



# City Pastoral REGION

CATHOLIC DIOCESE OF MAITLAND-NEWCASTLE

**St Benedict's Inner Newcastle Parish:** Sacred Heart Cathedral, Newcastle West; St Joseph's Church, The Junction; St Mary, Star of the Sea Church, Newcastle; Immaculate Heart of Mary Church, Tighes Hill; St Laurence O'Toole Church, Broadmeadow. **Mayfield Parish:** Christ the King, Mayfield West. **Stockton Parish:** St Peter-in-Chains, Stockton.

## SUNDAY 29TH OCTOBER 2023 30TH SUNDAY IN ORDINARY TIME

### Our Clergy

Fr John Lovell  
Fr Paul Chackanikunnel  
Fr Raphael Madukwe  
Deacon Kevin Gadd

### Regional Office—St Benedict's Centre

25 Farquhar Street, The Junction  
PO Box 6, The Junction 2291  
P: (02) 4979 1101 F: (02) 4962 4644  
E: newcparish@mn.catholic.org.au  
W: www.newcastlecatholic.org.au  
W: www.sacredhearthamilton.org.au

### Our Staff

Margaret Cox (*Reception & Administration*)  
*Monday, Tuesday, Friday*  
Anne Warren (*Business Manager Finance*)  
*Tuesday and Thursday*  
Dr Anne Millard (*Music, Liturgy, Sacraments, Bulletin*)

### Promoters of Safeguarding

Fr John Lovell p: (02) 4979 1106  
Gail Lovell P: (02) 4979 1101  
Anne Millard P: (02) 4979 1252

### Other Contacts

**Bereavement Team:** P: (02) 4979 1256  
**Mercy Pastoral Team:** Sr Patricia Whitten rsm  
0448463679  
**St Joseph's Pastoral Team:** Contact the Parish Office



Keep it simple! That's a message we might take from this Sunday's Gospel. Jesus didn't overcomplicate life and doesn't want us to either. Hence, His message that the whole law is summed up in just two great commandments: our love for God and our love for our neighbour.  
*Fr John*

**Parish Bulletin:** Prayer requests and items for the Bulletin should be received at the Parish Office by 5pm on Wednesdays.

*Our Parishes incorporate suburbs located on the traditional country of the Awabakal and Worimi peoples. We acknowledge their cultural heritage, beliefs and continuing relationship with the land, pay respect to their Elders past and present, and commit ourselves to work together for reconciliation and justice.*

## THE PARISH DIARY...(for the week ahead)

30th Week of Ordinary Time, Year A

Monday—30th October

8:15am Mass @ The Cathedral

Tuesday—31st October

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton \*\* Note new time

Wednesday—1st November

*Solemnity of All Saints*

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—2nd November

*The Commemoration of All the Faithful Departed*

*(All Souls' Day)*

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton \*\* Note new time

6:00pm Mass @ The Cathedral followed by memorial in the Columbarium

6:30pm Vietnamese Mass @ Mayfield West

Friday—3rd November

10:15am Mass @ The Junction \*\* Cancelled until November 24

11am Exposition, Adoration, and Reconciliation @ The Cathedral (until 12pm)

12:05pm Mass @ The Cathedral

Saturday—4th November

*Memorial of St Charles Borromeo*

9.15am Mass @ The Cathedral followed by Novena to Our Lady of Perpetual Help (followed by Reconciliation)

5:30pm Vigil Mass @ Mayfield West

5:30pm Mass @ The Cathedral

5:30pm Mass @ The Junction

Sunday—5th November

*31st Sunday in Ordinary Time*

7:30am Mass @ St Mary's

8.00am Mass @ Tighes Hill

9:00am Mass @ Stockton

9:30am Mass @ The Cathedral

*Live streamed via the Diocesan website:*

[www.mn.catholic.org.au/places/livestream/](http://www.mn.catholic.org.au/places/livestream/)

11:00am Italian Mass @ The Junction

11:30am Polish Mass @ The Cathedral

5.00pm Mass @ The Cathedral

6:00pm Vietnamese Mass @ Mayfield West

### NEXT WEEK'S READINGS:

31st Sunday in Ordinary Time, Year A

Mal 1:14 - 2:2, 8-10

1 Thess 2:7-9, 13

Matthew 23:1-12



## FROM THE MODERATOR

Dear friends,

During this Saturday evening's vigil Mass at the Cathedral, I will have the privilege of commissioning our recently established Bereavement Team for the City Pastoral Region, which includes Anne Millard (Coordinator), Margaret Beard, Margaret Cox, Steven Dargue, Christopher Gregory, Gail Lovell and Margaret Newton. This wonderful team assists in the preparation of funeral liturgies and are also available as a listening ear for anyone needing pastoral support in coping with some issue of loss in their lives. Please join me in congratulating our Bereavement Team and if you feel this ministry can help you with some issue of loss in your life, please feel free to reach out to them for support.



Love, Fr John

## BOOK CLUB

**Sunday, 5th November @ 6:15pm:**

Bookclub meets to discuss *The Remarkable Mrs Reibey* by Grantlee Keiza. If you would like to participate in book club meetings, please email [newcparish@mn.catholic.org.au](mailto:newcparish@mn.catholic.org.au)



## VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat continues to meet via Zoom. On two Wednesdays each month, we employ the practice of *Lectio Divina* to prayerfully reflect on the Gospel of the coming Sunday. At the end of this month we will begin the Diocesan Advent program.

The program for November is as follows:

1st November: No meeting

8th November: Lectio Divina

15th November: Lectio Divina

22nd November: No meeting

29th November: First Meeting of the Advent Program

To participate, please email the parish office.

## SAFEGUARDING

The Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and well-being of children and vulnerable adults. Safeguarding is everyone's responsibility if you have any concerns for a child or vulnerable adult please contact the Office of Safeguarding: P 4979 1390, [Echildprotection@mn.catholic.org.au](mailto:Echildprotection@mn.catholic.org.au) or [www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)

## OUR BELOVED DEAD

We remember those in our Columbaria whose anniversaries occur in October.

At Sacred Heart Cathedral:

Therese Aitchison	Sandra Martin
Nash Azzopardi	Thelma Martin
Gwen Burke	George Mercieca
Bernard Francis Callaghan	Terence Murray
Leslie John Dodds	Ivy Petherbridge
Reginald Gilbert	Hilda May Pilgrim
James Haggerty	Ian Ray
Kevin Hinitt	Kathleen (Mardi) Rooney
Mark (Walter) Kearney	Judith Sphiris
Anthony Keelan	Brian Trenaman
Andrew Mainey	Peter Tynan
Aleksander Maliszewski	Karen Varnum
	Sydney Wickham

At St Joseph's

Fergus CAMPBELL	Pam HOGG
Alton Richard CUSICK	Cecily McHUGH
Paul DOOHAN	Patricia PAGE
Rachel DOWZER	William PALMER
Tess FLETCHER	Noel PRYDE
Mary GONINAN	John SMYTH
Peggy GRAVES	William SOWERBY
Eileen HARTSORN	Ray SKINNER
Bernard 'Barney' HICKEY	Geoffrey TONKS

*Eternal rest grant unto them and may perpetual light shine upon them. May they rest in peace, Amen.*

## PRAYER REQUESTS

**RECENTLY DECEASED:** Pat Belcher, Kristine Gracz, Marco Moriello, Sr Ann Gallagher rsj.

**ANNIVERSARIES:** Con Cagney, Maureen Close, Steven Howard, Eileen Johns, Gregory & Raymond Fitzpatrick, Thomas Haggerty, Fred Fitzpatrick, Leo Connolly, Robert Stretton.

**SICK:** Sr. Margaret Mary, OLN, Sr Monica Sinclair rsm, Sr Rosemary Jackson rsj, Gerard Pearce, Harry Melville, Doreen Mason, Elaine Johnson, Christine Timbrell, Stewart McKinnon, Mark Caesar, Peter Kefcecek, Carlo Rossi, Neil Thomas, Kathryn Gray, Emilie Tseronis

*Names may be placed here by contacting the Parish Office. Please refer to the Policy Document on the Parish website—visit [www.newcastlecatholic.org.au/downloads](http://www.newcastlecatholic.org.au/downloads).*



## ACU PUBLIC LECTURES ON LITURGY

In the lead-up to the 60th anniversary of Sacrosanctum Concilium (the Constitution on the Sacred Liturgy of Vatican II, 4 Dec 1963), the ACU Centre for Liturgy is proud to present two exciting public lectures by international liturgical scholars:

Renowned liturgical scholar Professor Teresa Berger (Yale University Institute of Sacred Music and Yale Divinity School) will deliver a public lecture live via Zoom on Monday 6 November 2023, 10am AEDT on the topic of: "Liturgy's Imagined Futures: Beyond Vatican II's Constitution on the Sacred Liturgy" and

Acclaimed liturgical historian and theologian Rev Professor John F. Baldovin SJ (Boston College) who will deliver a FREE public lecture live in person on ACU's Melbourne Campus on Sunday December 3, 2023, 5pm-6.30pm AEDT on the topic of "A Liturgical Reform in Peril? Sacrosanctum Concilium sixty years on." Fr Baldovin's public lecture will also be livestreamed for those unable to attend in person.

Further information and registration details for both of these unique and valuable events, and a flyer if desired, can be found above and at the following link: <https://www.acu.edu.au/about-acu/institutes-academies-and-centres/acu-centre-for-liturgy/news-events-and-resources>

We look forward to welcoming you to these very special events marking this important milestone anniversary.

For more information please contact: [CentreforLiturgy@acu.edu.au](mailto:CentreforLiturgy@acu.edu.au).

## GOSPEL FOCUS

### Love your neighbour as yourself

*There is an implicit, or understood, commandment within the command to love your neighbour as yourself. That is, we must first love ourselves. Whilst to say someone 'loves themselves' is used as a criticism of a person who is a bit too vain, that is not what is intended here. If we are to love others as we love ourselves we must first be content and happy with who we are. It is only when we are comfortable with who we are that we are able to reach out to those around us with compassion.*

## REFLECTION

Nguyen Van Mah is one of eight sons. In 1978 his poor farming parents had to decide which one of their twelve children would be sent on a boat from Vietnam. They knew there was a great risk that they would be sending their son to his death on the South China Sea.

At 4.00 am, a knock on the door of the family home came and Mah said his goodbyes. He has not seen his parents since. Mah was blindfolded and travelled in the back of a truck for eight hours. He was led through the jungle to a beach where the blindfold was removed. Mah told me that sometimes at this moment people are shot by evil traders who collect the money without any intention of dispatching a boat. That families never hear from their children is no surprise.

Mah told me, 'We were lucky, we made it off the beach.' There were 29 adults in a boat built for ten. Inadequately prepared for the two-week trip, all the boat people were sick, hungry and exposed. Thai pirates attacked their boat, executed three men and raped all the women on board. They were to bury another six people at sea who died from the effects of the journey.

On sighting land, the remaining twenty people in Mah's boat thought hope had arrived. But the Malaysian Navy, under orders to fire on all Vietnamese boats, forced it to return to international waters. Mah told me, 'At this point I almost lost my faith in God and human beings. I was going to die.'

The boat began to take water and was noticed by a Dutch trading ship which rescued them and deposited them in the Philippines. Mah migrated to Australia twelve months later and is now the local doctor in an outback community that could not get a doctor for two years.

Isaiah tells us today 'You shall not wrong or oppress a resident alien for you were aliens in the land of Egypt.' Jesus tells us in the Gospel that the love of God is fulfilled precisely in as much as we love our neighbour.

No pressing issue in the Western World, it seems to me, invites such hysteria as does immigration. Until recently, most western countries have been good in offering hospitality to people who have chosen to leave or have had to flee their country of birth. Given our comparative wealth this hospitality is entirely appropriate. And it is also appropriate for our countries to have a threshold number for the sake of the common good.

In today's Gospel, however, Jesus does not promise us that the love of God and neighbour is going to cost us nothing. Jesus' law of love involves sacrifice for us individually and as a nation. Through the acceptance of this teaching we are committing ourselves to being our neighbour's keeper. In another part of the same Gospel, Jesus tells us that 'those to whom much has been given, much will be required.' Sadly, many of us want the good life for ourselves, while doing very little to help other countries become more liveable, and then we can reject people who want to share in the blessings we have worked for and inherited.

The Gospel of Matthew gives us the story of Mary, Joseph and Jesus being forced to flee Israel for Egypt as refugees. If the Holy Family were coming our way these days, they might be sent back to King Herod. May this Eucharist see in us a change of heart that enables our faith to act justly toward all people everywhere. May our goodness and hospitality mirror on earth the welcome we hope to enjoy from Jesus, Mary and Joseph in the kingdom which is promised to all, irrespective of where any of us has been born.

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 **catholic  
MISSION**

Freecall: 1800 257 296  
[catholicmission.org.au/timor](http://catholicmission.org.au/timor)

Thank you for your generous partnership with life-changing mission programs, like supporting Sr Carolina and the Salesian Sisters and their work through the Maria Auxiliadora Clinic in Venilale, Timor-Leste.

**Your gift is helping the Sr Carolina continue to provide life-saving treatment and access to resources on health and well-being. Your gift also supports mission programs around the world that reach out and give life to those in most need.**

To learn more about the impact of your support, visit [catholicmission.org.au/our-work](http://catholicmission.org.au/our-work), where you can also sign-up for our regular newsletter.

If you have not yet had the opportunity to give, please do so at [catholicmission.org.au/timor](http://catholicmission.org.au/timor). Your action will make a real, lasting impact.

JUNIOR WORDSEARCH

God, you make me strong

1 Thes 1:5-8a  
Ps 18:1-2, 46 & 50cc. R. v.2  
Mt 22:34-40

B Y H I R T W W R G V B N B Y  
X J V U I H I E I P N Z C S S  
H C S T S A D D U C E E S K N  
E E W X H O L Y S P I R I T W  
A N R U W Z Y Y Y J F H A G S  
R V B R O T H E R N E W S K O  
T G L A D L A W I E X E X C T  
R M H Q I Q X E N G F Q B D H  
I H M B Y Y U M E S S A G E E  
E X A M P L E F B V S S M K R  
T H I W Q I Q J D S K Q D M S  
V P P I D S W P R L Y C Z E O  
O C O M M A N D M E N T S T J  
F O O L I S H M M M L M U U M

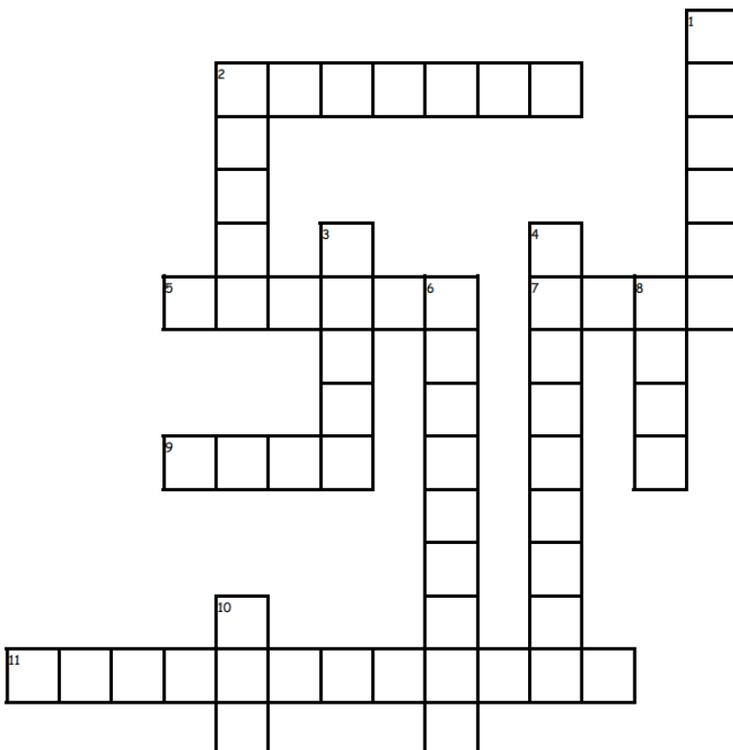
Try to find these words:

- brother
- commandments
- example
- foolish
- glad
- heart
- Holy Spirit
- Law
- message
- news
- others
- Sadducees

CROSSWORD

Love others as much as you love yourself

Mt 22:34-40



Across

- 2: unwise
- 5: Jesus said, "Love \_\_\_\_\_ as much as you love yourself"
- 7: more than all others
- 9: an examination
- 11: God's laws that were given to Moses

Down

- 1: someone who knows a lot about a specific subject
- 2: the opposite of last
- 3: the organ that pumps blood through the body
- 4: significant
- 6: the S\_\_\_\_\_ were foolish
- 8: Jesus said, "Love the Lord your God with all your heart, \_\_\_\_\_, and mind"
- 10: a rule that must be obeyed

## CHRISTIAN MEDITATION THE CONTEMPLATIVE PATHWAY

### WHERE IS MEDITATION LEADING US?

Meditators are always trying to go into greater silence. John Carroll will explore the benefits of this. There will also be a session on practical ideas for incorporating meditation into a busy life.

**At St James School Hall, Vista Parade, Kotara  
On Saturday November 11th, 9.00am to 12 noon.**

**Cost: \$10.00**

**Morning Tea Provided**

**RSVP: [annecuskelly@hotmail.com](mailto:annecuskelly@hotmail.com) or 0407 436 808**



### AMEN CAMINO 2024

The purpose of pilgrimage is journey. Camino has a long and established Christian history, it means 'road' or 'way'. A famous Camino is St James Way or Camino de Santiago in Spain. The first Christian movement in the 1st Century was known as 'The Way'.

The aMeN CaMiNo is a response to a desire to be in communion with each other and our sacred earth. It is an opportunity to pause from routine, immerse yourself in reflection, contemplation and to provide a moment of space for each person to be conscious of God's gift of Grace.

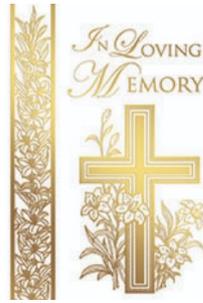
Amen is the word Christian's use to say 'Yes, we are on our way to God.' By joining us on the "aMeN CaMiNo", you are saying yes to something in your heart which is calling you.

The aMeN caMiNo takes place over five consecutive days. The pilgrimage starts at St John's Chapel, Maitland and concludes at the Sacred Heart Cathedral, Hamilton. Pilgrims will walk an average of 20km per day through the beautiful landscape of bush, beach and beyond which we are blessed to have in our backyard. We will also be holding a weekend experience. If you are interested and would like to know more, join us at this information session.

Date: 13 November Venue: Online Time: 7:00 – 8:00pm

To register go to: [www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/amen-camino/](http://www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/amen-camino/)

## NOVEMBER MEMORIAL MASSES



In the church community, November is a time when we take the opportunity to pray in a special way for those who have died.

The City Pastoral Region invites you and members of your family to attend the Special Masses to be held throughout November

**Thursday 2 November @ 6:00pm**

Sacred Heart Cathedral (Mass, followed by liturgy in the Columbarium)

**Thursday 2 November @ 6:30pm**

Vietnamese Mass @ Christ the King, Mayfield West

**Sunday 5 November @ 9:00am**

St Peter-in-Chains, Stockton

**Sunday 12 November @ 7:30am**

St Mary's Star of the Sea, Newcastle

**Saturday 18 November @ 5:30pm**

Christ the King, Mayfield

**Friday 24 November @ 10:15am**

St Joseph's, The Junction (for those at rest in the Columbarium)

**Saturday 25 November @ 5:30pm**

St Joseph's, The Junction (for those whose funeral were celebrated in the past year)

**Sunday 26 November @ 8:00am**

Mary Immaculate, Tighes Hill

We look forward to sharing this commemoration with you and your family.

Should you wish to have your loved one remembered during this time of commemoration envelopes are available in your church for you to note your request.

### POSITION VACANT – HOSPITAL CHAPLAIN JOHN HUNTER HOSPITAL

The Diocese of Maitland-Newcastle is looking to appoint a Catholic Hospital Chaplain to John Hunter Hospital. The purpose of this position is to provide Chaplaincy and Pastoral Care services to the patients, their families and staff at the John Hunter Hospital and other health facilities that exist on that site. The Catholic Chaplain provides spiritual and pastoral care and emotional support on behalf of the faith community.

For more information about this position please go to the Careers section on the diocesan website: [www.mn.catholic.org.au/about/office/pastoral-ministries/](http://www.mn.catholic.org.au/about/office/pastoral-ministries/) or contact Teresa Brierley on 4979 1157.

## PRAYER FOR HSC STUDENTS

We pray for those preparing for their HSC.  
Father we ask that they especially feel your closeness during this period.

Give them calm hearts and quiet confidence in the knowledge that you hold them in the palm of your hand.

Bless them with keen understanding and retentive memory.

Give them the ability to grasp things correctly, be exact in their explanations and express themselves clearly.

Point out the beginning, direct their progress and help them in the completion of each of their responses.

Holy Spirit send them your gifts of wisdom and knowledge.

We ask this through  
Christ our Lord.

Amen



## GOSEL OF MARK

The Gospel of Mark is a treasure trove for the nurturing and nourishing of our faith. Mark brings us face-to-face with the One who came to serve and not to be served, to give his life as a ransom for many (Mark 10:45).

Explore the Gospel of Mark with Dr Debra Snoddy, a lecturer in biblical studies at the Catholic Institute of Sydney a partner of the University of Notre Dame Australia. As we look forward to the year when the Gospel of Mark takes pride of place in our liturgy, Debra promises to inform you, nourish you and challenge you to hear Mark's words in ways old and new.

The day will include an overview of the Gospel and a detailed treatment of some of the most illuminating texts from the Gospel of Mark.

Date: 15 November, Murray Room, 9.30am – 3.00pm  
Registration: [www.eventbrite.com.au/e/gospel-of-mark-tickets-699335259587](http://www.eventbrite.com.au/e/gospel-of-mark-tickets-699335259587)

## THE CHUCKLE

Theater employee: "That's an R-rated movie. When's your birthday?"

Teenage boy: "October 12th."

Employee: "What year?"

Boy: "Every year."



## MEDITATION GROUPS AT LIVING WATERS CENTRE

LIVING WATERS CHRISTIAN MEDIATION CENTRE, 34 Kenrick Street, The Junction, offers meditation sessions on Wednesdays at 7.30am and Fridays at 11.00am – and has done so for the last 25 years, in which time many hundreds of people have taken up this prayer form. After meditation on Fridays Lectio Divina, a personal interaction with Sacred Scripture, is offered. Through both practices we open ourselves to the fullness of life; we come to know ourselves by knowing that we are known and loved by God. For more information: Carmel Moore rsj -0412122297 - or just come.

## ADVENT 2023:

### WITH ANTICIPATION AND JOY

We are called during this holy time to wait with anticipation knowing the joys of what is to come with the arrival of Christ. With Anticipation and Joy is a Diocesan resource that invites all members of the community to gather a circle of people – family, friends, colleagues, ministry teams to reflect mystagogically on the Advent Gospels and associated artworks. This is an opportunity to encounter Christ where we are, to pay attention to what Christ reveals in the scripture and the living tradition of our faith, to share this, to connect it to our life now, and to be changed by it.

To access the resource, go to:

<https://www.mn.catholic.org.au/church-mission/catholic-life/liturgy/liturgical-year/>

## INNER NEWCASTLE REGION (BROADMEADOW) CHRISTMAS LUNCHEON

Monday 27 November 12 pm at  
Souths Leagues Club, Llewellyn  
St, Merewether.

Please phone Gwen Haggerty 49  
675010 so appropriate seating  
can be arranged. Bookings in by  
Saturday, 18 November.

Our next monthly Luncheon will be Monday 30  
October at 12 pm.



## BEQUESTS

To help our Catholic Pastoral Region of Parishes continue its important mission of proclaiming the Good News of Jesus, you might consider including us in your Will. You would just need to specify which parish or parishes you would like to help with your bequest.

## TODAY'S LITURGY

### Entrance Antiphon Cf. Ps 104:3-4

Let the hearts that seek the Lord rejoice;  
turn to the Lord and his strength;  
constantly seek his face.

### First Reading: Ex 22:20-26

If you are harsh with the widow or the orphan, my  
anger will rage against you.

### Responsorial Psalm: Ps 17:2-4. 47. 51. R. v.2

(R.) I love you, Lord, my strength.

1. I love you, Lord, my strength,  
my rock, my fortress, my saviour.  
My God is the rock where I take refuge;  
my shield, my mighty help, my stronghold.  
The Lord is worthy of all praise:  
when I call I am saved from my foes. (R.)
2. Long life to the Lord, my rock!  
Praised be the God who saves me.  
He has given great victories to his king  
and shown his love for his anointed. (R.)

### Second Reading: 1 Thes 1:5-10

You turned away from idols to serve God and await  
his Son.

*We pause for silent reflection.*

### Gospel Acclamation (Please stand)

**Alleluia, alleluia!**

All who love me will keep my words, and my Father  
will love them and we will come to them.

**Alleluia!**

### Gospel: Mt 22:34-40

You shall love the Lord your God and your neighbour  
as yourself.

### Memorial Acclamation

We proclaim your Death, O Lord, and profess your  
Resurrection until you come again.

### Communion Acclamation

We will ring out our joy at your saving help and exult  
in the name of our God.

## OUR CATHOLIC PRIMARY SCHOOLS

### St Joseph's Primary School

Karen McGinlay (*Principal*)

Union Street, The Junction NSW 2291

P:(02) 4961 2827

W:www.merewether.catholic.edu.au

### Holy Family Primary School

Ann Jackson (*Principal*)

Pell Street, Merewether NSW 2291

P:(02) 4963 3009

W:www.merewetherbeach.catholic.edu.au

### St Columban's Primary School

Danielle Reed (*Principal*)

Church Street, Mayfield NSW 2304

P:(02) 4968 3315

W:www.mayfieldsc.catholic.edu.au

### St Peter's Primary School

Mark Konik (*Acting Principal*)

Dunbar St, Stockton NSW 2295

P:(02) 4920 1736

W:www.stockton.catholic.edu.au

## FOOD BASKETS FOR THE NEEDY

### ST JOSEPH'S, THE JUNCTION & IMMACULATE HEART OF MARY, TIGHES HILL:

Items of dry goods or tin food e.g. (Vegemite,  
cornflakes or breakfast foods, sugar, packet or tin  
soup, sardines, tea, coffee, tin fruit etc ), can be placed  
in the basket at the back of **St Joseph's Church**, The  
Junction and in the foyer of **Immaculate Heart of  
Mary Church**, Tighes Hill. St Vincent de Paul members  
will pick up for distribution to the needy who are very  
grateful to receive the items. When donating please  
check expiry dates. Thank you. Questions to Sr Carol  
Woodland rsj (mob) 0423 700 523 or 4967 2998. The  
St Joseph's community kindly requests that you do not  
donate peanut butter.

### SACRED HEART CATHEDRAL & ST MARY'S, NEWCASTLE:

If you would like to donate, any of the following types  
of non-perishable items would be most gratefully  
received: UHT milk, cereal, jam, vegemite, peanut  
butter, tinned veggies, fruit, soup, fish, meat, dried  
pasta, rice, pasta sauces, teabags, coffee, biscuits,  
crackers, custard, jelly, toothpaste, toothbrushes,  
soap, shampoo, conditioner (even the travel sized  
ones from hotels), deodorant.