



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

We must diligently and wisely use all ways and means which the love of Christ inspires to glorify God.

Baptism of the LORD Prayer

Eternal Father,
who at the baptism of Jesus
revealed Him to
be Your Son,
anointing Him with the
Holy Spirit.
Grant that we may be faithful to
our call as children of God,
listening to You,
guided by Your Spirit,
to fulfil our unique and
definite purpose.
Amen.



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 *January*

For Prayer With The Word Of God

Let us pray that praying with the Word of God be nourishment for our lives and a source of hope in our communities, helping us to build a more fraternal and missionary Church.

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*

Recently Deceased

Louise Clarke-Bruce
Jan Gade
Stephen Faulkner

May all the souls of the faithful departed, through the mercy of God, rest in peace.
Amen.

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

The Many Faces of God

By: Dennis R Keller



God is always there - we only have to remember and call Him. This book, divided into 6 separate weeks, asks inspired questions which really make us think and delve into our deeper selves. In essence, it brings us closer to God. Written by a pastor of Grace United Methodist Church, it teaches us that we are all searching, in our own ways for the Many Faces of God.

YOU
are sealed by the
HOLY
SPIRIT
in
BAPTISM
and marked as
CHRIST'S
OWN
forever.

Liturgy for the Week

12/01 Monday, Ordinary Time 1
1 Sam 1:1-8; Mk 1:14-20

13/01 Tuesday, Ordinary Time 1
1 Sam 1:9-20, Mk 1:21-28

14/01 Wednesday, Ordinary Time 1
1 Sam 3:1-10, 19-20; Mk 1:29-39

15/01 Thursday, Ordinary Time 1
1 Sam 4:1-11; Mk 1:40-45

16/01 Friday, Ordinary Time 1
1 Sam 8:4-7, 10-22; Mk 2:1-12

17/01 Saturday, St Anthony, Abott
1 Sam 9:1-4, 17-19, 10:1;
Mk 2:13-17

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 PITTSWATER

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.



You are my own dear Son

The Baptism of the Lord

Draw Jesus being baptised in the river by John the Baptist.



Find Out

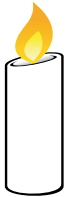


When were you baptised?

Where were you baptised?

Who are your Godparents?

Draw a line to connect each symbol with its correct meaning.



Candle

Symbolises the Holy Spirit

Symbolises life, cleansing and growth

Symbolises purity and freedom from sin

Symbolises the emergence from darkness into the light

Dove



White Gown



Water

Luke 3:15-16, 21-22

© Creative Ministry Resources

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

Sacred Heart Church, Mona Vale
Wednesday, 4 February 2026
Maria Regina Church, Avalon
Thursday, 5 February 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:

Maria Regina Church, Avalon
Tuesday, 24 March 2026
Sacred Heart Church, Mona Vale
Thursday, 26 March 2026

BAPTISM



What is Baptism?

Baptism is the foundation of the whole of Christian life. It is the gateway to life in the Holy Spirit and the door that gives access to the other sacraments. Baptism is a one-off event and anyone who has not previously been baptised may seek Baptism. Through Baptism a person is reborn as a daughter or son of God. It is through Baptism that an individual begins his or her formal relationship with Jesus Christ and the Church. The phrase "to baptise" means to "plunge" or "immerse". The immersion in water, or alternatively the pouring of water over the person's head, symbolises the baptised person's union with the death of Jesus. Just as Christ was raised from the dead, the baptised person rises from the water as a "new creature", a member of the Church.

Baptism consists of a person's immersion in water three times or of the pouring of water over the person's head three times, with the recitation of the words, "I baptise you in the name of the Father, and of the Son, and of the Holy Spirit." Those who have been validly baptised in another Christian tradition and are seeking to enter into full communion with the Catholic Church do not need to be baptised again.

Baptism in the history of the Church

From the very beginning of the Church, Baptism has been administered and celebrated as the means by which one becomes a Christian. Indeed, St Peter declares to the crowd on the day of Pentecost, "Repent, and be baptised every one of you in the name of Jesus Christ so that your sins may be forgiven; and you will receive the gift of the Holy Spirit" (Acts 2:38).

The first Christians baptised were adults. Then as entire families wanted to become followers of Christ, the rite of Baptism was adapted to cater for the children and infants of the baptised parents.

The forgiveness of sins

Through Baptism all sins are forgiven. As noted above, Baptism formalises the Christian's relationship with Jesus Christ. As this relationship grows, Jesus joins with and strengthens the person's own effort in living a full and joyful life and resisting temptation.

Integrated into the Church, the Body of Christ
Through Baptism, Christians are integrated into the Body of Christ, the Church. Membership of the Church is open to all, with no distinction of nationality, culture, race or gender.

A permanent relationship with Christ

Through Baptism, the Holy Spirit seals the Christian in a permanent relationship with Christ. The effects of sin may hinder the effects of Baptism, but sin cannot erase this sign of God's fidelity. It is for this reason that Baptism is received only once.

The ritual of Baptism includes such symbols as immersion in or pouring of water, anointing with blessed oil as a sign of being set apart, lighting a candle as a sign of Christ the light of the world and the putting on of a white robe as a sign of new life as a follower of Christ.

Faith of Flame, Archdiocese of Brisbane



7th Day Brewery
FRIENDS FeST
SAT 24 JAN
A CHARITY EVENT SUPPORTING FRIENDS OF SOIBADA
LIVE BANDS!
BANGALLEY
EDGECLIFF
STELLA & SOPHIA JULIUS
+ MORE TBA

I'd love to invite you to Friends of Soibada Friend Fest at 7th Day Brewery on Saturday, 24 January — and I really need your support to help make it a great night. Friend Fest brings together good music, good people, and a cause close to our hearts. We're thrilled to have an incredible lineup of live performers: Sophia and Stella Julius, Edgedcliff, and Bangalley. (and more). It's shaping up to be a brilliant evening of live music in a relaxed, welcoming space. Every ticket sold helps support our ongoing work in Soibada, strengthening education, health, and community connections in Timor-Leste. Here's how you can help: Purchase a ticket Bring a friend (or two!), Share the event with people who love live music and community. Your support — especially by bringing others along — makes a real difference. It's a simple way to enjoy a great night out while directly supporting meaningful work. Thank you for continuing to stand with Friends of Soibada. I'd love to see you there, enjoying the music and celebrating friendship and community together.

With gratitude,

Jamara Sloper Harding
Friends of Soibada

14/9 POWELLS RD., BROOKIE

P.S. The more friends we bring, the bigger the impact — let's fill the brewery. Tickets at this link. <https://www.trybooking.com/DHVCN>



Thank You So Much



I would like to extend my heartfelt thanks to each and every one of you for the warm birthday wishes, prayers, and kind gestures you shared with me last week. Your thoughtfulness and generosity truly touched my heart and reminded me once again of the blessing it is to serve such a loving and faith-filled parish community. I am especially grateful to all who joined me last Sunday for the morning tea after the 10 am Mass. Your presence, fellowship and joy made the celebration truly memorable, and I deeply appreciated the time we spent together as a parish family. Thank you for your continued support and kindness, not only on my birthday, but throughout the year. May the Lord reward you abundantly for your generosity, and may He continue to bless our parish with faith.

Fr Richard

ADORATION ETIQUETTE

(DO'S AND DON'TS WHEN BEFORE THE BLESSED SACRAMENT)

PREPARE YOUR HEART

Come with intention. You are entering the presence of Jesus Himself.

ENTER IN SILENCE

This is not a place for conversation. Silence honours His Real Presence.

GENUFLECT OR KNEEL

Bend the knee toward the monstrance before sitting.

DRESS MODESTLY

Clothing should reflect reverence, humility and love for God.

NO PHONES

Silence or turn them off. Do not scroll in front of the Eucharist.

BE STILL

Avoid unnecessary movement. Let your body reflect interior prayer.

PRAY OR SIMPLY BE WITH HIM

Speak from the heart, pray the Scripture or the Rosary or sit quietly with Him.

DO NOT RUSH

Adoration is not something to "get through". Remain as long as you can.

RESPECT OTHERS' PRAYER

Enter and exit quietly. Do not distract those in prayer.

LEAVE REVERENTLY

Genuflect again before leaving. Thank Him for the time spent together.



from @thyflameoflove

The *Living* Word

Entrance Antiphon Matthew 3:16-17
After the Lord was baptised, the heavens were opened, and the Spirit descended upon him like a dove, and the voice of the Father thundered: This is my beloved Son, with whom I am well pleased.

First Reading Isaiah 42:1-4, 6-7
A reading from the prophet Isaiah
Here is my servant, my chosen one in whom I am well pleased.

Thus says the Lord:
Here is my servant whom I uphold,
my chosen one in whom my soul delights.
I have endowed him with my spirit
that he may bring true justice to the nations.
He does not cry out or shout aloud,
or make his voice heard in the streets.
He does not break the crushed reed,
nor quench the wavering flame.
Faithfully he brings true justice;
he will neither waver, nor be crushed
until true justice is established on earth,
for the islands are awaiting his law.
I, the Lord, have called you to serve the
cause of right;
I have taken you by the hand and formed
you;
I have appointed you as covenant of the
people and light of the nations,
to open the eyes of the blind,
to free captives from prison,
and those who live in darkness from the
dungeon.

The word of the Lord

Responsorial Psalm
Ps 28:1-4, 9-10. R. v.11
**(R.) The Lord will bless his people
with peace.**

O give the Lord you sons of God, give
the Lord glory and power; give the Lord
the glory of his name. Adore the Lord in
his holy court. **(R.)**

The Lord's voice resounding on the
waters, the Lord on the immensity of
waters; the voice of the Lord, full of
power, the voice of the Lord, full of
splendour. **(R.)**

The God of glory thunders.
In his temple they all cry: 'Glory!'
The Lord sat enthroned over the flood;
the Lord sits as king for ever. **(R.)**

Second Reading
Acts of the Apostles 10:34-38
**A reading from the Acts of the
Apostles**
*God anointed him with the Holy Spirit
and with power.*

Peter addressed Cornelius and his
household: 'The truth I have now come
to realise' he said 'is that God does not
have favourites, but that anybody of any
nationality who fears God and does what
is right is acceptable to him.

'It is true, God sent his word to the
people of Israel, and it was to them that
the good news of peace was brought by
Jesus Christ – but Jesus Christ is Lord of
all men. You must have heard about the
recent happenings in Judaea; about Jesus
of Nazareth and how he began in Galilee,
after John had been preaching baptism.
God had anointed him with the Holy
Spirit and with power, and because God
was with him, Jesus went about doing
good and curing all who had fallen into
the power of the devil.'

The word of the Lord.

Gospel Acclamation Mark 9:8

Alleluia, alleluia!
The heavens were opened and the
Father's voice was heard: this is my
beloved Son, hear him.
Alleluia!

Gospel Matthew 3:13-17
**A reading from the holy Gospel
according to Matthew**
*When Jesus was baptised, the heavens
were opened and the Spirit of God came
upon him.*

Jesus came from Galilee to the Jordan to
be baptised by John. John tried to
dissuade him. 'It is I who need baptism
from you,' he said 'and yet you come to
me!' But Jesus replied, 'Leave it like this
for the time being; it is fitting that we
should, in this way, do all that
righteousness demands.' At this, John
gave in to him.
As soon as Jesus was baptised he came
up from the water, and suddenly the
heavens opened and he saw the Spirit of
God descending like a dove and coming
down on him. A voice spoke from
heaven, 'This is my Son, the Beloved;
my favour rests on him.'

The word of the Lord.

Communion Antiphon John 1:32,34

Behold the One of whom John said:
I have seen and testified that this is the
Son of God.

REFLECTION
by Dianne Bergant

*The baptism of Jesus inaugurates his
ministry as the anointed one of God. The
passage from Isaiah indicates the kind of
messiah he will be. He will not exercise
harsh justice, nor will he wield the sword
of vengeance on the battlefield. He will
be a servant, who, though mighty is
gentle; one chosen by God, yet
committed to the needy and the
marginal; the Son of God who attends to
the least within the community. The
messiah of God may have come from an*

*insignificant village like Nazareth, but he
was anointed with the Holy Spirit and
with power. The messiah of God does not
conform to the expectations of a proud
and self-absorbed society. Filled with the
Spirit of God, he acts out of a gentle,
compassionate spirit.
For whom did the messiah of God come?
For those whom society discarded. He
came for people who are broken and
suffering, for those who are blind or
imprisoned. He came for people who are
so easily pushed to the margins – the
homeless, the unemployed, the
abandoned children, the helpless elderly,
the mentally and chronically ill. He also
came to people who, like Cornelius, do
not belong to our inner circles, people
who threaten us, people we might
actually despise. He came for the
strangers among us, those who have
different cultural customs, those who
worship in different ways. He came for
people we have pushed out as well as for
those we have refused to let in. The
messiah of God came for all people
without distinction.*

© Dianne Bergant CSA



**men
ALIVE** 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

PRO CLEAN
 PROFESSIONAL SERVICES
 ECO FRIENDLY STEAM & DRY

- * CARPET
- * AREA RUG
- * UPHOLSTERY
- * LEATHER
- * PROTECT SEAL
- * TILE N GROUT
- * HARD FLOORS
- * STAIN REMOVAL

Please Contact us on
 0414 668 942 or
 0451 307 909
 PROCLEANONE@GMAIL.COM
 GOOGLE>PROCLEANONE



PRIME VISION
 PROPERTY MAINTENANCE

FREE QUOTE
 0433 321 448

A Wide Range of Services from Expert Cleaners
 We know how important it is to keep your windows squeaky clean and your property looking like new. That's why we offer a comprehensive range of property and window cleaning services to clients around Sydney. With the help of traditional methods and modern technologies, our cleaners can assist with:

Window cleaning (traditional, pure-water and abseiling)
 HIGH PRESSURE CLEANING
 HOUSE SOFT WASHING
 GUTTER CLEANING
 SOLAR PANEL CLEANING



Electrical
 Plumbing
 Air Conditioning.

Ph:(02) 9905 8800

**We turn up,
 Clean up &
 Guarantee our
 Work !!!**

**GET
 IN TOUCH
 TODAY**



**WILSON
 FAMILY
 FUNERALS**

CALL 02 9913 7131

Locally Australian family
 owned and operated
 Available 24/7




Ann, John and Kate of Wilson Family Funerals

Personally talk to Ann Wilson and her team

- Decades of experience caring for Northern Beaches and North Shore families
- A meaningful service uniquely personal to a family's needs and wishes
- Pre-paid funeral plans
- Care, compassion, love, understanding and support

Suite 3, 1440 Pittwater Rd,
 North Narrabeen, Sydney

wilsonfamilyfunerals.net.au

**THIS IS MY
 BELOVED
 SON, WITH
 WHOM I
 AM WELL
 PLEASED.**


-MARK 1:11

lcms.org

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



Every Girl. Everywhere. Period.



**PASTORAL
 WORKS** Broken Bay

**“Connecting to the Mission of
 Jesus Christ”**

**PLEASE DONATE TO HELP FAMILIES AND
 PARISH COMMUNITIES IN BROKEN BAY**

Your trusted
Funeral Directors on the
Northern Beaches

ANN WILSON FUNERALS

Proudly Local. Available 24/7

Dee Why 9971 4224 | Mona Vale 9979 5978

annwilsonfunerals.com.au



Part of the local
community since 1957

51 Basset St, Mona Vale
Ph: 999 3340
49 Avalon Pde, Avalon
Ph: 9918 3315



Join us at our Play Group
to connect with other
parents and make new
friends.
Stay for a cup of tea
or coffee
Everyone is welcome.

MONDAYS

9:30 - 11:30

(SCHOOL TERM)

PLEASE CONTACT

NIKKI - 0481 009 376

Newport Gentle Dental Care



Dr Wael Wasef
02 9997 5848

- ☞ Scale & Clean
- ☞ White Fillings
- ☞ Whitening
- ☞ Crowns & Bridges
- ☞ Occlusal Splints
- ☞ Mouth Guards
- ☞ Root Canal Therapy
- ☞ Tooth Extraction
- ☞ Dentures
- ☞ Oral Hygiene Instructions
- ☞ Veneers

The Northern Beaches only local family
owned and operated funeral company



With over 35 years
experience we can guide
you with sensitivity
and respect your loved
one deserves.

Chris Lee

- * 24 hour professional service
- * Enquire about pre-paid funerals
- * Unique funerals a speciality

9999 5211

www.peninsulafunerals.com.au

Purveyor of Specialty Coffees



"use our 10% discount code
on checkout parish10 with
all coffee bean orders"

Driven by a passion for community
& quality

Award winning coffee
beans available online

www.coffeebros.com.au

PITTWATER PHARMACY COMPOUNDING CHEMIST



Ralph Papandrea
B.PHARM (Hons) MSc. MPS
Len Papandrea
B.PHARM. MPS
Sam Papandrea
B.PHARM. MPS
Andrew Snow
B.PHARM. MPS

1771 Pittwater Road
Mona Vale 2103
Ph: 9999 3398
Fax: 9999 3910

FINE WINE, SPIRITS & BEER

FLEET STREET

MERCHANTS

PAUL BOTTERO

1755 Pittwater Road
Mona Vale NSW 2103

Phone: 9999 3055
Fax: 9999 3055

JESUS REPLIED, "I ASSURE
YOU, NO ONE CAN ENTER
THE KINGDOM OF GOD
WITHOUT BEING BORN
OF WATER AND THE
SPIRIT.
JOHN 3:5