



# The Catholic Parish of Pittwater

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

## A Prayer for Christmas

Dear Father,  
It's Christmas and we  
humbly kneel close to the  
stable, listening to the low  
rustling of hooves  
in the hay.

Our breath is snatched up  
by the sight of the Christ  
child, lying in a manger.  
Basking in the light of the  
glorious star.

We stand in wonder.  
No room?

How could it be!  
Yet while we try to  
understand. The inn with  
no space for God's Son.  
The rooms of our very  
souls are overcrowded and  
even the closets of our  
minds are outsourced.

Will You forgive us, Jesus,  
for making no room in the  
inns of our hearts?

May we focus this day on  
the ultimate gift –  
Your love.

In the precious name of  
Jesus. Amen.

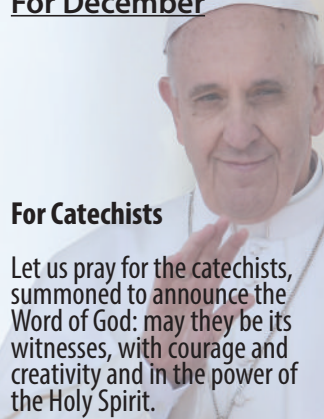
## Thoughts of Bl Francis Jordan



Consider Mary. She said little. But through her example her humility, modesty etc... she accomplished much. Imitate her so that you also accomplish quite a lot through good example.



## Pope Francis' Prayer Intentions For December



### For Catechists

Let us pray for the catechists, summoned to announce the Word of God: may they be its witnesses, with courage and creativity and in the power of the Holy Spirit.



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  
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The Catholic Parish of Pittwater

**Instagram**  
You can find us on  
(pittwater\_parity)

## Help needed to set up for Christmas Eve Outdoor Mass

If you are able to volunteer your time on Friday 24 December from 9am to set up and prepare the venue for our Christmas Eve Masses, please call the Parish Office on 9157 0999



CHRISTMAS MASS  
TIMES 2021Friday  
**24**

## CHRISTMAS EVE

Maria Regina  
Church  
4.00pm & 6.00pm  
Family's Masses9.00pm  
Mass of the NightSacred Heart  
School Grounds  
5.00pm  
Family Mass  
9.00pm  
Youth MassSacred Heart  
Church  
Midnight MassSaturday  
**25**

## CHRISTMAS DAY

Maria Regina  
Church  
9.00amSacred Heart  
Church  
8.00am and 10.00amThere will not be  
morning masses at  
Sacred Heart Church  
and Maria Regina  
Church on Friday and  
5pm Vigil Mass on  
SaturdaySunday  
**26**Feast of the Holy  
FamilyMaria Regina  
Church  
9.00amSacred Heart  
Church  
8am, 10am and 6pmWe Pray for  
the Souls of

Boris Olivari

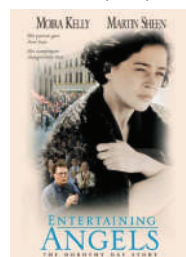
## Recently Deceased

Martin Kerrigan  
Elizabeth LhuedeIf 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  
Bill Eyre  
Brian Gregan  
Marian Poe  
Marcia Bailey  
Bec Burroughs  
Susan Hickey  
Sophia Burfitt  
Margaret De Landre  
Maeve Robinson  
Jenny Carroll  
Matt Ukishima  
Pietrina Maiorana  
Marta Bizubova  
Susan Makabenta  
Dominic UrsinoThe names on this list will be  
removed after four weeks unless  
otherwise requested or advised.  
Thank you

## DVD REVIEW

Entertaining Angels  
The Dorothy Day StoryThis film shows how the journalist and  
social activist served New York's poor  
and establish the Catholic Worker  
movement. Her passion gave them  
hope and her commitment changed  
their lives.**Sacramental  
Coordinator - Pittwater**  
Permanent, part-time role  
Up to 18 hours per week (must  
have availability for after-hours  
and weekends)The Pittwater Parish is seeking to  
recruit a part-time Sacramental  
Coordinator, up to 18 hours per week.  
This role plays an important part in the  
Parish team, coordinating support  
services to enhance the Sacramental  
program ministry within the Parish.  
The ideal candidate will have relevant  
experience and/or qualifications in  
Sacramental Programs, experience  
working with volunteers in a Catholic  
environment, comfort working  
autonomously and an understanding of  
the need for accountability and  
ownership in a role, excellent  
administration and time management  
skills and proficiency with Microsoft  
Office Suite. You'll also have a good  
understanding of, and commitment to,  
Catholic values and teachings.  
The role will require flexibility with the  
working schedule, however you will  
need to have availability for after-hours  
and weekends.  
You will be working closely with Parish  
schools and those schools within the  
Pittwater community to strengthen the  
relationship between school and  
Parish.If this role interests you, please email a  
brief cover letter and CV to:  
[recruitment@bbcatholic.org.au](mailto:recruitment@bbcatholic.org.au).  
For further information please  
email  
[recruitment@bbcatholic.org.au](mailto:recruitment@bbcatholic.org.au).  
Applications close Tuesday 4  
January 2022.The Diocese of Broken Bay is committed to  
and promotes a culture of safety and care  
for all people, especially for children and  
others in the community who are  
vulnerable. Our Diocese has no tolerance to  
Child Abuse and is committed to ensuring  
our staff and volunteers understand the  
joint responsibility to safeguard all those  
within our community.The successful applicant must have the  
right to work in Australia and will be  
required to undertake a National Police  
History Check and Working With Children  
Check.We welcome  
to Pittwater Parish  
**Kai Compton**  
on 18 December 2021  
at Sacred Heart Church,  
Mona Vale  
for the  
Sacrament of  
BaptismWe welcome  
to Pittwater Parish  
**Sophia Chedburn**  
**Madison Sykes**  
**Harley Sykes**  
on 19 December 2021  
at Sacred Heart Church,  
Mona Vale for the  
Sacrament of  
Baptism**Face Masks**  
are not longer  
mandatory but are  
strongly encouraged **Vinnies****Christmas Cards \$6 for a pack of  
10 and Columban Calendars 2022  
\$9 each.****All transactions are cash only, as  
we do not have EFTPOS facilities.  
Any queries, please call the  
Parish Office on 9157 0999.**The Parish Office will be  
closed for Christmas from 12pm  
on Friday 24 December 2021  
the office will reopen on  
Monday 10 January 2022From Monday  
10 January to Tuesday  
25 January 2022,  
the office will be open:  
**Monday to Friday  
from 9am to 12noon.**

## REMEMBER THE TRUE MEANING OF CHRISTMAS

"Then the Grinch thought of something he hadn't before! What if Christmas, he thought, doesn't come from a store. What if Christmas... perhaps... means a little bit more!"

Yes, Grinch! It means a lot more.

It is easy to get caught up in the commercialism of the season, leaving us focusing on money and finances, or lack thereof.

It is easy to get caught up in the hustle and bustle of holiday shopping and social activities.

It is so easy to busy ourselves with Christmas that we overlook the true meaning of Christmas and the beauty it brings to our lives.

The Grinch was surprised that Christmas, despite his attempt to steal it, still came in Whoville. "It came without ribbons. It came without tags. It came without packages, boxes or bags."

And while we aren't Whos, isn't that how Christmas came for us too?

Christmas wasn't wrapped in sparkly paper and bows. Christmas came wrapped in swaddling clothes. As a baby in a manger.



Jesus, God's gift to us... the greatest gift we could ever receive was born with the purpose of pointing us towards God. His birth was a humble one. His life was a humble one. Christ, the King of kings and Lord of lords, whose power surpassed all, dwelt among man. And it was for sinful man (you and me) that he bore the cross.

The true meaning of Christmas is Christ. It's God's love story to us. It's a story of forgiveness and hope.

It's not about who got what. It's about who we've got. Join us at our Christmas masses as we remember the true meaning of Christmas.

And our mission as Christ-followers at Christmas is to celebrate God's gift of love. Our mission is to love one another as Christ loved us.

The memories and traditions we create around the Christmas holiday with

our families and loved ones are worth far more than any material gift.

It's not about who got what. It's about who we've got.

Now let me wrap this up for you with a little fun. In case you don't know this about me, I'm a bit of a movie fanatic (and being able to spout out movie lines is one of my many talents). So you'll understand how at the holidays I can easily relate to Macaulay Culkin's stomping rant in *Home Alone* when he declares, "there are so many people in this house it makes me sick."

I can also empathize with Nora Krank (played by Jamie Lee Curtis in *Christmas with the Kranks*) as she is on a mission to find her daughter's favorite... hickory honey ham. Racing through the grocery store to grab the last one off the shelf, then bribing a couple at the checkout line to buy the ham they're in the process of purchasing... how many of us haven't acted like a bit of a lunatic to make the holidays special for someone?

And finally, is the "you've gotta be kidding me", not-in-the-holiday-mood, head shaking, grumbling of James Caan's character, Walter in the movie *Elf*, as his son, Buddy the Elf, innocently states, "the best way to spread Christmas cheer is singing loud for all to hear."

We laugh at these movie scenes because we can commiserate with the character's emotions. Yet in real life, we find the stress, the pain, the pressure, the struggles much less amusing. We can easily view Christmas as another thing to survive. "If I can just get through the holidays..."

Quite truthfully, sometimes you're just not going to be in the holiday mood. But don't let it ruin Christmas for you. Cling to Christ. Cling to the hope he brought into the world. Cling to God as he walks you through this holiday season and all the seasons in your life.

And remember that the true meaning of Christmas is a beautiful story of God's unconditional love that he gifted to us. Christmas is a story of hope, of humble beginnings, of forgiveness, and of redemption.

When you remember this, it may just be your best Christmas yet.





# Scan to Give to our Parish of Pittwater

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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.

## 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



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**Vinnies**

## Vinnies Christmas Appeal

Dear Parishioners,

- The Avalon and Mona Vale St Vincent De Paul conferences are again seeking your generosity in supporting our Christmas Appeal
- Our basic commitment is, as always, visiting the poor and disadvantaged in our parish, and rendering appropriate assistance and care
- We are also called upon to support special works of the Society including support for the homeless (Matthew Talbot Hostel) and refugees
- Our conferences also assist other conferences in our Broken Bay diocese who are overrun with families experiencing extreme difficulties including family separation, unemployment, children at risk and domestic violence
- Our conferences are also "twinned" with conferences in India in districts where poverty and homelessness are extreme and we are committed to a small annual contribution, on your behalf to help ease their burden.

- Your tax deductible donation in the envelopes provided, may be placed in the poor box at any time or left in the piety stall – tax receipts will be issued if requested. Donations can also be made at the Vinnies website – [vinnies.org.au](http://vinnies.org.au)
- Thank you for your generosity

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



Facilitated by Dr Sandie Cornish, the Broken Bay Institute is offering an on-line course in social justice teachings. The course runs over 16 weeks and is very reasonably priced at \$310 plus GST.

This course would be useful for anyone who works in, or has an interest in, social justice ministry.

If the fee presents a challenge, please email Emma Baker. The Broken Bay Diocese is offering to contribute towards the cost of the course for those who have a desire to enrol but may not have the financial capacity at present.

## 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.

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



## 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.*

To read the messages from Bishop Anthony and from the people Vox Populi please go to [www.pittwaterparish.org](http://www.pittwaterparish.org). News and events tile and Messages from Bishop Anthony on the drop down menu.

## ARE YOU STRUGGLING TO PAY THE BILLS?



We can help with Coles or Woolworths vouchers

P: (02) 9481 2600 | E: [info@catholiccaredbb.org.au](mailto:info@catholiccaredbb.org.au)



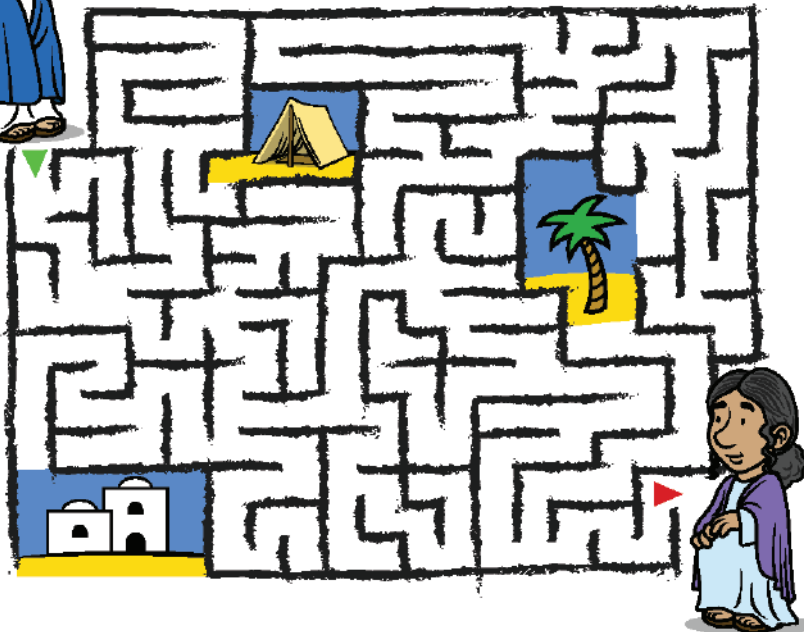
# The Lord will keep his promise



4th Sunday of Advent, Year C



When Mary heard that her much older cousin Elizabeth was with child, she hurried to Elizabeth and Zechariah's house in the hills of Judea. Can you help Mary find the correct path to her cousin Elizabeth?



At Christmas time we celebrate the birth of Jesus Christ by doing special things. Write down why you think it's important to do each of the following things as well as adding one of your own.

I celebrate Christmas by giving gifts to others.

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I celebrate Christmas with a family meal.

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I celebrate Christmas by going to Mass.

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I celebrate Christmas by....

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## DE-CODE ELIZABETH'S MESSAGE

Use the key below to find out what Elizabeth said to Mary.

A - 20	F - 25	K - 19	P - 17	U - 5
B - 12	G - 1	L - 22	Q - 26	V - 4
C - 6	H - 3	M - 14	R - 2	W - 13
D - 10	I - 9	N - 11	S - 15	X - 21
E - 18	J - 24	O - 7	T - 8	Y - 23
			Z - 16	

20 15 15 7 7 11 20 15 9 3 18 20 2 10

23 7 5 2 1 2 18 18 8 9 11 1

14 23 12 20 12 23 12 18 6 20 14 18

3 20 17 17 20 20 11 10 14 7 4 18 10

18 9 8 3 9 11 14 18

# The *Living* Word

**Entrance Antiphon** Cf. Is 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** Mi 5:1-4  
**A reading from the prophet Micah**  
*Out of you will be born the one who is to rule over Israel.*

The Lord says this:  
You, Bethlehem Ephrathah,  
the least of the clans of Judah,  
out of you will be born for me  
the one who is to rule over Israel;  
his origin goes back to the distant past,  
to the days of old.  
The Lord is therefore going to abandon them  
till the time when she who is to give birth gives birth.  
Then the remnant of his brothers will come back  
to the sons of Israel.  
He will stand and feed his flock  
with the power of the Lord,  
with the majesty of the name of his God.  
They will live secure, for from then on  
he will extend his power  
to the ends of the land.  
He himself will be peace.

## 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** Heb 10:5-10  
**A reading from the letter to the Hebrews**  
*I am coming to do your will.*

This is what Christ said, on coming into the world:

You who wanted no sacrifice or oblation,  
prepared a body for me.  
You took no pleasure in holocausts or sacrifices for sin;  
then I said,  
just as I was commanded in the scroll of the book,  
'God, here I am! I am coming to obey your will.'

Notice that he says first: You did not want what the Law lays down as the things to be offered, that is: the sacrifices, the oblations, the holocausts and the sacrifices for sin, and you took no pleasure in them; and then he says: Here I am! I am coming to obey your will. He is abolishing the first sort to replace it with the second. And this will was for us to be made holy by the offering of his body made once and for all by Jesus Christ.

## The word of the Lord

**Gospel Acclamation** Lk 1:38

Alleluia, alleluia!  
I am the servant of the Lord:  
may his will for me be done.  
Alleluia!

**Gospel** Lk 1:39-45  
**A reading from the holy Gospel according to Luke**

*Why should it happen that I am honoured with a visit from the mother of my Lord?*

Mary set out and went as quickly as she could to a town in the hill country of Judah. She went into Zechariah's house and greeted Elizabeth. Now as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? For the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.'

## The Gospel of the Lord.

**Communion Antiphon** Is 7:14  
Behold, a Virgin shall conceive and bear a son;  
and his name will be called Emmanuel.

**REFLECTION** by Dianne Bergant CSA

*There is always excitement at this time of the year. It is as if everything is filled with promise. Animosity is set aside; estrangement dissolves into*

*reconciliation; the whole world seems gentler; and we are filled with the spirit of generosity. In the days just before Christmas, the possibility of newness is almost palpable. The spirit of the season has caught hold of us even before the actual day has arrived. Today we stand on the threshold of fulfilment. The future that God has prepared for us is open before us, even though we have not yet stepped out into it. The incarnation takes place in human history, thus affirming the fundamental goodness of human life and concerns, and sanctifying them even further. The child comes from simple people, from a place that is relatively insignificant, thus underscoring God's preference for what is ordinary. The body that was offered for our salvation, the body that consecrated us through having been offered up, was the body that grew in the womb of Mary. The extraordinary salvific deed of God was accomplished through his coming into the world as one of us. The obedience that Christ played out through his body fulfilled for us the promises made by God. We stand on the threshold of fulfilment, the fulfilment of an event that has already taken place. We ritually reenact it so that we never take it for granted, so that we never forget that it is in and through human history that the marvellous deeds of God are accomplished.*

© Dianne Bergant CSA

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

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

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

**Everyone must also stay 1.5 metres away from other people whenever possible.**

**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.



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**Liturgy for the Week**

20/12 **Monday 4th week of Advent**  
Is 7:10-14: Ps 23:1-6: Lk 1:26-38

21/12 **Tuesday 4th week of Advent,**  
Song 2:8-14: or Zeph 3:14-18:  
Ps 32:2-3, 11-12, 20-21: Lk 1:39-45

22/12 **Wednesday 4th week of Advent**  
1 Sam 1:24-28: 1 Sam 2:1, 4-8:  
Lk 1:46-56:


23/12 **Thursday 4th Week of Advent**  
Mal 3:1-4, 23-24: Ps 24:4-5, 8-9,10,  
14: R. Lk 1:57-66

24/12 **Friday 4th Week of Advent**  
2 Sam 7:1-5, 8-12, 14, 16: Ps  
88:2-5, 27, 29: Lk 1:67-79

25/12 **Saturday The Nativity of the Lord**  
**NIGHT:** Is 9:1-7: Ps 95:1-3, 11-13: Titus  
2:11-14: (Lk 2:10-11) Lk 2:1-14  
**DAWN:** Is 62:11-12: Ps 96:1, 6, 11-12:  
Titus 3:4-7: highest, (Lk 2:14)  
Lk 2:15-20:


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