



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
Do not lose heart, even if you are humiliated greatly. Have confidence in the Lord and strive for holiness.

Prayer to the Lamb of GOD

O Jesus Christ, spotless Lamb, offered upon the altar of the Cross for the salvation of all humanity, we adore You and we praise You.

By Your Precious Blood poured out for us, cleanse our hearts, heal our wounds, and draw us into the mystery of Your perfect love.

In the silence of our suffering, be our strength;
in our doubts, be our light;
in our sin, be our forgiveness;
and in our death, be our hope.
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 LEO'S PRAYER INTENTION FOR *January*

For Prayer With The Word Of God

Let us pray that praying with the Word of God be nourishment for our lives and a source of hope in our communities, helping us to build a more fraternal and missionary Church.

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
Gerard Westhoff
Stephen Faulkner
Louise Clarke-Bruce

May all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Prayer for the Sick

- Anna Śmigowska
- Lily Janosik
- Sue French
- Maureen Larios
- Elaine Boyes
- Pauline Chipman
- Ron Clarke
- Barbara Clarke
- Anna Katanec
- Otma Nouak
- Angela Miller
- Philip Khalifeh
- Joseph Khalifeh
- George Azoury
- Bruce Farr
- Heidi Taylor
- James
- Jacinta Purnell - Major
- Garry Gleeson
- Nenita Roque
- Marie Celine Roque- Maca
- Neda Crvelin
- Jesse Cathersides
- Mary Reilly
- Marta Bizubova

BOOK REVIEW

No Time For Goodbyes
By: Janice Harris Lord



The title is something which not one of us wish to encounter. But tragedies do occur. This book helps the griever to move on despite their grief. It also gives friends helpful suggestions to aid the family and help them cope with their tragic loss.

Parish Morning Tea Gathering

Everyone is welcome to join

Every month after the 8 am Mass

on the 1st Sunday and after the 10 am Mass on the 3rd Sunday at **SACRED HEART CHURCH, MONA VALE**

Last Sunday after the 9 am Mass at the front of **MARIA REGINA CHURCH, AVALON**

Liturgy for the Week

19/01 **Monday, Ordinary Time 2**
1 Sam 15:16-23; Mk 2:18-22

20/01 **Tuesday, Ordinary Time 2**
1 Sam 16:1-13; Mk 2:23-28

21/01 **Wednesday, St Agnes**
1 Sam 17:32-33, 37, 40-51; Mk 3:1-6

22/01 **Thursday, Ordinary Time 2**
1 Sam 18:6-9, 19:1-7; Mk 3:7-12

23/01 **Friday, Ordinary Time 2**
1 Sam 24:3-21; Mk 3:13-19

24/01 **Saturday, St Francis de Sales**
2 Sam 1:1-4, 11-12, 17, 19, 23-27; Mk 3:20-21



THE CATHOLIC PARISH OF PITTWATER

GIVING

Our parish flourishes through the thoughtful care of resources and the generous commitment of our supporters. With gratitude, we thank all who help sustain our parish life, care for our Church and support the ministries that serve our community.

TO MAKE DONATIONS

SCAN the QR CODE below with your mobile phone camera and follow the prompts

Donations can be made weekly, fortnightly, monthly or one-off.



Areas of GIVING

First Collection (Clergy Giving)
Second Collection (Parish Giving)

Pastoral Works Broken Bay
All PWBB donations over \$2 are 100% tax deductible

Pastoral Works Broken Bay is the charitable outreach of our Catholic community, supporting the pastoral priorities of the Diocese. It plays a vital role in funding life changing ministries, strengthening families and nurturing parish communities across Broken Bay.

Has Your Credit Card Expired?
If you support the Parish through credit card giving, please let us know if your card details have changed or expired.

Direct Debit
You may also choose to support the Parish through direct debit. This can be set up easily and securely by contacting the Parish Office, who will arrange it for you.



PRAY WITH THE
Word of God

2026



I'd love to invite you to Friends of Soibada Friend Fest at 7th Day Brewery on Saturday, 24 January and I really need your support to help make it a great night. Friend Fest brings together good music, good people, and a cause close to our hearts. We're thrilled to have an incredible lineup of live performers: Sophia and Stella Julius, Edgcliff, and Bangalley. (and more). It's shaping up to be a brilliant evening of live music in a relaxed, welcoming space.

Every ticket sold helps support our ongoing work in Soibada, strengthening education, health, and community connections in Timor-Leste.

Here's how you can help: Purchase a ticket Bring a friend (or two!), Share the event with people who love live music and community. Your support, especially by bringing others along, makes a real difference. It's a simple way to enjoy a great night out while directly supporting meaningful work. Thank you for continuing to stand with Friends of Soibada. I'd love to see you there, enjoying the music and celebrating friendship and community together.

Tamara Sloper Harding

Friends of Soibada

P.S. The more friends we bring, the bigger the impact — let's fill the brewery.

Tickets at this link. <https://www.trybooking.com/DHVCN>



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
Sherae Knight

Tel 9157 0999 ext 30

office@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: Ms Louise O'Brien

**Maria Regina School
Avalon**

Tel 7256 2138

Principal: Ms Kirsty Thorpe

**Mater Maria Catholic College
Warriewood**

Tel 7256 2100

Principal: Mr Anthony Mahoney

UPDATE FROM THE SACRAMENTAL COORDINATOR Sacrament of First Reconciliation 2026

Sacred Heart Church, Mona Vale

Wednesday, 4 February 2026

Maria Regina Church, Avalon

Thursday, 5 February 2026

Children in year 4 and above are eligible to receive this sacrament if they have been Confirmed.

For further information about the First Reconciliation program and to be able to

enrol your child, you MUST attend ONE of the

following "Parent Information & Commitment" sessions, both at 7pm:

Maria Regina Church, Avalon

Tuesday, 24 March 2026

Sacred Heart Church, Mona Vale

Thursday, 26 March 2026

My Dear Friends,

As we look back on the past year, we are grateful for the many ways God has been at work among us. This annual report reflects the life of our parish as it has been lived day by day. The photos included here capture the people, connections and experiences that make our parish more than a place to gather, but a true community of faith.

Over the course of the year, so many of our parishioners offered their time, talents and care in ways both seen and unseen. From liturgy and ministry to outreach and hospitality and through many quiet acts of kindness, our parish family continues to live out the Gospel together. We have supported one another through joys and challenges, growing in faith and strengthening our trust in the Lord.

This report is a snapshot of that shared journey and a sincere thank you to all who help give our parish its life and spirit.

As we begin 2026, which has been named the Year of Peace, we do so with hope and prayer. In a world that deeply needs healing and unity, we are called to let Christ's peace take root in our own hearts and flow outward to our families, our parish, and the wider world. May the memories and images in this report encourage gratitude for the year behind us and inspire renewed commitment for the year ahead. May the Prince of Peace continue to bless our parish, filling us with faith, hope and peace.

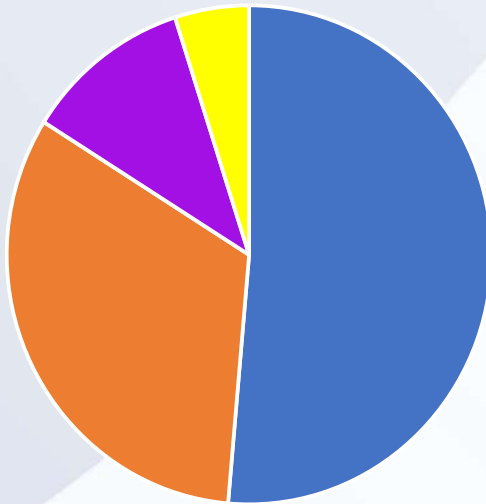
Fr Richard Sadowski
Parish Priest
The Catholic Parish of Pittwater



YOUR GENEROSITY SUSTAINS OUR PARISH

Each gift, no matter the size, helps us continue Christ's work in our parish and every contribution helps support the mission of Pittwater Parish

Where Our Money Comes From

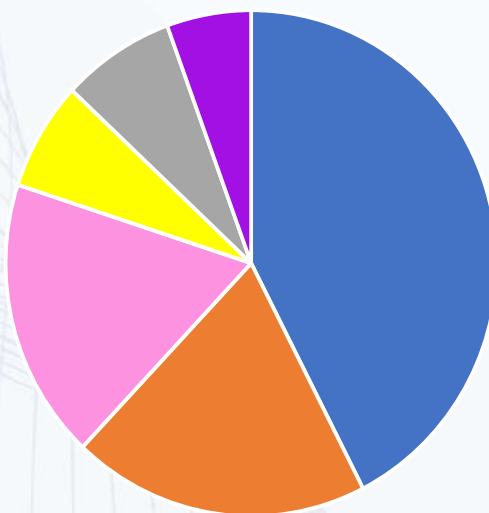


- Parish Rentals
- Planned Giving, Loose Collections, EFT, Tap & Go Terminals
- Interest and Investments
- Other Activities (mainly Bulletin Advertising, Sacramental Programmes and Votive Candles)

SUPPORTING WORSHIP, PARISHIONERS AND OUR PARISH HOME

Your giving supports not only our liturgical life, but also the people and facilities that make parish life possible every day

How our Funds were Used



- Staff & Employment Expenses
- Facilities, Grounds & Maintenance
- Insurance & Utilities
- Worship & Pastoral Life
- Administration & Parish Operations
- Major capital work completed (Avalon Bathrooms)

For the 2024-2025 Financial Year, Pittwater Parish was able to meet all its operational costs and recorded a surplus of \$26,325. The generosity of our parishioners also meant that our Parish was able to meet the quota of \$54,944 set by the Diocese for the Pastoral Works Broken Bay (previously the Charitable Works Appeal)

YOUR GIFTS AT WORK

The sacraments remain at the heart of our parish life.

It has been a great blessing for Pittwater Parish to celebrate the following in 2025:



154
Baptisms

Welcoming new members into our Parish Community



127
Confirmations

Strengthening young people in the gifts of the Holy Spirit



120 First
Reconciliations

Accompanying our children and young people as they grow in faith



120 First
Eucharists

Completing the process of Christian initiation and affirming their place in Christ's family



3
Weddings

Celebrating the Sacrament of Matrimony and lifelong commitment



29
Funerals

Praying with families and commending our loved ones to God's care

Through worship, prayer, and pastoral care, Pittwater Parish continues to serve our community with faith and compassion

SPONSORED PROJECTS FOR 2025

These specific projects were made possible through the generosity of our parishioners:

VOTIVE CANDLE STAND



AV SYSTEM FOR PARISH CENTRE



NATIVITY SET



LOOKING AHEAD TOGETHER

Our parish continues to grow through the generosity and ideas of our community. If you have a project you would like to sponsor, or an idea you believe would benefit our parish, we warmly invite you to speak with the Parish Priest or a member of the Finance Committee. Together, we can prayerfully discern how best to support the future of Pittwater Parish.

Looking ahead, the parish intends to undertake a planning project in 2026 to help us thoughtfully prepare for the years ahead. This project will consider the future needs of our parish community, as well as any anticipated growth within the parish, with a view toward 2030.

As part of this process, we will seek to identify and plan for future capital works and ongoing maintenance requirements, ensuring that our buildings and resources remain safe, welcoming and fit for purpose for generations to come. Through this careful and prayerful planning, we hope to support the long-term sustainability and mission of Pittwater Parish.

Parish Priest
Fr Richard Sadowski SDS

Members of the Parish Finance Committee:

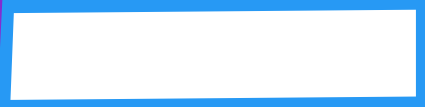
Mark Tyler (Chairperson)
David West
Alan Mason

Anthony Macri
Brendan D'Silva
Jason Houseman

Erich Ott
Jim Mitchell
Suzy Caruso



Here is the Lamb of God

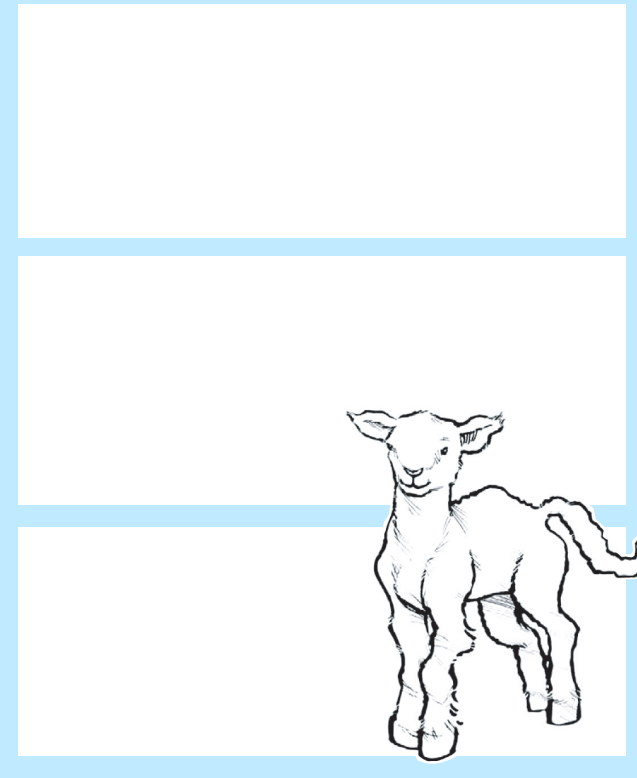


2nd Sunday in Ordinary Time, Year A

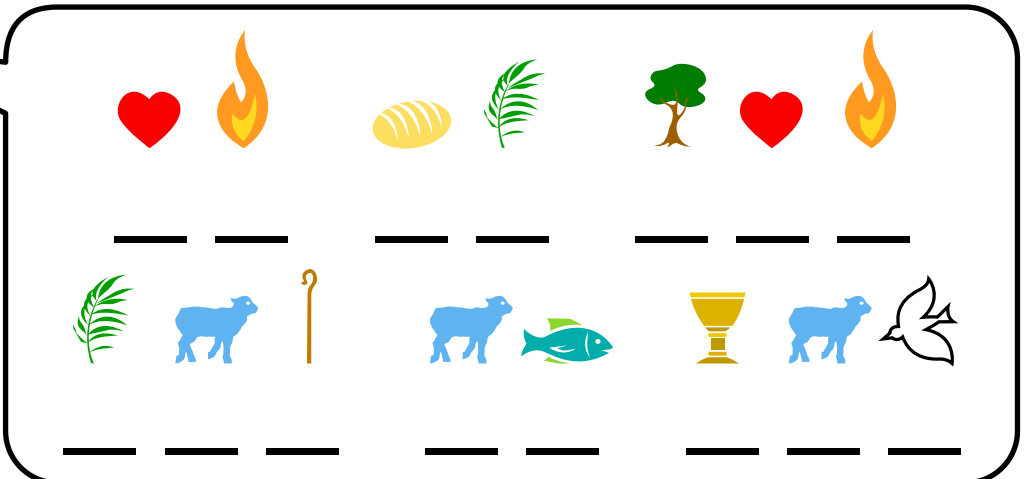
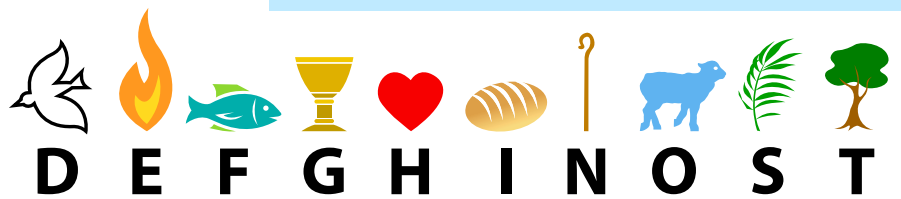


Jesus baptised his disciples with the Holy Spirit. Draw yourself being baptised by Jesus.

John the Baptist called Jesus the Lamb of God, because he was the pure and spotless gift to God the Father. What can we do to be pure and spotless in the eyes of God?



Use the code key to decipher what John the Baptist knew about Jesus



ON PRAYER



What is Prayer?

The raising of our mind and heart to God.

Adoration

Contrition

Thanksgiving

Supplication

PRAYER IS NECESSARY FOR SALVATION

“Ask and it shall be given you.” – Matt. 7:7

Essential Prayers Every Catholic Must Know:

The
OUR FATHER

The
HAIL MARY

The
GLORY BE

Under Pain of Mortal Sin If Willfully Neglected



The Our Father



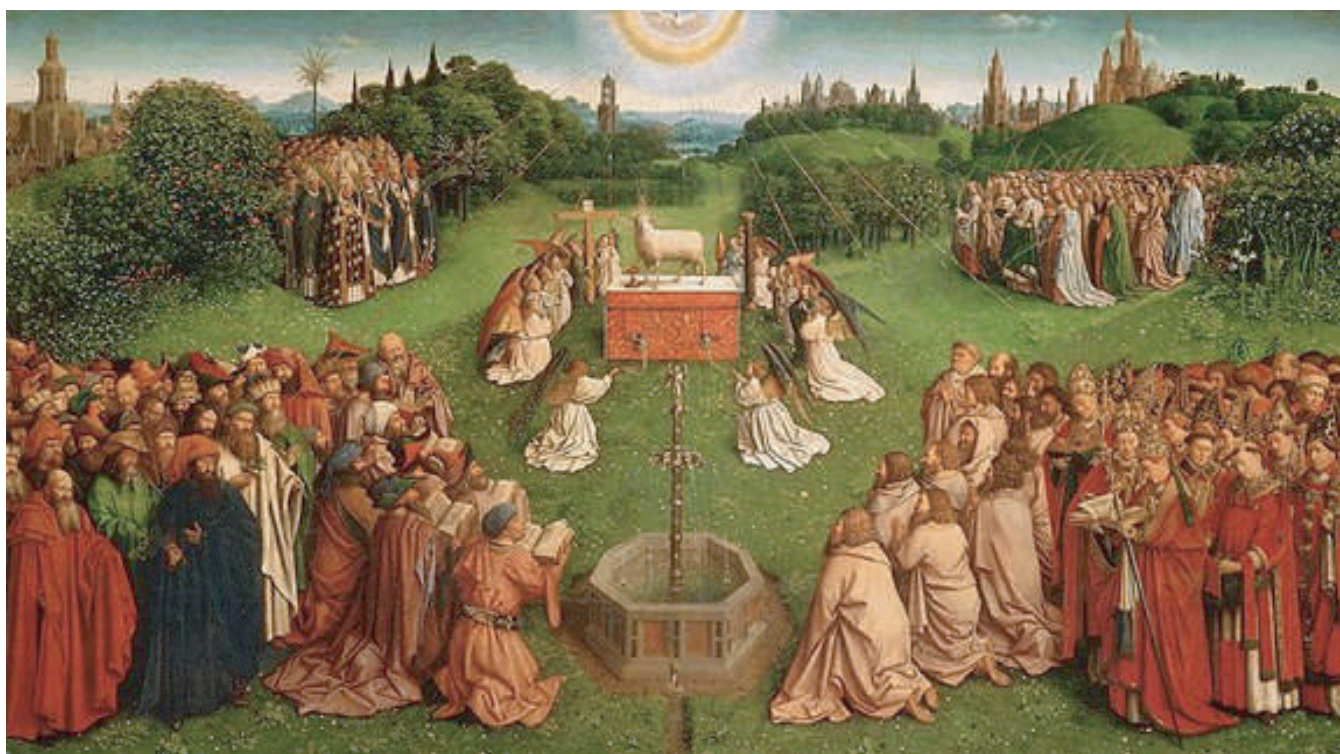
The Hail Mary



The Glory Be

“He who prays will certainly be saved; he who does not pray will certainly be damned.” – St. Alphonsus Liguori

The Lamb of God and the Salvation of the World



Taken as a whole, this Sunday's readings can, I think, be summarised in a single sentence: The Son of God became a servant so that by becoming a sacrifice he would be the Saviour of mankind.

Let's take a closer look at each of these names and titles, beginning with the final statement from today's Gospel, a declaration uttered by John the Baptist at the Jordan River: "Now I have seen and testified that he is the Son of God." This testimony to the identity of Jesus is a key theme in the Gospel of John, as indicated in the Evangelist's theological commentary following Jesus' discourse to Nicodemus: "He who believes in him is not condemned; he who does not believe is condemned already, because he has not believed in the name of the only Son of God" (Jn 3:18).

And, at the close of his Gospel, the Apostle John explains that his testimony was written so "that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in his name" (Jn 20:31). We cannot begin to understand fully the servanthood and the sacrifice of Jesus without first recognising that he is the Son of God.

The Old Testament contains a number of prophetic passages about a coming servant of the Lord who would establish God's reign and bring peace to Israel. Isaiah has several "servant songs", the most famous being found in chapters 52 and 53 (and read during Holy Week). The servant song in chapter 49 closely aligns the servant with Israel, which highlights the fact that salvation, as Jesus told the Samaritan woman, is from the Jews (Jn 4:22).

But the servant emerges from Israel; he is a man with a singular identity and possessing unique qualities, through whom salvation will come not only to Israel but to all men: "I will make you a light to the nations, that my salvation may reach to the ends of the earth." The season of Christmas, of course, focuses on the remarkable and radical fact that the Son became a servant, leaving the glory of heaven to dwell among men.

The eternal Word, in becoming man, willingly became a servant and embraced the work of sacrifice set before him. "From the beginning of his public life," the Catechism states, "at his baptism, Jesus is the 'Servant', wholly consecrated to the redemptive work that he will accomplish by the 'baptism' of his Passion" (par 565). One can only imagine the shock caused by John the Baptist's emphatic exclamation, "Behold, the Lamb of God, who takes away the sin of the world."

Under the Law, there were several animals that were sacrificed at various times for the sins of the people; these included bulls, goats, pigeons, doves, and sheep (cf. Lev. 12:6). And among sheep there were three types: rams, ewes, and lambs. Why was Jesus identified as the "Lamb of God"? "It is the lamb," answered Origen to this question, "that we find offered in the perpetual sacrifices [cf. Ex 29:38]." In addition, it points back to the blood of the unblemished Passover lambs that liberated the Hebrews from slavery in Egypt (Ex. 12).

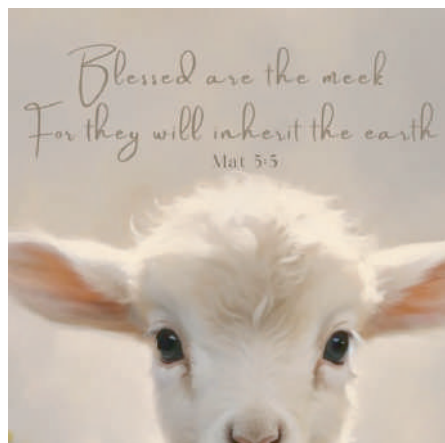
The Cross is at the heart of the New Exodus, an act of humility, sacrifice, and love liberating man from the power of

sin and death. Those who do not recognise Jesus as the Son of God look upon the Cross and see failure and shame. But those who know that Jesus is the Lamb of God see love and grace, what Joseph Cardinal Ratzinger describes as the moment "when God transforms this external violence against him into an act of self-donation to mankind."

Those who see the Saviour on the Cross and become united to him through baptism are, in the words of the Apostle Paul, those "who have been sanctified in Christ Jesus, called to be holy..." They are called, by grace, to be sons and daughters of God.

(This "Opening the Word" column originally appeared in the January 16, 2011 edition of Our Sunday Visitor newspaper.)

*By: Carl E Olson, The Dispatch
The Catholic World Report*



The *Living* Word

Entrance Antiphon Psalm 65:4
All the earth shall bow down before you,
O God, and shall sing to you, shall sing
to your name, O Most High!

First Reading Isaiah 49:3. 5-6
A reading from the prophet Isaiah
*I will make you the light of the nations so
that my salvation may reach to the ends
of the earth.*

The Lord said to me, 'You are my servant, Israel, in whom I shall be glorified'; I was honoured in the eyes of the Lord, my God was my strength. And now the Lord has spoken, he who formed me in the womb to be his servant, to bring Jacob back to him, to gather Israel to him: 'It is not enough for you to be my servant, to restore the tribes of Jacob and bring back the survivors of Israel; I will make you the light of the nations so that my salvation may reach to the ends of the earth.'

The word of the Lord

Responsorial Psalm
Ps 39:2. 4. 7-10. R. vv.8. 9.
**(R.) Here I am, Lord; I come to do
your will.**

I waited, I waited for the Lord and he stooped down to me; he heard my cry. He put a new song into my mouth, praise of our God. **(R.)**

You do not ask for sacrifice and offerings, but an open ear. You do not ask for holocaust and victim. Instead, here am I. **(R.)**

In the scroll of the book it stands written that I should do your will. My God, I delight in your law in the depth of my heart. **(R.)**

Your justice I have proclaimed in the great assembly. My lips I have not sealed; you know it, O Lord. **(R.)**

Second Reading 1 Corinthians 1:1-3
A reading from the first letter of St Paul to the Corinthians
The grace and peace of God our Father and the Lord Jesus Christ be with you.

I, Paul, appointed by God to be an apostle, together with brother Sosthenes, send greetings to the church of God in Corinth, to the holy people of Jesus Christ, who are called to take their place among all the saints everywhere who pray to our Lord Jesus Christ; for he is their Lord no less than ours. May God our Father and the Lord Jesus Christ send you grace and peace.

The word of the Lord.

Gospel Acclamation John 1:14. 12

Alleluia, alleluia!
The Word of God became flesh and dwelt among us. He enabled those who accepted him to become the children of God.
Alleluia!

Gospel John 1:29-34
A reading from the holy Gospel according to John
This is the Lamb of God who takes away the sins of the world.

Seeing Jesus coming towards him, John said, 'Look, there is the lamb of God that takes away the sin of the world. This is the one I spoke of when I said: A man is coming after me who ranks before me because he existed before me. I did not know him myself, and yet it was to reveal him to Israel that I came baptising with water.' John also declared, 'I saw the Spirit coming down on him from heaven like a dove and resting on him. I did not know him myself, but he who sent me to baptise with water had said to me, "The man on whom you see the Spirit come down and rest is the one who is going to baptise with the Holy Spirit." Yes, I have seen and I am the witness that he is the Chosen One of God.'

The word of the Lord.

Communion Antiphon Psalm 22:5

You have prepared a table before me, and how precious is the chalice that quenches my thirst.

REFLECTION
by Dianne Bergant

Ours is an historical religion. It not only unfolds within the joys and disappointments of time and place, but it is rooted in actual events that took place in the lives of real people. The Christ to whom we commit ourselves is not a mythic character, a figment of communal religious imagination. He is someone who was born into history, at a specific period of time, in a particular place. He was known by real people like John the Baptist; he submitted himself to historical rituals like baptism. He had followers who testified to the truth of both his existence and his life. Jesus was a man of history.

Like Paul, we too have been called to be apostles. We received this call when we were baptised. The beginning of the year, with its custom of making new resolutions, is a wonderful time to remember to what we have committed ourselves. At times it seems that our own apostleship is no less daunting than was Paul's. However, it is no less immediate

either. Whether the period of history is the first half of the first century, as was the time of Jesus, or the second half, as was the time of Paul, or the twenty-first century, as is our time, salvation unfolds within the events of time. Furthermore, the followers of Jesus always return to the events of his life in order to discover the meaning of the events in their lives. These past events are reinterpreted in the ongoing present. Discipleship is never otherworldly.

© Dianne Bergant CSA

Worthy

is the lamb
who is slain.
Revelation 5:12



A National Catholic Ministry for Men, founded out of a response to a great need in the hearts & lives of men & great need in the life of the Catholic Church.

ALL MEN ARE WELCOME

We Meet
First & Third Tuesday of every Month at 7 pm
Sacred Heart Parish Centre

Join Us - Men's Faith Gathering
We warmly invite all men of our parish & community to come together at 7:00 pm for an informal & faith-filled evening of conversation, reflection & brotherhood.

These gatherings offer a welcoming & supportive space to share openly, grow spiritually & encourage one another in our journey of faith.

Together, we seek to renew our hearts in Christ, strengthen our commitment to God & be a vital & active force of renewal within our Church.

Come & be part of a community where faith is nurtured, friendships are formed & the Holy Spirit at work.

All are welcome. We look forward to seeing you there.

For any questions, contact
Joe Cillia - 0418 863 814

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FOR THE SON
 OF MAN IS
 COME TO
SEEK AND
 TO **SAVE**
 THAT WHICH
 WAS LOST


LUKE 19:10

THIRDHOUR

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or coffee
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MONDAYS

9:30 - 11:30

(SCHOOL TERM)

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