

# **KU-RING-GAI CHASE CATHOLIC PARISH**

Diocese of Broken Bay 7 July 2024 ~ Year B

## 14th Sunday in Ordinary Time

**Entrance Antiphon:** Your merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice.

**Communion Antiphon:** Taste and see that the Lord is good; blessed the man who seeks refuge in him.

# 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 Patrick's, Asquith

\*\*\*\*\*

8am Wednesday and Friday9am Mon, Tues, Thurs, Saturday

St Bernard's Berowra Heights 8am Thursday

am inursoay

9.15am Wednesday and Friday (except 1st Friday of the month when Mass is at 11.30am @ St Bernard's)

RECONCILIATION Saturday After 9am Mass St Patrick's

Friday After 9.15am Mass St Bernard's (Out of office hours URGENT only)

Emergency sick calls 0468 341 841

#### HOSPITAL ADMISSION:

If admitted to hospital, please write down your religion as Catholic to receive Catholic Services. *Please, call the office if you would like our own priests to visit you in hospital.* 

PASTORAL CENTRE (Parish Office)

Opening Hours: 9am –3.30pm, Mon-Fri Phone: (02) 9456 2450

Website: www.bbcatholic.org.au/kccp Email: parishkccp@bbcatholic.org.au

1-19 Woodcourt Rd, Berowra Heights 2082 /

P.O. Box 335, Berowra Heights NSW 2082

Parish Priest: Rev Dr Biju Jose, OSH

Assistant Priest: Fr Joy Thomas, OSH

Parish Secretary: Margaret Cooper

Admin Assistant: Catherine Hutchison

Parish Bookkeeper: Karen Price

Vol. Office Assistant: Jan Favaloro

Vol. Sacramental Team: Peta & Phill

(Email: kccpsacraments@gmail.com)



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

**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'

## Dear Parishioners,

Half a million people, both men and women, young and old, from all over the world packed the streets in Sydney for a week. It might be the largest gathering ever held in Sydney. Can you guess which what that marvellous event was?

2000 Olympics? 2008 World Youth Day? Or any other event...? No? I will give you one clue. It happened exactly 98 years ago.

It was the 29th International Eucharistic Congress held in our beautiful harbour

city in 1928. How beautiful It was! People gathered around the Most Holy Eucharist and I am especially pleased to share with you that, the founder of our Religious Congregation (OSH), Bishop Alexander Chulaparambil; then the Bishop of the Diocese of Kottayam, Kerala, India; participated in that particular Eucharistic Congress. Unknown at the time, this initial visit by him, went on to forge the basis of a strong and lasting relationship with the faithful of Australia.

Every year, on the Solemnity of the Most Holy Body and Blood of Jesus Christ (*Corpus Christi*) thousands of people march in procession through the streets, colourfully, but reverently, singing hymns and giving public witness to Jesus Christ, Our Lord and Saviour. Every year and especially this year, many parishioners from KCCP took part in that procession and had a wonderful and enriching experience.

You might wonder why I am mentioning the above event here?

You may remember that in the last weekend bulletin I wrote about the importance of Sunday Mass in our life. As a family of faith, **Eucharist is the centre of our life and it nourishes, sustains, and unites us**.

My dear friends, in every Mass, Jesus is really with us and we with Him ~ let's keep Christ always at the centre.

As you know, every year the diocese take the 'Annual Head Count' of attendance at weekly Masses. Following is the Mass attendance statistical analysis of May 2024 by the Broken Bay Diocese. I am so happy and grateful to advise that our parish has the 9<sup>th</sup> highest congregation attendance count out of 28 parishes (including chaplaincy) in the diocese as of May 2024. However, we all have to do what we can to deepen our own and each other's understanding of this precious gift – the Most Holy Eucharist - more and more. I wish you a blessed weekend. *Fr Biju OSH, PP* 



Ku-ring-gai Chase Parish Report

		,											
2001	2011	2012	2013	2014	2015	2016	2017	2018	2019	2021	2022	2023	2024
1,068	1,132	935	855	834	836	764	748	785	726	550	485	581	612
	6.0%	(17.4%)	(8.6%)	(2.5%)	0.2%	(8.6%)	(2.1%)	4.9%	(7.5%)	(24.2%)	(11.8%)	19.8%	5.3%
	6.0%	(12.5%)	(19.9%)	(21.9%)	(21.7%)	(28.5%)	(30.0%)	(26.5%)	(32.0%)	(48.5%)	(54.6%)	(45.6%)	(42.7%)
	2001	2001 2011 1,068 1,132 6.0%	2001         2011         2012           1,068         1,132         935           6.0%         (17.4%)	2001         2011         2012         2013           1,068         1,132         935         855           6.0%         (17.4%)         (8.6%)	2001         2011         2012         2013         2014           1,068         1,132         935         855         834           6.0%         (17.4%)         (8.6%)         (2.5%)	2001         2011         2012         2013         2014         2015           1,068         1,132         935         855         834         836           6.0%         (17.4%)         (8.6%)         (2.5%)         0.2%	2001         2011         2012         2013         2014         2015         2016           1,068         1,132         935         855         834         836         764           6.0%         (17.4%)         (8.6%)         (2.5%)         0.2%         (8.6%)	2001         2011         2012         2013         2014         2015         2016         2017           1,068         1,132         935         855         834         836         764         748           6.0%         (17.4%)         (8.6%)         (2.5%)         0.2%         (8.6%)         (2.1%)	2001         2011         2012         2013         2014         2015         2016         2017         2018           1,068         1,132         935         855         834         836         764         748         785           6.0%         (17.4%)         (8.6%)         (2.5%)         0.2%         (8.6%)         (2.1%)         4.9%	2001         2011         2012         2013         2014         2015         2016         2017         2018         2019           1,068         1,132         935         855         834         836         764         748         785         726           6.0%         (17.4%)         (8.6%)         (2.5%)         0.2%         (8.6%)         (2.1%)         4.9%         (7.5%)	1,068         1,132         935         855         834         836         764         748         785         726         550           6.0%         (17.4%)         (8.6%)         (2.5%)         0.2%         (8.6%)         (2.1%)         4.9%         (7.5%)         (24.2%)	2001         2011         2012         2013         2014         2015         2016         2017         2018         2019         2021         2022           1,068         1,132         935         855         834         836         764         748         785         726         550         485           6.0%         (17.4%)         (8.6%)         (2.5%)         0.2%         (8.6%)         (2.1%)         4.9%         (7.5%)         (24.2%)         (11.8%)	2001         2011         2012         2013         2014         2015         2016         2017         2018         2019         2021         2022         2023           1,068         1,132         935         855         834         836         764         748         785         726         550         485         581           6.0%         (17.4%)         (8.6%)         (2.5%)         0.2%         (8.6%)         (2.1%)         4.9%         (7.5%)         (24.2%)         (11.8%)         19.8%

Mass Attendance and Census Data

	Population 2021	Population 2016	Population 2011	Catholics 2024	Catholics 2016	Catholics 2011	No Religion 2021	No Religion 2016	No Religion 2011
Berowra-Brooklyn-Cowan	11790	11699	11394	2308	2432	2549	5001	3922	2862
Asquith-Mount Colah	22057	18287	17734	4245	4031	4418	8642	5635	3991
TOTAL	33847	29986	29128	6553	6463	6967	13643	9557	6853
Mass-attending Catholics				612	764	1132			
	% population identified as Catholic:	% population identified as Catholic:	% population identified as Catholic:	% Catholics attending Mass:	% Catholics attending Mass:	% Catholics attending Mass:	% population identified as no religion:	% population identified as no religion:	% population identified as no religion:
	19.4%	21.6%	23.9%		11.8%	16.2%	40.3%	31.9%	23.5%
		•	2021	8.3%			Nat ave: 38.4%	Nat ave: 29.6%	Nat ave: 22.3
			2022 2023 2024	8.8%					
atholic School Enrolment a Parish	2019 Pa	ance rish Mass tendance 2019		Parish Mass Attendance 2021	2023	Parish Mas Attendance 2023		2024	
Ku-ring-gai-Chase Berowrg – St									

 School
 2024
 Parish Mass

 School
 2024
 Attendance 2024

 Berowra St Bernard's
 202
 Attendance 2024

 Asquith St Patrick's
 185
 612

 Total
 387
 387

'Ku-ring-gai Chase Catholic parish acknowledges the Darug and Guringai people, the Traditional Custodians who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander peoples to this country and commit ourselves to the ongoing journey of Reconciliation.'



 Entry/Exit by vehicle and foot is via Royston Pde ONLY.



#### Pope's intention for July:

For the Pastoral care of the sick. We pray that the Sacrament of the Anointing of the Sick confer to those who receive it and their loved ones the power of the Lord and become ever more a visible sign of compassion and hope for all.

THIS WEEK'S READINGS

Ordinary Time ~ Year B Monday 08/07 Hosea 2:16-18, 21-22; Mt 9:18-26 Tuesday 09/07 Hosea 8:4-7, 11-13; Mt 9:32-38 Wednesday 10/07 Hosea 10:1-3, 7-8, 12; Mt 10:1-7 Thursday 11/07 ~ Memorial St Benedict, abbot Hosea 11:1-4, 8-9; Mt 10:7-15 Friday 12/07 Hosea 14:2-10; Mt 10:16-23 Saturday 13/07 Is 6:1-8; Mt 10:24-33

Ku-ring-gai Chase Parish Remembers & Prayers for...

#### RECENTLY DECEASED: ANNIVERSARY:

Dr Ken Gray, Wilford Long, Grace Rego, Maria Dulce Estrellado, Ramona Estrellado, Dolla Patricio.

PRAYERS FOR THE SICK: Leanne Scott, Ann Leslie, Barry Cox, Millie Wong, Vince Hughes, Sosefo Ali, Cita Del Rio, Fiona Loughland, Pat Bowden, Bill Holmes, Enright, Mary Mathew, Philomena & Rex D'Souza, Isabel Henson, Chichi Datoc, Mary Burns, Rey Hilario, Georgina Hughes, Patrick Dorahy, Roger Okell, John Cosgrove (Snr), Rosemary Pendlebury-Grainger.



3

Week 20 ~ 1/07/24 Winning #: 841 Amt: \$500.00 Unsubscribed



You can still Tap n Go using our Smart Terminals ~ In fact, we need your (Tan' to ensure

**'Tap'** to ensure our parish continues to **'Go'** 



# Readings

# First Reading Ezekiel 2:2-5

The spirit came into me and made me stand up, and I heard the Lord speaking to me. He said, 'Son of man, I am sending you up to the Israelites, to the rebels who have turned against me. Till now they and their ancestors have been in revolt against me. The sons are defiant and obstinate; I am sending you to them, to say, "The Lord says this." Whether they listen or not, this set of rebels shall know there is a prophet among them.'

## The Word of the Lord All: Thanks be to God

**Responsorial Psalm** 

1.

2

(R) Our eyes are fixed on the Lord, pleading for his mercy.

To you have I lifted up my eyes, you who dwell in the heavens: my eyes, like the eyes of slaves on the hand of their lords . (**R**)

- Like the eyes of a servant on the hand of his mistress, so our eyes are on the Lord our God till he shows us his mercy. (**R**)
- Have mercy on us, Lord, have mercy. We are filled with contempt. Indeed all too full is our soul with the scorn of the rich, with the proud man's disdain (R)

## Second Reading 2 Corinthians 12:7-10

In view of the extraordinary nature of these revelations, to stop me from getting too proud I was given a thorn in the flesh, an angel of Satan to beat me and stop me from getting too proud!

About this thing, I have pleaded with the Lord three times for it to leave me, but he has said, 'My grace is enough for you: my power is at its best in weakness.' So I shall be very happy to make my weaknesses my special boast so that the power of Christ may stay over me, and that is why I am quite content with my weaknesses, and with insults, hardships, persecutions, and the agonies I go through for Christ's sake. For it is when I am weak that I am strong.

The Word of the Lord

All: Thanks be to God

#### **Gospel Acclamation**

Alleluia, alleluia! The Spirit of the Lord is upon me; he sent me to bring Good News to the poor. Alleluia!

## Gospel Mark 6:1-6

Jesus went to his home town and his disciples accompanied him. With the coming of the sabbath he began teaching in the synagogue and most of them were astonished when they heard him. They said, 'Where did the man get all this?

What is this wisdom that has been granted him, and these miracles that are worked through him? This is the carpenter, surely, the son of Mary, the brother of James and Joset and Jude and Simon? His sisters, too, are they not here with us?' And they would not accept him. And Jesus said to them, 'A prophet is only despised in his own country among his own relations and in his own house'; and he could work no miracle there, though he cured a few sick people by laying his hands on them. He was amazed at their lack of faith.

## The Gospel of the Lord

All: Praise to you Lord Jesus Christ.

# Reflection

Home town crowds and 'mighty works'



I recommend viewing the film 'Billy Elliott' in which a youngster found that his body 'went electric' when he danced. To give expression to this, he had to break from the expectations of his family in a decaying mining town in the north of England.

Jesus had a similar experience. His home town of Nazareth wanted to keep him in the box they could deal with: 'the carpenter's son'. But he was aware of a divine dynamism which welled up from the depths of who he was and it had to find expression in 'mighty works'. So, he left Nazareth, never to return.

Each person has a unique identity and role conceived by God. Of course, we must be careful not to stifle it in others. But, first, we must try to discern what it is for ourselves. Why was I loved into existence just now, and not in the third or the twenty-third century? The cosmos as desired by God will be incomplete if I let others dictate who I am. God's plan of salvation history will be disrupted if I don't fulfil the role he wants me to play.

We could take a moment to pray for certain gifts of the Holy Spirit; understanding and wisdom to be enlightened as to one's unique identity and role, and then courage to persevere against the odds, perhaps confounding the expectations of others, so as to go on and perform his 'mighty works'. @Fr Michael Tatle; mtate@bigpond.com

© The scriptural quotations are taken from the Jerusalem Bible, published and copyright 1966, 1967 and 1968 by Darton Longman and Todd Ltd and Doubleday & Co Inc, and used by permission of the publishers. The English translation of the Psalm Responses, the Alleluia and Gospel Verses, and the Lenten Gospel Acclamations, and the Titles, Summaries, and Conclusion of the Readings, from the Lectionary for Mass © 1997, 1981, 1968, International Committee on English in the Liturgy, Inc. All rights reserved. The prayers are from the English Translation of the Roman Missal © 2010 International Committee on English in the Liturgy Inc. (ICEL). All rights reserved.

# A update from your Seek God, **Parish Pastoral Council**

At our most recent meeting on 19 June 2024,

our Pastoral Parish Council agreed that the Parish Pastoral Plan working document, prepared by Deacon Peter, was very well drafted out with all areas comprehensively covered.

As stated in the proposed Plan, the issues for consideration by our PPC are that we endeavor to enable everyone in our Parish to:

- 1. Strengthen our Community
- 2. Warmly Engage with Families, Youth and Children
- 3. Invigorate our Sacramental Life
- 4. Revitalise our Mission and Ministry
- 5. Invest in Faith Formation Programs
- 6. Ensure Effective Stewardship and Communication

With these steps further elaborated in the Plan we need to build ourselves up as a community - engaging with each other; working towards strengthening our Spiritual Lives and doing our best to communicate efficiently and effectively.

We matched these priorities to our current annual calendar and can confirm that we are already working towards several of these priorities.

# Jerome Gomez - PPC member



#### SAVE THE DATE: We'll be celebrating all Grandparents on ~ Sunday 28th July 2024.

Find God.

Please join us for the 9am Mass at St Bernard's Berowra Heights or the 10am Mass at St Patrick's, Asquith, after which there will be tea and coffee available, great company and loads of community spirit. Maybe you would like to showcase your culinary skills by making your Grannies famous Sponge Cake or Pumpkin Scones to share ! It would be greatly appreciated if you could kindly bring along a

plate of any sort to share. We look forward to seeing you!



Keep the Fire Burning - Strong in Faith **Aboriginal and Torres Strait Islander Sunday Resources** 7 July 2024

The themes for today – "Keep the fires burning" and "Strong in faith" are very

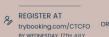
much related and so necessary for those working for Reconciliation. Being strong in faith is to keep the fire deep within our hearts burning. For it is to retain hope that God's ways, whatever the rejections and insults and agonies, will in the end win out. And faith attaches us to God, so we can continue to know God's love deep within our hearts, which gives us the capacity to love and to forgive even in the darkest of times. © Bishop Danny Meagher



Focusing on the 2023-24 Social Justice Statement Listen, Learn, Love: A New Engagement with Aboriginal and Torres Strait Islander People

Proudly hosted by the Diocese of Broken Bay

- THURSDAY, 25TH JULY 6PM FOR 6:30PM START
- THE EPPING CLUB 0 45-47 RAWSON ST. EPPING



an the OR code to register 回發

JOHN LOCHOWIA

Keynote

speaker

0 0

There is no cost to attend this evening. Dinner included. For further enquiries contact mission@bbcatholic.org.au



#### LONG School Holidays are Here

School Holidays begin this Monday 8 July, so we take this opportunity of wishing our students, teachers and parents a well deserved break.

We look forward to seeing you on Monday 22 July refreshed and ready for Term 3 of this fast disappearing year.

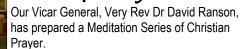
For those travelling this Winter (all parishioners), please go carefully, drive to the conditions and return to us safely.

# Vinnies Berowra Winter Appeal

The Berowra Conference of the St Vincent de Paul Society would like to say heartfelt thanks to parishioners for their generous donations to this year's Winter Appeal.

So far \$1,375 has been raised to help us provide much needed assistance to individuals and families in our area struggling to pay power bills and rent, and to put food on the table. We also thank the parishioners of Ku-ring-gai Chase Catholic Parish for your continued generous support for Vinnies. David Burke - Berowra Vinnies.

# Year of Prayer 2025



This is in preparation for the 2025 Jubilee. The Introduction to the series and the first three videos in the series can be found at https://www.bbcatholic.org.au/mission/year-ofprayer or on the Diocese YouTube channel

### Taxation receipts for **Contributions to Pastoral Works Broken Bay and** Caritas

are now available.

#### Please note:

\* Many receipts were emailed this week. (Pls check Junk box)

\* If we do not have a current email address for you, your receipt will be at the back of the church. If you do have an email address please provide it to the office for next year by emailing parishkccp@bbcatholic.org.au

\* If not in either place, please contact the office on 9456 2450.

# Planned Giving Envelopes - 2024/2025 Financial Year

Please collect your PGE's from the back of our churches before the end of July, thank you.

To all who have given so generously to the upkeep of our parish through the planned giving programme during 2023 / 2024 we offer sincere thanks.

Like to know how you can join the PGE programme or other ways you can assist the parish financially? Call the Parish Office on 9456 2450.



Our Secretary, Margaret (aka TWITO) is taking some Long Service Leave. She will be away from the office from this Monday, 8 July up to and including Tuesday, 23 July 2024.

Fear not! The parish will be left in the very capable hands of our Priests and our wonderful new admin. assistant, Catherine. Have a restful break Marg.



# Children's Choir @ St Patrick's

KCCP Children's Choir is in recess for school holidays.

No practices during school holidays, but we will continue to sing on 2nd and 4th Sundays of July, as usual.

Our next practice will be on Friday 26th July at 4 -5pm in St Patrick's church, ready to sing for Grandparents' Day on 28th July.

Any young person from Year 3 and up is most welcome to join the Choir at any time. For further information contact Patricia Smith 9482 7935.



Embrace God in Jesus

	St Bernard'	s Church	St Patrick's Church							
	5.00pm	9.00am	6.00pm	8.00am	10.00am	6.00pm				
Acolyte / Snr Server	Matthew Waite	Paul Dryden	Mani Subramany	John Messina	Malcolm Cross	Robert Pesavento				
Altar Servers Altar Servers	Martha Askew Sub requested	Miranda Tablizo Volunteer now	Volunteer now Volunteer now	Volunteer now Volunteer now	Oscar Braga Thomas Clarke	Volunteer now Volunteer now				
Reader (1)	Anne Maree Hutchins	Denise Harant	Sue Lum	Michael Halliday	David Massa	Les Fogden				
Reader (2)	Francesca Parrino	Volunteer now	Hayley Rodrigues	Jim Fitzgerald	Elizabeth Fernandes	Volunteer now				
Sacristy/Cleaning/Flowers	Marcia Wood, Gwen Woo Cecilia Waite (f) Gwen W		Sue O'Malley, Mary O'Malley, Sue O'Malley, John O'Malley, Leanne Barbour (f) - (help always needed & appreciated)							
Maintenance	Team A & B -(help always	needed & appreciated)	July: Les Fogden, Graham Palmer, Richard Fellew, John & Sue O'Malley -							

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.

#### Wills, Enduring Guardianship Free Seminar & Morning Tea and

Powers of Attorney

### Do you have a Will or need it updated? Do you know what Enduring Guardianship is, or want to know more about Bequests?

at The Epping Club, Epping.

To know more, please send an email to events@bbcatholic.org.au

The Diocese is hosting a 'Free Seminar and Morning Tea' to answer all your questions with lawyer and our very own KCCP parishioner. Cecilia Castle on Tuesday, 20 August 2024 (10.30am to 12.30pm) Free Seminar for the Catholic community of Broken Bay



**Cecilia Castle** Principal of Castle Lawyers, will present and

Presenter

answer questions from her legal expertise of over

35 years. Cecilia is a regular speaker and writer on legal topics, and a parishioner in the Diocese of Broken Bay.

The businesses here support our parish by After many years of support, Francesca Parrino has advertising, please support them in turn.

# THIS SPACE AVAILABLE NOW ready to be put to good use **WORKING FOR YOU !**

HARANT'S ~ Home & Office Improvements Pty. Ltd Builder's Licence No. 27126C and our own KCCP parishioner

# **CHRISTIAN HARANT**

Specialising in kitchens, bathrooms, decks, carports, gyprock, plastering, maintenance work. M: 0412 478 813; E: harantspty@gmail.com

Comfort

WE HAVE REBRANDED!

The same amazing friendly team

and excellent service. Large range

of products and solutions for

independence, dignity and mobility

to live a better life.

# decided to cease advertising in our bulletin. Thank you Francesca for your support across many many years. Is this the opportunity you've been waiting for?

Advertise your business or service here and experience great exposure at very competitive rates. A double space (see Karis Life below) or two single spaces are now available. Each week, your advert, will be uploaded to our website; sent to over 750 email addresses; and 270 hard copies are placed in our churches. Don't delay call the parish office today: 9456 2450!

# ALBERT & MEYER FUNERAL DIRECTORS

Ph: 02 9484 3992 E: director@albertmeyer.com.au

PACK

A

لغا

Easy access nowroom Id toilet

Ø

સ્જે

Fry before

24 Hour Personal Attention

**Rebecca** Pincott General Manager

SEND FREIGHT. PARCELS, DOCs -ANYWHERE ANYTIME

We pick-up, pack and send quickly, cheaply and safely. For friendly, efficient service contact James or Stuart (Berowra Heights resident), for a competitive quote for large and small packing and shipping needs for local and international deliveries. Free pick-up for local residents. P: 02 9804 1544 or M: 0451 531 759; E: westryde@packsend.com.au

King Tide Café / Restaurant

Open 7 days ~ 8am to 4pm ~ Owned & operated by our own **KCCP Parishioners John & Moauli Griffiths** 

Come by Car / Boat / Train Faafetai fo'i ~ means 'You're Welcome' in Samoan Delicious food, fabulous service & exceptional views await YOU! Hawkesbury River Marina, 9 Dangar Rd Brooklyn NSW (02) 9985 7102

73 Jersey St North, Hornsby NSW 2077 9987 4500 www.karislife.com.au