



# The Catholic Parish of Pittwater

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



## Vocation Prayer

Gracious and loving God,  
help the men and women  
of our country to  
hear your call to serve.  
Our needs are great and our  
people thirst for your  
presence.

Open the hearts of many;  
raise up faithful servants  
of the Gospel, dedicated,  
holy sisters, brothers,  
deacons and priests,  
who will give themselves  
for your people and their  
needs.

Bless those who are serving  
now with courage and  
perseverance.

Grant that many will be  
inspired by their example  
and faith.

We ask this through Christ,  
our Lord, who is the same  
yesterday, today and  
tomorrow. Amen.



### POPE FRANCIS' PRAYER INTENTION FOR FEBRUARY Parishes

We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.



### Thoughts of Fr Francis Jordan

Do everything as if you really saw God before you.  
This is a sure way to make great progress in virtue.



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

Continue to practise good hygiene. *Please use the hand sanitisers provided in both of our Churches.*



You can find us on **Instagram** ([pittwater\\_parish](#))

If you have used this bulletin, please take it home with you.

## MASS TIMES

**SACRED HEART CHURCH**  
1 Keenan Street, Mona Vale

**Weekday Masses**  
Tuesday 8.30am

*Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8am, followed by Mass at 9.30am*

**Wednesday 9.30am**

**Thursday 7pm**

*Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 7.30pm to 9pm*

**Friday 9.30am**

*First Friday of the Month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 9.30am, followed by Mass with Anointing of the Sick at 10.30am*

**Weekend Masses**

**Saturday Vigil 5.00pm**  
**Sunday 8.00am • 10.00am • 6.00pm (SOUL)**

**Reconciliation**  
4.00pm to 4.30pm Saturday

**Baptism**  
4th Sunday - 11.30am

**MARIA REGINA CHURCH**  
7 Central Road, Avalon

**Weekday Masses**

Monday 8am

Wednesday 8am

Thursday 10am

*9am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45am*

Friday 8am

**Mass with Anointing of the Sick - First Friday of the Month at 8am**

**Weekend Masses**  
**Saturday Vigil 6.00pm**  
**Sunday 9.00am**

**Reconciliation**  
Before Vigil Mass on Saturday

**Baptism**  
3rd Sunday - 11.00am

*We Pray for*  
**Deceased Anniversary**  
*Nora Hagar*

**Recently Deceased**  
*Nicholas Moore*  
*Mary Farrell*

### Prayers for the Sick

Anna Smigowska  
Sarah Zofrea  
Guy Zofrea  
Avelino Samartin  
Barbara Clarke  
Andrew Hood  
Jeff Langley  
Mark Lindfiels  
Nick Moullakis  
Bill Eyre  
Brian Gregan  
Mrian Poe  
Marcia Bailey  
Bec Burroughs  
Susan Hickey  
Sophia Burfitt  
Margaret De Landre  
Maeve Robinson  
Jenny Carroll  
Matt Ukishima  
Pietrina Maiorana  
Mina Lee  
Denise Wagner  
Tom Murphy  
Leonie Ariemetto  
John Graham

## Liturgy for the Week

06/02 **Monday, St Paul Miki**  
Gen 1:1-19; Mk 6:53-56

07/02 **Tuesday Ordinary Time 5**  
Gen 1:20 - 2:4; Mk 7:1-13

08/02 **Wednesday Ordinary Time 5**  
Gen 2:4-9, 15-17; Mk 7:14-23

09/02 **Thursday Ordinary Time 5**  
Gen 2:18-25; Mk 7:24-30

10/02 **Friday, St Scholastica**  
Gen 3:1-8; Mk 7:31-37

11/02 **Saturday Ordinary Time 5**  
Gen 3:9-24; Mk 8:1-10

## BOOK REVIEW

**The Inner Experience**  
**Notes on Contemplation**  
by  
Thomas Merton



A very insightful book about Christian spirituality. Interesting and challenging.

In September 2019, Pope Francis instituted the celebration of Word of God Sunday when issuing the apostolic letter *Aperuit Illis*.

The letter encouraged the celebration, study and dissemination of the Word of God.

In Australia, Word of God Sunday is celebrated on the first Sunday in February each year.

**Word of God Sunday**

FEBRUARY 5, 2023

catholic.au

**Scan to**  
**Give to our**  
**Parish of**  
**Pittwater**

Cashless Fast Secure



Scan the QR code above with your camera app and follow the prompts

Use this App to support our Clergy through the first collection and our Parish through the second collection. Donations can be made weekly, fortnightly, monthly or one-off.

## GIVING

Thank you for your continued contributions and support. Your financial contributions and your generous donations throughout the year are greatly appreciated.

**LIVESTREAMS**  
**READINGS**  
**NEWS**

Available on the  
**App Store**

Get it on  
**Google play**

*We need the Holy Spirit to appreciate the gifts that God has given us, especially God's greatest gift, his beloved Son, who is with us until the end of time.*

## Message of the Holy Father John Paul II for the 1st World Day for the Consecrated Life



*Venerable Brothers in the Episcopate,  
Dear consecrated persons!*

1. The celebration of the World Day for Consecrated Life, which will be observed for the first time on 2 February, is intended to help the entire Church to esteem ever more greatly the witness of those persons who have chosen to follow Christ by means of the practice of the evangelical counsels and, at the same time, is intended to be a suitable occasion for consecrated persons to renew their commitment and rekindle the fervor which should inspire their offering of themselves to the Lord.

The mission of the consecrated life in the present and in the future of the Church, now at the threshold of the third millennium, concerns not merely those who have received this special charism, but the entire Christian community. In the post-synodal Apostolic Exhortation *Vita Consecrata* issued last year, I wrote: "In effect, the consecrated life is at the very heart of the Church as a decisive element for her mission, since it 'manifests the inner nature of the Christian calling' and the striving of the whole Church as Bride towards union with her one Spouse" (VC 3). Thus, I would like to renew the invitation to consecrated persons to look to the future with confidence, relying on the fidelity of God and the power of his grace, who is always able to accomplish new wonders: "You have not only a glorious history to remember and to recount, but also a great history still to be accomplished! Look to the future, where the Spirit is sending you in order to do even greater things"

### ***The reasons for the World Day for Consecrated Life***

2. The purpose of such a day is threefold: in the first place, it answers the intimate need to praise the Lord more solemnly and to thank him for the great gift of consecrated life, which enriches and gladdens the Christian community by the multiplicity of its charisms and by the edifying fruits of so many lives totally given to the cause of the Kingdom. We should never forget that consecrated life, before being a commitment of men and women, is a gift which comes from on high, an initiative of the Father "who draws his creatures to himself with a special love and for a special mission" (VC 17). This look of special love profoundly touches the heart of the one called, who is urged by the Holy Spirit to place himself or herself in the footsteps of Christ, in a particular way of following him, by means of assuming the evangelical counsels of chastity, poverty, and obedience. A stupendous gift!

"What would become of the world if there were no religious?" St. Teresa rightly asked herself (*Autobiography*, ch. 32, n. 11). This is a question which brings us to give unceasing thanks to the

Lord, who by this singular gift of the Spirit continues to enliven and sustain the Church in its demanding journey through this world.

3. In the second place, this day is intended to promote a knowledge of and esteem for the consecrated life by the entire People of God.

This form of life, embraced by Christ and made present particularly by consecrated persons, is of great importance for the Church, called in every member to live the same upward striving toward God who is All, following Christ in the light and power of the Holy Spirit.

The life of special consecration, in its many forms, is thus at the service of the baptismal consecration of all the faithful. In contemplating the gift of consecrated life, the Church contemplates her own intimate vocation of belonging only to her Lord, desirous of being in his eyes "without spot or wrinkle or any such thing, but holy and without blemish" (Eph 5:27).

The fittingness of dedicating a special World Day is evident, then, for it assures that the doctrine about consecrated life will be more widely and deeply meditated and assimilated by all members of the People of God.

4. The third reason regards consecrated persons directly. They are invited to celebrate together solemnly the marvels which the Lord has accomplished in them, to discover by a more illumined faith the rays of divine beauty spread by the Spirit in their way of life, and to acquire a more vivid consciousness of their irreplaceable mission in the Church and in the world.

Immersed in a world which is often agitated and distracted, taken up sometimes by the press of responsibilities, consecrated persons also will be helped by the celebration of this annual World Day to return to the sources of their vocation, to take stock of their own lives, to confirm the commitment of their own consecration. In this way, they will be able to give witness with joy to the men and women of our time, in diverse situations, that the Lord is the Love who is able to fill the heart of the human person.

On the Feast of the Presentation of the Lord in the Temple.

5. The World Day for Consecrated Life will be celebrated on the feast which commemorates the presentation which Mary and Joseph made of Jesus in the temple "to present him to the Lord" (Lk 2:22).

This Gospel scene reveals the mystery of Jesus, the One consecrated by the Father, come into the world to carry out his will faithfully (cf. Heb 10:5-7). Simeon points to Jesus as "a light for revelation to the Gentiles" (Lk 2:32) and by a prophetic word foretells the supreme offering of Jesus to the Father and his final victory (Lk 2:32-35).

In this way the Presentation of Jesus in the Temple is an eloquent icon of the total offering of one's life for all those who are called to show forth in the Church and in the world, by means of the

evangelical counsels "the characteristic features of Jesus -- the chaste, poor and obedient one" (VC 1).

Mary is associated with the presentation of Christ.

The Virgin Mother who carries Jesus to the temple so that he can be offered to the Father expresses very well the figure of the Church who continues to offer her sons and daughters to the heavenly Father, associating them with the one oblation of Christ, cause and model of all consecration in the Church.

For some years now, in the Church of Rome and in other dioceses, the feast of 2 February has almost spontaneously brought numerous members of Institutes of Consecrated Life and Societies of Apostolic Life around the Pope and diocesan pastors in order to demonstrate together, in communion with the entire People of God, the gift and commitment of their call, the variety of charisms of consecrated life, and their special place within the community of believers.

It is my wish that this experience be extended to the whole Church, so that the celebration of the World Day for Consecrated Life may gather consecrated persons together with other faithful in order to sing with the Virgin Mary the marvels which the Lord accomplishes in so many of his sons and daughters, and to manifest to all that being a "people consecrated to himself" (cf. Deut 28:9) is the condition of all those who are redeemed by Christ.

Fruits hoped for the mission of the whole Church

6. Dear brothers and sisters, as I entrust to the maternal protection of Mary the institution of this World Day, I deeply hope that it bear abundant fruits for the holiness and the mission of the Church. May it help, in a special way, to heighten in the Christian community an esteem for vocations of special consecration, to stimulate ever more intense prayer for obtaining them from the Lord, in this way helping to mature in young people and families a generous willingness to receive them as gift. The life of the Church as a whole will draw benefit from this and so will the new evangelization. I trust that this World Day of prayer and reflection will help the particular Churches to treasure ever more the gift of consecrated life and to be measured by its message, to find the proper and fruitful balance between action and contemplation, between prayer and charity, and between commitment in the present time and eschatological hope.

May the Virgin Mary, who had the sublime privilege of presenting to the Father his only begotten Son, Jesus Christ, as a pure and holy oblation, obtain for us that we may constantly be open and welcoming in face of the great works which He does not cease to accomplish for the good of the Church and of all of humanity.

With these sentiments, and with the prayer that consecrated persons may persevere with joy in their vocation, I impart to all the Apostolic Blessing.

*Vatican City, 6 January 1997*

# Parish Directory

## **Pittwater Parish**

1 Keenan Street Mona Vale  
NSW 2103  
Tel 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**

*Donita Kerin*  
Tel 9157 0999 ext 30  
office@pittwaterparish.org

### **Director of Music**

*Josh Willard*  
Tel 9157 0999 ext 17  
music@pittwaterparish.org

### **Media & Communication**

*Conille Felias*  
Tel 9157 0999 ext 31  
media@pittwaterparish.org

### **Sacrament 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

### **Parish Office Hours**

**Monday to Thursday**  
9.00 am to 4.00 pm  
**Friday**  
9.00 am to 12.00 pm

### **Sacred Heart Church**

1 Keenan Street Mona Vale  
**Maria Regina Church**  
7 Central Road Avalon

### **MONA VALE**

**Sacred Heart School**  
Tel 8197 6900

**Principal: Mr Jamie Wahab**

### **AVALON**

**Maria Regina School**  
Tel 9918 2608

**Principal: Miss Kirsty Thorpe**

### **WARRIEWOOD**

**Mater Maria Catholic College**  
Tel 9997 7044

**Principal: Mr Marc Reicher**



## **Parish Bulletin- Term 1 Week 1**

This week, we warmly welcomed our Years 8 to 12 returning students as well as our new Year 7 students.

On Monday, our Year 7 students sampled high school for the first time and were supported by our Year 11 Peer Leaders. The support and encouragement of our community is extended to these new students as they make this important transition in their lives.

Join us for our Open Day on Wednesday, 8 March between 4.00pm-7.00pm. We are now enrolling students in Year 5 for Year 7, 2025. There is a waitlist for those students that are currently in Year 6.

Please visit the College website [www.matermaria.nsw.edu.au/enrolments](http://www.matermaria.nsw.edu.au/enrolments) for a prospectus, Enrolment Application form or for more information. Applications for Year 7, 2024 close on Thursday 6 April 2023.

## **Sacramental Program Update: First Reconciliation 2023**

### **Sacred Heart Church**

**Mona Vale**

**Wednesday**

**22 March 2023 at 5.00pm**

**or**

### **Maria Regina Church**

**Avalon**

**Wednesday**

**29 March 2023 at 5.00pm**

Children in Year 4 and above are eligible to receive this sacrament if they have been confirmed. If you want your child to receive the Sacrament of First Reconciliation, you must attend one of the following Parent Information Sessions:

**Tuesday, 7 February**

**Maria Regina Church**

**at 7.30pm**

**or**

**Wednesday, 8 February**

**Sacred Heart Church**

**at 7.30pm**

# World Day of the Sick

## FEBRUARY 11





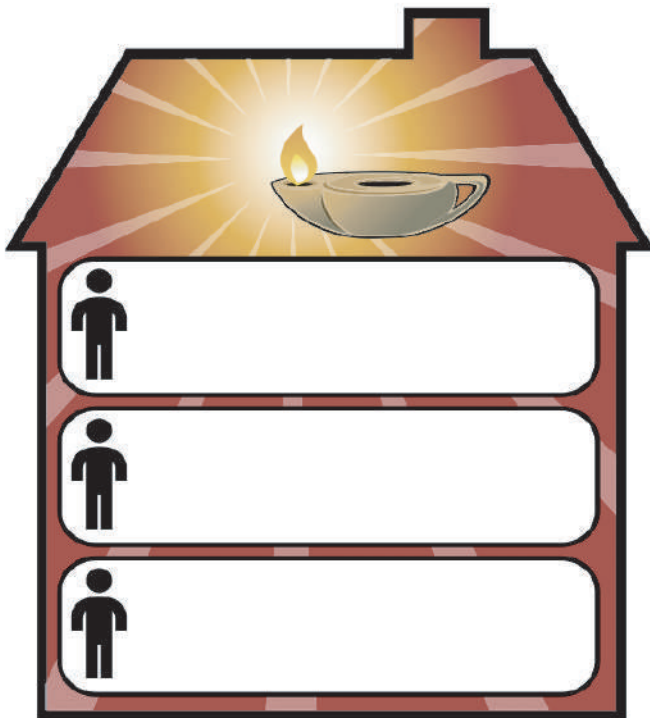
# You are the Light of the World



5th Sunday in Ordinary Time, Year A

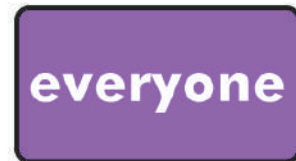
Draw a picture of yourself setting a good example to others.

# LET YOUR LIGHT SHINE



Write down a way you can let your light shine for each person in this house?

Unscramble and decipher these tiles to reveal one of Jesus' sayings from this week's Gospel.



“  
-----  
-----”

# The *Living* Word

Entrance Antiphon

Ps 94:6-7

the power of God.

O come, let us worship God  
and bow low before the God who made  
us,  
for he is the Lord our God.

First Reading

Is 58:7-10

**A reading from the prophet Isaiah**  
*Your light will shine like the dawn.*

Thus says the Lord:  
Share your bread with the hungry,  
and shelter the homeless poor,  
clothe the man you see to be naked  
and turn not from your own kin.  
Then will your light shine like the dawn  
and your wound be quickly healed over.  
Your integrity will go before you  
and the glory of the Lord behind you.  
Cry, and the Lord will answer;  
call, and he will say, 'I am here.'  
If you do away with the yoke,  
the clenched fist, the wicked word,  
if you give your bread to the hungry,  
and relief to the oppressed,  
your light will rise in the darkness,  
and your shadows become like noon.

The word of the Lord

Responsorial Psalm

Ps 111:4-9. R. v.4

**(R.) A light rises in the darkness for  
the upright.**

He is a light in the darkness for the  
upright:  
he is generous, merciful and just.  
The good man takes pity and lends,  
he conducts his affairs with honour. **(R)**

The just man will never waver:  
he will be remembered for ever.  
He has no fear of evil news;  
with a firm heart he trusts in the  
Lord. **(R)**

With a steadfast heart he will not fear;  
open-handed, he gives to the poor;  
his justice stands firm for ever.  
His head will be raised in glory. **(R)**

Second Reading

1 Cor 2:1-5

**A reading from the first letter of St  
Paul to the Corinthians**

*I came to you to proclaim Christ  
crucified.*

When I came to you, brothers, it was not  
with any show of oratory or philosophy,  
but simply to tell you what God had  
guaranteed. During my stay with you, the  
only knowledge I claimed to have was  
about Jesus, and only about him as the  
crucified Christ. Far from relying on any  
power of my own, I came among you in  
great 'fear and trembling' and in my  
speeches and the sermons that I gave,  
there were none of the arguments that  
belong to philosophy; only a  
demonstration of the power of the Spirit.  
And I did this so that your faith should  
not depend on human philosophy but on

The word of the Lord.

Gospel Acclamation

Jn 8:12

Alleluia, alleluia!

I am the light of the world, says the Lord;  
the man who follows me  
will have the light of life.

Alleluia!

Gospel

Mt 5:13-16

**A reading from the holy Gospel  
according to Matthew**

*You are the light of the world.*

Jesus said to his disciples: 'You are the  
salt of the earth. But if salt becomes  
tasteless, what can make it salty again? It  
is good for nothing, and can only be  
thrown out to be trampled underfoot by  
men.

'You are the light of the world. A city  
built on a hill-top cannot be hidden. No  
one lights a lamp to put it under a tub;  
they put it on the lamp-stand where it  
shines for everyone in the house. In the  
same way your light must shine in the  
sight of men, so that, seeing your good  
works, they may give the praise to your  
Father in heaven.'

The Gospel of the Lord

Communion Antiphon

Cf. Ps 106:8-9

Let them thank the Lord for his mercy,  
his wonders for the children of men,  
for he satisfies the thirsty soul,  
and the hungry he fills with good things.

REFLECTION

by Dianne Bergant CSA

*We live in a world where appearances  
frequently matter more than they should.  
Contrary to this predominating tendency,  
Jesus teaches us that what we do flows  
from who and what we are. We can  
enlighten the world with the message of  
the gospel, because our lives have been  
transformed by that gospel and now we  
ourselves are light for others. We can  
serve others in various ways, only  
because we have been saved by God's  
grace and now we are agents of that  
grace in the lives of others. Our own  
renewal becomes the means through  
which God renews the world.  
This may sound grandiose, but it isn't. It  
is the truth about the way God works.  
Extraordinary things are accomplished  
through ordinary people. Jesus grew up  
as the son of a carpenter; some of the  
apostles were fishermen; Paul was a  
tentmaker; we are clerks and teachers,  
bus drivers and doctors, bank tellers and  
engineers. Like Paul we come to ministry  
in weakness and fear and much  
trembling. It is the Spirit and power of  
God that work the wonders, and God  
works them through mundane elements of  
life such as light and salt.  
As children, many of us learned the  
corporal and the spiritual works of  
mercy. We learned that we can practise  
them in every walk of life. Today's  
readings remind us of this. We may not be  
asked to perform extraordinary feats, but  
all disciples of Jesus are called upon to  
do the ordinary things of life in an  
extraordinary way.*

© Dianne Bergant CSA

*It's the last call to register and join the Salvatorians  
for the Pilgrimage to World Youth Day 2023*

**For more information, please scan the QR code**

**BOARDING PASS**  
COME AS AN INDIVIDUAL  
LEAVE AS PART OF A FAMILY

**PASSENGER: YOU!**

DESTINATION:  
ROME LISBON FATIMA

DATE  
27 JULY - 11 AUGUST 2023

Cost: \$5990

FLIGHT NO: 08121881

REGISTER YOUR INTEREST!

EMAIL  
SDSAU.WYD2023@GMAIL.COM

**Advertising Space Available**

*For more information  
call the Parish Office on  
9157 0999*



**PITTWATER DOLPHINS**

BOYS, GIRLS & MIXED TEAMS  
U5s LITTLE DOLPHINS  
AGES U6 - U18



GEAR SUPPLIED | NO REGISTRATION FEES | NO GRADING

**REGISTER NOW!**  
[pittwaterrugby.com.au](http://pittwaterrugby.com.au)



**Electrical  
Plumbing  
Air Conditioning.**

⚡ **Ph: (02) 9905 8800**

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

**GET  
IN TOUCH  
TODAY**

**Compassion,  
care, love,  
understanding  
and support**



Ann, Kate and John of Wilson Family Funerals

Personally, talk to Ann Wilson and her team at Wilson Family Funerals. They have decades of experience caring for Northern Beaches families in their time of need.

*Family operated & 100% Australian owned*

Suite 3, 1440 Pittwater Road,  
North Narrabeen, Sydney  
**CALL 02 9913 7131**  
[wilsonfamilyfunerals.net.au](http://wilsonfamilyfunerals.net.au)



**WILSON  
FAMILY  
FUNERALS**




**BROCK'S  
— Plumbing —**

YOUR LOCAL PLUMBER  
SERVICING THE NORTHERN  
BEACHES FOR OVER 30 YEARS.

- BLOCKED DRAINS
- PIPE RELINING
- GENERAL PLUMBING
- EMERGENCY HOT WATER
- GAS FITTING

**call now**

**1800 99 58 58**

[www.rapidreline.com.au](http://www.rapidreline.com.au) | [admin@brocksplumbing.com.au](mailto:admin@brocksplumbing.com.au)

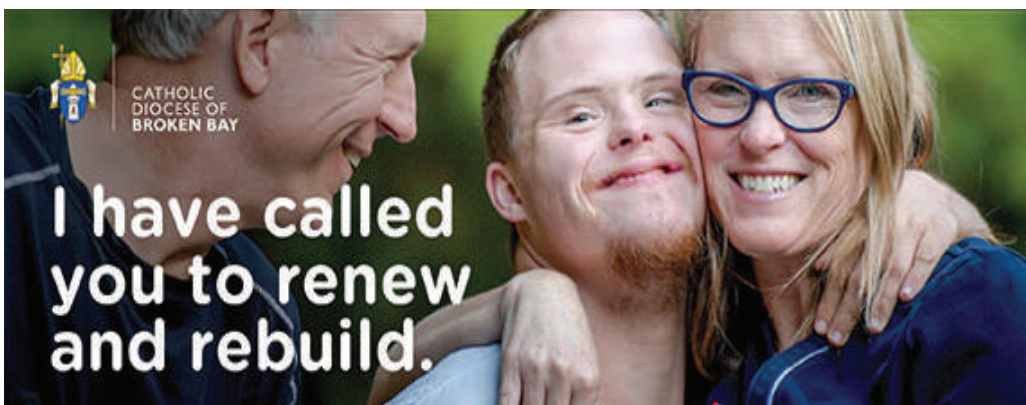
**Advertising Space Available**

*For more information  
call the Parish Office on 9157 0999*



To find out more, call Tamara  
0403226699

Every Girl. Everywhere. Period.



**CATHOLIC  
DIOCESE OF  
BROKEN BAY**

**I have called  
you to renew  
and rebuild.**

**PASTORAL  
WORKS** Broken Bay

Donate to help  
families and parish  
communities in  
Broken Bay.



## LOCAL PEOPLE CARING FOR LOCAL FAMILIES

Our team live, work and play on the Beaches. We understand the local community and are here for you when you need us most. Whether it's to plan an immediate funeral for a loved one or plan ahead for your own with a pre-paid funeral, we're here to help.

## ANN WILSON FUNERALS

Contact us to find out more.

844 Pittwater Road, Dee Why  
9971 4224

Cnr Barrenjoey Road & Darley Street, Mona Vale  
9979 5978

[annwilsonfunerals.com.au](http://annwilsonfunerals.com.au)

**JOHNSON BROS  
MITRE 10**

Part of the local  
community since 1957

51 Bassett St, Mona Vale  
Ph:9999 3340

49 Avalon Pde, Avalon  
Ph:9918 3315

Serving  
Northern Beaches  
Families  
& Businesses  
since 1976!

**Ph: 9913 2624**  
2 Devitt Street  
Narrabeen

**Advertising Space  
Available**

For more information  
call the Parish Office on  
9157 0999

The Northern Beaches only local family  
owned and operated funeral company.

Chris Lee

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

- 24 hour professional service
- Enquire about pre-paid funerals
- Unique funerals a speciality.

**9999 5211**  
[www.peninsulafunerals.com.au](http://www.peninsulafunerals.com.au)

Purveyors of  
Specialty Coffee

Driven by a  
passion for  
community &  
quality.

Award winning coffee  
beans available online  
[www.coffeebros.com.au](http://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

HUNTER  
ESTATE  
AGENTS

Agency of  
the Year  
Emerging Agents

**Duane  
Hunter**  
0415 708 992  
9970 7220

Follow us on  
f  
duanehunterhea