



# 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 23 APRIL 2023

### THIRD SUNDAY OF EASTER, YEAR A

#### Our Clergy

Fr John Lovell  
Fr Paul Chackanikunnel  
Fr Raphael Madukwe

#### Regional Office—St Benedict's Centre

25 Farquhar Street, The Junction  
PO Box 6, The Junction 2291  
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W: [www.sacredhearthatilton.org.au](http://www.sacredhearthatilton.org.au)

#### Our Staff

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

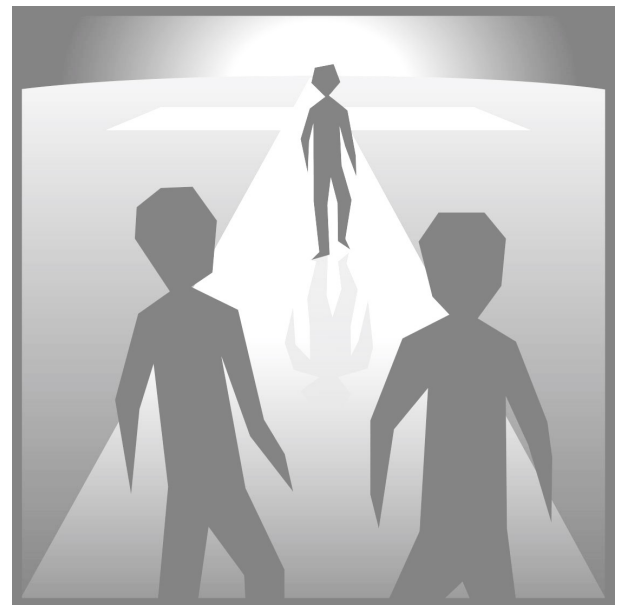
Anne Warren (*Business Manager Finance*)  
*Tuesday and Thursday*

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

#### Other Contacts

**Lingard Hospital Team:** Contact the Parish Office  
**Mercy Pastoral Team:** Sr Patricia Whitten rsm  
0448463679  
**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.



In today's Gospel, we meet two disciples wandering in the countryside, downcast and confused. Why? Because their dreams of liberation and nationhood had not been fulfilled. Only later, after their eyes had been opened by the Lord on the road and during an evening meal, would they come to see that all their longings were being fulfilled, but on a much broader scale: spiritual and universal, rather than political or national.

Perhaps many of our disappointments will not seem like disappointments either, once we come to see they are just bumps on a journey that is leading us to something far more wonderful than we could have ever hoped for.

*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)

*Third Week of Easter, Year A*

Monday—24th April

8:15am Mass @ The Cathedral

Tuesday—25th April

*Anzac Day*

8:00am Mass @ The Cathedral \*\* New time for Anzac Day only

8.30am Mass @ Stockton

Wednesday—26th April

*Feast of St Mark*

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—27th April

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

11:00am Funeral Mass for Jan Janik @ The Cathedral

2:00pm Funeral Liturgy for Joy Conway @ The Cathedral

Friday—28th April

*Memorial of St Peter Chanel*

9:30am Funeral Liturgy for Susanne Carpenter @ Stockton

9:50am Rosary for Ukraine @ The Junction

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday—29th April

*Memorial of St Catherine of Siena*

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—30th April

*Fourth Sunday of Easter, Year A*

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](http://www.youtube.com/c/SacredHeartCathedralHamilton) and on the Diocese website*

## PRAYER REQUESTS

**RECENTLY DECEASED:** Monica Keenan, Diane Riley, Susanne Carpenter, Jan Janik, Joy Conway, Donna Smith

**ANNIVERSARIES:** Pat Fitzgerald, Bert Mead, Monica Gebbie, Maria Chocholowski, Patsy Nunn, Bernadette Casey Ryan, Ted Hanson, Jim Rabbitt, Clem Casey, Tony Tamplin

**SPECIAL INTENTION:** Camilla and William

**SICK:** Grayson Peers, Frances Gardiner, Peter Kefcecek, Roslyn McGovern, Christine Dowling, Carlo Rossi  
*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 Sacred Heart Cathedral Columbarium whose anniversaries occur in April:

Leo Burke

Beryl Coferos

Lorraine Driscoll

Mary Duggan

Kathleen Gibson

Monica Hayes

Joy Patricia Jarrett

Mary Noreen Long

Alice Martin

Krystyna Mazalo

Ian Edward McDonald

Cary McNabb

Laurel May Murray

Nola Margaret Phillips

Frank Keith Pilgrim

Sandra Rufo

Henrietta Vujeva

Elaine Iris Wilson

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

## 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/68191395109>

Password: 316071

For more information contact:

[rose.mcallister@mn.catholic.org.au](mailto:rose.mcallister@mn.catholic.org.au)



## BISHOP'S SCHEDULE OF CELEBRATING MASSES IN THE CITY PASTORAL REGION

Saturday 22/4 5.30 pm Christ the King, Mayfield West  
Sunday 23/4 8.00 am Immaculate Heart of Mary, Tighes Hill  
Sunday 23/4 11.30 am Sacred Heart Cathedral (Polish community)  
Saturday 29/4 5.30 pm Sacred Heart Cathedral  
Sunday 30/4 5.00 pm Sacred Heart Cathedral

### FOOD BASKETS FOR THE NEEDY

#### ST JOSEPH'S, THE JUNCTION and MARY IMMACULATE, 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 **Mary Immaculate 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 and ST MARY'S, NEWCASTLE:

Since June 2022, CatholicCare Food Programs have made up 138 emergency food hampers and 150 Christmas hampers for people in the Newcastle-Lake Macquarie area, all from donated food items. This year we have seen a dramatic increase in the number of requests we have received for emergency food hampers, especially from families with young children. Our hampers are given as a one off 'hand up' (not a 'hand out') and are made up completely of donated food.

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 food collection bins are at Sacred Heart Cathedral and St Mary's Church, Newcastle

### *Lest We Forget*

25th April, marks the anniversary of the Gallipoli campaign that led to major casualties for Australian and New Zealand armed forces during the First World War. A national day of remembrance, Anzac Day commemorates all Australians and New Zealanders who served in wars, conflicts and peace-keeping operations. In memory of all who died, we pray:

*God of love and liberty, we thank you for the peace and security we enjoy. It was won for us through the courage and devotion of those who gave their lives in time of war.*

*We pray that their labour and sacrifice may not be in vain, but that their spirit may live on in us and in generations to come.*

*We ask this prayer in the name of Jesus and in the power of the Holy Spirit. Amen.*

Events on Anzac Day:

Mass in Sacred Heart Cathedral at 8am

Mass at Stockton at 8:30am

Tudor Singers Concert in Sacred Heart Cathedral at 2pm

### 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. Thank you!

### ROSARY FOR UKRAINE

Pray the Rosary from 9.50am on Fridays at St Joseph's Church, The Junction.



## EXPRESSIONS OF INTEREST FOR 2023/2024 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 2 May 2023, no prerequisite formation or qualification is required to enrol.

To find out more about the Christian Formation Course, visit: [www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/christian-formation-course/](http://www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/christian-formation-course/)

### PARISH PASTORAL CARE TEAM

Meeting Thursday 27th April @ 2:30pm at the Parish Centre

### TAIZE SERVICE

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



## THE NEWCASTLE TUDOR SINGERS

Conducted by Dr. Anne Millard

Present a concert on Anzac Day

### BEAUTY, PEACE, HARMONY: WHY WE SING



Tuesday April 25th @ 2pm in Sacred Heart Cathedral. The concert features the *Missa Festiva* by Karl Leavitt and beautiful songs to warm the heart. Tickets \$15 and \$10, available at the door. Stay after for a glass of bubbles.

### THE CHOSEN EXPERIENCE – SEASON 2

We invite you to join us in soaking up the sights, smells, and tastes of 1st Century Palestine as we view the second season about the life of Christ. *The Chosen* is a series which 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 such a transformation of each of his first followers.

Each Thursday evening join us to share a meal, watch and discuss the episode.

The Chosen Experience commences on 27 April at 6pm in the Murray Room.

<https://www.eventbrite.com.au/e/the-chosen-season-2-tickets-595299666327>

### LOUD SKY

Loud Sky is a powerful collaborative art exhibition featuring five Hunter-based artists who have created new works responding to stories of survival. These stories were uncovered through the Royal Commission into institutional response to child sexual abuse in the Hunter region in 2016. The exhibition opens at The Lock Up in Newcastle on Friday 31 March and runs until 21 May 2023. More information is available at <https://thelockup.org.au/loud-sky/>

## STUDENT ACCOMMODATION

34 Kenrick St, The Junction (the old Newcastle Presbytery) is a share-house owned by the parish, with four independent living quarters. Unit 3 is currently vacant and available for student accommodation. It has a bedroom, bathroom and living room. Common areas of the building - the kitchen, laundry and dining/lounge rooms - are shared with other female occupants. The unit would suit a university student, or newly employed person, looking for independent accommodation in Newcastle. If you know anyone seeking accommodation, please pass on our contact details. Inquiries to the parish office on 4979 1101 or email [newcparish@mn.catholic.org.au](mailto:newcparish@mn.catholic.org.au)

## SAFEGUARDING TRAINING

For Parish Employees and Volunteers

Wednesday 26 April

10am-2pm (lunch included) – St Francis Xavier Church Hall, 40 Ernest St, Belmont - parking is available to the left of the Church

All parish workers are required to attend Course 2: Safeguarding in Parishes within 6 months of commencing in their role and every 6 years thereafter.

This training forms part of the Diocese's mandatory training regime and is specifically designed to support paid and unpaid helpers undertaking a broad range of ministries in church facilities and out in the community. The training targets the safeguarding needs of faith communities. The course will address:

- ✦ the Diocese's Safeguarding Framework policy
- ✦ indicators of risk and vulnerability
- ✦ indicators of abuse and neglect
- ✦ boundaries in ministry
- ✦ responding to disclosures
- ✦ reporting obligations
- ✦ contributing to a 'Safe' culture

Please register your attendance before Thursday 20 April by contacting the Office of Safeguarding on 4979 1390 or email: [osgtraining@mn.catholic.org.au](mailto:osgtraining@mn.catholic.org.au)

## VIEW, CHEW, AND CHAT

Meets April 26 @7pm via Zoom for Lectio Divina  
Contact the parish office on 4979 1101 to sign up

## BOOK CLUB

**Sunday, 7 May @ 6:15pm:** Bookclub meets to discuss *The Funny Thing About Norman Forman* by Julietta Henderson. If you would like to participate in book club meetings, please email the office



## DIOCESAN ASSOCIATION OF PASTORAL MINISTERS MEETING

The 2023 Diocesan Association of Pastoral Ministers will next meet on Thursday 18 May from 9:30am - 2:30pm at The Corcoran Centre next to the Immaculate Conception Church, Morpeth. The gathering is to support those commissioned in parishes or the life of the Diocese for Pastoral Ministries. All are welcome to join as we break open the Foundation of Worship and Prayer with Sr Louise Gannon rsj. Mass will be celebrated with Fr John Vo, followed by a shared lunch. To register, please contact Kate on P: 4979 1329 or E: [kate.crncevic@mn.catholic.org.au](mailto:kate.crncevic@mn.catholic.org.au) by Thursday 12 May.

## AUSTRALIAN RELIGIOUS RESPONSE TO CLIMATE CHANGE (ARRCC) WORKSHOPS

There's nothing quite like a personal conversation with your Member of Parliament. It's direct and it maximises the power of your message. Yet how do you go about it?

The ARRCC would love to have as many meetings as possible with MPs of all stripes. So, they're providing training in just that. So, if you've ever wondered how to hold a meeting with an MP, one of the following workshops could be of interest to you.

### MP meeting training workshops

Monday 24 April

NSW / ACT / VIC / TAS / QLD - 7.30pm to 8.45pm

SA – 7pm to 8.30pm

WA - 5.30pm to 6.45pm

[RSVP for the Zoom link here](#)

Wednesday 26 April

NSW / ACT / VIC / TAS / QLD - 12.30pm to 1.45pm

SA – 12pm to 1.30pm

WA - 10.30pm to 11.45am

[RSVP for the Zoom link here](#)

## CARITAS AUSTRALIA NEWSLETTER

The latest edition of Caritas Australia's Newsletter has been published. You can read it here: [https://www.caritas.org.au/media/m2ymmbmz/caritasnews\\_autumn-2023\\_digital\\_v3.pdf](https://www.caritas.org.au/media/m2ymmbmz/caritasnews_autumn-2023_digital_v3.pdf)

## CATHEDRAL PIETY STALL

We have a small number of items for sale in the Cathedral piety stall, located in the foyer. What items would you like to see available there? Please let us know! Either email the office or let a sacristan know your thoughts! Thank you.

**REFLECTION**  
by Richard Leonard SJ

With very good reason, the story of the road to Emmaus is thought to be the best parallel we have in the New Testament to our weekly celebration of the Eucharist. This idea could be a little surprising for some who might think the Last Supper would hold more similarities. Luke, however, reminds his community, who are like us, that even though they, like us, are prevented from seeing Jesus, they can still have a life-changing experience of his presence.

The disciples are on a journey of faith and Jesus meets them where they are, as they are. This is a critical detail in the story. Jesus listens to their expectations, hopes and disappointments and only after they have expressed the reality of their situation, does Christ open the scriptures to them. In doing so he takes their disillusionment and enables them to see the connections with the story of salvation. This leads them to hope. Even then, they do not recognise who Jesus is until he breaks the bread and in that action he is revealed as the one in whom they had been hoping. This experience drives them back to Jerusalem to witness to the power of Christ's resurrection.

Every Sunday as part of our journey of faith we embark on our road to Emmaus. There is never any point in us coming here pretending to be different from how we actually feel and who we are. God sees our hearts and minds and wants to meet us in the midst of our lives, whatever they may be like. The Emmaus story teaches us that Jesus firstly wants to listen to us before he wants us to listen to Him.

Emmaus, however, was not just about the disciples and their lives, in the same way that the Eucharist is not just about our lives either. Christ opens the scriptures to us each week so that we can make sense of our experience, see the ways in which God is present and absent and recognise our own foolishness. As with the Emmaus disciples, we are welcomed to the table of the Lord where we recognise Christ in the breaking of the bread and the pouring of the cup. This meal enables us to go out from here and proclaim to all we meet that Christ is risen.

One of the things the Church values most deeply is its connection to the experience of the earliest Church. And rightly so. It's a great privilege for us to recall that what we do here each Sunday is built upon the faith and weekly celebration of countless generations.

And though, appropriately, many things can be different in various cultural settings for the Eucharist

throughout the world, several elements always stay the same. It is the Risen Christ who accompanies us, listens to us, opens our minds to the scriptures, hosts us at his table, and sends us out to tell the world that He has been raised from the dead.

This is the best way to understand ourselves as 'traditional Catholics'. We share with thousands of generations the same fire of God's faithful love burning in our hearts as we are welcomed here each week, are listened to, taught, nourished and sent out to do our bit for the coming of Christ's Kingdom.

© Richard Leonard SJ.

**NEXT WEEK'S READINGS:**  
**4TH SUNDAY OF EASTER, YEAR A**

Acts 2:14, 36-41

1 Pet 2: 20-25

Jn 10: 1-10

**PROJECT COMPASSION BOXES**

Please return your Project Compassion offering.

Thank you for your generosity.



**Have you  
thought?**

**Recognising Jesus**

*These two disciples, although not any of the Twelve, would have considered themselves close followers of Jesus. They are devastated by his death and so must have known Jesus quite well. However, they fail to recognise him when he joins them on the road. Whether they were prevented from recognising him or whether he was somehow transformed through the resurrection we don't know. But two close followers were unable to recognise him walking beside them. Perhaps we shouldn't feel too bad, two millennia later, when we fail to recognise Jesus as he continues to walk beside us.*

**SENIOR WORDSEARCH**

**I love you, Lord, my strength**

Acts 2:14, 22-24  
Ps 18:1-2, 46 & 50ab, R. see v.2  
Lk 24:13-35

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

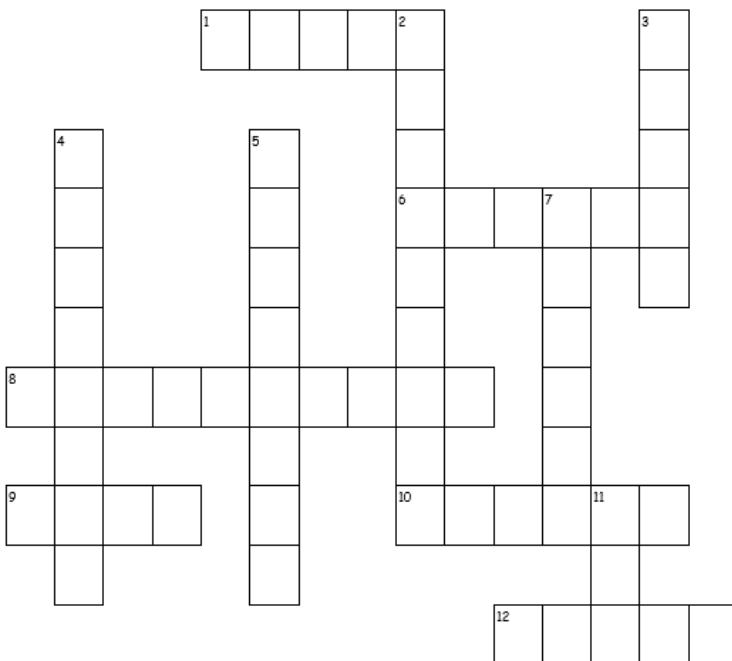
Try to find these words:

- angels
- apostles
- bread
- cross
- disappear
- eat
- Emmaus
- miracles
- Peter
- raised
- Scriptures
- sent

**CROSSWORD**

**I love you, Lord, my strength**

Acts 2:14, 22-24  
Ps 18:1-2, 46 & 50ab, R. see v.2  
Lk 24:13-35



**Across**

- 1: the two disciples knew who Jesus was when he broke what?
- 6: some women saw a vision of these at Jesus' tomb
- 8: sacred texts
- 9: Jesus was \_\_\_\_\_ to us by God
- 10: lifted up
- 12: this man spoke to the other apostles about Jesus

**Down**

- 2: vanish
- 3: Jesus died on a \_\_\_\_\_
- 4: Jesus' amazing deeds
- 5: Jesus' closest disciples
- 7: Jesus joined two of his disciples on the road to this town
- 11: to consume food

## THE 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,  
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 Al-  
mighty; 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.  
Amen.

### REFLECTION FROM POPE FRANCIS

#### From a homily at St Peter's Square in 2014

The road to Emmaus is a symbol of our journey of faith: the Scriptures and the Eucharist are the indispensable elements for encountering the Lord. We too often go to Sunday Mass with our worries, difficulties and disappointments....

Life sometimes wounds us and we go away feeling sad, towards our "Emmaus", turning our backs on God's plan. We distance ourselves from God. But the Liturgy of the Word welcomes us: Jesus explains the Scriptures to us and rekindles in our hearts the warmth of faith and hope, and in Communion he gives us strength. The Word of God, the Eucharist.

Read a passage of the Gospel every day. Remember it well: read a passage from the Gospel every day, and on Sundays go to Communion, to receive Jesus. This is what happened to the disciples of Emmaus: they received the Word; they shared the breaking of bread and from feeling sad and defeated they became joyful. Dear brothers and sisters, the Word of God and the Eucharist fill us with joy always.

Remember it well! When you are sad, take up the Word of God. When you are down, take up the Word of God and go to Sunday Mass and receive Communion, to participate in the mystery of Jesus. The Word of God, the Eucharist: they fill us with joy.

# Living the gospel

## Living the journey

*The story of the road to Emmaus is a perfect model for our Christian life. It reminds us first of all that none of us walk the journey alone. Even when we don't recognise his presence, Jesus joins us in the everyday realities of life. The breaking open and interpretation of scripture is essential to making sense of our life experiences and through the celebration of Eucharist and table fellowship we are nourished to not only continue the journey but to share the good news with others. Where do you find yourself in the events of this story?*

### THE CHUCKLE

Lord, keep your arm around my shoulder and your hand over my mouth



### 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 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