



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

You chose to share our exile, hidden God.
You love to dwell with us here this little while of life.
Mother Mary

THE HOLY FAMILY PRAYER

Holy Family of Nazareth,
make our family one with you.
Help us to be instruments of peace.

Grant that love,
strengthened by grace,
may prove mightier than all
the weakness and trials
through which our families
sometime pass.

May we always have God
at the center of our hearts
and homes until we are
all in one family,
happy and at peace
in one true home with you.
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 DECEMBER

For Christians in Areas of Conflict

Let us pray that Christians living in areas of war or conflict, especially in the Middle East, might be seeds of peace, reconciliation and hope.

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
Stephen Faulkner
Ann Harvey

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

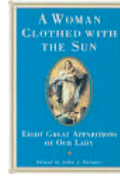
Mary Reilly

Marta Bizubova

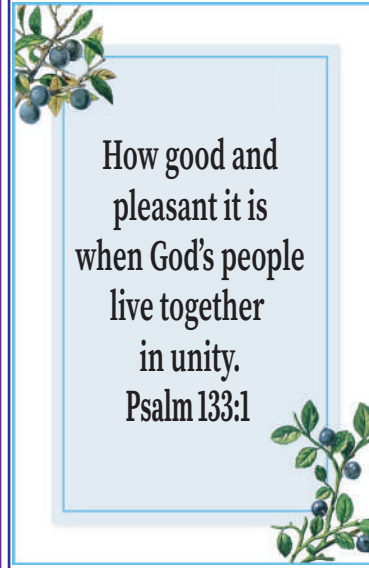
BOOK REVIEW

The Woman Clothed with the Sun

Edited by: John J Delaney



We have heard of some of the apparitions of Our Lady over the last 200 years and this volume explains each one as it happened. A great read.



Liturgy for the Week

29/12 Monday, 5th Day in Octave of the Nativity of the Lord
1 Jn 2:3-11; Lk 2:22-35

30/12 Tuesday, 6th Day in Octave of the Nativity of the Lord
1 Jn 2:12-17; Lk 2:36-40

31/12 Wednesday, 7th Day in Octave of the Nativity of the Lord
1 Jn 2:18-21; Jn 1:1-18

01/01 Thursday, Mary, the Holy Mother of God
Num 6:22-27; Lk 2:16-21

02/01 Friday, Sts Basil the Great and Gregory Nazianzen
1 Jn 2:22-28; Jn 1:19-28

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



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 PITTWATER

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

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Sacramental Coordinator
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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

Happy *Birth*day FR RICHARD

Thank you for your faithful service, spiritual
guidance, and care for our parish community.
We are grateful for your dedication and
keep you in our prayers.
May God bless you with good health,
joy, and peace today
and always.

We warmly invite all parishioners to join us in celebrating Fr Richard's birthday.
Fr Richard's birthday falls on Saturday, 3 January, and to mark this special occasion,
everyone is invited to

Morning Tea after the 10:00 am Mass on Saturday, 4 January,
at the Sacred Heart Parish Centre.

Please come along to share fellowship, give thanks, and wish Fr Richard a very
happy birthday.

We look forward to celebrating together as a parish community.



**HAPPY
NEW YEAR
2026**

**NEW YEAR
MASS TIMES**
Thursday, 1st January
Maria Regina Church, Avalon
at 10.00 am
&
Sacred Heart Church, Mona Vale
at 7.00 pm

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

2026

HAPPY NEW YEAR

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.



SOCIETY OF DIVINE SAVIOUR

THANK YOU FROM SALVATORIAN FATHERS

Dear parishioners,
each year the Australian Region of
Salvatorians is humbled by the generous support
shown by all our parishes across Australia. We
remain sincerely grateful for every donation offered
throughout this year to assist the formation of our
seminarians and the growth of our missionary works.

As Christmas approaches, I warmly wish you and
your families a very peaceful, safe,
and joy-filled celebration, along with a blessed and
hope-filled new year.

May God continue to guide, protect, and
always abundantly bless you all.

FR GREG SKULSKI SDS,

**Superior of the Salvatorians
Australian Regions**



Mary

Mother of God 1st January

O Holy Mary, Mother of God,
we humbly beseech you to come
to our aid in this necessity.
Show us, dear Mother, that you
are indeed our Mother and
help us in our time of need.

Pray for us... and intercede for us before your Son,
Jesus Christ. Amen.



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,
AVALON**



Saint Basil the Great Saint Gregory Nazianzen

Bishops & Doctors of the Church

Pray for us!



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**



NEW YEAR WISHES & MESSAGE

Dear Brothers and Sisters in Christ,

As we stand at the beginning of a new year, I offer you my heartfelt blessings and prayers. I give thanks to God for each one of you and for the gift of this beautiful parish community. Our parish continues to be vibrant and faith-filled, and I am deeply grateful for the countless ways in which you contribute to the life of our Church.

I wish to acknowledge with sincere appreciation the dedication of our parishioners and our parish team, whose generous hearts, faithful service, and joyful commitment bring life and hope to our community. Our volunteers are a vital part of the fabric of our parish family. Through your willingness to serve, you reflect the face of Christ to others. May we continue to support, nurture and inspire one another as we grow together in faith and in trust in the Lord.

“We always give thanks to God for all of you and mention you in our prayers, constantly remembering your work of faith and labour of love and steadfastness of hope in our Lord Jesus Christ.”

1 Thessalonians 1:2-3

Sacraments 2025

In Baptism, we were claimed for Christ and entrusted with a unique vocation: to live the Gospel and to share it with the next generation.

It has been a great blessing for the Catholic Parish of Pittwater to celebrate this past year:

- 154 Baptisms
- 127 Confirmations
- 120 First Reconciliations & First Eucharists

These celebrations remind us of the abundant grace God continues to pour into the hearts of His children. As they continue their journey of faith, we pray that the Lord will protect them, guide them, and live within them always.

2026 Year of Peace

As we look ahead, next year 2026 has been designated as “The Year of Peace.”

At a time when the world longs for healing and unity, may we become instruments of Christ’s peace. We pray that His peace may begin first within our own hearts, extend to our families and our parish community, and reach out to the world around us.

May the Prince of Peace bless every troubled heart, restore justice, and bring harmony to all peoples and nations.

May the Lord bless you and your families abundantly in the year to come.

May He fill your hearts with hope, strengthen you with faith, and surround you with His everlasting peace.

With prayer and every blessing,

Fr Richard Sadowski SDS
Parish Priest

The *Living* Word

Entrance Antiphon

Luke 2:16

The shepherds went in haste, and found Mary and Joseph and the Infant lying in a manger.

First Reading

Sirach 3:2-6. 12-14

A reading from the book of Ecclesiasticus

Whoever fears the Lord honours his parents.

The Lord honours the father in his children, and upholds the rights of a mother over her sons.

Whoever respects his father is atoning for his sins,

he who honours his mother is like someone amassing a fortune.

Whoever respects his father will be

happy with children of his own, he shall be heard on the day when he prays.

Long life comes to him who honours his father,

he who sets his mother at ease is showing obedience to the Lord.

My son, support your father in his old age,

do not grieve him during his life.

Even if his mind should fail, show him sympathy,

do not despise him in your health and strength;

for kindness to a father shall not be forgotten

but will serve as reparation for your sins.

The word of the Lord

Responsorial Psalm

Ps 127:1-5

(R.) Happy are those who fear the Lord and walk in his ways.

O blessed are those who fear the Lord and walk in his ways! By the labour of your hands you shall eat. You will be happy and prosper. (R.)

Your wife like a fruitful vine in the heart of your house; your children like shoots of the olive, around your table. (R.)

Indeed thus shall be blessed the man who fears the Lord. May the Lord bless you from Zion all the days of your life! (R.)

Second Reading

Colossians 3:12-21

A reading from the letter of St Paul to the Colossians

Concerning the Christian life in the world.

You are God's chosen race, his saints; he loves you and you should be clothed in sincere compassion, in kindness and humility, gentleness and patience. Bear with one another; forgive each other as soon as a quarrel begins. The Lord has forgiven you; now you must do the same. Over all these clothes, to keep them together and complete them, put on love. And may the peace of Christ reign in your hearts, because it is for this that you were called together as parts of one body.

Always be thankful.

Let the message of Christ, in all its richness, find a home with you. Teach each other, and advise each other, in all wisdom. With gratitude in your hearts sing psalms and hymns and inspired songs to God; and never say or do anything except in the name of the Lord Jesus, giving thanks to God the Father through him.

Wives, give way to your husbands, as you should in the Lord. Husbands, love your wives and treat them with gentleness. Children, be obedient to your parents always, because that is what will please the Lord. Parents, never drive your children to resentment or you will make them feel frustrated.

The word of the Lord.

Gospel Acclamation Colossians 3:15. 16

Alleluia, alleluia!

May the peace of Christ rule in your hearts, and the fullness of his message live within you.

Alleluia!

Gospel

Matthew 2:13-15. 19-23

A reading from the holy Gospel according to Matthew

Take the child and his mother, and flee to Egypt.

After the wise men had left, the angel of the Lord appeared to Joseph in a dream and said, 'Get up, take the child and his mother with you, and escape into Egypt, and stay there until I tell you, because Herod intends to search for the child and do away with him.' So Joseph got up and, taking the child and his mother with him, left that night for Egypt, where he stayed until Herod was dead. This was to fulfil what the Lord had spoken through the prophet:

I called my son out of Egypt.

After Herod's death, the angel of the Lord appeared in a dream to Joseph in Egypt and said, 'Get up, take the child and his mother with you and go back to the land of Israel, for those who wanted to kill the child are dead.' So Joseph got up and, taking the child and his mother with him, went back to the land of Israel. But when he learnt that Archelaus had succeeded his father Herod as ruler of Judaea he was afraid to go there, and being warned in a dream he left for the region of Galilee. There he settled in a town called Nazareth. In this way the words spoken through the prophets were to be fulfilled:

He will be called a Nazarene.

The word of the Lord.

Communion Antiphon

Baruch 3:38

Our God has appeared on the earth, and lived among us.

REFLECTION

by Dianne Bergant

All of the major themes found in today's readings highlight the relational character of family life. In Sirach some of the dynamics of family living and responsibility as exercised in the ancient world unfold before our eyes. The rewards of faithfully observing these family codes are showcased in the responsorial Psalm. Paul directs our attention to the manner of relational living to which we are summoned as members of the family of God, a manner of living that flows from the bond of perfection that unites us. The gospel narrative paints a picture of a family that follows the directives of God.

So much has been said recently about family values. But what exactly are they? The specifics of family customs and roles played within the family may be culture-bound, but it seems that the values out of which they emerge and that inform them are not. They include mutuality, respect and service between wives and husbands, between parents and children, and between the young and the old.

Mutuality, respect and service become characteristics of the Church or the ecclesial family as well. What binds the family of God together are virtues that are as relational as are the ties that bind the members of the natural family together. It may be more challenging to live out these values within the church, for those who are called to put on Christ, bearing with one another in compassion, kindness, humility, gentleness and patience must relate in this way with people who may be strangers.

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joined in love,
kept by God,
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The HOLY FAMILY

"And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."
 — Colossians 3:17




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9:30 - 11:30

(SCHOOL TERM)

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