



# 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**  
Become temples of the Holy Spirit! Pray that he enlightens you in times of danger! Oh how happy you will be, what peace, what bliss, what harmony, what happiness!

## Prayer to the *Holy Spirit*

Spirit of wisdom and understanding, enlighten our minds to perceive the mysteries of the universe in relation to eternity.

Spirit of right judgment and courage, guide us and make us firm in our baptismal decision to follow Jesus' way of love.

Spirit of knowledge and reverence, help us to see the lasting value of justice and mercy in our everyday dealings with one another.

May we respect life as we work to solve problems of family and nation.

Spirit of God, spark our faith, hope and love into the new action each day.

Fill our lives with wonder and awe in your presence which penetrates all creation.  
Amen.



Follow us on **facebook**  
Pittwater Catholic Parish

FOLLOW US ON **INSTAGRAM**

### SAFEGUARDING

We, the people of the Catholic Diocese of Broken Bay and the Catholic Parish of Pittwater are committed to fostering communities of safety and care for all people, especially for children and others in the community who are vulnerable. Our commitment is underscored by our faith in Jesus Christ.



**POPE LEO'S PRAYER INTENTION**

FOR *May*

That Everyone Might Have Food

Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food.

# 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*

## 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

**BAPTISM**  
*4TH SUNDAY of the Month at 11.30 am*

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

## WEEKDAY MASSES

**MONDAY** ✦ 8.00am

**WEDNESDAY** ✦ 8.00 am

**THURSDAY** ✦ 10.00 am  
*Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction at 9.45 am*

**FRIDAY** 8.00 am  
*FIRST FRIDAY of the Month, Healing Mass/ Anointing of the Sick at 8.00 am*

**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*  
**Barbara Louise Mainman Waterhouse**

May all the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

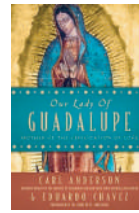
*Deceased Anniversary*  
**Sr Helen Ryan OP**

## Prayer for the Sick

Anna Śmigowska  
Lily Janosik  
Sue French  
Maureen Larios  
Elaine Boyes  
Pauline Chipman  
Ron Clarke  
Barbara Clarke  
Anna Katanec  
Otma Nouak  
Angela Miller  
Philip Khalifeh  
Joseph Khalifeh  
George Azoury  
Bruce Farr  
James  
Jacinta Purnell - Major  
Nenita Roque  
Marie Celine Roque-  
Maca  
Neda Crvelin  
Jesse Cathersides  
Mary Reilly  
Theresa Keane  
Marta Bizubova  
Liam Gavin  
Christine Barnard

# BOOK REVIEW

**Our Lady of Guadalupe**  
By: Carl Anderson & Eduardo Chavez



Both authors write with clarity, beauty and intelligence that make these pages a joy to read. But it's the content that makes this book so important. In a culture that increasingly devalues life, this compelling, wonderfully readable reflection on 'the theology of the body' and the meaning of human love and sexuality. It is highly recommended.

## Liturgy for the Week

25/05 Monday, Our Lady, Help of Christians  
Sirach 4:11-18; Jn 19:25-27

26/05 Tuesday, St Philip Neri  
1 Pet 1:10-16; Mk 10:28-31

27/05 Wednesday, Ordinary  
Time 8  
1 Pet 1:18-25; Mk 10:32-45

28/05 Thursday, Ordinary  
Time 8  
1 Pet 2:2-5, 9-12; Mk 10:46-52

29/05 Friday, Ordinary Time 8  
1 Pet 4:7-13; Mk 11:11-26

30/05 Saturday, Ordinary  
Time 8  
Jude 17, 20-25; Mk 11:27-33

The Holy Spirit comes where He is loved, where He is invited, where He is expected.

## BLESSED FRANCIS JORDAN PRAYER GROUP



Come and spend time in prayer, reflection and devotion to our Blessed Mother and Blessed Francis Mary of the Cross Jordan as we gather together to deepen our faith and seek their loving intercession.

We warmly invite everyone to join us

**AFTER THE 9:30 AM MASS, ON WEDNESDAYS**



## 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.

# Our Parish Schools



## Parish Bulletin- Term 2, Week 5

There is a wonderful energy across Mater Maria Catholic College this term, as our students continue to grow in faith, learning and community.

Our Year 8 students enjoyed their Italian Day this week, immersing themselves in the richness of Italian culture through trivia, tombola, gelato, pizza and soccer. These experiences bring language to life, helping students understand the deep connection between culture, people and tradition.

On Friday, our College came together in a very special way to celebrate Mater Maria's Feast Day, in anticipation of the Solemnity of Our Lady Help of Christians. Students and staff gathered for a beautiful Eucharistic celebration led by our local parish priest and Year 12 Prefects. Uplifted by the talents of our Year 11 and 12 musicians, the celebration continued with activities across the College and into our local community, a true reflection of the joy and unity that defines Mater Maria.

Sport is thriving this term, with students embracing every opportunity to participate with enthusiasm, determination and great sportsmanship. From the MWBA Basketball Competition to Peninsula Cup netball and soccer, and the Broken Bay Cross Country Championships at Gosford, our students continue to represent the College with pride and spirit.

Our Year 9 students stepped outside the classroom for their Duke of Edinburgh Bronze Practice Adventurous Journey. Over two days, they hiked and camped on the Central Coast, carrying all their own equipment while developing resilience, independence and teamwork. Experiences like these challenge our students, build confidence and create lasting memories.

Year 12 Engineering students also ventured beyond the classroom, visiting the HARS Aviation Museum in Wollongong where they deepened their understanding of aeronautics and future pathways.

Every Friday, our prefects lead Faith Fridays, inviting students to come together in the Chapel and Courtyard through music, reflection and prayer. It is a beautiful way to end the week and a reminder that faith is at the heart of all we do at Mater Maria.

### Change to Enrolment Deadline

Over the next two years, all CSBB schools will move towards offering secondary school placements when students are in Year 3.

To support this change, applications for Year 7 2029 will close on Friday 3 July. Mater Maria continues to receive significantly more applications than the number of places available, and as a result, enrolments often reach capacity during the first round of offers. For this reason, we strongly encourage all interested families to submit an application by this closing date to avoid disappointment. Please visit [matermaria.nsw.edu.au/enrolments](http://matermaria.nsw.edu.au/enrolments) to apply.

We thank our parish communities for your continued prayers and support. It is through this strong partnership that we are able to nurture and guide our young people, and we look forward to continuing to share the life of our College with you.



## Sacred Heart Catholic Primary School Week 5, Term 2

On Friday 15 May, our Year 5 students visited Long Reef Headland for their student retreat. The theme for the day was 'Journeying with Jesus'. They participated in activities such as sketching God's creation, Gospel reflection, footprints in the sand and sand modelling



On Friday 15 May, our Year 2 classrooms warmly welcomed parents for their Faith and Learning Walk. It was wonderful to see such a strong turnout, with an impressive number of families attending to support and celebrate the students' learning.

Congratulations to two of our students who have been competing at the NSW PSSA level in team sport. Grace T (Year 6) has been competing this week in the Polding Team for Hockey at Bathurst and Jaxon L (Year 6) has been competing this week in the Polding Team for Basketball in Port Macquarie. Well done to both students on this achievement.

On Tuesday 19 May, we had 27 students represent Sacred Heart at the Broken Bay Cross Country Championships at Gosford. We had some fantastic results and look forward to sharing these achievements next week.

## ADVERTISE WITH US ON OUR NEW DIGITAL LED SIGN!

We are excited to offer advertising opportunities on our upcoming digital LED sign. This is a wonderful way to promote your business, service, or upcoming event while supporting our parish community. If you would like to secure a place, please contact the Parish Office by phone on 9157 0999 or email, [office@pittwaterparish.org](mailto:office@pittwaterparish.org). Spaces are limited, so we encourage you to book early. We look forward to hearing from you!

## 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](mailto:pp@pittwaterparish.org)



**ASSISTANT PRIEST**  
*Fr Zygmunt Smigowski SDS*  
Tel 9157 0999 ext 12  
[ap@pittwaterparish.org](mailto:ap@pittwaterparish.org)



**PARISH SECRETARY**  
*Belinda Cimino*  
Tel 9157 0999 ext 30  
[office@pittwaterparish.org](mailto:office@pittwaterparish.org)



**ADMINISTRATIVE ASSISTANT**  
*Shereae Knight*  
Tel 9157 0999 ext 30  
[office@pittwaterparish.org](mailto:office@pittwaterparish.org)



**DIRECTOR OF MUSIC**  
*Monique Reeves*  
Tel 9157 0999 ext 17  
[music@pittwaterparish.org](mailto:music@pittwaterparish.org)



**MEDIA & COMMUNICATIONS  
COORDINATOR**  
*Conille Felias*  
Tel 9157 0999 ext 31  
[media@pittwaterparish.org](mailto:media@pittwaterparish.org)



**SACRAMENTAL COORDINATOR**  
*Sonia Samartin*  
Tel 9157 0999 ext 13  
[sacraments@pittwaterparish.org](mailto: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

**PASTORAL**  
**WORKS** Broken Bay

**Thank you for all your donations!**



The Appeal supports various charities in our Diocesan community, particularly the Confraternity of Christian Doctrine (CCD) and the Hospital Chaplaincy and Pastoral Care Program. PWBB also supports St Lucy's School and St Edmund's College for students with disabilities, and the Ephpheta Centre supports the deaf community. These ministries need our community's generosity as they get little or no Government funding. You can donate at any time, not only during May.

**All donations over \$2 are tax deductible.**

**Envelopes are available on the pews of both Churches.**



**40**  
YEARS

## Mass of Thanksgiving

Mass will be followed by a farewell supper for the Archbishop.



**with Most Rev Anthony Randazzo**  
Prefect, Dicastery for Legislative Texts  
Apostolic Administrator Diocese of Broken Bay

### The Mass of Thanksgiving

You are all welcome to the 40th Anniversary Mass of Thanksgiving for the Diocese of Broken Bay on **Thursday 28 May 2026 at The Light of Christ Centre, end of Yardley Ave, Waitara at 7.00pm.**

**The Mass will be followed by a farewell supper for Archbishop Anthony.**

If you would like to attend, please scan the **QR code** and register yourself and any accompanying guests.



RSVP Here



A National Catholic Ministry for Men, founded out of a response to a great need in the hearts & lives of men & great need in the life of the Catholic Church.

## ALL MEN ARE WELCOME

**We Meet**  
First & Third Tuesday of every Month at 7 pm  
Sacred Heart Parish Centre

### Join Us - Men's Faith Gathering

We warmly invite all men of our parish & community to come together at 7:00 pm for an informal & faith-filled evening of conversation, reflection & brotherhood.

These gatherings offer a welcoming & supportive space to share openly, grow spiritually & encourage one another in our journey of faith.

Together, we seek to renew our hearts in Christ, strengthen our commitment to God & be a vital & active force of renewal within our Church.

Come & be part of a community where faith is nurtured, friendships are formed & the Holy Spirit at work.

All are welcome. We look forward to seeing you there.

**For any questions, contact**  
**Joe Cillia - 0418 863 814**

## Our Sincere Sympathy



We are deeply saddened to announce the passing of **Fr Robert Crawford**, a retired priest of the Diocese of Broken Bay. Fr Bob passed away at McQuoin Park Nursing Home, Waitara on 10 May. He had served in a number of appointments including our Mona Vale parish community. He retired in 2002.

We invite all parishioners to keep Fr Bob in your prayers and to give thanks for his life of dedicated service to God and His Church.

### Funeral Mass

**When:** Monday, 25 May at 11:30 am  
**Where:** Hornsby Cathedral Parish  
27 Yardley Avenue, Waitara

The Funeral Mass will also be livestreamed for those unable to attend in person.

### The Livestream Link for the Mass:

<https://youtube.com/live/9ewrM4aqGeE>

### Burial

The burial will take place at 2:00 pm at Frenchs Forest Bushland Cemetery, Wattle Lawn, Plot 294.

**25th May**  
**Solemnity of**  
*Our Lady Help of Christians*



**Masses will be celebrated on**  
**Monday, 25 May**  
**at the following times:**  
**8:00 am at**  
**Maria Regina Church, Avalon**

**9:30 am at**  
**Sacred Heart Church, Mona Vale**  
*All are warmly invited to attend*

**Pentecost**  
is the moment when  
a heart of stone is  
shattered and a  
heart of flesh  
takes its place.  
Father Raniero Cantalamessa

*Congratulations*  
on the  
**23rd ANNIVERSARY**  
of your  
**ORDINATION,**  
*Fr Zygmunt!*

Today we give thanks to God  
for your faithful service, dedication  
and spiritual guidance throughout  
these years of priesthood.



Your wisdom and commitment to  
serving others have touched many  
lives and strengthened our  
community in faith.

May God continue to bless you  
with good health, joy, peace and  
abundant grace as you carry on  
your sacred vocation.

Thank you for your prayers,  
leadership and unwavering devotion.

Wishing you a joyful celebration  
and many more blessed years  
in God's service.



*Thank you*

FOR ANSWERING GOD'S CALL  
AND BEING A BLESSING  
TO SO MANY.

**COME HOLY SPIRIT,**  
fill the hearts of your faithful  
and kindle in them the fire  
**of your love.**  
**SEND FORTH YOUR SPIRIT**  
and they shall be created.  
**AND YOU SHALL RENEW**  
**THE FACE OF THE EARTH.**

PARISH MORNING TEA GATHERING

*Everyone is welcome to join*  
Every month after the 8 am Mass on the 1st Sunday  
and after the 10 am Mass on  
the 3rd Sunday at  
**SACRED HEART CHURCH,**  
**MONA VALE**

Last Sunday after the 9 am Mass at the front of  
**MARIA REGINA CHURCH,**  
**AVALON**

# The *Living* Word

## Entrance Antiphon

Wisdom 1:7

The Spirit of the Lord has filled the whole world and that which contains all things understands what is said, alleluia.

## First Reading

Acts of the Apostles 2:1-11

### A reading from the Acts of the Apostles

*They were all filled with the Holy Spirit, and began to speak different languages.*

When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech. Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome – Jews and proselytes alike – Cretans and Arabs; we hear them preaching in our own language about the marvels of God.'

## The word of the Lord

### Responsorial Psalm

Ps 103:1. 24. 29-31. 34. R. v.30

**(R.) Lord, send out your Spirit and renew the face of the earth.**

Bless the Lord, my soul! Lord God, how great you are, How many are your works, O Lord! The earth is full of your riches. **(R.)**

You take back your spirit, they die, returning to the dust from which they came. You send forth your spirit, they are created; and you renew the face of the earth. **(R.)**

May the glory of the Lord last for ever!  
May the Lord rejoice in his works!  
May my thoughts be pleasing to him.  
I find my joy in the Lord. **(R.)**

## Second Reading

1 Corinthians 12:3-7, 12-13

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

*In the one Spirit we were all baptised, making one body.*

No one can say, 'Jesus is Lord' unless he is under the influence of the Holy Spirit.

There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different ways in different people, it is the same God who is working in all of them. The particular way in which the Spirit is given to each person is for a good purpose. Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

## The word of the Lord.

### Sequence

Holy Spirit, Lord of light,  
From the clear celestial height  
Thy pure beaming radiance give.  
Come, thou Father of the poor,  
Come with treasures which endure;  
Come, thou light of all that live!  
Thou, of all consolers best,  
Thou, the soul's delightful guest,  
Dost refreshing peace bestow;  
Thou in toil art comfort sweet;  
Pleasant coolness in the heat;  
Solace in the midst of woe.  
Light immortal, light divine,  
Visit thou these hearts of thine,  
And our inmost being fill:  
If thou take thy grace away,  
Nothing pure in man will stay;  
All his good is turned to ill.  
Heal our wounds, our strength renew;  
On our dryness pour thy dew;  
Wash the stains of guilt away:  
Bend the stubborn heart and will;  
Melt the frozen, warm the chill;  
Guide the steps that go astray.  
Thou, on us who evermore  
Thee confess and thee adore,  
With thy sevenfold gifts descend:  
Give us comfort when we die;  
Give us life with thee on high;  
Give us joys that never end.

## Gospel Acclamation

*Alleluia, alleluia!*

Come, Holy Spirit, fill the hearts of your faithful  
and kindle in them the fire of your love.  
*Alleluia!*

## Gospel

John 20:19-23

### A reading from the holy Gospel according to John

*As the Father sent me, so I send you: Receive the Holy Spirit.*

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.'

'As the Father sent me, so am I sending you.'  
After saying this he breathed on them and said:  
'Receive the Holy Spirit.  
For those whose sins you forgive, they are forgiven;  
for those whose sins you retain, they are retained.'

## The Gospel of the Lord.

### Communion Antiphon

Acts of the Apostles 2:4,11

They were all filled with the Holy Spirit and spoke of the marvels of God, alleluia.

## REFLECTION

by Dianne Bergant

*Pentecost celebrates the fullness of the Spirit and the great gathering of nations. It brings the Easter season to its conclusion. The Risen Lord has been exalted to his rightful place next to God and he has sent his Spirit to fill the earth with God's power. The world is charged with divine energy; it needs but a spark to ignite it with life and with excitement. This vitality explodes into the extraordinary. Tongues are loosed and speech overflows its linguistic constraints; charismatic gifts flood the valleys of human habitation; barred doors are burst open and frightened hearts are calmed. The Spirit of the Lord fills the whole world.*

*Once again we gather together for one reason, only to discover that God has gathered us for another. Through the Spirit of God, we are reconciled to each other and then together we spend ourselves for the common good. Through the Spirit of God the world is renewed, the community is revitalised, and we come to know the mysterious yet all pervasive peace of Christ. The Spirit has been poured forth and works wonders wherever human hearts are open to its promptings. The earth is renewed each time rivalries are resolved, distinctions are recognised as merely expressions of diversity, peace is restored, comfort and solace are offered, and forgiveness is granted. We are immersed in the vigour of the Spirit of God. All we have to do is open ourselves to it and the reign of God will be born in our midst.*

© Dianne Bergant CSA



**PRO CLEAN**  
 PROFESSIONAL SERVICES  
 ECO FRIENDLY STEAM & DRY

- \* CARPET
- \* AREA RUG
- \* UPHOLSTERY
- \* LEATHER
- \* PROTECT SEAL
- \* TILE N GROUT
- \* HARD FLOORS
- \* STAIN REMOVAL

*Please Contact us on*  
 0414 668 942 or  
 0451 307 909  
 PROCLEANONE@GMAIL.COM  
 GOOGLE>PROCLEANONE



**PRIME VISION**  
 PROPERTY MAINTENANCE

**FREE QUOTE**  
 0433 321 448

A Wide Range of Services from Expert Cleaners  
 We know how important it is to keep your windows squeaky clean and your property looking like new. That's why we offer a comprehensive range of property and window cleaning services to clients around Sydney. With the help of traditional methods and modern technologies, our cleaners can assist with:

*Window cleaning (traditional, pure-water and abseiling)*  
 HIGH PRESSURE CLEANING  
 HOUSE SOFT WASHING  
 GUTTER CLEANING  
 SOLAR PANEL CLEANING



Electrical  
 Plumbing  
 Air Conditioning.

Ph:(02) 9905 8800

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

**GET  
 IN TOUCH  
 TODAY**



**WILSON  
 FAMILY  
 FUNERALS**

CALL 02 9913 7131

*Locally Australian family  
 owned and operated  
 Available 24/7*



Ann, John and Kate of Wilson Family Funerals

*Personally talk to Ann Wilson and her team*

- Decades of experience caring for Northern Beaches and North Shore families
- A meaningful service uniquely personal to a family's needs and wishes
- Pre-paid funeral plans
- Care, compassion, love, understanding and support

Suite 3, 1440 Pittwater Rd,  
 North Narrabeen, Sydney

wilsonfamilyfunerals.net.au



**KMK PAINTING**

**20+ YEARS EXPERIENCE**

**QUALITY PAINTING  
 DONE RIGHT, EVERY TIME**

- ✓ Interior & Exterior Painting & Decorating
- ✓ High pressure washing
- ✓ Waterproofing services
- ✓ Dulux Accredited Painters


**10% DISCOUNT FOR SENIORS**

GOOGLE BUSINESS REVIEWS  
 5.0 ★★★★★

CALL KRIS DIRECT:  
**0408 668 816**


Fully Insured  
 LICENCE 745995

SERVICING  
 EASTERN SUBURBS &  
 NORTHERN BEACHES



**DOM VELCIC & CO**  
 Litigation Lawyers

**Wills & Probate • Family Law**



**1300 557 243**

**Practical legal advice for individuals and families delivered with care and integrity**

Sydney. St Leonards. Warriewood. 0410 270 730

To find out more, call Tamara  
 0403226699



Every Girl. Everywhere. Period.

**ADVERTISEMENT SPACES AVAILABLE**

Our bulletin has available spaces to promote local businesses. It's a great way to reach the community and endorse your services. Ready to advertise? Please contact the Parish Office on 9157 0999 for more information

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



Part of the local  
community since 1957

51 Basset St, Mona Vale  
Ph: 9999 3340  
49 Avalon Pde, Avalon  
Ph: 9918 3315



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



Chris Lee

With over 35 years  
experience we can guide  
you with 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)

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.coffeebrothers.com.au](http://www.coffeebrothers.com.au)

## PITTWATER PHARMACY COMPOUNDING CHEMIST



Ralph Papandrea  
B.PHARM (Hons) MSc. MPS  
Len Papandrea  
B.PHARM. MPS  
Sam Papandrea  
B.PHARM. MPS  
Andrew Snow  
B.PHARM. MPS

1771 Pittwater Road  
Mona Vale 2103  
Ph: 9999 3398  
Fax: 9999 3910

FINE WINE, SPIRITS & BEER

## FLEET STREET

MERCHANTS

**PAUL BOTTERO**

1755 Pittwater Road  
Mona Vale NSW 2103

Phone: 9999 3055  
Fax: 9999 3055

**ACTIVE PILATES**  
Excellence in Pilates



**Move with  
Confidence.**

*Live with Wellbeing*

**SUPPORTIVE &  
EXPERIENCED  
TEACHERS**

**SAFE, CALM &  
WELCOMING  
ENVIRONMENT**

**CARING  
COMMUNITY**

**Supported. Empowered. Active for life.**

*Come and join our community*



PHONE 0431 829 279  
EMAIL [hello@activepilates.co](mailto:hello@activepilates.co)  
WEBSITE [activepilates.co](http://activepilates.co)  
ADDRESS Shop 9/3-5 Bungan St  
MONA VALE, NSW 2103