



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
The Divine Saviour, in His great mercy, has called us to become images of himself, as far as possible. He has called us so that, through holiness our work everywhere may be accompanied by blessings, happiness, and salvation.

PRAYER TO THE HOLY TRINITY

Glory be to the Father, who by His almighty power and love created us, making us in the image and likeness of God.

Glory be to the Son, who by His Precious Blood offered us salvation and opened for us the gates of heaven.

Glory be to the Holy Spirit, who has sanctified us in the sacrament of Baptism, and continues to sanctify us by the graces we receive daily from His bounty.

Glory be to the Holy Trinity, now and forever.
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

★ RECONCILIATION ★

Before Vigil Mass on Saturday

★ WEEKEND MASSES ★

SATURDAY VIGIL - 6.00 pm
SUNDAY - 9.00 am

★ BAPTISM ★

3RD SUNDAY of the Month
at 11.00 am

WE PRAY *for*

Recently Deceased
Rocco Romeo
Terence Schubert
Barry May

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

Deceased Anniversary
Sr Helen Ryan OP
Rina Lardizabal-Yam

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

BOOK REVIEW

Steps To Life

A Spiritual Journey with Christian Mysticism and the Twelve Steps
By: Joanna Thyer



These Steps not only explores our human need to search for meaning in life but also shows how to develop a personal spirituality to give you the strength and confidence needed to deal with depression, addictions or low self-esteem.

This book draws on the spiritual journeys of St Francis of Assisi, Julian of Norwich, St Ignatius and many other Christian mystics.

TRINITY

2 Corinthians 13:14

The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Ghost, be with you all. Amen.

Liturgy for the Week

01/06 Monday, St Justin
2 Pet 1:2-7; Mk 12:1-12

02/06 Tuesday, Ordinary
Time 9
2 Pet 3:11-15, 17-18;
Mk 12:13-17

03/06 Wednesday, St Charles
Lwanga & Martyrs
2 Tim 1:1-3, 6-12;
Mk 12:18-27

04/06 Thursday, Ordinary
Time 9
2 Tim 2:8-15; Mk 12:28-34

05/06 Friday, St Boniface
1 Pet 4:7-13; Mk 11:11-26

06/06 Saturday, Ordinary
Time 9
2 Tim 4:1-8; Mk 12:38-44



THE CATHOLIC PARISH OF PITTPATER 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.

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**

Our Parish Schools



Parish Bulletin- Term 2, Week 6

On Monday 25 May, Mater Maria celebrated the Solemnity of Mary, Help of Christians, Patroness of Australia. This special day invited our students to reflect on Mary's example of faith, service and courage, and to consider how they can live as compassionate young leaders within their school, parish and wider communities.

This week, we warmly welcomed our Year 7 parents and students to our Parent-Teacher-Student Evening. The evening provided an opportunity to share our continued focus on fostering growth for all students and staff. Families heard about ways to engage with student learning, effective communication methods, the importance of attendance, and the strong support available through our wellbeing structures. At the heart of our mission is our commitment to helping each student flourish and deepen their relationship with Jesus Christ.

Students from Years 9 to 11 had the opportunity to hear from some of Australia's most exciting literary talents at the Sydney Writers' Festival at The Concourse, Chatswood. This experience encouraged students to engage with contemporary writing, storytelling and ideas beyond the classroom.

As part of National Reconciliation Week 2026 and this year's theme, "All In", a group of students joined the Jarjum family at St Paul's Catholic College, Manly, to explore Aboriginal culture, history, language and connection to Country through a range of interactive experiences. Students gathered on Country at North Head and Fairfax Lookout to learn more about the story of our area's ancient whale totem. Through a brother-sister scavenger hunt, yarnning circles and shared storytelling, students engaged with First Nations picture books, captured meaningful messages, and created their own Jarjum whale artwork inspired by culture, connection and community. The experience was a meaningful opportunity to honour the anniversaries of the successful 1967 Referendum and the Mabo decision, while celebrating the strength that comes from gathering together as one.

On Thursday, representatives from across the Diocese gathered for the Catholic Schools Broken Bay 40th Anniversary Diocesan Celebration Mass at the Light of Christ Centre. This was a special opportunity to give thanks for 40 years of Catholic education in Broken Bay and to celebrate the faith, service and community that continue to shape our schools.

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 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 6

Congratulations to the students who were formally commissioned as Altar Servers at the Family Parish Mass on Saturday 23 May.



On Tuesday 19 May, we had 27 students represent Sacred Heart at the Broken Bay Cross Country Championships at Gosford. We are very proud of all of these students and excited to announce that 8 students will be progressing to the Polding Cross Country Championships. A special mention to our podium finishers:

Amelia E (Year 6) 1st 11 year girls
Dominic L (Year 3) 3rd 8/9/ year boys
Anderson A (Year 6) 1st 12/13 year boys
Sebastian N (Year 6) 2nd 12/13 year boys

Congratulations to the Girls Polding Hockey team who won silver at the NSW PSSA Hockey Championships last week at Bathurst. Grace T (Year 6) was a member of the team. And congratulations to the Boys Polding Basketball team who won bronze at the NSW PSSA Basketball Championships last week at Port Macquarie. Jaxon L (Year 6) was a member of the team. Well done to both students on this achievement.



Maria Regina Catholic Primary School Week 6, Term 2

Year 2 spent the afternoon proudly reading their informative texts about Seals to students in Years 3 and 4. They shared lots of interesting facts about seals, and the audience even learnt some fun new information along the way — a wonderful way to celebrate their hard work and learning!



PARISH DIRECTORY

PITTWATER PARISH



1 Keenan Street
Mona Vale NSW 2103



9157 0999



PARISH PRIEST
Fr Richard Sadowski SDS
Tel 9157 0999 ext 10
pp@pittwaterparish.org



ASSISTANT PRIEST
Fr Zygmunt Smigowski SDS
Tel 9157 0999 ext 12
ap@pittwaterparish.org



PARISH SECRETARY
Belinda Cimino
Tel 9157 0999 ext 30
office@pittwaterparish.org



ADMINISTRATIVE ASSISTANT
Shereae Knight
Tel 9157 0999 ext 30
office@pittwaterparish.org



PARISH BOOKKEEPER
Suzy Caruso
Tel 9157 0999 ext 30
accounts@pittwaterparish.org



**MEDIA & COMMUNICATIONS
COORDINATOR**
Conille Felias
Tel 9157 0999 ext 31
media@pittwaterparish.org



DIRECTOR OF MUSIC
Monique Reeves
Tel 9157 0999 ext 17
music@pittwaterparish.org



SACRAMENTAL COORDINATOR
Sonia Samartin
Tel 9157 0999 ext 13
sacraments@pittwaterparish.org



CCD CATECHIST COORDINATORS
Maureen Wooldridge
Mobile 0421 907 469
Veronica Thomas
Mobile 0417 061 534



SACRED HEART CHURCH
1 Keenan Street, Mona Vale



MARIA REGINA CHURCH
7 Central Road, Avalon



SCHOOLS
SACRED HEART SCHOOL, Mona Vale
Tel 8197 6900



Principal: Ms Louise O'Brien
MARIA REGINA SCHOOL, Avalon
Tel 7256 2138
Principal: Ms Kirsty Thorpe

MATER MARIA CATHOLIC COLLEGE, Warriewood
Tel 7256 2100
Principal: Mr Anthony Mahoney



Our Deepest Sympathy



WITH DEEP SADNESS,
WE ANNOUNCE THE PASSING OF

ROCCO ROMEO

ROCCO WILL BE REMEMBERED FOR
THE LOVE HE SHARED SO
GENEROUSLY WITH HIS FAMILY AND
FRIENDS.

FAMILY AND FRIENDS ARE WARMLY
INVITED TO JOIN US IN PRAYER AND
REMEMBRANCE AT THE
ROSARY PRAYER
TO BE HELD ON

**WEDNESDAY, 2ND JUNE AT 6.30 PM
AT SACRED HEART CHURCH**

A REQUIEM MASS
CELEBRATING ROCCO'S LIFE
WILL THEN BE HELD ON

**THURSDAY, 4TH JUNE AT 11.30 AM
AT SACRED HEART CHURCH**

It is with great sadness that we announce
the passing of

TERENCE SCHUBERT

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

**Terence's Funeral Service will be held on
Tuesday, 2nd June at 12:30 pm
at Sacred Heart Church, Mona Vale**

Please pray for the repose of the
soul of

BARRY MAY

who passed away recently.

Barry will be greatly missed by his
loving wife, Judy May, a devoted and faithful
member of our parish community,
together with their family and friends.
We ask parishioners to keep Judy May
and her family in their prayers during
this difficult time.

**THE REQUIEM MASS FOR BARRY
WILL BE CELEBRATED
AT 11:00 AM ON
WEDNESDAY, 3RD JUNE AT
SACRED HEART CHURCH.**



SALVATORIANIANS
SOCIETY OF THE DIVINE SAVIOUR

*You are warmly
invited*

TO CELEBRATE THE:

65th Anniversary of
Salvatorian Ministry
in Australia

25th Anniversary of
Salvatorian Ministry
in Pymble Parish



DATE:
Sunday 14 June 2026



TIME:
9.30am



VENUE:
Sacred Heart Church,
Pymble Parish NSW



MAIN CELEBRANT:
Bishop Emeritus
Most Rev David Walker



*We look forward to celebrating
this joyful occasion with you.*

**GLORY BE TO THE FATHER
AND TO THE SON
AND TO THE HOLY SPIRIT.
AS IT WAS IN THE BEGINNING IS NOW
AND EVER SHALL BE WORLD
WITHOUT END. AMEN.**



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

27TH ANNIVERSARY of Ordination

— OF —
FR. RICHARD
PARISH PRIEST

Dear Fr. Richard,

On this blessed occasion of your 27th Anniversary of Ordination, we, your parish family, give thanks to God for your faithful "YES" and for the many ways you have reflected Christ's love among us.

Your kindness, wisdom, and steadfast dedication have been a true blessing to our parish community. Thank you for shepherding us with such compassion and for always being there for us in joy and in sorrow.

May God continue to guide, strengthen, and fill your priestly ministry with His abundant grace and joy.

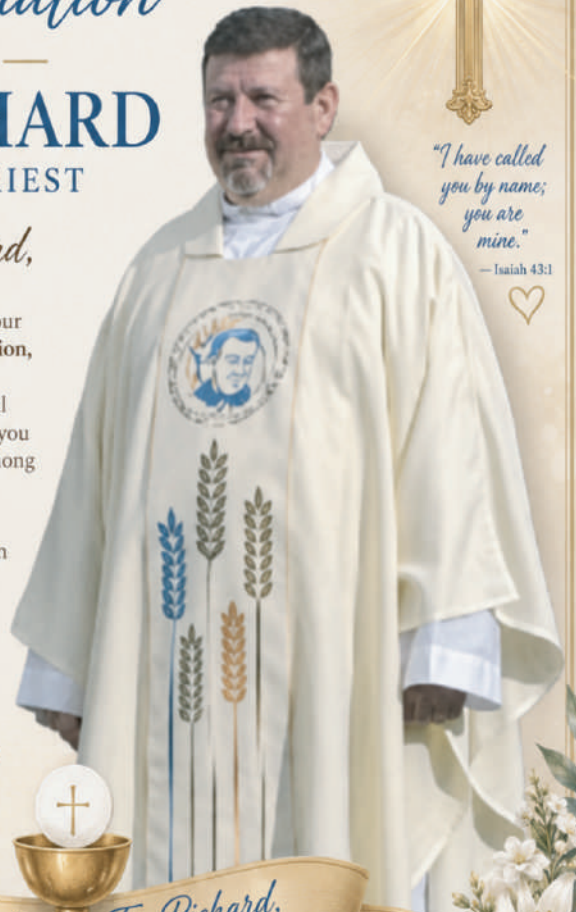
Thank you, Fr. Richard,
FOR 27 YEARS OF FAITHFUL SERVICE.

WITH LOVE AND PRAYERS,
Your Parish Family



"I have called you by name; you are mine."

— Isaiah 43:1



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. All donations over \$2 are tax deductible. Envelopes are available on the pews of both Churches.

IMPORTANT ANNOUNCEMENT

SISTINE CHAPEL EXCURSION

Please note that the MEETING TIME on Thursday, 4th June has been **CHANGED** to 7:30 am at the Sacred Heart Church Courtyard.

This earlier meeting time is to accommodate attendance at the 9:00 am Mass at St Mary's Cathedral Crypt, followed by the Sistine Chapel experience at 10:20 am.

Thank you for your understanding and cooperation.

The *Living* Word

Entrance Antiphon

Blest be God the Father, and the Only Begotten Son of God, and also the Holy Spirit, for he has shown us his merciful love.

First Reading Exodus 34:4-6. 8-9
A reading from the book of Exodus
The Lord God, ruler of all, merciful and loving.

With the two tablets of stone in his hands, Moses went up the mountain of Sinai in the early morning as the Lord had commanded him. And the Lord descended in the form of a cloud, and Moses stood with him there. He called on the name of the Lord. The Lord passed before him and proclaimed, 'Lord, Lord, a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness.' And Moses bowed down to the ground at once and worshipped. 'If I have indeed won your favour, Lord,' he said, 'let my Lord come with us, I beg. True, they are a headstrong people, but forgive us our faults and our sins, and adopt us as your heritage.'

The word of the Lord

Responsorial Psalm Dn 3:52-56. R. v.52
(R.) Glory and praise for ever!

You are blest, Lord God of our fathers.
(R.)
Blest your glorious holy name. **(R.)**

You are blest in the temple of your glory.
(R.)
You are blest on the throne of your kingdom. **(R.)**

You are blest who gaze into the depths.
(R.)
You are blest in the firmament of heaven.
(R.)

Second Reading 2 Corinthians 13:11-13
A reading from the first letter of St Paul to the Corinthians
The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

Brothers, we wish you happiness; try to grow perfect; help one another. Be united; live in peace, and the God of love and peace will be with you. Greet one another with the holy kiss. All the saints send you greetings. The grace of the Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all.

The word of the Lord.

Gospel Acclamation Apocalypse 1:8

Alleluia, alleluia!
Glory to the Father, the Son, and the Holy Spirit: to God who is, who was, and who is to come.
Alleluia!

Gospel John 3:16-18

A reading from the holy Gospel according to John

God sent his Son to save the world through him.

Jesus said to Nicodemus, 'God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved. No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son.'

The Gospel of the Lord.

Communion Antiphon Galatians 4:6

Since you are children of God, God has sent into your hearts the Spirit of his Son, the Spirit who cries out: Abba, Father.

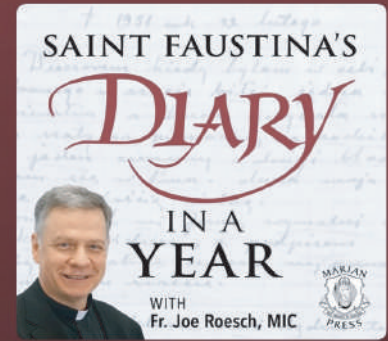
REFLECTION

by Dianne Bergant

The readings for this feast do not directly explain the doctrine of the Trinity as we have come to know it. Rather, they offer us glimpses into the nature of our Triune God. The psalm response suggests that our primary response to God should be one of praise for the love that God has for us.

The God who is beyond our comprehension is also the God who has saved us. We see this theme in both the first reading and the gospel. The covenant language in the reading from Exodus underscores God's unfathomable goodness. God's graciousness and mercy are not rewards for our fidelity. They are extended to us in our sinfulness. It is God's saving grace that transforms us, not any merit on our part. In the gospel we are assured that Jesus was sent into the world to save it, not to condemn it. The Trinitarian phrase found in the letter to the Corinthians is so expressive of the love that God has for us that it has been incorporated regularly into the liturgy. It declares that through his death and resurrection, Jesus has opened for us the treasury of divine grace. It also proclaims that the love of God has forged the bonds of community that unite us. Created in the image and after the likeness of this God, we are called to unity among ourselves. As incomprehensible as it may seem, it is primarily through the unity that we share that we will manifest the unity that exists in God.

© Dianne Bergant CSA



**St Faustina's Diary in a Year -
Now Available Free on Spotify**



Discover the inspiring words and reflections of St Faustina Kowalska through Divine Mercy in My Soul. The Diary of St Faustina in a Year, is now available to listen for free on Spotify.

This beautiful diary shares St Faustina's encounters with Jesus and the message of Divine Mercy that continues to touch hearts around the world. We encourage parishioners to take time to listen, reflect and deepen their faith through spiritual treasure. Simply search "St Faustina Diary in a Year" on Spotify to begin listening.



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



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



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

24 hr professional service
Pre-paid funerals
Unique funerals a speciality

9999 5211

www.peninsulafunerals.com.au

Purveyor of Specialty Coffees



"use our 10% discount code
on checkout parish10 with
all coffee bean orders"

Driven by a passion for community
& quality

Award winning coffee
beans available online

www.coffeebros.com.au

PITTWATER PHARMACY COMPOUNDING CHEMIST



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

1771 Pittwater Road
Mona Vale 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.*

STRENGTH
MOBILITY
POSTURE
BALANCE
WELLBEING

PHONE 0431 829 279
EMAIL hello@activepilates.co
WEBSITE activepilates.co
ADDRESS Shop 9/3-5 Bungan St
Mona Vale, NSW 2103