



The Catholic Parish of Pittwater

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

Prayer for the first world day for grandparents and the elderly

I thank You, Lord,
for the comfort of Your presence:
even in times of loneliness,
You are my hope and my
confidence,
You have been my rock and my
fortress since my youth!

I thank You for having given me a
family and for having blessed me
with a long life.

I thank You for moments of joy
and difficulty, for the dreams
that have already come true in my
life and for those that are still ahead
of me.

I thank You for this time of renewed
fruitfulness to which You call me.

Increase, O Lord, my faith,
make me a channel of your peace,
teach me to embrace those who
suffer more than me, to never stop
dreaming and to tell of your
wonders to new generations.

Protect and guide Pope Francis and
the Church, that the light of the
Gospel might reach the ends of the
earth. Send Your Spirit, O Lord, to
renew the world, that the storm of
the pandemic might be calmed,
the poor consoled and wars ended.

Sustain me in weakness
and help me to live life to the full
in each moment that You give me,
in the certainty that you are
with me every day, even until the
end of the age.

Amen.

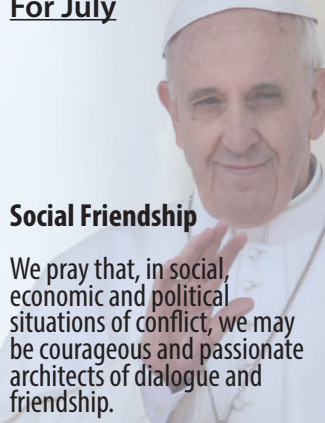


Thoughts of Bl Francis Jordan

O Lord, help me, show me the way! Without you, I can do nothing. I hope all things from You. In you, O Lord, I have hoped, I will not be confounded for ever.



Pope Francis' Prayer Intentions For July



Social Friendship

We pray that, in social, economic and political situations of conflict, we may be courageous and passionate architects of dialogue and friendship.



We will livestream our 10am Mass this Sunday so that all are able to join in Spiritual Communion with us as a parish family of Pittwater. To join the livestreaming please visit our parish website
<https://www.bbcatholic.org.au/pittwater/news-events/parish-news/livestream-our-weekend-masses>

Our Churches are closed till further notice.

A warm welcome to all our parishioners and visitors who are celebrating the Eucharist with us at Pittwater Parish Online



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
Suzy Caruso
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
Suzy Caruso
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

We acknowledge the lifelong trauma of abuse victims, survivors and their families, the failures of the Catholic Church to protect, believe and respond justly to children and vulnerable adults, and the consequent breach of community trust.

We Pray for

Deceased Anniversary

Barbara Cincotta
John Kerr
Josephine Kerr
Julie Cunliffe

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.

Recently Deceased

John Turner
Maria Ngai Thi Vu
Asuncion Lahorra
Souls of the deceased by Covid
Neil De Landre

Prayers for the Sick

Philip Maddrell
Gail Reiher
Imelda Vince
Ben Castillo
Moira Howie
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
Peter Vorlicek
Warwick Chipman
Erin Ocampo
Mark Lindfield
Vicky Kalingasan
Cos Coniglio
Bill Eyre
Brian Gregan
Marian Poe
Marcia Bailey
Bec Burroughs
Mansour Sukkar
Trish Newman
Susan Hickey
Sophia Burfitt
Anne Gerathy

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

Noel and Mary Reilly

*May every moment
spent together bring
a smile to your faces
and strength for 50
more years together.*

*Happy Golden
Anniversary!*

26 July 2021

Thank you from Fr Bronek SDS

I've arrived safely in Poland, where I will begin the next chapter of my spiritual journey on 1st August 2021, in Zakopane, Poland.

Thank you to all for your thoughts and prayers, emails, gifts and calls before I left Pittwater.

As I said before I left, I'm not leaving you "orphaned". Fr Richard SDS will continue to be in the parish as Parish Administrator and Fr Paul SDS is there, so you will be in good Salvatorian hands. Please support them and keep them in your prayers as they start their new leadership in our parish.

Please continue to pray for me while I am away, that I will continue to inspire God's people and continue God's work in my new appointment.

I look forward to returning to Australia at the conclusion of my appointment in Poland.

With assurance of my constant prayers for you all,

Fr Bronek SDS



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

DVD REVIEW

The Staircase



A movie from our Parish Library based on the story printed in last weekend's Bulletin. "It reminds us in cynical times of the power of prayer and of the potential for good." It will have you wondering all the way through. If you would like to borrow this DVD you could contact me on 0401 613643 probably after the lockdown.

"Having somewhere to go is
Home.
Having someone to Love is
Family.
And having both is a Blessing."

Watch the daily Mass on
Demand from Broken Bay's
Cathedral at
<https://www.youtube.com/channel/UCNenwlf17i14XB9TsVBrLvQ>

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



Spiritual Communion Prayer

My Jesus, I believe that
You are present in the
Most Holy Sacrament.
I love You above all things,
and I desire to receive You
into my soul.
Since I cannot at this
moment receive You
sacramentally, come at
least spiritually into my
heart.
I embrace You as if You
were already there and
unite myself wholly to
You. Never permit me to
be separated from You.
Amen.

Special Intentions
John the Baptist Anh
Tuan Nguyen and his family

"I Am With You Always" - World Day of Grandparents and the Elderly

Dear Grandfathers and Grandmothers,
Dear Elderly Friends,

"I am with you always" (Mt 28:20): this is the promise the Lord made to his disciples before he ascended into heaven. They are the words that he repeats to you today, dear grandfathers and grandmothers, dear elderly friends. "I am with you always" are also the words that I, as Bishop of Rome and an elderly person like yourselves, would like to address to you on this first World Day of Grandparents and the Elderly. The whole Church is close to you - to us - and cares about you, loves you and does not want to leave you alone!

I am well aware that this message comes to you at a difficult time: the pandemic swept down on us like an unexpected and furious storm; it has been a time of trial for everyone, but especially for us elderly persons. Many of us fell ill, others died or experienced the death of spouses or loved ones, while others found themselves isolated and alone for long periods.

The Lord is aware of all that we have been through in this time. He is close to those who felt isolated and alone, feelings that became more acute during the pandemic. Tradition has it that Saint Joachim, the grandfather of Jesus, felt estranged from those around him because he had no children; his life, like that of his wife Anne, was considered useless. So the Lord sent an angel to console him. While he mused sadly outside the city gates, a messenger from the Lord appeared to him and said, "Joachim, Joachim! The Lord has heard your insistent prayer".^[1] Giotto, in one of his celebrated frescoes,^[2] seems to set the scene at night, one of those many sleepless nights, filled with memories, worries and longings to which many of us have come to be accustomed.

Even at the darkest moments, as in these months of pandemic, the Lord continues to send angels to console our loneliness and to remind us: "I am with you always". He says this to you, and he says it to me. That is the meaning of this Day, which I wanted to celebrate for the first time in this particular year, as a long period of isolation ends and social life slowly resumes. May every grandfather, every grandmother, every older person, especially those among us who are most alone, receive the visit of an angel!

At times those angels will have the face of our grandchildren, at others, the face of family members, lifelong friends or those we have come to know during these trying times, when we have learned how important hugs and visits are for each of us. How sad it makes me that in some places these are still not possible!



The Lord, however, also sends us messengers through his words, which are always at hand. Let us try to read a page of the Gospel every day, to pray with the psalms, to read the prophets! We will be comforted by the Lord's faithfulness. The Scriptures will also help us to understand what the Lord is asking of our lives today. For at every hour of the day (cf. Mt 20:1-16) and in every season of life, he continues to send labourers into his vineyard. I was called to become the Bishop of Rome when I had reached, so to speak, retirement age and thought I would not be doing anything new. The Lord is always - always - close to us. He is close to us with new possibilities, new ideas, new consolations, but always close to us. You know that the Lord is eternal; he never, ever goes into retirement.

In Matthew's Gospel, Jesus tells the Apostles, "Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you" (28:19-20). These words are also addressed to us today. They help us better understand that our vocation is to preserve our roots, to pass on the faith to the young, and to care for the little ones. Think about it: what is our vocation today, at our age? To preserve our roots, to pass on the faith to the young and to care for the little ones. Never forget this.

It makes no difference how old you are, whether you still work or not, whether you are alone or have a family, whether you became a grandmother or grandfather at a young age or later, whether you are still independent or need assistance. Because there is no retirement age from the work of proclaiming the Gospel and handing down traditions to your grandchildren. You just need to set out and undertake something new.

At this crucial moment in history, you have a renewed vocation. You may wonder: How this can be possible? My energy is running out and I don't think I can do much. How can I begin to act differently when habit is so much a part of my life? How can I devote myself to those who are poor when I am already so concerned about my family? How can I broaden my vision when I can't even leave the residence where I live? Isn't my solitude already a sufficiently heavy burden? How many of you are asking just that question: isn't my solitude already a sufficiently heavy burden? Jesus himself heard a similar question from Nicodemus, who asked, "How can a man be born when he is old?" (Jn 3:4). It can happen, the Lord replies, if we open our hearts to the working of the Holy Spirit, who blows where he wills. The Holy Spirit whose freedom is such that goes wherever, and does whatever, he wills.

As I have often observed, we will not emerge from the present crisis as we were before, but either better or worse. And "God willing... this may prove not to be just another tragedy of history from which we learned nothing... If only we might keep in mind all those elderly persons who died for lack of respirators... If only this immense sorrow may not prove useless, but enable us to take a step forward towards a new style of life. If only we might discover once for all that we need one another, and that in this way our human frailty can experience a rebirth" (Fratelli Tutti, 35). No one is saved alone. We are all indebted to one another. We are all brothers and sisters.

Given this, I want to tell you that you are needed in order to help build, in fraternity and social friendship, the world of tomorrow: the world in which we, together with our children and grandchildren, will live once the storm has subsided. All of us must "take an active part in renewing and supporting our troubled societies" (ibid., 77). Among the pillars that support this new edifice, there are three that you, better than anyone else, can help to set up. Those three pillars are dreams, memory and prayer. The Lord's closeness will grant to all, even the frailest among us, the strength needed to embark on a new journey along the path of dreams, memory and prayer.

The prophet Joel once promised: "Your old men shall dream dreams, and your

young men will have visions" (3:1). The future of the world depends on this covenant between young and old. Who, if not the young, can take the dreams of the elderly and make them come true? Yet for this to happen, it is necessary that we continue to dream. Our dreams of justice, of peace, of solidarity can make it possible for our young people to have new visions; in this way, together, we can build the future. You need to show that it is possible to emerge renewed from an experience of hardship. I am sure that you have had more than one such experience: in your life you have faced any number of troubles and yet were able to pull through. Use those experiences to learn how to pull through now.

Dreams are thus intertwined with memory. I think of the painful memory of war, and its importance for helping the young to learn the value of peace. Those among you who experienced the suffering of war must pass on this message. Keeping memory alive is a true mission for every elderly person: keeping memory alive and sharing it with others. Edith Bruck, who survived the horror of the Shoah, has said that "even illuminating a single conscience is worth the effort and pain of keeping alive the memory of what has been." She went on to say: "For me, memory is life." [3] I also think of my own grandparents, and those among you who had to emigrate and know how hard it is to leave everything behind, as so many people continue to do today, in hope of a future. Some of those people may even now be at our side, caring for us. These kinds of memory can help to build a more humane and welcoming world. Without memory, however, we will never be able to build; without a foundation, we can never build a house. Never. And the foundation of life is memory.

Finally, prayer. As my predecessor, Pope Benedict, himself a saintly elderly person who continues to pray and work for the Church, once said: "the prayer of the elderly can protect the world, helping it perhaps more effectively than

the frenetic activity of many others." [4] He spoke those words in 2012, towards the end of his pontificate. There is something beautiful here. Your prayer is a very precious resource: a deep breath that the Church and the world urgently need (cf. *Evangelii Gaudium*, 262). Especially in these difficult times for our human family, as we continue to sail in the same boat across the stormy sea of the pandemic, your intercession for the world and for the Church has great value: it inspires in everyone the serene trust that we will soon come to shore.

Dear grandmother, dear grandfather, dear elderly friends, in concluding this Message to you, I would also like to mention the example of Blessed (and soon Saint) Charles de Foucauld. He lived as a hermit in Algeria and there testified to "his desire to feel himself a brother to all" (*Fratelli Tutti*, 287). The story of his life shows how it is possible, even in the solitude of one's own desert, to intercede for the poor of the whole world and to become, in truth, a universal brother or sister.

I ask the Lord that, also through his example, all of us may open our hearts in sensitivity to the sufferings of the poor and intercede for their needs. May each of us learn to repeat to all, and especially to the young, the words of consolation we have heard spoken to us today: "I am with you always"! Keep moving forward! May the Lord grant you his blessing.

Rome, Saint John Lateran, 31 May 2021, Feast of the Visitation of the Blessed Virgin Mary

FRANCIS

[1] The episode is narrated in the *Protoevangelium of James*.

[2] This image has been chosen as the logo for the World Day of Grandparents and the Elderly.

[3] Memory is life, writing is breath. *L'Osservatore Romano*, January 26, 2021.

[4] Visit to the Group Home "Viva gli Anziani", 2 November 2012.

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- Bishop Anthony Randazzo -

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Fan the Flame

Towards Plenary Assembly One October 2021

'Then Jesus took the loaves, gave thanks, and gave them out to all who were sitting ready'

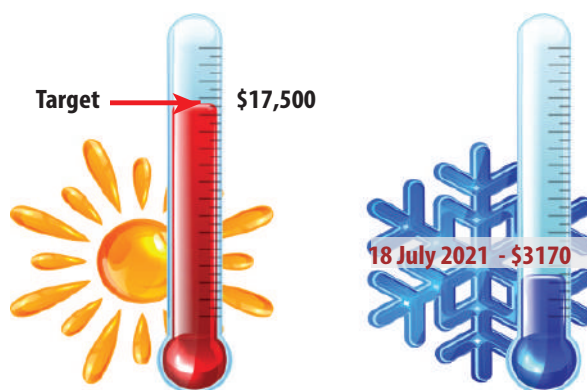
John 6:1-15

Grace moves God's people to ask questions grounded in the call we received at Baptism: how do we better nourish, accompany, give witness, support, invite, welcome, engage and be present to others, such that we all grow in holiness? (*Prayerful and Eucharistic – Discernment Paper p. 6*)

www.plenarycouncil.catholic.org.au/fantheblade/

PlenaryCouncil
Listen to what the Spirit is saying...

Maria Regina Church, Avalon Air-Conditioning Replacement



Our air-conditioning units in our Maria Regina Church, Avalon, which were generously donated by a parishioner, have been irreparably damaged by some uninvited lizards and now the Church is in need of new air conditioning units.

Our aim is to raise \$17,500.00 to cover the cost of the supply and installation of new units.

It would be wonderful if we could achieve this goal quickly so that we can make the Church cosy in winter months as well as when we need it to cool in our hot Summer.

Credit Card donations can be made via our website through BPoint <https://www.bbcatholic.org.au/pittwater/archive/donations-and-giving> and selecting "Other" from the drop down Biller Code list and using "Air Conditioning" as the Reference.

Thank you for your generosity and continued support.



Vinnies

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

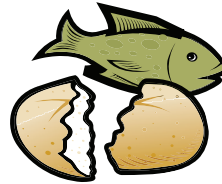
Jesus fed the hungry

crowd

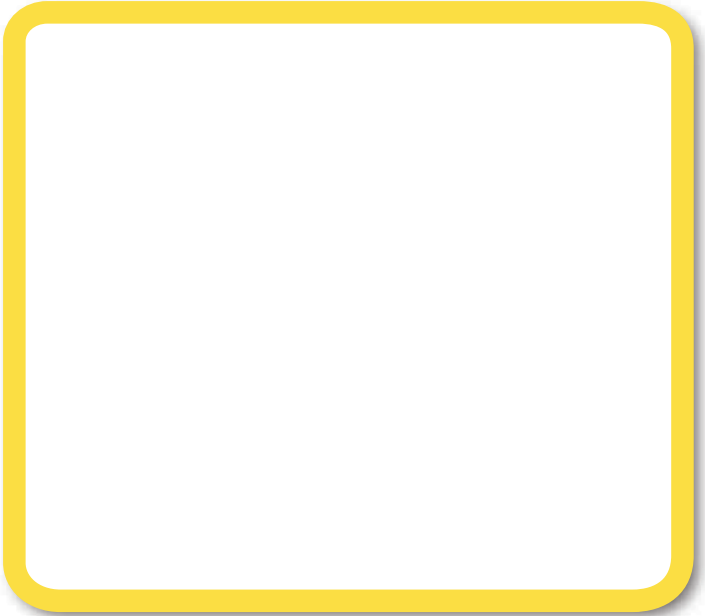


17th Sunday in Ordinary Time, Year B

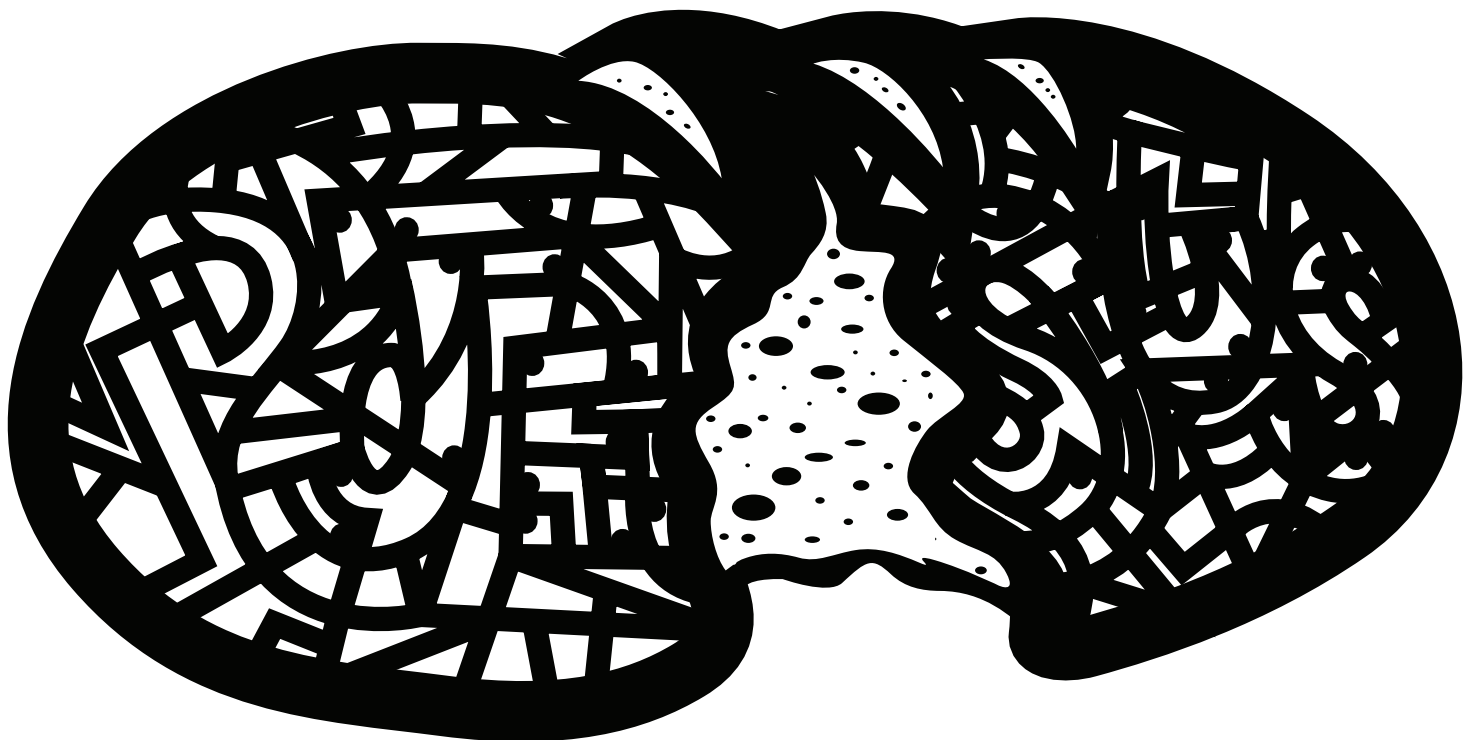
What do you think these people would have said when they saw Jesus feed the large crowd with just five loaves and two fish?



Jesus asked his disciples to help feed the hungry people. Likewise, Jesus wants us to share what we have with people in need. Draw a picture of yourself sharing with others.



Colour in all the shapes that contain a dot ● to reveal a word that feeds our hunger.



The *Living* Word

Entrance Antiphon Cf. Ps 67:6-7,36
God is in his holy place,
God who unites those who dwell in his house;
he himself gives might and strength to his people.

First Reading 2 Kgs 4:42-44
A reading from the second book of the Kings
They will eat and have some left over.

A man came from Baal-shalishah, bringing Elisha, the man of God, bread from the first-fruits, twenty barley loaves and fresh grain in the ear. 'Give it to the people to eat,' Elisha said. But his servant replied, 'How can I serve this to a hundred men?' 'Give it to the people to eat' he insisted 'for the Lord says this, "They will eat and have some left over."' He served them; they ate and had some over, as the Lord had said.

The word of the Lord

Responsorial Psalm Ps 144:10-11, 15-18. R. v.16
(R.) The hand of the Lord feeds us; he answers all our needs.

All your creatures shall thank you, O Lord, and your friends shall repeat their blessing. They shall speak of the glory of your reign and declare your might, O God. **(R)**

The eyes of all creatures look to you and you give them their food in due time. You open wide your hand, grant the desires of all who live. **(R)**

The Lord is just in all his ways and loving in all his deeds. He is close to all who call him, who call on him from their hearts. **(R)**

Second Reading Eph 4:1-6
A reading from the letter of St Paul to the Ephesians
There is one body, one Lord, one faith, one baptism.

I, the prisoner in the Lord, implore you to lead a life worthy of your vocation. Bear with one another charitably, in complete selflessness, gentleness and patience. Do all you can to preserve the unity of the Spirit by the peace that binds you together. There is one Body, one Spirit, just as you were all called into one and the same hope when you were called. There is one Lord, one faith, one baptism, and one God who is Father of all, through all and within all.

The word of the Lord

Gospel Acclamation Lk 7:16
Alleluia, alleluia!
A great prophet has appeared among us;
God has visited his people.
Alleluia!

Gospel Jn 6:1-15
A reading from the holy Gospel according to John
He distributed to those who were seated as much as they wanted.

Jesus went off to the other side of the Sea of Galilee – or of Tiberias – and a large crowd followed him, impressed by the signs he gave by curing the sick. Jesus climbed the hillside, and sat down there with his disciples. It was shortly before the Jewish feast of Passover. Looking up, Jesus saw the crowds approaching and said to Philip, 'Where can we buy some bread for these people to eat?' He only said this to test Philip; he himself knew exactly what he was going to do. Philip answered, 'Two hundred denarii would only buy enough to give them a small piece each.' One of his disciples, Andrew, Simon Peter's brother, said, 'There is a small boy here with five barley loaves and two fish; but what is that between so many?' Jesus said to them, 'Make the people sit down.' There was plenty of grass there, and as many as five thousand men sat down. Then Jesus took the loaves, gave thanks and gave them out to all who were sitting ready; he then did the same with the fish, giving out as much as was wanted. When they had eaten enough he said to the disciples, 'Pick up the pieces left over, so that nothing gets wasted.' So they picked them up, and filled twelve hampers with scraps left over from the meal of five barley loaves. The people, seeing this sign that he had given, said, 'This really is the prophet who is to come into the world.' Jesus, who could see they were about to come and take him by force and make him king, escaped back to the hills by himself.

The Gospel of the Lord.

Communion Antiphon Ps 102:2
Bless the Lord, O my soul,
and never forget all his benefits.

REFLECTION
by Dianne Bergant CSA

Today we are reminded of God's providence. We live in a world that feeds us and shelters us and supplies us with everything that we need to grow and to thrive, and all of this comes to us from the hand of God. It is usually when we are in desperate straits that we become painfully conscious of our dependence

on God, but this dependence is always there. God does not merely intervene when we are helpless; God's providence operates in our lives at all times. Living in a society that promotes individualism, we sometimes undervalue the communal dimension of life. God certainly cares passionately for each of us (not even a sparrow falls without God knowing it), but God's concern is for the whole people. We are first and foremost members of a people. We would never have seen the light of day, we would not endure or develop, without others. As unique as we may be, we are a unique expression of a communal reality. God created a race; God formed a people; Jesus died for the world. By the grace of God, we belong to the community. As members of the people of God, we are called to a way of life that is noble, not selfish. We are to live with each other in humility and gentleness, with patience. We are to bear with one another in love. Through baptism we all live by the same Spirit of Jesus; we are all united through the bond of God's love. The bread that we receive from the hand of God is the bread of full life, life in all its dimensions, life in Christ.

© Dianne Bergant CSA

21 July 2021

Feast Day of Blessed Francis Mary of the Cross Jordan, founder of the Salvatorians.



Blessed Francis Mary of the Cross Jordan, pray for us.



News from the Catholic Diocese of Broken Bay

BBNews eNewsletter

BBNews is a fortnightly newsletter with news stories from across the Diocese. Complementing the quarterly Broken Bay News magazine, BBNews will highlight the activity and stories of the Church in Broken Bay and beyond. You can subscribe on the website <https://www.bbcatholic.org.au/news-events/bbnews/bbnews-subscription>



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PLANNED GIVING

The money contributed to our parish via our second collection helps us to meet the running costs which our Parish incurs, including wages, electricity, telephones, insurances, rates, building and equipment repairs and maintenance, to name but a few. Whilst you are unable to attend Mass, you are able to make your regular donation by way of automatic direct debit from your credit card, please contact the Parish office for more information. Or donations can be made on our website: www.pittwaterparish.org through the donations and giving tile. If you would prefer not to give by credit card, please contact the parish office, 9157 0999 for other ways that you can contribute.



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Liturgy for the Week

26/07 **Sts Joachim and Anne**,
parents of Blessed Virgin Mary
Ex 32:15-24, 30-34; Mt 13:31-35
(Alt. Sirach 44:1, 10-15;
Mt 13:16-17)

27/07 **Tuesday Ordinary Time 17**
Ex 33:7-11, 34:5-9, 28;
Mt 13:36-43

28/07 **Wednesday Ordinary Time 17**
Ex 34:29-35; Mt 13:44-46

29/07 **Thursday St Martha**
(1 Jn 4:7-16); Jn 11:19-27 or
Lk 10:38-42

30/07 **Friday Ordinary Time 17**
Lev 23:1, 4-11, 15-16, 27, 34-37;
Mt 13:54-58

31/07 **Saturday St Ignatius of
Loyola, priest**
Lev 25:1, 8-17; Mt 14:1-12
(Alt. 1 Cor 10:31 - 11:1; Lk 14:25-33)

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