



# 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 7TH JANUARY 2024

# THE EPIPHANY OF THE LORD, YEAR B

### 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](mailto:newcparish@mn.catholic.org.au)  
W: [www.newcastlecatholic.org.au](http://www.newcastlecatholic.org.au)  
W: [www.sacredhearthatilton.org.au](http://www.sacredhearthatilton.org.au)

### Our Staff

Margaret Cox (*Reception & Administration*)  
*Monday, Tuesday, Friday*

Anne Warren (*Business Manager*)  
*Tuesday and Thursday*

Thelma Dickson (*Administration*)  
*Monday-Friday*

Elul Tecele (*Administration*)

Dr Anne Millard (*Music, Liturgy, Sacraments*)

### Other Contacts

**Bereavement Team:** P: (02) 4979 1252

**Mercy Pastoral Team:** Sr Patricia Whitten rsm  
0448463679

**St Joseph's Pastoral Team:** Contact the Parish Office



### THOUGHT FOR THE WEEK

The Epiphany of the Lord, with the visit of the Magi, was a sign from God that the Messiah hadn't been sent to save just one nation from its enemies, but all nations from our common enemies: suspicion, greed, corruption, hatred, poverty and every other kind of evil. Vatican II called the Church *Lumen Gentium* as a sign to us that we must shine the light of God's love for everyone.

Fr John

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

### Promoters of Safeguarding

Fr John Lovell p: (02) 4979 1106

Gail Lovell P: (02) 4979 1256

Anne Millard P: (02) 4979 1252

*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)

*First Week of Ordinary Time, Year B*

Monday—8th January

*The Baptism of the Lord*

8:15am Mass @ The Cathedral

Tuesday—9th January

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Wednesday—10th January

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—11th January

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Friday—12th January

10:15am Mass @ St Joseph's

11:00am Exposition, Adoration & Reconciliation @  
The Cathedral (until 12pm)

12:05pm Mass @ The Cathedral

Saturday—13th January

9:15am Mass @ The Cathedral, followed by the  
Novena to Our Lady of Perpetual Help  
(followed by Reconciliation)

5:30pm Mass @ The Cathedral

5:30pm Mass @ The Junction

5:30pm Mass @ Mayfield West

Sunday—14th January

*2nd Sunday in Ordinary Time, Year B*

7:30am Mass @ St Mary's

8:00am Mass @ Tighes Hill

9:00am Mass @ Stockton

9:30am Mass @ The Cathedral \*

11:00am Mass @ The Junction (*Italian*)

11:30am Mass @ The Cathedral (*Polish*)

5:00pm Mass @ The Cathedral

6:00pm Mass @ Mayfield West (*Vietnamese*)

\* *Livestreamed on the Cathedral's YouTube channel—  
[www.youtube.com/c/SacredHeartCathedralHamilton](http://www.youtube.com/c/SacredHeartCathedralHamilton)  
and on the Diocese website*

The Vietnamese Mass on Sunday evening in Mayfield-  
West Church will be held 7/1/24, 14/1/24, and  
28/1/24.

The Vietnamese Mass will NOT be held on 21/1/24.

### NEXT WEEK'S READINGS:

**2nd Sunday in Ordinary Time, Year B**

1 Samuel 3: 3-10, 19

1 Corinthians 6:13-15, 17-20

John 1:35-42.



## PRAYER REQUESTS

**RECENTLY DECEASED:** Val Smith. Michael McBride

**ANNIVERSARIES:** Robert Allan, Maisie Owens,  
Nino D'Andrea, Ken Hurtz, Clem Ross, Bessie Maurer,  
Doris Pearson, Moira Young, Marie Babic, Kevin Smith,  
Rita Maloney, Ivy Wolfgang, Jan Hodyl, Katrina Dyall,  
John Scrogings, Stephen Watson, Frank Pati,  
Jeroen Hermans, Boleslaw (Bill) Wozniak

**SICK:** Julianne Galbraith, Patrick McInerney Cowan,  
Joshua Zalanardo, Rosa Silivinec, Gerard Pearce, Harry  
Melville, Doreen Mason, Elaine Johnson, Stewart  
McKinnon, Mark Caesar, Peter Kefecsek, 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).*



## OUR BELOVED DEAD

We remember those in our Columbaria whose  
anniversaries occur in January

At Sacred Heart

Colleen Bennett	Mons. Allan Hart
Maureen Burke	William Hart
Madeleine Cherry	Ken (Johno) Johnson
Elaine Dodds	Margaret Jones
Lawrence (Jack) Drage	Maureen Narvo
Mary Drage	Frank (Fiore) Pati
Robert Driscoll	Thi Bich Van Pham
Bernard Duggan	Margery Presland
Nancy Gorman	John Scrogings
Harold (Harry) Hancock	Margaret Scrogings
Henry Charles Hardy	Henk Van Schyndel

At St Joseph's:

Annie Stamp	John O'Callaghan
Rita Schuck	Stephen Smith
Ray Callen	Peg Sugden
Brendan Blakemore	Kerrie Walters
Doug Carey	Thea Ethel Bennis
Raymond Dent	Christine Brain
Joyce Gleeson	Shirley Casey
William Hartsorn	Jack & Dinah Heaton
	Milce Lettoof

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

## SEASONS FOR GROWTH

*No season lasts forever, not even winter.*

Our lives, like the seasons, are constantly changing. These changes often involve many losses and deep grief. Learning how to recognise and adapt to the stressful events and changed circumstances we experience, as well as the ongoing challenges these may bring helps to bring peace and hope into our lives.

The Seasons for Growth small group, peer-based educational program offers the opportunity for individual reflection and group discussion by gently and symbolically using the metaphor of the seasons to support adults to:

- **Learn** about how different people respond to change, loss and grief
- **Understand** that it is normal to experience a range of grief reactions
- **Explore** new approaches to dealing with change, loss and grief in their lives
- **Build** communication, decision making and problem solving skills
- **Participate** in a supportive network of peers and adults
- **Integrate** their new learning into their relationships with family, friends and others.

Please consider joining this supportive space in 2024 if you would like to share conversation and learn together with others who are also navigating the different seasons of life and loss.

Seasons for Growth is a four week program, which we will offer during Lent, 2024. The program will run for four Saturday afternoons from 1pm until 4pm on the 2nd, 9th, 16th, and 23rd of March. Contact the office to sign up.

**Seasons**  
for Growth®



## 2024 – LENTEN REFLECTION – TRANSFORMATION THROUGH REVELATION

During the season of Lent, we are called to look deeply at the human condition, just as Jesus, the Son of God, experienced. We are reminded during this time of hardship, suffering, and ultimately dying that we must stretch ourselves. We must pray and fast from whatever is taking hold of the fullness of life. This time calls for personal reflection and encourages us to look out with missionary eyes to intentionally give to those in need.

To access our Diocesan Resource, Transformation Through Revelation, please visit <https://www.mn.catholic.org.au/media/6680/0003733-dio-2024-lenten-program-06.pdf>

### TAIZE SERVICE

Sunday 7th January  
Immaculate Heart of Mary  
Catholic Church Tighes Hill  
5.00pm – 6pm *followed by a shared supper.*



### BOOK CLUB

**Sunday, 4th February @ 6:15pm:** Bookclub meets to discuss *That Bligh Girl* by Sue Williams (postponed from December). If you would like to participate in book club meetings, please email [newcparish@mn.catholic.org.au](mailto:newcparish@mn.catholic.org.au)

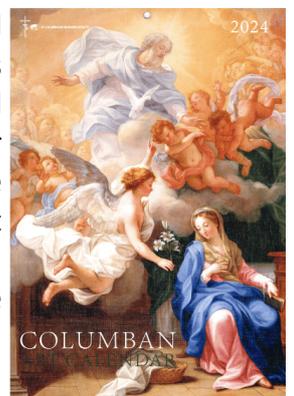


### USED STAMPS FOR MARY MACKILLOP TODAY (MMT)

*“Mary MacKillop Today”* is helping the poorest of the poor with used stamps. Please leave any used stamps in the box provided at the entrance to St Joseph’s Church The Junction, or drop them off at the office. Money raised through their sales provides access to learning opportunities for the poorest communities in Australia and internationally.

### COLUMBAN ART CALENDAR

This iconic Catholic Calendar, well-known for its traditional religious paintings and liturgical information is a major fundraiser for Columban Missionaries. The calendars are available through St Vincent de Paul for \$10 each. They can be purchased from the office



## **“TILLING THE CHURCH: THEOLOGY FOR AN UNFINISHED PROJECT.” ZOOM DISCUSSION.**

While Father Richard’s visit was short, he last left our Diocese with riches that we can continue to explore together, as our church is an unfinished project and in need of tilling.

So, let’s continue the discussion!

You are invited to discuss Father Richard’s latest publication, “Tilling the Church: Theology for an Unfinished Project” chapter by chapter over the next several months online.

Wednesday 21 February: Chapter 3. The Pilgrimage Community of Faith and Hope

Wednesday 20 March: Chapter 4. Engaging the Graced World

Wednesday 17 April: Chapter 5. The Future-Oriented Past

Wednesday 15 May: Chapter 6. The Art of Faithfulness and conclusion To register go to: [www.eventbrite.com.au/e/tilling-the-church-theology-of-an-unfinished-project-tickets-708150125087](http://www.eventbrite.com.au/e/tilling-the-church-theology-of-an-unfinished-project-tickets-708150125087)



### **HAVE YOU THOUGHT? Epiphany**

The feast of the Epiphany celebrates the revelation of Jesus to humankind. The wise men are the representatives of humanity bearing witness to this revelation. However, the Epiphany celebrates the revelation of Jesus as not only the Messiah of Israel but the Saviour of the whole world. Interestingly, in this gospel that emphasises the ‘Jewishness’ of Jesus, the witnesses to the birth are gentiles from a foreign land. Their inclusion is a powerful declaration that the revelation of Jesus is for all people. Regardless of the liturgical year, this reading is always used on the feast of the Epiphany to celebrate this pivotal moment.

### **THE CHUCKLE**

The older you get the tougher it is to lose weight because your body and your fat have become really good friends.



## **REFLECTION**

**by Richard Leonard**

Recently some Christian scientists got to work trying to explain the star that led the wise men to Bethlehem. They came up with a complicated, and no doubt plausible, astronomical theory about how a certain brilliant star may have appeared around the time of the birth of Jesus. Though I was intrigued by their methods, I wondered why they bothered. Matthew’s wandering star is not about astronomy. It’s religious shorthand for describing how the heavens preside over and guide the events of the world. The image of a star is used in similar ways in the Books of Deuteronomy, Numbers, Isaiah and the Psalms. This entire feast is all about symbols, not science. Reported by Hippolytus as early as the third century, it is celebrated twelve days after Christmas, the number itself echoing God’s goodness in creating and recreating us.

The wise men’s star is on a par with the other images Matthew uses. At the centre of each of the first three chapters of his Gospel there is an extraordinary event. In chapter one Joseph hears the message of an angel in a dream. In chapter two the wise men find Jesus by following a star. And by chapter three the heavens open and God speaks at the baptism of the Lord. By any standards that’s quite an opening to a biography! It’s all about the manifestation, or epiphany, of God’s glory in the world.

And let’s look carefully at where and for whom this glory is revealed. The first instance is to Joseph while he’s in bed asleep. The second is to gentile astrologers who, by reporting their news to Herod, set up an immediate threat to Jesus. The third instance is to all those Jews who were coming to hear John the Baptist. Within three chapters of Matthew’s Gospel the circles of God’s glory revealed in Jesus become more public and change lives. The lives of Joseph, the star gazers, John the Baptist and those who heard Jesus preach will never be the same again.

The Feast of the Epiphany is not an ancient version of Halley’s comet. It is about how God’s glory changes human hearts. T.S. Eliot got this point in his poem ‘The journey of the Magi’.

‘Birth or death? There was a Birth, certainly,  
We had evidence and no doubt. I had seen birth  
and death,  
But had thought they were different; this Birth was  
Hard and bitter agony for us, like Death, our death.  
We returned to our places, these Kingdoms,  
But no longer at ease here, in the old dispensation,  
With an alien people clutching their gods.  
I should be glad of another death.’

And so may this feast change our hearts and enable us to die to self so as to be born to God's glory that can and does shine through us. And may we remember that this epiphany is not meant for us alone, but that we are called to go public with it and demonstrate our belief in today's feast by the way we live, the world we help create, and the one we strive to recreate.

**Richard Leonard SJ** is the Director of the Australian Catholic Office for Film and Broadcasting, is a member of the Australian Catholic Media Council and a film critic for all the major Australian Catholic newspapers. He completed a PhD in cinema studies at the University of Melbourne. He lectures in cinema and theology at the Jesuit College of Spirituality and has been a visiting lecturer in Australian cinema at the University of Melbourne, a visiting scholar within the School of Theatre, Film and Television at UCLA and is visiting professor at the Pontifical Gregorian University in Rome. He is an Honorary Fellow of the Australian Catholic University, has lectured widely and is the author of numerous books.

## ENROLMENTS FOR 2024 SACRAMENTAL PROGRAM

A child's catholic faith journey began with the Sacrament of Baptism and continues by the reception of the Sacraments of Initiation, Confirmation and First Eucharist.

The preparations for these sacraments in the Inner Newcastle Parish run between February and June of every year and is designed for children going into Year, 4, 5 or 6 in 2024. Preparations are completed as a family with online activities and volunteer work within the community.

Enrolments are now open for the 2024 program. If you are interested in being apart of the program this year please visit the parish website and complete the online enrolment form.

<https://www.newcastlecatholic.org.au/sacramental-enrolment-form/>

For more information please contact the office on 49791101 or newcparish@mn.catholic.org.au

## HISTORICAL CONTEXT THE MAGI

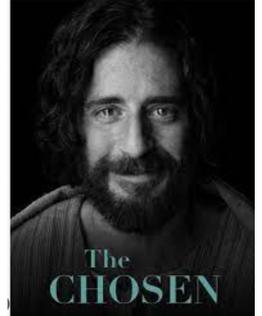
In some translations, the 'wise men' in today's Gospel are referred to as 'Magi'. Magi was the name given to the Persian priestly caste. Persia (now, Iran) lies to the east of Israel. These wise men are also sometimes portrayed as astrologers, but that is largely because of the reference 'We saw his star as it rose'. It is interesting that the passage describes 'some' wise men; tradition has developed a specific number of three – based on the three gifts presented. These anonymous (and purely literary) figures have been given names and their 'relics' lie in honour beneath the Cathedral of Cologne.

## VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat is in hiatus for the month of January. We begin the series *The Chosen* in February. To participate, please email the parish office.

## THE CHOSEN

The Chosen is a series that brings to life an interpretation of what life might have been like for Jesus starting his ministry. The series has been creatively produced and includes the backstories for each of the disciples that were individually chosen by Jesus. We are first invited into each of their lives, into their struggles and baggage. But once introduced to Jesus and the invitation to spend time with him, we are invited to witness the transformation of each of his first followers.



## VOICE OF THE SPIRIT

To access the latest Catholic Charismatic Renewal Newsletter, visit:

[www.mn.catholic.org.au/media/6739/novvos2023e.pdf](http://www.mn.catholic.org.au/media/6739/novvos2023e.pdf)

Two upcoming events:

CCR Leadership Day – Saturday 3 February 2024  
CCR NSW Conference – 7 to 8 September 2024.

## 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,

E [childprotection@mn.catholic.org.au](mailto:childprotection@mn.catholic.org.au) or  
[www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)

## 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.

## MAY YOU ALWAYS HAVE...

Love to share  
Cash to spare,  
Tyres with air  
And friends who care

## THE EPIPHANY BLESSING

### Marking Homes with Blessed Chalk for the New Year

The ancient custom of marking the door of the home with blessed chalk is a way of incorporating the liturgical feast of the Epiphany as a domestic ritual into the prayer life of the family.

Chalk will be blessed at Masses this weekend and you are invited to take some home and to mark the lintel of your front door as follows:

### 20 C + M + B 24

The letters C, M, and B stand for the traditional names for the three Wise Men who come seeking Jesus: Caspar, Melchior, and Balthasar. The letters also represent the words *Christus Mansionem Benedicat* (May Christ Bless this Abode).

### CHALK MARK WORDS TO BE SAID AT HOME

Peace be upon this house and with all of us who live here. **Amen**

Matthew 2:1-2, 10-11

The wise men from the East came to Jerusalem asking: *Where is the child who has been born king of the Jews? For we observed his star at its rising and have come to pay him homage. When they saw that the star had stopped, they were overwhelmed with joy. On entering the house, they saw the child with Mary his mother, and they knelt down and paid him homage.*

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

The three wise men

**C** Caspar

**M** Melchior,

**B** Balthasar

Followed the light of the star to find Jesus, the son of God, who came to live among us.

**20** Two thousand

**24** And twenty four years ago

+ May Christ bless our home today and remain with us throughout the year.

Let us pray,

God of mercy, fill our home with the light and love of Christ that it may be a place of hospitality and welcome.

May Christ be our shelter when we are at home,

our companion when we are away, and our welcome guest when we return,

Through Christ our Lord. **Amen**

Let us bless the Lord

**Thanks be to God.**

**In the name of the Father, and of the Son, and of the Holy Spirit. Amen**

## FOOD BASKETS FOR THE NEEDY

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.

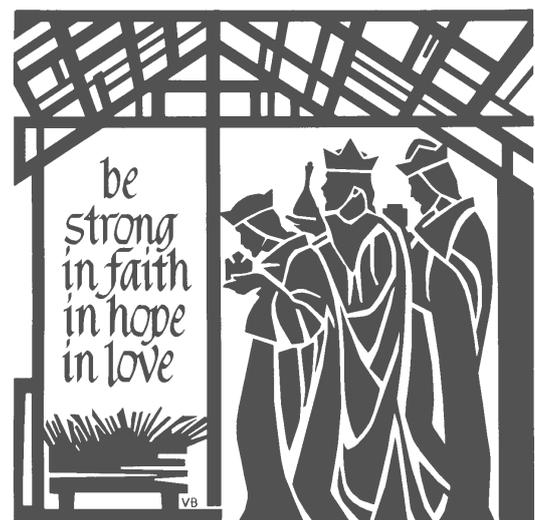


### MEN'S ROSARY GROUP

The Newcastle Maitland diocese Men's Rosary will be held on the first Saturday of each month @ 1pm at Sacred Heart Cathedral, 841 Hunter St, Newcastle West.



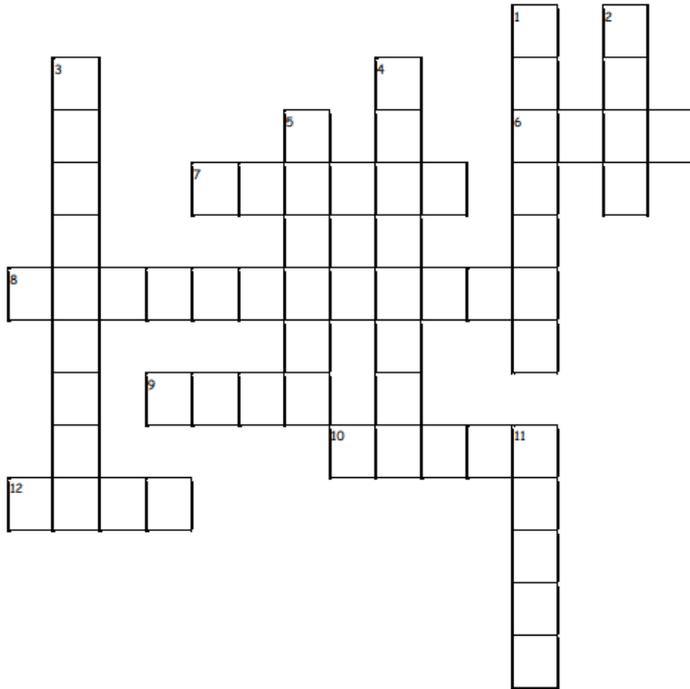
For more Information contact Jason on 0499 854 928.



**CROSSWORD**

**We come to worship the king**

Mt 2:1-12



**Across**

- 6: north, south, \_\_\_\_\_ and west
- 7: look
- 8: one of the gifts given to Jesus
- 9: a soft, yellow metal
- 10: another of the gifts given to Jesus
- 12: this showed the wise men where to find Jesus

**Down**

- 1: rested on your knees
- 2: one who has wisdom
- 3: significant
- 4: to do something without others knowing
- 5: alerted to danger
- 11: a type of building people live in

**JUNIOR WORDSEARCH**

**The glory of the Lord shines upon you**

Is 60:1-6  
Ps 72:1, 2, 10abc, 10de-11, R. see v.11  
Mt 2:1-12

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

Try to find these words:

- crowd
- day
- east
- eyes
- frankincense
- glory
- gold
- house
- myrrh
- open
- sea
- star

## TODAY'S LITURGY

### Entrance Antiphon: Cf. Mal 3:1; 1 Chr 29:12

Behold, the Lord, the Mighty One, has come;  
and kingship is in his grasp, and power and dominion.

### First Reading: Is 60:1-6

The glory of the Lord shines upon you.

### Responsorial Psalm

Ps 71:1-2. 7-8. 10-13, R. see v.11

(R.) Lord, every nation on earth will adore you.

1. O God, give your judgement to the king,  
to a king's son your justice,  
that he may judge your people in justice  
and your poor in right judgement. (R.)
2. In his days justice shall flourish  
and peace till the moon fails.  
He shall rule from sea to sea,  
from the Great River to earth's bounds. (R.)
3. The kings of Tarshish and the sea coasts  
shall pay him tribute.  
The kings of Sheba and Seba  
shall bring him gifts.  
Before him all kings shall fall prostrate,  
all nations shall serve him. (R.)
4. For he shall save the poor when they cry  
and the needy who are helpless.  
He will have pity on the weak  
and save the lives of the poor. (R.)

### Second Reading: Eph 3:2-3. 5-6

The revelation means that pagans now share the same inheritance, that they are parts of the same body.

### Gospel Acclamation: Mt 2:2

Alleluia, alleluia!

We have seen his star in the East;  
and have come to adore the Lord. Alleluia!

### Gospel: Mt 2:1-12

We have come from the East to worship the king.

### Communion Antiphon: Cf. Mt 2:2

We have seen his star in the East,  
and have come with gifts to adore the Lord.

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.

## 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](http://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](http://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](http://www.mayfieldsc.catholic.edu.au)

### St Peter's Primary School

Michael Punch (*Principal*)

Dunbar St, Stockton NSW 2295

P:(02) 4920 1736

W:[www.stockton.catholic.edu.au](http://www.stockton.catholic.edu.au)

## 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.

## CHRISTIAN MEDITATION AT TIGHERS HILL

This is non-denominational and everyone is very welcome. Please come.

WHEN: Monday afternoon 3.30 for 3.45 start

WHERE: Mercy Offices, 20 Union Street

(Next door to Mercy Services)

Off street parking available

The Meditation session begins with short guided relaxation exercises then we have a reading from Fr. John Main which leads into 20 minutes of silent meditation