



# The Catholic Parish of Pittwater

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

## Prayer for Unwavering Trust

O God, my Strength,  
I put my trust in You.  
You have never forsaken  
those who seek You.  
You have never let me  
down. I know that You  
never will let me down  
because my life so far  
has been a testimony of  
Your greatness.

Mold me into Your image,  
and hold me close to You.  
Show me how to mature  
as a Christian and improve  
on my walk of faith.

Steady my trust in You so  
that it never wavers, no  
matter what battles I face  
on this earth. I declare that  
my faithfulness to You will  
be strong at all times.

Amen.

2022 Year of



### Thoughts of Bl Francis Jordan

No sacrifice, no cross, no desolation, no trial, no temptation,  
oh! absolutely nothing should be too difficult for you with the help of God's  
grace. I can do all things in God who strengthens me.



### Pope Francis' Prayer Intentions For February

#### **Religious Sisters and Consecrated Women**

We pray for religious sisters and consecrated women; thanking them for their mission and their courage; may they continue to find new responses to the challenges of our times.



The Service NSW QR codes are now available at the entrance of both of our churches, for you to use to check in. If you do not have a smartphone or you're not carrying it with you, please download your personal QR code with Service NSW, and scan your code at the entrance of the church. Thank you for working with us to keep our parish community safe.

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.



**Face Masks are mandatory in Churches.**

## PARISH DIRECTORY

**Pittwater Parish**  
1 Keenan Street Mona Vale NSW 2103  
Tel 9157 0999  
[www.pittwaterparish.org](http://www.pittwaterparish.org)

**Parish Administrator**  
Fr Richard Sadowski SDS  
Tel 9157 0999 ext 0  
[pp@pittwaterparish.org](mailto:pp@pittwaterparish.org)

**Priest**  
Fr Paul Szczur SDS  
Tel 9157 0999 ext 0  
[ap@pittwaterparish.org](mailto:ap@pittwaterparish.org)

**Bishop - Emeritus**  
Bishop Bernard O'Grady op  
Tel 9918 0372

**Parish Secretary**  
Donita Kerin  
Tel 9157 0999 ext 0  
[office@pittwaterparish.org](mailto:office@pittwaterparish.org)

**Youth Director**  
Josh Willard (Soul Youth)  
[music@pittwaterparish.org](mailto:music@pittwaterparish.org)

**Music Director**  
Josh Willard  
Tel 9157 0999 ext 17  
[music@pittwaterparish.org](mailto:music@pittwaterparish.org)

**Media & Communication**  
Laura Ee  
Tel 9157 0999 ext 31  
[media@pittwaterparish.org](mailto:media@pittwaterparish.org)

**Sacramental Program**  
TBA  
Tel 9157 0999 ext 13  
[sacraments@pittwaterparish.org](mailto:sacraments@pittwaterparish.org)

**Parish Office Hours**  
Monday to Thursday  
9.00am to 4.00pm  
Friday 9am to 12 noon

**Sacred Heart Church**  
1 Keenan Street Mona Vale

**Maria Regina Church**  
7 Central Road Avalon

**Mona Vale**  
**Sacred Heart School**  
Tel 81976900  
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

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**Instagram**  
(pittwater\_parish)

Everyone must also stay 1.5  
metres away from other  
people whenever possible.

## We Pray for the Souls of

**Fran McKevitt**  
**Allan Leathwood**

If you would like the names of your relatives or friends and offerings included, please drop the envelope in to the Parish Office by Midday on Wednesdays. Thank You.

## Recently Deceased

**Agostino Sergas**  
**Hans Kaufer**

## Prayers for the Sick

Beryl Peo-Duncan  
Michael Carrodus  
Pat Regan  
Garry Gleeson  
Annette Davis  
Andrew Hood  
Jeff Langley  
Warwick Chipman  
Erin Ocampo  
Mark Lindfield  
Vicky Kalingasan  
Bill Eyre  
Brian Gregan  
Marian Poe  
Marcia Bailey  
Bec Burroughs  
Susan Hickey  
Sophia Burfitt  
Margaret De Landre  
Maeve Robinson  
Jenny Carroll  
Matt Ukishima  
Pietrina Maiorana  
Susan Makabenta  
Dominic Ursino  
George Carpenter  
Diane Williams  
Denise Wagner

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

## Therese Nouak

Wishing you a happy  
90th Birthday



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

**It is our responsibility to protect others and ourselves and stop the spread of COVID-19 in Australia.**

## from Our Schools



**Mater Maria**  
**Catholic College**

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

Last 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 9 March between 4.00pm - 7.00pm. We are now enrolling students in Year 5 for Year 7, 2024. 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 Friday 8 April 2022.

## BOOK REVIEW

### The Dolorous Passion of Our Lord Jesus Christ

by Anne Catherine  
Emmerich



This book brings the Lenten season to us with most emphatic details which remind us of what Jesus did for our sins. It also includes details of Sister Anne's short life which was incredible.

## Liturgy for the Week

- 14/02 **Monday** Sts Cyril, monk, and Methodius, bishop  
James 1:1-11: Mk 8:11-13:
- 15/02 **Tuesday Ordinary Time Six**  
James 1:12-18: Mk 8:14-21
- 16/02 **Wednesday Ordinary Time 6**  
James 1:19-27: Mk 8:22-26:
- 17/02 **Thursday Ordinary Time 6**  
James 2:1-9: Mk 8:27-33:
- 18/02 **Friday Ordinary Time Six**  
James 2:14-24, 26: Mk 8:34-9:1:
- 19/02 **Saturday Ordinary Time Six**  
James 3:1-10: Mk 9:2-13

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Use this App to support our  
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fortnightly, monthly or one-off.

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the year are greatly appreciated.

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NEWS

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is available by  
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# MESSAGE OF HIS HOLINESS POPE FRANCIS FOR THE THIRTIETH WORLD DAY OF THE SICK

11 February 2022

*“Be merciful, even as your Father is merciful” (Lk 6:36).*

*Standing beside those who suffer on a path of charity*



Dear brothers and sisters,

Thirty years ago, Saint John Paul II instituted the World Day of the Sick to encourage the people of God, Catholic health institutions and civil society to be increasingly attentive to the sick and to those who care for them. [1]

We are grateful to the Lord for the progress made over the years in the particular Churches worldwide. Many advances have been made, yet there is still a long way to go in ensuring that all the sick, also those living in places and situations of great poverty and marginalization, receive the health care they need, as well as the pastoral care that can help them experience their sickness in union with the crucified and risen Christ. May the Thirtieth World Day of the Sick – whose closing celebration, due to the pandemic, will not take place as planned in Arequipa, Peru, but in Saint Peter’s Basilica in the Vatican – help us grow in closeness and service to the sick and to their families.

## 1. Merciful like the Father

The theme chosen for this Thirtieth World Day of the Sick, “Be merciful, even as your Father is merciful” (Lk 6:36), makes us first turn our gaze towards God, who is “rich in mercy” (Eph 2:4); he always watches over his children with a father’s love, even when they turn away from him. Mercy is God’s name par excellence; mercy, understood not as an occasional sentimental feeling but as an ever-present and active force, expresses God’s very nature. It combines strength and tenderness. For this reason, we can say with wonder and gratitude that God’s mercy embraces both fatherhood and motherhood (cf. Is 49:15). God cares for us with the strength of a father and the tenderness of a mother; he unceasingly desires to give us new life in the Holy Spirit.

## 2. Jesus, the mercy of the Father

The supreme witness of the Father’s merciful love

for the sick is his only-begotten Son. How often do the Gospels relate Jesus’ encounters with people suffering from various diseases! He “went about all Galilee, teaching in their synagogues and preaching the gospel of the kingdom and healing every disease and every infirmity among the people” (Mt 4:23). We do well to ask ourselves why Jesus showed such great concern for the sick, so much so that he made it paramount in the mission of the apostles, who were sent by the Master to proclaim the Gospel and to heal the sick (cf. Lk 9:2).

One twentieth-century philosopher suggests a reason for this: “Pain isolates in an absolute way, and absolute isolation gives rise to the need to appeal to the other, to call out to the other”. [2] When individuals experience frailty and suffering in their own flesh as a result of illness, their hearts become heavy, fear spreads, uncertainties multiply, and questions about the meaning of what is happening in their lives become all the more urgent. How can we forget, in this regard, all those patients who, during this time of pandemic spent the last part of their earthly life in solitude, in an intensive care unit, assisted by generous healthcare workers, yet far from their loved ones and the most important people in their lives? This helps us to see how important is the presence at our side of witnesses to God’s charity, who, following the example of Jesus, the very mercy of the Father, pour the balm of consolation and the wine of hope on the wounds of the sick. [3]

## 3. To touch the suffering flesh of Christ

Jesus’ invitation to be merciful like the Father has particular significance for healthcare workers. I think of all those physicians, nurses, laboratory technicians, the support staff and the caretakers of the sick, as well as the numerous volunteers who donate their precious time to assist those who suffer. Dear healthcare workers, your service alongside the sick, carried out with love and competence, transcends the bounds of your profession and becomes a mission. Your hands, which touch the suffering flesh of Christ, can be a sign of the merciful hands of the Father. Be mindful of the great dignity of your profession, as well as the responsibility that it entails.

Let us thank the Lord for the progress that medical science has made, especially in recent times; new technologies have made it possible to prepare therapies that are of great benefit to the sick; research continues to make a valuable contribution to eliminating old and new pathologies; rehabilitation medicine has greatly expanded its expertise and skills. None of this, however, must make us forget the uniqueness of each patient, his or her dignity and frailties. [4] Patients are always more important than their

diseases, and for this reason, no therapeutic approach can prescind from listening to the patient, his or her history, anxieties and fears. Even when healing is not possible, care can always be given. It is always possible to console, it is always possible to make people sense a closeness that is more interested in the person than in his or her pathology. For this reason, I would hope that the training provided to health workers might enable them to develop a capacity for listening and relating to others.

## 4. Centres of care as “houses of mercy”

The World Day of the Sick is also a good occasion to focus our attention on centres of care. Down the centuries, showing mercy to the sick led the Christian community to open innumerable “inns of the good Samaritan”, where love and care can be given to people with various kinds of sickness, especially those whose health needs are not being met due to poverty or social exclusion or to the difficulties associated with treating certain pathologies. In these situations, it is children, the elderly and those who are most frail who most often pay the price. Merciful like the Father, countless missionaries have combined the preaching of the Gospel with the construction of hospitals, dispensaries and care homes. These are precious means whereby Christian charity has taken visible shape and the love of Christ, witnessed by that of his disciples, has become more credible. I think especially of people in the poorest areas of our planet, where it is sometimes necessary to travel long distances to find treatment centres that, albeit with limited resources, offer what is available. We still have a long way to go; in some countries, access to adequate care remains a luxury. We see this, for example, in the scarcity of available vaccines against Covid-19 in poor countries; but even more in the lack of treatment for illnesses that require much simpler medicines.

In this context, I wish to reaffirm the importance of Catholic healthcare institutions: they are a precious treasure to be protected and preserved; their presence has distinguished the history of the Church, showing her closeness to the sick and the poor, and to situations overlooked by others. [5] How many founders of religious families have listened to the cry of their brothers and sisters who lack access to care or are poorly cared for, and have given their utmost in their service! Today too, even in the most developed countries, their presence is a blessing, since in addition to caring for the body with all necessary expertise, they can always offer the gift of charity, which focuses on the sick themselves and their families. At a time in which the culture of waste is widespread and life is not always acknowledged as worthy of being welcomed and lived, these structures, like “houses

of mercy”, can be exemplary in protecting and caring for all life, even the most fragile, from its beginning until its natural end.

### 5. Pastoral mercy: presence and proximity

In the past thirty years, pastoral health care has also seen its indispensable service increasingly recognized. If the worst discrimination suffered by the poor – including the sick, who are poor in health – is the lack of spiritual attention, we cannot fail to offer them God’s closeness, his blessing and his word, as well as the celebration of the sacraments and the opportunity for a journey of growth and maturation in faith. [6] In this regard, I would like to remind everyone that closeness to the sick and their pastoral care is not only the task of certain specifically designated ministers; visiting the sick is an invitation that Christ addresses to all his disciples. How many sick and elderly people are living at home and waiting for a visit! The ministry of consolation is a task for every baptized person, mindful of the word of Jesus: “I was sick and you visited me” ( Mt 25:36).

Dear brothers and sisters, to the intercession of Mary, Health of the Infirm, I entrust all the sick and their families. United with Christ, who bears the pain of the world, may they find meaning, consolation and trust. I pray for healthcare workers everywhere, that, rich in mercy, they may offer patients, together with suitable care, their fraternal closeness.

To all I cordially impart my Apostolic Blessing.

Francis

To read the messages from Bishop Anthony and from the people Vox Populi please go to [www.pittwaterparish.org](http://www.pittwaterparish.org). News and events tile and Messages from Bishop Anthony on the drop down menu.

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Trust Him.



### CCD Ministry Induction Course

The first CCD catechist training program of the year will begin on Monday, 14 February 2022 at 10:00am on Zoom. This training is for new catechists and those catechists who hold a provisional (yellow) card.

Please contact our registrations desk for more information on 02 8379 1643 or email [registrations@bbcatholic.org.au](mailto:registrations@bbcatholic.org.au)

### CCD Annual Mass

Catechists of the Diocese, their family, and friends are invited to attend the postponed 2021 Annual CCD Mass & Presentation of Awards. It will now be held on Saturday 26 February 2022, commencing at 11:30am at Our Lady of the Rosary Cathedral, Waitara.

Please RSVP to Sharon da Roza on 02 8379 1638 or email [ccdadmin@bbcatholic.org.au](mailto:ccdadmin@bbcatholic.org.au).

## Adoration & Benediction



**SACRED HEART CHURCH, Mona Vale - every Tuesday from 8.30am**  
Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass at 9.30am.

**MARIA REGINA CHURCH, Avalon - every Thursday from 9am**  
Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass at 10am.

**SACRED HEART CHURCH, Mona Vale - every Thursday from 7pm**  
Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass at 9pm.

**SACRED HEART CHURCH, Mona Vale - First Friday of the Month from 9.30am**  
Exposition of the Blessed Sacrament, Adoration, Reconciliation followed by Benediction and Mass at 10.30am.

## Sacramental Coordinator - Pittwater

Permanent, part-time role  
Up to 18 hours per week (must have availability for after-hours and weekends)



Pittwater Parish is seeking to recruit a part-time Sacramental Coordinator, up to 18 hours per week. This role plays an important part in the Parish team, coordinating support services to enhance the Sacramental program ministry within the Parish.

The ideal candidate will have relevant experience and/or qualifications in Sacramental Programs, experience working with volunteers in a Catholic environment, comfort working autonomously and an understanding of the need for accountability and ownership in a role, excellent administration and time management skills and proficiency with Microsoft Office Suite.

You'll also have a good understanding of, and commitment to, Catholic values and teachings.

The role will require flexibility with the working schedule, however you will need to have availability for after-hours and weekends.

You will be working closely with Parish schools and those schools within the Pittwater community to strengthen the relationship between school and Parish. If this role interests you, please email a brief cover letter and CV to:

[recruitment@bbcatholic.org.au](mailto:recruitment@bbcatholic.org.au).

For further information

please email

[recruitment@bbcatholic.org.au](mailto:recruitment@bbcatholic.org.au).

Applications close Friday  
18 February 2022.

The Diocese of Broken Bay is committed to and promotes a culture of safety and care for all people, especially for children and others in the community who are vulnerable. Our Diocese has no tolerance to Child Abuse and is committed to ensuring our staff and volunteers understand the joint responsibility to safeguard all those within our community.

The successful applicant must have the right to work in Australia and will be required to undertake a National Police History Check and Working With Children Check.



# Happy are the poor... god's kingdom belongs to you!

6th Sunday in Ordinary Time, Year C

Fill in the missing words for each of Jesus' teachings using the pictures as clues. Draw Jesus preaching.

God will bless you people who are \_\_\_\_\_.

His \_\_\_\_\_ will belong to you.



God will bless you \_\_\_\_\_ people.

You will have \_\_\_\_\_ to eat.

God will bless you people who are

\_\_\_\_\_. You will \_\_\_\_\_!



Jesus told his disciples that even though people may be mean to you, as a follower of Christ you will have a great reward in heaven. What do you think your rewards in heaven will be?

Find the opposites of the following words, then use the circled letters to make a word we use that describes heaven.

\_\_\_ **O** < HAPPY

WEAK > \_\_\_ **O** \_\_\_

**O** \_\_\_ < FULL

ASLEEP > \_\_\_ **O** \_\_\_

HEAVY > \_\_\_ **O** \_\_\_

LITTLE > \_\_\_ **O** \_\_\_

\_\_\_ **O** \_\_\_ < OPEN

Heaven is God's \_\_\_\_\_.

# The *Living* Word

## Entrance Antiphon Cf. Ps 30:3-4

Be my protector, O God,  
a mighty stronghold to save me.  
For you are my rock, my stronghold!  
Lead me, guide me, for the sake of your  
name.

## First Reading Jer 17:5-8

**A reading from the prophet Jeremiah**  
*A curse on those who trust in humanity; a  
blessing on those who trust in the Lord.*

The Lord says this:

‘A curse on the man who puts his trust  
in man,  
who relies on things of flesh,  
whose heart turns from the Lord.  
He is like dry scrub in the wastelands:  
if good comes, he has no eyes for it,  
he settles in the parched places of the  
wilderness,  
a salt land, uninhabited.

‘A blessing on the man who puts his  
trust in the Lord,  
with the Lord for his hope.

He is like a tree by the water side  
that thrusts its roots to the stream:  
when the heat comes it feels no alarm,  
its foliage stays green;  
it has no worries in a year of drought,  
and never ceases to bear fruit.’

## The word of the Lord

## Responsorial Psalm Ps 1:1-4. R. Ps 39:5

**(R.) Happy are they who hope in the  
Lord.**

Happy indeed is the man  
who follows not the counsel of the  
wicked;  
nor lingers in the way of sinners  
nor sits in the company of scorners,  
but whose delight is the law of the Lord  
and who ponders his law day and night.  
**(R)**

He is like a tree that is planted  
beside the flowing waters,  
that yields its fruit in due season  
and whose leaves shall never fade;  
and all that he does shall prosper. **(R)**

Not so are the wicked, not so!  
For they like winnowed chaff  
shall be driven away by the wind.  
For the Lord guards the way of the just  
but the way of the wicked leads to doom.  
**(R)**

## Second Reading 1 Cor 15:12, 16-20

**A reading from the first letter of St Paul to  
the Corinthians**  
*If Christ is not raised from the dead, your  
faith is in vain.*

If Christ raised from the dead is what has  
been preached, how can some of you be  
saying that there is no resurrection of the  
dead? For if the dead are not raised,  
Christ has not been raised, and if Christ  
has not been raised, you are still in your

sins. And what is more serious, all who  
have died in Christ have perished. If our  
hope in Christ has been for this life only,  
we are the most unfortunate of all  
people.

But Christ has in fact been raised from  
the dead, the first-fruits of all who have  
fallen asleep.

## The word of the Lord

## Gospel Acclamation Lk 6:23

Alleluia, alleluia!  
Rejoice and be glad;  
your reward is great in heaven.  
Alleluia!

## Gospel Lk 6:17. 20-26

**A reading from the holy Gospel according  
to Luke**  
*Happy are the poor. Woe to the rich!*

Jesus came down with the Twelve and  
stopped at a piece of level ground where  
there was a large gathering of his  
disciples with a great crowd of people  
from all parts of Judaea and from  
Jerusalem and from the coastal region of  
Tyre and Sidon who had come to hear  
him and to be cured of their diseases.  
Then fixing his eyes on his disciples he  
said:

‘How happy are you who are poor:  
yours is the kingdom of God.

Happy you who are hungry now: you  
shall be satisfied.

Happy you who weep now: you shall  
laugh.

‘Happy are you when people hate you,  
drive you out, abuse you, denounce your  
name as criminal, on account of the Son  
of Man. Rejoice when that day comes  
and dance for joy, for then your reward  
will be great in heaven. This was the way  
their ancestors treated the prophets.

‘But alas for you who are rich: you are  
having your consolation now.

Alas for you who have your fill now:  
you shall go hungry.

Alas for you who laugh now: you shall  
mourn and weep.

‘Alas for you when the world speaks  
well of you! This was the way their  
ancestors treated the false prophets.’

## The Gospel of the Lord

## Communion Antiphon Cf. Ps 77:29-30

They ate and had their fill,  
and what they craved the Lord gave  
them;  
they were not disappointed in what they  
craved.

## Reflection

*Paul teaches us that, united to Christ  
through faith and in baptism, we are  
united in his death and resurrection.  
With Christ we die to sin; with him we  
rise to a new life. We cannot wait to see*

*proof of our transformation before we  
change our actions. The proof is in the  
lives we live in faith. To deny that we  
have died and been raised is to deny the  
resurrection of Christ. Paul insists that  
they cannot be separated. The challenge  
is to live in and out of this faith.*

*Both Jeremiah and Jesus introduce us to  
such a way of living. It is a way of  
paradox, a way that moves us beyond the  
self-centred standards of the world. The  
poor, the hungry, those who weep, and  
those who are persecuted are really the  
ones who are blessed. The victims of our  
social and economic systems, those who  
have been ravaged by war or have been  
made vulnerable by life itself are the  
ones who, if they place their trust in  
God, will be blessed in the end. They  
may appear to be the outcasts of this  
world, but, if they are filled with faith,  
they will inherit heaven. The wealth of  
this world and its pleasures are not the  
blessings that we might think they are.  
They can blind us to the real values of  
life and prevent us from dying to the  
world and living resurrected lives in  
Christ.*

© Dianne Bergant CSA

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

**ASH WEDNESDAY**

**2 March 2022**



**Mass**

**Sacred Heart Church  
9.30am and 7.00pm**

**Maria Regina Church  
8am**

**Ash Wednesday and  
Good Friday are days of  
fast and abstinence.**

**Receiving Holy Communion on the  
tongue during COVID**

The Faithful shall still have the option of  
receiving Communion on the tongue until the  
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# LOCAL PEOPLE CARING FOR LOCAL FAMILIES

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