



The Catholic Parish of Pittwater

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

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



Thoughts of Blessed Francis Jordan

Love everyone! Everyone has failings, more or less. But you should exclude no one from your love.



PRAYER FOR FATHERS

Heavenly Father,
You entrusted Your Son, Jesus Christ,
the child of Mary, to the care of Joseph,
His foster father.

Bless all fathers, grandfathers and
father-figures as they care
for their families.

Give them strength and wisdom,
tenderness and patience.
Give them ability to love in a
way that reflects Your love.

Support them in the work
they have to do,
protecting those who look up to
them in a way that would
bring honour to You and them.

Bless and heal all those wounded
by the imperfections of their fathers
and grant eternal rest to our
fathers You have called from this life.
Through Jesus Christ, our Lord.
Amen.



POPE LEO'S PRAYER INTENTION FOR *September* For the Care of Water

Let us pray for a just and sustainable management of water, a vital resource, everyone may have equal access to it.

Follow us on
facebook

Pittwater
Catholic Parish



Instagram
FOLLOW US ON
INSTAGRAM



MASS TIMES

SACRED HEART CHURCH
1 Keenan Street, Mona Vale

★ WEEKDAY MASSES ★

TUESDAY - 9.30 am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8.30 am followed by Mass

WEDNESDAY - 9.30 am

THURSDAY - 7.00 pm
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 7.30 pm to 9.00 pm

FRIDAY - 9.30 AM
FIRST FRIDAY of the Month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 9.30 am, followed by Healing Mass/ Anointing of the Sick at 10.30 am

★ WEEKEND MASSES ★

SATURDAY VIGIL - 5.00 pm
SUNDAY
8.00 am, 10.00 am & 6.00 pm (Soul Mass)

★ **RECONCILIATION** ★
SATURDAY VIGIL
4.00 pm to 4.30 pm

★ **BAPTISM** ★
4TH SUNDAY of the Month
at 11.30 am

MARIA REGINA CHURCH
7 Central Road, Avalon

★ **WEEKDAY MASSES** ★
MONDAY - 8.00am

WEDNESDAY - 8.00 am

THURSDAY - 10.00 am
Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction at 9.00 am

FRIDAY - 8.00 am
FIRST FRIDAY of the Month, Healing Mass/ Anointing of the Sick at 8.00 am

★ **RECONCILIATION** ★
Before Vigil Mass on Saturday

★ **WEEKEND MASSES** ★
SATURDAY VIGIL - 6.00 pm
SUNDAY - 9.00 am

★ **BAPTISM** ★
3RD SUNDAY of the Month
at 11.00 am

WE PRAY for

RECENTLY DECEASED

PATRICIA EILEEN AUSTIN

DECEASED ANNIVERSARY

MARE JURICEV

Prayer for the SICK

Lord, look with mercy on your servants who are sick. Bring them comfort, healing and strength.

ANNA ŚMIGOWSKA

LILY JANOSIK

SUE FRENCH

MAUREEN LARIOS

ELAINE BOYES

PAULINE CHIPMAN

RON CLARKE

BARBARA CLARKE

ANNA KATANEC

OTMA NOUAK

ANGELA MILLER

PHILIP KHALIFEH

JOSEPH KHALIFEH

GEORGE AZOURY

BRUCE FARR

JAMES

JACINTA PURNELL-MAJOR

NENITA ROQUE

MARIE CELINE- MACA

NEDA CRVELIN

JESSE CATHERSIDES

MARY REILLY

NOEL REILLY

THERESE KEANE

MARTA BIZUBOVA

LIAM GAVIN

RICHARD LIM

JAMIE CONNOLLY

AMADEA LUONG

ALFRED FIELD

FRANK KELLENDONK

NAZARENO CIRILLO

GARY O'BRIEN

BOOK REVIEW

The Lamb's Supper
by: Scott Hahn



Of all things Catholic, there is nothing so familiar as the Mass. With its unchanging prayers, the Mass fits Catholics like their favourite clothes. Yet most Catholics sitting in the pews on Sundays fail to see the Mass with new eyes, pray the liturgy with a renewed heart, and enter into the Mass more fully, enthusiastically, intelligently and powerfully than ever before.

"But I tell you, love your enemies and pray for those who persecute you." — Matthew 5:44

LITURGY FOR THE WEEK

07/09 Monday, Ordinary Time 23
1 Cor 5:1-8; Lk 6:6-11

08/09 Tuesday, Ordinary Time 22
Micah 5:1-4; Mt 1:1-16, 18-23

09/09 Wednesday, Ordinary Time 23
1 Cor 7:25-31; Lk 6:20-26

10/09 Thursday, Ordinary Time 23
1 Cor 8:1-7, 11-13; Lk 6:39-42

11/09 Friday, Ordinary Time 23
1 Cor 9:16-19, 22-27; Lk 6:39-42

12/09 Saturday, Ordinary Time 23
1 Cor 19:14-22; Lk 6:43-49



THE CATHOLIC PARISH OF PITTWATER GIVING

Our parish flourishes through the thoughtful care of resources and the generous commitment of our supporters. With gratitude, we thank all who help sustain our parish life, care for our Church and support the ministries that serve our community.

TO Make DONATIONS

SCAN the QR CODE below with your mobile phone camera and follow the prompts

Donations can be made weekly, fortnightly, monthly or one-off.



Areas of GIVING

First Collection

(Clergy Giving)

Second Collection

(Parish Giving)

Pastoral Works Broken Bay

All PWBB donations over \$2 are 100% tax deductible

Pastoral Works Broken Bay is the charitable outreach of our Catholic community, supporting the pastoral priorities of the Diocese. It plays a vital role in funding life changing ministries, strengthening families and nurturing parish communities across Broken Bay.

Has Your Credit Card Expired?

If you support the Parish through credit card giving, please let us know if your card details have changed or expired.

Direct Debit

You may also choose to support the Parish through direct debit. This can be set up easily and securely by contacting the Parish Office, who will arrange it for you.

Safeguarding

Catholic Parish of Pittwater

The Catholic Diocese of Broken Bay and the Catholic Parish of Pittwater are committed to fostering safe, caring communities for all, especially children and vulnerable people, guided by our faith in Jesus Christ.

Everyone is encouraged to provide feedback on the Diocese of Broken Bay webpage.



Diocese of Broken Bay Safeguarding
www.bbcatholic.org.au/safeguarding

Safeguarding is everyone's responsibility.

OUR PARISH SCHOOLS



Parish Bulletin- Term 3, Week 7

It has been another vibrant and enriching week at Mater Maria Catholic College, with students embracing a wide range of learning, creative, service and sporting opportunities.

We were delighted to welcome students and families to our Year 11 Art Exhibition and HSC Showcase, where they experienced the outstanding major works of our Year 12 Creative Arts and TAS students, alongside impressive live performances by our HSC Music students. The evening celebrated the talent, dedication and creativity of our senior students as they prepare for their final examinations.

Students also attended the Pathways: 125 Years of Navy event with Navantia Australia, gaining valuable insight into career opportunities within Australia's maritime industry through hands-on STEM activities, virtual reality experiences and a visit to the Australian National Maritime Museum.

Our College hall was filled with music and enthusiasm as we hosted the Northern Beaches Precinct Primary Band Day. Students from our Catholic primary feeders schools joined together for a day of learning and performance, supported by Mater Maria students who served as mentors and role models. The event concluded with a lively concert for proud parents.

Year 7 students stepped back in time during an engaging History incursion, exploring Ancient Egypt, Medieval Europe and Japan through interactive presentations, artefacts and hands-on activities that brought historical learning to life.

Year 10 and 11 Drama students enjoyed a visit to Belvoir St Theatre to experience The Book of Everything, while our Year 12 students participated in the Mater Maria Vinnies Winter Sleepout. This meaningful experience encouraged empathy and awareness of homelessness while raising funds and support for the work of St Vincent de Paul.

Sporting opportunities also continued throughout the week, with students representing the College across basketball, soccer, rugby, athletics, golf, tennis, oztag and touch football competitions, developing teamwork, resilience and sportsmanship.

Finally, enrolment applications are now open for Year 7 2030. Families are reminded that Year 7 2027 and 2028 are currently at capacity, with waitlists in place. Further information is available at matermaria.nsw.edu.au/enrolments

We thank our parish community for your continued prayers and support.



Sacred Heart Catholic Primary School Week 7, Term 3

Last week, our Stage 1 students (Years 1 and 2) celebrated Family Mass at Sacred Heart Parish. It was heartening to see so many families, students, and parishioners gathered together in prayer and worship. Opportunities such as these strengthen the connection between our school, families, and parish community, and we thank everyone who participated. We are also proud of the many students who recently represented Sacred Heart in the Catholic Schools Broken Bay Religious Creative Arts Competition. Students shared their faith through a variety of creative expressions, including dance, visual arts, speeches, and original music compositions, all centred on the theme of Faith. Their creativity, talent, and willingness to share their beliefs through the arts were truly inspiring. Overall, it has been another vibrant week at Sacred Heart, filled with opportunities to celebrate learning, faith, creativity, and community. We thank our staff, students, families, and parish community for their continued support and involvement in the life of our school.



New Principal Leadership Arrangements for Our Parish Schools

Catholic Schools Broken Bay is introducing a one parish, one principal model for our two parish primary schools. Under this arrangement, one principal will lead both schools, supported by each school's Assistant Principal and local leadership team.

This is a change to principal leadership only; the schools are not amalgamating. Each school will retain its name, identity, traditions and strong connection with our parish and local community. Teaching, learning, student wellbeing and daily operations will continue, with the principal visible, connected and available across both sites.

The model supports sustainable, affordable Catholic education, keeps investment focused on students and learning, strengthens leadership collaboration and deepens the relationship between parish and school. Following the appointment announcement, the principal will write to both communities and provide opportunities to build relationships with current families and those joining next year. Families will continue to receive information and support as transition plans are implemented in preparation for 2027. Please contact your school directly with any questions.



PARISH DIRECTORY

PITTWATER PARISH



1 Keenan Street
Mona Vale NSW 2103



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
Belinda Cimino
Tel 9157 0999 ext 30
office@pittwaterparish.org



ADMINISTRATIVE ASSISTANT
Shereae Knight
Tel 9157 0999 ext 30
office@pittwaterparish.org



PARISH BOOKKEEPER
Suzy Caruso
Tel 9157 0999 ext 30
accounts@pittwaterparish.org



**MEDIA & COMMUNICATIONS
COORDINATOR**
Conille Felias
Tel 9157 0999 ext 31
media@pittwaterparish.org



DIRECTOR OF MUSIC
Monique Reeves
Tel 9157 0999 ext 17
music@pittwaterparish.org



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



SCHOOLS
SACRED HEART SCHOOL, Mona Vale
Tel 8197 6900
Principal: Ms Louise O'Brien



MARIA REGINA SCHOOL, Avalon
Tel 7256 2138
Principal: Ms Kirsty Thorpe

MATER MARIA CATHOLIC COLLEGE, Warriewood
Tel 7256 2100
Principal: Mr Anthony Mahoney

*Rejoice and be glad,
because great is your reward in heaven.*

Matthew 5:12

Welcome to Pittwater Parish

Heavenly Father, we thank You for welcoming these new members into our Parish Family. Fill their hearts with Your Holy Spirit and guide our community to support them with love.

for the Sacrament of Baptism

LUELLA ROSE CREVANI
FLEUR FRANCESCA CREVANI
at Sacred Heart Church,
Mona Vale on
2nd August 2026

CELINA FLORA KATHERINE CIRILLO
OAKLEY GUTTENBEIL
COCO ROSE GUTTENBEIL
at Maria Regina Church,
Avalon on
16th August 2026

WILLIAM COL CONNOLLY
on
16th August 2026

LOUIE ROBINSON DE BRINCAT
XAVIER RICHARD DARRELL ROBINSON
TARA JOY SYKES
BAILEY BEN ILLINGWORTH
SEBASTIAN EMIL WATENE
at Sacred Heart Church,
Mona Vale on
23rd August 2026



RCIT

Rite of Christian Initiation of Teenagers

for the Sacraments of Baptism,
Confirmation & First Holy Eucharist

PADDY BYRON WILKINSON
MASON THOMAS WHITEFORD

for the Sacraments of Confirmation
& First Holy Eucharist

SARAH JANE CIRILLO
FYNN NELVING GODBEER
JULIA TAMASHIRO MOTTA
at Sacred Heart Church,
Mona Vale on
30th August 2026



WORLD DAY OF MIGRANTS & REFUGEES (International Night)

SATURDAY, 26TH SEPTEMBER
After the 5 pm Mass
Sacred Heart Church, Mona Vale
*Everyone is invited to join us in celebrating the Diversity of our Parish Family.
Come and be nourished spiritually then proceed to the*
Sacred Heart Church Parish Centre
*to come together by sharing our different cultures through FOOD and great company.
Please RSVP by 25th September.*

*SIGN UP SHEET is provided at the back pews of the Church
SPECIFY YOUR DISH IF SAVOURY OR SWEET*

MASS SCHEDULE CHANGES

MARIA REGINA CHURCH, AVALON

Monday, 7 September- 8am Mass

Wednesday, 9 September- 8am
(Liturgy of the Word with Communion)

Thursday, 10 September- 10am Mass

Friday, 11 September- 8am
(Liturgy of the Word with Communion)

SACRED HEART CHURCH, MONA VALE

Tuesday, 8 September- 9:30am Mass
(Nativity of the Blessed Virgin Mary)

Wednesday, 9 September- 9:30am Mass

Thursday, 10 September- 7pm
(Liturgy of the Word with Communion)

Friday, 11 September- 9:30am Mass



*Tuesday, 9:30 am Mass,
Sacred Heart Church, Mona Vale*

8th September

NATIVITY OF THE BLESSED VIRGIN MARY

*O Mary, conceived without sin,
PRAY FOR US
who have recourse to thee!*

LOVE YOUR ENEMIES

THE MOST
REVOLUTIONARY,
WORLD-CHANGING
THING THE LORD
JESUS EVER SAID





**Prayer for our
First Eucharist
Candidates**

Please pray for the children who are preparing to receive their First Eucharist. They are now attending weekly preparation sessions and will receive the Eucharist at one of the following Masses:



Maria Regina Church, Avalon
 12 September at 6 pm
 13 September at 9 am



Sacred Heart Church, Mona Vale
 19 September at 5 pm
 20 September at 10 am
 20 September at 12 noon



ACBC Research into the First 10 Years of Marriage

Couples in their first 10 years of marriage are asked to contribute their valuable insights to a professional survey being funded by the Australian Catholic Bishops. All answers are anonymous and confidential, and participants can contact the researchers directly with any questions via the survey link at <https://thepmrc.org/survey>

The information gathered will inform pastoral responses and the development of resources for this vital stage of married life.

SO LOVE YOUR ENEMIES. DO GOOD TO THEM ...

LUKE 6:35

RCIA
RITE OF CHRISTIAN INITIATION OF ADULTS

Are you searching for something more?

Would you like to know more about being a Catholic or would you like to be one?

“Come back to me with all your heart.”
— Joel 2:12



RCIA is a journey of faith
A welcoming process for adults who are exploring the Catholic faith or who wish to become Catholic. Come, ask, explore and grow in faith in a supportive community.



DISCOVER
Ask questions and share



GROW
Deepen your faith



BELONG
Be part of our Catholic family



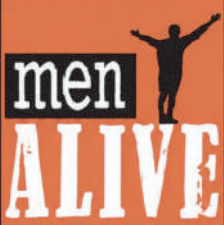
**WEDNESDAY,
16TH SEPTEMBER
AT 7 PM**

 **SACRED HEART CHURCH PARISH CENTRE**



Everyone is welcome

♥ COME AS YOU ARE. YOU ARE NOT ALONE ON THIS JOURNEY.





WE MEET
First & Third Tuesday of every Month at 7 pm



SACRED HEART PARISH CENTRE

A National Catholic Ministry for Men, founded out of a response to a great need in the hearts & lives of men & great need in the life of the Catholic Church.

ALL MEN ARE WELCOME

JOIN US – MEN'S FAITH GATHERING

We warmly invite all men of our parish & community to come together at 7:00 pm for an informal & faith-filled evening of conversation, reflection & brotherhood.



For any questions, contact
Joe Cilia - 0418 863 814



The *Living* Word

Entrance Antiphon Psalm 118:137, 124
You are just, O Lord, and your judgement is right; treat your servant in accord with your merciful love.

First Reading Ezekiel 33:7-9
A reading from the prophet Ezekiel
If you have not warned the wicked man, then I will hold you responsible for his death.

The word of the Lord was addressed to me as follows, 'Son of man, I have appointed you as sentry to the House of Israel. When you hear a word from my mouth, warn them in my name. If I say to a wicked man: Wicked wretch, you are to die, and you do not speak to warn the wicked man to renounce his ways, then he shall die for his sin, but I will hold you responsible for his death. If, however, you do warn a wicked man to renounce his ways and repent, and he does not repent, then he shall die for his sin, but you yourself will have saved your life.'

The word of the Lord

Responsorial Psalm Ps 94:1-2, 6-9. R. v.8
(R.) O that today you would listen to his voice! Harden not your hearts.

Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord. **(R.)**

Come in; let us bow and bend low;
let us kneel before the God who made us
for he is our God and we the people who
belong to his pasture, the flock that is led
by his hand. **(R.)**

O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my work.' **(R.)**

Second Reading Romans 13:8-10
A reading from the letter of St Paul to the Romans
Love is the fulfilment of the Law.

Avoid getting into debt, except the debt of mutual love. If you love your fellow men you have carried out your obligations. All the commandments: You shall not commit adultery, you shall not kill, you shall not steal, you shall not covet, and so on, are summed up in this single command: You must love your neighbour as yourself. Love is the one thing that cannot hurt your neighbour; that is why it is the answer to every one of the commandments.

The word of the Lord.



Gospel Acclamation 2 Corinthians 5:19

Alleluia, alleluia!

God was in Christ, to reconcile the world to himself; and the Good News of reconciliation he has entrusted to us.
Alleluia!

Gospel Matthew 18:15-20
A reading from the holy Gospel according to Matthew

If your brother or sister listens to you, you will have won that person back.

Jesus said to his disciples: 'If your brother does something wrong, go and have it out with him alone, between your two selves. If he listens to you, you have won back your brother. If he does not listen, take one or two others with you: the evidence of two or three witnesses is required to sustain any charge. But if he refuses to listen to these, report it to the community; and if he refuses to listen to the community, treat him like a pagan or a tax collector.

'I tell you solemnly, whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven.
'I tell you solemnly once again, if two of you on earth agree to ask anything at all, it will be granted to you by my Father in heaven. For where two or three meet in my name, I shall be there with them.'

The Gospel of the Lord.

Communion Antiphon Psalm 41:2-3
Like the deer that yearns for running streams, so my soul is yearning for you, my God; my soul is thirsting for God, the living God.

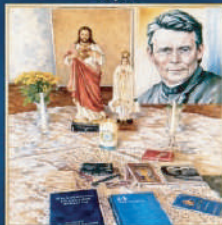
REFLECTION
by Dianne Bergant

It is difficult for leaders to call people to accountability. Such is the unenviable responsibility of pastors in the parish, coordinators of religious education, members of the parish council, principals in the school, directors of liturgical ministry, to name but a few. Disciples must also engage in the very difficult process of reconciliation. Differences of opinion, misunderstandings, and actual offences tend to alienate people. We see this happen in families, neighbourhoods, parish communities, workplaces. It is not enough to say that we must try to forgive from our hearts. The process of reconciliation requires significant movement toward the admission of guilt as well. Both the one offended and the offender must be willing to be transformed. Gathering two or three together in prayerful collaboration is not as easy as it sounds. If collaboration is to be effective, we have to be open and honest

about our opinions and our biases, and respectful of the opinions and biases of others. We must work for the common good and not merely for what we personally think is best. We must be willing to accept and implement decisions with which we may not totally agree, and we must live with them gracefully. All of this calls for unselfish love. Love fulfils the entire law only: when we honour our personal commitments and the personal commitments of others; when we value the life, dignity and reputation of others; and when we respect their possessions. It is only because love is so demanding that it covers all of our responsibilities.

© Dianne Bergant CSA

BLESSED FRANCIS JORDAN PRAYER GROUP



Come and spend time in prayer, reflection and devotion to our Blessed Mother and Blessed Francis Mary of the Cross Jordan as we gather together to deepen our faith and seek their loving intercession.

We warmly invite everyone to join us weekly.

AFTER THE 9:30 AM MASS, ON WEDNESDAYS

PARISH MORNING TEA GATHERING

Everyone is welcome to join.

Every month after the 8 am Mass on the 1st Sunday and after the 10 am Mass on the 3rd Sunday at **SACRED HEART CHURCH, MONA VALE**

Last Sunday after the 9 am Mass at the front of **MARIA REGINA CHURCH, AVALON**

PRO CLEAN

PROFESSIONAL SERVICES
ECO FRIENDLY STEAM & DRY

- * CARPET
- * AREA RUG
- * UPHOLSTERY
- * LEATHER
- * PROTECT SEAL
- * TILE N GROUT
- * HARD FLOORS
- * STAIN REMOVAL

Please Contact us on
0414 668 942 or
0451 307 909
PROCLEANONE@GMAIL.COM
GOOGLE>PROCLEANONE



PRIME VISION

PROPERTY MAINTENANCE

FREE QUOTE
0433 321 448

A Wide Range of Services from Expert Cleaners
We know how important it is to keep your windows squeaky clean and your property looking like new. That's why we offer a comprehensive range of property and window cleaning services to clients around Sydney. With the help of traditional methods and modern technologies, our cleaners can assist with:

Window cleaning (traditional, pure-water and abseiling)
HIGH PRESSURE CLEANING
HOUSE SOFT WASHING
GUTTER CLEANING
SOLAR PANEL CLEANING



Electrical
Plumbing
Air Conditioning.

Ph:(02) 9905 8800

We turn up,
Clean up &
Guarantee our
Work !!!

GET
IN TOUCH
TODAY



WILSON FAMILY FUNERALS

CALL 02 9913 7131

Locally Australian family
owned and operated
Available 24/7



Ann, John and Kate of Wilson Family Funerals

Personally talk to Ann Wilson and her team

- Decades of experience caring for Northern Beaches and North Shore families
- A meaningful service uniquely personal to a family's needs and wishes
- Pre-paid funeral plans
- Care, compassion, love, understanding and support

Suite 3, 1440 Pittwater Rd,
North Narrabeen, Sydney

wilsonfamilyfunerals.net.au



KMK PAINTING

QUALITY PAINTING DONE RIGHT, EVERY TIME

20+
YEARS
EXPERIENCE

- ✓ Interior & Exterior Painting & Decorating
- ✓ High pressure washing
- ✓ Waterproofing services
- ✓ Dulux Accredited Painters

10%
DISCOUNT
FOR SENIORS

GOOGLE
BUSINESS REVIEWS
5.0 ★★★★★

CALL KRIS DIRECT:

0408 668 816

Fully Insured
LICENCE 745995

SERVICING
EASTERN SUBURBS &
NORTHERN BEACHES



DOM VELCIC & CO

Litigation Lawyers

Wills & Probate • Family Law



1300 557 243

Practical legal advice for individuals and
families delivered with care and integrity

Sydney. St Leonards. Warriewood. 0410 270 730



Every Girl. Everywhere. Period.

To find out
more, call

Tamara

0403226699

ORTHOPAEDIC REHABILITATION

Shoulder, Hip and Knee Joints
Physiotherapy and Home Visits

Angela Shanahan B.App.Sc(Physiotherapy)

0416 227 820

amsphys1@gmail.com



**Your trusted
Funeral Directors on the
Northern Beaches**

ANN WILSON FUNERALS

Proudly Local. Available 24/7

Dee Why 9971 4224 | Mona Vale 9979 5978

annwilsonfunerals.com.au



**Part of the local
community since 1957**

51 Basset St, Mona Vale
Ph: 9999 3340
49 Avalon Pde, Avalon
Ph: 9918 3315

**JOHNSON BROS.
MITRE 10**



Join us at our Play Group
to connect with other
parents and make new
friends.
Stay for a cup of tea
or coffee
Everyone is welcome.

MONDAYS

9:30 - 11:30

(SCHOOL TERM)

Please CONTACT

NIKKI - 0481 009 376

Newport **Gentle Dental Care**

Dr Wael Wasef
02 9997 5848

- | | |
|--------------------|-----------------------------|
| ☞ Scale & Clean | ☞ Root Canal Therapy |
| ☞ White Fillings | ☞ Tooth Extraction |
| ☞ Whitening | ☞ Dentures |
| ☞ Crowns & Bridges | ☞ Oral Hygiene Instructions |
| ☞ Occlusal Splints | ☞ Mouth Guards |
| | ☞ Veneers |

The Northern Beaches only local family
owned and operated funeral company



With over 35 years experience
we can guide you with
sensitivity and respect
your loved one deserves.

24 hr professional service
Pre-paid funerals
Unique funerals a speciality

9999 5211

www.peninsulafunerals.com.au

Purveyor of Specialty Coffees



*"use our 10% discount code
on checkout parish10 with
all coffee bean orders"*

Driven by a passion for community
& quality

**Award winning coffee
beans available online**
www.coffeebros.com.au

PITTWATER PHARMACY COMPOUNDING CHEMIST



Ralph Papandrea
B.PHARM (Hons) MSc. MPS
Len Papandrea
B.PHARM. MPS
Sam Papandrea
B.PHARM. MPS
Andrew Snow
B.PHARM. MPS

1771 Pittwater Road
Mona Vale 2103
Ph: 9999 3398
Fax: 9999 3910

FINE WINE, SPIRITS & BEER

FLEET STREET

MERCHANTS

PAUL BOTTERO

1755 Pittwater Road
Mona Vale NSW 2103

Phone: 9999 3055
Fax: 9999 3055

ACTIVE PILATES
Excellence in Pilates

**Move with
Confidence.**

Live with Wellbeing

**SUPPORTIVE &
EXPERIENCED
TEACHERS**

**SAFE, CALM &
WELCOMING
ENVIRONMENT**

**CARING
COMMUNITY**

Supported. Empowered. Active for life.

PHONE 0431 829 279
EMAIL hello@activepilates.co
WEBSITE activepilates.co
ADDRESS Shop 9/3-5 Bungan St
Mona Vale, NSW 2103

