



The Catholic Parish of Pittwater

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



Prayer for Forgiveness and Peace

Lord, I give you glory and praise for all the good things in my life.

Jesus, I need to ask your forgiveness for the terrible past of unfaithfulness and lies.

Father, if I would have only believed in you and trusted that you had a plan.

Forgive me for being insecure in who you created me to be.

Father, I pray for peace that surpasses all understanding in these matters.

Lord, I caused the battles of the mind. Take the pain away from the innocent victim of my sin. This I ask in Jesus' name. 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

Whoever trusts in the Lord will never sink or fall.
Whoever has the Lord for his strength will never fall...



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

Joe Rego

Noreen & Frank O'Hanlon

Recently Deceased

Murray McElroy

Rosa Passaro

Prayers for the Sick

Anna Smigowska

Sarah Zofrea

Guy Zofrea

Avelino Samartin

Barbara Clarke

Andrew Hood

Jeff Langley

Mark Lindfiels

Nick Moulakis

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

20/02 Monday, Ordinary Time 7
Sir 1:1-10; Mk 9:14-29

21/02 Tuesday, Ordinary Time 7
Sir 2:1-11; Mk 9:30-37

22/02 Wednesday, Ash Wednesday
Joel 2:12-18; Mt 6:1-6, 6-18

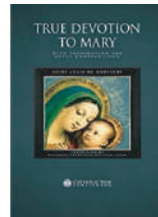
23/02 Thursday, After Ash Wednesday
Deut 30:15-20; Lk 9:22-25

24/02 Friday, After Ash Wednesday
Is 58:1-9; Mt 9:14-15

25/02 Saturday, After Ash Wednesday
Is 58:9-14; Lk 5:27-32

BOOK REVIEW

True Devotion to Mary with Preparation for Total Consecration
by
Saint Louis de Montfort



Beloved by countless souls, this book sums up the entire Christian life, showing a way of holiness that is short, easy, secure, and perfect way of life.

Ash Wednesday

22nd February

Sacred Heart Church

9:30 am

with the school community
and

7:00 pm

Maria Regina Church

8:00 am

and

10:00 am

with the school community

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**

**"In Him we have redemption through His blood, the forgiveness of sins, in accordance with the riches of God's grace."
Ephesians 1:7**



LENTEN PENANCE

The Season of Lent is a most important time of preparation for the celebration of Easter. It is an annual pilgrimage of grace whereby we are drawn more deeply into the mystery of the life, death, and resurrection of Jesus.

The Fathers of the Second Vatican Council taught that the Lenten liturgy has a twofold means of preparation. By remembering their own Baptism and undertaking penance, the liturgy assists in the renewal and ongoing formation of the faithful (cf. Sacrosanctum Concilium 109). The formation of catechumens via the various stages of the Order of Christian Initiation of Adults is equally an important part of Lent (cf. GIRM 27).

For both the local community of the faithful and the elect, Lent is a time of grace and mercy whereby the Holy Spirit greets and renews those who seek to live as disciples of the Lord Jesus, who is our light and our salvation (cf. Psalm 27).

The Season of Lent commences on Ash Wednesday. Given the continued challenges of the past few years, Lent 2023 will once again be a particularly useful time to reconnect with our brothers and sisters in the Body of Christ; to reflect upon our spiritual pilgrimage both as individuals and as one community of disciples.

In our Catholic tradition, Lent is commemorated as a time for conversion, repentance, and renewal. Marking our foreheads with ashes in the sign of the cross on Ash Wednesday is an outward sign of internal conversion. It is also an invitation to "Turn away from sin and believe the good news". In this annual invitation, we acknowledge our human vulnerability, and we pray to be strengthened by God's grace, mercy, and love. In imitation of Jesus our teacher and master, we also fast (cf. Matthew 4: 1-11). Like Our Lord, we will journey into the desert places of our life. Where the Lord has gone, we hope to follow, and so we must expect some challenges and temptations because the Gospel reminds us that this too was the plight of Jesus. Christians are people of hope, so during these moments of vulnerability, let us take shelter in God's mercy and compassion.

DAYS OF PENANCE

On Ash Wednesday and Good Friday, abstinence from meat is to be observed by those who have completed their fourteenth year of age. Those who are aged between 18 and 60 are to fast on these days. Priests should encourage

those under their pastoral care to embrace the spirit of abstinence and fasting. This Lenten practice is not to be a burden upon those who have health issues or special needs. Clergy as pastors of souls, are asked to be particularly vigilant in encouraging the faithful to undertake the disciplines of Lent with moderation and care.

On all other Fridays of the year the law of the common practice of penance is fulfilled by performing any one of the following:

1. Prayer - for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the Rosary; or in other ways;
2. Self-denial - for example, not eating meat; not eating sweets or deserts; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor in one's own country and elsewhere; limiting screen time on social media; or in other ways;
3. Helping others - for example, special attention to someone who is poor, sick, elderly, lonely or overburdened or feeling isolated from our Church community; or in other ways.

Lent is from Ash Wednesday (22 February 2023) until the Mass of the Lord's Supper (6 April 2023) inclusive. Fasting is also observed on Good Friday and if possible, on Holy Saturday until the Easter Vigil.

PASCHAL PRECEPT

Each of the faithful is obliged to receive Holy Communion at least once a year. This is done between Ash Wednesday and Trinity Sunday (4 June 2023), unless for a good reason it is done at another time during the year.

All the faithful who have reached the age of discretion (seven years old) are obliged to confess their grave sins at least once a year. Priests in the Diocese of Broken Bay are encouraged to make available to the faithful not only the first form of the Rite of Penance, but also the second form.

I encourage you to read the Scriptures in your homes, individually and as a family. Likewise, you may take the opportunity to be part of a Lenten prayer or discussion group, face to face or online. For this purpose, I offer to you the 2023 Diocesan Lenten resource; Jesus, Our Light and Our Life. Becoming One in Christ, as prepared by Evangelisation Broken Bay.

The Paschal mystery is the heart of the Eucharist. Personal private prayer before the Blessed Sacrament is a wonderful way to probe the mystery of faith. Our churches are regularly open outside of Mass times to assist the faithful in making a visit for prayer, contemplation, and adoration. Stations of the Cross are also a splendid spiritual devotion in our

tradition, providing us with the occasion to walk the way to Calvary with Christ. While individuals can follow the Via Crucis on any day of Lent, the Stations are particularly meaningful on the Fridays of Lent and Good Friday. The Stations of the Cross resources developed by Evangelisation Broken Bay in 2022, are a wonderful way of engaging with this meaningful prayer tradition.

My dear sisters and brothers in Christ, I pray in these weeks ahead that our community of the Church of Broken Bay will be open to encounter new life in Christ. This Lent, may we humbly confess our sins, prayerfully perform our penance, and joyfully proclaim the Good News of Jesus Christ through words and deeds of charity, mercy, and compassion.

Most Rev Anthony Randazzo DD JCL
Bishop of Broken Bay
15 February 2023

Project Compassion Sunday

18 & 19 February



Please take home a Project Compassion box or set of donation envelopes to support Caritas Australia this Lenten season and help support vulnerable people around the world.

With your support, Caritas Australia has been able to support communities around the world to tackle poverty, food security, education, water and sanitation and disaster risk reduction. Project Compassion 2023 reminds us that the good that we do today will extend and impact the lives of generations to come.

As St Pope John Paul II said, "The future starts today, not tomorrow."

Together, we can help vulnerable communities face their challenges today and build a better tomorrow For All Future Generations.

You can donate through Project Compassion donation boxes and envelopes available at the back of the churches, by visiting caritas.org.au/project-compassion, or by calling 1800 024 413.



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

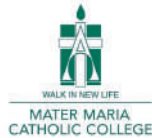
Principal: Miss Kirsty Thorpe

WARRIEWOOD

Mater Maria Catholic College

Tel 9997 7044

Principal: Mr Marc Reicher



Parish Bulletin- Term 1 Week 3

This week we welcomed back some of our high achieving students from the HSC Class of 2022 and congratulated them on their academic achievements. These individuals were recognised as High Achievers for 2022 at Mater Maria and have all enrolled to do various degrees at universities all over Sydney and New South Wales. We extend our congratulations and best wishes to all the Year 12s, their families and all of the Mater Maria staff for achieving extraordinary results for their bright futures. The learning growth and improvement from all students was remarkable.

We also welcomed parents to our Parent Engagement Evening for students in Years 10, 11 and 12. We focused on growth for all students and staff, how to engage with student learning, methods of communication, the importance of attendance and the ways that we are supporting student wellbeing through pastoral care. Helping each student flourish and grow in their relationship with Jesus Christ is our core business here at Mater Maria Catholic College. Our Year 11 & 12 Visual Arts students attended a workshop and the Art Express exhibition at the Art Gallery of NSW and Museum of Contemporary Art as part of their HSC Assessment Task. On Friday, we held our Year 7 Pastoral Day where we continued to help our newest students grow in their sense of belonging at the College. Students focused on Mater Maria's procedures, dress code and behavioural expectations as well as technology and what it means to belong in the Mater community. Sport is in full swing at the College with MWBA Basketball on most afternoons. Many students attended the CSBB Open Touch Football Gala Day and on Wednesday, BBSSA Tennis Championship Finals took place with the winner progressing through to the NSWCCC Tennis Championships. Please join us for our Open Day on Wednesday 8 March between 4.00pm - 7.00pm – all are welcome. 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 for Year 7 2024. Please visit the College website www.matermaria.nsw.edu.au/enrolments for a prospectus, Enrolment Application form or for more information. Applications for Year 7, 2025 close on Thursday 6 April 2023.

Sacramental Program Update

Sacrament of Reconciliation

Children enrolled in the Sacrament of Reconciliation program, start next Monday the four-week preparation sessions for this sacrament, which will take place on
22nd and 29th of March

Sacrament of Confirmation

Saturday, 17 June 2023
at 6pm at Maria Regina Church
Sunday, 18 June 2023
at 10am and 12noon
at Sacred Heart Church

Children in Year 3 and above are eligible to receive the Sacrament of Confirmation if they have been baptised. For more information about the preparation program, enrolments, etc. you **MUST** attend **ONE** parent information session which will take place at 7:30pm:

Wednesday 3 May
Sacred Heart Church and
Thursday 4 May

Maria Regina Church

If you have any questions, or would like to become a facilitator of your child's preparation group please contact Sonia at sacraments@pittwaterparish.org

Welcome to Pittwater Parish

Hugo Peter McAleer

Harrison Phillip Pegram

on the
19th of February 2023

at

Maria Regina Church

Avalon


for the

**Sacrament of
Baptism**

Love your enemies

7th Sunday In Ordinary Time, Year A

How can we love our enemies? Tick the best answers in the boxes below.




If someone slaps you on the cheek, do you...

A: Slap them back

B: Forgive them

C: Call the police

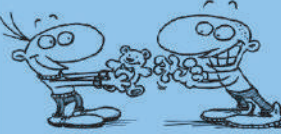


If someone teases you and calls you names, do you...

A: Throw a tantrum

B: Find nice things to say about them

C: Ask God to punish them




If someone wants to share your favourite toy, do you...

A: Tell them to go away

B: Let them play with it, but only for 5 minutes

C: Let them have it for as long as they like




If someone is cruel and mistreats you, do you...

A: Ask God to bless them

B: Tell everyone how bad that person is

C: Get even with them



Jesus taught us to forgive others. He even asked God to forgive those who crucified and taunted him. Write down three other occasions when Jesus showed love for those who were against him.

Complete the Text Maze:
 "Forgive others and God will forgive you."

START

F	E	P	I	T	Y	H	A
O	E	N	E	M	I	E	S
R	G	I	S	R	M	K	P
S	E	V	P	I	L	B	R
R	O	V	R	S	A	N	A
E	T	H	E	U	G	D	I
W	Q	R	Y	D	O	B	S
A	I	E	I	W	C	I	E
R	O	R	L	O	T	L	Y
D	G	T	L	F	G	I	N
S	R	L	O	O	R	V	I
R	M	F	O	J	I	E	T
L	A	S	X	V	K	Y	O
J	U	D	G	E	E	Z	U

FINISH

*CAN YOU FIND THE SIX HIDDEN WORDS FROM THIS WEEKS GOSPEL READING?

JESUS Our Light and Our Life

Becoming One in Christ

The Broken Bay Lenten Booklet invites prayerful reflection on the Sunday Gospel during Lent. It can be used individually or within a group. For each of the six weeks of Lent, the booklet includes a reading of the Gospel text; a reflection on the text; and a personal experience related to the text. The materials and reflections have been prepared by the Broken Bay community, including Plenary Council members who have drawn on their experiences of the Council in their writing. Each Sunday is presented with the following elements:

- Opening Prayer
- Gospel Reading
- Reflection and Questions
- A Personal Story
- Closing Prayer

Printed copies of the booklet are available at the back of our churches.



LENT 2023

The *Living* Word

Entrance Antiphon

Ps 12:6

O Lord, I trust in your merciful love.
My heart will rejoice in your salvation.
I will sing to the Lord who has been
bountiful with me.

First Reading

Lv 19:1-2, 17-18

A reading from the book of Leviticus

*You must love your neighbour, as
yourself.*

The Lord spoke to Moses; he said:
‘Speak to the whole community of the
sons of Israel and say to them: “Be holy,
for I, the Lord your God, am holy.
“You must not bear hatred for your
brother in your heart. You must openly
tell him, your neighbour, of his offence;
this way you will not take a sin upon
yourself. You must not exact vengeance,
nor must you bear a grudge against the
children of your people. You must love
your neighbour as yourself. I am the
Lord.”’

The word of the Lord

Responsorial Psalm

Ps 102:1-4, 8, 10, 12-13, R. v.8

(R.) The Lord is kind and merciful.

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)

The Lord is compassion and love,
slow to anger and rich in mercy.
He does not treat us according to our sins
nor repay us according to our faults. (R)

As far as the east is from the west
so far does he remove our sins.
As a father has compassion on his sons,
the Lord has pity on those who fear him.
(R)

Second Reading

1 Cor 3:16-23

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

*All things are yours, but you belong to
Christ and Christ belongs to God.*

Didn't you realise that you were God's
temple and that the Spirit of God was
living among you? If anybody should
destroy the temple of God, God will
destroy him, because the temple of God
is sacred; and you are that temple.
Make no mistake about it: if any one of
you thinks of himself as wise, in the
ordinary sense of the word, then he must
learn to be a fool before he really can be
wise. Why? Because the wisdom of this
world is foolishness to God. As scripture

says: The Lord knows wise men's
thoughts: he knows how useless they are,
or again: God is not convinced by the
arguments of the wise. So there is
nothing to boast about in anything
human: Paul, Apollos, Cephas, the world,
life and death, the present and the future,
are all your servants; but you belong to
Christ and Christ belongs to God.

The word of the Lord.

Gospel Acclamation

1 Jn 2:5

Alleluia, alleluia!

Whoever keeps the word of Christ,
grows perfect in the love of God.

Alleluia!

Gospel

Mt 5:38-48

A reading from the holy Gospel according to Matthew

Love your enemies.

Jesus said to his disciples: ‘You have
learnt how it was said: Eye for eye and
tooth for tooth. But I say this to you:
offer the wicked man no resistance. On
the contrary, if anyone hits you on the
right cheek, offer him the other as well; if
a man takes you to law and would have
your tunic, let him have your cloak as
well. And if anyone orders you to go one
mile, go two miles with him. Give to
anyone who asks, and if anyone wants to
borrow, do not turn away.
‘You have learnt how it was said: You
must love your neighbour and hate your
enemy. But I say this to you: love your
enemies and pray for those who
persecute you; in this way you will be
sons of your Father in heaven, for he
causes his sun to rise on bad men as well
as good, and his rain to fall on honest and
dishonest men alike. For if you love
those who love you, what right have you
to claim any credit? Even the tax
collectors do as much, do they not? And
if you save your greetings for your
brothers, are you doing anything
exceptional? Even the pagans do as
much, do they not? You must therefore
be perfect just as your heavenly Father is
perfect.’

The Gospel of the Lord

Communion Antiphon

Ps 9:2-3

I will recount all your wonders,
I will rejoice in you and be glad,
and sing psalms to your name, O Most
High.

REFLECTION

by Dianne Bergant CSA

*At times it seems we have rewritten the
'Golden Rule' to say: Do unto others
before they can do unto you! In saying
this we are not encouraging each other
to do good, but to be defensive. Jesus
tells us to go the extra mile, turn the*

*other cheek, outdo ourselves in
generosity and rise above the fray. He is
not suggesting that we allow ourselves to
be abused, but that we not perpetuate the
antagonism out of which the
mistreatment arose. He is not advocating
passivity, but he is saying that we should
not retaliate. Jesus is describing what we
today would call active non-resistance,
the attitude taught by Gandhi and Martin
Luther King.*

*We are familiar with the answer to the
question: Who is my neighbour? We
usually interpret it to mean those we do
not particularly like. It is important to
love them, to be kind to them, to help
them when they are in need. But these are
not the people whom Jesus is talking
about in today's reading. He tells us that
the neighbours whom we are to love are
those people who do not like us. We are
to love those who deliberately exclude us
from their social circles, who talk about
us behind our backs. We are to love those
who make us feel that we are not good
enough for them, those who resent us for
our accomplishments. We are to love
those who exploit us or do us harm. This
is indeed a radical teaching.*

© Dianne Bergant CSA

Conversion,

Following the Call of Christ by: Bishop Robert Barron

During Lent, our Tuesday Group
will watch and reflect on 6 video
presentations.
Bishop Robert Barron illuminates
six biblical stories of conversion,
demonstrating how six ordinary
people, just like you and me, were
met by Jesus where they were and
called to a better life through Him.
The common theme in each story is
the turning of all one's attention and
energy toward an ever deeper,
personal relationship with Jesus
Christ.

In his characteristically energetic
style, Bishop Barron explains how
conversion is not so much a
one-time event, but a life-long
process. He explains, "Jesus Christ
calls us in thousands of different
ways to follow Him, as we strive on
the path for spiritual excellence."

Advertising Space Available

For more information call the Parish Office on 9157 0999



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

GEAR SUPPLIED | NO REGISTRATION FEES | NO GRADING

REGISTER NOW!
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



**WILSON
FAMILY
FUNERALS**




**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 | admin@brocksplumbing.com.au

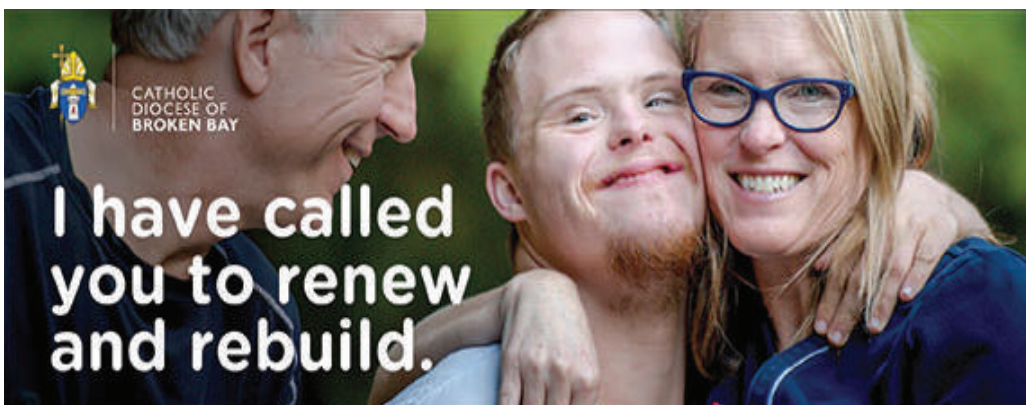
Advertising Space Available

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

**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.

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

Purveyors of
Specialty Coffee

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

HUNTER
ESTATE
AGENTS

Agency of
the Year
Emerald Heights

**Duane
Hunter**
0415 708 992
9970 7220

Follow us on
f
duanehunterhea