



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

Do not lose heart, even if you are humiliated greatly. Have confidence in the Lord and strive for holiness.

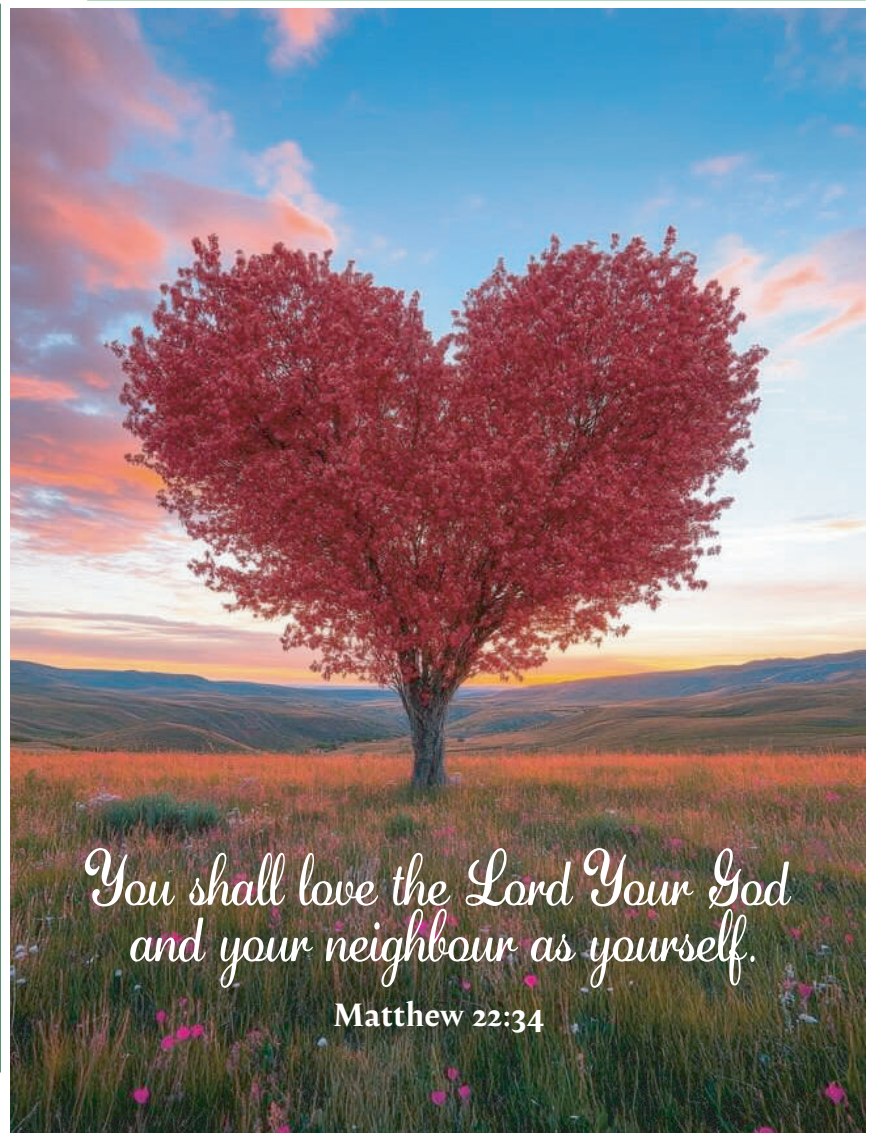
Prayer to *Love* and SERVE

O Lord,
in Your infinite wisdom and
boundless love,
You have called us to love
and serve one another
as You have loved us.

We come before You,
our hearts open and ready
to receive Your guidance
and strength to fulfill
this command.

Teach us to love not
just in words,
but in action and truth.
Instil in us a heart that sees
beyond the surface,
recognising the need,
the hurt and the longing
in those around us.

Grant us the courage to
step out of our comfort zones,
to serve others with
humility and grace,
reflecting Your love in
every interaction.
Through Christ our Lord.
Amen.



*You shall love the Lord Your God
and your neighbour as yourself.*

Matthew 22:34



Pittwater Catholic Church



Follow Us on



Catholic Parish
Pittwater



POPE LEO'S PRAYER INTENTION FOR *October*

For Mental Health Ministry

Let us pray that the mental health ministry be established throughout the Church, helping to overcome the stigma and discrimination of persons with mental illnesses.

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 - 8.00 am

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

NOEL REILLY

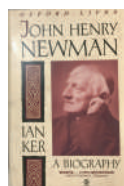
Prayer for the SICK

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

ANNA ŚMIGOWSKA
LILY JANOSIK
MAUREEN LARIOS
ELAINE BOYES
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
THERESE KEANE
MARTA BIZUBOVA
LIAM GAVIN
RICHARD LIM
JAMIE CONNOLLY
AMADEA LUONG
ALFRED FIELD
FRANK KELLENDONK
NAZARENO CIRILLO
GARY O'BRIEN
DAVID WEST

BOOK REVIEW

**John Henry Newman-
A Biography**
by: Ian Kerr



This is the first full-length biography to pay equal attention to both Newman's achievements as a thinker and writer and his personal life story. A very splendid book.....gripping.



LITURGY FOR THE WEEK

26/10 Monday, Ordinary Time 30
Eph 4:32 - 5:8; Lk 13:10-17

27/10 Tuesday, Ordinary Time 30
Eph 5:21-33; Lk 13:18-21

28/10 Wednesday, Sts Simon and Jude
Eph 2:19-22; Lk 6:12-19

29/10 Thursday, Ordinary Time 30
Eph 6:10-20; Lk 13:31-35

30/10 Friday, Ordinary Time 29
Phil 1:1-11; Lk 14:1-6

31/10 Saturday, Ordinary Time 30
Phil 1:18-26; Lk 14:1, 7-11



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.



**MATER MARIA
CATHOLIC COLLEGE**

Term 4 Week 2

We continue to keep our Year 12 2026 students in our prayers as they sit their HSC examinations. This is a significant time, filled with challenges that require strength, focus and commitment. These exams provide students with the opportunity to demonstrate the knowledge and skills they have developed throughout their years at Mater Maria Catholic College. Please remember them in your thoughts and prayers over the coming weeks.

Music Elective students in Years 9 and 12 took part in All Hands On Drums, a fun and engaging workshop led by Tom Harding. Students learned drumming techniques, developed their rhythmic skills and enjoyed making music together.

Our talented Year 12 musicians also performed two lunchtime concerts, sharing their musical gifts with the school community and showcasing the dedication and passion they have developed throughout their studies.

Year 9 students undertaking the Cross Campus Centre Stage 5 Japanese Experience (JPEx) course travelled to Chatswood to record their podcast assessment task in a professional recording studio. Following the recording session, students participated in the JPEx Chatswood Challenge Workshop, completing a series of team-based activities linked to Japanese businesses and culture in the Chatswood precinct.

Faith Fridays continue to be a treasured part of College life, providing students with a welcoming space for prayer, reflection and connection. Hosted each Friday by our student prefects, these vibrant gatherings bring students together in the Chapel and Courtyard through faith, music and fellowship, fostering a strong sense of community and belonging.

Sport has been in full swing this term, with students participating in the weekly MWBA basketball competition, the Broken Bay Boys AFL Gala Day, and the Downie Trophy Cricket Knockout Competition against Catholic schools across NSW. Students have represented the College with great sportsmanship, determination and enthusiasm.

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 www.matermaria.nsw.edu.au/enrolments.

The Lord will
fight for you;
you need only
to be still.



Exodus 14:14

In Loving Memory

It is with deep sadness that we announce the passing of our beloved parishioner

NOEL REILLY

who was a faithful and devout member of our parish community.

We extend our heartfelt prayers and deepest sympathies to his family and loved ones during this difficult time.

Noel's Requiem Mass

will be held on

WEDNESDAY, 28TH OCTOBER

AT 11AM,

**SACRED HEART CHURCH,
MONA VALE**

All is welcome to attend the Reception
after the Mass at
MONA VALE GOLF CLUB

WHY WE MUST SAY THE ROSARY

The Rosary is a powerful prayer that:

- * **Bring Peace to the Heart**
Calms the soul and fills us with the peace of Christ.
- * **Helps us Meditate on the Life of Jesus**
Leads us through the Joyful, Luminous, Sorrowful and Glorious mysteries.
- * **Draw us Closer to Mary**
Deepens our relationship with the Mother of God who intercedes for us.
- * **Give us Strength in Difficult Times**
Provide spiritual courage and consolation in trials.
- * **Fills Daily Life with Grace**
Invites the grace of God into our ordinary moments.



Pray the Rosary
with Faith and let
Mary lead you to
her Son.

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



ONE IN CHRIST
UNITED IN
Mission
100 YEARS OF WORLD MISSION SUNDAY

**catholic
mission**

Freecall: 1800 257 296
catholicmission.org.au/unity



Thank You

For your generous support of the Church in Malawi, and the communities it serves. Because of your kindness, children like Yamikani will have greater access to education, nourishment and the opportunity to build a hopeful future.

Thank you again for your compassion and please keep this impactful work in your prayers.

BOOK OF *Remembrance*

NOVEMBER: A Special Time to Pray for the Faithful Departed

November is a special month in the Catholic Church when we remember and pray for our deceased loved ones. As we celebrate All Saint's Day and All Soul's Day, we are reminded of our communion with those who have gone before us in faith and our hope in the promise of eternal life.

Let us take this month to remember our departed family members and friends and all the faithful departed in our prayers.

If you would like the **NAMES** of your **Deceased Loved Ones, Relatives or Friends** published in our "Book of Remembrance", please fill in the **November Offerings** envelopes and drop it in the Parish Office or put it in the collection during the weekend Masses.

Each day in November, a Mass will be offered for all the names published in our "Book of Remembrance".



November Offerings

Dear Father,
Please offer a Mass for the souls of _____

for the month of November.

Requested by: _____

If paying via the QR Code, please tick the "Message Box" and enter the names of the deceased loved ones you wish to be remembered at Mass throughout November.

PAID VIA
☐ QR Code
☐ Cash
☐ Card

Envelopes are available at the back of the Church.

WHY CARRYING A ROSARY MATTERS



A Constant Reminder

A Spiritual Anchor

A Sign of Identity

A Weapon of Grace

A Path to Transformation

"The Rosary is the prayer of the heart. It is the prayer that unites us to the Heart of Mary and through her to the Heart of Jesus." – Sister Lucia

My command is this:

Love each other
as I have loved you.

JOHN 15:12



YOU ARE INVITED TO
SEMINARIANS' BENEFIT GALA DINNER:

ANSWERING THE CALL

FRIDAY 6TH NOVEMBER 6:30PM-11:30PM
THE EPPING CLUB, 45-47 RAWSON ST, EPPING 2121



CATHOLIC
DIOCESE OF
BROKEN BAY



VOCATIONS
CATHOLIC DIOCESE OF BROKEN BAY

PLEASE REGISTER VIA THE QR CODE

MBB FORMATION DAY

Sing TO THE LORD

BE ENRICHED
BY THE CHURCH'S
TREASURY OF MUSIC.
BE RENEWED
IN YOUR LOVE OF THE
LITURGY.

SATURDAY
14 NOVEMBER 2026
9:30AM - 3:00PM

CAROLINE
CHISOLM CENTRE,
PENNANT HILLS

REGISTER:



CATHOLIC
DIOCESE OF
BROKEN BAY

St Cecilia by Guido Reni 1606



Jesus is THE DOCTOR & THE MEDICINE

Experience the Healing Ministry
FR ROZO PALIC

Healing Mass / Talk / Adoration / Prayer / Blessing
PLEASE BRING WATER, SALT, OIL and SACRAMENTALS
to be BLESSED

*"The resurrection of Christ is the most beautiful
thing in our faith. Jesus truly rose and this is the
source of our meaning of life and also of our hope."*

Fr Rozo Palic

Monday, 2 November
at 6 pm,
Sacred Heart Church,
Mona Vale



SCAN
FOR
LOCATIONS
& DETAILS

Rosary by the BEACH

**Saturday,
31st October**

at

**Governor Philip Park
Beach Road, Palm Beach
(Northern End, Beachside)**

FREE BBQ BREAKFAST from
7:30 am to 8:30 am followed by
PRAYING THE ROSARY

• A Call to Prayer for Peace •

All parishioners are warmly invited to join us
for this special gathering. Let us come together
in faith and unity as we lift our hearts in prayer.

We will begin with a time of fellowship and
nourishment, followed by the recitation of the Holy
Rosary as we intercede for peace in the world, in
our communities and in our hearts.



Please RSVP by Wednesday, 21st October
for catering purposes.



Contact the Parish Office on 9517 0999 or
write your name on the Sign Up sheet at
the back of the Church.

PITTWATER PARISH

ALL SAINTS DAY Celebration

Come and join us for a fun-filled parish
celebration of **All Saint's Day!**
We'll begin with **Mass**, with a **colourful
procession of children dressed as their
favourite saints.**

After the procession, the fun continues with
a **BBQ, games, activities and prizes for the
best dressed saint costumes.**



SUNDAY 1ST NOVEMBER 2026

6:00pm Mass
Sacred Heart Church, Mona Vale



BBQ



GAMES



ACTIVITIES



**PRIZES
for the best
dressed saints!**



Please write your name on the list provided
at the back of the church if you would like to attend.



World Youth Day SEOUL 2027

Young adults aged 18 and over are invited to join the
Salvatorian group travelling with the
Diocese of Bunbury to World Youth Day in
Seoul, South Korea, in 2027.

The pilgrimage offers a wonderful opportunity to
deepen your faith, meet young Catholics from around
the world and celebrate the joy of belonging to the
universal Church. The journey will also include a
mission trip, serving alongside our brothers and
sisters in need.

Proposed dates are **27 July - 11 August 2027**,
with an estimated cost of **\$7,000**.

Dates and costs are subject to change.

**Expressions of interest are open until
9 November.**

Please email your expression of interest to
spirituality@sds.org.au

with the subject line **WYD2027**. You will then
receive information about a Zoom meeting, where
further details about the pilgrimage will be shared.

Take the first step towards this exciting
journey with Christ

The *Living* Word

Entrance Antiphon Psalm 104:3-4
Let the hearts that seek the Lord rejoice;
turn to the Lord and his strength;
constantly seek his face.

First Reading Exodus 22:20-26
A reading from the book of Exodus
If you are harsh with the widow or the orphan, my anger will rage against you.

The Lord said to Moses, 'Tell the sons of Israel this, "You must not molest the stranger or oppress him, for you lived as strangers in the land of Egypt. You must not be harsh with the widow, or with the orphan; if you are harsh with them, they will surely cry out to me, and be sure I shall hear their cry; my anger will flare and I shall kill you with the sword, your own wives will be widows, your own children orphans."

"If you lend money to any of my people, to any poor man among you, you must not play the usurer with him: you must not demand interest from him."

"If you take another's cloak as a pledge, you must give it back to him before sunset. It is all the covering he has; it is the cloak he wraps his body in; what else would he sleep in? If he cries to me, I will listen, for I am full of pity."

The word of the Lord

Responsorial Psalm

Ps 17:2-4. 47. 51. R. v.2

(R.) I love you, Lord, my strength.

I love you, Lord, my strength,
my rock, my fortress, my saviour.
My God is the rock where I take refuge;
my shield, my mighty help, my stronghold.
The Lord is worthy of all praise: when I call I am saved from my foes. **(R.)**

Long life to the Lord, my rock!
Praised be the God who saves me.
He has given great victories to his king
and shown his love for his anointed. **(R.)**

Second Reading 1 Thessalonians 1:5-10
A reading from the first letter of St Paul to the Thessalonians
You turned away from idols to serve God and await his Son.

You observed the sort of life we lived when we were with you, which was for your instruction, and you were led to become imitators of us, and of the Lord; and it was with the joy of the Holy Spirit that you took to the gospel, in spite of the great opposition all round you. This has made you the great example to all believers in Macedonia and Achaia since it was from you that the word of the Lord started to spread – and not only throughout Macedonia and Achaia, for the news of your faith in God has spread everywhere. We do not need to tell other people about it: other people tell us how we started the work among you, how you broke with idolatry when you were converted to God and became servants of the real, living God; and how you are

now waiting for Jesus, his Son, whom he raised from the dead, to come from heaven to save us from the retribution which is coming.

The word of the Lord.

Gospel Acclamation John 14:23
Alleluia, alleluia!

All who love me will keep my words,
and my Father will love them and we will come to them.
Alleluia!

Gospel Matthew 22:34-40
A reading from the holy Gospel according to Matthew

You shall love the Lord your God and your neighbour as yourself.

When the Pharisees heard that Jesus had silenced the Sadducees they got together and, to disconcert him, one of them put a question, 'Master, which is the greatest commandment of the law?' Jesus said, 'You must love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second resembles it: you must love your neighbour as yourself. On these two commandments hang the whole Law, and the Prophets also.'

The Gospel of the Lord.

Communion Antiphon Psalm 19:6
We will ring out our joy at your saving help and exult in the name of our God.

REFLECTION
by Dianne Bergant

Our religious tradition is founded on love. Actually, life itself is grounded in love. We may not always feel this love, but if we allow ourselves to reflect on life, we will realise this truth. We have been called into being by God's love; and we will only be happy if we live in that love. Thus, when we are directed to love God and love one another, we are not being asked to do something contrary to our nature. Rather, we are being told to live in accord with that nature. We come from God who is love, and so it is in our very nature to love and to be loved. We may sometimes think that it is easier to love God than to love others. It may actually be just the opposite. Other people are tangible. We can see and hear them, interact with them. Their influence in our lives can permeate our consciousness. That is not the way it is with God. Like Moses on the mountain, we can only see the traces of divinity as God passes by (see Ex 33:23). However, we show that we love God in the way we love our neighbour.

Love, the foundation of the reign of God, is contagious. When we love others, the reign of God spreads throughout the

world. The compassion that we show toward others is a form of evangelisation. It proclaims much louder than any words that the reign of God has been established.

© Dianne Bergant CSA



DATES for your DIARY



Blessing of the Graves
Sunday at 3 pm

Mona Vale Cemetery
Fazzolari Avenue, Mona Vale

We will gather at the Priests' Graves
in the cemetery to pray the
Divine Mercy Chaplet,
followed by the Blessing of the Graves.



All Saints' Day Mass
Sunday at 6pm (Soul Mass)

with a procession of children
dressed as their favourite saints.
followed by the

All Saints' Day Celebration
Sacred Heart Church, Mona Vale



All Souls' Day Masses
Monday at

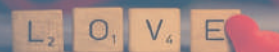
8 am
Maria Regina Church,
Avalon

and

9:30 am
Sacred Heart Church,
Mona Vale

*Let us love one another,
for love comes from God.*

-1 John 4:7-9



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

Clear Views. Clean Spaces. Prime Results.

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.



EXPERT
CLEANERS



QUALITY
RESULTS



RELIABLE &
ON TIME



SAFE FOR YOUR
PROPERTY



WINDOW CLEANING
(traditional, pure-water and abseiling)



HIGH PRESSURE CLEANING



HOUSE SOFT WASHING



GUTTER CLEANING



SOLAR PANEL CLEANING

PROFESSIONAL CLEANING. PRISTINE RESULTS. PRIME VISION.



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



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.



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

DAYS FOR GIRLS

To find out
more, call
Tamara

Every Girl. Everywhere. Period.

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



LOCAL
& TRUSTED



QUALITY
PRODUCTS



EXPERT ADVICE
& SERVICE

51 Basset St, Mona Vale
Ph: 9999 3340

49 Avalon Pde, Avalon
Ph: 9918 3315

JOHNSON BROS.
MITRE 10

LOCAL PEOPLE | LOCAL SERVICE | LOCAL SUPPORT



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
- White Fillings
- Whitening
- Crowns & Bridges
- Occlusal Splints
- Mouth Guards
- Root Canal Therapy
- Tooth Extraction
- Dentures
- Oral Hygiene Instructions
- 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 NSW 2103
Phone 9999 3398

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