



The Catholic Parish of Pittwater

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



An Advent Prayer

Lord Jesus,
 Master of both the light
 and the darkness,
 send your Holy Spirit upon our
 preparations for Christmas.
 We who have so much to do and
 seek quiet spaces to hear your
 voice each day.
 We who are anxious over many
 things look forward to your
 coming among us.
 We who are blessed in so many
 ways long for the complete joy
 of your kingdom.
 We whose hearts are heavy seek
 the joy of your presence.
 We are your people,
 walking in darkness,
 yet seeking the light.
 To you we say,
 "Come Lord Jesus!"
 Amen.



POPE FRANCIS' PRAYER
 INTENTION FOR DECEMBER
 Volunteer Not-for-Profit
 Organizations

We pray that volunteer non-profit
 organizations committed to human
 development find people dedicated
 to the common good and ceaselessly
 seek out new paths to international
 cooperation.



Thoughts of Fr Francis Jordan

It is in prayer that you get clarity and increase it upon the earth.
 There you draw your strength.



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

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



You can find us on
Instagram
 (pittwater_parity)

If you have used this
 bulletin, please take it
 home with you.

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 8am, 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

George Doutré

Recently Deceased

Susan Major

Tim Murphy

If you would like the names of your relatives or friends and offerings included, please

Prayers for the Sick

Anna Smigowska

Nick Moullakis

M. Miller

Avelino Samartin

Barbara Clarke

Andrew Hood

Jeff Langley

Erin Ocampo

Mark Lindfiels

Nick Moullakis

Bill Eyre

Brian Gregan

Mrian Poe

Marcia Bailey

Bec Burroughs

Susan Hickey

Sophia Burfitt

Margaret De Landre

Maeve Robinson

Jenny Carroll

Matt Ukishima

Pietrina Maiorana

Mina Lee

Denise Wagner

Tom Murphy

Leonie Ariemetto

John Graham

Liturgy for the Week

12/12 **Monday, 3rd Week of Advent**
Num 24:2-7, 15-17;
Mt 21:23-27

13/12 **Tuesday, St Lucy**
Zeph 3:1-2, 9-13; Mt 21:28-32

14/12 **Wednesday, St John of the Cross**
Is 45:6-8, 18, 21-25;
Lk 7:19-23

15/12 **Thursday, 3rd Week of Advent**
Is 54:1-10; Lk 7:24-30

16/12 **Friday, 3rd Week of Advent**
Is 56:1-3, 6-8; Jn 5:33-36

17/12 **Saturday, 3rd Week of Advent**
Gen 49:2, 8-10; Mt 1:1-17

BOOK REVIEW

He and I
by: Gabrielle Bossis



Gabrielle's dialogues with Jesus are simple reflections on the Gospels which encourage growth in one's personal relationship with the Lord.



Vinnies

Vinnie Christmas Appeal

The St Vincent De Paul conferences (Sacred Heart Church, Mona Vale & Maria Regina Church, Avalon) are again seeking your generosity in supporting our Christmas Appeal.

Your donations are tax deductible.

Tax receipts will be issued if requested.

Thank you for your generosity.

Parish Reconciliation
before Christmas,
Thursday, 22 December 2022
Sacred Heart Church
Mona Vale
MASS at 7 pm
followed by
Exposition and Individual Reconciliation

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GIVING

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**Pittwater Parish
Christmas
Carols and Dinner
18 December
2022**

We take this opportunity to invite all our parishioners and to thank all our volunteers in the Parish especially Senior Servers, Junior Servers, Lectors, Communion Ministers, Counters, Wardens, Musicians, Children's Liturgy, all who contribute to our Planned Giving and those who consistently give their time and effort generously to our Parish. Let us celebrate the joy of Christmas and the gift of love on

**Sunday, 18th December at 7 pm
Sacred Heart Church,
Mona Vale
Please RSVP**

**by writing your names on the list
at the back of the Churches by
Monday, 12 December 2022
FOR CATERING PURPOSES**

Bring your angelic voices and your best desserts and drinks to share.

**Congratulations to all the amazing
Graduates of
Maria Regina Catholic Primary
School 2022**

May God continue to bless you and guide you on your life journey.



**CHRISTMAS MASS
TIMES 2022**

**SATURDAY
24**

**Christmas Eve
Maria Regina Church
6.00 pm
Family Mass**

**9.00 pm
Mass of the Night**

**Sacred Heart Church
School Grounds
5.00 pm
Family Mass
9.00 pm
Youth Mass**

**Sacred Heart Church
Midnight Mass
Carols from 11:30 pm**

**SUNDAY
25**

**Christmas Day
Maria Regina Church
9.00 am**

**Sacred Heart Church
8.00 am & 10.00 am**



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

Parish Secretary

Donita Kerin
Tel 9157 0999 ext 30
office@pittwaterparish.org

Director of Music

Josh Willard
Tel 9157 0999 ext 17
music@pittwaterparish.org

Media & Communication

Conille Felias
Tel 9157 0999 ext 31
media@pittwaterparish.org

Sacrament 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

Parish Office Hours

Monday to Thursday

9.00 am to 4.00 pm

Friday

9.00 am to 12.00 pm

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 9918 2608

Principal: Miss Kirsty Thorpe

WARRIEWOOD

Mater Maria Catholic College

Tel 9997 7044

Principal: Mr Marc Reicher



MATER MARIA CATHOLIC COLLEGE

Parish Bulletin – Term 4, Week 9

On Monday, our Year 10 Awards Ceremony highlight and acknowledge the outstanding achievements of our students. It celebrated our two core priorities in a Catholic School - our faith in Christ and the talents, service and academic growth of our students. Year 10 have demonstrated a commitment to learning and have risen to the challenge of being EPIC learners through their work ethic and dedication to their studies. During the ceremony we introduced the 2023 Year 11 House Captains to the community. These students will be wonderful role models for our junior students next year. That evening, our students celebrated the completion of the school year with their Year 10 Formal. They had a wonderful evening, and all looked stunning in their beautiful dresses and suits.

Also on Monday, students in Year Groups 7, 8 and 11 participated in the Peninsula Cup Touch Football Competition. On Tuesday, students in Years 7 and 8 continued to enjoy the Mater Maria Surfing Program at Long Reef beach. Due to their participation during Term 4, they were given a further free two-hour lesson on Thursday.

On Friday, our House Cup top point scorers in each year group were rewarded with a day at Raging Waters in Prospect. A fun day was had by all.

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

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



All children are welcome to join our Parish

Children's Advent Colouring Competition

Be sure to get a copy.

Weekly prizes will be drawn on the weekend

after the last Mass in both Churches.

Grand Prizes will be drawn on the

24th of December, Christmas Eve,

Children's Masses in both Churches.

PLEASE PUT YOUR ARTWORK IN THE

CHRISTMAS BOX AT THE BACK OF THE CHURCHES.

GOOD LUCK!

CHRISTMAS EVE MASSES

We NEED Helpers!

Pittwater Parish is renowned for its 5 pm Children's Mass 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 Christmas Eve Masses?

We are calling on a team of people to help with setting up for the Christmas Eve Masses. We will be doing this at 10 am on Saturday, 24th of December.

If you could come and help. We would greatly appreciate your time.

Please contact SKYE at skye.nolan-brown@dbb.catholic.edu.au



*Congratulations to all the Children
who received the
First Holy Communion at
Pittwater Parish 2022*

Arlia Afoa
Ava Ah Sam
Charles Antoun
Ryder Berell
William Berthelot
Madeline Bradley
Jasmine Bruce
Joshua Choudry
Felix Clinton-Hanley
Ashton Coates
Nicholas Cooper
Jessica Corbett
Isaac Cosentino
Rocco Crea
Mikele Da Costa
Kieran Dalglish
Edward Dawson
Miren Day
Maggie Downs
Patrick Drake
Charlie Dreyer
Zahli Driver
Toby Duff
Kaylem Eifler
Tara Fentie
Emily Fisher
Kalan Fitzgerald
Sienna Fitzgerald
Bailey Fogwell
Alissa Gerdovic
Lachlan Gerdovic
Harper Gibson
Zavier Gluyas
Ines Gluyas
Cecilia Goodare
Havana Gray
Cara Hall
Kali Hanrahan
Skyla Harrington-Hopkins
Connor Heighes
Charlotte Heymann
Marley Hook
Harley Hrobat
Joshua Hunt

Harry Hurdwell
Benjamin Jacobsen
Annabelle Johnson
Chelsea Johnson
Izaak Johnson
Olivia Kalil
Raphael Kaminellis
Jakob Kelly
Sayla Kenny
Sasha Kenny
Coco Kingston-Jones
Gabriella Kinnaird
Reilly Kirkpatrick
Lucia Knight
Rocco La Torraca
Wyatt Laughton
Elke Layton
Oliver Leech
Cara Leslie
Joseph Low
Eden Mcdonnell
Lola McKay
Cooper MacKay
Coopeer Meehan
Isaac Metuangaro
Eliza Meyer
Isabella Molinaro
Cian Mooney
Charlie Moore
Elle Motby
Lennox Newby
Grace Osborn
Filippo Papalia
Charli Parker
Noah Pechincha Stephens
Maddison Plummer
Henry Power
Quinn Prideaux
Jake Pszczonka
Blake Quested
Milla Raymond
Tuscan Rulli
Archie Sams
Rowan Sargent

Cayleigh Sexton
Tahlia Short
Freya Simon
Lila Sinclair
Indi Slowik
Lucas Smith
Rafferty Stevens
Zali Stevens
Luke Szalay
Nikolai Tanev
Mila Tejszerski
Campbell Tod
Ebony Tonge
Miranda Torrieri
Harry Warner-Smoth
Olivia Waterman
Lucas Wenborne
Jack West
Connor Westwood-Hill
Kai Whitfield
Holly Wilson
Evie Wilson
Flynn Wooldridge
Alice Woolnough
Emily Wooton
Oliver Worthington
Kaiya Youngf
Sahri Young
Leanne Barayuga
Ellie Zammitt
Lachlan Fanning
Jacinta Simon
Keira Stacey
Iona Stacey

The *Living* Word

Entrance Antiphon Phil 4:4-5

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

First Reading Is 35:1-6, 10

A reading from the prophet Isaiah
God himself will come and save us.

Let the wilderness and the dry-lands exult,
let the wasteland rejoice and bloom,
let it bring forth flowers like the jonquil,
let it rejoice and sing for joy.
The glory of Lebanon is bestowed on it,
the splendour of Carmel and Sharon;
they shall see the glory of the Lord,
the splendour of our God.
Strengthen all weary hands,
steady all trembling knees
and say to all faint hearts,
'Courage! Do not be afraid.
'Look, your God is coming,
vengeance is coming,
the retribution of God;
he is coming to save you.'
Then the eyes of the blind shall be opened,
the ears of the deaf unsealed,
then the lame shall leap like a deer
and the tongues of the dumb sing for joy,
for those the Lord has ransomed shall return.
They will come to Zion shouting for joy,
everlasting joy on their faces;
joy and gladness will go with them
and sorrow and lament be ended.

The word of the Lord

Responsorial Psalm

Ps 145:6-10. R. see Is 35:4

(R.) Lord, come and save us.

It is the Lord who keeps faith for ever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free. **(R)**

It is the Lord who gives sight to the blind,
who raises up those who are bowed down,
the Lord, who protects the stranger
and upholds the widow and orphan. **(R)**

It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age. **(R)**

Second Reading Jas 5:7-10

A reading from the letter of St James
You also must be patient; do not lose heart, the Lord's coming will be soon.

Be patient, brothers, until the Lord's coming. Think of a farmer: how patiently he waits for the precious fruit of the ground until it has had the autumn rains

and the spring rains! You too have to be patient; do not lose heart, because the Lord's coming will be soon. Do not make complaints against one another, brothers, so as not to be brought to judgement yourselves; the Judge is already to be seen waiting at the gates. For your example, brothers, in submitting with patience, take the prophets who spoke in the name of the Lord.

The word of the Lord.

Gospel Acclamation Is 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 Mt 11:2-11

A reading from the holy Gospel according to Matthew

Are you the one who is to come, or must we wait for someone else?

John in his prison had heard what Christ was doing and he sent his disciples to ask him, 'Are you the one who is to come, or have we got to wait for someone else?' Jesus answered, 'Go back and tell John what you hear and see; the blind see again, and the lame walk, lepers are cleansed, and the deaf hear, and the dead are raised to life and the Good News is proclaimed to the poor; and happy is the man who does not lose faith in me.'
As the messengers were leaving, Jesus began to talk to the people about John: 'What did you go out into the wilderness to see? A reed swaying in the breeze? No? Then what did you go out to see? A man wearing fine clothes? Oh no, those who wear fine clothes are to be found in palaces. Then what did you go out for? To see a prophet? Yes, I tell you, and much more than a prophet: he is the one of whom scripture says: Look, I am going to send my messenger before you; he will prepare your way before you. I tell you solemnly, of all the children born of women, a greater than John the Baptist has never been seen; yet the least in the kingdom of heaven is greater than he is.'

The Gospel of the Lord

Communion Antiphon Cf. Is 35:4

Say to the faint of heart: Be strong and do not fear.
Behold, our God will come, and he will save us.

REFLECTION
by *Dianne Bergant CSA*

Half way through Advent we pause for a moment to celebrate Gaudete Sunday, a Sunday for rejoicing. Isaiah paints a picture of regeneration. The desert that once seemed to be dead is now bursting with life; eyes that lacked sight, ears incapable of capturing and holding sound, limbs without strength, and tongues devoid of speech are all given new life. There will be no death in that age of fulfilment, no limitations, no mourning. As we move deeper and deeper into the reality of God's presence in our midst, we will discover the meaning of true fulfilment. John the Baptist is a standard for judging the privilege of entering here and now, the kingdom of heaven. He was the herald of the coming of Jesus, the one who prepared for him, but John himself died before the death and resurrection of Jesus opened the flood gates of the eschatological tide. By comparison, even the least in the kingdom of God is far greater than this prophetic herald. John also serves as a model of patience in suffering. His circumstances teach us that moving toward eschatological fulfilment is not without cost. Just as Matthew presents us with the example of John the Baptist, so James describes the patience required of those who await the age of fulfilment. That age of fulfilment will dawn in its time; all we can do is discharge our responsibilities regardless of how demanding they might be, and wait for that day patiently, convinced that it will come in God's due time.

© Dianne Bergant CSA

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