



Sacred Heart of Jesus Cathedral

DIOCESE OF MAITLAND-NEWCASTLE

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 11TH JULY 2021

15TH SUNDAY IN ORDINARY TIME, YEAR B

Our Clergy

Fr Andrew Doohan
Fr Peter Thoai
Fr Matthew Muller
Fr John Vo
Deacon Lawrence Caelli

Regional Office—St Benedict's Centre

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Our Staff

Margaret Cox (Reception & Administration)
Maryanne Hewitt (Reception & Administration)
Anne Warren (*Business Manager Finance*)
Jade Simonsen (*Business Manager Property*)
Dr Anne Millard (*Music, Liturgy, Sacraments, Bulletin*)

Other Contacts

Lingard Hospital Team: Contact the Parish Office
Mercy Pastoral Team: Sr Patricia Whitten rsm (02) 4979 1116
St Joseph's Pastoral Team: Contact the Parish Office

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



Take nothing for the journey
but the bare essentials—
a pair of sandals and a staff

Sacred Heart Cathedral sits on the traditional country of the Awabakal and Worimi peoples.

We acknowledge their cultural heritage, beliefs and their continuing relationship with the land, pay respect to their Elders past, present and future, and commit ourselves to working together for reconciliation and justice.

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

15th Week of Ordinary Time, Year B

Monday—12th July

8:15am Mass @ The Cathedral

Tuesday—13th July

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Wednesday—14th July

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

9:15am Tighes Hill

Thursday—15th July

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—16th July

9:00am Mass @ Mayfield

10:15am Mass @ The Junction

11am Exposition @ The Cathedral (until 12pm)

11am Reconciliation @ The Cathedral (until 12pm)

12:05pm Mass @ The Cathedral

Saturday—17th July

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

5:00pm Vigil Mass @ Mayfield West

5:30pm Mass @ The Cathedral

Sunday—18th July

16th Sunday in Ordinary Time

7:30am Mass @ St Mary's

8am Mass @ Tighes Hill

9am Mass @ The Junction

9:00am Mass @ Stockton

9:30am Mass @ The Cathedral

Live streamed via the Diocesan website:

www.mn.catholic.org.au/places/livestream/

11:00am Italian Mass @ The Junction

11:30am Polish Mass @ The Cathedral

5pm Mass @ The Cathedral

5:30pm Vietnamese Mass @ Mayfield West

NEXT WEEK'S READINGS:

Sixteenth Sunday in Ordinary Time, Year B

Jeremiah 23: 1-6

Ephesians 2: 13-18

Mark 6: 30-34

Weekday and Sunday readings can be found at www.usccb.org

CHANGES TO WEEKDAY MASS TIMES

With the departure of Fr Peter Street to Forster Tuncurry, there is a need to make some **temporary** changes to the weekday Mass arrangements for the Inner Newcastle Parish (Stockton and Mayfield remain unaffected).

For the foreseeable future, the following arrangements are in place:

Monday The Cathedral 8.15am
Tuesday The Cathedral 8.15am
Wednesday The Cathedral 8.15am
Tighes Hill 9.15am
Thursday The Cathedral 8.15am
Friday The Junction 10.15am
The Cathedral Midday
Saturday The Cathedral 9.15am

SUNDAY MASSES remain unchanged for the time being.

Once some clarity around the clergy staffing for the City Pastoral Region is available, a more permanent arrangement will be put in place. We apologise for any inconvenience and trust that parishioners will understand the need for this **temporary** measure.

Fr Andrew
Moderator

OFFICE OF SAFEGUARDING COURSE: Safeguarding in Parishes

Who is this for: If you are a paid or unpaid worker of a parish who has not yet attended any Safeguarding training, formerly Child Protection training, or need to update your training this is for you.

How do I register: Registrations are made via HR
HR-Training@mn.catholic.org.au

If I have a question: For information about the course or questions in relation to your participation, or to check on your attendance history, please call the Office of Safeguarding directly on 4979 1390 or email at oosgtraining@mn.catholic.org.au.

Current available sessions for 2021:

Friday 16 July:

Gloucester/Krambach, 10.30am-2.30pm

Tuesday 10 August: Diocesan Offices,
Murray Room, Newcastle West, 10am-2pm

Tuesday 10 August:

St James PS Muswellbrook, 10am-2pm

Saturday 14 August:

St James PS Muswellbrook, 10am-2pm

Refreshments will be provided.

HELP!

A REFLECTION BY ANNE MILLARD

One of my favourite stories concerns a man who lived in a two-story house near a river. One day, the river began to flood. Warnings were given via radio, TV, and shortwave. Large jeeps drove through the area to evacuate people. As a jeep drove by the man's house, he was told:

"You are in danger. You must evacuate. Get in the Jeep. Let us help you."

"No," the man replied from his doorstep. "I have faith. The flood won't get me. God will take care of me."

The water continued to rise and soon the man is on the second floor. A boat going through the area arrives at the man's house. Rescuers make every effort to convince the man to take action so that his life would be saved.

"No worries," says the man. "I have faith. Everything is okay. God will take care of me."

The flood continue to rise and soon the man is on the roof to avoid the rising water. A helicopter pilot sees him on top of the roof and hovers above the man. Using a megaphone, the pilot tries to convince the man to grab the rope ladder which was dangling above his head.

"You are in danger. The flood is still rising. Grab the rope ladder. Let us help you."

"No, no; all good." says the man. "I will be fine. God will take care of me."

The flood rises; the man drowns.

At the pearly gates, the man says to God: "I had faith and you let me die."

To which God replies: "I sent you a jeep, a boat, and a helicopter. What more could I have done for you?"

Who's task is the hardest? The person wanting to help or the person unable to recognise the help he or she is offered? I played golf with three lovely women this week. I missed a putt on one hole by a few centimetres. The gal who putted before me said "I showed you what not to do and yet you still did it!" Sure enough, I'd watched her putt and somehow made the same mistake. Silly me—I came 4th in the competition. That putt might have elevated me to a place on the podium.

Some years ago, a colleague offered me a hand moving something. I didn't need the help and politely declined his offer. His wife told me later that he'd said I was "stuck up" because I refused his assistance. What a lesson that was! I might not need the help offered, but I always need friends.

I'm sure we've all been in situations where we've wanted to help someone who just doesn't want our help. Or they want a different kind of help from what we think they need.

PRAYING THE GOSPELS

You are invited to connect and pray with each other across the Diocese from your own home.

God speaks to us through the words of the Gospel and then through artist's images of the Gospel message.

Join us each Wednesday 5.00-5.45pm.

Zoom link:

<https://mncatholic.zoom.us/j/96144217758>

Password: pray

For more information contact:

rose.mcallister@mn.catholic.org.au

VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat continues to meet via Zoom. During the Easter Season, we began the practice of *Lectio Divina* to prayerfully reflect on the Gospel of the coming Sunday. Beginning in June, we embark on our Ordinary Time schedule:

Week 1: No meeting

Weeks 2 and 4: Lectio Divina

Week 3: Bible Study (see information below)

So the program for July is as follows:

July 14: Bible Study

July 21: Lectio Divina

July 28: No meeting

To participate, please email the parish office.

The Bible Study series from Ascension Press, **Unlocking the Mystery of the Bible** by Jeff Cavins and Sarah Christmyer, is an engaging journey through the Bible. Prior to July 14, we will watch episode 2 and read Genesis 1-11.

THE PARISH LUNCHEON

The Parish Luncheon will be held on Monday 19th July at 12.30pm in the Victor Peters Suite. Please join friends for this lovely opportunity to be together socially. For more information, please contact Maureen - 0412 673151.

BOOK CLUB

Sunday, 1st August @ 6pm: Bookclub meets to discuss *Phosphorescence* by Julia Baird. If you would like to participate in book club meetings, please email newcparish@mn.catholic.org.au

CHRISTIAN MEDITATION

Living Waters, 34 Kenrick St., The Junction

Wed 7.30 am || Fri 11.00 am || Mon 6.30 pm

CONTACT: annecuskelly@hotmail.com or
0407 436 808



SEA SUNDAY APPEAL 2021

11 July



"Courage, I am with You!"
- Matthew 14:27

Stella Maris provides spiritual and welfare support for seafarers visiting Australia. Our Chaplains, managers and volunteers are always ready to help seafarers.

To donate, volunteer or contact us, please visit our website:
stellamarisaustralia.org

A TIME OF PANDEMIC AND VACCINATIONS

"Courage, I am with you!" (ref Matt 14:27)

As the pandemic continues to disturb our world, humankind is faced with an uncertain future. We see fear and hopelessness rampant in many countries around the world. News on television continue to surprise us with rising cases of the virus and even the variety of vaccines currently available do not give us enough confidence that the pandemic will soon be over.

Seafarers in ships around the world have been affected in several ways. Aside from the usual hardships of working at sea, they have had to face more hardships as they work aboard ships beyond the expiry of their initial contracts. They also face the possibility of being infected by the virus in the countries they dock in. With air travel disrupted, flights between traditional crew change hubs have been reduced.

Although some countries have offered to vaccinate seafarers, many more nations still do not recognise the seafarers as key workers, thus, they have not prioritised them to receive the vaccine.

Nevertheless, seafarers play an important role in the distribution of food and medical supplies to countries around the world, especially places where these are

most needed and especially during this time of pandemic.

There is a high risk of seafarers' physical and mental wellbeing being affected significantly.

During this difficult time of the pandemic, we are reminded of the scriptures in Matthew 14: 26-27:

"When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

As the hands and feet of Jesus in the ports, our chaplains, managers, and volunteers are there to support seafarers in varied ways, despite the difficulties. They are there to assure our seafarers that help is still available.

Today, Sea Sunday, Stella Maris Australia (formerly called Apostleship of the Sea), would like you to remember these workers in the seas. We encourage you to pray for them.

We also welcome donations to support seafarers and for our centres to continue their services, albeit in different ways during this pandemic.

For more information on the work of this ministry and to make a donation, please visit:

www.stellamarisaustralia.org or bit.ly/seasunday2021

We thank you for reading about our Appeal today. We also invoke Mary's assistance in this ministry:

Mary, Star of the Sea. Pray for us.

Prayer Requests

RECENTLY DECEASED: Frances Dunn, Mercy Umali, Eleanor Parr

ANNIVERSARIES: Sheilah Delaney, Ray Walker, Helen Hall, Betty Allsop, Moira Bailey, Nancy O'Toole, Joyce and Kevin McKenna

SICK: Greg Radecki, Grahame Chegwidan

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.

A CHUCKLE



A Sunday school teacher asked her children on the way to service, "And why is it necessary to be quiet in church?" One little girl replied, "Because people are sleeping."

YOUNG ADULTS OF THE COMMUNITY ARE INVITED TO:

Young Adult Formation Group:

When: 1st Sunday of the month, 4:00pm-5:00pm

Where: *St Patrick's Church, Wallsend*

The YA group will meet at 4pm the first Sunday of every month before the 5:30pm Youth Mass for formation opportunities.

All are welcome! We hope to see you there. Please contact Rose on [0408796252](tel:0408796252) for more information.

Volunteers

Reminder to all the wonderful volunteers who have received induction handbooks to return them to the office so you can be cleared by HR to volunteer in our parish.

REGISTERED VOLUNTEERS

Helene O'Neill will deliver Course 2: Safeguarding in Parishes on Tuesday 10 August in the Murray Room at 841 Hunter Street between 10am and 2pm. A light lunch will be provided for participants. Please register via hr-training@mn.catholic.org.au. Please remember that completing this training is a necessary requirement of volunteering in the Maitland-Newcastle Diocese. To maintain your volunteer status please book in.

HEY, GARDENERS!

Call out to all you wonderful Gardeners! St Joseph's at the Junction and St Mary's on the Hill both need some serious garden love!!!! If you are interested in working with our parish Lawn maintenance man and Parish Handy Man in rejuvenating the gardens please email jade.simonsen@mn.catholic.org.au and we will organize a working group.

DIOCESAN LITURGY COUNCIL

The Diocesan Liturgy Council is seeking new membership in two areas – the Council itself as well as the establishment of a Working Party with a focus on issues of modern slavery. If you or someone you know has the passion, experience and time to nurture the rich liturgical life of our local Church please consider this invitation. For all information including Expression of Interest form/s go to <https://mnnews.today/liturgy-matters> and access the June 22, 2021 article on 'liturgical opportunities'. Submissions close Sunday 18 July.

UNPACKING THE SYNOD PAPERS AT TIGHES HILL CHURCH

9.00-10.00am, following Sunday Mass, parishioners are invited to hear one of the pre-Synod videos and join a short discussion of one of the Synod papers. (Postponements may occur due to Baptisms after Mass)

11 July 2021 *Identity and Community*

Sr Patricia Egan | Our Diocesan Synodal Journey

Patricia Egan is a Sr of St Joseph of Lochinvar and a member of the Council for Mission and the Synod Working Party. As Sr Patricia coordinated our Diocese's last Synod in 1992/93, in this video she gives some background history to our 2019-21 Synod.

The booklet containing the Papers endorsed by the Synod is available on the Synod website: <https://www.domnsynod.com.au/>

VOICE TREATY TRUTH FORUM -18 JULY 2021

The Social Justice Committee of the Hunter Presbytery of the Uniting Church are hosting a forum focused on the Uluru Statement: Voice Treaty Truth.

For more information, email

justice@hunter.uca.org.au or call 0437 879 442.

EVENT DETAILS

Time: 2:00PM - 4:00PM

Date: Saturday, 18 July 2021

Venue: New Lambton Uniting Church

Please note: COVID-19 restrictions will be monitored and adhered to.

CASUAL EMPLOYMENT OPPORTUNITY:

Housie Worker. The person in this position is responsible for assisting in all aspects of setting up, calling and conducting a successful and compliant session of Charity Housie held at the Southern Cross Hall on Thursday and Saturday evenings. For a full list of duties and responsibilities and to apply please refer to the description and add on the website <https://www.mn.catholic.org.au/about/careers/positions-vacant/housie-worker-st-benedicts-parish> for further information please email jade.simonsen@mn.catholic.org.au

ANOTHER CHUCKLE

God was talking to one of his angels. He said, "I just figured out how to rotate the Earth so it creates this really incredible 24-hour period of alternating light and darkness." The angel said, "What are you going to do now?" God says, "Call it a day."

TODAY'S LITURGY

Entrance Hymn:

Lord You Give the Great Commission

Gloria

**Glory to God in the highest.
and on earth peace to people of good will.**

We praise You. We bless You. We adore you.

We glorify You.

We give You thanks for Your great glory.

Lord God, heavenly King, O God almighty Father.

Lord Jesus Christ, Only-begotten Son.

Lord God, Lamb of God, Son of the Father:

you take away the sins of the world,
have mercy on us.

You take away the sins of the world,
receive our prayer.

You are seated at the right hand of the Father,
have mercy on us.

For you alone are the holy one. You alone are the
Lord. You alone, are the most high Jesus Christ.

With the Holy Spirit in the glory of God the Father.

LITURGY OF THE WORD

First Reading: Am 7:12-15

Go, prophesy to my people.

Responsorial Psalm

Psalm 85: Lord, Let Us See Your Kindness

Refrain



Lord, show us your kindness,

Lord, show us your kindness,

Let us hear what our God proclaims:

Peace to the people of God.

Salvation is near to the ones who fear God

Kindness and truth, justice and peace:

Truth shall spring up as the water from the earth,

Justice shall rain from the heavens.

The Lord will come and you shall know his love,

Justice shall walk in his pathways,

salvation the gift that he brings

Second Reading Eph 1:3-14

Before the world was made, he chose us in Christ.

Gospel Acclamation: See Eph 1:17-18

Alleluia, alleluia!

May the Father of our Lord Jesus Christ
enlighten the eyes of our hearts
that we might see how great is the hope
to which we are called. Alleluia!

Gospel: Mk 6:7-13

He called the Twelve, and began to send them out.

The Nicene Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.

For us men and for our salvation he came down
from heaven, and by the Holy Spirit was incarnate of
the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day in accordance with
the Scriptures.

He ascended into heaven
and is seated at the right hand of the Father.

He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and
glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

Apostles' Creed

I believe in God,
the Father Almighty,
Creator of Heaven and earth;
and in Jesus Christ, His only Son Our Lord,
Who was conceived by the Holy Spirit, (*all bow*)

born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended into Hell;
on the third day He rose again from the dead;
He ascended into Heaven,
and is seated at the right hand of God, the Father
almighty; from there He shall come to judge the living
and the dead.

I believe in the Holy Spirit, the holy Catholic Church,
the communion of saints, the forgiveness of sins, the
resurrection of the body and life everlasting.

LITURGY OF THE EUCHARIST

Preparation of Gifts: You Have Anointed Me

Memorial Acclamation

When we eat this bread and drink this cup we
proclaim your death O Lord, until you come again.

Communion Hymn: I will go as you have sent me

Recessional Hymn: Here I Am, Lord

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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
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the English Translation of the Roman Missal © 2010 International Committee on
English in the Liturgy Inc. (ICEL). All rights reserved.

VINNIES WINTER APPEAL



The hand of Christ
blesses the cup



The hand of love
offers the cup



The hand of suffering
receives the cup

To date just under \$25,000 has been received from the
Inner Newcastle Region. Thank you!

AMEN CAMINO 2022: INFORMATION SESSION

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.

For those interested in finding out about the 2022
aMeN caMiNo experiences, we will be holding an
online Information Session on Saturday 28 August at
2pm.

<https://www.eventbrite.com.au/e/amen-camino-information-session-tickets-162230268099>

COVID-19-RELATED INFORMATION

****YOU MUST WEAR A MASK WHILE INSIDE THE CHURCH SADLY, THE COMMUNITY CANNOT SING THIS WEEK. WE HAVE AN EXEMPTION FOR THE CHOIR**

Maximum Number of Persons in Churches

Under the current Public Health Order, the limit on
the number of persons who can be present in a church
is now calculated by allowing 2 square metres per
person within the building.

In our Region, those limits are:

Sacred Heart Cathedral 110
St Mary's, Newcastle 54
St Joseph's, The Junction 100
Mary Immaculate, Tighes Hill 55
St Laurence O'Toole, Broadmeadow 55
St Peter-in-Chains, Stockton 70
Christ the King, Mayfield West 70

The limit applies to all Masses and other liturgical
celebrations, such as weddings and funerals.

Provision of Contact Details

The Public Health Order requires the collection of
contact details for those who attend any liturgical
celebration in a church (e.g. Mass, weddings, funerals,
Baptisms, etc.).

The contact details that are required are defined as a)
name, b) phone number or email address, and c) the
time of arrival. These details must be recorded for
each attendee.

Attendees are able to use the Service NSW QR Code to
provide their details—just like many other places—
using the Service NSW app on your phone, or via a QR
Code reader. A Contact Details Form will be provided
at the door to permit the collection of these details.

General Requirements

The requirements regarding cleaning, observing
physical distancing, etc. remain in place for the time
being, as does the requirement to refrain from
physical acts of devotion that involve touching or
kissing icons or statues.

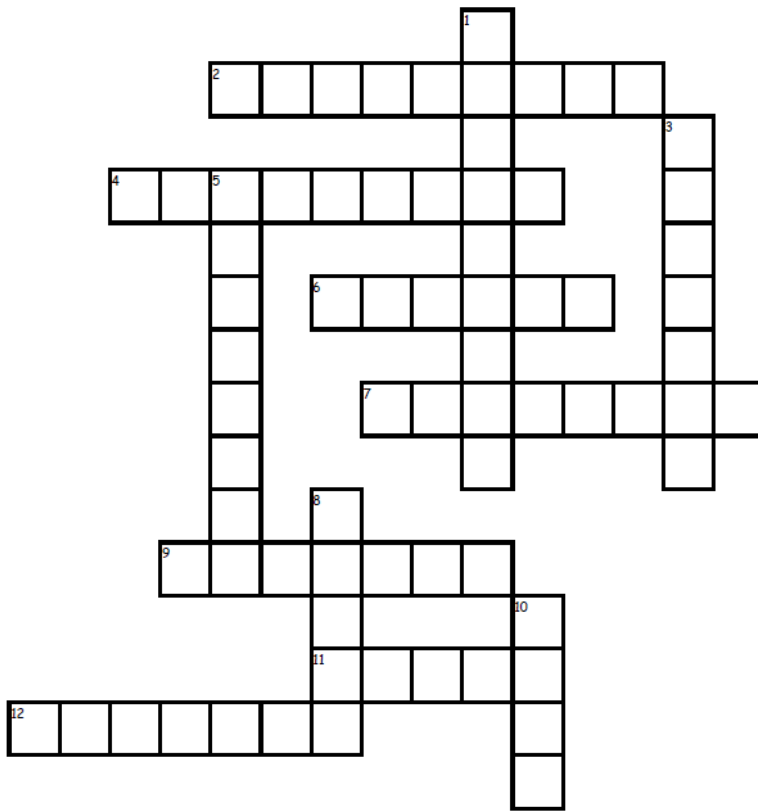
Liturgical rituals have been adapted, and will continue
to be adapted, in order to ensure the health and
safety of all parishioners and visitors to our churches.
We ask those who are particularly at risk – the elderly,
those with compromised health, those who are sick –
to refrain from returning to Mass for the sake of their
own health. The dispensation from the obligation to
attend Sunday Mass given by the Bishop remains in
place in these circumstances.

KID'S CORNER

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

JUNIOR WORDSEARCH

Go out and tell everyone God's message

Mk 6:7-13

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

Try to find these words:

Christ
demons
feet
food
homes
message
money
sandals
sick
spirits
turn
twelve
two