



# The Catholic Parish of Pittwater

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



## New Year Prayer

Heavenly Father,  
 we thank You  
 for the year that has passed  
 and the many blessings  
 You have showered  
 upon us.

We beg you pardon in our  
 many failings and trespasses,  
 we pray that the New Year  
 be a more fruitful one.  
 We earnestly pray for the  
 gift of the Holy Spirit  
 and we call upon our  
 Lord Jesus Christ  
 for His intercessions,  
 His guidance and  
 His light to shine  
 on our path.  
 Amen.



### POPE FRANCIS' PRAYER INTENTION FOR JANUARY Educators

We pray that educators may be credible witnesses, teaching fraternity rather than competition and helping the youngest and most vulnerable above all.



### Thoughts of Fr Francis Jordan

May the lovely infant Jesus, under whose image the Church reveres the great love of our Divine Saviour pour out on you a plentitude of grace... Mother Mary



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

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



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

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

## 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 8am, 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**

*Boris Olivari  
Neville Pikulich*

**Recently Deceased**

*Jacqueline Parnell*

If you would like the names of your relatives or friends and offerings included, please drop the

**Prayers for the Sick**

Anna Smigowska

Nick Moullakis

M. Miller

Avelino Samartin

Barbara Clarke

Andrew Hood

Jeff Langley

Mark Lindfiels

Nick Moullakis

Bill Eyre

Brian Gregan

Mrian Poe

Marcia Bailey

Bec Burroughs

Susan Hickey

Sophia Burfitt

Margaret De Landre

Maeve Robinson

Jenny Carroll

Matt Ukishima

Pietrina Maiorana

Mina Lee

Denise Wagner

Tom Murphy

Leonie Ariemetto

John Graham

## Liturgy for the Week

**02/01 Monday, Sts Basil the Great & Gregory Nazianzen**  
1 Jn 2:22-28; Jn 1:19-28

**03/01 Tuesday, before the Epiphany**  
1 Jn 2:29-3:6; Jn 1:29-34

**04/01 Wednesday, before the Epiphany**  
1 Jn 3:7-10; Jn 1:35-42

**05/01 Thursday, before the Epiphany**  
1 Jn 3:11-21; Jn 1:43-51

**06/01 Friday, before the Epiphany**  
1 Jn 5:5-13; Mk 1:6-11

**07/01 Saturday, before the Epiphany**  
1 Jn 5:14-21; Jn 2:1-11

## DVD REVIEW

**Being a Saint in the World**

by: Fr Jerry Gehringer



This DVD is about being simple people and that God lives in each of us. We are all sinners but we must strive for holiness everyday and show compassion. This internal struggle will strengthen us in our life with all humanity.

We invite you to join us, as we celebrate Fr Richard's Birthday on the 8th of January 2023 Morning Tea after the 10 am Mass



*on Friday,  
20th January 2023  
at Avalon RSL  
to Honour  
Fr Richard's 50th  
Birthday*

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## GIVING

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# Soibada Update

It has been a wonderful year of returning to normality – almost! It has been tough trying to maintain our usual level of support for Pittwater’s sister parish and village Soibada in Timor Leste (formerly East Timor) during the Covid years. However, our great team of volunteers has managed to keep the momentum going and a surprising number of projects have been completed without us in the country. The highlight was Father Richard’s recent visit to the village.

After a frantic fundraising drive at the end of 2021 the interim Soibada Preschool opened early in the new year. Our community funded 10 scholarships and made it possible for pre-schoolers from Soibada Sub Villages (sucos) to attend. Wages for two qualified teachers were also raised. When the team visited in July it became apparent that the staff and Sisters had done an incredible job. The education standard at the preschool is so high that the local primary school children come up for extra lessons at the end of their classes. We managed to send a group to Soibada in July and again in October. Much has changed in the village during our absence. The leaders we had worked with in the past have moved on and been replaced. A committee has been established to help us with our projects and lots of new relationships were formed. The way ahead looks very organized! We now have dedicated project managers on our team for Health and Medical, Education, and Women’s Small Business Development. There will be news about developments in these areas in January.

Hospitality and Training education has been going well at the centre that we previously funded. A traditional cooking competition was held in July, sponsored by Avalon Beach RSL Club. The uniforms for the centre have been donated by Dee Why RSL Club. A student from Mater Maria Catholic College was involved in this event. One of our volunteers has taken on the onerous task of our website! So our marketing and media will be taken to the next level soon. In the meantime Facebook is the easiest way to keep up to date.

The blankets and baby clothes made by Northern Beaches volunteers were gratefully received. They are more than items of clothing or warmth, they are a symbol of our love and care for the families in our sister village. The Soibada Knitters and Crocheters meet on Thursdays during term time at Avalon Beach RSL and would welcome more members. There are others out there in our community who supply us with handmade items for Soibada as well. We are always in need of donations of wool. Days for Girls met monthly in Maria Regina Church Hall. Not only do they provide washable sanitary kits for the schoolgirls of Soibada but they are sent all over the world.

In October each year the village celebrates the Pilgrimage to Our Lady of Aitara. Thousands of pilgrims arrive from all over Timor Leste to commemorate the sighting of the Virgin Mary many years ago. The weekend is filled with Processions, Masses and parties. Father Richard represented our Parish and was warmly welcomed by local priest Father John. Even during this time of celebration the extreme poverty and need of the people of Soibada was evident. There is no running water to the homes in the village and parts of it still have no electricity. Malnutrition impacts the health of the children and stunts their growth. The effects of 25 years of occupation and war remain obvious, yet the faith and resilience of the Timorese people is inspiring. Next year we will organise a get together at the Parish Centre to show photos and tell you all about the October visit.

None of the many projects would be at all possible if it wasn’t for our generous volunteers and donors. There are countless people quietly working throughout the year in the background to make this happen. If you would like to contribute to the fundraising efforts the code below will take you to our crowdfunding site that explains more about the projects. Donations are tax deductible. We are also in need of volunteers for a variety of projects next year – both in Australia and in Soibada. Please contact me if you would like to be involved. [Tamara.harding@bigpond.com](mailto:Tamara.harding@bigpond.com)

Thank you all for your dedication and love for Soibada.

*Tamara*



# 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

**Donita Kerin**  
Tel 9157 0999 ext 30  
office@pittwaterparish.org

### Director of Music

**Josh Willard**  
Tel 9157 0999 ext 17  
music@pittwaterparish.org

### Media & Communication

**Conille Felias**  
Tel 9157 0999 ext 31  
media@pittwaterparish.org

### Sacrament 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

### Parish Office Hours

**Monday to Thursday**  
9.00 am to 4.00 pm  
**Friday**  
9.00 am to 12.00 pm

### 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

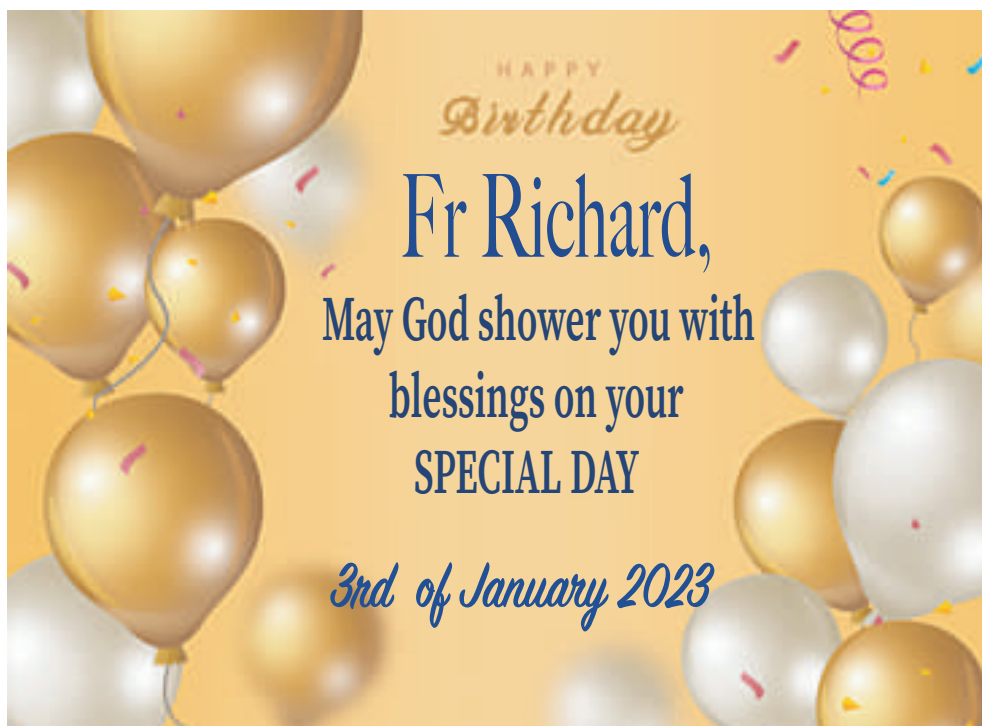
**Maria Regina School**  
Tel 9918 2608

Principal: Miss Kirsty Thorpe

### WARRIEWOOD

**Mater Maria Catholic College**  
Tel 9997 7044

Principal: Mr Marc Reicher



## Mother Mary

Solemnity of Mary, the Holy Mother of God

Mothers have the important job of bringing us into the living world by giving birth to us. What are some of the important things that we know about Mary?

Follow the maze into the centre of Mary's heart

Today is born a Saviour, who is the Messiah

Draw a picture of Mary in a scene from one of the following bible stories...

**The Annunciation**  
*The Archangel Gabriel tells Mary she is to bear a son.*  
*Luke 1:26-38*

**The Visitation**  
*Mary visits her cousin Elizabeth who is also with child.*  
*Luke 1:39-45*

**The Birth of Jesus**  
*Jesus is born in a stable in the town of Bethlehem.*  
*Luke 2:1-20*

**The Wise Men**  
*Some Magi from the East find Jesus and present him with gifts.*  
*Matthew 2:1-12*

**Jesus is presented in the Temple**  
*Simeon tells Mary of Jesus' destiny.*  
*Luke 2:22-38*

**The Crucifixion**  
*Jesus tells Mary to embrace his beloved disciple as her own son.*  
*John 19:25-27*

Luke 2:16-21
© Creative Ministry Resources

# Sacramental Program Update: First Reconciliation 2023

Sacrament of First Reconciliation will take place:

Wednesday, 22 March 2023 at 5.00pm (at Sacred Heart Church)

or

Wednesday, 29 March 2023 at 5.00pm (at Maria Regina Church).

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

Requirements for receiving the Sacrament of Reconciliation are attendance to:

- Parent information session: Tuesday 7 February (Maria Regina Church) or Wednesday 8 February (Sacred Heart Church) both at 7.30pm
- Four weekly preparation sessions: start Monday 20 February to Sunday 19 March
- Four weekly rituals (at weekend masses): start 25/26 February to Sunday 19 March
- Rehearsal (4pm): Tuesday 21 March (Sacred Heart) or Tuesday 28 March (Maria Regina)

**Please add these dates to your calendar. If you have any questions or would like to be a group facilitator, please contact Sonia on [sacraments@pittwaterparish.org](mailto:sacraments@pittwaterparish.org)**

## The Solemnity Mary, the Holy Mother of God 1st of January



Way back in 431, there was a bitter controversy among theologians over the role of Mary in the Catholic Church. They debated the question: Who is Mary in God's plan?

In the end, the bishops declared that Mary is really the mother of Jesus and Jesus is really God. So it must be said that Mary is the Mother of God. The oldest Christian greeting of Mary was proclaimed when Mary's relative Elizabeth called her "Mother of my Lord." When Elizabeth welcomed Mary, she recognized both the great privilege God had given Mary and Mary's great faith in accepting it.

For centuries, Mary has been praised because she believed. She is Mother of God because of her faith in God. The Solemnity of Mary, Mother of God, celebrates Mary's faith and trust in God alone. The Church wants us to imitate her faith.

from *Saints and Feast Days*,  
by Sisters of Notre Dame of Chardon, Ohio

# The *Living* Word

Gospel

Lk 2:16-21

## Entrance Antiphon

Hail, Holy Mother, who gave birth to the King,  
who rules heaven and earth for ever.

## First Reading

Nm 6:22-27

### A reading from the book of Numbers

*They will call down my name on the children of Israel and I will bless them.*

The Lord spoke to Moses and said, 'Say this to Aaron and his sons: "This is how you are to bless the sons of Israel. You shall say to them:

May the Lord bless you and keep you.  
May the Lord let his face shine on you and be gracious to you.

May the Lord uncover his face to you and bring you peace."

This is how they are to call down my name on the sons of Israel, and I will bless them.'

## The word of the Lord

### Responsorial Psalm

Ps 66:2-3. 5. 6. 8. R. v.2

### (R.) May God bless us in his mercy.

God, be gracious and bless us  
and let your face shed its light upon us.  
So will your ways be known upon earth  
and all nations learn your saving help.  
(R)

Let the nations be glad and exult  
for you rule the world with justice.  
With fairness you rule the peoples.  
you guide the nations on earth. (R)

Let the peoples praise you, O God;  
let all the peoples praise you.  
May God still give us his blessing  
till the ends of the earth revere him. (R)

## Second Reading

Gal 4:4-7

### A reading from the letter of St Paul to the Galatians

*When the appointed time came, God sent his son, born of a woman.*

When the appointed time came, God sent his Son, born of a woman, born a subject of the Law, to redeem the subjects of the Law and to enable us to be adopted as sons. The proof that you are sons is that God has sent the Spirit of his Son into our hearts: the Spirit that cries, 'Abba, Father', and it is this that makes you a son, you are not a slave any more; and if God has made you son, then he has made you heir.

## The word of the Lord.

### Gospel Acclamation

Heb 1:1-2

Alleluia, alleluia!

In the past God spoke to our ancestors through the prophets;  
now he speaks to us through his Son.  
Alleluia!

### A reading from the holy Gospel according to Luke

*The shepherds found Mary and Joseph, and the infant lying in the crib... When the eighth day came they gave him the name of Jesus.*

The shepherds hurried away to Bethlehem and found Mary and Joseph, and the baby lying in the manger. When they saw the child they repeated what they had been told about him, and everyone who heard it was astonished at what the shepherds had to say. As for Mary, she treasured all these things and pondered them in her heart. And the shepherds went back glorifying and praising God for all they had heard and seen; it was exactly as they had been told.

When the eighth day came and the child was to be circumcised, they gave him the name Jesus, the name the angel had given him before his conception.

## The Gospel of the Lord

### Communion Antiphon

Heb 13:8

Jesus Christ is the same yesterday, today, and for ever.

### REFLECTION

by *Dianne Bergant CSA*

*Liturgically, the Octave of Christmas commemorates: the Solemnity of the Mother of God; the day designated for prayers for global peace; and the beginning of the New Year. Though the shepherds gain insight into the presence of God by seeing this holy family, it is Mary who holds all these things in her heart. She is the one who ponders the significance of these mysterious events. Mary becomes for Christians an inspiration of contemplation and reflection. She inspires us to consider deeply the significance of events, lest we go blandly through life without meaning or direction. She inspires us to fidelity to the practices of our faith, practices which are the disciplines of soul that lead the community to a clearer focus on God's presence in human affairs.*

*The theme of peace appears today on many levels. Its meaning, 'fullness of life', bursts forth in every one of the readings. The ancient prayer or blessing of peace is an appropriate start for the New Year. It resonates well with the angels' wish for people of good will. Peace is also our inheritance in Christ. As adopted children of God, we have been given the freedom to live in a godly manner, calling God our Abba. Right relationships in the covenant activity of God are the pathways of peace. The beginning of a New Year is a good time to reach out to others and to pray for God's blessing of peace for each dimension of human encounter.*

© Dianne Bergant CSA



Dear Parishioners,

May the blessings of Christ be  
always with you in all the ups  
and downs of your life.  
May your life be blessed and  
joyful this year.

**HAPPY NEW YEAR!**

*Fr Richard SDS and Fr Zyga SDS*

The Parish Office will  
will Re-open  
on the  
9th of January 2023  
The phones & emails  
are monitored regularly.  
So please don't hesitate  
to contact us and leave  
a message.  
Have a Joyful  
Happy New Year  
and have safe and fun  
Holiday.

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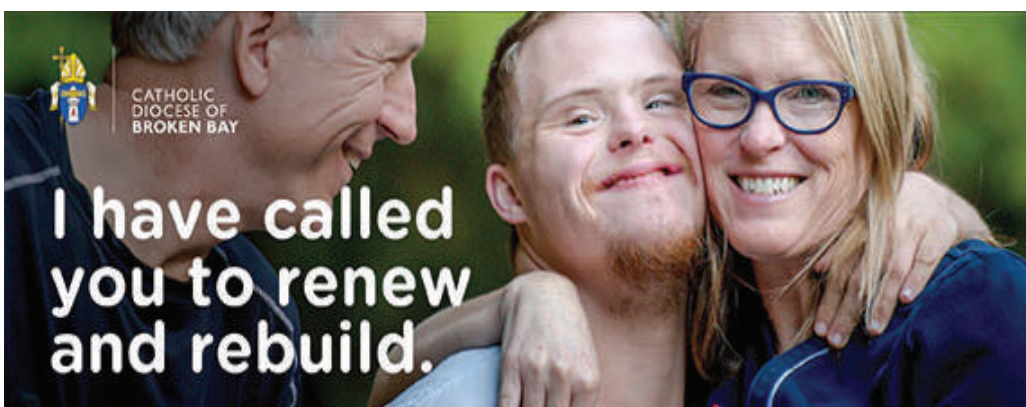
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