



The Catholic Parish of Pittwater

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

Advent Prayer

Lord Jesus,
Master of both the light
and the darkness,
send your Holy Spirit upon our
preparations for Christmas.

We who have so much to do
seek quiet spaces to hear
your voice each day.

We who are anxious
over many things look forward to
your coming among us.

We who are blessed
in so many ways
long for the complete joy
of your kingdom.

We whose hearts are heavy
seek the joy of your presence

We are your people, walking in
darkness yet seeking light

To you we say,
"Come Lord Jesus".

Amen
(Author: Herri Nouwen)

**If you have used this bulletin,
please take it home with you.**

To read the messages from
Bishop Anthony and from the people
Vox Populi please go to
www.pittwaterparish.org.
News and events tile and Messages from
Bishop Anthony on the drop down menu.

**Masks are now compulsory
in Church.**

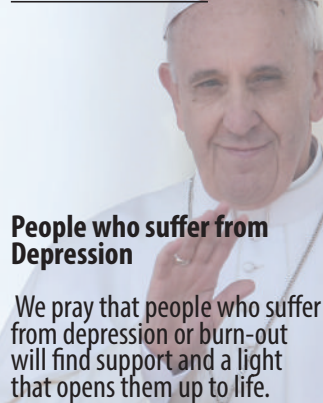


Thoughts of Bl Francis Jordan

If you wish to obtain something from the Lord,
you will obtain whatever you ask for through prayer.



Pope Francis' Prayer Intentions For November



People who suffer from Depression

We pray that people who suffer from depression or burn-out will find support and a light that opens them up to life.



The Service NSW QR codes are now available at the entrance of both of our churches, for you to use to check in. If you do not have a smartphone or you're not carrying it with you, please download your personal QR code with Service NSW, and scan your code at the entrance of the church. Thank you for working with us to keep our parish community safe.

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.

LIKE US ON
facebook
The Catholic Parish of Pittwater

Instagram
You can find us on
(pittwater_parish)

MASS TIMES

SACRED HEART CHURCH

1 Keenan Street, Mona Vale

Weekday Masses
 Tuesday 9.30am
 Wednesday 9.30am
 Thursday 7pm
 (Followed by Adoration and
 Benediction at 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 acknowledge the lifelong trauma of abuse victims, survivors and their families, the failures of the Catholic Church to protect, believe and respond justly to children and vulnerable adults, and the consequent breach of community trust.

We Pray for
 the Souls of
 Souls of the faithful departed
 on our November List

Recently Deceased

Belinda Lois Myers
 Martin Kerrigan
 Isidoro Finocchiaro

If you would like the names of your relatives or friends and offerings included, please drop the envelope in to the Parish Office by Midday on Wednesdays. Thank You.

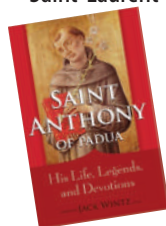
Prayers for the Sick

Gail Reiher
 Christine Hills
 Sara Zofrea
 Beryl Peo-Duncan
 John Andrew Graham
 John Charles Graham
 Michael Carrodus
 Pat Regan
 Robyn Sheather
 Candida Hernandez
 Chin Quang Le
 Tony Quatroville
 Garry Gleeson
 Elizabeth Kral
 Nazarena Custodio
 Annette Davis
 Andrew Hood
 Jeff Langley
 Warwick Chipman
 Erin Ocampo
 Mark Lindfield
 Vicky Kalingasan
 Cos Coniglio
 Bill Eyre
 Brian Gregan
 Marian Poe
 Marcia Bailey
 Bec Burroughs
 Susan Hickey
 Sophia Burfitt
 Margaret De Landre
 Sick members of Family
 Maeva Robinson
 Jenny Carroll
 Matt Ukishima
 Pietrina Maiorana
 Marta Bizubova

The names on this list will be removed after four weeks unless otherwise requested or advised. Thank you

BOOK REVIEW

Saint Anthony of Padua
 by Fr Raymond Thomas de Saint-Laurent



We learn by the Saint's example to seek in the faithful practice of prayer the ordinary path leading to divine love. By his intercession, we obtain graces of both a spiritual and temporal order. In our troubled times, how many need his help!

Share the News

Our Churches-
 Sacred Heart and
 Maria Regina are open.

Come for Mass.

Come and pray.

Come and light a candle.

Come sit and find peace.

Watch the daily Mass on
 Demand from Broken Bay's
 Cathedral at

<https://www.youtube.com/channel/UCNenwlf7i14XB9TsVBrLvQ>

We hope that this will help the faithful to celebrate the Holy Mass online wherever you are



We welcome
 to Pittwater Parish
 Hunter Mason
 Hunter Layton
 Tor Layton
 on 27 November 2021
 at Sacred Heart Church,
 Mona Vale for the
 Sacrament of Baptism
 and
 Zali Rogan
 Jana Rogan
 on 28 November 2021
 at Maria Regina Church,
 Avalon for the
 Sacrament of
 Baptism

Salvatorian Foundation Day

Mass and Celebration



Join us as we celebrate
 the 140th Anniversary
 of the Salvatorians and receive
 the commitments of
 5 Lay Salvatorians

6pm Wednesday 8th December
 St Luke the Evangelist Church
 1 Beaconsfield Street, Revesby



For catering purposes, please RSVP to the Parish Office 9157 0999 by Friday 3rd December.

We are preparing for Jesus

1st Sunday of Advent, Year C



lorem ipsum



During Advent we can prepare for the arrival of Jesus by helping others. Write down some of the ways you can help family, friends and people in need during Advent.

I can help my family by

I can help my friends by

I can help those in need by

Find the opposite of each word, then rearrange the circled letters to complete the sentence below.



MAN
UNDER
OPEN
SAD
ALWAYS

MAN	()	—	—	—	—
UNDER	—	—	—	()	—
OPEN	—	—	()	—	—
SAD	—	—	—	()	—
ALWAYS	()	—	—	—	—

Colour the shapes that contain dots purple.

Fill the other shapes with different colours.

“the Son of Man will be seen, coming in a cloud with great _____ and glory.”

Scan to Give to our Parish of Pittwater

Cashless Fast Secure



Scan the QR code above
with your camera app
and follow the prompts

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.

GIVING

Thank you for your continued
contributions and support. Your
financial contributions and your
generous donations throughout
the year are greatly appreciated.

LIVESTREAMS READINGS NEWS



<https://brokenbay.goodgiving.com.au>



Vinnies

For the needy, help is
available by contacting
the Brookvale Centre
9905 0424 during
business hours.

Please keep in your prayers the souls of the faithful departed of our friends and families in the parish

All Holy Souls, especially
Priests and Religious
All Souls in Purgatory
All Souls of the
Vietnamese Boat
People
Deceased members of
Attwood Family
Deceased members of
Aitken Family
Yves Annibal
Irene Annibal
France Ally
Monty Ash

Baby Lily Grace
Brenda Bottero
Timothy Bottero
Aldo & Alma Bottero
Leticia Buhat
Martin Brala
Angela Brala
Branko Baus
Michael Bolger
Eileen & Jack Bateman
Deceased Members of
Baker Family
Graham Browne
Barnaby Jack Browne
Oumani Browne
Deceased Members of
Bizubova Family
Deceased members of
Bosher Family
Frank & Annie Bourke
Carmela Barletta
Jill Bollinger
Betty Branson
Carol Brennan
John Brennan
Winifred Brennan
Mary Biggs
Mary Louise Bruyn
Terry Buggy
Kuzma & Jaka Bacic
Lucas & Maud Bruneau
Gerard & Lindsay Bruneau
Rosemarie & Jacqui
Bruneau
Marianina Brescia
Jure Brekalo
Marta Brekalo
Peggy Broderick
Mark Broderick

Rev Fr Bernard Callachor
Denis & Monica Callachor
Paul Callachor
Leo John Callachor
Chong Ah Yoke
Aquilino Carozza
Caravita Carozza
Giovanni-Battista Caruso
Rosina Caruso
Vincenzo Caruso
Emanuela Caruso
Deceased members of
Caruso Family
Lance Carmichael
Deceased members of
Carmichael Family
Chan Lan Hing
Michael & Elizabeth
Clohessy
Stipe Crvelin
Jerina Crvelin
Tereza Crvelin
Branko Crvelin
Deceased Members of
Clark Family

Hannah Corkery
Deceased members of
Chun Family
Joseph Calleia
Bozena Covic
Catherine Clarke
Tom Connors
Alice Connors
Brian Connors
Daphne Connors
John Connors
Basil & Marie Cranch
Tony (Antonio Natale)
Calvi
Rocco Rinaldo Calvi
Maria Rosa Calvi
Santa Cimino
Antonio & Rosa Cimino
Ivy Helen Cafini
Maddalena Calaico
Margaret Mary Clancy
Miranda Crapis
Tommaso Cimino
Patricia Chowder
Jaka Corkalo
Ken Carlon
Deceased members of
Chipman Family
Van Wah Chan

Edith Muriel Djeng
Neil Yuen Djeng
Sr David
Hilda Doutre
George Doutre
Lionel Doutre
Nana Doutre
John Dennis
James & Iren Dennis
Kevin Dennis
Noel Dennis
Sarah Rose Durazza
Gerard Deudekom
Maria Dydo
Michal Dydo
Antonina Dydo
Franciszek Dydo
Norm Dickie
Joseph Khanh Quang Dinh
Diep Thi Do

Betty Ee
Ee Yean Keat
Deceased members of
Ennis Family
Ronald Elliott
Marion Elliott
Patricia Elphinston
Cyril & Louisa
Edouard-Betsy
Yvonne Eden

Foong Khwye Fong
Henryka Furtak
Peter Ferranda
Antonia Ferranda
Anna Furtak
Macin Furtak
Henryka Furtak
Joseph Finch
Joyce Finch
Giovanni Battista Femia
Teresa Femia
Vince Femia
Maria Annunziata (Sia
Nuna) Femia
Maria Femia
Giuseppa Fonti
Giovanni Fonti
Deceased members of

Fordham Family
Mrs Fisher
Rev Fr Carol Grew
Henryka Gora
Jozef Gora
Andrzej Gora
Jack & Mariam Green
Samuel & Martha Green
Mary & Vera Green
Ivan Gibbs
Beryl Gibbs
Gerry Gibbs
Tony Gerathy
Malcolm & Elsie Gasson
Zofia Galas
Slawek Galas
Nikola Grgin
Robert Grgin
Deceased members of
Grgin Family
Petar & Mara Gavranic
Deceased members of
Geach Family
Assunta & Salvatore
Giglio
Deceased members of
Giglio Family
Barry John Geyle
Lorraine Grace

Maria Hersztek
Mieczyslaw Hersztek
Sr Mary Hugh
Meelah Hamilton
Paul Harley-Green
Zofia Hersztek
Franciszek Hersztek
Mieczyslaw Hersztek
Deceased Members of
Hanschilova Family
Gene Hernandez
Sr Honorius
Eric Haynes
Lorna Hewitt
Jack Harrison
Deceased members of
Hunjak Family
Nora Hagar
Bob Hagar
Robert Hagar
Rachael Howsam
Lizzy Howsam
Gladys M Hickey
Luke J Hickey
Flo & Jack Hughes
Eva Hunfalvay
Elemer Hunfalvay
Roger Hamilton
Lionel Hovey
Michael Hintze Snr

Alfonso Iannascoli
Adam Ishac
Joseph Ishac
Succar Ishac
Deceased members of
Jenkins Family
Anka & Josip Juricev
Deceased members of
Juricev Family
Franciszek Jedrzejowski
Czeslaw Jedrzejowski
John Johnson

Stanislaw Kolodziej
Rev Fr John Keenan
Wojciech Kupczyk
Jan & Zofia Kupczyk

James Michael Kelly
Deceased Members of
Kelly Family
Stjepan Katanec
Katarina Katanec
Deceased Members of
Kuffnerova Family
Linda Kull
Will Kull
Billie Kull
Deceased Members of
Kull Family
Irene Kersivien
Pierre Kersivien
Peter Kersivien
Deceased Members of
Kersivien Family
Mice Krnic
Milka Krnic
Sime Krnic
Bob Kasch
Deceased members of
Kasch Family
Russell Kaufer
Katrina & Walter Kaufer
Stefania & Jan Kulpa
Dennis King
Frank & Eileen Keely
Michael Paul
Kenny-Godley
Julie Kovacs
Deceased members of
Katanac Family
Mato Kaurinovic
Maria Ai Thi Thuy Kieu
Elizabeth King
William King

Deceased members of Le
Marseny Family
Lau Fook Sing
May Mary Lau
Teddy Lim
Molly Lau
Alice Lim
Liew Seng Chong
Joseph Lee
Leatrice Lee
Deceased members of
Leong Family
Maria & Jan Lewandowski
Stefania & Zdzislaw Luksa
Edgar Clarence John Lind
& Toby
Allan Leatherwood
Pave Lucic
Patricia Mary Lefel
Giovanni Lancuba
Maria Lancuba
Lucia Lancuba
Andy Ai Luyen
Andrew Lakos
Joseph Minh Xuan Le
Peter Luong Quang Le
Vinh Quang Le
Thien Quang Le
Loi Quang Le
Peter Khoa Nguyen Le
Buoi Quang Le
Vinh Le
Hien Thi Le
Lien Thi Le
Tam Le
Thanh Le
Hien Quang Le
Dao Thi Le
Hai Van Le
Phung Van Le
Thanh Van Luong

Please keep in your prayers the souls of the faithful departed of our friends and families in the parish

Rev Fr Leo Murphy
John Francis Murphy
Julius Moretto
Joyce Moretto
Deceased Members of
Matthew Family
Deceased Members of
MacDonald Family
Rajka Martinovic
Toni Martinovic
Kate Martinovic
Deceased members of
Manche Family
Deceased members of
Muir Family
Tony & Nadia Milcjarek
Graciette Marques-Lee
Salvatore Macri
Maria Macri
Giuseppe Macri
Casare Tommaso
Mastroianni
Dominic Mayer
John Henry Meyer
Jean Kathleen Meyer
Sia-Nisarut Marasri
Fernando Manrique
Elisa & Martin Manrique
Bartolo Maiorana
Giuseppe Maiorana
Caterina Maiorana
Giuseppe Maiorana
Tom Moore
Deceased members of
Marsic Family
Deceased members of
Metz Family
Deceased members of
McDonagh Family
Deceased members of
Mahony Family
Danica Markoc
Jurica Markoc
Mercia V McCombie
Walter A McCombie
Kata Marinerka
Deceased members of
McKeown Family
Lina & Salvatore Macri
Deceased members of
Macri Family
Deceased members of
McNernry Family
Jean McRae
Jim McRae
Donald McRae
Deceased members of
McRae Family
Peter Marsden
John Marsden
Deceased members of
McCarthy Family
Milagros Macarayan
Conrado Macarayan
Estella Mitchell

Rev Fr Mark Nugent
Trevor Newman
Len Newman
Peggy Newman
Deceased members of
Nouak Family
Augustine Neo Eng Guan
Sandra Naphali
Jan Nuelle
Anthony Bang Van Nguyen
Quy Duc Nguyen
Ty Thi Nguyen
Khon Van Nguyen
Phung Thi Nguyen

Bich Thi Nguyen
Maria Chuoi Thi Nguyen
Ham Van Nguyen
Ho Tuan Nguyen
Gabriel Sinh Pan Nguyen

David O'Brien
Jim O'Brien
Simon O'Brien
Mark O'Brien
Hedwig Ott
Walter Ott
Deceased members of
Oitzinger Family
Dermot & Mary O'Hanlon
Frank & Doreen O'Hanlon
Deceased members of
O'Hanlon Family
Deceased members of
O'Neill Family
Nina O'Connor
Peter O'Connor
Wladyslaw Olszowski
Pat & Kath O'Donnell
Evelyn Ooms
Ida Natoli
Tony O'Toole
Deceased members of
O'Grady Family
Deceased members of
O'Sullivan Family

Filomena Pietrusiewicz
Zenon Pietrusiewicz
Zofia Pietrusiewicz
Christopher Pecar
Jay Pecar
Ana Pecar
Kreso Pecar
Dominic Papalia
Sandra Pyper
John Peo Duncan
Irene Peo Duncan
Frances Peo Duncan
Deceased members of
Pigois Family
Nancy Catherine Paglar
Maria Picello
Antonio Pangallo
Maria Claudia Lutz Pena
Norm & Norma Poppleton
Mark Purnell
Maria Pileggi
Pepina Pileggi
Rina Pileggi
Virginia Pileggi
Nellie Pestonji
Zorka Panic
Deceased members of
Parkinson Family
Michelle Poh

Katrina Quinn

Cornelius Reen
Deceased Members of
Rush Family
Deceased Members of
Rettura Family
William & Mary Ryan
Sr Romanus
Mare & Mice Reskov
Deceased members of
Reskov Family
Maria Rocca
Deceased members of
Rancev Family
Veronika Raic
Joso Raic
Ante Reskov

Krmela Reskov
Antica Reskov
Harvey Rose
Rohan Rose
Joe Romeo
Mary Roebuck

Matthew Seve
Helen Seve
George Seve
Nita Seve
Seow Jee Neo
Nikodem Sinkic
Tona Sinkic
Dusan Sinkic
Jan Maree Smith
Teresa Shepherd
Theodore Shepherd
George & Leila Schadel
Dominic Schadel
Romuald Starzecki
Maureen Suggitt
Cornelius Smit
Deceased Members of
Spadina-Kretic Family
Mate Spadina
Lujka Spadina
Kreso Spadina
Margarita Spadina
Jakov Spadina
Jurka Spadina
Miljenko Spadina
Ante Spadina
Jere Spadina
Grgo Spadina
Herman Schweizer
Berta Schweizer
Mary Scott
Deceased Salvatorian
Fathers, Brothers and
Sisters
Deceased Lay
Salvatorians,
Benefactors & Friends
Philomena & John Smith
Barbara Sims
Rozalia & Jakub Sadowski
Antoni & Janina Sadowski
Jane Slyney
Daniel Slyney
Anne Mary Storman
Alec Henry & Betty Marion
Smith
Luigi Schiliro
Souls who have no one to
pray for them
Badoslav Spadina
Slavka Spadina
Krst Spadina
John Sharp
Deceased members of
Sharp Family
Graham Sloper

Bess Thomson
John Thomson
James Treacey
Lorraine & Max Thomson
Ruza Troskot
Rade Troskot
Phyllis Trendle
Francesco Talese
Maria Talese
Vince Talese
John Tuite
Gemma Thompson

Jakov Urem
Ana Urem
Mora Urem

Jakov Urem Jnr
Joso Urem
Deceased members of
Ukishima Family

Pave Vodanov
Ivan Vodanov
Ivanica Vodanov
Frane Vodanov
Alexander Vorobieff
Balina Vorobieff
Josip & Milka Vreck
Petronella Van Dyk
Ajka & Jakov Vukovic
Jela & Joe Vozzo
Petar & Mara Vlatko
Deceased Members of
Warner Family
Deceased members of
Wiggins Family
Marie & Kevin Wiggins
Aldo Williams
Matthew Robert Williams
Les Wasley
Lindy Wasley
Deceased Members of
Wasley Family
Deceased members of
Wong Family
Jozefa & Macin Wiktor
Maria Wiktor
Andrzej Wiktor
Colin & Sheila White
Ken Wray
Bluey Walsh
Jean Walsh
Ken Woodward
Mark White
Margaret E Walsh
Marguerite Wong
Stephen Wong

Veronica Yakubovsky
Eugene Yakubovsky

Stanislaw Zajag
Tomasz Zurek

*Eternal rest,
grant unto
them O Lord
and let
perpetual light
shine upon
them.*

*May they
rest in peace.
Amen.*

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



**Rosary Statue @
Maria Regina**

If anyone wants to come
off the Roster or to be
added to the Roster to
contact Suzanne de Landre
on sdelandre@hotmail.com or to
text her on 0438135030 and she
will update the Roster.

**Tuesdays in
Advent
Adoration &
Benediction**

**SACRED HEART CHURCH -
every Tuesday from
30 November - Exposition of
the Blessed Sacrament,
Adoration, Reconciliation from
8.30am followed by
Benediction and Mass at
9.30am.**

MASS OF INCLUSION 2021



All are warmly invited to our
Diocesan "Mass of Inclusion" to be
held at Our Lady of the Rosary
Cathedral, Waitara on Sunday,
5 December at 9:30am.
This Mass marks the International Day
of Disability (on 3 December) and
recognises the ability and
dignity of all.

The Mass will be presided by Bishop
Anthony Randazzo. All are welcome.

Due to the current restrictions, there
are very limited places available for
people to attend in person.
To book your place, go to <https://form.jotform.com/213147605999063>
The mass will also be livestreamed,
and we encourage you to join at
<https://www.youtube.com/channel/UCNenwfl7i14XB9TsVBrLwQ>

**Novena for NSW State
Premier Dominic Perrottet**

A state-wide novena has been
organised to pray for our premier
Dominic Perrottet, seeking the
intercession of St Joseph that the
premier will be guided and
encouraged by the Holy Spirit
to be a good and just leader; and
be granted the political freedom
to be an effective leader.
The novena commences on Sunday
21 November and ends on Monday
29 November.
Please join in this prayer.
Novena leaflets are at the back of
the Church.

The *Living* Word

Entrance Antiphon Cf. Ps 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 Jer 33:14-16
A reading from the prophet Jeremiah
I will cause a good seed to spring forth from David.

See, the days are coming – it is the Lord who speaks – when I am going to fulfil the promise I made to the House of Israel and the House of Judah:

‘In those days and at that time,
I will make a virtuous Branch grow for David,
who shall practise honesty and integrity in the land.
In those days Judah shall be saved
and Israel shall dwell in confidence.
And this is the name the city will be called:
The Lord-our-integrity.’

The word of the Lord

Responsorial Psalm
Ps 24:4-5. 8-9. 10. 14. R. v.1

(R.) To you, O Lord, I lift my soul.

Lord, make me know your ways.
Lord, teach me your paths.
Make me walk in your truth, and teach me:
for you are God my saviour. **(R)**

The Lord is good and upright.
He shows the path to those who stray,
he guides the humble in the right path;
he teaches his way to the poor. **(R)**

His ways are faithfulness and love
for those who keep his covenant and will.
The Lord's friendship is for those who
revere him;
to them he reveals his covenant. **(R)**

Second Reading 1 Thes 3:12 – 4:2
A reading from first letter of St Paul to the Thessalonians
When Christ comes may he strengthen your hearts in holiness.

May the Lord be generous in increasing your love and make you love one another and the whole human race as much as we love you. And may he so confirm your hearts in holiness that you may be blameless in the sight of our God and Father when our Lord Jesus Christ comes with all his saints.
Finally, brothers, we urge you and appeal to you in the Lord Jesus to make more

and more progress in the kind of life that you are meant to live: the life that God wants, as you learnt from us, and as you are already living it. You have not forgotten the instructions we gave you on the authority of the Lord Jesus.

The word of the Lord

Gospel Acclamation Ps 84:8

Alleluia, alleluia!
Lord, show us your mercy and love,
and grant us your salvation.
Alleluia!

Gospel Lk 21:25-28. 34-36
A reading from the holy Gospel according to Luke
Your redemption is near at hand.

Jesus said to his disciples: ‘There will be signs in the sun and moon and stars; on earth nations in agony, bewildered by the clamour of the ocean and its waves; men dying of fear as they await what menaces the world, for the powers of heaven will be shaken. And then they will see the Son of Man coming in a cloud with power and great glory. When these things begin to take place, stand erect, hold your heads high, because your liberation is near at hand.

‘Watch yourselves, or your hearts will be coarsened with debauchery and drunkenness and the cares of life, and that day will be sprung on you suddenly, like a trap. For it will come down on every living man on the face of the earth. Stay awake, praying at all times for the strength to survive all that is going to happen, and to stand with confidence before the Son of Man.’

The Gospel of the Lord.

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

REFLECTION by Dianne Bergant CSA

The readings of the First Sunday of Advent set the stages for our reflections on the entire season. They contain a number of promises, all pointing to peace and fulfilment. Each reading depicts a dimension of suffering that was often brought on by the people themselves. The promises are assurances that the end of their suffering was in sight. The promises reveal a loving and provident, a merciful and forgiving God. These are promises full of hope. The coming of the Lord is clearly a time of expectation, not of fear and trembling. Although the earlier tradition about the Day of the Lord included punishment of

the wicked, the focus here is on redemption. The time of expectation may be preceded by apocalyptic signs in the heavens and dismay on earth, but this cosmic shift will bring fulfilment, not destruction. The love and providence, the mercy and forgiveness of God will be made manifest.

What is expected of those who receive the promise? An Advent way of life exhorts us to ‘wait in joyful hope for the coming of our Saviour Jesus Christ’. This way of life is both simple and profound. It does not necessarily require unusual behaviour on our part, but it calls us to live the usual unusually well. It affects the everyday events of life; it directs the way we interact with people; it informs the attitudes that colour our judgments and motivations. It is as ordinary as the birth of a child; it is as extraordinary as the revelation of God.

© Dianne Bergant CSA

Receiving Holy Communion on the tongue during COVID

The Faithful shall still have the option of receiving Communion on the tongue until the situation is further reviewed, but Ministers of Communion should sanitise their hands afterwards and avoid contact with the palm of people's hands. In this situation, if you desire to receive Holy Communion on the tongue, please present yourself last and only to the priest.

Volunteers Wanted

We are reaching out to anyone who has the time to assist with the following;

- Wardens: Pass the collection plate (1st and 2nd collection during Mass). We especially need volunteers for Maria Regina Church, Avalon.
- Welcomers to assist parishioners to scan in at the front of church or via our iPad.

If you can assist with any of these volunteer duties we would be most grateful. Please contact the Parish office on 9157 0999 or email office@pittwaterparish.org



It is our responsibility to protect others and ourselves and stop the spread of COVID-19 in Australia.

Everyone must also stay 1.5 metres away from other people whenever possible. Please sit only in the marked seats.

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

Advertising Space Available

For more information
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Liturgy for the Week

29/11 **Monday First Week of Advent**
Is 2:1-5; Mt 8:5-11

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

DECEMBER

01/12 **Wednesday First Week of Advent**
Is 25:6-10; Mt 15:29-37

02/12 **Thursday First Week of Advent**
Is 26:1-6; Mt 7:21, 24-27


03/12 **Friday St Francis Xavier, priest**
Is 29:17-24; Mt 9:27-31
(Alt. 1 Cor 9:16-19, 22-23;
Mk 16:15-20)

04/12 **Saturday First Week of Advent**
Is 30:19-21, 23-26;
Mt 9:35 - 10:1, 6-8

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