



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

May you be ready to endure everything, to do everything for the honour of God and the salvation of souls!



"Woman you have great faith. Let your wish be granted."
Matthew 15:28

Prayer to *Love* and SERVE

O Lord,
in Your infinite wisdom and
boundless love,
You have called us to love and
serve one another as
You have loved us.

We come before You,
our hearts open and ready
to receive Your guidance
and strength to fulfill
this command.

Teach us to love and not just
in words,
but in action and truth.
Instill in us a heart that sees
beyond the surface,
recognising the need,
the hurt and the longing
in those around us.

Grant us the courage to step out
of our comfort zones,
to serve others with
humility and grace,
reflecting Your love in
every interaction.
Amen.



POPE LEO'S PRAYER INTENTION

FOR *August*
For Evangelisation in the City

Let us pray for that in large cities
often marked by anonymity and
loneliness we find new ways to
proclaim the Gospel,
discovering creative paths to
build community.

Follow us on
facebook

Pittwater
Catholic Parish



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 am

★ 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 pm

★ **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 9.00 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

DECEASED ANNIVERSARY

JULIE CUNLIFFE
JOHN CUNLIFFE
JOSEPHINE KERR
WILLIAM KERR
JACQUELINE HACKLEY

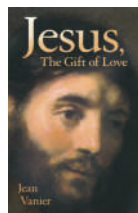
Prayer for the SICK

Lord, look with mercy on your servants who are sick. Bring them comfort, healing and strength.

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- MACA
NEDA CRVELIN
JESSE CATHERSIDES
MARY REILLY
NOEL REILLY
THERESE KEANE
MARTA BIZUBOVA
LIAM GAVIN
RICHARD LIM
JAMIE CONNOLLY
AMADEA LUONG
ALFRED FIELD
FRANK KELLENDONK
NAZARENO CIRILLO

BOOK REVIEW

Jesus, the Gift of Love
by: Jean Vanier



Jean Vanier writes with a go-to-the-heart simplicity that makes the man Jesus come alive in all his humanity, revealing his immense goodness and his bountiful love for everyone he met. This book is the story of Jesus.



LITURGY FOR THE WEEK

17/08 Monday, Ordinary Time 20
Ezek 24:15-24; Mt 19:16-22

18/08 Tuesday, Ordinary Time 20
Ezek 28:1-10; Mt 19:23-30

19/08 Wednesday, Ordinary Time 20
Ezek 34:1-11; Mt 20:1-16

20/08 Thursday, St Bernard
Ezek 36:23-28; Mt 22:1-14

21/08 Friday, St Pius X
Ezek 37:1-14; Mt 22:34-40

22/08 Saturday, The Queenship of the Blessed Virgin Mary
Ezek 43:1-7; Mt 23:1-12



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.

Safeguarding

Catholic Parish of Pittwater
The Catholic Diocese of Broken Bay and the Catholic Parish of Pittwater are committed to fostering safe, caring communities for all, especially children and vulnerable people, guided by our faith in Jesus Christ. Everyone is encouraged to provide feedback on the Diocese of Broken Bay webpage.



Diocese of Broken Bay Safeguarding
www.bbcatholic.org.au/safeguarding

Safeguarding is everyone's responsibility.

OUR PARISH SCHOOLS



Parish Bulletin- Term 3, Week 4

Our Year 10 students attended the 2026 bstreetsmart Road Safety Event at Qudos Bank Arena this week. Designed to educate young drivers and passengers about the realities of road trauma, the program opened with a powerful live crash re-enactment that highlighted the serious consequences of poor decision-making on our roads. Students witnessed the coordinated response of paramedics, police and rescue services before hearing moving personal accounts from crash survivors, family members and healthcare professionals. The experience provided a valuable and sobering reminder of the importance of making safe and responsible choices.

This is also a significant period for our Year 12 students, who have commenced their HSC Trial Examinations. We ask our community to keep them in your prayers in the weeks ahead. May God guide their efforts, grant them peace and confidence, and bless them with results that reflect their commitment, perseverance and gifts.

Our Year 11 students have enjoyed a busy and rewarding week participating in work placements across Sydney and the Northern Beaches. These opportunities provide valuable insight into a variety of industries and professions, helping students develop workplace skills and explore future career pathways.

We were also delighted to induct our new Zonta Club student leaders this week. We congratulate these students on their appointment and look forward to the positive contribution they will make to our College community through their leadership and service.

Several senior students attended the three-day Venio Youth Ministry Retreat at the Mary MacKillop Spirituality Centre in Kincumber, joining young people from across the Diocese for a faith-filled experience of prayer, reflection and leadership formation. Opportunities such as these encourage students to deepen their faith, strengthen their relationship with God and grow as leaders within their communities.

Each Friday, our student leaders host Faith Fridays, providing a welcoming opportunity for prayer, reflection, music and community in the Chapel and Courtyard. All students are encouraged to attend as we take time to recognise God's presence in our daily lives and strengthen our connections with one another.

Our students continue to embrace a wide range of co-curricular opportunities, including the MWBA Basketball Program and the Peninsula Cup Soccer and Rugby Competitions. Participation in these activities fosters teamwork, resilience, sportsmanship and school spirit while enriching the overall student experience.

Finally, enrolment applications are now open for students commencing Year 7 in 2030. Families are advised that Year 7 2027 and 2028 are currently at capacity and operating with waitlists. Limited places may become available for Year 7 2029 should vacancies arise through future offer rounds. Further information is available at matermaria.nsw.edu.au/enrolments

We thank our parish community for your continued prayers and support.

God works *all things*
together for good.

ROMANS 8:28



Sacred Heart Catholic Primary School Week 4, Term 3

On Thursday 6 August, our Year 3 students enjoyed a wonderful retreat at Narrabeen Beach and Surf Club. Throughout the day, they took part in meaningful activities that encouraged reflection, strengthened friendships, and fostered a deeper appreciation of God's creation. Surrounded by the beauty of the coastal environment, students were given the opportunity to connect with one another, reflect on their faith, and enjoy a day of learning and growth together.

A sincere thank you to our dedicated staff and parent helpers whose support and generosity helped make the day such a success.



How good and
pleasant it is
when God's people
live together
in unity!

PSALM 133:1



Maria Regina Catholic Primary School Week 4, Term 3

Our Maria Regina community enjoyed a fantastic Handball Morning last week, where parents and children came together for some friendly competition, teamwork and lots of fun! It was wonderful to see so much energy, laughter and school spirit on display as families joined in the games and cheered each other on. A great way to build community connections and enjoy active play together!



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

MEMORIAL of

THE QUEENSHIP OF THE BLESSED VIRGIN MARY

Our Mother and Queen

“The queen stands
at your right hand,
adorned with the
gold of Ophir.”

— PSALM 45:9



KEYWORD
QUEENSHIP



FEAST TYPE
MEMORIAL



DATE
22 AUGUST



REFLECTION

Mary reigns not through earthly power
but through humble obedience to God's will.
As our Queen and Mother, she lovingly
leads us to Christ and teaches us that true
greatness is found in faithful service.



PRAYER

Heavenly Father, through the loving intercession
of Mary, our Queen and Mother, help me imitate
her humility, trust, and faithful obedience.
May she always lead me closer to Jesus Christ,
the King of Kings, so that I may faithfully
serve Him each day. Amen.

PRAY • REFLECT • LIVE THE GOSPEL

PITTWATER PARISH

MOVIE NIGHT

CABRINI

BASED ON THE TRUE STORY



FRIDAY 21 AUGUST



6:30 PM



SACRED HEART CHURCH
PARISH CENTRE, MONA VALE

Sponsored by

THE
WATERFRONT
General Store
& Café

CHURCH POINT
1860 Pittwater Rd Church Point

\$10 PER
PERSON



Everyone is invited!

VOLUNTEERS NEEDED

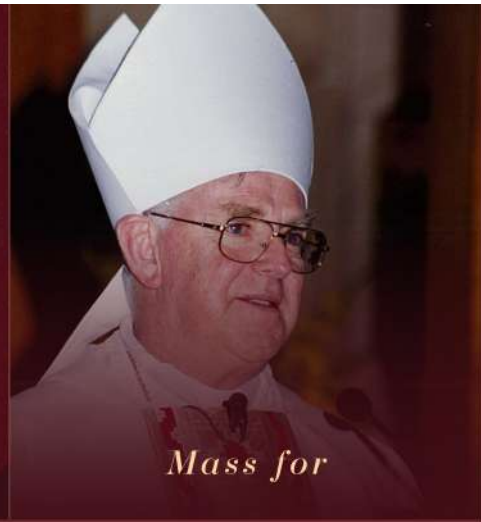
PowerPoint Operators

We're looking for volunteers to help operate the PowerPoint slides during our Masses. If you're comfortable using PowerPoint or would like to learn, we'd love to have you on the team!

Sound Technician

For everyone who are interested the parish will also provide training on how to operate the sound system.

This will help ensure everyone is confident and comfortable supporting our Masses. No experience? No worries—we'll provide the necessary training. If you're interested in volunteering, please call the **Parish Office on 9157 0999** know. Thank you for your time and for helping make our Masses run smoothly!



BISHOP DAVID WALKER'S

30th Episcopal Anniversary

OUR LADY OF DOLOURS,
CHATSWOOD

THURSDAY 3 SEPTEMBER 2026
7.00PM

Hospitality following Mass. All Welcome.



CATHOLIC
DIOCESE OF
BROKEN BAY



WE MEET

First & Third Tuesday
of every Month
at 7 pm



SACRED HEART
PARISH CENTRE

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



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.



For any questions, contact
Joe CiLIA - 0418 863 814



RCIA

RITE OF CHRISTIAN
INITIATION OF ADULTS



*Are you searching
for something more?*

Would you like to know more
about being a Catholic
or would you like to be one?



RCIA is a journey of faith

A welcoming process for adults who are exploring the Catholic faith or who wish to become Catholic. Come, ask, explore and grow in faith in a supportive community.



DISCOVER
Ask questions
and share



GROW
Deepen your
faith



BELONG
Be part of our
Catholic family



WEDNESDAY,
16TH SEPTEMBER
AT 7 PM



SACRED HEART CHURCH PARISH CENTRE



Everyone is welcome

♥ COME AS YOU ARE. YOU ARE NOT ALONE ON THIS JOURNEY.

The *Living* Word

Entrance Antiphon

Psalm 83:10-11

Turn your eyes, O God, our shield; and look on the face of your anointed one; one day within your courts is better than a thousand elsewhere.

First Reading

Isaiah 56:1.6-7

A reading from the prophet Isaiah
I will lead the foreigners to my holy mountain.

Thus says the Lord: Have a care for justice, act with integrity, for soon my salvation will come and my integrity be manifest.

Foreigners who have attached themselves to the Lord to serve him and to love his name and be his servants – all who observe the sabbath, not profaning it, and cling to my covenant – these I will bring to my holy mountain. I will make them joyful in my house of prayer. Their holocausts and their sacrifices will be accepted on my altar, for my house will be called a house of prayer for all the peoples.

The word of the Lord

Responsorial Psalm

Ps 66:2-3 5-6. 8. R. v.4

(R.) O God, let all the nations praise you!

O God, be gracious and bless us and let your face shed its light upon us. So will your ways be known upon earth and all nations learn your saving help.

(R.)

Let the nations be glad and exult for you rule the world with justice. With fairness you rule the peoples, you guide the nations on earth. **(R.)**

Let the peoples praise you, O God; let all the peoples praise you. May God still give us his blessing till the ends of the earth revere him. **(R.)**

Second Reading

Romans 11:13-15, 29-32

A reading from the letter of St Paul to the Romans

The gifts and call of God are irrevocable.

Let me tell you pagans this: I have been sent to the pagans as their apostle, and I am proud of being sent, but the purpose of it is to make my own people envious of you, and in this way save some of them. Since their rejection meant the reconciliation of the world, do you know what their admission will mean? Nothing less than a resurrection from the dead! God never takes back his gifts or revokes his choice.

Just as you changed from being disobedient to God, and now enjoy mercy because of their disobedience, so those who are disobedient now – and only because of the mercy shown to you – will also enjoy mercy eventually. God has imprisoned all men in their own disobedience only to show mercy to all mankind.

The word of the Lord.

Gospel Acclamation

Matthew 4:23

Alleluia, alleluia!

Jesus preached the Good News of the kingdom and healed all who were sick. *Alleluia!*

Gospel

Matthew 15:21-28

A reading from the holy Gospel according to Matthew

Woman, you have great faith.

Jesus left Gennesaret and withdrew to the region of Tyre and Sidon. Then out came a Canaanite woman from that district and started shouting, 'Sir, Son of David, take pity on me. My daughter is tormented by a devil.' But he answered her not a word. And his disciples went and pleaded with him. 'Give her what she wants,' they said 'because she is shouting after us.' He said in reply, 'I was sent only to the lost sheep of the House of Israel.' But the woman had come up and was kneeling at his feet. 'Lord,' she said 'help me.' He replied, 'It is not fair to take the children's food and throw it to the house-dogs.' She retorted, 'Ah yes, sir; but even house-dogs can eat the scraps that fall from their master's table.' Then Jesus answered her, 'Woman, you have great faith. Let your wish be granted.' And from that moment her daughter was well again.

The Gospel of the Lord.

Communion Antiphon

Psalm 129:7

With the Lord there is mercy; in him is plentiful redemption.

REFLECTION

by Dianne Bergant

The overarching theme derived from today's readings is the question of insider-outsider. We see here that the divisions and barriers that emerge out of human experience have been shattered by the graciousness of God. Jesus' openness to 'the other' finds a precedent in the prophetic tradition. Isaiah spoke of a time when outsiders would join insiders in worshipping God, thus dissolving the categories of insider and outsider. He was, of course, referring to the age of eschatological fulfilment. This age dawned with the coming of Jesus. Jesus himself moved out of the constraints of his own cultural worldview, and he directs us to do the same. People are either excluded because of gender, culture or religious perspective, or included only because they are able and willing to conform to discriminatory standards. In the reign of God, this should not be the case. People are accepted along with their own cultural profiles. God's embrace first enclosed even those who rejected Jesus, and then God's plan

of salvation unfolded in a new way. An invitation to enter the kingdom was issued to the Gentiles, those who had been considered outsiders. If outsiders are now insiders, what has happened to the former insiders? Paul insists that they are still insiders. God has not simply shifted the identifying boundaries; God has dissolved them. In the interim between the dawning of the eschatological age and the end of time, the invitation to be included remains open to all.

© Dianne Bergant CSA

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**

*Come and enjoy a cuppa,
light refreshments and the
opportunity to catch up with
fellow parishioners in a
friendly and welcoming
atmosphere.*

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 weekly.

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

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

**QUALITY PAINTING
DONE RIGHT, EVERY TIME**

**20+
YEARS
EXPERIENCE**

- ✓ 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



Every Girl. Everywhere. Period.

To find out
more, call

Tamara

0403226699

ORTHOPAEDIC REHABILITATION

Shoulder, Hip and Knee Joints
Physiotherapy and Home Visits

Angela Shanahan B.App.Sc(Physiotherapy)

0416 227 820

@ amsphys1@gmail.com



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

JOHNSON BROS.
MITRE 10



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.*

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

