



The terms spiritual and religious are often used interchangeably and most often when people identify themselves as “spiritual but not religious.” Joseph and Mary, as they are depicted in the Christmas story in Matthew’s Gospel, appear deeply spiritual. They use inner resources to overcome difficulties; these difficulties and challenges don’t have to be spelt out to us who are familiar with the account of the birth of Jesus. These inner resources open them to occasions where God’s promptings and grace help nudge them into a safer place, even though at times comfort might tempt them to sit still for a while.

The narrative in the Gospel of Matthew, however, shows how deeply they are immersed in the religion of their days. Quotes from the Old Testament show how these moments are part of something greater and of which they are an important part. The two, religion and spirituality, are one. One definition of spirituality that I cannot forget is that it is the art of making connections. In our prayers and in our pondering we try to connect with someone or something that can help us make our paths straight and find our own “Emmanuel” or God who is with us (Mt 1:23). If we remain solely spiritual (if that can be done) then we are left with nothing to connect to. Good religion helps us to connect deeply through its rituals, peoples, wisdom and traditions.

Excerpted from “*Dipping into Advent: Reflections for Advent and Christmas*” by Allan Hilliard.



Thank you to the families who sent in snacks for Vinnies Night Patrol on Monday. Your baking was much appreciated.



\$20 CHRISTMAS VOUCHERS FOR VINNIES KIDS

As you can imagine, the Christmas / January period is a very sad one for mothers and their children who are fleeing violence and they are consequently distanced from the their families and friends. Our donation of \$20 made such a difference to their lives last year and I'm sure we can do a great job this year too!

The QKR app is now live. Please donate if you can. The app will close on Friday 13th December.

ANNUAL CHRISTMAS HAMPERS

Look out for baskets in your classroom. Each grade will be given a list of products and it would be great if you could bring in a few items. It's not a "fill the bag" project (like we did with Jesuit Social Services)...just a few items from each child for our Vinnies local community at Christmas time.

SHM Little Hearts Story Time

Join us for some fun learning about our faith.

At the school library Wednesdays at 9am.



SH M
Little H earts

Join us for storytime
and fun on
Wednesdays
SH M library
at 9am

weeks 2 to 9

AGES 2 TO 5 WELCOME

"And he took the children in his arms, placed his hands on them and blessed them."
Matthew 10:16

SPaR....STOP, PRAY AND REFLECT...



Join Friends of Sacred Heart for....

Café SPaR

Let's celebrate the end of the year with
great Coffee and great company

Thursday 5th December, 2019 at 9am
at CAFÉ JAM AT BRIGEPPOINT

Hope to see you there!
Mary Lozina

family & faith

SAINTS QUIZ and CHURCH TOURS



Thank you to all the students who participated in our saints quiz. It was so heart-warming to have so much interest from our students. The saints had quite exciting lives and not necessarily easy ones. We can all truly learn from their inspirational journeys.

Our Saints Church Tours are now over as we launch into Advent. Thank you to years two, three and four students who participated in the tours. You were exceptionally well behaved, extremely knowledgeable and very respectful. You are a credit to your parents and teachers.



Join us every Thursday we gather in the parish hall at 6pm to pack left over bread from the bakeries in the area. We distribute the bread to various charities, who welcome the gift of bread and friendship. Email mary.lozina@syd.catholic.edu.au for more details.

PARISH NEWS.....

CALLING ALL CHRISTMAS NATIVITY ACTORS!!

SHM parish is in need of students to act in the Christmas Nativity Play on Sunday 24th December at the 5pm Mass. Rehearsals are on 23rd and 24th December from 10 to 11 am in the church. All costumes will be organised for you. We just need attentive young budding actors. The kids mime the parts so there is no pressure to learn lines. Email mary.lozina@syd.catholic.edu.au if interested.

BABY JESUS NEEDED!

We need a baby Jesus for our 5pm Christmas Eve Mass. Has anyone had a baby lately? We need a baby who is under 4 months of age. No experience necessary! A pew for the family will be reserved to take the stress off coming early to Mass. Please contact Mary Lozina if you can help.

Please see the flyer for Noel's deaconate ceremony and the Christmas concert for Sydney Harbour North.

Parish bulletin link:

http://www.shnparish.org.au/index.php?option=com_content&view=article&id=75&Itemid=55

May God guide you gently through the week and may he hold you in the palm of his hand.

Mary Lozina
Family Educator





You are invited to

The Ordination to the Diaconate of

Mr. Noel Patrick Custodio

by the

Most Reverend Dr. Richard Umbers

Auxiliary Bishop of Sydney

Saturday 14 December 2019

6.15pm

Vigil of the Third Sunday of Advent

Sacred Heart Parish Church

23 Cardinal Street, Mosman NSW 2088



RSVP Essential by 4 December

secretary@shnparish.org.au or

(02) 8969 3200

Mosman Music Club &
Mosman Musical Society presents

Christmas is coming.



A CONCERT DEVISED BY
DR JIM COYLE & ALAN ZIEGLER



CALL FOR YOUNG SINGERS

Are you 8 years old or older and want to sing in a Christmas concert with professional singers, orchestra and conductor? We need a chorus of young voices for a Christmas Concert in Mosman conducted by Dr Jim Coyle. Singers need to be able to come to 4 Sunday afternoon rehearsals (1-2pm, 24th November – 15th December) in Mosman and a general rehearsal on Saturday 21st December. The concert will be on Sunday 22nd December at 2pm. No need to audition or try out.

If you are interested, please ask your parents to email Susan Boyle at sujo29@bigpond.com stating your age and singing experience.



MOSMAN
MUSICAL
SOCIETY
ESTABLISHED 1903



MOSMAN
MUSIC CLUB
ESTABLISHED 1946