare them for the arrival of God's chosen one, Jesus. Draw John baptising one of the people in the river.



John the Baptist had great respect for Jesus. He told people, "Someone more powerful is going to come, and I am not good enough even to untie his sandals." Write down in the shell how you can show your respect for Jesus.



Water is used in the sacrament of Baptism as a symbol of life and purity. Below there are clues to six hidden words that are all symbols used in Baptism and Mass.



G	F	A	Y	I	H	I	Q	K
F	T	M	W	J	O	Q	G	W
D	G	P	V	Z	Z	U	F	I
Z	G	W	A	T	E	R	I	N
Z	G	X	P	K	F	T	R	E
Q	E	S	L	U	Q	H	E	N
Q	D	K	C	R	O	S	S	X
Q	A	Q	K	U	G	H	M	B
N	C	A	N	D	L	E	B	J
B	H	B	R	E	A	D	D	Q

Gaudete Sunday: *Rejoice Always!*

The early morning was covered in darkness. I was unlocking the Church from the back door. It is a very large Church. Going through the vestibule, I walked into the nave. No lights were on yet. Immediately my attention was drawn to one of the Advent candles in the sanctuary that had not been blown out the night before. The flame was tiny, the light brilliant. My reflection turned to how a flame so small, only about an inch high, could give off such great light and draw all my attention.

“Light” is used as an image for Christ. Jesus himself says, “I am the light of the world.” (John 8:12) The evangelist, in his prologue to the Fourth Gospel, uses the image several times. He writes concerning Jesus, the Word of God, “through him was life, and this life was the light of the human race; the light shines in the darkness, and the darkness has not overcome it. (John 1:4-5). Several verses from the Gospel passage for today’s liturgy follow. The evangelist speaks of John the Baptist as giving witness to the Jesus in these words. He (John the Baptist) came “to testify to the light so that all might believe through him.”

Light, life, and faith are all connected. Jesus is the Light who gives life. He draws us to Himself like the candle shining in the darkened Church. He invites us to place our faith in Him, to believe, so as to be drawn into His light and have a share in His life.

Today is referred to as “Gaudete Sunday.” The name comes from the opening antiphon for the Mass – “Rejoice in the Lord always! I say it again, rejoice!” which is taken from Saint Paul’s Letter to the Philippians (4:4-6) The color changes from purple to rose, from dark to light. We’ve been focusing our attention during the Season of Advent on vigilance and preparation for the Lord’s return. Today we are reminded that while we wait, we rejoice for the Lord is near. He loves us, saves us, and leads us to life.

Isaiah prepared for His coming centuries before His arrival. In the first reading He speaks of the dawn of salvation as a “year of favor” and a “day of vindication.” His proclamation brings him great joy – “I rejoice heartily in the Lord, in my God is the joy of my soul; for he has clothed me with a robe of salvation.” Today we are reminded that Jesus has saved us and comes now to deliver us.

So many people are burdened with worry and anxiety. The reasons are many and varied. From worries about the situation of the world and our country to concerns about family, children parents, work, and the economy. When fear, disquiet, and apprehension well up in us, it is as if the darkness is invading our space, trying to rob us of light. Yet if we keep our focus on the light, on Jesus, then the darkness will not be able to win.

Perhaps the opening words from the passage of Saint Paul’s First Letter to the Thessalonians (second reading), can help us keep the focus, to keep our eyes on the light. He writes, “Rejoice always. Pray without ceasing. In all circumstances, give thanks.”

Rejoice always. Remember the blessing God gives us everyday. We are alive and that is good. He loves us into life and that love never fades, it is complete. He saved us from ourselves through the greatest give, His Son. We can think of particular blessings we receive each day which can lift our spirits and dispel the darkness.

Pray without ceasing. Just as God’s love never ceases, it is always present, so too is the One who loves. When we call Him to mind, we pray. In everyday terms the prayers can be simple. In the middle of work, one might quietly say, “Come Lord Jesus.” Parents offer the prayer, quite frequently it seems, “God give me patience.” I have a friend who I often hear say, “Lord, have mercy” – in good times and in difficult ones. Short simple prayers through out the day, in the midst

of our regular routines, help remind us that we live in the Light.

Give thanks. Rejoicing and prayer leads to thanksgiving. We recognise the Giver of all gifts and offer Him our praise. The act of thanksgiving is our act of love. And in loving Him who loves us, our focus is drawn to that Light which shines in the darkness.

Advent is short this year. Next Sunday, the Fourth Sunday of Advent, is also Christmas eve. The time is now to open our hearts to recognise the Light who is Christ. Allow Him to dispel the darkness, whatever it may be and, in the words of Saint Paul, “Rejoice always, I say it again, rejoice.”

By Msgr. Joseph Prior
CatholicPhilly.com



It was a joyful celebratory Mass at Our Lady of the Rosary Cathedral, Waitara followed by the Annual Christmas gathering. Our very own Parish Priest, Fr Richard Sadowski SDS and our former Parish Priest, Fr Broniek Pietruswicz SDS were honoured for their dedicated years of service.

The *Living* Word

Entrance Antiphon Philippians 4:4-5
Rejoice in the Lord always; again I say, rejoice. Indeed, the Lord is near.

First Reading Zephaniah 3:14-18
A reading from the prophet Zephaniah
With gladness the Lord will rejoice over you.

Shout for joy, daughter of Zion, Israel, shout aloud!
Rejoice, exult with all your heart, daughter of Jerusalem!
The Lord has repealed your sentence; he has driven your enemies away.
The Lord, the king of Israel, is in your midst;
you have no more evil to fear.
When that day comes, word will come to Jerusalem:
Zion, have no fear,
do not let your hands fall limp.
The Lord your God is in your midst, a victorious warrior.
He will exult with joy over you, he will renew you by his love; he will dance with shouts of joy for you as on a day of festival.

The word of the Lord

Responsorial Psalm Is 12:2-6 R. v.6
(R.) Cry out with joy and gladness: for among you is the great and Holy One of Israel.

Truly, God is my salvation, I trust, I shall not fear. For the Lord is my strength, my song, he became my saviour. With joy you will draw water from the wells of salvation. **(R.)**

Give thanks to the Lord, give praise to his name! Make his mighty deeds known to the peoples! Declare the greatness of his name. **(R.)**

Sing a psalm to the Lord for he has done glorious deeds, make them known to all the earth! People of Zion, sing and shout for joy for great in your midst is the Holy One of Israel. **(R.)**

Second Reading Philippians 4:4-7
A reading from the letter of St Paul to the Philippians
The Lord is near.

I want you to be happy, always happy in the Lord; I repeat, what I want is your happiness. Let your tolerance be evident to everyone: the Lord is very near. There is no need to worry; but if there is anything you need, pray for it, asking God for it with prayer and thanksgiving, and that peace of God, which is so much greater than we can understand, will guard your hearts and your thoughts, in Christ Jesus.

The word of the Lord.



Gospel Acclamation Isaiah 61:1 (Lk 4:18)
Alleluia, alleluia!

The Spirit of the Lord is upon me; he sent me to bring Good News to the poor.

Alleluia!

Gospel Luke 3:10-18
A reading from the holy Gospel according to Luke
What, then, must we do?

When all the people asked John, 'What must we do?' he answered, 'If anyone has two tunics he must share with the man who has none, and the one with something to eat must do the same.'
There were tax collectors too who came for baptism, and these said to him, 'Master, what must we do?' He said to them, 'Exact no more than your rate.'
Some soldiers asked him in their turn, 'What about us? What must we do?' He said to them, 'No intimidation! No extortion! Be content with your pay!'
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. His winnowing-fan is in his hand to clear his threshing-floor and to gather the wheat into his barn; but the chaff he will burn in a fire that will never go out.' As well as this, there were many other things he said to exhort the people and to announce the Good News to them.

The Gospel of the Lord

Communion Antiphon Isaiah 35:4

Say to the faint of heart: Be strong and do not fear. Behold, our God will come, and he will save us.

REFLECTION
by Diane Bergant

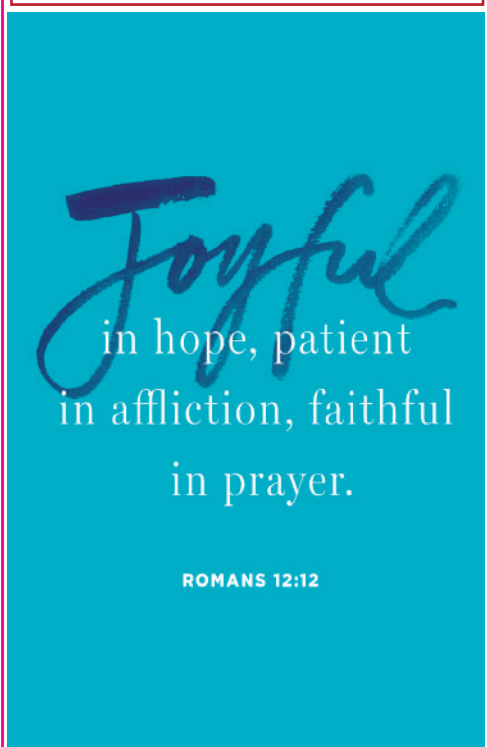
We are at the midpoint of Advent. Today we celebrate Gaudete Sunday. The principal theme of the day is joy. According to Paul, joy is one of the fruits of the Spirit (cf. Gal 5:22). Such joy is a religious sentiment, not emotional happiness. Along with gratitude, it is the heart's response to God's goodness. Zion is told to shout for joy because it has been saved by God from its enemies and because God is in the midst of the people. The psalm response proclaims the same message; the reading from Philippians announces that the Lord is near. This is cause for joy. Advent is a time for joy, not primarily because we are anticipating the

anniversary of the birth of Christ, but because God is already in our midst (Emmanuel). The readings for this Sunday assure us that God is with us, not as a judge but as a Saviour. We rejoice over the saving acts of God that make us confident of God's care and unafraid of whatever may cross our paths. We rejoice in the peace of God that surpasses all understanding. Advent joy is like the delight that fills a woman who has just given birth, even if it occurred in the throes of birthpangs. Advent joy springs from the realisation that the presence of God in our midst can so transform our lives that the promises of peace and security will be fulfilled. Advent joy is the way we live in the tension between already and not yet.

© Dianne Bergant CSA



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.





**"Jesus exchanges
our hurts for joy."**

SUZIE ELLER



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- Pope Saint John Paul II, WYD Prayer Vigil, 19 August 2000

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