

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

An Advent Prayer

Lord God,
only you can see into
my heart and know that
under all the busyness of my
life, there is a deep longing
to make this Advent one that
welcomes you more deeply
into my own life.

My heart desires the warmth of your love and my mind searches for your light in the midst of the darkness.

Help me to be a peacemaker this Advent and to give special love to those who disagree with me.

Give me the strength and courage to forgive those who have hurt me.

Help me to free my heart from the prison of my anger and hurt.

Congratulations



Bishop Bernard on your 65th Anniversary of Priestly Ordination on Wednesday 1 December.

Thoughts of Bl Francis Jordan

O Lord, help me, show me the way! Without you, I can do nothing. I hope all things from You. In you, O Lord, I have hoped, I will not be confounded for ever.



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.





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.



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 Bervl 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 Maeve Robinson Jenny Carroll Matt Úkishima Pietrina Maiorana Marta Bizubova

removed after four weeks unless otherwise requested or advised. Thank you

The names on this list will be

BOOK REVIEW

Adventures in Prayer by Catherine Marshall



This is a classic that can guide you to a more joyous faith. Anyone who has ever yearned for a vibrant prayer life will find this book packed with powerful insights and godly wisdom

Recently Deceased

Martin Kerrigan

We are deeply sadden by the news of Martin passing. Our thoughts and prayers are with his family. Martin's Funeral will be on Monday 6 December at 11am, Sacred Heart Church Mona Vale

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

https://www.youtube.com/ channel/UCNenwlf17i14X B9TsVBrLvQ

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



We welcome
to Pittwater Parish
Amelia Marshall
Cole Johnson
on 4 December 2021
at Maria Regina Church,
Avalon
and
Ellyse Byrnes
Joshua Jell
Zara Borthwick
on 4 December 2021
at Sacred Heart Church,
Mona Vale for the
Sacrament of

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

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



Enjoy Advent by James Martin, SJ



Only a saint could maintain the patience needed to confront Christmas shopping, Christmas stress, and Christmas credit card bills. That's too bad because something else gets overlooked in the rush - and that's Advent. So here are a few brief ways to enjoy yourself over the next few weeks.

First of all, get to know Advent. This liturgical season is a time of waiting - something that we all do: we're waiting for some good news, for a better job, or for our lives to improve. Advent is a time when we think about waiting for God, so it fits in perfectly with our natural human longings. "Come, thou long expected Jesus," as the hymn goes. Advent is also the time of beautiful Scripture readings, like those from the Book of Isaiah. "The wilderness and the dry land shall be glad, the desert shall rejoice and blossom." These are readings to give all of us hope! And Advent is the season for beloved church traditions, including the Advent wreath, which can easily be translated into home rituals.

Second, cut back on the craziness of Christmas preparations. Here are just a few suggestions: send cards only to close friends and family; drop one present per person from your list; and go only to the most essential holiday gatherings. Does that sound selfish? It's just the opposite! It will give you time to spend with those you really love, and more time to spend in prayer.

Maybe Advent is when you can really settle into your spiritual life, by finding joy in the season and less stress in Christmas. In short, Advent may be the time that you've been waiting for!

Advent Waiting by D Todd Williamson

Waiting in line can be one of two experiences. See if you identify with the examples below:



First Example: Waiting in Dread

You're standing in line at the post office or the grocery store, waiting for your turn. You're tapping your foot and keep looking at your watch. You don't want to be in this line. Before long, you begin to think, "Oh, I can't wait for this to be over!" Often times, the other people in line with you feel the same way! No one speaks to anyone else. Clearly few are enjoying the experience; the impatience or irritability you feel might even be visible on your face. Such an experience of waiting in line can seem isolating, almost lonely.

Second Example: Waiting in Excitement

Now think about the times when you waited in line at an amusement park, to

buy tickets to see your favourite baseball team, or to hear your favourite band. In these instances, the waiting is much different. People are excited and you might even be talking to some of them about the ride you're getting ready to experience, the sports team that you love, or the band you're about to hear. This second example is the kind of waiting we are called to in Advent.

Waiting in Joyful Hope

At Mass, after praying the Lord's Prayer, we hear ". . . as we await the blessed hope and the coming of our Saviour, Jesus Christ." This prayer reminds us that during Advent, we wait in joy, in hope, and in anticipation for the wonderful event we are about to experience - the feast of Christmas, the coming of Christ into our lives in new ways, the return of Christ in glory at the end of time. As the Church, we wait during Advent and look forward to celebrating the fact that God loves us so much that he sent his Son into the world to save us. This waiting is far from empty; rather, it is full of the hope that God promises us as we prepare for Christ in the feast of Christmas.

Advent Anticipation by Elizabeth Kelly

Advent reminds me that to wait well is not an easy thing to master. Though I try, I am often swept up in this distracted world. Too often driven by deadlines and the nagging demands of my own impatience. I want what I want now, like a two-year old banging her palms against the tray of her high chair. Given some of the technologies most of us utilise and the ways we have been shaped by them, it's easy to come to expect instant gratification and to turn our backs on the bigger picture, the long view.

How do we resonate with the kind of sweeping and certain anticipation of the coming Messiah that permeated the lives and minds of our earliest brethren, people who spent lifetimes in waiting? Advent traditions - lighting the Advent wreath, candle by candle, or leaving the manger cradle empty until Christmas Eve - present profound opportunities to revisit the full meaning of Christian anticipation. It takes courage to wait in joyful hope, and it requires that we prepare ourselves for the coming Christ. Our desire to renew an interior posture must prevail throughout the Christian life: to wait on the Lord.

To ask how well we wait is the same as asking how well we "do" Advent. Are we tempted with the increasing commercialization of Christmas to skip over Advent altogether? This season, promise yourself to take up one Advent tradition with new fervor. Investigate its origin and meaning. Allow the Holy Spirit to refresh a Catholic imagination within you and to remind you that you are an integral, irreplaceable part of a much larger and more important story. You live in a world brimming with sacramental promise because of the Child born in Bethlehem.

Our Advent refrain must be "Wait for the Lord! Be strong, take courage, and wait for the Lord!" Even as economies crumble, and tumult and suffering seem to reign, all our waiting will end. Christmas is coming. We will see goodness, the goodness of the Lord.

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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

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LIVESTREAMS READINGS NFWS





https://brokenbay.goodgivi ng.com.au



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

Advent is a wonderful time to celebrate the reconciling love and the healing graces our Lord offers us.
There will be Reconciliation on 16 December 2021 at Sacred Heart Church, Mona Vale
There will be Mass at 7pm, followed by Exposition, Adoration, Reconciliation and Benediction.

We welcome
to Pittwater Parish
Joseph Lamb
Evelyn Lamb
Truett Laughton
Huxley Laughton
Wyatt Laughton
Amelia Satchell
Lachlan Fanning
on 5 December 2021
at Sacred Heart Church,
Mona Vale for the
Sacrament of
Baptism

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





2nd Rite of Reconciliation

Sacred Heart Church Mona Vale Thursday 16 December 7.30pm

CHRISTMAS MASS TIMES 2021

Friday
24

CHRISTMAS EVE

Maria Regina Church 4.00pm & 6.00pm Family's Masses

9.00pm Mass of the Night

Sacred Heart School Grounds 5.00pm

5.00pm Family Mass 9.00pm Youth Mass

Sacred Heart Church Midnight Mass



CHRISTMAS DAY

Maria Regina Church 9.00am

Sacred Heart Church 8.00am and 10.00am



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/UCNenwlf17i14XB9TsVBrLvQ

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.

It is our responsibilty 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.

Make a straight path for the Lord



2nd Sunday of Advent, Year C

There have been many people who came before Jesus to prepare the way for his arrival.

ABRAHAM was called by God from his home in the east to a new land called Canaan. God promised that this land would belong to the family of Abraham forever. Abraham is often represented with a symbol of a tent. Draw a picture of Abraham's tent.

DAVID was a young shepherd who was chosen by God to be the new King of Israel. The prophet Jeremiah told how one day a great ruler from the family of David would come into the world. As we know, that great ruler is Jesus. Draw a picture of King David's Crown.

MARY: Write down the things you know about the mother of Jesus



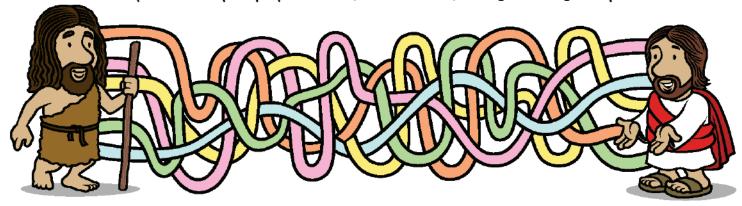
JOHN THE BAPTIST: Write down the things you know about John the Baptist

There are special people in your life who are helping you prepare the way for Jesus. Draw a picture of 2 of these people helping you. Write their names and how they are helping.

. is helping me _

is helping me

Help John the Baptist prepare the way for the Lord by finding the straightest path to Jesus



The Living Word

Entrance Antiphon Cf. Is 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

in the joy of your heart.

voice heard

First Reading Bar 5:1-9
A reading from the prophet Baruch

Jerusalem – God will show you splendour.

Jerusalem, take off your dress of sorrow and distress,

put on the beauty of the glory of God for ever,

wrap the cloak of the integrity of God around you,

put the diadem of the glory of the Eternal on your head:

since God means to show your splendour to every nation under heaven, since the name God gives you for ever will be,

'Peace through integrity, and honour through devotedness'.

Arise, Jerusalem, stand on the heights and turn your eyes to the east: see your sons reassembled from west and east

at the command of the Holy One, jubilant that God has remembered them. Though they left you on foot, with enemies for an escort, now God brings them back to you like royal princes carried back in glory. For God has decreed the flattening of each high mountain, of the everlasting bills

the filling of the valleys to make the ground level

so that Israel can walk in safety under the glory of God.

And the forests and every fragrant tree will provide shade

for Israel at the command of God; for God will guide Israel in joy by the light of his glory

with his mercy and integrity for escort.

The word of the Lord

Responsorial Psalm Ps 125. R. v.3

(R.) The Lord has done great things for us; we are filled with joy.

When the Lord delivered Zion from bondage,

it seemed like a dream.

Then was our mouth filled with laughter, on our lips there were songs. **(R)**

The heathens themselves said: 'What marvels the Lord worked for them!'

the Lord worked for them!' What marvels the Lord worked for us! Indeed we were glad. (R)

Deliver us, O Lord, from our bondage as streams in dry land.

Those who are sowing in tears will sing when they reap. (R)

They go out, they go out, full of tears, carrying seed for the sowing: they come back, they come back, full of song,

carrying their sheaves. (R)

Second Reading Phil 1:3-6. 8-11 A reading from the letter of St Paul to the Philippians

Show yourselves sinless and without blame in the day of Christ.

Every time I pray for all of you, I pray with joy, remembering how you have helped to spread the Good News from the day you first heard it right up to the present. I am quite certain that the One who began this good work in you will see that it is finished when the Day of Christ Jesus comes. God knows how much I miss you all, loving you as Christ Jesus loves you. My prayer is that your love for each other may increase more and more and never stop improving your knowledge and deepening your perception so that you can always recognise what is best. This will help you to become pure and blameless, and prepare you for the Day of Christ, when you will reach the perfect goodness which Jesus Christ produces in us for the glory and praise of God.

The word of the Lord

Gospel Acclamation

Lk 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 Lk 3:1-6 A reading from the holy Gospel according to Luke

All people shall see the salvation of God.

In the fifteenth year of Tiberius Caesar's reign, when Pontius Pilate was governor of Judaea, Herod tetrarch of Galilee, his brother Philip tetrarch of the lands of Ituraea and Trachonitis, Lysanias tetrarch of Abilene, during the pontificate of Annas and Caiaphas, the word of God came to John son of Zechariah, in the wilderness. He went through the whole Jordan district proclaiming a baptism of repentance for the forgiveness of sins, as it is written in the book of the sayings of the prophet Isaiah:

A voice cries in the wilderness; Prepare a way for the Lord, make his paths straight. Every valley will be filled in, every mountain and hill be laid low, winding ways will be straightened and rough roads made smooth. And all mankind shall see the salvation of God.

The Gospel of the Lord.

Communion Antiphon Bar 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

The advent of God's coming with its promise of fulfilment happens within world history. The first reading locates God's act of restoration in the city of Jerusalem. The gospel situates the ministry of John within a particular period of world history. They point us to historical experience as the place and the time of restoration, of incarnation, of redemption. They show us that God works within everyday life, in conventional places, during regular time. In fact, from a human point of view, the extraordinary events of salvation took place within what was quite ordinary.

John proclaims the kind of transformation that results in a change of heart. Reversals characterise such transformation: the robe of mourning is replaced by the splendour of glory; tears are turned into rejoicing; those led away by enemies are brought back by God; valleys are filled, mountains are levelled, winding roads are made straight; even nature offers itself as shelter for the people of God. Those who are shamed and discarded are made glorious; those who suffer are comforted; the oppressed are freed; all of life's obstacles are removed; the way to God is made straight; the natural world enjoys peace and harmony.

The transformation or repentance of heart takes place within human life, within relationships of justice between people and with the earth, in right living, in genuine unselfish love. It produces the fruits of righteousness of which Paul speaks. Advent is the time to prepare ourselves for this.

© 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.

Advertising Space Available

For more information call the Parish Office on 9157 0999









Liturgy for the Week

wilsonfamilyfunerals.net.au

06/12 Monday Second Week of Advent ls 35:1-10; Lk 5:17-26

07/12 Tuesday St Ambrose, bishop, Is 40:1-11; Mt 18:12-14 (Alt. Eph 3:8-12; Jn 10:11-16)

08/12 Wednesday The IMMACULATE **CONCEPTION of the BLESSED VIRGIN MARY** Gen 3:9-15, 20; Eph 1:3-6, 11-12; Lk 1:26-38

09/12 Thursday Second Week of Advent Is 41:13-20; Mt 11:11-15

10/12 Friday Second Week of Advent Is 48:17-19; Mt 11:16-19

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

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