



The Catholic Parish of Pittwater

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

Awaiting Baby Jesus

My heart is beating,
filled with joy,
awaiting Mary's baby boy.
For with this child,
we embrace
the birth of God's most
precious grace.

Baby Jesus, soon to come!
For us comes
the Promised One.
Baby Jesus, God's own Son,
you will be the Chosen One
to lead our flock
into salvation.

Our eternal life awaits.
The birth of Jesus
brings us nearer
Heaven's holy gates.

Sing with joy,
and count the days,
for soon to come,
the Lord we'll praise.
Rejoice that Jesus
will soon arrive,
the Messiah and our faith
alive.

Help needed to set up for Christmas Eve Outdoor Mass

**If you are able to volunteer your
time on Friday 24 December from
9am to set up and prepare the
venue for our Christmas Eve
Masses, please call the Parish
Office on 9157 0999**



Thoughts of Bl Francis Jordan

Reveal to me and teach me Your will Oh God almighty!
See, I am ready, but you, Lord, help me.



Pope Francis' Prayer Intentions For December



For Catechists

Let us pray for the catechists,
summoned to announce the
Word of God: may they be its
witnesses, with courage and
creativity and in the power of
the Holy Spirit.



The Service NSW QR codes are
now available at the entrance of
both of our churches, for you to
use to check in. If you do not
have a smartphone or you're not
carrying it with you, please
download your personal QR code
with Service NSW, and scan your
code at the entrance of the
church. Thank you for working
with us to keep our parish
community safe.

**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.**



PARISH DIRECTORY

Pittwater Parish
1 Keenan Street Mona Vale NSW 2103
Tel 9157 0999
www.pittwaterparish.org

Parish Administrator
Fr Richard Sadowski SDS
Tel 9157 0999 ext 0
pp@pittwaterparish.org

Priest
Fr Paul Szczur SDS
Tel 9157 0999 ext 0
ap@pittwaterparish.org

Bishop - Emeritus
Bishop Bernard O'Grady op
Tel 9918 0372

Parish Secretary
Donita Kerin
Tel 9157 0999 ext 0
office@pittwaterparish.org

Administrative Assistant
Angela Smit
Tel 9157 0999 ext 0
office@pittwaterparish.org

Youth Director
Josh Willard (Soul Youth)
music@pittwaterparish.org

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

Media & Communication
Laura Ee
Tel 9157 0999 ext 31
media@pittwaterparish.org

Sacramental Program
TBC
Tel 9157 0999 ext 13
sacraments@pittwaterparish.org

Parish Office Hours
Monday to Thursday
9.00am to 4.00pm
Friday 9am to 12 noon

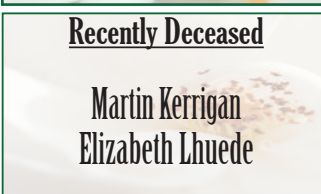
Sacred Heart Church
1 Keenan Street Mona Vale

Maria Regina Church
7 Central Road Avalon

Mona Vale
Sacred Heart School
Tel 9999 3264
Principal: Mrs Suellen Garey

Avalon
Maria Regina School
Tel 9918 2608
Principal: Miss Kirsty Thorpe

Warriewood
Mater Maria Catholic College
Tel 9997 7044
Principal: Mr Marc Reicher



If you would like the names of your relatives or friends and offerings included, please drop the envelope in to the Parish Office by Midday on Wednesdays. Thank You.

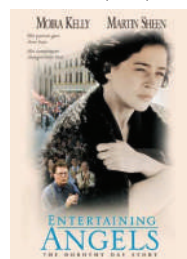
Prayers for the Sick

Gail Reiher
Christine Hills
Sara Zofrea
Beryl Peo-Duncan
John Andrew Graham
John Charles Graham
Michael Carrodus
Pat Regan
Robyn Sheather
Candida Hernandez
Chin Quang Le
Tony Quatroville
Garry Gleeson
Elizabeth Kral
Nazarena Custodio
Annette Davis
Andrew Hood
Jeff Langley
Warwick Chipman
Erin Ocampo
Mark Lindfield
Vicky Kalingasan
Cos Coniglio
Bill Eyre
Brian Gregan
Marian Poe
Marcia Bailey
Bec Burroughs
Susan Hickey
Sophia Burfitt
Margaret De Landre
Maeva Robinson
Jenny Carroll
Matt Ukishima
Pietrina Maiorana
Marta Bizubova
Susan Makabenta

The names on this list will be removed after four weeks unless otherwise requested or advised. Thank you

DVD REVIEW

Entertaining Angels The Dorothy Day Story



This film shows how the journalist and social activist served New York's poor and establish the Catholic Worker movement. Her passion gave them hope and her commitment changed their lives.

Sacramental Coordinator - Pittwater
Permanent, part-time role
Up to 18 hours per week (must have availability for after-hours and weekends)



The Pittwater Parish is seeking to recruit a part-time Sacramental Coordinator, up to 18 hours per week. This role plays an important part in the Parish team, coordinating support services to enhance the Sacramental program ministry within the Parish. The ideal candidate will have relevant experience and/or qualifications in Sacramental Programs, experience working with volunteers in a Catholic environment, comfort working autonomously and an understanding of the need for accountability and ownership in a role, excellent administration and time management skills and proficiency with Microsoft Office Suite. You'll also have a good understanding of, and commitment to, Catholic values and teachings. The role will require flexibility with the working schedule, however you will need to have availability for after-hours and weekends. You will be working closely with Parish schools and those schools within the Pittwater community to strengthen the relationship between school and Parish.

If this role interests you, please email a brief cover letter and CV to:
recruitment@bbcatholic.org.au.
For further information please email
recruitment@bbcatholic.org.au.
Applications close Tuesday 4 January 2022.

The Diocese of Broken Bay is committed to and promotes a culture of safety and care for all people, especially for children and others in the community who are vulnerable. Our Diocese has no tolerance for Child Abuse and is committed to ensuring our staff and volunteers understand the joint responsibility to safeguard all those within our community.

The successful applicant must have the right to work in Australia and will be required to undertake a National Police History Check and Working With Children Check.



We welcome to Pittwater Parish
Kai Whitfield
Tahlia Short
Harrison Short
Emily Fisher
Thomas Fisher
on 11 December 2021
at Sacred Heart Church,
Mona Vale
for the
Sacrament of
Baptism

We welcome to Pittwater Parish
Deo Einfeld
Thea Goldsworthy
Rafael Murray
on 12 December 2021
at Sacred Heart Church,
Mona Vale for the
Sacrament of
Baptism



Christmas Cards \$6 for a pack of 10 and Columban Calendars 2022 \$9 each.
All transactions are cash only, as we do not have EFTPOS facilities.
Any queries, please call the Parish Office on 9157 0999.

The Parish Office will be closed for Christmas from 12pm on Friday 24 December 2021 the office will reopen on Monday 10 January 2022

From Monday 10 January to Tuesday 25 January 2022, the office will be open: Monday to Friday from 9am to 12noon.

How should we prepare for Christmas



Avoiding the commercialisation of Christmas is a real challenge. For Catholics, the liturgical season of Advent helps us focus on the spiritual preparation for Christmas and on the coming of Our Lord. (Advent comes from the Latin *adventus*, meaning “coming.”) The catechism stresses the two-fold meaning of this “coming”: “When the church celebrates the liturgy of Advent each year, she makes present this ancient expectancy of the Messiah, for by sharing in the long preparation for the Saviour’s first coming, the faithful renew their ardent desire for His second coming”. Therefore, on one hand, the faithful reflect back on Our Lord’s first coming when He humbled Himself, becoming incarnate and entered our time and space to free us from sin. On the other hand, we recall in the creed that Our Lord will come again to judge the living and the dead and that we must be ready to meet Him.



So here are some good suggestions to prepare for Christmas. First, make an Advent wreath. The wreath is a circle, which has no beginning or end: God is eternal, and His love for us is everlasting. The wreath is made of fresh plant material, because Christ came to give us new, everlasting life through His passion, death and resurrection. Three candles are purple, symbolising penance, preparation and sacrifice; the pink candle symbolises the same but highlights the third Sunday of Advent, *Gaudete Sunday*, when we rejoice because our preparation is now half-way finished and Christ will soon come. The light represents Christ, who entered this world to scatter the darkness of evil and show us the way of righteousness. The progression of lighting candles shows our increasing readiness to meet Our Lord. Make the Advent wreath the centerpiece of the dinner table. Light it at dinner time, and say the special prayers along with grace before meals. This daily practice will help each member of the family keep focused on the true meaning of Christmas

Second, pray. Hopefully prayer already is part of the daily routine, but if not, make it one. Schedule a regular time for prayer. Also, pray the rosary, individually or as a family. Ponder the various events in the life of Our Lord, and the example of Mary, “the handmaid of the Lord,” who gave of herself to receive the gift of the Saviour. For little children, who have a shorter attention span, maybe just pray a decade each night, looking at one mystery; over the four weeks of Advent, all the mysteries will have been prayed.

Third, read sacred Scripture. This liturgical year, the Sunday Gospel passages will be taken primarily from St. Matthew. However, do not just read the Gospel; rather, spend a few minutes reflecting upon it, inserting oneself into

the passage, and allowing the Holy Spirit to speak in the quiet of one’s heart.

Fourth, take the time for confession. Do a thorough examination of conscience. If it has been a while since the last confession, find a good examination of conscience, and over the course of the week - praying for help from the Holy Spirit - write down those sins that come to mind. Bring that examination to confession, receive absolution, and do the prescribed penance.

Remember Psalm 51: “A heart contrite and humbled, O God, you will not spurn.”

Fifth, teach. For children especially, read to them the stories of St. Francis and the first Christmas crèche, St. Boniface and the first Christmas tree, or St. Nicholas who is Santa Claus. There are other good stories about the religious significance of Christmas greenery, poinsettias and window candles.

Sixth, preach. To preach, one does not have to stand before a crowd or on the corner shouting Bible verses. There are subtle ways to preach Christmas: Most of us send some kind of greeting card - use religious cards and religious stamps and sign them with “May God bless you” or “I’ll be praying for you at Christmas.” When greeting people, say, “Merry Christmas,” not “Happy holidays” or “Seasons greetings”; people of goodwill will not be offended.

At social gatherings, preach by actions. St. Paul warns us to be temperate and not overindulge. We do not want to act in a way unbecoming of a Christian; a Christmas party should not be a bacchanalia. The topics of religion and politics inevitably emerge; some know-it-all will make derogatory comments about our church, usually out of ignorance. Defend the faith, speak the truth clearly and teach with love. We all know the hot topics, so be prepared. The angels announced good news on Christmas; we too are to be the messengers of the Gospel.

Finally, give. Give of yourself by doing good works. Good works help heal the hurts caused by sin, including our own. Remember the Advent calendars from Germany, where a door is opened each day, showing a little picture, and ends at Christmas? Start with a blank calendar. Each day, do a good work - say a prayer for a person, help a neighbour in need or make a sacrifice for a special intention. Whatever the good work, write it in the blank space. At the end of Advent, one will have a beautiful gift for the Lord.

Or, for families with children, set up the crèche with all of the figures except baby Jesus. Write the good work on a piece of paper and place it on the floor of the crèche or in Christ’s crib; then on Christmas, Jesus, Mary and Joseph will have a home filled with our love.

Or, clean out the closets of old clothes or toys, and give them to a charity. St. Francis said, “It is in giving that we receive,” and through our charitable works, we will receive the love of Christ Himself.

So, prepare this Advent to receive Christ as though He were coming for the first time. Make this Christmas a celebration of the birth of Our Saviour and the great gift of faith we have received. By striving to live in the presence of Christ during Advent, we will receive the best present of all - Our Savior.

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and follow the prompts

Use this App to support our
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through the second collection.
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GIVING

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contributions and support. Your
financial contributions and your
generous donations throughout
the year are greatly appreciated.

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READINGS

NEWS



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Vinnies

Vinnies Christmas Appeal

Dear Parishioners,

- The Avalon and Mona Vale St Vincent De Paul conferences are again seeking your generosity in supporting our Christmas Appeal
- Our basic commitment is, as always, visiting the poor and disadvantaged in our parish, and rendering appropriate assistance and care
- We are also called upon to support special works of the Society including support for the homeless (Matthew Talbot Hostel) and refugees
- Our conferences also assist other conferences in our Broken Bay diocese who are overrun with families experiencing extreme difficulties including family separation, unemployment, children at risk and domestic violence
- Our conferences are also "twinned" with conferences in India in districts where poverty and homelessness are extreme and we are committed to a small annual contribution, on your behalf to help ease their burden.
- Your tax deductible donation in the envelopes provided, may be placed in the poor box at any time or left in the piety stall – tax receipts will be issued if requested. Donations can also be made at the Vinnies website – vinnies.org.au
- Thank you for your generosity

For the needy, help is available by contacting the Brookvale Centre 9905 0424 during business hours.

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

There will be
**Reconciliation on
16 December 2021 at
Sacred Heart Church,
Mona Vale**
There will be Mass at
7pm, followed by
**Exposition, Adoration,
Reconciliation and
Benediction.**

Tuesdays in Advent Adoration & Benediction

**SACRED HEART CHURCH -
every Tuesday from
30 November - Exposition of
the Blessed Sacrament,
Adoration, Reconciliation from
8.30am followed by
Benediction and Mass at
9.30am.**

Share the News

*Our Churches-
Sacred Heart and
Maria Regina are open.*

Come for Mass.

Come and pray.

Come and light a candle.

Come sit and find peace.

Watch the daily Mass on
Demand from Broken Bay's
Cathedral at
[https://www.youtube.com/
channel/UCNenwlf7i14XB9TsVBrLvQ](https://www.youtube.com/channel/UCNenwlf7i14XB9TsVBrLvQ)

We hope that this will help the
faithful to celebrate the Holy
Mass online wherever you are



Thursday
16

2nd Rite of
Reconciliation

Sacred Heart
Church Mona Vale
Thursday 16 December
7.30pm

**CHRISTMAS MASS
TIMES 2021**

Friday
24

CHRISTMAS EVE

Maria Regina
Church
4.00pm & 6.00pm
Family's Masses

9.00pm
Mass of the Night

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

Sacred Heart
Church
Midnight Mass

Saturday
25

CHRISTMAS DAY

Maria Regina
Church
9.00am

Sacred Heart
Church
8.00am and 10.00am

Please do not hesitate to contact the
Parish office 9157 0199 if you need
assistance.

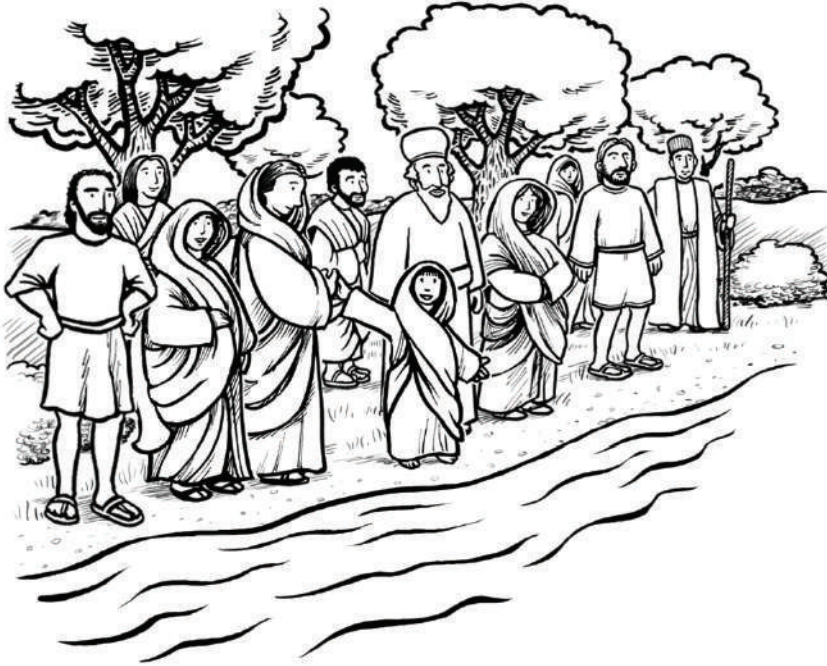


What must we do?

3rd Sunday of Advent, Year C



John, the son of Zechariah baptised people in the River Jordan to prepare them for the arrival of God's chosen one, Jesus. Draw John baptising one of the people in the river.



John the Baptist had great respect for Jesus. He told people, "Someone more powerful is going to come, and I am not good enough even to untie his sandals." Write down in the shell how you can show your respect for Jesus.



Water is used in the sacrament of Baptism as a symbol of life and purity. Below there are clues to six hidden words that are all symbols used in Baptism and Mass.



G	F	A	Y	I	H	I	Q	K
F	T	M	W	J	O	Q	G	W
D	G	P	V	Z	Z	U	F	I
Z	G	W	A	T	E	R	I	N
Z	G	X	P	K	F	T	R	E
Q	E	S	L	U	Q	H	E	N
Q	D	K	C	R	O	S	S	X
Q	A	Q	K	U	G	H	M	B
N	C	A	N	D	L	E	B	J
B	H	B	R	E	A	D	D	Q

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 Zep 3:14-18
A reading from the prophet Zephaniah
With gladness the Lord will rejoice over you.

Shout for joy, daughter of Zion,
Israel, shout aloud!
Rejoice, exult with all your heart,
daughter of Jerusalem!
The Lord has repealed your sentence;
he has driven your enemies away.
The Lord, the king of Israel, is in your midst;
you have no more evil to fear.
When that day comes, word will come to Jerusalem:
Zion, have no fear,
do not let your hands fall limp.
The Lord your God is in your midst,
a victorious warrior.
He will exult with joy over you,
he will renew you by his love;
he will dance with shouts of joy for you
as on a day of festival.

The word of the Lord

Responsorial Psalm Is 12:2-6 R. v.3

(R.) Cry out with joy and gladness: for among you is the great and Holy One of Israel.

Truly, God is my salvation,
I trust, I shall not fear.
For the Lord is my strength, my song,
he became my saviour.
With joy you will draw water
from the wells of salvation. **(R)**

Give thanks to the Lord, give praise to his name!
Make his mighty deeds known to the peoples!
Declare the greatness of his name. **(R)**

Sing a psalm to the Lord
for he has done glorious deeds,
make them known to all the earth!
People of Zion, sing and shout for joy
for great in your midst is the Holy One of Israel. **(R)**

Second Reading Phil 4:4-7
A reading from the letter of St Paul to the Philippians
The Lord is near.

I want you to be happy, always happy in the Lord; I repeat, what I want is your happiness. Let your tolerance be evident to everyone: the Lord is very near. There is no need to worry; but if there is anything you need, pray for it, asking

God for it with prayer and thanksgiving, and that peace of God, which is so much greater than we can understand, will guard your hearts and your thoughts, in Christ Jesus.

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 Lk 3:10-18
A reading from the holy Gospel according to Luke
What, then, must we do?

When all the people asked John, 'What must we do?' he answered, 'If anyone has two tunics he must share with the man who has none, and the one with something to eat must do the same.' There were tax collectors too who came for baptism, and these said to him, 'Master, what must we do?' He said to them, 'Exact no more than your rate.' Some soldiers asked him in their turn, 'What about us? What must we do?' He said to them, 'No intimidation! No extortion! Be content with your pay!' A feeling of expectancy had grown among the people, who were beginning to think that John might be the Christ, so John declared before them all, 'I baptise you with water, but someone is coming, someone who is more powerful than I am, and I am not fit to undo the strap of his sandals; he will baptise you with the Holy Spirit and fire. His winnowing-fan is in his hand to clear his threshing-floor and to gather the wheat into his barn; but the chaff he will burn in a fire that will never go out.' As well as this, there were many other things he said to exhort the people and to announce the Good News to them.

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

We are at the midpoint of Advent. Today we celebrate Gaudete Sunday. The principal theme of the day is joy. According to Paul, joy is one of the fruits of the Spirit (cf. Gal 5:22). Such joy is a religious sentiment, not emotional happiness. Along with gratitude, it is the

heart's response to God's goodness. Zion is told to shout for joy because it has been saved by God from its enemies and because God is in the midst of the people. The psalm response proclaims the same message; the reading from Philippians announces that the Lord is near. This is cause for joy. Advent is a time for joy, not primarily because we are anticipating the anniversary of the birth of Christ, but because God is already in our midst (Immanuel). The readings for this Sunday assure us that God is with us, not as a judge but as a Saviour. We rejoice over the saving acts of God that make us confident of God's care and unafraid of whatever may cross our paths. We rejoice in the peace of God that surpasses all understanding. Advent joy is like the delight that fills a woman who has just given birth, even if it occurred in the throes of birthpangs. Advent joy springs from the realisation that the presence of God in our midst can so transform our lives that the promises of peace and security will be fulfilled. Advent joy is the way we live in the tension between already and not yet.

© Dianne Bergant CSA

Receiving Holy Communion on the tongue during COVID

The Faithful shall still have the option of receiving Communion on the tongue until the situation is further reviewed, but Ministers of Communion should sanitise their hands afterwards and avoid contact with the palm of people's hands. In this situation, if you desire to receive Holy Communion on the tongue, please present yourself last and only to the priest.

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

It is our responsibility to protect others and ourselves and stop the spread of COVID-19 in Australia.

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

Everyone must also stay 1.5 metres away from other people whenever possible.

To read the messages from Bishop Anthony and from the people Vox Populi please go to www.pittwaterparish.org. News and events tile and Messages from Bishop Anthony on the drop down menu.

Advertising Space Available

For more information
call the Parish Office on
9157 0999



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Liturgy for the Week

- 13/12 **Monday St Lucy virgin, martyr**
Num 24:2-7, 15-17; Mt 21:23-27
(Alt. 2 Cor 10:17 - 11:2; Mt 25:1-13)
- 14/12 **Tuesday St John of the Cross,**
priest, doctor
Zeph 3:1-2, 9-13; Mt 21:28-32
(Alt. 1 Cor 2:1-10; Lk 14:25-33)
- 15/12 **Wednesday Third week of
Advent**
Is 45:6-8, 18, 21-25; Lk 7:19-23
- 16/12 **Thursday Third Week of
Advent**
Is 54:1-10; Lk 7:24-30
- 17/12 **Friday Third Week of Advent**
Gen 49:2, 8-10; Mt 1:1-17
- 18/12 **Saturday Third Week of
Advent**
Jer 23:5-8; Mt 1:18-24


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