



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



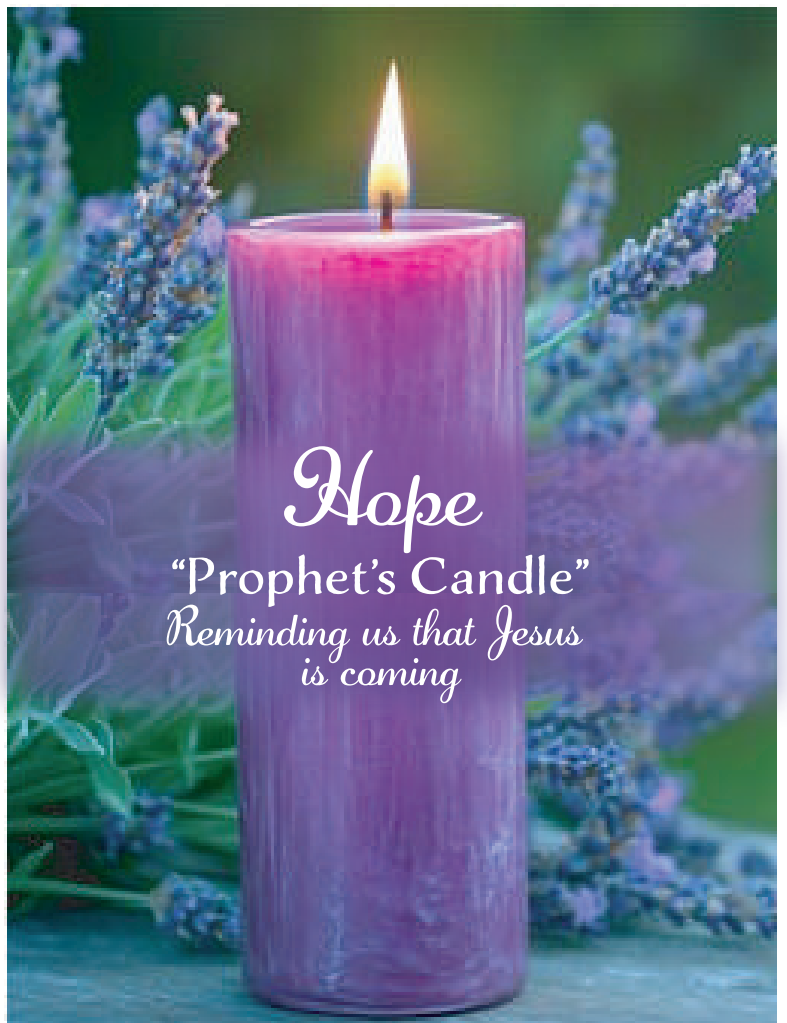
Thoughts of Blessed Francis Jordan

Turn your grace heavenward and walk without hesitation until you arrive at the gates of everlasting life. Oh wayfarer, do not grow weary, and do not fear.

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 to Your Son.
Give us the grace and strength we need every day.
Help us to always 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.



Hope

*"Prophet's Candle"
Reminding us that Jesus is coming*

 Like us on Facebook
Pittwater Catholic Parish

 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 LEO'S PRAYER INTENTION for NOVEMBER

To pray that Christians living in areas of war or conflict, especially in the Middle East, might be seeds of peace, reconciliation and 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

Gertrud Keazor
William Deegan
Pat & Martin Curran

Recently Deceased

Ken Canlon
Stephen Martin

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

Gentle Reminder on Receiving the Holy Eucharist

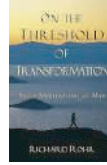
We kindly remind everyone to consume the Holy Eucharist immediately upon receiving it—either before stepping away from the priest or minister, or right there at the altar. Please refrain from taking the Sacred Host back to your seat before consuming it. This helps maintain the dignity and sanctity of the Holy Eucharist, which is truly the Body of Christ.

Thank you for your understanding, cooperation and continued reverence in this most sacred moment of our faith.



BOOK REVIEW

On the Threshold of Transformation
Daily Meditations for Men
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.



Vinnies

PIETY STORE

Christmas Cards & Calendars are available at
Mona Vale Piety Store
Pack of 10 Cards for \$8
Calendars for \$11 each
EFTPOS is available only on Sun @10am

All proceeds go to the St Vincent de Paul Society

Liturgy for the Week

- 01/12 Monday, 1st Week of Advent
Is 4:2-6; Mt 8:5-11
- 02/12 Tuesday, 1st Week of Advent
Is 11:1-10; Lk 10:21-24
- 03/12 Wednesday, St Francis Xavier
Is 25:6-10; Mt 15:29-37
- 04/12 Thursday, 1st Week of Advent
Is 26:1-6; Mt 7:21, 24-27
- 05/12 Friday, 1st Week of Advent
Is 29:17-24; Mt 9:27-31
- 06/12 Saturday, 1st Week of Advent
Is 30:19-21, 23-26; Mt 9:35 - 10:1, 6-8



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.

PREPARING OUR HEARTS FOR CONFESSION:

A Journey Through the 7 Deadly Sins and Heavenly Virtues

As we come to the end of our **Weekly Reflection Series on the 7 Deadly Sins and their corresponding Virtues**, we give thanks for the grace that has guided us through this journey.

Over these past weeks, we have taken time to look honestly at the patterns that can distance us from God, while also discovering the virtues that draw us back to His healing love. May the insights we have gained not remain merely reflections of the past weeks, but become seeds of ongoing conversion in our daily lives. Let us continue to invite God's mercy into our weaknesses, allowing His grace to transform our hearts more fully into the likeness of Christ.

As individuals and as a community of faith, may we keep nurturing the virtues we have explored—growing in holiness, deepening our relationship with God, and supporting one another on the path of discipleship. Though this series concludes, our spiritual journey does not. With renewed hope, let us go forward committed to turning away from sin, embracing virtue, and walking ever closer with the Lord.

ENVY (7TH DEADLY SIN)

Envy is the vice of finding sorrow in the good fortune of someone else. It can also be the feeling of joy at someone else's misfortune. It's the vice associated with comparing one's self to another. And, when we grumble about the unfairness, we are directing our complaint to God.

Envy can creep into our hearts, even within the Church, even among people labouring in the vineyard of the Lord for the growth of the kingdom of God. Saint Faustina wrote of envy arising within her own congregation at many points in her Diary, and records the Lord's response:

There are souls with whom I can do nothing. They are souls that are continuously observing others, but know nothing of what is going on within their own selves. They talk about others continually, even during times of grand silence, which is reserved for speaking only with Me. Poor souls, they do not hear My words; their interior remains empty. They do not look for Me within their own hearts, but in idle talk, where I am never to be found. They sense their emptiness, but they do not recognize their own guilt, while souls in whom I reign completely are a constant source of remorse to them. Instead of correcting themselves, their hearts swell with envy, and if they do not come to their senses, they plunge in even deeper. A heart, which thus far is envious, now begins to be filled with hate. And they are already at the edge of the precipice. They are jealous of my gifts in other souls, but they themselves are unable and unwilling to accept them (Diary, 1717).

Let us ask the intercession of St. Faustina and the Blessed Mother for the grace to recognise envy when it's present in our hearts and to root it out through praise of God's goodness, thanksgiving for His blessings, and the honest confession of our own sinfulness.

Excerpts from Reflections from a Lay Catholic posted by Jerry Robinson and from thedivinemeracy.org by Chris Sparks, The Green Eyed Monster

KINDNESS (7TH VIRTUE)

Kindness (or "kind" or "kindly") appears dozens of times explicitly in Scripture, and countless other times by way of synonym or implication. What does Scripture teach us about kindness? First, kindness is an attribute of God. His kindness calls forth our repentance (Rom 2:3-4). In addition, kindness is a fruit of the Holy Spirit (Gal 5:22). This means that kindness should characterise our lives in Christ. Any failures or shortcomings in this area are not of God and must be cast aside. Kindness is nothing other than loving our neighbors as ourselves — putting others in our place. "This world" has no use for such nonsense. After all, "nice guys finish last." But if we allow Christ, who judges hearts, not appearances (cf. Is 11:3) to transform our perspective, we are able to escape our small, selfish worldviews. He allows us to see and reverence — often in very subtle ways — the God-given dignity of our neighbor. The "will of God" is to draw all people to Himself (cf. 1 Tm 2:4; 2 Pt 3:9). If that's so, we truly need to be instruments of God's unrelenting kindness.

Excerpt from The Power of Kindness by Leon J Suprenant JR, Catholic Exchange

ENVY & KINDNESS A REFLECTION

Envy is one of those quiet sins that slips into the heart unnoticed. It does not shout; it whispers. It appears when we see someone else's blessings and feel, instead of gratitude for them, a sting of resentment within ourselves. Yet Scripture reminds us: "Where jealousy and selfish ambition exist, there is disorder and every foul practice" (James 3:16). Envy corrodes our peace because it places our gaze on what we lack, rather than on the God who gives every good gift in His time.

At its root, envy is a failure to trust that God's love is personal, abundant, and sufficient — for me. When I envy another's success, talents, or joys, I am in some way believing that God has forgotten to bless me. But the Father's love is not a limited resource; He does not love one child at the expense of another. The saints teach us that envy is healed not by acquiring what we want, but by learning to rejoice in God's generosity wherever it appears.

This is where kindness, the gentle fruit of the Holy Spirit, becomes a remedy. Kindness is not mere politeness. It is a deliberate act of love that springs from seeing others as God sees them — precious, beloved, and worthy of good. Kindness celebrates the gifts of others because they, too, reflect the beauty of God. When we practice kindness, especially toward those we are tempted to envy, our hearts begin to soften. We move from comparison to communion. Christ Himself shows us this path. Jesus never envied; He always rejoiced in the Father's work in others. His kindness was not weakness, but strength — a strength rooted in perfect trust that the Father's love was enough. When we turn to Him, we discover that same strength available to us. Grace can transform the impulse to envy into a prayer: "Lord, thank You for the gifts You have given my brother or sister. Teach me to see Your goodness in them, and help me to trust the goodness You desire for me."

Parish Directory

Pittwater Parish

1 Keenan Street,
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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

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office@pittwaterparish.org

Administrative Assistant
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office@pittwaterparish.org

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Tel 9157 0999 ext 31
media@pittwaterparish.org

Sacramental Coordinator
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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

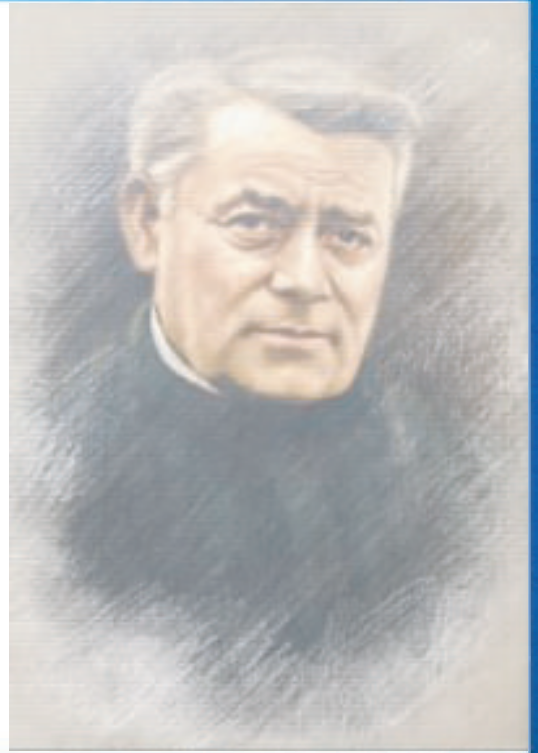
Mater Maria Catholic College
Warriewood
Tel 7256 2100
Principal: Mr Anthony Mahoney



Society of the Divine Savior
SALVATORIANS
Apostles for our times.

Join the **SALVATORIANS**
in celebrating the
**ANNUAL FOUNDATION
DAY MASS**
on Monday, 8th December at
6:30 pm
followed by cocktails and
fellowship at
Sacred Heart Church, Mona Vale

Please RSVP by Friday, 28th November for catering purposes.
Contact the Parish Office on 9517099



Thank You



Thank you for the many years you have generously shared your time, your gifts, and your love of music with our parish community. Your dedication enriches our liturgies, lifts our spirits, and helps make every Mass a more prayerful and meaningful celebration.

Last Friday, 21st November, we were especially blessed to gather for the St Cecilia Mass in honour of the Patron Saint of Musicians. It was a beautiful celebration of your ministry, followed by a wonderful evening together at the Parish Centre. We truly enjoyed catching up with one another and sharing the delicious dinner prepared for the occasion.

Your presence, both at the celebration and throughout the year, continues to be a source of joy and inspiration for our parish family.

May God bless each of you for the grace and beauty you bring to our worship.



WHAT IS *Advent*?

The Advent season is a four-week period in the Christian calendar that prepares people for Jesus Christ's birth at Christmas, while also pointing ahead to his promised return. Each Sunday of the season traditionally spotlights a key theme—like hope, peace, joy, or love—to invite reflection, prayer, and expectant celebration.

The traditional Advent season invites us into four weeks of deep reflection on the advent, or arrival, of God in Jesus of Nazareth, as well as on his promised return. More than a countdown to Christmas, Advent embraces the way of Jesus and encourages hopeful waiting, courageous peace-making, resilient joy, and self-giving love in our still-suffering world.



Confraternity of Christian Doctrine Diocese of Broken bay 2025

Saturday, 22nd of November
Our Lady of the Rosary Cathedral, Waitara

CCD Annual Diocesan Mass for Catechists

*O God, our heavenly Father,
You have given us the gift of these catechists to be faithful
heralds of the Gospel within our parish family.
With grateful hearts, we lift them up to You in thanksgiving
and ask Your loving care for them, for all their hopes,
and for every need they carry.*

Thank You to all of our Catechists & Congratulations to the 2025 Service Award Recipients

LUCIA KUMAR (25 YEARS)

LISA PATRICIA WILLIAMSON (25 YEARS)

ANTONIO (TONY) LUCIANO (5 YEARS)

COME AND JOIN OUR CATECHIST MINISTRY!

We are seeking volunteers to share the Gospel of the Lord with children in our state schools. This rewarding service allows you to educate and guide young hearts on their spiritual journey. It is also a wonderful opportunity to deepen your own understanding of the Catholic faith and to become an active part of our parish family.

If you are interested, please contact the **Parish Office on 9517 0999** or our **CCD Catechist Coordinators: Maureen Wooldridge 0421 907 469 & Veronica Thomas 0417 061 534**



Parish Bulletin Term 4, Week 7

This week, Mater Maria proudly welcomed Year 3 students from the Catholic Schools of the Peninsula Learning Community for a taste of secondary school life. Guided by our Year 10 SRC students, they enjoyed activities in cooking, art, drama, science, languages, and sport. It was a fantastic day, and we look forward to welcoming many of these students back in the future. A special thank you to the primary school teachers who accompanied them.

We also celebrated the Year 11 Presentation of Awards Ceremony, recognising outstanding achievements and introducing our new Year 12 College Prefects and Ministries-leaders who will inspire the community in 2026.

Year 10 students engaged in Faith-in-Action experiences, visiting Jesuit Social Services in Emerton and other Catholic ministries, including St Edmund's College (Wahroonga), St Anthony's in the Field (Terrey Hills), and Fisher Road School (Dee Why). These visits formed part of their Faith Formation program. Year 10 students also gathered with students from other CSBB and Catholic Independent Broken Bay Secondary Schools in Pennant Hills to share experiences of what life as a Catholic can look like after school.

A Mass for Holy Souls and the Sick was held in the College Chapel, with prayer cards offered for loved ones. Faith Fridays continue at lunchtime, providing a space for reflection and prayer.

Students preparing for 2026 Construction and Entertainment studies successfully completed their NSW WHS White Card training for future work placements.

Year 11 students attended the Australian Catholic Youth Festival Formation Session and Commissioning Mass at Our Lady of the Rosary Cathedral, Waitara. The Pittwater Music Club also hosted a concert in the Byrne Theatre.

In sport, Years 8-10 students developed leadership skills by refereeing at the Broken Bay Primary School Touch/Tag Gala Day, while MWBA Basketball continues daily after school.

Every Friday, our prefects host Faith Fridays, a vibrant youth group in our Chapel and Courtyard, combining faith, music and fellowship, and is open to all students.

Enrolments: Applications are now open for Year 7 in 2028 and 2029. Waitlists are in place for 2026 and 2027. Applications for Year 7, 2028 close at the end of Term 1, 2026. For details, visit matermaria.nsw.edu.au/enrolments.

WHAT'S HAPPENING AT MARIA REGINA?

Week 7- 26th November
Touch Tag Gala Day



Huge congratulations to our Stage 3 Maria Regina students who competed in the Touch Tag Gala Day! Your incredible sportsmanship, teamwork, and courage on the field made us all proud. You played with heart and represented our school beautifully — well done!



MARIA REGINA
Catholic Primary School, Avalon

**Enrolling
Now**

Kindergarten - Year 6



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 2:1-5

A reading from the prophet Isaiah
The Lord will gather all nations in eternal peace in the kingdom of God.

The vision of Isaiah son of Amoz, concerning Judah and Jerusalem.
In the days to come
the mountain of the Temple of the Lord shall tower above the mountains and be lifted higher than the hills.
All the nations will stream to it, peoples without number will come to it; and they will say:
'Come, let us go up to the mountain of the Lord,
to the Temple of the God of Jacob that he may teach us his ways so that we may walk in his paths; since the Law will go out from Zion, and the oracle of the Lord from Jerusalem.'
He will wield authority over the nations and adjudicate between many peoples; these will hammer their swords into ploughshares, their spears into sickles.
Nation will not lift sword against nation, there will be no more training for war.
O House of Jacob, come, let us walk in the light of the Lord.

The word of the Lord

Responsorial Psalm

Ps 121:1-2, 4-5, 6-9. R. see v.1.

(R.) Let us go rejoicing to the house of the Lord.

I rejoiced when I heard them say:
'Let us go to God's house.' And now our feet are standing within your gates, O Jerusalem. **(R.)**

It is there that the tribes go up, the tribes of the Lord. For Israel's law it is, there to praise the Lord's name. There were set the thrones of judgement of the house of David. **(R.)**

For the peace of Jerusalem pray: 'Peace be to your homes! May peace reign in your walls, in your palaces, peace!' **(R.)**

For love of my brethren and friends I say: 'Peace upon you!' For love of the house of the Lord I will ask for your good. **(R.)**

Second Reading Romans 13:11-14

A reading from the letter of St Paul to the Romans
The time has come, our salvation is near.

You know 'the time' has come: you must wake up now: our salvation is even nearer than it was when we were converted. The night is almost over, it will be daylight soon – let us give up all

the things we prefer to do under the cover of the dark; let us arm ourselves and appear in the light. Let us live decently as people do in the daytime: no drunken orgies, no promiscuity or licentiousness, and no wrangling or jealousy. Let your armour be the Lord Jesus Christ.

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 Matthew 24:37-44

A reading from the holy Gospel according to Matthew
Stay awake, you must be ready.

Jesus said to his disciples: 'As it was in Noah's day, so will it be when the Son of Man comes. For in those days before the Flood people were eating, drinking, taking wives, taking husbands, right up to the day Noah went into the ark, and they suspected nothing till the Flood came and swept all away. It will be like this when the Son of Man comes. Then of two men in the fields one is taken, one left; of two women at the millstone grinding, one is taken, one left.
'So stay awake, because you do not know the day when your master is coming. You may be quite sure of this that if the householder had known at what time of the night the burglar would come, he would have stayed awake and would not have allowed anyone to break through the wall of his house. Therefore, you too must stand ready because the Son of Man is coming at an hour you do not expect.'

The word 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

TWe may be accustomed to think of Advent as the time when we prepare for the coming of God, but the readings also train our attention on our own journey to God. We see this most clearly in this first Sunday with readings that tell us the identity of the pilgrims, the destination toward which they travel, and the way of life that is required of them on their journey. As the Vatican Council has proclaimed: We are a pilgrim people. Both the reading from Isaiah and the psalm response speak of the pilgrimage to the mountain of the Lord, the place

where God can be found. Although the psalm speaks about Jerusalem and refers to the temple there, the broader theological significance of the mountain, the city and the temple is one and the same. They represent the presence of God in our midst, and this presence is the goal of our striving. There are clear directions about how we are to live while we are on this pilgrimage to God. In Isaiah we learn that we must put away our instruments of violence and hatred, our swords and our spears. Lest we pick them up again, we are told to convert them into life-producing implements, into ploughs and pruning hooks. Paul exhorts us to put away our deeds of darkness and self-indulgence and to clothe ourselves instead in the deeds of Jesus Christ. Matthew points out the need for alertness, attentiveness, a disposition that is open to a change of heart.

© Dianne Bergant CSA

THE IMMACULATE CONCEPTION OF THE BLESSED VIRGIN MARY
8th 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**



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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 WELCOME

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

**We will also be beginning a series on
 METANOIA**
 A video series & discussion, inviting everyone to a deeper more profound conversion - a metanoia - that moves us from something to someone, as metanoia ultimately turns us to Jesus.

Bringing men together, to renew their faith in God & encourage them to be an active force of renewal in the Church

**For any questions contact
 Joe Cilia - 0418 863 814**

ADVERTISEMENT SPACES AVAILABLE

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To find out more, call Tamara
 0403226699



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Ph: 9918 3315



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MONDAYS

9:30 - 11:30

(SCHOOL TERM)

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FINE WINE, SPIRITS & BEER

FLEET STREET

MERCHANTS

PAUL BOTTERO

1755 Pittwater Road
Mona Vale NSW 2103

Phone: 9999 3055
Fax: 9999 3055

First Sunday

Stay awake! For you do
not know on which day
your Lord will come.

Matthew 24:42

