



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

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.

An EPIPHANY Prayer

Lord Jesus Christ,
may Your lights shine our way,
as once it guided the steps
of the Magi;
that we too may be led into Your
presence and worship You,
the Child of Mary,
the Word of the Father,
the King of nations,
the Saviour of Mankind;
to whom be Glory forever.
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
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

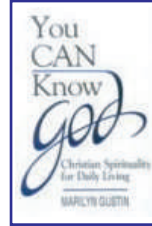
Jesse Cathersides

Mary Reilly

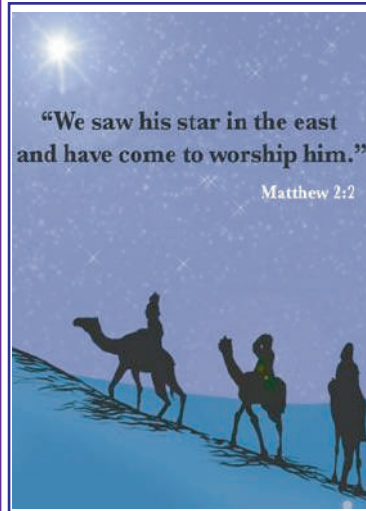
Marta Bizubova

BOOK REVIEW

You Can Know God
Christian Spirituality
for Daily Living
By: Marilyn Gustin

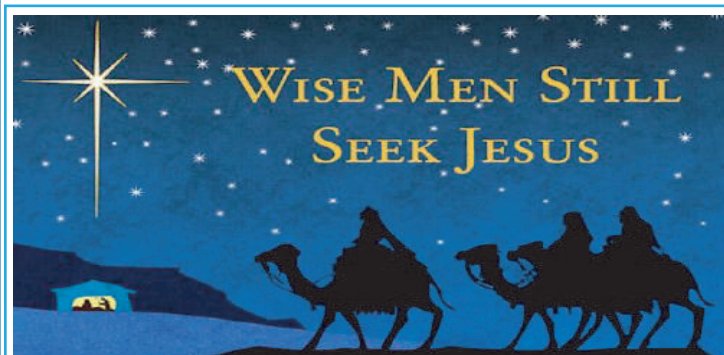


You really can know God who is listening to you all the time. If you are homesick for God, this book is written for you.



Liturgy for the Week

- 05/01 Monday, Weekday of Christmas Time
1 Jn 3:22 - 4:6; Mt 4:12-17, 23-25
- 06/01 Tuesday, Weekday of Christmas Time
1 Jn 4:7-10; Mk 6:34-44
- 07/01 Wednesday, Weekday of Christmas Time
1 Jn 4:11-18; Mk 6:45-52
- 08/01 Thursday, Weekday of Christmas Time
1 Jn 4:19 - 5:4; Lk 4:14-22
- 09/01 Friday, Weekday of Christmas Time
1 Jn 5:5-13; Lk 5:12-16
- 10/01 Saturday, Weekday of Christmas Time
1 Jn 5:14-21; Jn 3:22-30



THE CATHOLIC PARISH OF PITTPATER 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

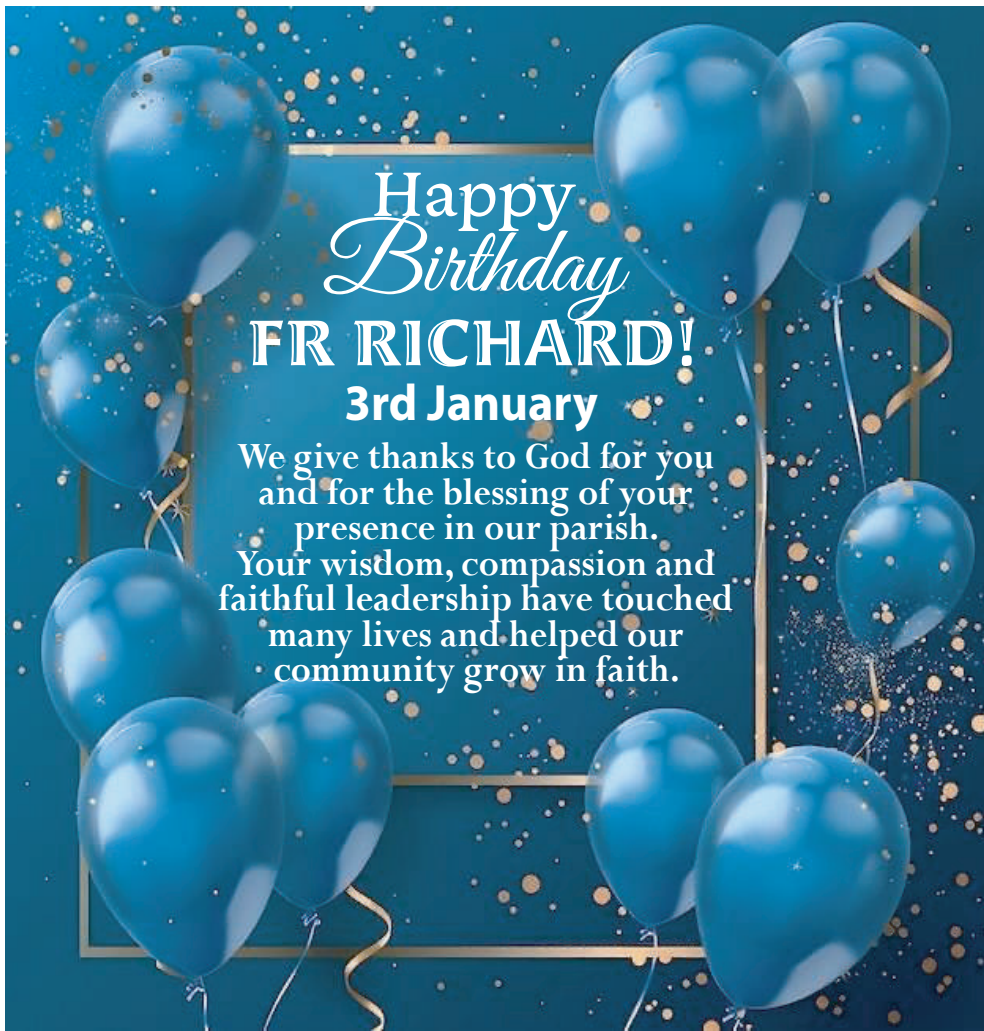
All PWBB donations over \$2 are 100% tax deductible

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.



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
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Tel 9157 0999 ext 30
office@pittwaterparish.org

Administrative Assistant
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Tel 9157 0999 ext 30
office@pittwaterparish.org

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Coordinator**
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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

Maria Regina Church, Avalon

Tuesday, 24 March 2026

Sacred Heart Church, Mona Vale

Thursday, 26 March 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:

Sacred Heart Church, Mona Vale

Wednesday, 4 February 2026

Maria Regina Church, Avalon

Thursday, 5 February 2026

Thank You

Dear Parishioners,

We would like to extend our sincere thanks to everyone for the very kind Christmas presents, cards and especially for the prayers that we have received during this holy season.

Your generosity, thoughtfulness and spiritual support are deeply appreciated and mean a great deal to us. Please be assured that you are remembered with gratitude in our prayers.

May the joy and peace of Christ remain with you and your families throughout the Christmas season and into the New Year.

God bless you all,

Fr Richard & Fr Zygmunt



Interesting Facts about the Epiphany:

MEANING OF THE FEAST OF THE EPIPHANY

Epiphany means "manifestation." It is when God makes Himself known on earth. The Feast of the Three Wise Men commemorates the first manifestation of Christ, demonstrated through the adoration of the Wise Men from the East upon meeting Jesus (Mt 2:1-2). According to Professor Franco Cardini of the University of Florence, author of *The Three Wise Men: History and Legend*, the Wise Men are symbols of the past, present, and future, as well as representations of the Trinity (Father, Son, and Holy Spirit).

THE BIBLE DOES NOT SPECIFY THERE WERE THREE WISE MEN

Although it is commonly believed that three Wise Men visited the Infant Jesus, the Bible does not mention an exact number. This assumption is based on the three gifts they presented, a detail mentioned in Matthew 2:11.

EACH GIFT FROM THE WISE MEN HAS A MEANING

According to the Bible, the Wise Men gave Jesus gold, frankincense, and myrrh as part of their homage. In Pope Francis' Apostolic Letter *Admirabile Signum*, he explains the meanings behind these gifts:

Gold: Honors Jesus' royalty, as it is a gift for kings.

Frankincense: Honors Jesus' divinity, as recognized by the Wise Men.

Myrrh: Represents Jesus' humanity, foretelling His death and burial.

THE STAR OF THE EAST MAY HAVE BEEN A NATURAL PHENOMENON

The star is a significant element in Matthew's account, as it guided the Wise Men to the house where Jesus lay. Known as the Star of Bethlehem or the Star of Jesus, some believe it may have been a shooting star or another astronomical event.

WERE THE WISE MEN REALLY KINGS?

Although they are often called the "Three Kings," the Bible does not refer to them as kings but as magi, meaning "wise men." Some scholars believe they may have been priests or astrologers.

The Day of the Three Wise Men holds deep significance for Catholics, symbolizing the first revelation of Jesus to the world. It also serves as a reminder that faith is a lifelong journey—a journey requiring the same perseverance and love that the Wise Men showed on their quest to meet Jesus.

By: Gerardo Bonilla, Catholic Relief Services



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

**SORRY WE'LL BE
CLOSED!**

**Parish Office is CLOSED For the
Holidays
and will Re-Open on the
12th January**

During this period, phones and emails
will be monitored regularly, so please do
not hesitate to contact us and leave
a message.
We will respond as soon as possible.

**If we approach with faith,
we too will see Jesus....;
for the Eucharistic table
takes the place of the crib.
Here, the Body of the Lord is present,
wrapped, not in swaddling clothes
but in the rays of the Holy Spirit.**

*St John Chrysostom (347-407)
Father & Doctor of the Church*



Wise men came from the East

The Epiphany of the Lord



Help the wise men find their way to Bethlehem - watch out for King Herod!



The wise men had to search for Jesus.
Where are some of the places we
can find Jesus in our world today?

Draw yourself offering a gift to Jesus



Mt 2:1-12

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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>

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,
Tamara Soper Harding
Friends of Soibada



The *Living* Word

Entrance Antiphon

Malachi 3:1; 1 Chr 29:12

Behold, the Lord, the Mighty One, has come; and kingship is in his grasp, and power and dominion.

First Reading

Isaiah 60:1-6

A reading from the prophet Isaiah

The glory of the Lord shines upon you.

Arise, shine out, Jerusalem, for your light has come, the glory of the Lord is rising on you, though night still covers the earth and darkness the peoples.

Above you the Lord now rises and above you his glory appears. The nations come to your light and kings to your dawning brightness. Lift up your eyes and look round: all are assembling and coming towards you, your sons from far away and your daughters being tenderly carried.

At this sight you will grow radiant, your heart throbbing and full; since the riches of the sea will flow to you; the wealth of the nations come to you; camels in throngs will cover you, and dromedaries of Midian and Ephah; everyone in Sheba will come, bringing gold and incense and singing the praise of the Lord.

The word of the Lord

Responsorial Psalm

Ps 71:1-2, 7-8, 10-13, R. see v.11

(R.) Lord, every nation on earth will adore you.

O God, give your judgement to the king, to a king's son your justice, that he may judge your people in justice and your poor in right judgement. **(R.)**

In his days justice shall flourish and peace till the moon fails. He shall rule from sea to sea, from the Great River to earth's bounds. **(R.)**

The kings of Tarshish and the sea coasts shall pay him tribute. The kings of Sheba and Seba shall bring him gifts. Before him all kings shall fall prostrate, all nations shall serve him. **(R.)**

For he shall save the poor when they cry and the needy who are helpless. He will have pity on the weak and save the lives of the poor. **(R.)**

Second Reading

Ephesians 3:2-3, 5-6

A reading from the letter of St Paul to the Ephesians

The revelation means that pagans now share the same inheritance, that they are parts of the same body.

You have probably heard how I have been entrusted by God with the grace he meant for you, and that it was by a revelation that I was given the

knowledge of the mystery. This mystery that has now been revealed through the Spirit to his holy apostles and prophets was unknown to any men in past generations; it means that pagans now share the same inheritance, that they are parts of the same body, and that the same promise has been made to them, in Christ Jesus, through the gospel.

The word of the Lord.

Gospel Acclamation

Matthew 2:2

Alleluia, alleluia!

We have seen his star in the East; and have come to adore the Lord. Alleluia!

Gospel

Matthew 2:1-12

A reading from the holy Gospel according to Matthew

We have come from the East to worship the king.

After Jesus had been born at Bethlehem in Judaea during the reign of King Herod, some wise men came to Jerusalem from the east. 'Where is the infant king of the Jews?' they asked. 'We saw his star as it rose and have come to do him homage.' When King Herod heard this he was perturbed, and so was the whole of Jerusalem. He called together all the chief priests and the scribes of the people, and enquired of them where the Christ was to be born. 'At Bethlehem in Judaea,' they told him, 'for this is what the prophet wrote: And you, Bethlehem, in the land of Judah,

you are by no means least among the leaders of Judah, for out of you will come a leader who will shepherd my people Israel.' Then Herod summoned the wise men to see him privately. He asked them the exact date on which the star had appeared, and sent them on to Bethlehem. 'Go and find out all about the child,' he said 'and when you have found him, let me know, so that I too may go and do him homage.' Having listened to what the king had to say, they set out. And there in front of them was the star they had seen rising; it went forward and halted over the place where the child was. The sight of the star filled them with delight, and going into the house they saw the child with his mother Mary, and falling to their knees they did him homage. Then, opening their treasures, they offered him gifts of gold and frankincense and myrrh. But they were warned in a dream not to go back to Herod, and returned to their own country by a different way.

The word of the Lord.

Communion Antiphon

Matthew 2:2

We have seen his star in the East, and have come with gifts to adore the Lord.

REFLECTION

by Dianne Bergant

The Christmas season reaches an apex with the Epiphany. In some liturgical traditions, it is the central celebration of Christmas. It commemorates not only the birth of Christ and the visit of the Magi, but also his baptism in the Jordan and the manifestation of his glory at the wedding feast of Cana. In the Roman Catholic tradition, the focus is on the visit of the Magi and the implications of that visit for the glorious manifestation of God to all the peoples of the world. There is a wonderful summons to alertness and presence of mind and heart, a call for all the nations to witness the marvellous works of God that shine as light in the midst of the surrounding darkness. The light of God is known in the ways in which the most vulnerable in the city are cared for and acknowledged. In just action and righteousness, the city becomes the beacon of God, and all the nations are attracted by this light. The quality of the light leads the way through the darkness and sustains the world in goodness and peace. The manifestation of God among us changes the ways in which we perceive each other. Christ's birth provides us with the light by which we see a new criterion for relating. The Magi represent the multi-ethnic and cultural diversity in civic and parish situations, as well as the many religions of the world. All people, regardless of race or ethnic origin, can be co-heirs with Christ.

© Dianne Bergant CSA

PARISH MORNING TEA GATHERING

Everyone is welcome to join
Every month after the 8 am Mass
on the 1st Sunday and
after the 10 am Mass on
the 3rd Sunday at
SACRED HEART CHURCH,
MONA VALE

Last Sunday after the
9 am Mass
at the front of
MARIA REGINA CHURCH,
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THE FEAST OF THE

Epiphany
 OF THE LORD

"AND BEHOLD, THE STAR THAT THEY HAD
 SEEN AT ITS RISING PRECEDED THEM,
 UNTIL IT CAME AND STOPPED OVER THE
 PLACE WHERE THE CHILD WAS."
 - Matthew 2:9




Theology of
 OWENSPORO

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Matthew 2:2

“Where is he
who has been born
king of the Jews?
For we saw his star
when it rose
and have come
to worship him.”