First Sunday of Advent *Year B* 28th November & 29th November 2026

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

Hope comes from faith! We must have great faith, and without great faith we cannot have hope or confidence in God, or hope in the Lord!

Advent Prayer for *Families*

Heavenly Father, Your Son,
Jesus, is Your greatest
gift to us,
a great sign of Your love.

Guide us as we strive to
walk in that love
together as a family
this Advent.

As we prepare our hearts
for Christmas,
bring us closer to each other
and Your Son.

Give us the grace and strength
we need every day.
Help us to trust in You.

Come Lord Jesus,
lead all people closer to You.
Come and dispel the
darkness of our world
with the light of
Your love. Amen.



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Catholic Parish Pittwater



POPE LEO'S PRAYER INTENTION FOR *November*

For the Proper Use of Wealth

Let us pray for the proper use of wealth, that not succumbing to the temptation of selfishness, it may always be put at the service the common good and solidarity of those who have less.

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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 - 7.00 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 Mass)

RECONCILIATION
SATURDAY VIGIL
4.00 pm to 4.30 pm

BAPTISM
4TH SUNDAY of the Month
at 11.30 am

MARIA REGINA CHURCH
7 Central Road, Avalon

WEEKDAY MASSES

MONDAY - 8.00 am

WEDNESDAY - 8.00 am

THURSDAY - 10.00 am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction at 9.00 am

FRIDAY - 8.00 am
FIRST FRIDAY of the Month,
Healing Mass/ Anointing of the Sick at 8.00 am

RECONCILIATION
Before Vigil Mass on Saturday

WEEKEND MASSES

SATURDAY VIGIL - 6.00 pm
SUNDAY - 9.00 am

BAPTISM
3RD SUNDAY of the Month
at 11.00 am

WE PRAY for

DECEASED ANNIVERSARY

JOSIP JURICEV

Eternal rest, grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.

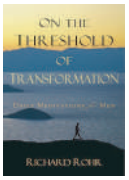
Prayer for the SICK

Lord, look with mercy on your servants who are sick. Bring them comfort, healing and strength

ANNA ŚMIGOWSKA
LILY JANOSIK
MAUREEN LARIOS
ELAINE BOYES
RON CLARKE
BARBARA CLARKE
ANNA KATANEC
OTMA NOUAK
ANGELA MILEER
PHILIP KHALIFEH
JOSEPH KHALIFEH
GEORGE AZOURY
BRUCE FARR
JAMES
JACINTA PURNELL-MAJOR
NENITA ROQUE
MARIE CELINE- MACA
NEDA CRVELIN
JESSE CATHERSIDES
MARY RILEY
THERESA KEANE
MARTA BIZUBOVA
LIAM GAVIN
RICHARD LIM
JAMIE CONNOLLY
AMADEA LUONG
ALFRIED FIELD
GARY O'BRIEN
DAVID WEST
ANGELA CIRILLO

BOOK REVIEW

On The Threshold of Transformation
By Fr Richard Rohr



Nearly every man deals with some form of hurt in his life and this book acknowledges and deals with it directly and redemptively.

PARISH LIBRARY

Interested in borrowing the books or DVDs that we review weekly?
You are warmly invited to borrow from our **Parish Library, located at Maria Regina Church, Avalon 7 Central Road**



If you are unable to visit the Library in person, please feel free to contact **Trish Newman on 0401 613 643** who will be happy to assist you.

LITURGY FOR THE WEEK

30/11 Monday, St Andrew
Rom 10:9-18; Mt 4:18-22

01/12 Tuesday, 1st Week of Advent
Is 11:1-10; Lk 10:21-24

02/12 Wednesday, 1st Week of Advent
Is 25:6-10; Mt 15:29-37

03/12 Thursday, St Francis Xavier
Is 26:1-6; Mt7:21, 24-27

04/12 Friday, 1st Week of Advent
Is 29:17-24; Mt 9:27-31

05/12 Saturday, 1st Week of Advent
Is 30:19-21, 23-26; Mt 9:35 - 10:1, 6-8

Safeguarding

Catholic Parish of Pittwater

The Catholic Diocese of Broken Bay and the Catholic Parish of Pittwater are committed to fostering safe, caring communities for all, especially children and vulnerable people, guided by our faith in Jesus Christ.
Everyone is encouraged to provide feedback on the DBB webpage.

Diocese of Broken Bay Safeguarding
www.bbcatholic.org.au/safeguarding

Safeguarding is everyone's responsibility.

THE CATHOLIC PARISH OF PITTWATER

GIVING

Our parish fluorishes 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.

OUR PARISH SCHOOLS (TERM 4, WEEK 7)

MATER MARIA CATHOLIC COLLEGE

WALK IN NEW LIFE

This week was a busy and rewarding one at Mater Maria Catholic College, with students embracing opportunities in sport, leadership, learning and community engagement.

Sport was in full swing, with students competing in cricket, rugby league, league tag and basketball competitions across the Northern Beaches. Years 8 to 10 students also demonstrated outstanding leadership by refereeing at the Broken Bay Primary School Touch/Tag Gala Day. We wish our basketball teams every success as they prepare for the Australian Schools Basketball Championships on Sunday 29 November.

Year 10 VET students completed the HLTAID011 First Aid course, developing essential first aid skills while fulfilling a key competency required for their future Vocational Education and Training pathways.

As part of the Pathways program, Year 10 students completed the Future Ready Explorer Survey and workshop, gaining valuable insights into their strengths and future pathways. They also participated in interview and university preparation workshops, learning how to present themselves confidently, develop effective elevator pitches and gain practical advice from university ambassadors about early-entry pathways and campus life.

Before departing for their three-day camping experience at Booti Booti National Park, Year 10 students gathered for a picnic lunch and final preparations. The camp program was designed to strengthen friendships, encourage resilience and foster a growth mindset.

Our new Pre-Loved Uniform Shop opened this week, providing families with quality uniform items at significantly reduced prices, while raising funds for charity through all proceeds.

Students in Years 7 to 9 continued developing their performance skills, creativity and confidence through regular Drama Troupe rehearsals throughout Term 4.

Students commencing Level 1 Philosophy in 2027 attended a Cross Campus Orientation Day, exploring philosophical questions through engaging activities and discussions while building connections with peers and developing critical and creative thinking skills.

We were delighted to welcome our sister primary school, St John's, to the Marana Complex this week, providing a wonderful venue for students to perform their musical and share their talents with family and friends.

Every Friday, our prefects host Faith Fridays in the Chapel and Courtyard, bringing students together through faith, music and fellowship in a welcoming and inclusive environment.

A reminder to families that enrolment applications are now open for Year 7 2030. Please note that Year 7 2027, 2028 and 2029 cohorts are currently at capacity, with waitlists in place. Further information is available at www.matermaria.nsw.edu.au/enrolments.



SACRED HEART CATHOLIC PRIMARY SCHOOL Mona Vale

Last Friday, our school community gathered in faith and gratitude to celebrate a special Thanksgiving Farewell Mass for Louise O'Brien, recognising her dedicated leadership and many years of service to Catholic Education. It was a meaningful opportunity for students, staff, loved ones and parishioners to give thanks for Louise's contribution to our community and to wish her every blessing for the future.

As we begin the season of Advent, we look forward to our Kindergarten students presenting their Advent Liturgy, helping us to prepare our hearts for the coming of Jesus and reminding us of the hope, peace, joy and love that this special season brings.

Thursday Spirituality Group

The Thursday Spirituality Group will be studying the Advent program "Hope" preparing ourselves for Christmas.

Everyone is welcome to join us, we meet after 10am mass (around 10.30am) for morning tea followed by study and discussion in the Maria Regina Church Hall.

Prepare Your Hearts for Advent

As we look ahead to the beautiful season of Advent, we invite all parishioners to take home a

FREE copy of the

2026 Year B Advent Booklet



These booklets offer reflections and prayers to help you to deepen your faith, find moments of peace and prepare your hearts for the coming of Christ.

May this Advent be a time of prayer, hope and joyful preparation for the birth of our Lord.

PARISH DIRECTORY

PITTWATER PARISH

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Mona Vale NSW 2103

9157 0999

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1 Keenan Street, Mona Vale

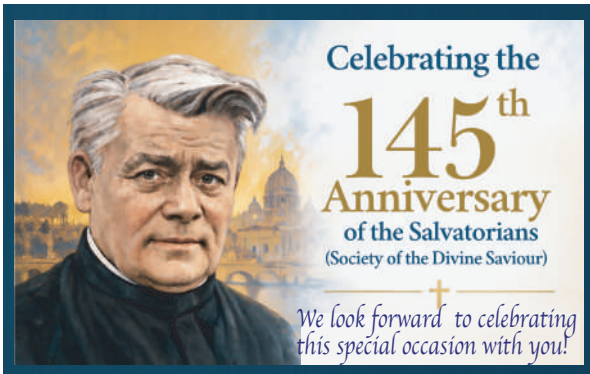
MARIA REGINA CHURCH
7 Central Road, Avalon

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**



Celebrating the 145th Anniversary of the Salvatorians

(Society of the Divine Saviour)

We look forward to celebrating this special occasion with you!

Tuesday, 8 December at 6 pm

St Luke the Evangelist Catholic Church,
1 Beaconsfield Street, Revesby.

For those interested in attending the celebration, a BUS will be provided to transport you to Revesby.

The BUS will depart promptly at 4 pm
Kindly arrive by 3:45 pm to ensure everyone is ready for departure.

Please put your Name on the SIGN UP sheet at the back pews of the Church.

MEETING POINT:
Sacred Heart Church Courtyard

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Mass will be celebrated everyday.

For more information contact
Fr Richard Sadowski SDS pp@pittwaterparish.org or
Parish Office 02 9157 0999 office@pittwaterparish.org

Pilgrimage to POLAND

10 September to 26 September 2027



Parishioners who are interested to join this pilgrimage are kindly asked to contact the Parish Office by Friday, 18 December.

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

- SHARE FRIENDSHIP
- GROW IN FAITH
- BUILD A COMMUNITY

All are welcome!

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

PILGRIMAGE

Shrine of Our Lady of Mercy Penrose Park



Thursday 3 December

Fr Zygmunt will lead the pilgrimage

- Leaving Sacred Heart, Mona Vale at 8:00am
- Morning Tea
- Mass at 11:00am
- Shopping in the Piety Store at 12 noon
- Lunch
- Home by 6:00pm

Expressions of Interest
$50 per person

Pittwater Parish

If you are interested to join us please write your Name in the Sign Up sheet provided at the back pews of the Church.

CATHOLIC PARISH OF PITTWATER

Christmas Carols & Dinner

As we come together to celebrate the joy and spirit of Christmas, we warmly invite all our parishioners and volunteers, especially the Senior Servers, Junior Servers, Lectors, Eucharistic Ministers, Counters, Wardens, Altar Society, Musicians, Computer Operators and all who contribute to our Planned Giving and those who consistently give their time and effort generously to our Parish throughout the years.

SATURDAY, 19TH DECEMBER

AFTER THE 5PM VIGIL MASS

SACRED HEART CHURCH PARISH CENTRE

Bring your angelic voices and your best desserts and drink to share. Please RSVP by ***Wednesday, 16 December*** *on the SIGN UP Sheet provided at the back pews of the Church or ring the Parish Office, 9157 0999*

St Vincent de Paul Society — Good Works

Vinnies Christmas Appeal

Vinnies will be collecting the Annual Christmas Appeal on the consecutive weekends of

7TH & 8TH DECEMBER

AND

14TH & 15TH DECEMBER

Share the Joy of Giving this Christmas!

Vinnies is doing things a little differently this Year. Instead of our usual Hamper Collection, we invite to show your generosity by picking up a DONATION ENVELOPE from the pews in our Churches. Your kind contribution will help bring hope, joy and true spirit of Christmas to those in need within our local community.

VINNIES' PIETY STORES

(Mona Vale & Avalon)

PACK OF 10 CHRISTMAS CARDS - $10

2027 COLUMBAN CALENDARS - $11

Thank You for your generosity and for helping make Christmas brighter for others!

men ALIVE

WE MEET

First & Third Tuesday of every Month at 7 pm

SACRED HEART PARISH CENTRE

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

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.

For any questions, contact Joe Cilia 0418 863 814



The *Living* Word

Entrance Antiphon Psalm 24:1-3
To you, I lift up my soul, O my God.
In you, I have trusted; let me not be put to shame. Nor let my enemies exult over me; and let none who hope in you be put to shame.

First Reading
Isaiah 63:16-17; 64:1. 3-8
A reading from the prophet Isaiah
Oh that you would tear the heavens apart and come down.

You, Lord, yourself are our Father,
Our Redeemer is your ancient name.
Why, Lord, leave us to stray from your ways and harden our hearts against fearing you? Return, for the sake of your servants, the tribes of your inheritance. Oh, that you would tear the heavens open and come down – at your Presence the mountains would melt. No ear has heard, no eye has seen any god but you act like this for those who trust him. You guide those who act with integrity and keep your ways in mind. You were angry when we were sinners; we had long been rebels against you. We were all like men unclean, all that integrity of ours like filthy clothing. We have all withered like leaves and our sins blew us away like the wind. No one invoked your name or roused himself to catch hold of you. For you hid your face from us and gave us up to the power of our sins. And yet, Lord, you are our Father; we the clay, you the potter, we are all the work of your hand.

The word of the Lord

Responsorial Psalm
Ps 79:2-3. 15-16. 18-19 R. v.4
(R.) Lord, make us turn to you, let us see your face and we shall be saved.

O shepherd of Israel, hear us, shine forth from your cherubim throne. O Lord, rouse up your might, O Lord, come to our help. **(R.)**

God of hosts, turn again, we implore, look down from heaven and see. Visit this vine and protect it, the vine your right hand has planted. **(R.)**

May your hand be on the man you have chosen, the man you have given your strength. And we shall never forsake you again: give us life that we may call upon your name. **(R.)**

Second Reading 1 Corinthians 1:3-9
A reading from the first letter of St Paul to the Corinthians
The revelation we looked for, Christ Jesus our Lord.

May God our Father and the Lord Jesus Christ send you grace and peace.
I never stop thanking God for all the graces you have received through Jesus Christ. I thank him that you have been enriched in so many ways, especially in your teachers and preachers; the witness to Christ has indeed been strong among you so that you will not be without any of the gifts of the Spirit while you are waiting for our Lord Jesus Christ to be revealed; and he will keep you steady and without blame until the last day, the day of our Lord Jesus Christ, because God by calling you has joined you to his Son, Jesus Christ; and God is faithful.

The word of the Lord.

Gospel Acclamation Psalm 84:8
Alleluia, alleluia!
Lord, show us your mercy and love, and grant us your salvation.
Alleluia!

Gospel Mark 13:33-37
A reading from the holy Gospel according to Mark
Stay awake! You never know when the Lord will come.

Jesus said to his disciples: 'Be on your guard, stay awake, because you never know when the time will come. It is like a man travelling abroad: he has gone from home, and left his servants in charge, each with his own task; and he has told the doorkeeper to stay awake. So stay awake, because you do not know when the master of the house is coming, evening, midnight, cockcrow, dawn; if he comes unexpectedly, he must not find you asleep. And what I say to you I say to all: Stay awake!'

The Gospel of the Lord.

Communion Antiphon
Psalm 84:13
The Lord will bestow his bounty, and our earth shall yield its increase.

REFLECTION
by Dianne Bergant

Today's readings contain several images: the faithfulness of those who suffer, even as they lament their predicament; the admonition to watch and wait; the expectation of the coming of the Day of the Lord. As trustees of the one who is coming, we live in the 'in between' time of ambiguity and hope. The placement of these readings at the beginning of Advent shapes the context for understanding the entire season. They fix our gaze on the world of human pain and then moves beyond it to the hope of a brighter future. Lamentation and expectation find fulfilment in the Day of the Lord. Waiting is a prominent image this Sunday. Some people wait to be released from suffering, others await the second coming of Christ. Waiting saps our energies and stifles our enthusiasm. Yet wait we must, and as we wait, we wonder: 'What should I be doing?' The readings suggest that we should wait with patient expectation for the day of reconciliation and peace; we should wait in joyful hope that what is to come will come soon. While we wait, we should faithfully fulfil our responsibilities. We believe that we have a future worth waiting for, that there are promises that God will keep. And so we look expectantly to the Day of the Lord, that future day of ultimate fulfilment.

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But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

ISAIAH 40:31

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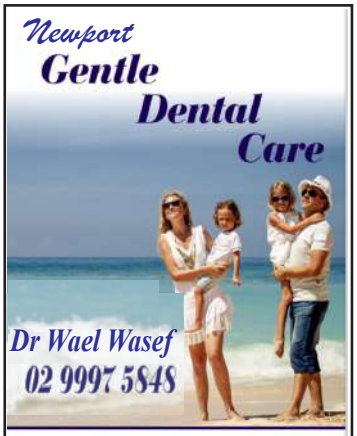

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