



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

Remember that the more you rescue souls, the greater your crown becomes.

Prayer for FORGIVENESS and Peace

Lord, we give You glory and praise for all the blessings in our lives.

Thank You for Your love, mercy and grace.

Jesus, please forgive us for our unfaithfulness, our lies and the mistakes of our past.

Forgive us for failing to trust You and for forgetting that You created us with purpose. Father, we place this situation in Your hands.

Give us Your peace that surpasses all understanding.

Heal the hearts of those who have been hurt, especially the innocent who have suffered because of our actions.

Help us to accept responsibility, to walk in truth and to trust Your plan for our lives.

We ask for Your forgiveness, healing and guidance. Through Jesus Christ, our Lord. Amen.

FORGIVE YOUR NEIGHBOUR'S FAULTS
AND WHEN YOU PRAY,
YOUR SINS WILL BE FORGIVEN.
Sirach 28:2



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, so that everyone may have equal access to it.

Follow us on
facebook

Pittwater
Catholic Parish



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

JAGODA OLIVARI

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 Sanctifier
by: Archbishop Luis M. Martinez



This book is one of the most formidable books on the Holy Spirit. Part 1 covers True Devotion to the Holy Spirit; Part 2: The Gifts of the Holy Spirit; Part 3: The Fruit of the Spirit; Part 4: The Beatitudes.



LITURGY FOR THE WEEK

14/09 Monday, the Exaltation of the Cross
Num 21:4-9; Jn 3:13-17

15/09 Tuesday, Our Lady of Sorrows
Heb 5:7-9; Jn 19:25-27

16/09 Wednesday, Sts Cornelius & Cyprian
1 Cor 12:31 - 13:13;
Lk 7:31-35

17/09 Thursday, Ordinary
Time 24
1 Cor 15:1-11; Lk 7:36-50

18/09 Friday, Ordinary Time 24
1 Cor 15:12-20; Lk 8:1-3

19/09 Saturday, Ordinary Time 24
1 Cor 15:35-37, 42-49;
Lk 8:4-15



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 8

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

At this week's College Advisory Board Meeting, the Executive Team reviewed submissions from our Year 12 students outlining their contributions to the College, parish and wider community throughout the year. One student will be recognised with the College's prestigious Mission Award at the upcoming Graduation Ceremony. Presented annually by the College Board Director, this award celebrates a student's outstanding commitment to service, leadership and the values that underpin our Catholic community.

We also held the Discernment of Ministries for our incoming 2027 College Prefects. These student leaders have been nominated to serve in key areas including the arts, community, house, liturgy, social justice, stewardship and sport. As senior leaders, they will inspire and support their peers while leading with integrity, compassion and purpose.

Our Year 11 Studies of Religion students participated in an engaging Islam Incursion, providing valuable insights and consolidating key syllabus content through authentic learning experiences. Meanwhile, Year 12 Entertainment students enjoyed a unique opportunity to visit Channel 10 Studios and be part of the audience for Shaun Micallef's new comedy quiz show. The excursion offered valuable industry insights and served as a practical case study as students prepare for their upcoming HSC examinations.

The HSC examination season has now commenced, with our Year 12 Music students performing their practical programs for HSC examiners this week. We congratulate these students on the dedication and commitment they have demonstrated in preparing for this important milestone and keep all our Year 12 students in our prayers as they begin their final assessments.

Sport has been in full swing. Students proudly represented the College in Peninsula Cup soccer and rugby, Broken Bay AFL, and the weekly MWBA Basketball Competition, demonstrating teamwork, resilience and sportsmanship. Year 11 students concluded their SLR 1 Unit course with a beach volleyball competition, showcasing both skill and enthusiasm.

We also congratulate the students selected to compete at the NSW High School Championships following their success at the NSWCCC tournament. This prestigious event brings together leading school teams from across CHS, CSNSW and CIS, with participants competing for the opportunity to progress to the Gallipoli Youth Cup, where they will face some of the best school teams from around Australia.

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 and Round 2 enrolment interviews for Year 7, 2029 are now taking 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 8, Term 3

This week, Sacred Heart has been excitedly preparing for our school musical, Charlie and the Chocolate Factory, which will be performed in Week 9. Students and staff have been working enthusiastically behind the scenes, and we look forward to sharing this wonderful production with our community.

On 10 September, we celebrated R U OK? Day and our Semester 2 Friendship Day, with students wearing a touch of yellow to promote kindness, connection and wellbeing. Through our ongoing URSTRONG Friendship Program, students continue to develop positive friendship skills while living out our core values of service, justice, respect and compassion. Our Year 4 students also attended their Retreat at the Royal Botanic Garden Sydney. Accompanied by their parents, students reflected on God's presence in creation and deepened their faith through prayer, reflection and community.



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**

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



Remembering Blessed Francis Jordan on the 108th Anniversary of his Death

Last Tuesday, 8th September, we remembered Blessed Francis Mary of the Cross Jordan, founder of the Salvatorians, on the 108th anniversary of his death in 1918. More than a century later, his vision continues to live on through the worldwide Salvatorian Family and in our shared mission to make known the goodness and kindness of God, our Saviour.

As we remember Blessed Francis Jordan with gratitude, we entrust him, and all those who have gone before us, to the loving mercy of our Saviour.

Blessed Francis Jordan, pray for us, that we may continue the mission you began with courage, faith, and trust in God.

The Seven Sorrows of Mary

15th September

Memorial of Our Lady of Sorrows

1st. The Prophecy of Simeon

2nd. The Flight Into Egypt

3rd. The Loss of Jesus
in the Temple

4th. Mary Meets Jesus
on the Way to Calvary

5th. Mary Stands at the
Foot of the Cross

6th. Mary Receives
the Dead Body of Jesus

7th. The Body of Jesus
is Placed in the Tomb



Mater Dolorosa, Ora Pro Nobis

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



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?



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.

Order Your 2027 Daily Mass Book



Price
\$33

Parishioners are invited
to order their copy of
the 2027 Daily Mass Book.

Please place your order by
Friday 23rd October 2026.

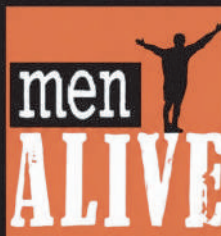
✦ Orders through the Parish Office. ✦

A deeper encounter with Christ each day.

Exaltation of the Holy Cross

- 1 Saint Helena, in the 4th century, found the Holy Cross in Jerusalem.
- 2 In the year 614, the Persians took it as a war trophy.
- 3 Emperor Heraclius recovered it and brought it back to Jerusalem on September 14, 628.
- 4 The wood was divided into parts, sending fragments to Rome, Constantinople, and Jerusalem.
- 5 Splinters were distributed to churches all over the world, known as the "relics of the True Cross."

**MONDAY, 14TH SEPTEMBER, 8AM MASS AT
MARIA REGINA CHURCH, AVALON**



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 Sirach 36:18
Give peace, O Lord, to those who wait
for you, that your prophets be found true.
Hear the prayers of your servant, and of
your people Israel.

First Reading Sirach 27:30 – 28:7
**A reading from the book of
Ecclesiasticus**
*Forgive your neighbour's faults and
when you pray, your sins will be
forgiven.*

Resentment and anger, these are foul things, and both are found with the sinner. He who exacts vengeance will experience the vengeance of the Lord, who keeps strict account of sin. Forgive your neighbour the hurt he does you, and when you pray, your sins will be forgiven. If a man nurses anger against another, can he then demand compassion from the Lord? Showing no pity for a man like himself, can he then plead for his own sins? Mere creature of flesh, he cherishes resentment; who will forgive him his sins? Remember the last things, and stop hating, remember dissolution and death, and live by the commandments. Remember the commandments, and do not bear your neighbour ill-will; remember the covenant of the Most High, and overlook the offence.

The word of the Lord

Responsorial Psalm
Ps 102:1-4, 9-12. R. v.8
**(R.) The Lord is kind and merciful;
slow to anger and rich in compassion.**

My soul, give thanks to the Lord, all my being, bless his holy name. My soul, give thanks to the Lord and never forget all his blessings. **(R.)**

It is he who forgives all your guilt, who heals every one of your ills, who redeems your life from the grave, who crowns you with love and compassion. **(R.)**

His wrath will come to an end; he will not be angry for ever. He does not treat us according to our sins nor repay us according to our faults. **(R.)**

For as the heavens are high above the earth so strong is his love for those who fear him. As far as the east is from the west so far does he remove our sins. **(R.)**

Second Reading Romans 14:7-9
A reading from the letter of St Paul to the Romans
Whether alive or dead, we belong to the Lord.

The life and death of each of us has its influence on others; if we live, we live for the Lord; and if we die, we die for the Lord, so that alive or dead we belong to the Lord. This explains why Christ both died and came to life, it was so that he

might be Lord both of the dead and of the living.

The word of the Lord.

Gospel Acclamation John 13:34

Alleluia, alleluia!
I give you a new commandment:
love one another as I have loved you.
Alleluia!

Gospel Matthew 18:21-35
**A reading from the holy Gospel
according to Matthew**
*I tell you that you forgive not seven times
but seventy times seven.*

Peter went up to Jesus and said, 'Lord, how often must I forgive my brother if he wrongs me? As often as seven times?' Jesus answered, 'Not seven, I tell you, but seventy-seven times. 'And so the kingdom of heaven may be compared to a king who decided to settle his accounts with his servants. When the reckoning began, they brought him a man who owed ten thousand talents; but he had no means of paying, so his master gave orders that he should be sold, together with his wife and children and all his possessions, to meet the debt. At this, the servant threw himself down at his master's feet. "Give me time," he said "and I will pay the whole sum." And the servant's master felt so sorry for him that he let him go and cancelled the debt. Now as this servant went out, he happened to meet a fellow servant who owed him one hundred denarii; and he seized him by the throat and began to throttle him. "Pay what you owe me", he said. His fellow servant fell at his feet and implored him, saying, "Give me time and I will pay you." But the other would not agree; on the contrary, he had him thrown into prison till he should pay the debt. His fellow servants were deeply distressed when they saw what had happened, and they went to their master and reported the whole affair to him. Then the master sent for him. "You wicked servant," he said. "I cancelled all that debt of yours when you appealed to me. Were you not bound, then, to have pity on your fellow servant just as I had pity on you?" And in his anger the master handed him over to the torturers till he should pay all his debt. And that is how my heavenly Father will deal with you unless you each forgive your brother from your heart.'

The Gospel of the Lord.

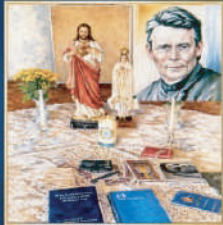
Communion Antiphon Psalm 35:8
How precious is your mercy, O God!
The children of men seek shelter in the
shadow of your wings.

REFLECTION by Dianne Bergant

A distinctive feature of the teachings of Jesus is his exhortation to forgive. Very explicit about this, Jesus left us his own example by forgiving his executioners while he hung dying on the cross. Until recently we thought that forgiveness begins with the offender repenting of the offence and then asking for pardon. Today many maintain that reconciliation must begin with the one offended offering forgiveness. This willingness to forgive transforms a victim into a survivor. Such magnanimity might then touch the heart of the offender, who may thus be transformed from being an offender to becoming a friend. If God has been so generous in forgiving us, surely we should be generous in forgiving others. The process of becoming a forgiving person takes time. For some, it may take a lifetime. Only little by little are our pettiness and indignation reduced and our desire to strike back diminished. Still, as disciples, we are expected to give the forgiveness that we have been given. Such forgiveness does not provide an easy way out for offenders, for ultimately justice will prevail. If we remain untransformed by God's forgiveness of us, we will be liable to judgment. Our unwillingness to forgive can eat away at us, and we can carry hurts from childhood far into adult years. Forgiving others, as difficult as that may be, is in the long run much easier than bearing the weight of resentment, vindictiveness and unresolved frustration. When we forgive we truly begin to be healed.

© 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**

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

