



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 JULY 2024

14TH SUNDAY IN ORDINARY TIME, YEAR B

Our Clergy

Fr John Lovell
Fr Anthony Coloma
Fr Anil Kumar Kuchipudi
Deacon Solomon Okovido
Deacon Kevin Gadd

Regional Office—St Benedict's Centre

25 Farquhar Street, The Junction
PO Box 6, The Junction 2291
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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*)
Tuesday and Thursday

Daloras Howes (*Administration*)
Thelma Dickson (*Administration*)
Elul Teclé (*Administration*)
Peter Davies

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

Promoters of Safeguarding

Fr John Lovell p: (02) 4979 1106
Gail Lovell P: (02) 4979 1256
Anne Millard P: (02) 4979 1252



ABORIGINAL AND TORRES STRAIT ISLANDER SUNDAY

Other Contacts

Bereavement Team: Margaret Cox, Gail Lovell,
Christopher Gregory, Margaret Beard, Margaret
Newton, Anne Millard P: (02) 4979 1252

Mercy Pastoral Team: Sr Patricia Whitten rsm
0448463679

St Joseph's Pastoral Team: Contact the Parish Office

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)

14th Week of Ordinary Time, Year B

Monday 8th July

8:15am Mass @ The Cathedral

Tuesday 9th July

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Wednesday 10th July

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West (Anointing Mass)

Thursday 11th July

Memorial of St Benedict

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton (Anointing Mass)

Friday 12th July

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday 13th July

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 July

15th 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

5:30pm Mass @ Mayfield West (Vietnamese) **

* Livestreamed on the Cathedral's YouTube channel—
www.youtube.com/c/SacredHeartCathedralHamilton
and on the Diocesan website

** The Vietnamese Mass is now celebrated fortnightly

PRAYER REQUESTS

RECENTLY DECEASED: Derek Mason, Peter Stuckey,
Sr Rosemary Yelland OP,

ANNIVERSARIES: Mary Russell, Bede Russell,
Gwen Tischenko, Nancy O'Toole, Bill Chidgey,
Eleanor Parr, Paul Riley, Rosemarie McGovern, Peter
Doyle, John O'Leary, Tom Clancy, Sarah & John
Mennie, Robert, John, Richard and Joseph Mennie



SICK: Sr. Jane Frances Schumacher rsj, Lisa Woodland,
Tima Otto, Conchita Ponte, Joyce Saranillo, John
Woodward, Loreta Habulan, Peter & Bev Woods
Leeton, Maria Therese Perera, Tui Innes, Marko
Kefecek, Jolina Joyce Saranillo, Maureen Dwyer,
Angela Cottier, Joshua Zalanardo, Rosa Silivinec, Harry
Melville, Doreen Mason, Elaine Johnson, Mark Caesar,
Peter Kefecek, Carlo Rossi, Neil Thomas, Kathryn Gray,
Emilie Tseronis

SPECIAL INTENTION: Kalolina Moataane,

*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.*

SCRIPTURAL CONTEXT

Lack of faith

The final sentence of today's gospel tells us that Jesus was amazed at the lack of faith displayed by his home town. It is a feature of the Gospel of Mark that the accomplishment of miracles is associated with the faith of those involved. The section of the gospel that surrounds this passage deals with the lack of faith and understanding displayed by the disciples. The home town experience is a lesson to the disciples that in the absence of faith, the ministry of Jesus and those who follow him will falter. Only those who truly believe can participate in this ministry and share in the miraculous works of Jesus.

NEXT WEEK'S READINGS:

FIFTEENTH SUNDAY IN ORDINARY TIME

Amos 7: 12-15

Ephesians 1: 3-14

Mark 6: 7-13



PARISH BULLETIN

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

OUR BELOVED DEAD

We remember those in our Columbaria whose anniversaries occur in July:

At Sacred Heart

John Belcher	Kevin Thomas Kelly
Reginald Bennett	Teresa Lewandowska
Coral Dawn (Diri) Cooke	Reg Jim McLean
Gerard Daly	Ken Moulston
Patrick Docherty	Frank Narvo
John Doran	Jerzy Nowakowski
Maree Margaret Drennan	Mildred Roser
Mary Everleigh	Christine Smith
Sergio Franceschi	Eric Smith
Fay Franks	Josef Stefanson
Teresa Grach	Clarence Joseph Withers
Joan Marjorie Harris	

At St Joseph's:

Paul Bertoss	Doreen Dent
Peter Doohan	Peter Doyle
Kath Ryan	Peter Goninan
Lillian Wilkin	Kevin Johns
James Campbell	Louise Leahy
Adrian Joseph Alcock	Jack McNamara
Lloyd Bailey	Allan McVie
Doreen Egan	Joseph O'Callaghan
Lillian Barber	Eileen Rae
Kenneth Baxter	Maureen Schmuck
Don Blair	Annie Stamp
Jack Britten	Peter Thompson
Roy Bruce	Elizabeth Wallace
Brian Byrnes	Theresa Watt
Mary Gertrude Chester	Lillian Wilkin
Val Colyvas	

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

PARISH LUNCHEON

Parish Luncheon at *Souths Leagues Club, Llewellyn St, Merewether @ 12.30pm on Monday, 15th July*. All welcome. Inquiries to Maureen (Tighes Hill) on 0412 673151.

LIVING THE GOSPEL

ACKNOWLEDGING THE CLOSE AT HAND

Today's gospel reminds us that we can fail to see the value of those with whom we are very familiar. Although we proclaim that we seek the face of Christ in the face of those we meet it may not at times occur to us to look on our family and close friends in the same way. It may seem unlikely that God might come to us in the guise of a family member. Perhaps next time we are irritated by a brother or sister or the overly protective actions of a parent we should remind ourselves that we are looking into the face of God.

CHRISTIAN FORMATION COURSE

Expressions of Interest for 2024/2025 Christian Formation Course are now open.

Are you wanting to know more about Christianity and develop a deeper understanding of the Catholic Church? The Christian Formation Course (CFC) is a learning experience that allows participants to explore the foundational elements of the Catholic Faith Tradition. This one-year course introduces participants to scripture, theology, church history, sacramental life and liturgy.

- The Course runs across twelve (12) months and comprises eight (8) units
- All who complete the Course are awarded a diocesan Certificate in Christian Formation

By engaging in the course, it is hoped participants will:

- become more confident in understanding the Catholic faith
- grow in their capacity to reflect on their life's journey
- realise that Christian faith is nurtured in community
- be affirmed in their gifts for participating in the life of the faith community
- grow in awareness of what it means to be a responsive member of the faith community

Commencing on Tuesday 23 July, no prerequisite formation or qualification is required to enrol. To find out more, go to www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/christian-formation-course/

HOLY FAMILY
Primary School, Merewether Beach
is celebrating the
MacKillop Centre
GRAND OPENING
AND
Grandparents Day

FRIDAY 9th AUGUST
Join us for a Grandparents Liturgy at 10am,
followed by the Grand Opening and a sausage sizzle
*Feel free to bring a picnic blanket
and/or camping chairs!*

Please RSVP by scanning
this code or going to:
<https://forms.office.com/r/A0ai07ADmE>
SCAN ME

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 or www.officeofsafeguarding.org.au

CHRISTIAN MEDITATION AT TIGHES 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

MEDITATION GROUPS AT LIVING WATERS CENTRE

LIVING WATERS CHRISTIAN MEDITATION 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.

MEN'S ROSARY GROUP

The 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.



WEDNESDAY ROSARY

Pray the Rosary each Wednesday immediately after 8:15am Mass in Sacred Heart Cathedral, 841 Hunter St, Newcastle West.

EPIC (EVERYTHING POSSIBLE IN CHRIST) YOUNG ADULT GROUP

Meet Thursdays @ 7pm in the Cathedral precinct. Join us June 27, to view episode 2 of the series *The Chosen*. Anyone aged between 20 and 40 is cordially invited to join the group.

Email Elul.tecle@mn.catholic.org.au to find out more.

VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat meets again in August. *Stay tuned for updates!* To participate, please email the parish office.

PRAYER GROUP

Junction Prayer/Discussion Group Monthly meetings occur on the last Thursday of each month at 9:30am in Parish meeting room.

TAIZE SERVICE

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

You can read about it in the Aurora article "A spirit of joy, simplicity and reconciliation" available in the Diocesan website:

<http://mnnews.today>



BOOK CLUB

Sunday, 7th July @ 6:15pm: Bookclub meets to discuss *What Happened to Nina?* by Dervla McTiernan. If you would like to participate in book club meetings, please email newcparish@mn.catholic.org.au



COMMUNITY KITCHEN OPENING HOURS

As we enter winter, more people in our community will need help. CatholicCare's Community Kitchens can be accessed by anyone who needs a warm meal or support. Five locations operate across the Hunter and Mid-North Coast. including:

- Hamilton South: Every Wednesday, 12pm to 1pm at 29 Fowler Street, Hamilton South
- Newcastle: Every Saturday, 5.30pm to 6.30pm (6.30pm to 7.30pm during Daylight Savings) at Civic Park, King Street, Newcastle
- Toronto: Every Thursday, 5pm to 6.30pm at 97 The Boulevard, Toronto

STAY UP-TO-DATE WITH DIOCESAN RESOURCE CENTRE EVENTS

The Diocesan Resource Centre and Library were officially opened and blessed by Bishop Michael Kennedy at the end of May. The library is open three days a week and offers several events each month. Find out what is on offer by regularly checking the Catholic Diocese of Maitland-Newcastle website: www.mn.catholic.org.au/places/library

The opening hours are as follows:

- Mondays and Fridays – 10am to 6pm
- Saturday – 10am to 2pm

NAIDOC WEEK COMMUNITY EVENT MONDAY 8 JULY, 9AM TO 3PM

During NAIDOC Week (7 – 14 July) the Catholic Diocese of Maitland-Newcastle and CatholicCare Social Services Hunter-Manning will be participating in a community event in Newcastle.

Hosted by Awabakal Ltd, the event starts at Civic Park, with a flag raising at 9 am before a united procession to Foreshore Park.

The Diocese and CatholicCare are sponsors of this event and will provide information and activities in a marquee, along with other community groups, to engage with and share the wealth of programs and offerings of the diocese with the local community.

NAIDOC WEEK ECUMENICAL PRAYER SERVICE

Coinciding with National Aboriginal and Torres Strait Islander Sunday, all are welcome to attend this year's NAIDOC Week 2024 Ecumenical Prayer Service.

The theme this year is "Keep the Fire Burning. Blak, Loud and Proud!"

Celebrate and honour the rich cultural heritage and contributions of our First Nations people:

Venue: Christ Church Anglican Cathedral, Church Street, Newcastle

Time: 1:45pm for 2pm

Date: Sunday 7 July 2024

All Welcome

A REFLECTION DAY WITH FR KEVIN DANCE CP TUESDAY 9 JULY 2024

All are invited to a day of reflection and Mass in Jesus, the Good Shepherd Parish, at Belmont Church Hall - 40 Ernest Street Belmont. On-site parking is available.

Arrive from 8.30am to sign in and enjoy a cuppa.

Starts at 9am and finishes at 4.30pm.

Cost is by donation. Enquiries and registrations to Jan on 0438 252 657

or Email elmparish@mn.catholic.org.au

RSVP 2/7/2024. BYO lunch. Morning tea provided.

DIVINE MERCY DEVOTION First Sunday of the Month @ 3:00pm July 7th

Chaplet of Divine Mercy
Christ the King, Mayfield West

SEEKING YOUR ASSISTANCE WITH THE 'ABSENT FROM THE TABLE' RESEARCH PROJECT

The Australian Catholic Bishops Conference is undertaking a research project aimed at investigating why some Catholics do not participate in regular weekly Sunday Mass (Sunday Mass includes the Saturday Vigil). The project will provide in-depth information about contemporary religious practices and beliefs of Catholics in Australia. The insights would enable parishes, movements, and school communities to respond to the trends in participation in the Church, update the Church's awareness and understanding of the present-day context, and enable responses and collaboration around the underlying factors for non/dis-engagement.

We have been asked to seek the assistance of people who meet the selection criteria for this survey:

1. That they self-identify as Catholics and are 18 years and over.
2. That they do not regularly* attend weekly Mass on Sundays.

*Regular weekly attendance is defined as physical attendance at Sunday Mass three or more times a month, including the Saturday vigil celebrated in many parishes.

If you know of anyone who fits this criteria and might be happy to assist with this research, please show/forward them this message and invite them to use the link/address below to open up and complete the survey, which is currently open and will close on **Tuesday, 20 August 2024**. The survey is anonymous, participants can decline to answer any questions, withdraw from the survey at any time and obtain further information and gain access to the research findings via email:

ncpr@catholic.org.au or www.ncpr.catholic.org.au.

Link: <https://bit.ly/AbsentFromTheTableSurvey>

We thank you for your assistance with this valuable research.

ACBC National Centre for Pastoral Research

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.

HOME TOWN CROWDS AND 'MIGHTY WORKS'

by Fr Michael Tate

Anyone who has seen the film or show *Billy Elliott* will understand this incident in the Gospels.

Billy was a young boy who was brought up in a drab, decaying coal mining town in the north of England. The plan of his father and brother was to keep him in the box they knew – coal mining and boxing. But he had a passionate desire to dance. As he said, his whole body 'went electric' when he tap danced through those grim streets.

When dancing he created a different world and eventually his imagining of a different future won through – the last scene has him dancing in Swan Lake.

I have seen the film twice. I have cried twice.

It was a somewhat similar situation for Jesus. He returned to Nazareth, having performed '*mighty works*' of divine power around the countryside. But the home town crowd knew better what to expect from his hands. After all, they were the hands of a carpenter. He could do exquisite woodwork. That's who he was. That was the limit of who he was. They knew his family and network of relatives.

In other words, they thought they had him taped. They knew what box he fitted into. Woe betide if he got too big for his sandals! They wanted to trap him in an identity, constraining him in a role which would leave them undisturbed.

But, like Billy Elliott, only to the nth degree, Jesus had a deeper sense of identity. There was a dimension to his life of which he was aware: a special relationship to his heavenly Father, and a divine dynamism which welled up from the depths of who he was, and it had to find expression.

And he imagined a different future, a future of a healed and companionable human family within which was what he called 'the Reign of God'.

There was no way he was going to be put down and circumscribed by the home crowd. He could not do any '*mighty works*' given their scepticism and failure to support his boundless sense of identity. He left Nazareth and went on to try to create that future he imagined, and never returned to Nazareth.

Family and networks of friends can be very supportive. They can also be stifling, suffocating. They know what school one went to, what your first job was. They think they have you taped.

Those of us who are older need to guard against taking on the features of the Nazarenes who stereotyped Jesus. But it is to the younger members of the congregation that I would like to really address this Gospel.

Only God knows your true identity, who you are

and who you are meant to be.

Why were you born in the 20th century and not the 15th or the 4th or the 24th century? Why were you loved into existence by God and your parents 20 years ago, 14 years ago, 18 years ago?

Each of us has a unique identity without which the cosmos would be incomplete and each of us has a unique role to play in salvation history.

It may take a lifetime to really cotton on to God's sense of one's identity and role, or one may be fortunate enough to find out relatively early. But like Billy Elliott and Jesus it is essential to break out of the expectations of the home crowd. It may even be necessary to disappoint those who love us dearly, family, teachers and friends.

So one should pray for gifts of the Holy Spirit: of understanding so that one might be enlightened about one's identity and role, and then of courage to take risks and persevere against the odds.

Each of you has been given a divine dynamism at baptism. You are no ordinary human being. Your heart pulses to a different beat than that which simply repeats the monotonous rhythms of the expected.

You share the heartbeat of Our Lord Jesus Christ, Lord of the Universe. When you allow your heart to beat with His, your body, your personality will 'go electric' as Billy Elliott would say. When that happens you will really know your true identity, your true role and you will be able to go on and perform His *mighty works*.

© Fr Michael Tate, www.liturgyhelp.com.au



HAVE YOU THOUGHT?

Brothers of Jesus

The reference to the brothers of Jesus has caused a lot of controversy in the past and continues to do so. One opinion, now regarded as heresy, was that these brothers were the younger children of Mary and Joseph. Another argument, grounded in the apocryphal gospels of Peter and James, maintains that they were Joseph's sons by an earlier marriage. The view generally held is that they were actually cousins of Jesus. The problem appears to arise because of a problem in translation from one language to another. The original Aramaic word was translated into a Greek word for brothers, or brethren.

JUNIOR WORDSEARCH

I am sending you to speak in my name

Ez 2:2-5
Ps 86:5-6, 15 & 16de, R. v.5a
2 Cor 12:7-10
Mk 6:1-6

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

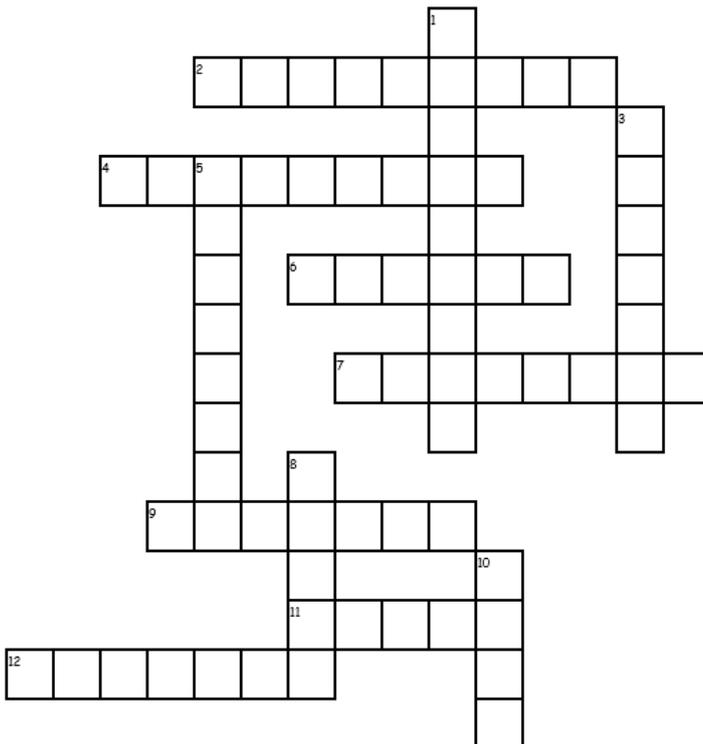
Try to find these words:

- ancestors
- carpenter
- disciples
- faith
- listen
- miracles
- prophet
- Sabbath
- stubborn
- three
- unhappy
- weak

CROSSWORD

I am sending you to speak in my name

Ez 2:2-5
Ps 86:5-6, 15 & 16de, R. v.5a
2 Cor 12:7-10
Mk 6:1-6



Across

- 2: someone who makes things out of wood
- 4: Jesus' closest friends and followers were called his _____
- 6: you use your ears to do this
- 7: Jesus could not work any _____ in his hometown
- 9: the people felt this way about what Jesus was doing
- 11: the number before four
- 12: the sacred day of the week for Jewish people

Down

- 1: family members who lived a long time ago are called a _____
- 3: someone who spreads the Lord's word
- 5: someone who won't give in easily might be considered st _____
- 8: the people of Jesus' hometown did not have _____ in him
- 10: the opposite of strong

TODAY'S LITURGY

Entrance Antiphon Cf. Ps 47:10-11

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.

First Reading Ez 2:2-5

*The people are rebellious; they shall know
there will be a prophet in their midst.*

Responsorial Psalm Ps 122. R. v.2

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

1. 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.)**

2. 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.)**

3. 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 Cor 12:7-10

*I will glory in my infirmities so that the power
of Christ may dwell in me.*

Gospel Acclamation See Lk 4:18

Alleluia, alleluia!

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

Gospel Mk 6:1-6

A reading from the holy Gospel according to Mark

A prophet is despised only in his own country.

Communion Antiphon Ps 33:9

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

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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

Penny Banister (*Principal*)
Church Street, Mayfield NSW 2304
P:(02) 4968 3315
W:www.mayfieldsc.catholic.edu.au

St Peter's Primary School

Michael Punch (*Principal*)
Dunbar St, Stockton NSW 2295
P:(02) 4928 1861
W:www.stockton.catholic.edu.au

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.

THE CHUCKLE

Ever wondered why the French eat snails?
They don't like fast food...