



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

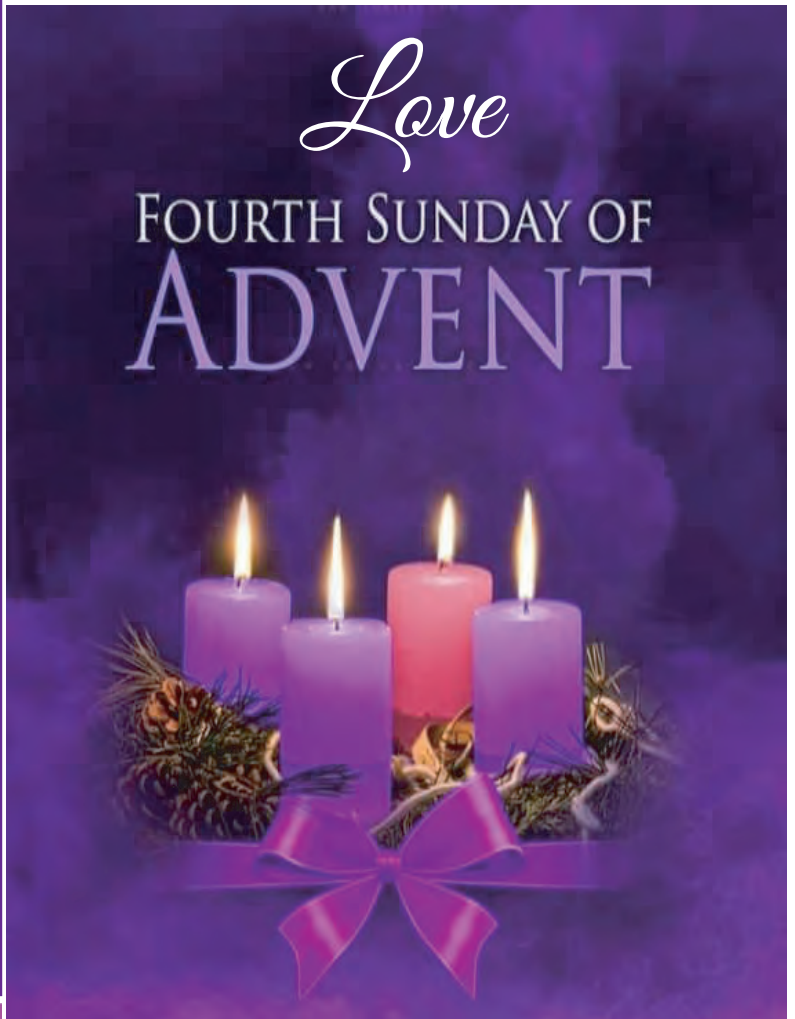


Thoughts of Blessed Francis Jordan

You should use this short time remaining before Christmas quite well to restore peace if it is disturbed or missing somewhere.

Advent Prayer

Lord Jesus,
may the light of your love
always shine in our hearts.
As Christmas draws closer,
we marvel at your love for us.
Let your love transform
every aspect of our lives
and touch everyone
we encounter.
Our hearts are open to you.
Amen.



Follow us on  **facebook** 

 **FOLLOW US ON INSTAGRAM** 

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 DECEMBER

For Christians in Areas of Conflict

Let us 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

Boris Olivari

Recently Deceased

Mansour Sukkar
Ann Harvey

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

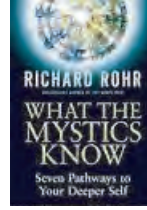
Marta Bizubova

BOOK REVIEW

WHAT THE MYSTIC KNOW

Seven Pathways to your Deeper Self

By: **Richard Rohr**



Rohr identifies the despair of everyday life.



Vinnies

PIETY STORE

CHRISTMAS CARDS & CALENDARS

are available at
Mona Vale Piety Store

Pack of 10 Cards for \$8
Caleendars for \$11 each

All proceeds go to the St Vincent de Paul Society

Liturgy for the Week

22/12 Monday, 4th Week of Advent
1 Sam 1:24-28; Lk 1:46-56

23/12 Tuesday, 4th Week of Advent
Mal 3:1-4, 23-24; Lk 1:57-66

24/12 Wednesday, 4th Week of Advent
2 Sam 7:1-5, 8-12, 14, 16;
Lk 1:67-79

25/12 Thursday, The Nativity of the Lord
Vigil: Is 62:1-5; Mt 1:1-25
Night: Is 9:1-7; Lk 2:1-14
Dawn: Is 62:11-12; Lk 2:15-20
Day: Is 52:7-10; Jn 1:1-18

26/12 Friday, St Stephen
Acts 6:8-10, 7:54-59; Mt 10:7-22

27/12 Saturday, St John
1 Jn 1:1-4; Jn 20:2-8



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.



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.

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

Family Mass

6:00 PM

Vigil Mass

9:00 PM

CHRISTMAS DAY

25 December

9:00 AM



Parish Directory

Pittwater Parish

1 Keenan Street,
Mona Vale
NSW 2103
Tel 9157 0999

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

Parish Secretary
Belinda Cimino

Tel 9157 0999 ext 30

office@pittwaterparish.org

Administrative Assistant
Sherae Knight

Tel 9157 0999 ext 30

office@pittwaterparish.org

Media & Communications
Coordinator

Conille Felias

Tel 9157 0999 ext 31

media@pittwaterparish.org

Sacramental Coordinator
Sonia Samartin

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

UPDATE FROM THE SACRAMENTAL COORDINATOR

Sacrament of First Reconciliation 2026

Maria Regina Church, Avalon

Tuesday, 24 March 2026

Sacred Heart Church, Mona Vale

Thursday, 26 March 2026

Children in year 4 and above are eligible to receive this sacrament if they have been Confirmed.

For further information about the First Reconciliation program and to be able to enrol your child, you **MUST** attend ONE of the following "Parent Information & Commitment" sessions, both at 7pm:

Sacred Heart Church, Mona Vale

Wednesday, 4 February 2026

Maria Regina Church, Avalon

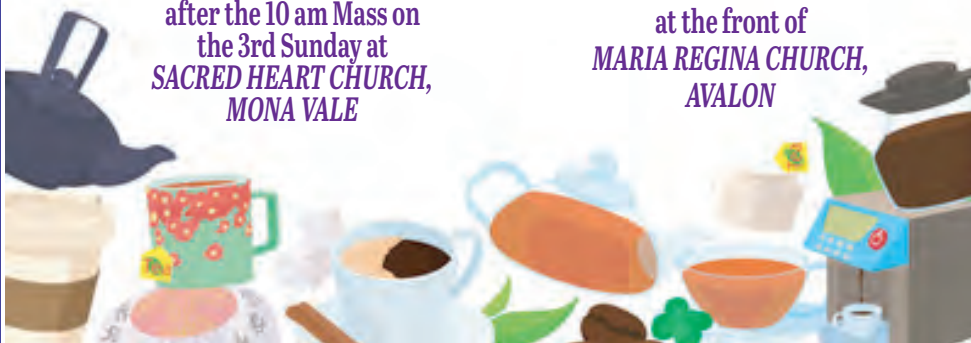
Thursday, 5 February 2026

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**

2nd Sunday after the
9 am Mass
at the front of
**MARIA REGINA CHURCH,
AVALON**



WE WILL BE
Closed
FOR THE HOLIDAYS

Please note that the Parish Office will be
**CLOSED FROM 25 DECEMBER
AND WILL RE-OPEN ON 12 JANUARY 2026**
During this period, phones and emails will be
monitored regularly, so please do not hesitate to
contact us and leave a message.
We will respond as soon as possible.

HELPERS FOR Christmas Eve Mass

Pittwater Parish is known for its beautiful 5 pm Children's Mass on Christmas Eve, and as always, we need many willing hands and enthusiastic helpers to make it a wonderful celebration. We are seeking volunteers who can spare one hour to help set up chairs for the Christmas Eve Mass.

**Set-up will take place at 10:00 am on
Wednesday, 24 December**

If you are able to join us, your support would be greatly appreciated.
Thank you in advance for helping us create a joyful and welcoming celebration for our parish families.

*Please E-mail Skye on
skye.nolan-brown@dbb.catholic.edu.au*

THANK YOU SO MUCH

We extend our sincere thanks to the **MEYER FAMILY** for providing the delicious Christmas dinner last Saturday, and to all the **VOLUNTEERS** who helped make the occasion so special.
Your generosity, dedication, and willingness to share your time and talents throughout the years are deeply appreciated and continue to enrich our parish community.

FOURTH SUNDAY OF
ADVENT



The 4th Sunday of Advent symbolises **LOVE**, and its candle is often called the **Angel's Candle**, representing God's immense love shown by sending Jesus, with themes focusing on preparing hearts for His arrival. It's the final Sunday before Christmas, culminating the journey from Hope, Peace, and Joy.

It is called the Angel's Candle, as angels announced the good news of Jesus' birth.

It signifies God's ultimate act of love through the Incarnation (Jesus' birth) and prepares believers to receive Him.

WHAT'S HAPPENING AT MARIA REGINA?

Week 10 – 17th December

Stage 2 Cultural Experience



Shoutout to our amazing Maria Regina ECO Garden Club! Through teamwork, care, and a love for nature, our students nurture a beautiful green space that brings joy to our whole community. Your dedication and muddy hands make magic happen!



MARIA REGINA
Catholic Primary School, Avalon

Enrolling Now

Kindergarten - Year 6

Little Hearts Playgroup Christmas Party

Last Monday, our Little Hearts Playgroup enjoyed a wonderful Christmas party filled with joy and laughter. A very special highlight was Santa's visit, where he delighted the children by handing out presents to everyone.

Sincere thanks to Fr Richard, Nicky, and Shereae for their time and effort in making the event such a fun and special occasion for all involved.



The *Living* Word

Entrance Antiphon

Isaiah 45:8

Drop down dew from above, you heavens, and let the clouds rain down the Just One; let the earth be opened and bring forth a Saviour.

First Reading

Isaiah 7:10-14

A reading from the prophet Isaiah

The virgin will conceive.

The Lord spoke to Ahaz and said, 'Ask the Lord your God for a sign for yourself coming either from the depths of Sheol or from the heights above.' 'No', Ahaz answered 'I will not put the Lord to the test.'

Then Isaiah said:

'Listen now, House of David: are you not satisfied with trying the patience of men without trying the patience of my God, too?'

The Lord himself, therefore, will give you a sign.

It is this: the maiden is with child and will soon give birth to a son whom she will call Immanuel, a name which means "God-is-with-us".'

The word of the Lord

Responsorial Psalm

Ps 23:1-6. R. see vv 7. 10

(R.) Let the Lord enter; he is king of glory.

The Lord's is the earth and its fullness, the world and all its peoples. It is he who set it on the seas; on the waters he made it firm. **(R.)**

Who shall climb the mountain of the Lord? Who shall stand in his holy place? The man with clean hands and pure heart, who desires not worthless things. **(R.)**

He shall receive blessings from the Lord and reward from the God who saves him. Such are the men who seek him, seek the face of the God of Jacob. **(R.)**

Second Reading

Romans 1:1-7

A reading from the letter of St Paul to the Romans

Jesus Christ, a descendant of David, is the Son of God.

From Paul, a servant of Christ Jesus who has been called to be an apostle, and specially chosen to preach the Good News that God promised long ago through his prophets in the scriptures. This news is about the Son of God, who, according to the human nature he took, was a descendant of David: it is about Jesus Christ our Lord who, in the order of the spirit, the spirit of holiness that was in him, was proclaimed Son of God in all his power through his resurrection from the dead. Through him we received grace and our apostolic mission to preach the obedience of faith to all pagan

nations in honour of his name. You are one of these nations, and by his call belong to Jesus Christ. To you all, then, who are God's beloved in Rome, called to be saints, may God our Father and the Lord Jesus Christ send grace and peace.

The word of the Lord.

Gospel Acclamation

Matthew 1:23

Alleluia, alleluia!

A virgin will give birth to a son; his name will be Emmanuel: God is with us.

Alleluia!

Gospel

Matthew 1:18-24

A reading from the holy Gospel

according to Matthew

Jesus was born of Mary, the betrothed of Joseph, a son of David.

This is how Jesus Christ came to be born. His mother Mary was betrothed to Joseph; but before they came to live together she was found to be with child through the Holy Spirit. Her husband Joseph, being a man of honour and wanting to spare her publicity, decided to divorce her informally. He had made up his mind to do this when the angel of the Lord appeared to him in a dream and said, 'Joseph son of David, do not be afraid to take Mary home as your wife, because she has conceived what is in her by the Holy Spirit. She will give birth to a son and you must name him Jesus, because he is the one who is to save his people from their sins.' Now all this took place to fulfil the words spoken by the Lord through the prophet:

The virgin will conceive and give birth to a son and they will call him Emmanuel, a name which means 'God-is-with-us'. When Joseph woke up he did what the angel of the Lord had told him to do: he took his wife to his home.

The word of the Lord.

Communion Antiphon

Isaiah 7:14

Behold, a Virgin shall conceive and bear a son; and his name will be called Emmanuel.

REFLECTION

by Dianne Bergant

Despite all of the excitement associated with eschatological fulfilment, despite all of the assurance we have that it will be an experience of peace and abundant life, the mystery for which we long requires the risk of faith. Despite all of the times that we have celebrated the Nativity, we still do not have full comprehension and understanding. Still we are invited to enter deeply into the

event that is before us. Will we step into a life of deeper faith and commitment, or will we merely participate in the external celebration of the feast? Only we can decide, and only we will really know the decision that we make.

The circumstances of our lives influence the way we live out our faith. As Christians, we are called to devote ourselves to the service of Christ. Our primary commitment must be to Christ and to the way of being human that he has shown us. We must be committed to what enriches life and not to what diminishes it. We must be committed to the good of people and not to the hoarding of things. We may not be official heralds of the gospel, but we proclaim our faith in the way we live our lives, in the kindness with which we treat others, in honesty of our business transactions. We proclaim the gospel when we stand for justice, when we forgive those who have offended us, when we show compassion to those who suffer. As we step into the eschatological age, we are called to recommit ourselves to genuine Christian living.

© Dianne Bergant CSA



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

We Meet

First & Third Tuesday of every Month at 7 pm
Sacred Heart Parish Centre

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.

These gatherings offer a welcoming & supportive space to share openly, grow spiritually & encourage one another in our journey of faith.

Together, we seek to renew our hearts in Christ, strengthen our commitment to God & be a vital & active force of renewal within our Church.

Come & be part of a community where faith is nurtured, friendships are formed & the Holy Spirit at work.

All are welcome. We look forward to seeing you there.

For any questions, contact
Joe Cillia - 0418 863 814

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And so we know and rely on the
 love God has for us. God is love.
 Whoever lives in love lives in God,
 and God in them.

1 John 4:16



ADVERTISEMENT SPACES AVAILABLE

Our bulletin has available spaces to promote local businesses. It's a great way to reach the community and endorse your services. Ready to advertise? Please contact the Parish Office on **9157 0999** for more information

To find out more, call Tamara
 0403226699



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MONDAYS

9:30 - 11:30

(SCHOOL TERM)

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Chris Lee

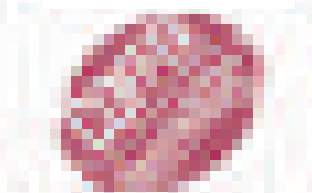
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"Owe no one anything,
except to love each
other, for the one
who loves another has
fulfilled the law."

—Romans 13:8