



The Catholic Parish of Pittwater

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

Advent Prayer

Almighty Father,
Advent is a time
to prepare our hearts
for Christmas.
Let the Spirit of wisdom
and understanding,
counsel and might,
knowledge and fear
of the Lord,
be with us and direct
us during this special season
of celebration for the gift
that Jesus is.
Help us to understand
and obey You
by listening and
paying attention to the
Holy Spirit's presence
in us as believers and followers
of Jesus Christ.
Through Christ our Lord.
Amen.



Continue to practise good hygiene. Please use the hand sanitisers provided in both of our Churches.



Thoughts of Blessed Francis Jordan

Truly in every cross and sorrow, care and anxiety, we have every reason to full of gratitude and joy/ to sing Magnificat. - Blessed Mary of the Apostles

**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 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 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

Deceased Anniversary
Victor Cobanov
Paul Vlatko
Mary McHugh
Kieran Martin

Recently Deceased
Rodziny Polakiewicz
John Gillham
Patricia Landon
Maureen Collins

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



Vinnies

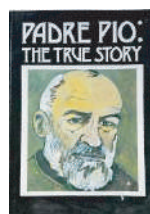
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Christmas Cards
are available at the
Piety Stores in both
Avalon and Mona Vale.
Pack of 10 for \$8
Calendars are \$10 each

BOOK REVIEW

Padre Pio: The True Story
by: C Bernard Ruffin



Read about the intense spirituality
of this holy man and descriptions
of the miracles attributed to him.

Liturgy for the Week

18/12 Monday, 3rd Week of Advent
Jer 23:5-8; Mt 1:18-24
19/12 Tuesday, 3rd Week of Advent
Judges 13:2-7, 24-25; Lk 1:5-25
20/12 Wednesday, 3rd Week of Advent
Is 7:10-14; Lk 1:26-38
21/12 Thursday, 3rd Week of Advent
Song 2:8-14; Lk 1:39-45
22/12 Friday, 3rd Week of Advent
1 Sam 1:24-28; Lk 1:46-56
23/12 Saturday, 3rd Week of Advent
Mal 3:1-4, 23-24; Lk 1:57-66

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Pittwater

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2023

Our Year of

Stewardship



We would like to thank the
Meyer Family
 for providing the delicious dinner
 and to all the **Volunteers**
 who made our Parish Christmas Party
 extra special and fun.
 Your willingness to share your time and
 service through the years
 is greatly appreciated.

Parish Directory

Pittwater Parish
 1 Keenan Street Mona Vale
 NSW 2103
 Tel 9157 0999

Parish Priest
Fr Richard Sadowski SDS
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 pp@pittwaterparish.org

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 ap@pittwaterparish.org

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Josh Willard
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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

Prepare for the Lord Jesus

3rd Sunday of Advent, Year B

Who is John the Baptist?

Indicate whether each answer is either true or false



The cousin of Jesus

☐ True
☐ False



A pharisee

☐ True
☐ False



Elijah

☐ True
☐ False



The son of Elizabeth

☐ True
☐ False



A preacher

☐ True
☐ False



The Messiah

☐ True
☐ False

Decipher the message that John the Baptist gave to the priests and temple helpers



The third Sunday in Advent is called Gaudete Sunday; the Sunday of Joy! How can we share our joy for the arrival of Jesus at Christmas?

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 facilitators or would like to have more information about the role or about this sacrament, please contact Sonia on sacraments@pittwaterparish.org



Parish Bulletin Term 4, Week 10

We concluded the school year this week with a Presentation of Awards Ceremony for students in Years 7, 8, and 9. The ceremony was dedicated to highlighting and acknowledging the outstanding achievements of our students.

For the rest of the week, the staff continued to work hard in preparation for 2023, completing mandatory first aid training, reviewing compliance and student achievement, and unpacking the Catholic Schools Broken Bay Catholic charter. It was a busy few days.

We are all looking forward to a well-deserved break, coming together with family and friends to celebrate the true meaning of Christmas. We would like to take this opportunity to wish all our students, families, and the wider Mater Maria community a happy and safe Christmas and New Year.

As this marks the final week of the term for students, this is our last editorial in the Parish Bulletin for 2023.

Applications for Year 7, 2025, are now open. There are waiting lists for Year 7, 2023, and Year 7, 2024. For more information about enrolling at Mater Maria Catholic College, please visit our enrolment page:

<https://matermaria.nsw.edu.au/enrolments/>.

Parish Reconciliation before Christmas

ADVENT is a wonderful time to
celebrate the
reconciling love and the
healing graces our
Lord offers us.

Thursday, 21st of December
Individual Reconciliation after the
7 PM Mass

SACRED HEART CHURCH, Mona Vale

THE Joy CANDLE

Also known as the Shepherds' Candle, this third candle of Advent signifies the joy of our coming Savior.

And Mary said: "My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior."

—Luke 1:46-47



Parish Morning Tea

*Sunday, 17th December
after the 10am Mass*

*at the
Sacred Heart Parish Centre*

*Everyone is invited to join
and get to know the
Parish Community*



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.

Christmas Mass Times

Sacred Heart Church Mona Vale

Christmas Eve

24 December

Family Mass

5:00 PM

Youth Mass

9:00 PM

Midnight Mass

12:00 AM

Christmas Day

25 December

8:00 AM & 10:00 AM



The Catholic Parish of Pittwater

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

Maria Regina Church Avalon

Christmas Eve

24 December

Family Mass

6:00 PM

Vigil Mass

9:00 PM

Christmas Day

25 December

9am

2023 4th Sunday of Advent & Christmas Obligations

This year 2023 is unique in that the Fourth Sunday of Advent & Christmas Eve fall on the same day, this happens about every six or seven years.

Catholics are required to participate in the Holy Sacrifice of the Mass on Sundays & on other days known as holy days of obligation.

Christmas is a day of obligation the same as Sunday.

Therefore, all Catholics must attend Mass the weekend of

December 23rd OR 24th
for the Fourth Sunday of Advent

& also

December 24th OR 25th
for the Solemnity of Christmas on

Be sure to make the Masses of the Fourth Sunday of Advent & Christmas a part of your Christmas plans.



Saturday	Sunday	Monday
23rd	24th	25th
Saturday Vigil	Advent Mass	Christmas Day Mass
Sacred heart Church 5pm	Sacred Heart Church 8am or 10am	Sacred Heart Church 8am or 10am
Maria Regina Church 6pm	Maria Regina 9am	Maria Regina Church 9am
	Christmas Eve Mass	
	Sacred Heart Church 5pm & 9pm	
	Maria Regina 6pm & 9pm	
	Midnight Mass	
	Sacred Heart 12am	

The *Living* Word

Entrance Antiphon Philippians 4:4-5

Rejoice in the Lord always; again I say, rejoice. Indeed, the Lord is near.

First Reading Isaiah 61:1-2. 10-11

A reading from the prophet Isaiah
I exult for joy in the Lord.

The spirit of the Lord has been given to me, for the Lord has anointed me. He has sent me to bring good news to the poor, to bind up hearts that are broken; to proclaim liberty to captives, freedom to those in prison; to proclaim a year of favour from the Lord. 'I exult for joy in the Lord, my soul rejoices in my God, for he has clothed me in the garments of salvation, he has wrapped me in the cloak of integrity, like a bridegroom wearing his wreath, like a bride adorned in her jewels. 'For as the earth makes fresh things grow, as a garden makes seeds spring up, so will the Lord make both integrity and praise spring up in the sight of the nations.'

The word of the Lord

Responsorial Psalm

Lk 1:46-50. 53-54. R. Is 61:10

(R.) My soul rejoices in my God.

My soul glorifies the Lord, my spirit rejoices in God, my Saviour. He looks on his servant in her nothingness; henceforth all ages will call me blessed.
(R.)

The Almighty works marvels for me. Holy his name! His mercy is from age to age, on those who fear him. **(R.)**

He fills the starving with good things, sends the rich away empty. He protects Israel, his servant, remembering his mercy. **(R.)**

Second Reading 1 Thessalonians 5:16-24

A reading from the first letter of St Paul to the Thessalonians

May you all be kept blameless, spirit, soul and body, for the coming of our Lord Jesus Christ.

Be happy at all times; pray constantly; and for all things give thanks to God, because this is what God expects you to do in Christ Jesus. Never try to suppress the Spirit or treat the gift of prophecy with contempt; think before you do anything – hold on to what is good and avoid every form of evil. May the God of peace make you perfect and holy; and may you all be kept safe and blameless, spirit, soul and body, for the coming of our Lord Jesus Christ. God has called you and he will not fail you.

The word of the Lord.

Gospel Acclamation Isaiah 61:1 (Lk 4:18)

Alleluia, alleluia!
The Spirit of the Lord is upon me;
he sent me to bring Good News to the poor.
Alleluia!

Gospel John 1:6-8. 19-28

A reading from the holy Gospel according to John

There stands among you, unknown to you, the one who is coming after me.

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. This is how John appeared as a witness. When the Jews sent priests and Levites from Jerusalem to ask him, 'Who are you?' he not only declared, but he declared quite openly, 'I am not the Christ.' 'Well then,' they asked, 'are you Elijah?' 'I am not,' he said. 'Are you the Prophet?' He answered, 'No.' So they said to him, 'Who are you? We must take back an answer to those who sent us. What have you to say about yourself?' So John said, 'I am, as Isaiah prophesied: a voice that cries in the wilderness: Make a straight way for the Lord.' Now these men had been sent by the Pharisees, and they put this further question to him, 'Why are you baptising if you are not the Christ, and not Elijah, and not the prophet?' John replied, 'I baptise with water; but there stands among you – unknown to you – the one who is coming after me; and I am not fit to undo his sandal-strap.' This happened at Bethany, on the far side of the Jordan, where John was baptising.

The Gospel of the Lord

Communion Antiphon Cf Isaiah 35:4

Jerusalem, arise and stand upon the heights, and behold the joy which comes to you from God.

REFLECTION

by Dianne Bergant CSA

Traditionally, the third Sunday of Advent is called Gaudete Sunday, the Sunday of Joy. The joy of this Sunday comes both from the message of the readings and from the anticipation that Christmas is nearing. As described in the Isaian passage, the Messiah is the one imbued with the spirit and with the power of the prophet, the one who will fulfill the promises of God. It becomes obvious in the Gospel that the Messiah is the one proclaimed by the Baptist. John cleared a path for the coming of the anointed

one, and from that time on the lives of believers have been the pathway through which the Messiah has entered the world.

© Dianne Bergant CSA



Christmas Eve *MASSES* **HELPERS NEEDED FOR CHRISTMAS EVE MASS**

Pittwater Parish is renowned for its 5PM Children's Mass on Christmas Eve and of course we need lots of helpers and children to participate. Would you be able to spare 1 hour of your time on Christmas Eve to help set up the chairs for the Christmas Eve Mass? We are calling a team of people to help with setting up for the Mass. We will be doing this at 10AM on Sunday, 24 December. If you could come and help.

I would greatly appreciate your time.

Please email Skye on skye.nolan-brown@dbb.edu.au



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BUT THE
fruit of the Spirit
IS LOVE, JOY, PEACE,
PATIENCE, KINDNESS,
GOODNESS, FAITHFULNESS,
GENTLENESS, SELF-
CONTROL; AGAINST SUCH
THINGS THERE IS NO LAW.

~GALATIANS 5:22-23~

So Very Blessed

The Lord has done
great things for us,
and we are filled
with joy.
Psalm 126:3



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