

*Diocese of Broken Bay Under the Pastoral Care of the Discalced Carmelites since 2008*

**3 March 2019 - Eighth Sunday of Ordinary Time**

**Parish Mass Times:**

Monday, Tuesday, Wednesday & Friday: 6:30am  
Thursday: 9:15am  
Saturday: 9:00am, 6:00pm (vigil)  
Sunday: 8:00am, 10:00am, 6:00pm  
Public Holiday: 9:00am  
Youth Mass: 6:00pm (1<sup>st</sup> Sunday of month)

**Baptism: Fourth Sunday of each month by appointment**

Wedding: Contact Parish Office at least 6 months prior notice  
Morning Prayer: Monday - Wednesday & Friday: 6:10am Thursday: 8:40am  
Anointing of Sick: 2<sup>nd</sup> Thursday of the month at 9:15am or by request  
Eucharistic Adoration: Saturday 9:30 – 10am concluding with Benediction  
Reconciliation: Saturday 9:30am  
Rosary: Immediately after weekday Mass and Saturday (8:35am)



**“Can a blind person guide a blind person?  
Will not both fall into a pit?” (Gospel)**

**Every Friday (during term time)**  
Lectio Divina facilitated by Fr Greg  
10-11am, Hall Boardroom

**Every Thursday**  
Prayer Group prior to mass  
8:40am

**March**

**Sunday 3 March**  
Junior Choir  
9am-11am

**Wednesday 6 March**  
Ash Wednesday  
Masses at 6:30am, 9:30am and  
7:30pm

**Friday 8 March**  
*The Light is On* 7-8pm  
Reconciliation, Exposition & Stations  
of the Cross

**Sunday 10 March—First Sunday  
of Lent**  
Senior Choir  
9am-11am

Dear Parishioners and visitors to the Parish,

Our speech patterns reflect our interior state; our words betray ‘what fills the heart’. The writer of Ecclesiasticus, as well as the author of Luke’s Gospel, are well aware of the power of speech and one’s responsibility to use it wisely, compassionately, in the service of God. What makes for holy speech? Gratitude is a major factor. (‘It is good to give thanks to the Lord’- Ps91:2). So too is confidence in the risen Lord. (‘So let us thank God for giving us the victory through our Lord Jesus Christ’- 1 Cor 15:57).

Also, patience and perspective. Patience for the imperfections of others, while attending to the ‘plank’ in my own eye, prevents hypocrisy and fosters life-giving relationships (Luke 6:42). Today I could consider my own speech patterns, asking the Lord to heal my heart, and align my speech with the word of life.

May God bless you.

Fr Greg Chee, OCD

**CONTACT DETAILS**

263 Mona Vale Road, St Ives  
Phone: 9144 6998  
Email: office@corpuschristi.com.au  
In an emergency call 9144 6998  
Web: www.bbcatholic.org.au/stives  
Facebook: Corpus Christi Catholic Church

**PARISH OFFICE TEAM**

Fr Greg Chee, OCD, Parish Priest  
Fr Johny Arattukulam, OCD, Assistant Priest  
Belinda Camilleri, Office Manager  
Michelle Miles, Office Secretary  
Ed Wales, Parish Finance  
Jennifer Perrott, Faith Facilitator  
Gerri Hadwen, Sacramental Co-Ordinator

**HALL BOOKINGS**

John Huggett (Coordinator)  
0412 882 263

The Light is  
**ON** for you



## The Light is ON for you!

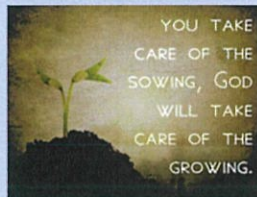
Lent offers us a privileged time to reflect on our faith life and reorient ourselves more closely towards God. This year, our parish, along with other parishes of the Diocese of Broken Bay, is taking part in *The Light Is On*, where every Friday evening during Lent we will be open for quiet time and prayer, with the Sacrament of Reconciliation, Exposition and Stations of the Cross.

Our church will be open on Fridays commencing 8 March from 7-8pm and you are invited to make a space to spend time with God and to allow God's light to enter the circumstances of your life in a new way this lent. You are very welcome! Please take some invitation cards from the back of the church and invite others also.

### Catechist Sunday – Sunday 3 March 2019

Today is Catechist Sunday, an annual event in the Confraternity of Christian Doctrine Calendar. Catechist Sunday originated in 1935 when the Vatican published a document 'On the Better Care and Promotion of Catechetical Education', which acknowledged the importance of the Church's teaching ministry and asked every country to honour those catechists who serve within their Christian communities.

As catechists begin another year of teaching Special Religious Education (SRE) to Catholic children who attend public schools in this parish, let us give thanks for their ministry and pray for their work that it will bear fruit in the hearts and minds of the children and their families.



The ministry of SRE in parishes is a tangible expression of parish evangelisation. Today Ask yourself – "is God calling me to teach SRE to Catholic children".

### PROJECT COMPASSION—SUNDAY 3 MARCH 2019

Please take home a Project Compassion box and/or a set of donation envelopes and support Caritas Australia this Lenten season, which is themed "Give Lent 100%".

You are empowering communities with hope and helping those in great need to shape a better future for themselves, their families and their communities.

Lives change when we all give 100%.

You can donate through Parish boxes and envelopes, or by phoning 1800 024 413 or visiting [www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion)

### **Ku-Ring-Gai Interchurch Group**

We will be praying for St Andrew's Presbyterian Church St Ives/Pymble and Reverend Steve North

## Prayer Zone



### Recently Deceased:

Valerie Haynes

### Please pray for the ill:

Rebecca Anderson; Elizabeth Buay; Maria and Jack Garcia; Roseanne Kapel; Tony Lee; Jose Mestres; Marie Martin; Meacheal; Estelle Sok; Maurice Martin; Lewis Criniti; Thi Nguyen; Victoria; Carmel Hadley; Clara Di Mauro; Tom Brewer; Anne Baillie, Francesco Macolino, Carmel Hurrell, Mary Sanzone, Fergus O'Brien, Michelle Soumier, Jane Donnelly, Lisa Doherty, Carol-Anne Campbell, Jennifer Nancarro, Gina Jaksetic, Jeannie, Gracie Spencer, Brendan Stone, John Michael Walsh

*Please let the office know of any changes to the ill.*

***If you know of anyone who can no longer attend mass due to illness; or if you have noticed one of our parishioners is no longer attending mass, could you please let the office know.***

### Feast Days — March

**Wednesday 6 March**, Ash Wednesday

### CARMELITE RETREAT PROGRAM:

**Weekend Retreat:** Where to from here?  
March 22 @ 6:15pm—March 24 @ 1:30pm  
Presenter: Bishop Greg Homeming OCD  
Cost: \$300

**Mid-Week Retreat:** Praying with the Doctors: St John of the Cross, St Teresa of Avila and St Therese of Lisieux.

March 26 @ 10:30am —March 27 @ 1:30pm  
Presenter: Fr Aloysius Rego, ODC and Geoff Stumbles  
Cost: \$135

**Weekend Retreat:** Contemplating the creative process

March 22 @ 6:00pm—March 31 @ 1:30pm  
Presenter: John Charadia and artist tutors  
Cost: \$330

The retreats are held at the Mt Carmel Retreat Centre, 247 St Andrews Road, Varroville NSW 2566. For information of any of the retreats, please call 8795 3400 or email: [retreats@carmelite.com](mailto:retreats@carmelite.com).

[www.carmeliteretreats.com.au](http://www.carmeliteretreats.com.au)

## Prayer for a New Bishop

Heavenly Father and Eternal Shepherd,  
you watch over and govern your flock with vigilance and concern.

In your immense love, grant to your Church a pastor who will please you by his holiness and aid us with his unflinching care. In your time, grant us the joy of welcoming a shepherd formed after your own heart.

May he be an example of virtue to your people and, imbued with the power of the Holy Spirit, fill their minds with the truth and beauty of the Gospel.

Grant wisdom, O Lord, to those now discerning your holy will in the selection of our new bishop.

We ask this in the name of Jesus our Lord and through the intercession of our mother, Mary Star of the Sea.

Amen.

## HOSPITALITY NEED

This year we are organising Alpha in this Parish and need people to help in looking after hospitality which includes the preparation of simple meals. We would like to organise a team to look after this area. If you would like to commit or explore this possibility please call the office on 9144 6998 and ask to speak to Jen Perrott or email [catechists@corpuschristi.com.au](mailto:catechists@corpuschristi.com.au)

Alpha is a series of interactive sessions that explores faith.

Fr Greg Chee, OCD

## Corpus Christi Primary School—Open Day

Monday 4 March from 9am to 11am.

A faith filled community dedicated to teaching young minds to think creatively in a nurturing, happy environment. Please come along and see what a Catholic education can offer your child. Brochures are available in the foyer for your information.

## Our Deepest Sympathy

The Corpus Christi parish family would like to extend its prayerful sympathy to the family, relatives and friends of Valerie Haynes whose funeral was held at Corpus Christi on Friday 1 March 2019. May Valerie experience the fullness of Christ's peace.

## POPE FRANCIS' PRAYER INTENTION FOR MARCH



### Christian Communities

That Christian communities, especially those who are persecuted, feel that they are close to Christ and have their rights respected.



## SOCIAL JUSTICE CORNER:

### WORLD DAY OF PRAYER 2019

World Day of Prayer (WDP) was celebrated on Friday, 1<sup>st</sup> March. WDP is a global ecumenical movement led by Christian women who welcome us to join in prayer and action for peace and justice. It is now the largest ecumenical event in the world, supported by Catholic, Protestant, Orthodox and Evangelical churches. It is run under the motto "Informed Prayer and Prayerful Action" and is celebrated annually in over 170 countries on the first Friday in March. The movement is led by women but aims to bring together both men and women of various races, cultures and traditions in a yearly common Day of Prayer.

The World Day of Prayer 2019 host country is Slovenia and the theme "Come - Everything is Ready!" The theme is grounded in the parable that Jesus told about a great dinner that was attended by the ones called off the streets, as the ones invited excused themselves. The theme reminds us that the community formed around the table is not enough to fill the house - there is still room. Who is missing from the table in our community?

### BOOK CLUB

Anyone interested in a new Book Club? If so we meet once a month, Tuesday's 2—4 at my place in St Ives. Next meeting is 19th March & we will be discussing "The Shepherds Hut" by Tim Winton.

Contact Colleen McMillan.  
[colleenmcmillan11@gmail.com](mailto:colleenmcmillan11@gmail.com)

### ACCOMMODATION NEEDED:

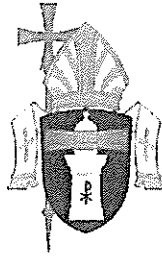
68 year old female parishioner needing accommodation for approximately 6 months. Please contact Victoria 0412 946 846.

### SAFEGUARDING MESSAGE

A culture of Safeguarding values Servant Leadership... "Like good stewards of the manifold of grace of God, serve one another with whatever gift each of you has received." - 1 Peter 4:10

### Acknowledgement of Traditional Owners

We wish to acknowledge the traditional custodians of these lands on which we gather and show our respect to the Elders past and present. We also wish to pay our respects to all Aboriginal people.



**A Letter to the People of God of the Diocese of Broken Bay**  
**Very Rev Dr David Ranson**  
**Diocesan Administrator**  
**28 February 2019**

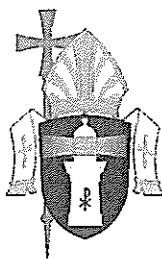
It is difficult indeed to fathom the ramifications of the dramatic and historic events that have marked these days, resulting in the remand into custody of Cardinal George Pell, subsequent to his recent conviction. The verdict of guilt will be tested now in the Court of Appeal and will either be validated or questioned, and this will take some months. When that time comes, we will be impelled to reflect again on events, one way or another. Now, our thoughts and our prayers go always to those who have been so greatly wounded by the crime of sexual abuse, particularly from within our own community of faith.

The verdict of guilt by a court of law is one thing, shocking enough as it is. Our reactions to this outcome will be diverse and complex. However, the social reaction and the widespread commentary to the verdict is another. We cannot ignore or underestimate the community's response to the verdict that has been given, and which further adds to our distress. In different ways, the energy of this social response highlights the remarkable collapse of the credibility of the institution with which we are identified - whether by our belonging to our local Catholic parish, or by our association with our Catholic schools or agencies. It places our affiliation under extraordinary stress. It is shameful for us to have to stand before the constant analysis, the critique, and the commentary about our Church, and the declarations of its failures and inadequacies. It forces us to address the question, "*Why would we wish to be identified with an institution condemned with such widespread disdain?*" We cannot avoid this question. This is the crossroad to which moments such as this bring us. We must answer the inevitable question put to us by the sad circumstances of this week with humility, integrity and courage, such that a new sense of purpose might motivate and guide us into the future, not with stoic resignation, but with genuine Christian hope. In this way, this dreadful moment in the life of our Church in Australia can act to purify and clarify our discipleship.

In this inevitable personal struggle, I am reminded of the words of the famous Scripture scholar, Walter Burghardt, who put it this way once in a homily he gave at a baptism. He said to the woman, being baptised,

*"Sonia Maria, before we welcome you through symbol and ritual into this paradoxical people, this community of contradictions, let me make an uncommonly honest confession. In the course of more than half a century, I have seen more Catholic corruption than most Catholics read of. I have tasted it. I have been reasonably corrupt myself. And yet, I take joy in this Church, this living, sinning people of God; I love it with a crucifying passion. Why? In spite of all the*

Diocesan Administrator



*Catholic hate, I experience here a community of love. For all the institutional idiocy, I find here a tradition of reason. For all the individual repression, I breathe here an air of freedom. In an age so inhuman, I touch here tears of compassion. In a world so grim and humourless, I share here rich joy and earthly laughter. In the midst of death, I hear an incomparable stress on life here. For all this apparent absence of God, I sense here the presence of Christ. I pray, Sonia Maria, that your life within this community, your experience of a strange God and a still stranger people, will rival mine”.*

For many, the paradox presents as a contradiction too difficult to reconcile. But there will be those of us who can enter the paradox and discover a new possibility there.

In all that is transpiring, we are challenged not to lose sight of what is actually happening around us locally. Can we see that love into which we are invited by Christ exercised in our local communities? Does my parish family demonstrate this for me? Do I see this love exercised in my school community, in my agency? I can find the resource to continue to belong to this parish, or to this school, or to this agency if I see there the mystery of Christ's sacrificial love being lived out in a way that calls me forth to the sense of what is really true, what is really beautiful, what is really good. I know that this truth, beauty and goodness is evidenced in abundance by the remarkable witness, generosity and faith of those who are present with us in our parishes and in our schools and in our agencies.

Through all this, we hold in our hearts all who are so deeply affected, in so many ways, by the crime of abuse in all its different manifestations and dimensions. The ripples of this wound at the heart of our life together stretch out in incalculable ways. Each time we are confronted with its reality is an opportunity for us to reaffirm our diocesan commitment to ensure the safety of our children and vulnerable adults. It is a commitment underscored by our faith in Jesus Christ in whom we hold the fundamental sanctity of every human person. It is our moral, legal, and spiritual obligation to safeguard all within our community. Only in this way can we genuinely foster communities of safety and care for our people and be the Church that we so desperately want and need to be. May the Lord of the future lead us there.

In these days let us care for one another, and especially all those who have been hurt by the crime of abuse. Be mindful of those resources available for our personal support, including those of CatholicCare. Please do not hesitate to call Melinda Rixon, Office for Safeguarding (Chancery) on 8379 1605 or by email [safeguarding@bbcatholic.org.au](mailto:safeguarding@bbcatholic.org.au). Other supports include 1800 Respect – Call 1800 737 732 or visit [www.1800respect.org.au](http://www.1800respect.org.au) or Lifeline on 131114 or [www.lifeline.org.au](http://www.lifeline.org.au)

With my sincere good wishes during this difficult time,

# Ministry Rosters

3 March 2019

<i>(Week 3) 2/3 Mar</i>	<i>Vigil 6:00pm</i>	<i>8.00a.m.</i>	<i>10.00a.m.</i>	<i>6:00pm</i>
<b>LECTORS</b>	Andrena Brewer Andrew Brewer	Kerry Latouche Paul Bizannes	Maggie Rodely Michael Wehrhahn	O'Kelly Tam
<b>EXTRAORDINARY MINISTER OF HOLY COMMUNION</b>	Gwen Jugmans Glenda Chidrawi Mary Stone John Stone	Colleen Bosci Anne Freer Carmel Gandar Sandy Mountfort	Rosalind Paes C & S Fernando Natasha Shih Mark Foran Christella Uwimpuhwe	Tammy Malouf Sid Veyret Danni Napton
<b>WELCOMING MINISTRY</b>	Jeanette Long Nicole Gorman Elizabeth Calnan Genevieve Stebbings	Angela Tesoriero Anne Freer	Jon Horan Mika / Julie Tregale	Graham Walker Annette Walker
<b>WARDENS</b>	Wilfrid Licuanan	Raymond Tsui	Wilfrid Paes	
<b>PIETY STALL</b>	Frances Hewitt		Jonathan Lee	Kitty Rawlingson
<b>MUSICIAN</b>	Trevor Housley	Trevor Housley	Junior Choir	Jacinta Ching Marianne Ching Jason Licuanan
<b>CHILDREN'S LIT.</b>			Bev Howie	
<b>COUNTERS</b>	Les Leong	Peter Surtees	Marilyn Surtees	
<b>ALTAR LINEN</b>	Mary Stone			
<b>FLORAL ARRANGER</b>	Veronica Lilley Helga Spitzer			
<b>ALTAR SOCIETY</b>			<b>MORNING TEA</b>	Fernando Family

Turrumurra Hs	Private Homes C	Private Homes D	Kari Court
Anne Freer	Eva Stautner	Eva Stautner	Maggie Rodely

<i>(Week 4) 9/10 Mar</i>	<i>Vigil 6.00pm</i>	<i>8.00a.m.</i>	<i>10.00a.m.</i>	<i>6.00p.m.</i>
<b>LECTORS</b>	Isabel Hopping Michelle Biggs	Frank Bosci	Kevin Ruberu Nelson Gale	Majella Egan Rory Egan
<b>EXTRAORDINARY MINISTER OF HOLY COMMUNION</b>	Andrena Brewer Andrew Brewer Patrick Brewer Maria Sapuppo	Aubrey Crawley Chris & Joy Pitts Sandy Mountfort	Charles & Sharon Thomson Linda Taneja Atat & Lise Li-Kim-Mui Nancy Seah	Beverly & Chris Hannan Nerissa Davey Conor Marley
<b>WELCOMING MINISTRY</b>	Alain & Kerry Latouche John Lenehan Minda Licuanan	Cath Gordon Danielle Hadley	Paul Bizannes Kate Bizannes Morela Alfonso	Ira Rozali Kitty Rawlingson
<b>WARDENS</b>	Nick Brewer	John Boland	Ken Lee	John Izzo
<b>PIETY STALL</b>				Marguerite Veyret
<b>MUSICIAN</b>	Josephine Edwards Belinda Camilleri Liz Sim	Tamaryn Harris Miho Hachigo	Parish Choir	
<b>CHILDREN'S LIT.</b>			Bev Howie	
<b>COUNTERS</b>	Lou Lazzari	Frank Bosci	Colleen Bosci	
<b>ALTAR LINEN</b>	Adriana de Luca			
<b>FLORAL ARRANGER</b>	Betty Goh Jean Lee			
<b>ALTAR SOCIETY</b>	Judy Henville		<b>MORNING TEA</b>	Erik Pridgen

Turrumurra Hs	Private Homes C	Private Homes D	Kari Court
The Carmelites	Raymond Tsui	Raymond Tsui	Wilfrid Paes

## Sunday 3 March 2019: Eighth Sunday in Ordinary Time - (Corpus Christi) - Year C

### First Reading

From the book of Ecclesiasticus Sir 27:4-7

*Do not praise someone before they have spoken.*

In a shaken sieve the rubbish is left behind,  
so too the defects of a man appear in his talk.

The kiln tests the work of the potter,  
the test of a man is in his conversation.

The orchard where the tree grows is judged on the  
quality of its fruit, similarly a man's words betray what  
he feels. Do not praise a man before he has spoken,  
since this is the test of men.

The Word of the Lord

### Responsorial Psalm Ps 91:2-3. 13-16. R. See v.2

*(R.) Lord, it is good to give thanks to you.*

1. It is good to give thanks to the Lord to make music  
to your name, O Most High, to proclaim your love  
in the morning and your truth in the watches of the  
night. *(R.)*
2. The just will flourish like the palm-tree and grow  
like a Lebanon cedar. *(R.)*
3. Planted in the house of the Lord they will flourish in  
the courts of our God, still bearing fruit when they  
are old, still full of sap, still green, to proclaim that  
the Lord is just. In him, my rock, there is no wrong.  
*(R.)*

### Second Reading

From the first letter of St Paul to the Corinthians 1 Cor  
15:54-58

*Victory has been given to us through Jesus Christ.*  
When this perishable nature has put on imperishability,  
and when this mortal nature has put on immortality,  
then the words of scripture will come true: Death is  
swallowed up in victory. Death, where is your victory?  
Death, where is your sting? Now the sting of death is  
sin, and sin gets its power from the Law. So let us  
thank God for giving us the victory through our Lord  
Jesus Christ.

Never give in then, my dear brothers, never admit  
defeat; keep on working at the Lord's work always,  
knowing that, in the Lord, you cannot be labouring in  
vain.

The Word of the Lord.

### Gospel Acclamation

Alleluia, alleluia!

Shine on the world like bright stars;  
you are offering it the word of life.

Alleluia!

### Gospel

From the holy Gospel according to Luke Lk 6:39-45

*A person speaks from what is in his heart.*

Jesus told a parable to his disciples, 'Can one blind  
man guide another? Surely both will fall into a pit? The  
disciple is not superior to his teacher; the fully trained  
disciple will always be like his teacher. Why do you  
observe the splinter in your brother's eye and never  
notice the plank in your own? How can you say to your  
brother, "Brother, let me take out the splinter that is in  
your eye," when you cannot see the plank in your  
own? Hypocrite! Take the plank out of your own eye  
first, and then you will see clearly enough to take out  
the splinter that is in your brother's eye.

'There is no sound tree that produces rotten fruit, nor  
again a rotten tree that produces sound fruit. For every  
tree can be told by its own fruit: people do not pick figs  
from thorns, nor gather grapes from brambles. A good  
man draws what is good from the store of goodness in  
his heart; a bad man draws what is bad from the store  
of badness. For a man's words flow out of what fills his  
heart.'

The Gospel of the Lord.



JEWELLERS SINCE 1965

- ∞ Handcrafted Engagement, Wedding and Anniversary rings
- ∞ Jewellery and custom designs handmade for every occasion
- ∞ Australia's finest opals
- ∞ Repairs/remodelling/restorations
- ∞ Valuations



9299 4251 ~ Level 1, 235 Clarence Street, Sydney ~ [www.anania.com.au](http://www.anania.com.au)



### The Catenians

*Strengthening family life through friendship and faith*

Catenians meet every month to pray together, to enjoy each others' company and to support their Clergy and Parishes.

For further information phone Martin Stebbings on 0412 726 803 or Steve Swaine on 0438 441 803

### SENSITIVE SKIN & HAIR CARE

"Vanicream" and "Free & Clear" products from Pharmaceutical Specialities Inc. are formulated without common chemical irritants, without dyes, fragrances, lanolin, parabens & formaldehyde.

Products include moisturisers, cleansing bars, liquid cleanser, shaving cream, hair products and [the sunscreen SPF 50 + is now available](#), made for sensitive skin and ideal for all the family.

Products are available through 3 Dermatology Practices in Sydney and McFadden Pharmacy in St Ives.

Australian distributor is Cheryl Doyle Email: [Dermpac@yahoo.com](mailto:Dermpac@yahoo.com)

## Selbin Cleaning

- ◆ Weekly, fortnightly, spring or occasional cleaning
- ◆ Preparation for sale or rent
- ◆ End of lease cleaning

**Monica Fletcher**  
0419 484 377

[monicafletcher@bigpond.com](mailto:monicafletcher@bigpond.com)



How do you want your friends to remember you?

Only **you** really know, so preplan your funeral...

Ensure that your funeral is in accordance with your wishes. Opt for a prepaid plan from Guardian Funerals.

Call Guardian Funerals Warrabee on **9487 6300** to speak obligation free with one of their helpful staff about preplanning and prepaying your funeral. For more information visit [guardianfunerals.com.au/prepaid](http://guardianfunerals.com.au/prepaid)



### Are you thinking of Selling or Renting Out Your House or Apartment ??

We are offering FREE marketing when you list your property for sale exclusively with LJ Hooker St Ives.

We are offering 2 Months FREE Management when you list your property exclusively for rental with LJ Hooker St Ives.

(Conditions Apply)

We look forward to meeting you to discuss your Real Estate needs!!

Phone: Matthew Johnson - 0418 767 150

Phone: Noelene Johnson - 0410 588 833



ST IVES 9488 8200



Now in Hornsby

Solutions for Mobility, Independence and Dignity (blue). 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 the Parking from Jersey Street NORTH, north bound
- Corner of Jersey Street North and Bridge Road

9987 4500, 73 Jersey St North, Hornsby, NSW 2077

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

### MCP PSYCHOLOGIST NOW AVAILABLE IN ST IVES

Mr Vinicio Herrera has a Masters Degree in Psychology and has been a practicing psychologist for over 20 years.

#### SPECIAL INTEREST:

\* Parent/children attachment/bonding history and transgenerational trauma implications of trust, love and fear

\* Improving children/adults abilities to regulate cognitive behavioural and emotional functioning

\* Divorce/separation –incorporating principles which can help parents and children adapt/ transition to changed circumstances.

\* Building strong foundations for emotional, physical, spiritual and intellectual resilience- so that children, adolescents, adults can engage confidently in a changing world with appropriate skills to plan, adapt, communicate and manage stress.

For an appointment or queries please call 02 94409944 or 0417665673 .

Appointments available in person or via SKYPE (after initial assessment/consultation ) –ON LINE Email: [metropsychcentre@gmail.com](mailto:metropsychcentre@gmail.com)

Website: <https://metropsychcentre.com.au>