



# The Catholic Parish of Pittwater

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



## An Epiphany Prayer

Lord Jesus Christ,  
may Your light 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 for ever.  
Amen.



### Thoughts of Blessed Francis Jordan

May he preserve in you purity of heart! Become temples  
of the Holy Spirit!

*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



### POPE FRANCIS' PRAYER INTENTION FOR January

**For the Gift of Diversity in the Church**  
Let us pray that Spirit help us recognise the gift  
of different charisms within the Christian  
community, and to discover the richness of  
different ritual traditions in the heart of  
the Catholic Church.



## 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

**Recently Deceased**  
*Garry Stephen Diamond*

**Deceased Anniversary**  
*Tom Kasch*  
*Helena Seve*  
*Nita Seve*

### 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

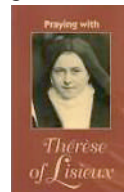
Sarah Paterson

Elaine Boyes

Pauline Chipman

## BOOK REVIEW

**Praying with**  
**Therese of Lisieux**  
by: Joseph F Schmidt, FSC



Therese was a Carmelite nun who entered the convent at 15 years of age and died nine years later, yet in that short period she managed to inspire untold numbers with her profoundly simple spirituality and her understanding that God loves us regardless.



## Liturgy for the Week

08/01 **Monday, The Baptism of the Lord**  
Is 55:1-11; Mk 1:7-11

09/01 **Tuesday, Ordinary Time 1**  
1 Sam 1:9-20; Mk 1:21-28

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

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

12/01 **Friday, Ordinary Time 1**  
1 Sam 8:4-7, 10-32; Mk 2:1-12

13/01 **Saturday, Ordinary Time 1**  
1 Sam 9:1-4, 17-19, 10:1; Mk 2:13-17

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Thank you for your continued contributions and support. Your financial contributions and your generous donations throughout the year are greatly appreciated.



2023  
Our Year of  
*Stewardship*

## 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](mailto:sacraments@pittwaterparish.org)

## 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](mailto:pp@pittwaterparish.org)

**Assistant Priest**

**Fr Zygmunt Smigowski SDS**

Tel 9157 0999 ext 12  
[ap@pittwaterparish.org](mailto:ap@pittwaterparish.org)

**Parish Secretary**

**Belinda Cimino**

Tel 9157 0999 ext 30  
[office@pittwaterparish.org](mailto:office@pittwaterparish.org)

**Administrative Assistant**

**Shereae Knight**

Tel 9157 0999 ext 30  
[office@pittwaterparish.org](mailto:office@pittwaterparish.org)

**Director of Music**

**Josh Willard**

Tel 9157 0999 ext 17  
[music@pittwaterparish.org](mailto:music@pittwaterparish.org)

**Media & Communications**

**Coordinator**

**Conille Felias**

Tel 9157 0999 ext 31  
[media@pittwaterparish.org](mailto:media@pittwaterparish.org)

**Sacramental Coordinator**

**Sonia Samartin**

Tel 9157 0999 ext 13  
[sacraments@pittwaterparish.org](mailto: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



menAlive is a National Catholic Ministry to Men which was founded out of a response to a great need in the hearts and lives of men, and a great need in the life of the Catholic Church.

The purpose of menAlive is to bring men together, to renew their faith in God and to encourage them to become an active force within the Church.

Through a variety of events and programs, men are invited to explore what God would want for their lives and how they might come to experience the fullness of life that God wants for us all.

[www.menalive.org.au](http://www.menalive.org.au)

**Saturday, 16th - Sunday, 17th of  
March 2024**

**Sacred Heart Church, Mona Vale**

**Please Contact**

**Joseph Cilia @ 0418 863 814**

God is glorified when men are fully alive  
St Irenaeus

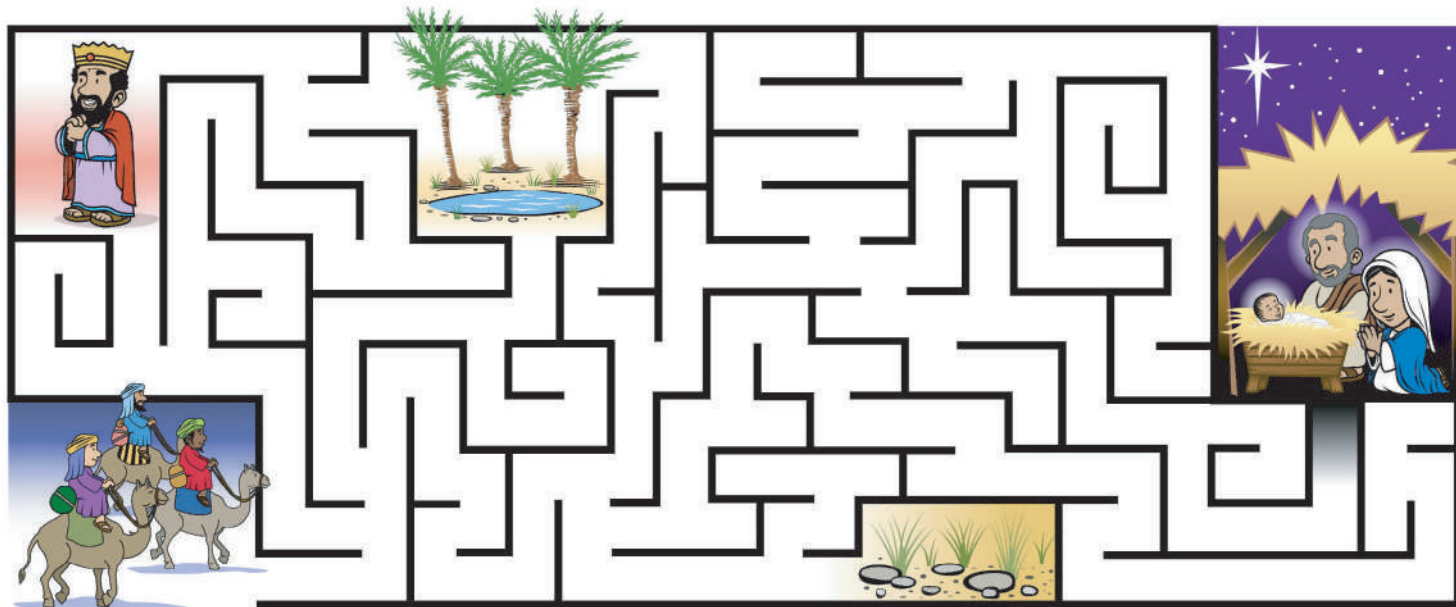


# Wise men came from the East

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



# THE EPIPHANY OF OUR LORD



All of God's creation gives Him glory and praises Him by its very existence. Psalm 143 states, "Praise him, sun and moon; praise him, all shining stars. Praise him, highest heavens, you waters above the heavens. Let them all praise the LORD's name; for he commanded and they were created..." Though creation gives praise to God simply by existing and thus, revealing its Creator, today's solemnity commemorates the one moment in time when God used a star to manifest His eternal glory. At the time of Jesus' birth, it was commonly believed that a new star would appear whenever a new ruler was born. The Father in Heaven used this belief to honor His Son Who was born as the new King. The three Magi from the East were astrologers. When they saw this "new star," they chose to follow it to discover the new King. Creation itself, in the form of a star, pointed the way, thus giving glory to the newborn King, manifesting Him to the whole world as symbolized by the Magi.

The word "Epiphany" means "manifestation." Therefore, as we honor this moment in time when the Christ Child was made manifest to the world, we need to look into our own hearts. There, we discover Christ's ongoing manifestation to us so that we can worship Him Who has also chosen to be born within our hearts. We must diligently seek out that manifestation of God within us and respond to it in the same ways that the Magi responded. First of all, the Magi were determined. When they saw a sign from the heavens that pointed to a new King, they stopped everything and departed in haste to find Him. When God speaks to you and manifests Himself to you in some way, nothing could be more important than to be attentive to His voice and follow His manifestation with the same haste. The Magi brought the Christ Child gifts of gold, frankincense, and myrrh. God was honored and glorified through His creation by the giving of these gifts. God created gold to manifest His beauty and

dignity. It was a gift that symbolized kingship. When we ponder the natural gift of gold given to the Christ Child, we are inspired to give Him our own gift of symbolic gold by prayerfully acknowledging Him as our own King to whom we pledge our complete submission.

Made from the sap of trees found in India, northeastern Africa, and the Arabian peninsula, frankincense and myrrh are also fruits of God's creation. Used in worship to symbolize prayers rising to heaven, frankincense symbolizes the Christ Child's divinity. We offer frankincense to Christ when we acknowledge His divine nature, since He is God in the flesh. Often used in burial, myrrh honors the Christ Child Who came to give His life as a sacrifice for many. We offer myrrh to profess our belief in the saving power of Christ's death on the Cross and our need for that gift of salvation.

As we celebrate the Solemnity of the Epiphany, try to see it as a historical event in which you are invited to share. God wants to manifest Himself to you today. When this happens, you must respond with faith and worship, giving God the greatest glory by giving Him your very life and offering Him your spiritual gifts of gold, frankincense, and myrrh.

Most glorious Christ Child, the Father in Heaven honored Your birth by placing a star over the place where you lay. Through that new star, Your divine presence was made manifest to the world in the Magi who responded with faith and worship. Please manifest Yourself to me within my own soul where You wish to be born, and give me the love and zeal I need to follow the example of the Magi, offering You my own gifts in adoration and trust. Jesus, I trust in You.

*from My Catholic Life!*

THANK YOU!

Fr Richard would like to  
thank everyone for  
your thoughts and prayers.  
Your thoughtfulness has made his  
birthday extra special.

FOR GOD SO LOVED THE WORLD  
that He gave His  
Only Begotten Son  
THAT WHOEVER  
believeth in Him  
SHOULD NOT PERISH BUT HAVE  
everlasting  
life.  
JOHN 3:16



# 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, parents.*

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.) 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 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 Gospel 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 CSA

*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



**We would like to express our gratitude for all your generous Christmas presents and cards.**

**We appreciate your kindness and thoughtfulness.**

**We hope you all had a blessed Christmas and New Year filled with love, hope, joy and peace.**

**Fr Richard and Fr Zygmunt**

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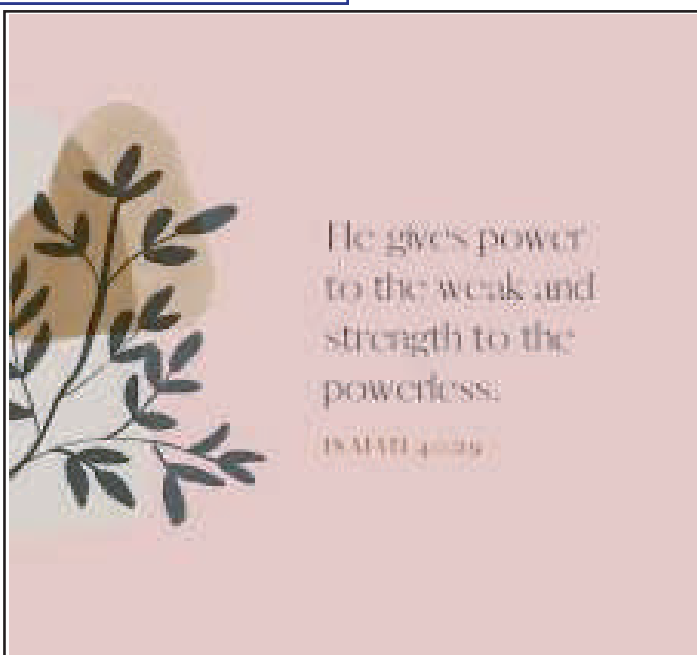
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He gives power  
to the weak and  
strength to the  
powerless.

ISAIAH 40:29

The Lord himself goes  
before you and will be with  
you; he will never leave you  
nor forsake you. Do not be  
afraid; do not be discouraged.

DEUTERONOMY 31:8-9

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