



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.
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.

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

**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**



*You are the God who saves me.
I put my hope in You all day long.
-Psalm 25:5*



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

Wednesday 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

We Pray for Deceased Anniversary

Mary McHugh

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 Bayer

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 spirit 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 Thursday, 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
Is 30:19-21, 23-26; Mt 9:35 - 10:1, 6-8

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2023

Our Year of

Stewardship

Salvatorian's Foundation Day

142nd Anniversary of the
Salvatorian Order



The Society of the Divine Saviour also known as the Salvatorians was founded in Rome, Italy on the 8th of December 1881 by Francis Mary of the Cross Jordan. It is dedicated to Jesus Christ as the "Divine Saviour".

We invite everyone to join us for the celebration of the Salvatorian Order's 142nd Anniversary

Mass at 6PM,

Friday, 8 December 2023

St Patrick's Church East Gosford,

followed by a light supper in the Jordan Room.

Your presence will make our celebration more significant as we commemorate this joyful festivity.

To book your seat on the bus please write your name and contact details on the list provided at the back of both Churches.

Meeting at the Sacred Heart Church courtyard at 3:15 pm, bus will be leaving at 3:30 pm.


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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:

Cameras; camera lenses; desktop computers; laptops; mobiles;
tablets; computer parts; cords; cables; iPads; iPods; power tools;
Gameboys; Nintendos; Xbox; computer games; tools; modems;
servers; hard drives; watches; vintage radios; accessories.

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support@whirlrecycling.com

Parish Directory

Pittwater Parish

1 Keenan Street Mona Vale
NSW 2103
Tel 9157 0999

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pp@pittwaterparish.org

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Fr Zygmunt Smigowski SDS

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ap@pittwaterparish.org

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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

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 FutureReady 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>



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 begins 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 its 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>

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.*

Christmas Mass Times

Sacred Heart Church

Mona Vale

Christmas Eve

24 December

Family Mass

5:00 PM

Youth Mass

9:00 PM

Midnight Mass

12:00 AM

Christmas Day

25 December

8:00 AM & 10:00 AM



Maria Regina Church

Avalon

Christmas Eve

24 December

Vigil Mass

6:00 PM

Youth Mass

9:00 PM

Christmas Day

25 December

9am

 The Catholic Parish of Pittwater
Sacred Heart & Maria Regina, Neighbourhoods of Grace, entrusted to the care of the Salvatorians.

Donate to help families
and parish communities
in Broken Bay.



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WORKS** Broken Bay

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hospital, school, parish or the wider community.
It's no too late to donate, envelopes are in the
Churches' pews. **THANK YOU.**



CATHOLIC
DIOCESE OF
BROKEN BAY



Catholic Parish of Pittwater

*Christmas Carols &
Dinner*

We take this opportunity to invite all Parishioners & to thank all our
Volunteers in the Parish, especially Senior Servers, Junior Servers, Lectors,
Communion Ministers, Counters, Wardens, Musicians, Children's Liturgy, all who
contribute to our Planned Giving & those who consistently give their time &
effort generously to our Parish.

Let us celebrate the joy of Christmas & the gift of love on

**Saturday 9th December after 5pm Vigil Mass,
Sacred Heart Church, Mona Vale**

Bring your angelic voices & your best desserts & drinks to share.

If you are able to help with the preparations,
please call the office on 9157 0999.

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.*

© Dianne Bergant CSA



Christmas Eve
Masses
**HELPERS NEEDED
FOR
CHRISTMAS EVE MASS**

**Pittwater Parish is renowned
for its 5PM Children's Mass
on Christmas Eve and of course
we need lots of helpers and
children to participate.**

**Would you be able to spare
1 hour of your time on
Christmas Eve to help set
up the chairs for the
Christmas Eve Mass?**

**We are calling a team of people
to help with setting up for the
Mass. We will be doing this at
10AM on Sunday, 24 December.
If you could come and help.
I would greatly appreciate
your time.**

**Please email Skye on
skye.nolan-brown@dbb.edu.au**

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"Blessed is the man
who trusts in the
LORD, and whose
hope is the LORD."

— JEREMIAH 17:7

Parade



Hope

BLESSED ARE THOSE WHO TRUST IN THE LORD AND HAVE
MADE THE LORD THEIR HOPE AND CONFIDENCE.

JEREMIAH 17:7



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