



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
 God became a human being for us to redeem us, to rescue our souls. Therefore, let us seek only the honour of God and the salvation of souls.

A Prayer for Lenten GRACE
 Loving God,
 during the sacred season
 of Lent,
 bring me closer to You.

Prepare a place in my home
 for silence and solitude,
 so that I may rediscover the grace
 of a prayerful life.

Help me to fast from those
 things that threaten the
 well-being of my body and soul.

Remind me of the grace
 of simplicity.
 Enlarge my heart so that I
 can give to those in need and
 embrace the grace of gratitude
 and generosity.

May this season be filled with
 grace to rekindle my love and
 faith in You.
 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 February
For Children With Incurable Diseases
 Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

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 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 am*

WEEKEND MASSES
Saturday Vigil 5.00 pm
Sunday 8.00 am, 10.00 am & 6.00 pm (SOUL)

RECONCILIATION
Saturday Vigil 4.00 pm to 4.30 pm

BAPTISM
4th Sunday of the Month 11.30 am

Maria Regina Church

7 Central Road, Avalon

WEEKDAY MASSES

Monday 8.00 am

Wednesday 8.00 am

Thursday 10 am
9.00 am Exposition of the Blessed Sacrament, Adoration 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

RECONCILIATION
Before Vigil Mass on Saturday

BAPTISM
3rd Sunday of the Month 11.00 am

WE PRAY *for*

Recently Deceased
Dennis O'Connor

Deceased Anniversary
Allan Leathwood
Frank McKeivitt
Jonafe Macarayan

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

Garry Gleeson

Nenita Roque

Marie Celine Roque- Maca

Neda Crvelin

Jesse Cathersides

Mary Reilly

Theresa Keane

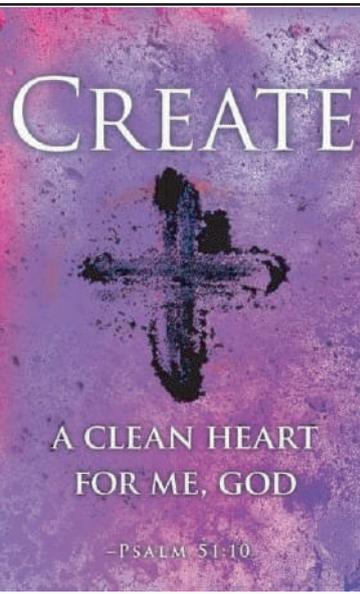
Ann Moss

DVD REVIEW

Prophecies of Fatima



A message of hope for the modern world. Learn about the famous message of Our Lady of fatima and how nations would be afflicted by terrible crisis if it be unheeded. However, as she promised, "In the end, my Immaculate Heart will triumph."



Liturgy for the Week

23/02 Monday, 1st Week of Lent
Lev 19:1-2, 11-18; Mt 25:31-46

24/02 Tuesday, 1st Week of Lent
Is 55:10-11; Mt 6:7-15

25/02 Wednesday, 1st Week of Lent
Jonah 3:1-10; Lk 11:29-32

26/02 Thursday, 1st Week of Lent
Esther 4:17; Mt 7:7-12

27/02 Friday, 1st Week of Lent
Ezek 18:21-28; Mt 5:20-26

28/02 Saturday, 1st Week of Lent
Deut 26:16-19; Mt 5:43-48

Wednesday, 25 February 9 am - 10:30 am



MARIA REGINA
Catholic Primary School Avalon

REGISTER NOW

OPEN DAY 2026

Wednesday 25 February
9am - 10.30am

NorthernBeachesOpenDays.com.au



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



Mater Maria Catholic College, Week 3

It has been another busy and vibrant week at Mater Maria.

Basketball has always been a very popular sport at the College, and this week the MWBA Basketball - which runs most of the year – commenced once again. Our students have also been busy participating in the ever popular Peninsula Cup Touch Football competition.

Ash Wednesday Liturgies were held for each Year Group. With Ashes placed on our foreheads, we reflected on how Lent calls us to “turn away from sin and follow the Gospel.”

Parents of students in Years 7, 8 and 9 attended an informative evening focused on student growth, engagement, communication, attendance and wellbeing through our pastoral care program.

The annual College Swimming Carnival took place on Wednesday at the Warringah Aquatic Centre. It was a wonderful day filled with house spirit, enthusiastic cheering and several record-breaking performances.

Stage 5 Ignite Mathematics students in Years 9 and 10 took part in the Cross Campus Robotics and Artificial Intelligence Workshop. Neuraxt, which aims to equip young Australians with the knowledge and skills needed for an A.I. powered future, delivered interactive STEM experiences designed to ignite curiosity in artificial intelligence and robotics. Students gained insight into industry connections and practical steps they can take to pursue pathways in this rapidly evolving field.

A Diocesan Staff Mass was held on Thursday evening for staff across the Diocese of Broken Bay.

Faith Fridays, led by our College prefects, continue to welcome students each week to share in faith, prayer and music in the Chapel and Courtyard.

Excitement is also building for our biennial musical Spamalot, with rehearsals now underway for its May performances.

OPEN DAY – TUESDAY 3 MARCH – 4pm – 7pm

Families are warmly invited to explore our College grounds, meet staff and students, and hear from our Principal during scheduled address times. Shuttle buses will operate every 15 minutes from Pittwater RSL's lower carpark. More details are available at: matermaria.nsw.edu.au/enrolments/open-day

ENROLMENTS

Applications are now open for Year 7, 2028 and 2029. Waitlists are currently in place for Year 7, 2026 and 2027.

Applications for Year 7, 2028 close at the end of Term 1, 2026.

Further information can be found at: matermaria.nsw.edu.au/enrolments

Sacred Heart Update, Week 3



On Tuesday 10 February we held our Welcome Mass bringing our school community together to celebrate the 2026 school year. Our Year 6 students led the Kindy students into church for their very first school Mass. All Kinder students received a candle to symbolise the start of their journey at Sacred Heart. Our Year 6 leaders received their leadership badges, their proud parents were invited to the pin leadership badges to student's uniform, and all Year 6 students were acknowledged with senior badges.

On Friday 13 February we enjoyed a wonderful and successful Swimming Carnival. Congratulations to all our swimmers for their enthusiasm, sportsmanship, and outstanding effort throughout the day. Whether competing, cheering, or supporting their houses, every student contributed to the vibrant spirit of the carnival.

Parent Engagement has been strong over the past couple of weeks with our evening Parent Information Sessions in Week 3 and our Term 1 Parent HUB Meeting this week. Here at Sacred Heart we recognise that education is a partnership between families and the school and love the opportunity for our school community to come together to discuss learning and wellbeing.

Ash Wednesday Mass was held for Years 3-6 in the church and our K-2 students participated in a liturgy in their classroom. We wish our school community a reflective and peaceful Lent season.



Maria Regina Catholic Primary School, Week 3



At Maria Regina, we celebrated a beautiful school Mass for Ash Wednesday with our wonderful community. The students came together reverently and prayerfully, marking the beginning of Lent with a strong sense of unity and reflection. It was a special moment to pause, gather as a school, and consider how we can show kindness, compassion and care for others throughout the Lenten season.

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
Belinda Cimino

Tel 9157 0999 ext 30

office@pittwaterparish.org

Administrative Assistant
Shereae Knight

Tel 9157 0999 ext 30

office@pittwaterparish.org

Director of Music
Monique Reeves

Tel 9157 0999 ext 17

music@pittwaterparish.org

Media & Communications Coordinator

Conille Felias

Tel 9157 0999 ext 31

media@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

OPEN DAY 2026

Tuesday March 3

9-11am

Register Now



JOIN OUR SACRED HEART CHOIR AND LET YOUR VOICE SOAR!

Do you love singing and want to be part of our Choir?

Our choir is seeking new members to join our musical family. We are currently preparing our Lenten and Easter program. Whether you're a seasoned vocalist or just starting out, we welcome all voices.

Experience the joy of performing beautiful Sacred music.

Learn and grow as a singer.

No audition required! If you can talk, you can sing!

Come as you are and let your voice be heard!!

*In the words of St Augustine,
"Those who sing, pray twice!"*

For more information please contact:

Anne Jeffrey 0414 797 170

Sue Simons 0426 616 631

Or drop in at our Rehearsals at the
Sacred Heart Church on **MONDAYS @ 7 PM**



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**

Passion Week



Palm Sunday

Jesus rides into Jerusalem on a borrowed donkey as the multitude spreads palm branches on the ground.



Monday

Jesus weeps over Jerusalem. Jesus clears the temple.



Tuesday

Judas makes a deal with the Jewish leaders to betray Jesus for 30 pieces of silver.



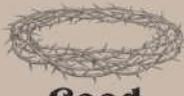
Thursday

Jesus washes the disciples' feet in an act of service before the Last Supper.



Thursday

Peter denies Jesus. Jesus is seized in the Garden of Gethsemane.



Good Friday

To appease the crowd, Pilate sentences Jesus to death. Jesus wears a crown of thorns.



Friday Evening

Jesus is crucified on a cross. Jesus dies and they place Him in a borrowed tomb.



Resurrection Sunday

Jesus rises from the grave! Men and women find an empty tomb.

PLEASE PICK UP A COPY OF
Bishop Anthony Randazzo's
Lenten Penance Letter
at the back pews of both
Churches



It's about Lent is the Church's most sacred season of spiritual preparation for the celebration of Easter. It is a yearly journey of grace that invites us to enter more profoundly into the mystery of Jesus' life, His suffering and death, and the joy of His resurrection.



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**

WALKING IN THE WILDERNESS

A Lenten Pilgrimage Towards Easter

Beginning with the receiving of ashes on Ash Wednesday, the Season of Lent takes us on a journey into the wilderness, preparing us for the Resurrection of Jesus Christ on Easter Sunday.



In the words of Bishop Anthony Randazzo, Lent "invites us to pause and ponder our earthly and spiritual lives before God." Through prayer, fasting and almsgiving, we prepare our hearts to enter more fully into the Paschal Mystery.

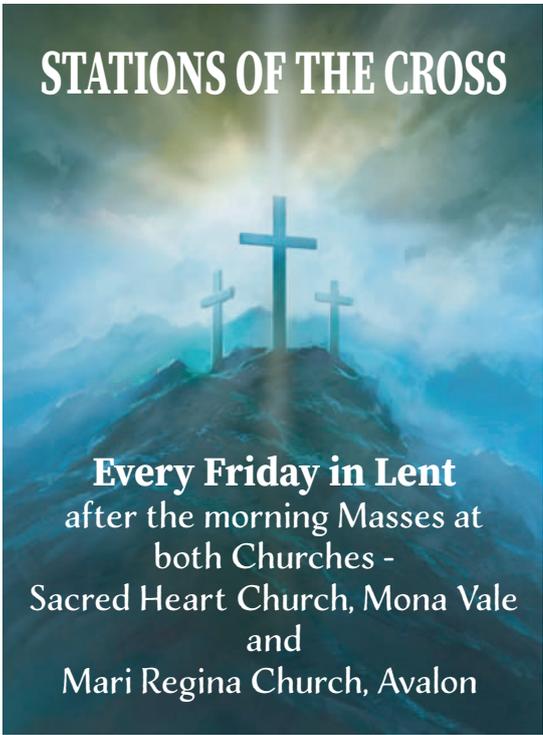
Through the celebration of Holy Mass, Jesus' saving sacrifice is made present, drawing us deeply into His passion and uniting us in His love."

To accompany the People of God in Broken Bay this Lent, the Diocese has prepared a Lenten resource, Walking in the Wilderness: A Lenten Pilgrimage Towards Easter.

The resource is based around the Sunday Gospel Readings in Lent, with prayers, reflections and discussion questions, helping to draw the faithful closer into the Season and truly walk in the wilderness with Jesus Christ.

Free Copies are available at the back pews of both Churches.

STATIONS OF THE CROSS



Every Friday in Lent
after the morning Masses at
both Churches -
Sacred Heart Church, Mona Vale
and
Mari Regina Church, Avalon

SACRAMENTAL PROGRAM UPDATE

Sacrament of Confirmation

This year the sacrament of Confirmation will be celebrated in November. The following link provides the Bishop's letter with additional information

<https://www.bbcatholic.org.au/pittwater/sacraments/confirmation>

Children in Year 3 and above are eligible to receive this sacrament if they have been baptised. **BOOKINGS ARE NOT OPEN YET.**

For more information about the requirements of the program, the preparation groups, enrolments, etc., you **MUST** attend **ONE** of the following "Parent Information & Commitment" sessions which will take place at **7 pm** (Children do not need to attend):

Maria Regina Church, Avalon
Wednesday, 22 April
Sacred Heart Church, Mona Vale
Wednesday, 29 April



We need facilitators for the four weekly preparation sessions. You can share this role with another parent. If you would like to be a group facilitator or would like to have more information about the role, please contact **Sonia** on sacraments@pittwaterparish.org

There will be a nationwide **Holy Hour** on

Sunday, 1 March 2026

*after the 9 am Mass at Maria Regina Church, Avalon
and
after the 10 am Mass at Sacred Heart Church, Mona Vale*

Everyone is encouraged to hold an hour of Eucharistic Adoration following Mass on the Second Sunday of Lent in preparation to ensure that the 2028 Eucharistic Congress marks a truly transformative moment for our nation and the Churches in Australia.



THE 54TH INTERNATIONAL
**EUCCHARISTIC
CONGRESS 2028**
SYDNEY, AUSTRALIA



First Sunday of Lent
21-22 February 2026

The theme of Project Compassion 2026, **Unite Against Poverty**, is both a call to action and a reminder that **lasting change happens when we work together.** **Serving those in need is how this call comes alive.** Jesus reminds us that when we care for those who are vulnerable, we are serving Him. Lent invites us to respond through prayer, fasting and almsgiving. Through Project Compassion, we live out this call together. Alone, we can make a difference, but united, we can transform lives. Join us in 2026 as we **Unite Against Poverty** and walk alongside our global family.

Project Compassion 2026 share four stories from around the world. We'll meet Sisilia from Tanzania, Monoranjon from Bangladesh, Manaini from Fiji and Ahmad from Gaza.

Each of this year's stories highlights unique challenges, yet they are united by the determination to rise above adversity and to **build brighter, more hopeful futures** for themselves, their families and their communities.



**UNITE
AGAINST
POVERTY**
this Lent

Please donate today.

You can support Project Compassion 2026 through the donation boxes, envelopes or by scanning the QR code.

Or online at: www.projectcompassion.org.au/donate
Or by calling: 1800 024 413

Thank you for standing with us, as we **Unite Against Poverty** this Lent.

The *Living* Word

Entrance Antiphon Psalm 90:15-16
When he calls on me, I will answer him;
I will deliver him and give him glory, I
will grant him length of days.

First Reading Genesis 2:7-9; 3:1-7
A reading from the book of Genesis
Creation of our first parents, and sin.

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being. The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden.

The serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, 'Did God really say you were not to eat from any of the trees in the garden?' The woman answered the serpent, 'We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, "You must not eat it, nor touch it, under pain of death".' Then the serpent said to the woman, 'No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil.' The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the eyes of both of them were opened and they realised that they were naked. So they sewed fig-leaves together to make themselves loin-cloths.

The word of the Lord

Responsorial Psalm

Ps 50:3-6. 12-14. 17. R. see v.3

(R.) Be merciful, O Lord, for we have sinned.

Have mercy on me, God, in your kindness. In your compassion blot out my offence. O wash me more and more from my guilt and cleanse me from my sin. **(R.)**

My offences truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done. **(R.)**

A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit. **(R.)**

Give me again the joy of your help; with a spirit of fervour sustain me. O Lord, open my lips and my mouth shall declare your praise. **(R.)**

Second Reading

Romans 5:12-19

A reading from the letter of St Paul to the Romans

Where sin increased, there grace abounded all the more.

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. The results of the gift also outweigh the results of one man's sin: for after one single fall came judgement with a verdict of condemnation, now after many falls comes grace with its verdict of acquittal. If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.

The word of the Lord.

Gospel Acclamation

Matthew 4:4

Praise to you, Lord Jesus Christ, king of endless glory!

No one lives on bread alone, but on every word that comes from the mouth of God.

Praise to you, Lord Jesus Christ, king of endless glory!

Gospel

Matthew 4:1-11

A reading from the holy Gospel according to Matthew

Jesus fasted for forty days and nights.

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says:

Man does not live on bread alone but on every word that comes from the mouth of God.'

The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said, 'throw yourself down; for scripture

says:

He will put you in his angels' charge, and they will support you on their hands in case you hurt your foot against a stone.'

Jesus said to him, 'Scripture also says: You must not put the Lord your God to the test.'

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these', he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says:

You must worship the Lord your God, and serve him alone.'

Then the devil left him, and angels appeared and looked after him.

The Gospel of the Lord.

Communion Antiphon

Matthew 4:4

One does not live by bread alone, but by every word that comes forth from the mouth of God.

REFLECTION

by Dianne Bergant

The readings for the First Sunday of Lent act as a kind of overture to the entire season. They enable us to engage in a double confession: a confession of sin and the repentance which follows; and a confession of praise for the mercy of God which is shown us in spite of our sin. The very first reading reminds us of our fragility. We are made of the dust of the ground, the very stuff that represents death and decay. We were reminded of this when ashes were used to sign us on Ash Wednesday. At the beginning of Lent we are invited to acknowledge honestly and realistically our fundamental human weakness.

Despite our weaknesses, the situation within which we find ourselves is not hopeless. Somewhere deep within ourselves we know that we are not helpless prisoners of our limitations. God has not deserted us to our guilt. The form that God's compassion takes is outlined in the reading from Romans. It is in the death and resurrection of Jesus that we see the extent of this divine compassion. Its scope is first measured by the yardstick of human sinfulness, and then it outstrips those dimensions. God's gracious gift far exceeds the effects of human transgression.

The gospel reading moves us from both the anthropological and the theological considerations to the crowning Christological reflections. As we look to Jesus, we see humanity at its best, tempted but not overcome. There will certainly always be human limitations, human weaknesses that will open the door to temptation. But Jesus shows us that we are not thereby doomed. Jesus is a model for our own journey to new life.

© Dianne Bergant CSA

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suggestions on
WHAT SHOULD I GIVE UP FOR LENT?

- *Don't buy anything you don't need.
- *Throw away 40 things for 40 days.
- *40 days of home organisation.
- *No gossiping.
- *Work out daily to take care of the body God gave you.
- *Don't eat after dinner.
- *Say 3 nice things to your spouse & kids daily.
- *Don't eat out for 40 days.
- *Replace 30 minutes of TV or screen time with devotion/prayer time.
- *Do not complain or speak negatively.

- *Be silent for 30 minutes
- *Fast on another day instead of just Fridays of Lent.
- *Arrive 15 minutes earlier to Mass.
- *Stay after Mass to help clean the Church.
- *Search and learn about a saint each week of Lent.
- *Pick one of the 4 Gospels and read a chapter each Sunday.
- *Post only positive quotes on your social media.
- *Stop worrying about tomorrow but focus on today.
- *Volunteer in a Ministry that you've always wanted to join.

PRAYER | FASTING | ALMSGIVING

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

To find out more, call Tamara 0403226699



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to connect with other
parents and make new
friends.
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or coffee
Everyone is welcome.

MONDAYS

9:30 - 11:30

(SCHOOL TERM)

PLEASE CONTACT

NIKKI - 0481 009 376

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IS LOVE
FOR YOURSELF

GIVE
IS LOVE FOR OTHERS