



The Catholic Parish of Pittwater

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

Holy Family Prayer

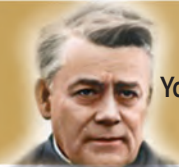
Holy Family of Nazareth,
make our family one with you.
Help us to be instruments of peace.

Grant that love,
strengthened by grace,
may prove mightier than all
the weaknesses and trials
through which our
families sometimes 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 our true home with you.
Amen.



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



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



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

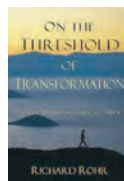
Recently Deceased
Josephine Wild
Nicole Ovens
Patricia Landon
Sister Pauline
Nicholson

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 Bayer
Jenny Carroll
Matt Ukishima
Mina Lee
Maureen Larios
Denise Wagner
Tom Murphy
Leonie Ariemetto
Marco Sangiacamo
Sarah Paterson
Marta Bizubova
Dianne Williams
Elaine Boyes

BOOK REVIEW

On the Threshold of Transformation
by: Richard Rohr



Nearly every man deals with some form of hurt in his life and this book acknowledges and deals with it directly and redemptively.

2024

NEW YEAR'S MASS TIMES
Monday, 1st January

Maria Regina Church
at
8:00 am
and
Sacred Heart Church
at
9:30 am

Liturgy for the Week

- 01/01 Monday, Mary, the Holy Mother of God**
Num 6:22-27; Luke 2:16-21
- 02/01 Tuesday, Sts Basil the Great & Gregory Nazianzen**
1 Jn 2:22-28; Jn 1:19-28
- 03/01 Wednesday, Before the Epiphany**
1 Jn 2:29-3:6; Jn 1:29-34
- 04/01 Thursday, Before the Epiphany**
1 Jn 3:7-10; Jn 1:35-42
- 05/01 Friday, Before the Epiphany**
1 Jn 3:11-21; Jn 1:43-51
- 06/01 Saturday, Before the Epiphany**
1 Jn 5:5-13; Mk 1:6-11 or Lk 3:23-38

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Pittwater

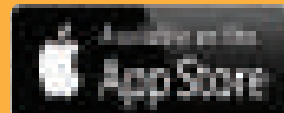
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2023

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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

Shereae Knight

Tel 9157 0999 ext 30
office@pittwaterparish.org

Director of Music

Josh Willard

Tel 9157 0999 ext 17
music@pittwaterparish.org

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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

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



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

Mary, Mother of Jesus, a symbol of faith, love, and devotion

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



Happy New Year!

The Parish Office will
be closed
and
will re-open
on the

8TH OF JANUARY 2024

The phones and emails are
monitored regularly.
So please don't hesitate to
contact us and
leave a message.

May your New Year be
filled with love, hope, peace
and joy.

Happy Birthday Fr Richard

3rd of January

*May God's blessings and
kindness surround you in
celebration of your birthday
and for your devoted and
faithful service.*

*May God bless you with
happiness and peace.*

Everyone is invited to come and celebrate
Fr Richard's special day for Morning Tea
after the 10am Mass
Sunday, 7th of January



THE FEAST OF THE HOLY FAMILY

We celebrate the Feast of the Holy Family on the 31st of December, the week after the arrival of our Savior, Jesus Christ. In 1921, Pope Benedict XV established the feast to present the Holy Family as the ideal model for Catholic families everywhere and remind us of why we celebrate Christmas. It is the arrival of new life, God becoming flesh. While little is known about the first thirty years of Jesus's life, the hidden moments and the lives of the Holy Family are still worth contemplating. St. Joseph, who never speaks a word in the Bible is not a background character in salvation history. Rather, he was at the forefront of Jesus's life, protecting Him from danger, sanctifying his difficulties, teaching Jesus the value of work.

Jesus was preparing Himself for His public ministry, the period when He would go out into the world and teach all those who would listen. Jesus has a human nature and a divine nature, though. He was presented in the temple, He got lost in the temple, He wept, He suffered pain, and He died. While God is infinitely superior to us in every way, He still humbled Himself by becoming flesh so that He could suffer, die, and rise from the dead for us.

And Mary, ever the handmaid of the Lord, we can imagine taking care of Joseph and Jesus, her two most beloved ones. It is perhaps better that we do not have the explicit details of their lives. We can find ourselves contemplating what it must have been like. What were their meals like? How did they celebrate holidays and feasts? How did Joseph and Mary show love for one another? What little mortifications did they endure, as every household does?

We can take these brief meditations and apply them to our own family life, our own struggles, our own successes. We are called to make the home a place of virtue and can do this by setting a good example, imitating the undeniable charity that filled the home of the Holy Family. Jesus spent three decades in the private life, simply living with His family, all in preparation for three years of public ministry. That should tell you just how important the dynamics of a family structure are.

Every person who learns to love and give of themselves learns to do so in the context of a family. While it may not feel like it to you, that is why Jesus came into this world through a family. He came to redeem and heal all the shattered relationships, the trauma, and the pain. Though your earthly family might not be a place of love, there are three members of your family who will never fail you: Jesus, Mary, and Joseph.

O God... grant that we may imitate... the Holy Family... in practicing the virtues of family life and in the bonds of charity. Queen of the family, pray for us!

by: John Hanretty, Relevant Radio

Why Do We Call Mary the Mother of God?



The image of Mary as Queen Mother is directly related to the first official Marian dogma defined by the Church: Mary's status as Mother of God. The Greek word for the title is *Theotokos*, which literally means "God-bearer." That title is one of the oldest and most commonly used titles for Mary, with Christians using it in the very first centuries of the Church. The title also appears in one of the oldest known Christian prayers, the *Sub Tuum Praesidium* ("Beneath Your Protection"), an early form of the Memorare that dates to the third century.

The first Christians called Mary the "Mother of God" without hesitation. There was scriptural precedent, and it seemed logical. If Jesus was God, and Mary was his mother, then that made her the Mother of God. That sort of logic depends on a principle called the "Communication of Idioms." According to that principle, whatever one says about either of Christ's natures can be truly said of Christ himself. That's because His two natures, the divine nature and the human nature, were united in Him. He is one divine person.

In the fifth century, however, some people raised the same objections to the title that many non-Catholics raise today: They argued that the title "Mother of God" implied that Mary was the "originator of God." Those objectors said that they could accept the title "Mother of Christ," but not "Mother of God." At the heart of those objections, however, was an objection to the unity of Christ's two natures. Mary, they claimed, gave birth only to Christ's human nature, not his divine nature. The Church, led by Pope Celestine I and St. Cyril of Alexandria, disagreed. As St. Cyril pointed out, a mother gives birth to a person, not a nature. Accordingly, Mary gave birth to Jesus Christ, who was and is a divine person. Although Mary did not "originate" or "generate" God, she did bear Him in her womb and give birth to Him. She was God's mother.

The controversy over Mary's title as "Mother of God" was addressed in 431 A.D. at the Council of Ephesus. There, more was at stake than simply defending Mary's title. The Christian teaching about Christ's two natures was the real issue. The Church wanted to settle one question: Was Jesus one person or two? Rejecting the teaching of the heretic Nestorius, the Church declared that Jesus is one divine person, with two natures—his mother's human nature and his Father's divine nature. Mary did not give Jesus his divine nature or his divine personhood—those He possessed from all eternity as the only begotten Son of the Father. But she also didn't just give Him His flesh: She gave birth to the whole person. She gave birth to Jesus Christ, both God and man. That is what we confess every time we say the Apostles' Creed.

Calling Mary "Mother of God" states a truth that must be stated in order to protect an essential truth about Christ. In a similar way, that's what all Mary's queenly predecessors did for their sons. One of the three essential tasks of the Queen Mother was to be a sign of her son's legitimacy. She was the link between his father, the former rightful king, and her son, the present rightful king. Likewise, Mary as the virginal "Mother of God" is the link between her Son's humanity and divinity. She is the sign that He is both God and man.

from St Paul Center for Biblical Theology

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 104:1-6. 8-9. R.vv.7.8

**(R.)The Lord remembers his covenant
for ever.**

Give thanks to the Lord, tell his name,
make known his deeds among the
peoples.

O sing to him, sing his praise;
tell all his wonderful works! **(R.)**

Be proud of his holy name,
let the hearts that seek the Lord rejoice.
Consider the Lord and his strength;
constantly seek his face. **(R.)**

Remember the wonders he has done,
his miracles, the judgements he spoke.
O children of Abraham, his servant,
O sons of the Jacob he chose. **(R.)**

He remembers his covenant for ever,
his promise for a thousand generations,
the covenant he made with Abraham,
the oath he swore to Isaac. **(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 Luke 2:22-40

A reading from the holy Gospel according to Luke

*The child grew to maturity, and he was
filled with wisdom.*

When the day came for them to be
purified as laid down by the Law of
Moses, the parents of Jesus took him up
to Jerusalem to present him to the Lord –
observing what stands written in the Law
of the Lord: Every first-born male must
be consecrated to the Lord – and also to
offer in sacrifice, in accordance with
what is said in the Law of the Lord, a
pair of turtledoves or two young pigeons.
Now in Jerusalem there was a man
named Simeon. He was an upright and
devout man; he looked forward to
Israel's comforting and the Holy Spirit
rested on him. It had been revealed to
him by the Holy Spirit that he would not
see death until he had set eyes on the
Christ of the Lord. Prompted by the
Spirit he came to the Temple; and when
the parents brought in the child Jesus to
do for him what the Law required, he
took him into his arms and blessed God;
and he said:

'Now, Master,
you can let your servant go in peace,
just as you promised;
because my eyes have seen the salvation
which you have prepared for all the
nations to see,
a light to enlighten the pagans
and the glory of your people Israel.'
As the child's father and mother stood
there wondering at the things that were
being said about him, Simeon blessed
them and said to Mary his mother, 'You

see this child: he is destined for the fall
and for the rising of many in Israel,
destined to be a sign that is rejected –
and a sword will pierce your own soul
too – so that the secret thoughts of many
may be laid bare.'

There was a prophetess also, Anna the
daughter of Phanuel, of the tribe of
Asher. She was well on in years. Her
days of girlhood over, she had been
married for seven years before becoming
a widow. She was now eighty-four years
old and never left the Temple, serving
God night and day with fasting and
prayer. She came by just at that moment
and began to praise God; and she spoke
of the child to all who looked forward to
the deliverance of Jerusalem.

When they had done everything the Law
of the Lord required, they went back to
Galilee, to their own town of Nazareth.
Meanwhile the child grew to maturity,
and he was filled with wisdom; and
God's favour was with him.

The Gospel of the Lord

Communion Antiphon Baruch 3:38

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

REFLECTION

by Dianne Bergant CSA

*In an era when so much talk is devoted
to the discussion of family values, the
readings for this feast offer significant
challenge. Those who believe in Christ,
while still adhering to certain cultural
codes of conduct, are asked to consider
new and ever more balanced ways of
relating. In view of their lives as
Christians, parents and children,
husbands and wives, brothers and sisters
must all be embraced as equal members
of the household of God.*

*While it is important that children of all
ages honour their parents, the caring
relationship of adult children for aging
parents is vital in a time of mobility,
nursing homes, and the lack of extended
families. From God's perspective, loving
care of aged members is non-negotiable.
It is a family virtue that is to be kept
sacred.*

*Wisdom comes with time and experience.
Such wisdom is a source of blessing, for
it provides insight and a perspective that
allows the community to know the
mystery and the presence of God. When
the wisdom of the elderly is respected,
the young are enriched by the stories of
the past. Wisdom figures can point the
community to places where God is
working and where the divine can be
found. It is their respect for tradition that
allows the elderly to speak the prophetic
words that can change the course of the
future and inspire noble deeds of
courage in the face of great pain. In
reverencing the elderly and their
wisdom, the community of believers
receive Christ..*

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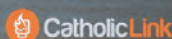
Our Family

Is a Circle of Strength;
Founded on Faith,
Joined in Love
Kept by God, Together

forever

*"Give thanks to the Lord for He is good.
His mercy endures forever."*

Psalm 107:1



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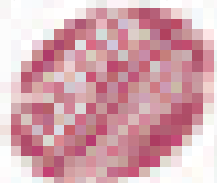
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