



The Catholic Parish of Pittwater

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

ADVENT PRAYER

Lord Jesus,
may the light
of your love always shine
in our hearts.

As Christmas draws closer,
we marvel at your great
love for us.

Let your love
transform every aspect
of our lives and touch
everyone we encounter.
Our hearts are open to
you, Jesus. 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

We hope the feast of Christmas this year will be a doubly happy one because the Apostolic Journey undertaken by your spiritual sons and daughters.



POPE FRANCIS' PRAYER INTENTION FOR December

For Persons with Disabilities

We pray for the Holy Father; as he fulfills his mission, may he continue to accompany the flock entrusted to him, with the help of the Holy Spirit.

MASS TIMES

SACRED HEART CHURCH
1 Keenan Street, Mona Vale

WEEKDAY MASSES

Tuesday 9.30am
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

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
Marta Bizubova
Dianne Williams
Elaine Boyes

DVD REVIEW

Convince by the Truth
by: Fr John I Fleming



An agnostic in his teenage years, his study of church history and the second vatican council's documents and scriptures helped him to make the courageous decision to come into the Catholic Church.

Liturgy for the Week

25/12 Monday, The Nativity of the Lord (Christmas)
Vigil - Is 62:1-5; Mt 1:1-25
Night - Is 9:1-7; Lk 2:1-14
Dawn - Is 62: 11-12; Lk 2:15-20
Day - Is 52:7-10; Jn 1:1-18

26/12 Tuesday, St Stephen
Acts 6:8-10, 7:54-59;
Mt 10:17-22

27/12 Wednesday, St John
1 Jn 1:1-4; Jn 20:2-8

28/12 Thursday, The Holy Innocents
1 Jn 1:5 - 2:2; Mt 2:13-18

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

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

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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.

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THANK YOU

From  **Vinnies**

We are so grateful to all your generous donations in this year's Christmas Hampers.

Many thanks to all your gifts and everyone who are involved with the collection and for those who reached out to share with those in need during the season of giving.



2023
Our Year of
Stewardship



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.

when was the last time you felt
FULLY ALIVE?

**Saturday, 16th - Sunday, 17th of
March 2023**

Sacred Heart Church, Mona Vale
Please Contact

Joseph Cilia @ 0418 863 814

www.menalive.org.au

God is glorified when men are fully alive
St Irenaeus

Parish Directory

Pittwater Parish

1 Keenan Street Mona Vale
NSW 2103
Tel 9157 0999

Parish Priest

Fr Richard Sadowski SDS

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Assistant Priest

Fr Zygmunt Smigowski SDS

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Josh Willard

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Conille Felias

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Sacramental Coordinator

Sonia Samartin

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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

MONA VALE

Sacred Heart School

Tel 8197 6900

Principal: Mr Jamie Wahab

AVALON

Maria Regina School

Tel 7256 2138

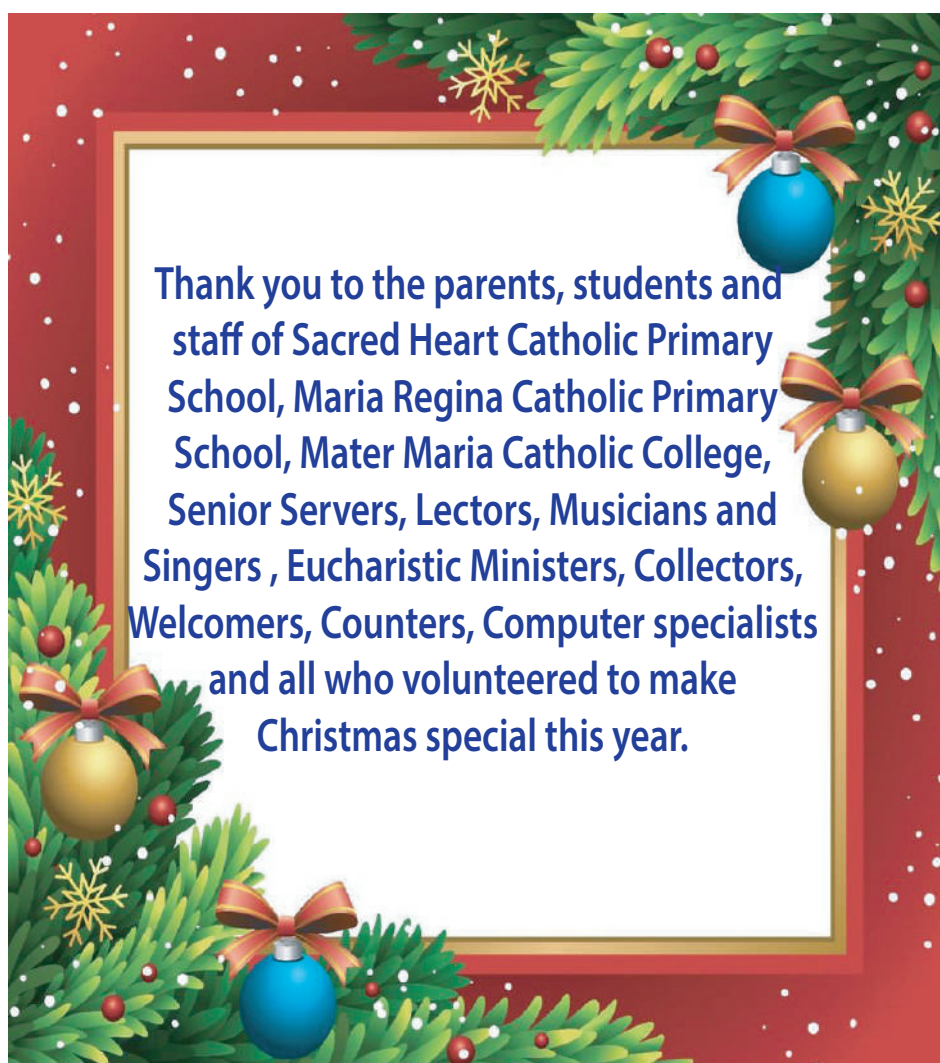
Principal: Ms Kirsty Thorpe

WARRIEWOOD

Mater Maria Catholic College

Tel 7256 2100

Principal: Mr Marc Reicher



**Thank you to the parents, students and
staff of Sacred Heart Catholic Primary
School, Maria Regina Catholic Primary
School, Mater Maria Catholic College,
Senior Servers, Lectors, Musicians and
Singers, Eucharistic Ministers, Collectors,
Welcomers, Counters, Computer specialists
and all who volunteered to make
Christmas special this year.**

We Pray for
Souls of

Boris Olivari
Victor Cobanov
Paul Vlatko
Mary McHugh
Kieran Martin
Josephine Wild
John Gillham
Patricia Landon
Maureen Collins
Nicole Ovens
Francesco & Maria Romeo
Annamaria & Antonio Lentini
Grace Prato
Michelle Mete
Giuseppe Cervonaro
Alfonzo & Elia Muoio
Maria Monteleone
Sam Maletta
Bruno Romeo
Joe Romeo

*"Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May the souls of all the faithful departed,
through the mercy of God, rest in peace.
Amen.*

**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

**PARISH OFFICE
IS CLOSED
FOR THE HOLIDAYS**

Merry Christmas
and a Happy New Year

2024
NEW YEAR'S MASS TIMES

Monday, 1st January

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

**The Parish Office will be closed at
CHRISTMAS 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.**

His name will be Jesus

4th Sunday of Advent, Year B

Draw a picture of yourself doing something special for your family or friends during Christmas



In the story of the Annunciation, the angel Gabriel tells Mary that God has chosen her to bring his Son into the world. What are some ways that we can bring Christ into the world for others?

Use the words below to find out what the angel Gabriel and the Blessed Virgin Mary are saying to each other.

favoured one!
The _____ is with you.
Don't be _____!
God is _____
with you. You shall
have a _____ and his
name will be _____.



I am the

of the Lord!
Let this

as you
have said.

Jesus afraid happen servant Lord Greetings pleased son

The *Living* Word

Entrance Antiphon

Isaiah 45:8

Drop down dew from above, you heavens, and let the clouds rain down the Just One; let the earth be opened and bring forth a Saviour.

First Reading

2 Samuel 7:1-5, 8-12, 14, 16

A reading from the second book of Samuel

The kingdom of David will be established for ever in the sight of the Lord.

Once David had settled into his house and the Lord had given him rest from all the enemies surrounding him, the king said to the prophet Nathan, 'Look, I am living in a house of cedar while the ark of God dwells in a tent'. Nathan said to the king, 'Go and do all that is in your mind, for the Lord is with you.' But that very night the word of the Lord came to Nathan:

'Go and tell my servant David, "Thus the Lord speaks: Are you the man to build me a house to dwell in? I took you from the pasture, from following the sheep, to be leader of my people Israel; I have been with you on all your expeditions; I have cut off all your enemies before you. I will give you fame as great as the fame of the greatest on earth. I will provide a place for my people Israel; I will plant them there and they shall dwell in that place and never be disturbed again; nor shall the wicked continue to oppress them as they did, in the days when I appointed judges over my people Israel; I will give them rest from all their enemies. The Lord will make you great; the Lord will make you a House. And when your days are ended and you are laid to rest with your ancestors, I will preserve the offspring of your body after you and make his sovereignty secure. I will be a father to him and he a son to me. Your House and your sovereignty will always stand secure before me and your throne be established for ever."

The word of the Lord

Responsorial Psalm

Ps 88:2-5, 27, 29. R. see v.2

(R.)For ever I will sing the goodness of the Lord.

I will sing for ever of your love, O Lord; through all ages my mouth will proclaim your truth. Of this I am sure, that your love lasts for ever, that your truth is firmly established as the heavens.(R.)

'I have made a covenant with my chosen one; I have sworn to David my servant: I will establish your dynasty for ever and set up your throne through all ages.' (R.)

He will say to me: 'You are my father, my God, the rock who saves me.' I will keep my love for him always; for him my covenant shall endure. (R.)

Second Reading

Romans 16:25-27

A reading from the letter of St Paul to the Romans

The mystery kept secret for endless ages is now revealed.

Glory to him who is able to give you the strength to live according to the Good News I preach, and in which I proclaim Jesus Christ, the revelation of a mystery kept secret for endless ages, but now so clear that it must be broadcast to pagans everywhere to bring them to the obedience of faith. This is only what scripture has predicted, and it is all part of the way the eternal God wants things to be. He alone is wisdom; give glory therefore to him through Jesus Christ for ever and ever. Amen.

The word of the Lord.

Gospel Acclamation

Luke 1:38

Alleluia, alleluia!

I am the servant of the Lord:
may his will for me be done.
Alleluia!

Gospel

Luke 1:26-38

A reading from the holy Gospel according to Luke

You will conceive and bear a son.

The angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the House of David; and the virgin's name was Mary. He went in and said to her, 'Rejoice, so highly favoured! The Lord is with you.' She was deeply disturbed by these words and asked herself what this greeting could mean, but the angel said to her, 'Mary, do not be afraid; you have won God's favour. Listen! You are to conceive and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob for ever and his reign will have no end.' Mary said to the angel, 'But how can this come about, since I am a virgin?' 'The Holy Spirit will come upon you' the angel answered 'and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called Son of God. Know this too: your kinswoman Elizabeth has, in her old age, herself conceived a son, and she whom people called barren is now in her sixth month, for nothing is impossible to God.' 'I am the handmaid of the Lord,' said Mary 'let what you have said be done to me.' And the angel left her.

The Gospel of the Lord

Communion Antiphon

Isaiah 7:14

Behold, a Virgin shall conceive and bear a son; and his name will be called Emmanuel.

REFLECTION

by Dianne Bergant CSA

The world in which we live and the events of which we are a part are the stage upon which the drama of salvation is enacted. God works through real flesh and blood people, those like David, who occupy the seats of power and influence as well as those like Mary and us, who are unseen and unknown. All can be agents of salvation. God's future is in our hands. Human history is really the history of salvation. Each turn of God's revealing causes us to wonder at what might come next. In this tension, mystery is revealed. What was hidden is now made known. Jesus establishes a people of covenant promise. Still, the mystery is unknown, for it continues to come to us from the future, revealing more and more of itself in the junctures of history. The waiting of Advent is over. In the face of the impossible, God works the possible. During Advent, we have been waiting for the realisation of the promise made to David. We have been waiting for Mary's yes. With this yes, hope is enlivened, and history is changed. There is an unimaginable future for all people, a future that comes from God. Salvation is created among us, and the fate of history is altered by a godly presence. This salvation resides in the hearts of those who believe in the gift, and who stay awake eagerly to know its coming. With David we await it, with the nations we long for it, with Mary we behold it.

© Dianne Bergant CSA

BE ON YOUR GUARD;
STAND FIRM IN THE FAITH;
BE COURAGEOUS;
BE STRONG.

DO EVERYTHING IN LOVE.

1 Corinthians 16:13-14

NOW ENROLLING YEARS K - 6

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1 JOHN 4:18

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1 Corinthians 16:14



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Entrance Antiphon Isaiah 9:5
A child is born for us, and a son is given to us; his sceptre of power rests upon his shoulder, and his name will be called Messenger of great counsel.

First Reading Isaiah 52:7-10
All the ends of the earth shall see the saving power of our God.

How beautiful on the mountains,
are the feet of one who brings good news,
who heralds peace, brings happiness,
and tells Zion,
'Your God is king!'
Listen! Your watchmen raise their voices,
they shout for joy together,
for they see the Lord face to face,
as he returns to Zion.
Break into shouts of joy together,
you ruins of Jerusalem;
for the Lord is consoling his people,
redeeming Jerusalem.
The Lord bares his holy arm
in the sight of all the nations,
and all the ends of the earth shall see the salvation of our God.

The word of the Lord

Responsorial Psalm Ps 97:1-6. R. V.3
(R.) All the ends of the earth have seen the saving power of God.

Sing a new song to the Lord for he has worked wonders. His right hand and his holy arm have brought salvation. **(R.)**

The Lord has made known his salvation; he has shown his justice to the nations. He has remembered his truth and love for the house of Israel. **(R.)**

Il the ends of the earth have seen the salvation of our God.
Shout to the Lord all the earth,
ring out your joy. **(R.)**

Sing psalms to the Lord with the harp, with the sound of music.
With trumpets and the sound of the horn acclaim the King, the Lord. **(R.)**

Second Reading Hebrews 1:1-6
Reading from the letter to the Hebrews
In our own time, God speaks to us through his Son, whose ages is now revealed.

At various times in the past and in various different ways, God spoke to our ancestors through the prophets; but in our own time, the last days, he has spoken to us through his Son, the Son that he has appointed to inherit everything and through whom he made

everything there is. He is the radiant light of God's glory and the perfect copy of his nature, sustaining the universe by his powerful command; and now that he has destroyed the defilement of sin, he has gone to take his place in heaven at the right hand of divine Majesty. So he is now as far above the angels as the title "first-born into the world," he says: Let all the angels of God worship him.

The word of the Lord.

Gospel Acclamation
Alleluia, alleluia!
I am the servant of the Lord:
may his will for me be done.
Alleluia!

Gospel
John 1:1-18

A reading from the holy Gospel according to John
The Word of God became flesh and dwelt among us, and we saw his glory.

In the beginning was the Word:
the Word was with God
and the Word was God.
He was with God in the beginning.
Through him all things came to be,
not one thing had its being but through him.
All that came to be had life in him
and that life was the light of men,
a light that shines in the dark,
a light that darkness could not
overpower.
A man came, sent by God.
His name was John.
He came as a witness,
as a witness to speak for the light,
so that everyone might believe through him.
He was not the light,
only a witness to speak for the light.
The Word was the true light
that enlightens all men;
and he was coming into the world.
He was in the world
that had its being through him,
and the world did not know him.
He came to his own domain
and his own people did not accept him.
But to all who did accept him
he gave power to become children of God,
to all who believe in the name of him
who was born not out of human stock
or urge of the flesh
or will of man
but of God himself.
The Word was made flesh,
he lived among us,
and we saw his glory,
the glory that is as the only Son of the

Father,
full of grace and truth.
John appears as his witness. He
proclaims:
'This is the one of whom I said:
He who comes after me
ranks before me
because he existed before me.'
Indeed, from his fullness we have, all of
us, received –
yes, grace in return for grace,
since, though the Law was given through
Moses,
grace and truth have come through Jesus
Christ.
No one has ever seen God;
it is the only Son, who is nearest to the
Father's heart,
who has made him known.

The Gospel of the Lord

Communion Antiphon Psalm 97:3

All the ends of the earth have seen the
salvation of our God.

REFLECTION
by Dianne Bergant CSA

Today the Christmas celebration gains a
new depth of theological meaning. At
midnight, the birth in history was
proclaimed. At dawn, the initiative of
God's gift was declared and the
community's joyful gratitude was
announced. In this third celebration, the
identity of Christ and the new way of life
that he brings is announced.
If our eyes are open and alert, we can
see that God has won a victory for us,
one that is tangible and realised in our
midst. It is an overwhelming victory, one
that permanently conquers the enemy.
This victory has a profound impact on
every place, every time and every people.
The birth of the infant, the king in
David's line, promises salvation to all
who long for it. This salvation is a new
vision of wisdom, one that has been
realised in Christ, God's agent of grace
in the world. It is a new world, one of
inclusivity and of righteous honour: It is
a new age, one that is ushered in by the
child who is leading a victory
procession.

Ultimately, only eyes of faith allow us to
see the fullness of God's revelation. The
glory of the infant king is the very
presence of God made flesh. Jesus is the
eternal incarnate Word who has pitched
his tent among us. Ours is not a distant
God; the incarnate wisdom of God is
among us, and we are called to a change
of heart that will allow us to see this
wonder.

© Dianne Bergant CSA

The Living Word

Mass of the Night

saviour has been born to you; he is Christ the Lord. And here is a sign for you: you will find a baby wrapped in swaddling clothes and lying in a manger. And suddenly with the angel there was a great throng of the heavenly host, praising God and singing: 'Glory to God in the highest heaven and peace to men who enjoy his favour.'

The Gospel of the Lord

Communion Antiphon John 1:14

The Word became flesh, and we have seen his glory.

REFLECTION

by Dianne Bergant CSA

The Gospel situates the birth of Jesus within Roman rule of the first century. Through the Incarnation, the ordinary becomes transparent and reveals the extraordinary; the divine is known in the child. Only those of humble heart experience this wonder: They behold it and they come to embrace it. In fact, it is the nature of this child, born in history, to reverse the orders of power.

God is portrayed as a valiant liberator who champions the cause of justice and who brings a liberation that reverses history and the ways of war, power and oppression. This reversal is made more shocking by the fact that the one who is the mighty warrior and conqueror of the nations is a child. This child is the weak and voiceless one, the one who has neither power nor legal rights. God's reversal of the long-standing realities of this world is accomplished through the apparently insignificant, through the gift of this child who is given to us in the middle of the night.

Something new has happened: the age of God's fulfilment has arrived. The age of all people of good will, is an era of redemptive presence. Now all people can walk in the newness of life and grace. Yet, while this new age has begun, it is not yet fully realised. We live believing in its presence and awaiting its fulfilment. Although we are celebrating Christmas, we still await the final coming of the Lord.

© Dianne Bergant CSA



God's grace has been revealed to all people.

Titus

Second Reading Titus 2:11-14

God's grace has been revealed, and it has made salvation possible for the whole human race and taught us that we have to do is to give up everything that does not lead to God, and all our worldly ambitions; we must be self-restrained and live good and religious lives here in this present world, while we are waiting in hope for the blessing which will come with the Appearing of the glory of our great God and saviour Christ Jesus. He sacrificed himself for us in order to set us free from all wickedness and to purify a people so that it could be his very own and would have no ambition except to do good.

The word of the Lord.

Gospel Acclamation Luke 2:10-11

Alleluia, alleluia!

Good News and great joy to all the world:

today is born our Saviour, Christ the Lord.

Alleluia!

Gospel Luke 2:1-14

A reading from the holy Gospel according to Luke

Today a saviour has been born for you.

Caesar Augustus issued a decree for a census of the whole world to be taken. This census – the first – took place while Quirinius was governor of Syria, and everyone went to his own town to be registered. So Joseph set out from the town of Nazareth in Galilee and travelled up to Judaea, to the town of David called Bethlehem, since he was of David's House and line, in order to be registered together with Mary, his betrothed, who was with child. While they were there the time came for her to have her child, and she gave birth to a son, her first-born. She wrapped him in a swaddling clothes, and laid him in a manger because there was no room for them at the inn. In the countryside close by there were shepherds who lived in the fields and took it in turns to watch their flocks during the night. The angel of the Lord shone round them. They were terrified, but the angel said, 'Do not be afraid. Listen, I bring you news of great joy, a joy to be shared by the whole people. Today in the town of David a

Entrance Antiphon Psalm 2:7

The Lord said to me: You are my Son. It is I who have begotten you this day.

First Reading

Isaiah 9:1-7

A reading from the prophet Isaiah

A son is given to us.

The people that walked in darkness has seen a great light; on those who live in a land of deep shadow a light has shone. You have made their gladness greater, you have made their joy increase; they rejoice in your presence as men rejoice at harvest time, as men are happy when they are dividing the spoils. For the yoke that was weighing on him, the rod of his oppressor, the bar across his shoulders, these you break as on the day of Midian. For all the footgear of battle, every cloak rolled in blood, is burnt and consumed by fire. For there is a child born for us, a son given to us and dominion is laid on his shoulders; and this is the name they give him: Wonder-Counsellor, Mighty-God, Eternal-Father, Prince-of-Peace. Wide is his dominion in a peace that has no end, for the throne of David and for his royal power, which he establishes and makes secure in justice and integrity. From this time onwards and for ever, the jealous love of the Lord of hosts will do this.

The word of the Lord

Responsorial Psalm

Ps 95:1-3, 11-13 R. Lk 2:11

(R.) Today is born our Saviour, Christ the Lord.

O sing a new song to the Lord,

sing to the Lord all the earth.

O sing to the Lord, bless his name. (R.)

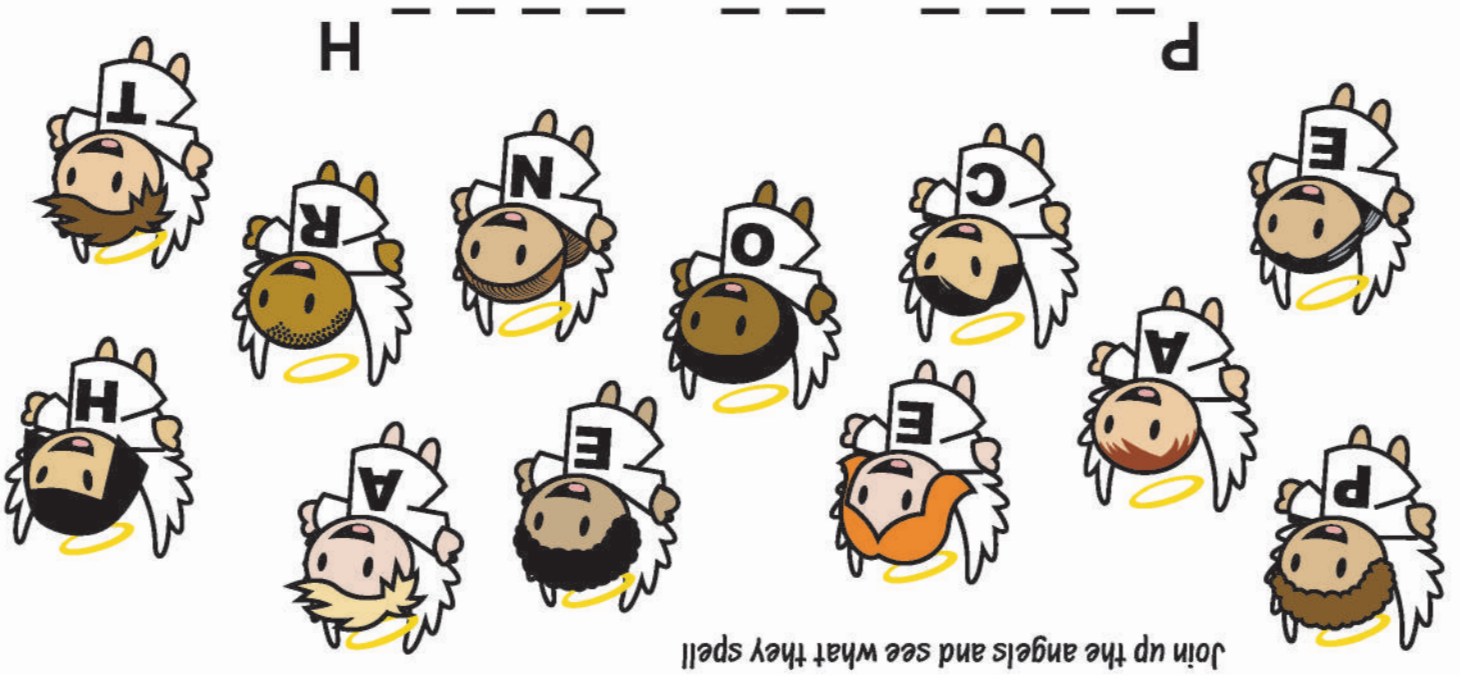
Proclaim his help day by day,

tell among the nations his glory

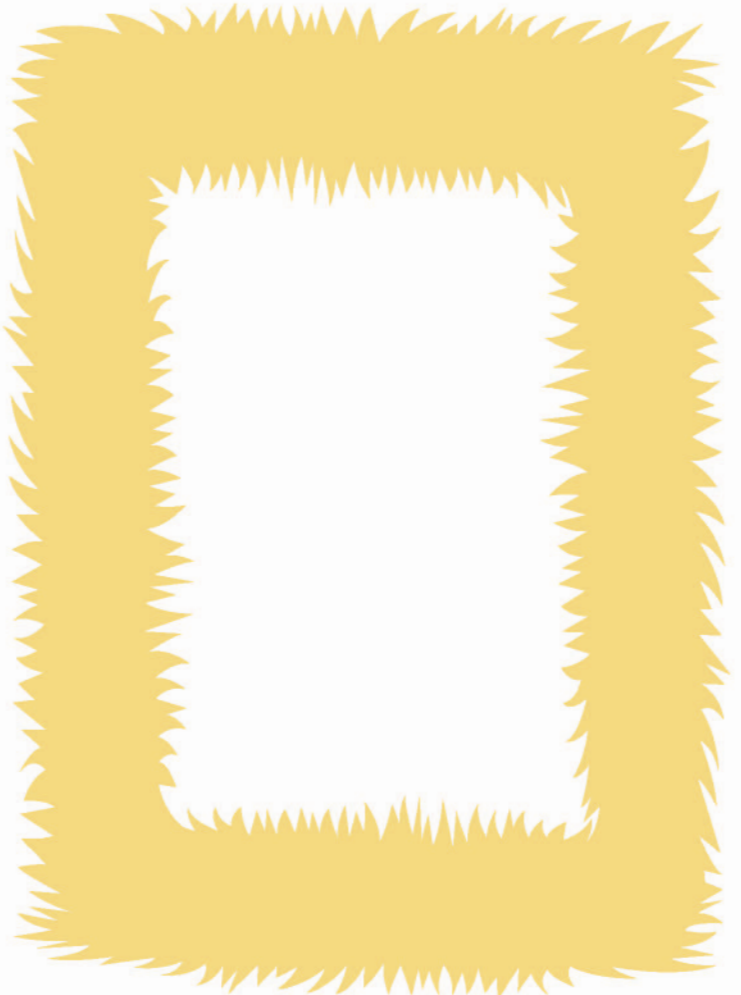
and his wonders among all the peoples. (R.)

Let the heavens rejoice and earth be glad, let the sea and all within it thunder with praise, let the land and all it bears rejoice, all the trees of the wood shout for joy at the presence of the Lord for he comes, he comes to rule the earth. (R.)

With justice he will rule the world, he will judge the peoples with his truth. (R.)



Join up the angels and see what they spell




Draw a picture of the newly born Jesus


The Nativity of the Lord, Christmas Day


Today is born our Saviour

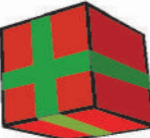


God gives us all that we have. What are some of the gifts you have received from God?









The Catholic Parish of Pittwater

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



Dear Parishioners,

As we celebrate the joyful and festive season of Christmas,
we ask God's blessing to be upon you, your families and friends.
May the birth of Christ, our Saviour, bring you true peace, love
and hope and fill your hearts with His joyful presence.
We wish to thank you for your Christmas gifts, cards and
best wishes.

May the Child Jesus bless you all.



Merry Christmas
Fr Richard and Fr Zygmunt

