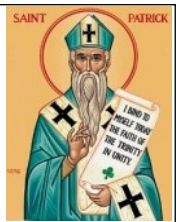


# KU-RING-GAI CHASE CATHOLIC PARISH



'Seek God, Find God, Embrace God in Jesus'

Diocese of Broken Bay ~ 23rd February 2020 ~ 7th Sunday in Ordinary Time - Year A

The Lord is kind and merciful.

Lev 19:1-2, 17-18; 1 Cor 3:16-23; Mt 5: 38-48

**Our Mission Statement**

'Help others to recognise, through their experiences, that Jesus who died and is risen is the truth that lights up their lives'

**Our Vision Statement**

'That the parishioners of Ku-ring-gai Chase Catholic Parish grow as missionary disciples and live as community in Christ inviting all people into our Parish, welcoming them to our Parish life and embracing the rich diversity of our community'

## TODAY is Catechist Sunday

At St Patrick's Church during the 10am Mass, our Catechists will renew their Commitment to their Ministry and will have a Special Blessing over them as they start the new school year.

This is a good time for Mums/Dads, Grandma/Grandpa and even Uni students to think about joining and helping our Ministry. Please consider joining us, we need your help now, but more importantly the Catholic students in State Primary Schools need you even more.

If you are time poor and can't help, please pray that others may open their hearts and hear the call of Our Lord to ensure the success of our Ministry:

*Dear Lord, this is Your calling, Your work, Your ministry. We entrust it all to Your capable hands. Please lay the foundation in the people's hearts so they can respond to Your call with generosity and openness. We do all this for the sake of Your Son. Through Christ our Lord. Amen.*



### Planning ahead for LENT at KCCP 2020

**Ash Wednesday (a day of Fast & Abstinence)**

**Mass Times 26 February 2020**

**Berowra:** 9am and 12midday (school mass)

**Asquith:** 8am & 9.15am (school mass) and at 7.30 pm

**Stations of the Cross during Lent at St Bernard's Ber. Hts:**

8.30am Friday mornings followed by Holy Mass, except the 1st Friday of the month (6 March and 3 April) when Stations will be at 10am followed by Adoration then Anointing and Healing Mass.

**Reconciliation Times during Lent:**

**At our regular times of:**

Every Saturday 9.30 am at Asquith and

Every Friday after 9am Mass at Berowra (except First Friday)

**Additional opportunities for Reconciliation:**

\* **Wednesday, Thursday, Friday after morning Mass on request.**

\* **2nd Rite: Monday 30th March 7.30-8.30pm at Asquith.**

Each Friday at St Patrick's Asquith	7.30-8.30pm (Sacrament of Reconciliation follows Stations of the Cross)
28 February	7.30pm Stations of the Cross
06 March	7.30pm Stations of the Cross and Night Vigil
13 March	7.30pm Either Taize Evening OR Stations of the Cross (TBA)
20 March	7.30pm Either Taize Evening OR Stations of the Cross (TBA)
27 March	7.30pm Select Choir – Reflection evening
03 April	7.30pm Stations of the Cross and Night Vigil



### Lenten Reflection Programme 2020 - THIS Thursday February 27 – Thursday April 2

A classic characterization of Jesus is that He is priest, prophet, and king. As **priest**, he sanctifies, that is to say, he re-establishes the lost link between divinity and humanity; as **prophet**, he speaks and embodies the divine truth; and as **king**, He leads us on the right path, giving guidance to the human project. You might say that, as priest, He is the life; as prophet, He is the truth; and as king He is the way. Not only is this triple office a rich way to characterize the Lord; it is also a very good way to designate who the baptised are supposed to be. According to Catholic theology, baptism is much more than merely a symbolic sign of belonging to the church. It is the means by which a person is incorporated into Christ, becoming a member of his mystical body. Baptism, accordingly, **makes the baptised an alter Christus, another Christ**. During the six weeks of Lent this year our parish will conduct a presentation of six 25-minute videos by the renown teacher and theologian Bishop Robert Barron. These presentations will be followed by a 30-minute group discussion session on aspects of our baptismal incorporation into Christ, as presented by Bishop Barron. So, for each **Thursday** beginning **February 27** through to and including **Thursday April 2** you are invited to gather in **St Patrick's Hall from: 7.30pm to 8.30pm**. Tea, coffee and biscuits provided. Hope to see you there. *Michael Halliday, PPC Chair.*

#### PASTORAL CENTRE

1-19 Woodcourt Road, Berowra Heights 2082

P.O. Box 335, Berowra Heights 2082

Phone: (02) 9456 2450

Email: [parishkccp@bbcatholic.org.au](mailto:parishkccp@bbcatholic.org.au)

Website: [www.bbcatholic.org.au/kccp](http://www.bbcatholic.org.au/kccp)

**Centre Hours: 9am – 3.30pm.**

Parish Priest Fr Shaju John, OSH

Assistant Priest Fr Joy Thomas, OSH

Parish Secretary Margaret Cooper

Bookkeeper Karen Price

Youth Ministry Co-ord. Michelle Chahine

School/Parish Liturgy L. Patricia Smith

Sacramental Team: [kccpsacraments@gmail.com](mailto:kccpsacraments@gmail.com)



#### WEEKEND MASSES

Saturday	5pm	St Bernard's
	6pm	St Patrick's
Sunday	8am	St Patrick's
	9am	St Bernard's
	10am	St Patrick's
	6pm	St Patrick's

#### WEEKDAY MASSES

St Bernard's	8am	Mon, Tues and Thurs.
	9am	Wednesday and Friday
St Patrick's	8am	Wednesday and Friday
	9am	Mon, Tues, Thurs and Sat.
First Friday –	St Bernard's	
	10.30am	Adoration
	11.00am	Reconciliation
	11.30am	Healing Mass
First Friday –	St Patrick's	
	Night Vigil	7.30pm
	<b>RECONCILIATION</b>	
Every Saturday	9.30 am	at St Patrick's
Every Friday	After 9am	Mass at St Bernard's, (except First Friday—see above)

**THIS WEEK'S READINGS  
and PRAYERS**

**Ordinary Time Week 7 Year A  
Monday 24/02**

Weekday, Mass ad libitum  
James 3:13-18; Mk 9:14-29

**Tuesday-25/02**

Weekday, Mass ad libitum  
James 4:1-10; Mk 9:30-37

**LENT—Wednesday-26/02  
ASH WEDNESDAY**

Mass of the day  
Intro: Greeting, Collect only.  
Homily, Blessing and giving of ashes.  
Preface of Lent III of IV  
Joel 2:12-18; 2 Cor 5:20-6:2;  
Mt 6:1-6, 16-18

**Thursday-27/02**

Thursday after Ash Wednesday  
Mass of the day  
Preface of Lent I-IV  
Deut 30:15-20; Lk 9:22-25

**Friday-28/02**

Friday after Ash Wednesday  
Mass of the day  
Preface of Lent I-IV  
Is 58:1-9; Mt 9:14-15

**Saturday-29/02**

Saturday after Ash Wednesday  
Mass of the day  
Preface of Lent I-IV  
Is 58:9-14; Lk 5:27-32

**Ku-ring-gai Chase Parish  
Remembers & Prays for...**

**RECENTLY DECEASED:** Peter Hanson, Peter O'Connell, Jillian Arthur, Win Coleman (100 yrs young), Jan Seage, Jimmy Fitzgerald, Anzelma Muzolf

**ANNIVERSARIES:** Rose Hayden, Neville Nicholson, Clem Salmon, Francis, Hilda & Terence Conlon, Dr Michael Way, Dr Frances Maung, Karen Fitzgerald, Bill Colman, Rita McEncroe, Wladek Pieprzyk, John Louie Mondio, Mary & Frank Jack, Norma Waite, Kevin Harant, Regina Coelho, Bronistawa Pieprzyk, Catalino Ubalse, Elena Ubalde, Eduardo Ubalde

**PRAYERS FOR THE SICK:**

Marie Mickelson, Doug Hawkins, Felicity Fone, Graeme Kachel, Antonio, Anna Nicholson, Pat Bowden, Peter Brooks, Brian Treacy, Erick Enriquez, Charles Abela, Elaine Estrellado, Maureen Sharpe, Eve Davis (baby), Penny Rigor, Rodney Porter, Jwona Nowak, Irena Fellmann, Elaine Longmuir, Paula McGaulley, Michael Quinn, June Eileen, Patricia Smith (Carlton), Ramona Estrellado, Cathy Gleeson, Rosalinda de Ramos, Jaz Pitts, Georgia Meyers, Angela Smith, Matthew Franklin, Jeanette Bakker, Ewa Rakozy, Jean Cook, Greg Cooper, Betty Borg, Morrie Ramsden, Brian Neary, Edwina Subramany, Aiko Concepcion, John Buckley, Ellen Asistente, Sam Calacoci, Barbara Jones, Arlene Josen, Alfredo De Ramos, Kath Lock, Cadia Maestri, Marcelina De Ramos, Matthew Conlon, Patrick Dorahy, John Macy, Narelle Cartwright, Tom Dawson, Mary Fernandes, Patricia Sanders, Monique Leyden, Frederick Novak, Barbara & Maciej Maciejewski, Alfredo De Ramos Sr.



**Gospel Reflection © Greg Sunter**

The first part of today's gospel passage is perhaps one of the most misunderstood of Jesus' teachings. The notion of turning the other cheek usually brings up

notions of non-violence, submission, or even sometimes a victim mentality. It seems an odd teaching to tell someone who is being hit to simply stand there and present the other cheek to also be hit. It's odd because we generally fail to understand the cultural context that is the setting for this teaching. In the first century, a master would discipline a slave or servant by striking them with the back of his hand. Assuming the master is right handed, a back-handed strike would be delivered to the right cheek of the person he faced. If the servant were to then present his left cheek to the master, it becomes impossible for the master to strike with the back of his hand and forces him into using an open-hand slap or a closed-fist punch to the left cheek. Not much of an improvement, you might think. However, servants were disciplined with the back of the hand and only equals fought in such a way that would deliver blows to the left side.

What Jesus is saying to those who are oppressed is to offer no resistance but at the same time stand up for yourself and make your oppressor recognise you and treat you as an equal, not an inferior. It is extremely dangerous advice! Its aim is to shame the oppressor.

The other two examples, surrendering your cloak when sued for your tunic and walking two miles when required to walk one are also examples of seeking to shame the one who would use their power and strength against you. That's not being a submissive wimp; that's staring the bully in the eye!

**Historical Context – Walk two miles**

Roman soldiers were allowed by their own military laws to require any person to carry the soldier's pack along the road from one milestone marker to another. That is, they could order a man to walk one mile with their pack. If they made someone carry their pack for more than one mile, the soldier himself was subject to discipline and punishment. Jesus says, 'If anyone orders you to go one mile, go two miles with him.' Like turning the other cheek, it is turning the tables on the one who would oppress you and bringing shame upon them.

**Historical Context – Let him have your cloak as well**

This is a little stranger to our modern cultural norms. In Jesus' time, it was not shameful or embarrassing for a person to be naked but it was shameful for the person who caused them to be naked. By law, if you were unable to repay a debt, the person to whom you owed money could literally take your clothes as payment of the debt. What Jesus says is, if someone demands your tunic as payment of a debt, give them everything you're wearing to shame them for making you naked to collect their debt.

**Living the Gospel – Love your enemy**

Jesus tells us that it's easy to love those who love us – anyone can do that. The test of Christian love is to love those who seem unlovable or even seek to make themselves appear unlovable. It's easy to stop saying hello to the person who never returns your greeting. It's easy to avoid the person whose disability makes you uncomfortable. It's easy to hate the person who's nasty to you. But Jesus says that it's these people who we must love. If we are only polite, pleasant and hospitable to our friends then we are failing to follow the footsteps of Jesus.



**Those pesky fallen trees @ St Bernard's**

Were they angels, fairies, leprechauns or (woodchip)munks?

Whoever you were, we sincerely thank you and are very grateful that you came to the rescue last weekend and chopped up our fallen trees.

We are even more grateful that you did so

**with great care and attention to SAFETY FIRST.**

*We hope you think of us fondly as you toast your toes against your wood fire this winter!*

Now, the Good Lord must have thought this was a bit of a lark so he sent another storm last Tuesday and felled even more trees! which have fallen in the 'wooded' area near the parish office and broken branches from trees directly out the front of the church. *C'est la vie.*



**Baptisms at KCCP** are celebrated each Sunday of the month at 11.30am (exception being: no Baptisms on a 5th Sunday of the month)

St Patrick, Asquith: 1st & 3rd Sunday // St Bernard, Berowra: 2nd & 4th Sunday  
Bookings essential: Contact the Pastoral Centre on 9456 2450



**National Catholic Safeguarding Standards:  
Leadership, monitoring & improvement  
Standard 1 – Committed leadership, governance  
and culture**

Key Elements of Standard 1:

- A commitment to Safeguarding
- Promoting a Safeguarding Culture
- Code of Conduct
- Safeguarding Policies

**Safeguarding 2020 Learning Hub for Parish employees and volunteers** - This week's topic – *Leadership and Culture* – the importance of taking matters seriously. The following TV episode may interest you in learning more about this topic. Four Corners : 'Boys Club' - <https://www.abc.net.au/4corners/boys-club/11973360>.



**Baptism for Older Children:**

If you know someone who missed out on receiving this important Sacrament, our parish is about to commence a programme leading up to reception into God's family & church.

**Please contact Ellen on 9477 7180 for more information.**



**The Pope's Prayer Intention for February 2020:** Listen to the Migrants' Cries.

We pray that the cries of our migrant brothers and sisters, victims of criminal trafficking, may be heard and considered.



## **PUBLIC HEALTH NOTICE:** directive from Bishop Anthony regarding Novel Coronavirus.

The following guidelines are to be followed in the Diocese of Broken Bay until further notice:

1. The Chalice is not to be shared at any Masses but is to be reserved to the Celebrant/s only.
2. All Ministers of Communion are to be diligent in the use of hand sanitizer prior to the distribution of Communion.
3. Such precautions remain in force until the end of February, upon which time Bishop Anthony will review the situation in light of any further developments. A copy of the Communicable Diseases FactSheet (NSW Govt) can be provided by the parish office.

### **Position Vacant**

**One has answered the call,  
will you complete the pair?**

### **SACRAMENTAL COORDINATORS**

**wanted for the Asquith end of  
our parish URGENTLY**

Deborah Wing and Louise Cosgrove,  
are very excited that they are halfway to  
retirement and hope this week  
another person will step up to co-coordinate.

Retirement is now tantalisingly close,  
however, these lovely ladies promise  
to give the new coordinators their full  
support during a transition period.

**Peta Tonkin is our**

**Berowra end coordinator**

and will also be a great backstop for you  
and will work closely with you going forward.  
Keep in mind you can always call the office  
and speak to Father. Contact the ladies via  
kccpsacraments@gmail.com

### **Position Vacant**

**Still required**

### **CHILDREN'S LITURGY COORDINATORS**

**wanted for the Asquith end of  
our parish URGENTLY**

Essentially, this position requires the  
organisational skills of one, two, or more  
parents to roster and ensure other  
volunteers are available in teams of two  
on the 1st and 3rd Sunday of each month  
during school terms to facilitate  
Children's Liturgy at SPA.

All who partake in this ministry  
need to have a

**Working With Children Check Clearance.**

Caretaker incumbent, Liz Trist

is looking for someone to take over this role.

Contact the parish office on

9456 2450 to be put in touch with Liz.



Join us for Youth Group  
Sunday March 1, 2020

Mass @ 6pm

Youth Group @

7pm- 8:30pm

St Patrick's Church  
Asquith, Parish Hall

## **This Friday Night**



### **BERNIE'S KNIGHTS**

CALLING ALL YEAR 5 & 6  
STUDENTS. JOIN OUR GREAT  
GROUP EVERY LAST FRIDAY OF  
THE MONTH. STRUCTURED LESSONS  
AND ACTIVITIES / REFRESHMENTS AND  
SNACKS WILL BE AVAILABLE.

**AN EXPLORATION OF FAITH AND THE  
BIBLE WITH CASUAL LEARNING AND  
ENGAGING DISCUSSION**

VENUE: ST BERNARD'S PARISH OFFICE  
1-19 WOODCOURT RD BEROWRA HEIGHTS

TIME: 5-6:30PM

CONTACT: MICHELLE.CHAHINE@BBCATHOLIC.ORG.AU



Many thanks to **Senior Choir** members who sang at the Anointing Mass at Regis nursing home last week. This Choir is made up of adults who are available during the day, to sing at parish funerals, regular monthly Anointing Masses and other special events. If you have time to spare and even a small interest in singing, please consider becoming part of this group, who bring so much joy and comfort to bereaved families and people in need. Whether you are a great singer or you would love to sing with great singers, we would love to have you in this wonderful ministry! **Children's Choir** @ St Patrick's sings at 10am Mass at St Patrick's on 2nd and 4th Sundays of each month. This group of young people from Year 3 up to the end of high school comes together to practise every Friday afternoon during school terms from 4 to 5pm in St Patrick's church. Schedule for this term is available on the parish website. New members always welcome! Come to our next practice or come and chat after Mass. **Cherubs Choir** welcomes very young singers, from Kinder, Year 1 and Year 2, to learn the basics of singing in a choir, watching and listening, singing and moving, to prepare them to sing at Mass with the regular Children's Choir at St Patrick's. Parent helpers must be present to help supervise, so if you and your child would like to become part of this absolutely beautiful group, come along to our next practice, on Tuesday mornings before school from 8.15 to 8.45am in St Patrick's church. *Enquiries on any of above please call Patricia Smith 9482 7935.*



**SERRA VOCATIONS MASS AND DINNER MEETING: Father Vincent Nguyen, Asst Priest at the Cathedral Parish** will be celebrating Mass for Serra at Sacred Heart Church, 2 Richard Porter Way Pymble **Thursday 27th February 2020 at 6.30 pm.** A light meal and a short meeting follows with a Lenten video presentation by Bishop Robert Barron titled "Mercy at the Cathedral". Everyone is welcome. Please "come and see". *Please remember to pray every day for vocations to the priesthood, diaconate, the consecrated life, ecclesial women, all seminarians and novices and for the perseverance of existing vocations. To attend and for more information please contact: Terry Scanlan T: 0438 887 295 or E:terry\_scanlan@bigpond.com*



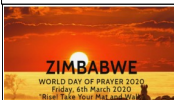
### **Relics of St Therese of Lisieux tour:**

For the first time in 18 years, the relics of St Thérèse of Lisieux, one of the most popular saints of modern times, will visit Australia in 2020 on a four-month pilgrimage with her parents, Saints Louis and Zélie Martin.

### **The relics will visit the following parishes in the Diocese of Broken Bay:**

**5 March St Ives Parish; 6 March The Lakes Parish; 7 March Hornsby Cathedral; 8 March Gosford Parish; 9 March The Entrance Parish**

Find out more about this significant event by visiting <https://www.catholicmission.org.au/get-involved/st-th%C3%A9r%C3%A8se-of-lisieux-and-parents-to-visit-australia-in-2020>



**World Day of Prayer 2020: Friday 6 March** - This year's theme is **'Rise! Take your Mat and Walk'** and has been prepared by the faithful Christians in Zimbabwe. Celebrated annually on the first Friday in March, this global ecumenical movement is led by Christian women who come together in prayer and action, for justice and peace. The movement aims to bring together people of all races, cultures and traditions in a common day of prayer. Berowra's churches take it in turns to host a local service, and this year it is the turn of Berowra Uniting Church.

Please come along to show support for this local ecumenical initiative and join in praying for Zimbabwe!  
**Date: Friday 6 March Time: 7.00pm Place: Berowra Uniting Church, Alan Road, Berowra Hts.**

### **3 Positions Vacant in parishes of our Diocese**

There are three positions available in parishes at the moment.

- 1) **St Agatha's, Pennant Hills – Faith Formation Team Leader (Full Time)**
- 2) **Frenchs Forest Parish – Secretary (Full Time)**
- 3) **The Lakes Parish – Administrative Assistant and Sacramental Programmes Coordinator (Part Time)**

For more information see:

[www.bbcatholic.org.au/people/positions-vacant](http://www.bbcatholic.org.au/people/positions-vacant)

# ROSTERS & READINGS FOR WEEKEND 29th February / 1st March– 1st Sunday of Lent - Year A

IF YOU ARE UNABLE TO ATTEND FOR YOUR ROSTERED DATE PLEASE ARRANGE A SUBSTITUTE; Gen 2:7-9, 3:1-7; 1 Rom 5:12-19; Mt 4: 1-11

	St Bernard's Church		St Patrick's Church (Sacristy Phone 9476 6904)			
	5.00pm	9.00am	6.00pm	8.00am	10.00am	6.00pm
	Fr Shaju	Fr Joy	Fr Joy	Fr Shaju	Fr Shaju	Fr Joy
Acolyte/Snr Server	Garth Graham	Denis Steiner	Mani Subramany	Malcolm Cross	John Messina	Robert Pesavento
Server	Blayde Arthur Adam Waite Jake Williams	Annalise Cottrell Bronte Tonkin Isaac Tonkin		Conor Collins	Joshua Tay Sophia Gomez Rebecca Clarke	
Reader	Mary Dorahy Anne Maree Hutchins	Paul Maher Peta Tonkin	Brian Walsh Penny Loughland	Vivienne Schreiber Russell Schreiber	Simone Noel Sandra Maloney	Youth 1 Youth 2
Children's Liturgy	1st Sunday 1st March: Jackie Tod		1st Sunday 1st March: .			
Communion to Sick	Chichi Datoc		Malcolm Cross, Sue Host			
Sacristy Care/Church Cleaning/Flowers	Natasha Steele, Genevieve Funk, Ted Cook, Tina Manti(s)		Meralyn Tarte, Lea Mead, Barbara Folkard, Rosemary Pendlebury			
Maintenance	Teams A & B		February: Bill Holmes, Bill Hester, John Hajduk			
Counters	Philip Turner, Mark Birrell, Peter Formby		Henning Schneider, Coral Thaddeus, Mary Stokes			

**Working in a child-related ministry in the Catholic Diocese of Broken Bay:** Paid and volunteer workers who have direct face to face contact with children (under 18 years) are required by law to obtain a Working with Children Check number. Please note though, exemptions may apply in some cases. The Parish is the employer of the paid or volunteer worker and therefore is required by law to verify the Working with Children Check number. All paid or volunteer workers engaged in a child-related role must have a clear Working with Children Check to work in a child-related ministry. This disclosure references the legislation, *Child Protection (Working with Children) Act 2012*.

## What's coming up in KCCP...

Keep reading this bulletin for details of upcoming events in our parish community

**Lenten Reflection Programme 2020** each Thursday evening from February 27 to Thursday April 2 from 7.30-8.30pm in St Patrick's Hall, Asquith.

**Plenary Council Discernment Phase—would you like to be involved?**

Please contact the office on 9456 2450 or Sue Newnham on 0400 300 598

## LITURGICAL SERVICES & PASTORAL CARE

**Rosary** After weekday Masses both Churches  
**Visit to Housebound** Fr Shaju John & Fr Joy Thomas 9456 2450  
**Emergency sick calls** **0468 341 841 (Out of office hours only)**  
**Nursing Home Visits** By request, call the parish office to arrange.  
**Clergy Days Off** Fr Shaju John – Monday  
Fr Joy Thomas – Tuesday  
**Home Visits** For Masses, House Blessings & Pastoral Requests Please call the Office 9456 2450

### HOSPITAL ADMISSION:

If you are admitted to hospital, please write down your religion as Catholic to receive Catholic Services.

*Be sure to notify the Pastoral Centre if hospitalised and you would like our own priests to attend.*

## What's happening out and about... See noticeboard for more details

Growing old gracefully is the answer to the inevitability of becoming old. Assistive Technology Specialist and mobility equipment provider Comfort Discovered is launching a series of seminars to spread awareness about the various solutions available today to face the obstacles as we grow older. "Live Life Better" seminars for seniors will be held on **Tuesdays from 10:30am** for 90 minutes **from 18.2.20, at Comfort Discovered, 73 Jersey Street North, Hornsby NSW 2077.** These seminars are free, but booking is essential. For more information: Call 1300 662 880, or Email: [events@comfortdiscovered.com.au](mailto:events@comfortdiscovered.com.au)

## King Tide Café/Restaurant

Owned and operated by our very own

**KCCP Parishioners John & Moauli Griffiths**

Open 7 days from 8am to 4pm

Come by Car by Boat or by Train

Delicious food, fabulous service & exceptional views await YOU!

Hawkesbury River Marina 9 Dangar Rd Brooklyn

NSW

(02) 9985 7102

## The 250 Club!

Week 13 ~ 17/02/2020 ~ Number: 353  
~ Winner: Michael Halliday ~ \$25.00

The businesses below and above support our parish by advertising here. Please give them your support in turn.

Now in Hornsby

## Solutions for Mobility, Independence and Dignity

Registered NDIS, My Aged Care, DVA and Insurance Provider

- Easy Under Cover Parking at the Rear on Ground Floor
- Easy access to the showroom from the Car Park
- Enter Parking from Jersey Street NORTH, north bound
- Corner of Jersey Street North and Bridge Road

**9987 4500**

73 Jersey St North, Hornsby NSW 2077



**Comfort Discovered**

[www.comfortdiscovered.com](http://www.comfortdiscovered.com)

## Alex Jarominek

Your local chiropractor

Book an appointment at:

- The Madison Medical Practice, Berowra (9456 4889)
- Healthy Innovations, Thornleigh (9481 8140)

- Back pain
- Neck pain
- Ergonomics
- Posture
- Muscle pain
- Joint pain
- Headaches
- Rehab
- Exercise



## Francesca Parrino



**Your Berowra / Berowra Heights Specialist**

P. (02) 9456 9999

M. 0415 651 740

E. francescaparrino@mcgrath.com.au

**McGrath**