



The Catholic Parish of Pittwater

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

St Francis of Assisi Prayer

Lord,
make me an instrument of
Your peace;
where there is hatred,
let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O Divine Master,
grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is giving that we receive,
it is in pardoning that we are
pardoned,
and it is in dying that we are
born to eternal life.
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



Thoughts of Blessed Francis Jordan

Therefore, all I can say is seek God, who is good and perfect and you need not care about other needs.



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
Susan Major
Victor Cobanov
Paul Vlatko

Recently Deceased
Josephine Wild

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

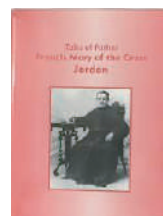
are available at the Piety Stores in both Avalon and Mona Vale.

Pack of 10 for \$8

Calendars are \$10 each

BOOK REVIEW

Talks of Father Francis
Mary of the Cross Jordan



Father Leonard of the Lay Salvatorians in Australia told us about Father Francis Mary of the Cross Jordan. As a follow up, this book gives us, in the talks that survive, his vision both his Society and of his entire mission.

Liturgy for the Week

11/12 **Monday, 2nd Week of Advent**
Is 35:1-10; Lk 5:17-26

12/12 **Tuesday, 2nd Week of Advent**
Is 40:1-11; Mt 18:12-14

13/12 **Wednesday, St Lucy**
Is 40:25-31; Mt 11:28-30

14/12 **Thursday, St John of the Cross**
Is 41:13-20; Mt 11:11-15

15/12 **Friday, 2nd Week of Advent**
Is 48:17-19; Mt 11:16-19

16/12 **Saturday, 2nd Week of Advent**
Sirach 48:1-4, 9-11;
Mt 17:10-13

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2023

Our Year of

Stewardship



The mission and ministry of John the Baptist, the Precursor of the Lord, are announced to us today. John is the voice of one crying in the Wilderness; "Prepare the way of the Lord, make his path straight." This herald of Christ preaches a baptism of repentance for the forgiveness of sins. If in our lives we have mountains and hills of Pride, arrogance, insolence or any kind of vice, then that needs to be made low, whatever is crooked in our lives making us to meander aimlessly must be straightened and rough edges to be made smooth if we wish the lord to come our way. We ought to fill up every Valley of emptiness in our souls by the gracious word of God and do his bidding. Obviously, timely preparedness by all the faithful remains a fundamental attitude for this advent season.

Preparedness refers also to vigilance, readiness, alertness, watchfulness; all means living in such a consistently moral and obedient way that we are always ready to give an account to God of how we have lived. For us to watch and be alert, we must overcome negligence, lukewarmness, sleepiness, and carelessness.

The Christian who remains awake and prepared will have no panic or confusion because each day would have been an encounter with God in the simple and everyday living. Such a Christian lives frugally and is not easily surprised by the enemy (the evil one) because he is awake through prayer and mortification.

Our struggle to be vigilant and prepared may also be centred on the formation of character, constant practice of service towards those around us and being diligent in our daily general examination.

We ought to be prepared, like servants awaiting the return of their master. 'The Day of the Lord will come like a thief' (2Peter 3:10). Therefore 'Since everything is coming to an end like this, you should be living holy and saintly lives while you wait and long for the Day of God to come' (2Peter 3:11)

However, as the people of God, Christ warns us to be watchful. This is a necessary condition for us to obtain this kingdom which is our heritage. Therefore, as God's people, we must live lives that bear good testimony to our Father. Like John, we have the duty to lead others to Christ.

May John's call to repentance help us to repent of our sins and remove the barriers we create whether consciously or unconsciously that keep us from God's loving embrace and seek God's forgiveness as we prepare for the Lord's coming, so that we can grow in holiness and devotion.

Come O Lord and dwell in us!

Reflection by Sr Faustina Ede
Catholic Diocese of Sale

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

Shereae Knight

Tel 9157 0999 ext 30
office@pittwaterparish.org

Director of Music

Josh Willard

Tel 9157 0999 ext 17
music@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

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 Morning Tea

Maria Regina Church

Sunday, 10 December

After the 9 am Mass

in front of
Church.

Everyone is welcome to join us.

UPDATE FROM THE SACRAMENTAL COORDINATOR

Sacrament of First Reconciliation:

Sacred Heart Church, Mona Vale - Thursday, 21 March 2024 at 5:00 pm or

Maria Regina Church, Avalon - Thursday, 11 April 2024 at 5:00 pm

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

If you want your child to prepare for First Reconciliation, you **MUST** attend ONE of the following

Parent Information and Commitment Sessions:

- **Tuesday, 6 February - Sacred Heart Church at 7:30 pm or**

- **Thursday, 8 February - Maria Regina Church at 7:30 pm**

We need facilitators for the weekly preparation sessions. If you would like to be a group facilitator or would like to have more information about the role or about this sacrament,

please contact Sonia on sacraments@pittwaterparish.org



Parish Bulletin Term 4, Week 9

This Monday, the Marana Complex at the College came alive with the spirit of recognition and celebration as we held our Year 10 Awards Ceremony. We celebrated our unwavering faith in Christ and our students' remarkable talents, service and academic growth.

The Year 10 cohort demonstrated a commendable commitment to learning, embodying the essence of EPIC learners through their work ethic and dedication to their studies. During the ceremony, we proudly introduced the 2024 Year 11 House Captains, who will serve as wonderful role models for our junior students next year.

We also took a moment to acknowledge the remarkable achievements of, Macy Beuzeville, our Year 10 student with the potential to become a national swimmer. Recognised by esteemed swimming coaches in Australia, Macy has been presented with an exciting opportunity to join St Peters Western School and Swim Club in Brisbane. Her dream is to train under the guidance of Olympic coach Dean Boxall, who recently welcomed her coach after being poached by the renowned Australian Olympic coach.

Later that evening, our students marked the end of the school year with the Year 10 Formal. It was a wonderful evening filled with joy, where all attendees looked amazing in their exquisite dresses and suits.

To further reward and recognise our students, those who earned the highest number of EPIC House Cup points in each Year Group were treated to an exciting excursion to Raging Waters in Prospect. The day was a delightful blend of fun and camaraderie for all involved.

Adding a touch of inspiration to our week, the manager of Manly Shelter graced our college as a guest speaker. Her valuable insights shed light on the critical work being carried out at the shelter.

On Tuesday, the thrill of the Mater Maria Surfing Program continued for our Year 7 and 8 students at Long Reef beach. It's heartening to see our students engage in such enriching experiences beyond the classroom.

As we wrap up the year, we also want to remind prospective students and their families that applications for Year 7, 2025, are open. Given the overwhelming interest, there are waiting lists for Year 7, 2023, and Year 7, 2024. For more details about enrolling at Mater Maria Catholic College, please visit our enrolment page:

<https://matermaria.nsw.edu.au/enrolments/>.



Vinnies

Vinnies' Christmas Appeal

Vinnies' will be collecting the
Annual Christmas Appeal on the
consecutive weekends of
Saturday, 16th of December
and

Sunday, 17th of December

Envelopes will be in the Churches' pews.
Gifts are tax-deductible.

We will be seeking contributions of
Christmas hampers containing gifts
for deserving Pittwater and Northern Beaches
families. Cards will be displayed in the Church
to allow you to select a particular family.

You are requested to bring hampers to
either Churches,

Sacred Heart or Maria Regina,
on the weekend of 16 & 17 December.

*As always, your gifts and generosity will
be greatly appreciated by Vinnies' and the
deserving families.*

Parish Reconciliation before Christmas

**ADVENT is a wonderful time to
celebrate the
reconciling love and the
healing graces our
Lord offers us.**

Thursday, 21 December
Individual Reconciliation after the
7 PM Mass
SACRED HEART CHURCH, Mona Vale

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



The Catholic Parish of Pittwater

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

Maria Regina Church

Avalon

Christmas Eve

24 December

Vigil Mass

6:00 PM

Youth Mass

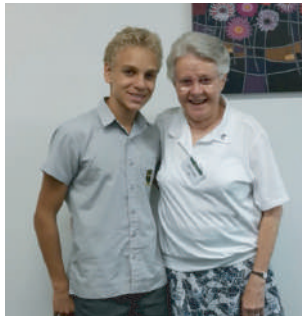
9:00 PM

Christmas Day

25 December

9am

Thank you
SO MUCH!



In July 2012, the Meditation Group of Pittwater Parish had a visit from Reg Maher, a parishioner, explaining to us the work of Sister Anna Warlow. Sister Anna is a Good Samaritan nun and she was working with Aboriginal communities in Northwest WA. The focus of the mission of the Good Samaritan Rural Outreach, as it was called, was community building and especially the encouragement of children to stay in school. After Reg's presentation to our group, we decided to support Sister Anna's work with our donations.

In February 2019, our Meditation Group met with Sister Anna and at this meeting she requested that the donations from Pittwater Parish be used to support Khyan Townsend. Khyan was a Year 9 student at the Nagle Catholic College in Geraldton WA. Thanks to the generous donations of the parishioners of Pittwater Parish, not only Khyan but now his younger sister Sharlie, are both being supported in their education.

In behalf of Khyan's mother, she is thanking each and every single one of you who help make this support possible.



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



The *Living* Word

Entrance Antiphon Cf Isaiah 30:19,30

O people of Sion, behold, the Lord will come to save the nations, and the Lord will make the glory of his voice heard in the joy of your heart.

First Reading Isaiah 40:1-5. 9-11

A reading from the prophet Isaiah
Prepare the way for the Lord.

‘Console my people, console them’ says your God. ‘Speak to the heart of Jerusalem and call to her that her time of service is ended, that her sin is atoned for, that she has received from the hand of the Lord double punishment for all her crimes.’ A voice cries, ‘Prepare in the wilderness a way for the Lord. Make a straight highway for our God across the desert. Let every valley be filled in, every mountain and hill be laid low, let every cliff become a plain, and the ridges a valley; then the glory of the Lord shall be revealed and all mankind shall see it; for the mouth of the Lord has spoken.’ Go up on a high mountain, joyful messenger to Zion. Shout with a loud voice, joyful messenger to Jerusalem. Shout without fear, say to the towns of Judah, ‘Here is your God.’ Here is the Lord coming with power, his arm subduing all things to him. The prize of his victory is with him, his trophies all go before him. He is like a shepherd feeding his flock, gathering lambs in his arms, holding them against his breast and leading to their rest the mother ewes.

The word of the Lord

Responsorial Psalm Ps 84:9-14. R. v.8

(R.) Lord, let us see your kindness, and grant us your salvation.

I will hear what the Lord God has to say, a voice that speaks of peace, peace for his people. His help is near for those who fear him and his glory will dwell in our land. **(R.)**

Mercy and faithfulness have met; justice and peace have embraced. Faithfulness shall spring from the earth and justice look down from heaven. **(R.)**

The Lord will make us prosper and our earth shall yield its fruit. Justice shall march before him and peace shall follow his steps. **(R.)**

Second Reading 2 Peter 3:8-14

A reading from the second letter of St Peter

We wait for new heavens and a new earth.

There is one thing, my friends, that you must never forget: that with the Lord, ‘a day’ can mean a thousand years, and a thousand years is like a day. The Lord is

not being slow to carry out his promises, as anybody else might be called slow; but he is being patient with you all, wanting nobody to be lost and everybody to be brought to change his ways. The Day of the Lord will come like a thief, and then with a roar the sky will vanish, the elements will catch fire and fall apart, the earth and all that it contains will be burnt up.

Since everything is coming to an end like this, you should be living holy and saintly lives while you wait and long for the Day of God to come, when the sky will dissolve in flames and the elements melt in the heat. What we are waiting for is what he promised: the new heavens and new earth, the place where righteousness will be at home. So then, my friends, while you are waiting, do your best to live lives without spot or stain so that he will find you at peace.

The word of the Lord.

Gospel Acclamation Luke 3:4. 6

Alleluia, alleluia!
Prepare the way of the Lord, make straight his paths:
all people shall see the salvation of God.
Alleluia!

Gospel Mark 1:1-8
A reading from the holy Gospel according to Mark
Make straight the paths of the Lord.

The beginning of the Good News about Jesus Christ, the Son of God. It is written in the book of the prophet Isaiah: Look, I am going to send my messenger before you; he will prepare your way. A voice cries in the wilderness: Prepare a way for the Lord, make his paths straight, and so it was that John the Baptist appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. All Judaea and all the people of Jerusalem made their way to him, and as they were baptised by him in the river Jordan they confessed their sins. John wore a garment of camel-skin, and he lived on locusts and wild honey. In the course of his preaching he said, ‘Someone is following me, someone who is more powerful than I am, and I am not fit to kneel down and undo the strap of his sandals. I have baptised you with water, but he will baptise you with the Holy Spirit.’

The Gospel of the Lord

Communion Antiphon Baruch 5:5; 4:36

Jerusalem, arise and stand upon the heights, and behold the joy which comes to you from God.

REFLECTION
by Dianne Bergant CSA

In the wilderness God's salvation comes to a broken people. In the midst of what is seemingly an impossible situation, hope emerges with vigour. In this context, hope is an openness to surprise, the surprise that God is in no way limited to the imaginings of human minds and the consequences of human history. This is the kind of hope that is proclaimed in the wilderness by John; it is the kind of hope that trusts that from the impossible, God can work a new creation. There is something of a time warp in Christianity. What is future is made present. The prophetic oracle announces the future as if it is already happening. This sense of the future-present prompts new ways of living. As the future takes root in human lives, the present is transformed into a new creation and the Day of the Lord appears. God's future comes through the wilderness into the broken city and inspires a broken-hearted people. The contrite heart is a broken heart, an emptied-out heart, a hope-filled heart. It is a heart that is unencumbered by the past and that lives currently in the passing of time and the fragility of being alive. The contrite, broken heart can be filled only by what is promised in the future. This is the paradox of Advent. In the middle of the wilderness, God works the impossible in those whose hearts are ready for the surprise of hope.

© Dianne Bergant CSA

**Welcome to
Pittwater Parish**

**Antonio Charles
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at
**Maria Regina Church
Avalon**
on the
19th of November 2023
for the
**Sacrament of
Baptism**

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JOHN 14:27 NLT

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