

The Catholic Parish of Pittwater

Sacred Heart & Maria Regina. Neighbourhoods of Grace, entrusted to the care of the Salvatorians.

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.

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.

Continue to practise good hygiene. Please use the hand sanitisers provided in both of our Churches.

Come and dispel the darkness of our world with the light of Your love. Amen.

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!



POPE FRANCIS' PRAYER INTENTION FOR December

For Persons with Disabilities
We pray for the Holy Father; as he fulfills his mission, may he continue to accompany the flock entrusted to him, with the help of the Holy Spirit.

MASS TIMES

SACRED HEART CHURCH 1 Keenan Street, Mona Vale

WEEKDAY MASSES

Tuesday 8.30am **Exposition of the Blessed Sacrament**, Adoration, Reconciliation and Benediction from 8:30 am. followed by Mass at 9.30am Wednesday 9.30am Thursday 7pm **Exposition of the Blessed Sacrament**, Adoration, Reconciliation and Benediction from 7.30pm to 9pm Friday 9.30am First Friday of the Month, **Exposition of the Blessed Sacrament**, Adoration, Reconciliation and Benediction from 9.30am, followed by Mass with Anointing of the Sick at 10.30am

WEEKEND MASSES Saturday Vigil 5.00pm Sunday 8.00am • 10.00am • 6.00pm (SOUL)

RECONCILIATION 4.00pm to 4.30pm Saturday

Baptism 4th Sunday - 11.30am

MARIA REGINA CHURCH 7 Central Road, Avalon

WEEKDAY MASSES

Monday 8am Wednesďay 8am Thursday 10am 9am Exposition of the **Blessed Sacrament**, **Adoration and Benediction** at 9.45am Friday 8am

Mass with Anointing of the Sick - First Friday of the Month at 8am

WEEKEND MASSES Saturday Vigil 6.00pm Sunday 9.00am

RECONCILIATION Before Vigil Mass on Saturday **BAPTISM** 3rd Sunday - 11.00am



Recently Deceased Susan Major

Prayer for the Sick

Anna Śmigowska Guy Zofrea Jeff Langley Mark Linfiels Nick Moullakis Bill Eyre Brian Gregan Marcia Bailey Bec Burroughs Susan Hickey Margaret De Landre Stefan Baver Jenny Carroll Matt Ukishima Mina Lee Maureen Larios Denise Wagner Tom Murphy Leonie Ariemetto Marco Sangiacamo Sarah Paterson Marta Bizubova Dianne Williams **Elaine Boyes**

Vinnies

Piety Store



Christmas Cards

are available at the **Piety Stores in both** Avalon and Mona Vale. Pack of 10 for \$8

Calendars are \$10 each

BOOK REVIEW

An Experience Named **Spirit** by John Shea



John (Jack) Shea is a theologian and storyteller who lectures nationally and internationally on storytelling in world religion, faith-based health care, contemporary spirituality and the spiri at work movement.

Liturgy for the Week

04/12 Monday, 1st Week of Advent Is 2:1-5; Mt 8:5-11

05/12 Tuesday, 1st Week of Advent Is 11:1-10; Lk 10:21-24

06/12 Wednesday,1st Week of Advent Is 25:6-10; Mt 15:29-37

07/12 Thurssday, St Ambrose Is 26:1-6; Mt 7:21, 24-27

08/12 Friday, The Immaculate Conception of the Blessed Virgin Mary Gen 3:9-15, 20; Lk 1:26-38

09/12 Saturday, 1st Week of Advent Ils 30:19-21, 23-26; Mt 9:35 -10:1, 6-8

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Use this App to support our Clergy through the first collection and our Parish through the second collection. Donations can be made weekly, fortnightly,monthly or one-off.

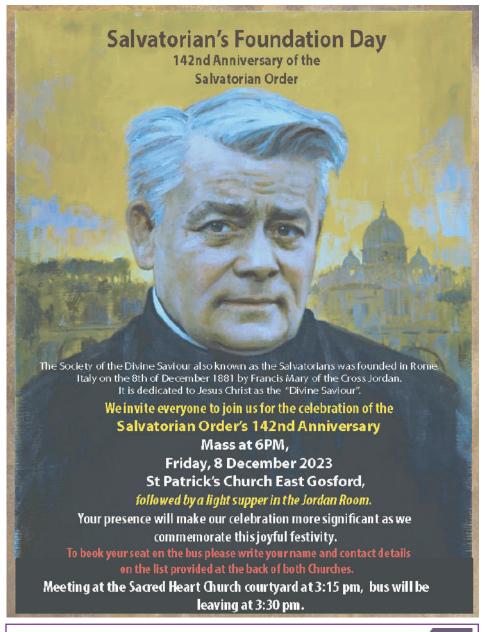
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Our Year of





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Community Collection

Sacred Heart Church, Mona Vale

1 Keenan Street

Monday, 4 December

7:00 am - 9:00 am

We take:

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Contact: whirlrecycling.com support@whirlrecycling.com

Parish Directory

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Tel 9157 0999 ext 12 ap@pittwaterparish.org

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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

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MONA VALE
Sacred Heart School
Tel 8197 6900

Principal: Mr Jamie Wahab

AVALON

Maria Regina School Tel 7256 2138 Principal: Ms Kirsty Thorpe

WARRIEWOOD

Mater Maria Catholic College Tel 7256 2100 Principal: Mr Marc Reicher



Parish Bulletin Term 4, Week 8

Mater Maria Catholic College wrapped up a week of music, learning, and community spirit, showcasing the diverse talents of its students. The Concert Band kicked off the festivities on Tuesday with a lunchtime performance of carols for staff and students. Meanwhile, an Advent Liturgy and Social event took place later, uniting the College Advisory Board, Parents in Partnership members, executive team and new staff. The evening concluded with soul-soothing carols at the Byrne Theatre, where the Concert Band's performance raised generous donations for the Friends of Soibada, dedicated to projects in East Timor.

Year 7 students explored emerging technologies and cyber safety in a dynamic workshop, while Year 9 delved into leadership styles through the Lead4Impact Program and engaged in the Stage 5 Futuready Entrepreneurs Excursion in Sydney's CBD. For Year 10, a week of dynamic experiences included a compelling presentation on social media, a self-defense class, and a 'Let's Talk Money' Workshop, concluding in VET Construction and VET Entertainment students completing the mandatory First Aid and NSW White Card Courses.

Year 11 students gained insight into the world of work through the Future Ready Program, while senior students explored a taster workshop at TAFE NSW, focusing on the hairdressing and beauty industry.

In the realm of sports, Mater Maria celebrated achievement in touch football, basketball, cricket, tennis and surfing.

As the term draws towards the end, Mater Maria invites prospective students and parents to explore the myriad of opportunities that the College offers. Applications for Year 7 in 2026 are open, with waiting lists in place for 2024 and 2025. Discover the essence of Mater Maria Catholic College at https://matermaria.nsw.edu.au



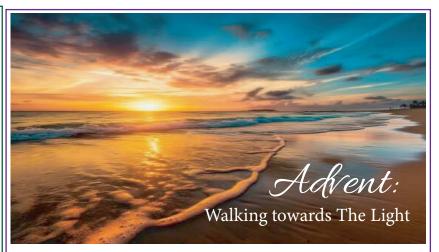
Sacred Heart Church NOTICEBOARD



We will be putting up messages from Parishioners that are in need of assistance in the Noticeboard outside the Church.

Please email the Parish Office on office@pittwaterparish.org or call 9157 0999

All requests will have to be approved first.



At first glance, Advent may seem simple enough to understand as a period of preparation for the great Feast of the Lord's Nativity. But the themes that emerge from the liturgical texts of the Roman Liturgy - the antiphons, collects, readings, psalms, prefaces etc. - present a season that is altogether unique and profound. There is nothing quite like it in the liturgical traditions of the East. Certainly they do have their own special periods of preparation for Christmas and Epiphany but nothing the same as Advent.

The Origins of Advent

The first signs of what we all now call "Advent" appeared in the latter part of the 300's in the Christian communities of Spain and Gaul (present-day France and parts of Germany). It was in some places a two to three-week preparation for the rites of Christian initiation celebrated in these regions at the feast of Epiphany. The preparation seems to have involved not only those who were going to be baptised but also in various ways of the whole community.

Christ, The Unconquered Light of the World

But why the Epiphany and not the Easter Vigil as the most auspicious time for conferring the sacraments of Initiation?

The simplest and shortest answer to this to point to the theme of Light and the belief that Baptism means to be enlightened by Christ. And in the northern hemisphere, the Christmas/Epiphany season depends upon the event of the winter solstice, when the sun begin its "ascent", the days begin to get longer, and the darkness is "conquered" by the Light of Christ. According to the old calendars this winter solstice was calculated as taking place on 25 December, and not, as our modern calendar determines, 21 December. So from the early 300's in Europe, Christmas was made to coincide with the solstice because it meant that Christ the Light had come into our world and would continue to conquer the darkness of sin, year after year - the Christ, the Son of God, our Saviour.

Gradually, as time went on, the custom of group Baptism at Epiphany waned. But the theme of baptism and conversion of heart, mind and action remained embedded in the character of this special time. In time, Advent took on the character familiar to us, as preparation for the feast of the Lord's Coming in the flesh. Its length varied from six weeks to four weeks depending on the regional customs, until it reached its present fixed form of four weeks.

Adventus - Momentous Arrival of Salvation

The word "Advent" itself has an interesting background. Both the Latin "Adventus" (Coming) and ita Greek equivalent "Parousi" (Appearance) were both originally secular, pagan, words which epitomised singular events such as the birth of an Emperor or the proclamation of the Victor of a crucial battle. These kinds of events meant that people's lives were forever changed and transformed.

Lectio Divina from http://www.dbb.org.au/Pages/LectioDivina.aspx

Christmas Mass Times

Sacred Heart Church Mona Vale

Christmas Eve
24 December
Family Mass
5:00 PM
Youth Mass
9:00 PM
Midnight Mass

Christmas Day 25 December 8:00 AM & 10:00 AM

12:00 AM



The Catholic Parish of Pittwater

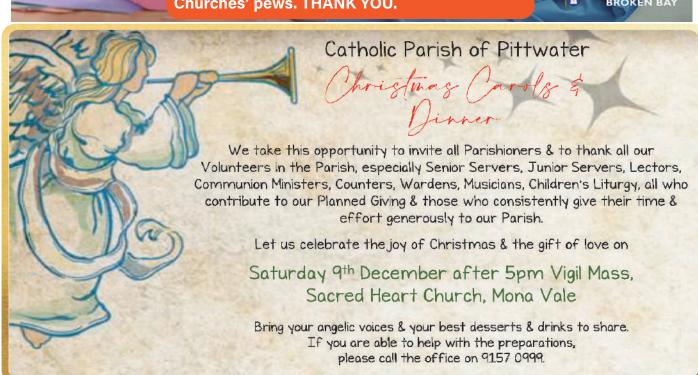
Maria Regina Church Avalon Christmas Eve

24 December
Vigil Mass
6:00 PM
Youth Mass

9:00 PM

Christmas Day 25 December 9am





The Living Word

Entrance Antiphon

Cf 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 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 Matthew

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 CSA

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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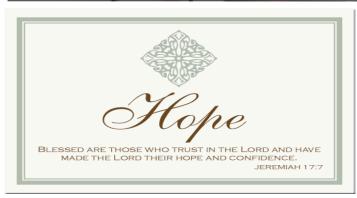
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