



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 25 JUNE 2023

12TH SUNDAY OF THE YEAR, YEAR A

Our Clergy

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

Regional Office—St Benedict's Centre

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



It could be argued that the greatest weapon in our secular world is the law. And the greatest shield against it: not to get caught. Every day we see politicians, elements in the media and countless others go on the attack against each other on points of law, so that we wonder if their motives are justice or something else. Yet, without the law we would have anarchy. This Sunday's readings invite us to reflect on the true law: God's law, which is the law of love, which embraces justice, mercy and forgiveness. The world, which includes us, too often judges by appearances. The Lord looks at the heart. *Fr John*

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)

Twelfth Week in Ordinary Time, Year A

Monday—26th June

8:15am Mass @ The Cathedral

Tuesday—27th June

Solemnity of Our Lady of Perpetual Help

8:15am Mass @ The Cathedral

9:15am Mass @ Stockton

Wednesday—28th June

Memorial of St. Irenaeus

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—29th June

Solemnity of Sts Peter and Paul

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—30th June

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday—1st 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—2nd July

13th Sunday in Ordinary Time, 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*)

1:00pm Naidoc Service @ The Cathedral

3:00pm Divine Mercy Devotion @ Mayfield West

5:00pm Mass @ The Cathedral

5:00pm Taize Service @ Tighes Hill

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



RECENTLY DECEASED: Paul O'Callaghan, Greg Radecki, Malcolm 'Mack' Doyle, Donato Vitullo, Lynde Stamp

ANNIVERSARIES: Elizabeth Cagney, Helen Bayley-Smith, Arthur Bayley-Smith, Brendan Bayley-Smith, Cherie Zaunders, Ken Lane, John Michael Turner, Charlie Ryan, Mick Rabbitt, Eden Brice, Sean Roche, Carmel Walker, Ian McGuinness, Marie Foreman Crittenden, Bev Forster, Fr Tony Stace, Katie Geatches, Terry O'Brien, Peter Mather, Alec Mather, John Belcher, Christopher O'Donohue

SICK: Aaron Parkes, Grayson Peers, Peter Kefecsek, Roslyn McGovern, Carlo Rossi, Jim Bailey, Neil Thomas, Kathryn Gray, Emilie Tseronis, Neil McGoldrick

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.

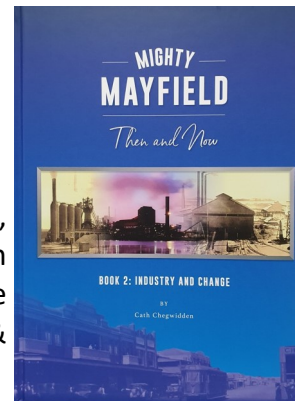
MIGHTY MAYFIELD

BOOK 2

then & now

Industry & Change

Now available at Davies Shoes, Blooms Chemist & The Coliseum Mayfield; McLeans Bookstore Hamilton; Waratah Village & Market Town shopping centre.



OUR BELOVED DEAD

We remember those in our Sacred Heart Cathedral Columbarium whose anniversaries occur in June:

Joy Doran

Clifford Ellicott

Barry (Appo) Garside

Leo Ireland

Helen Elizabeth McLachlan

Basil O'Brien

Moira O'Brien

Herbert Presland

Michael John (Mick) Rabbitt

Colleen Ray

Clyde Henry Rowley

John Ruggero

John Shearer

Stanley Wenman

Noela Margaret Yazbeck

Reginald Bennett

Coral Dawn (Diri) Cooke

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

NEXT WEEK'S READINGS:

13TH SUNDAY IN ORDINARY TIME, YEAR A

2 Kgs 4:8-11, 14-16

Rom 6:3-4, 8-11

Mt 10:37-42

WORKSHOPS AND CATHEDRAL LECTURE

RICHARD LENNAN

We are excited that Father Richard Lennan will be visiting his hometown this August. During his stay he is offering several workshops and presentations. Join Richard in 'tilling' the Church for a more faithful, just, and creative church, one responsive to the movement of grace.

Tues 15 -Workshop open to all diocesan community – The Church: Foundations, Challenges, and Possibilities- Maitland Gaol- 9.30am-3.30pm

Wed 16- Cathedral Lecture open to all diocesan community – Shaping the Church's Future: The Grace of Creative Faithfulness- Sacred Heart Cathedral. 6.00pm-7.00pm

Fri 18- Workshop open to all diocesan community – The Church: Foundations, Challenges, and Possibilities Forster Tuncurry Parish Hall. 9.30 am to 3.30pm

To register go to www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/upcoming-events/

NOTICE TO PLANNED GIVERS - THE END OF FINANCIAL YEAR IS COMING!

Planned Giving Tax Receipts: Parishioners who require a tax receipt for planned giving for the 2022/2023 financial year must notify the Parish Office **before 30th June 2023.**

Please submit requests in writing by one of the following methods:

Email to newcparish@mn.catholic.org.au: Use the wording, *"Please provide me with a Planned Giving tax receipt"* and include your name and envelope number.

Planned Giving Envelope: Write on your weekly envelope, *"Tax receipt required"*.

Tax receipt data will be processed on 30 June 2023. If you make a request after that date you will not be eligible for a receipt, nor for a tax deduction in relation to your planned giving contributions. This is because there is a designated sum that can be attributed to planned giving receipts and, once this distribution has occurred on 30 June 2023, no further allocations are possible.

The 'designated sum' provision also means that the claimable amount for each giver decreases when more people request a receipt. We therefore request that if you do not intend to claim a tax deduction, please do not request a receipt.

For those who do not claim a tax deduction but would like their contribution acknowledged, we can provide, on request, a letter confirming your contribution total.

REDISCOVERING JOY DR MICHELE CONNOLLY

How are hearts set on fire with love of God and love of the world? 'The only thing that counts for me,' wrote Pierre Teilhard de Chardin, 'is not to propagate God but to discover him.' Join us for a day of formation with Dr Michele Connolly, current Associate Professor of Biblical Studies within the Catholic Institute of Sydney and University of Notre Dame Australia. In a retreat style and setting, Michele will help us examine how rich and life-giving Scripture can be, revealing a God whose story intends to renew our lives and calls us to actively engage with the world.

Monday 11 September, Crown Plaza Hunter Valley, 9.30am – 3.30pm, \$30pp

RSVP: 13 August 2023. Registration: <https://www.eventbrite.com.au/e/rediscovering-joy-tickets->

FOR OUR ELDERS - NAIDOC WEEK PRAYER SERVICE - SUNDAY 2 JULY 2023

You are invited to join us for our 2023 NAIDOC Week Prayer Service from 1pm at the Sacred Heart Cathedral. The service will include an official Welcome to Awabakal Country with Aunty Sandra Griffin. Join with local Elders, including Canon Aunty Di Langham who will lead us through a special reflection. This service is held in collaboration with local Aboriginal and faith communities. A special water ceremony will take place and guests are asked to bring a small container of water from Country along with them. Refreshments and light meal will be served. RSVP by Sunday 25 June via Eventbrite:

<https://NAIDOCprayerservice.eventbrite.com.au> or by contacting Kate P: (02) 4979 1329

NAIDOC WEEK - MARCH AND COMMUNITY FESTIVAL - MONDAY 3 JULY - 9AM - 3PM

As part of our continued Reconciliation Action Plan journey, the Catholic Diocese of Maitland-Newcastle and CatholicCare Social Services have chosen to sponsor a tent at a community event hosted by Awabakal Ltd. We encourage all staff, volunteers and parishioners to attend and/or volunteer their time at the NAIDOC Week Community March and Festival.

The event starts at 9am in Civic Park, Newcastle with a flag-raising before marching in a procession to Foreshore Park where the Festival takes place from 10am-3pm. There will be lots of entertainment and community services, so it is a great educational event for young and old. Enquiries can be sent to Kate E: kate.crncevic@mn.catholic.org.au or P: 02 4979 1329

VINNIES WINTER APPEAL

“St Vincent de Paul will be holding their annual winter appeal this weekend 24 and 25 June at Hamilton and Tighes Hill parishes. We continue to meet the face of Christ in all we encounter, no matter sometimes the hopelessness of situations. Envelopes will be placed around the churches and can be placed on the second plate, given to the Vinnies representative at mass or taken home and returned at a later date. Each year these parishes are extremely generous and the Hamilton conference is very grateful for their generosity and on-going support.”



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

CHURCH/FAITH CRAWL

The Ecumenical and Interfaith Council of the Catholic Diocese of Maitland-Newcastle invites you to visit four Newcastle faith communities on Wednesday, 19 July from 9:30am to 3:45pm.

Lunch will be provided by the Salvation Army (\$10 per person). Registration is now open and closes Friday, 14 July. To register, visit www.eventbrite.com.au/e/church-crawl-tickets-648540932387

PINTS WITH A PURPOSE: MODERN DAY PILGRIMS

Join us as we engage with a panel of our Pilgrims from across our diocese who are planning to journey into the Holy Land and on to World Youth Day in Lisbon. Who are they? Why are they going? What are their hopes for the journey? Date: Monday 3 July @ 6pm Location: Sydney Junction Hotel Please contact Eliza Beletich for any questions. P: 4931 1228 E: eliza.beletich@mn.catholic.org.au

INTRODUCTORY CLINICAL PASTORAL EDUCATION (CPE) (40 hours)

This course is an introduction to the theory and practice of pastoral/spiritual care. It is a qualification required by NSW Health for those wishing to become hospital visitors. It covers such topics as listening skills, empathy, grief and loss, self-awareness and hospital procedures. It is conducted over six Mondays from 9am to 4pm. A certificate is awarded on completion. The course starts on 17 July and goes until 21 August. Registration due by 1 July.

MacKillop Parish Charlestown

For more information contact

Fr. Roger Zohrab- Pastoral Care Coordinator

Mob 0408 151 481 | roger.zohrab@health.nsw.gov.au

PARISH PASTORAL CARE TEAM

Meeting Thursday 29th June @ 2:30pm at the Parish Centre. Please consider this ministry; for more information, contact Margot, via the parish office.

SAFEGUARDING

The Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and wellbeing 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 visit their website for further information

www.officeofsafeguarding.org.au

GOSPEL FOCUS – FEAR

When scripture uses the term fear, it tends to fall into one of two meanings. When used in the context of 'do not be afraid' or 'fear not', it is a command to not be daunted by the woes and trials that the world imposes. The other use tends to be a command that we should fear God. In this context, the word does not mean to be frightened of God but rather to show proper reverence. To fear God is to stand in wonder and awe rather than to cower and hide. So, fear God, but do not be afraid!

THE CHUCKLE



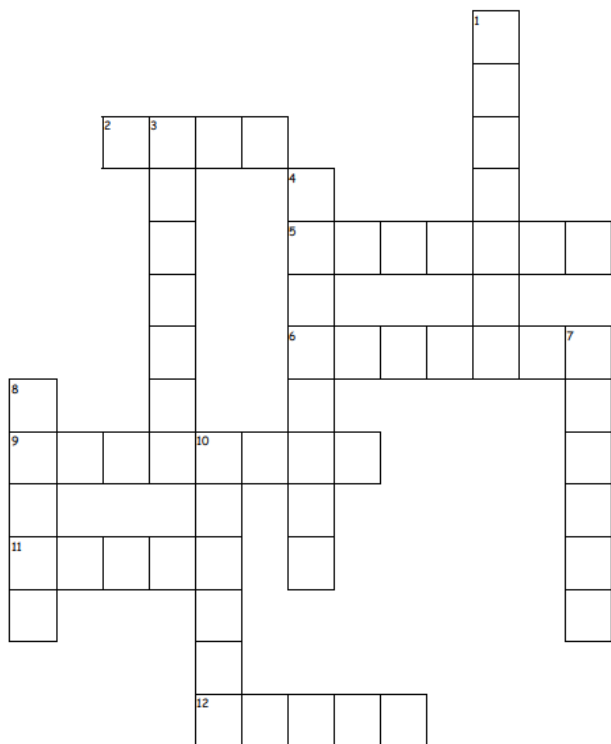
Hacker: I have all your passwords

Me: OMG thank you!
What are they?

CROSSWORD

We are the people of God

Ex 19:1-6a
Ps 100:1-2,3,5 R. v.3c
Rom 5:6-11
Mt 9:36-10:8



Across

- 2: to cure a wound or illness
- 5: the gathering of crops
- 6: holy men
- 9: these men were sent out by Jesus to help others
- 11: a large bird of prey
- 12: Moses led the Israelites out of this country

Down

- 1: people who work
- 3: people who are against you
- 4: someone who looks after sheep
- 7: full of sin
- 8: rescued
- 10: the number of disciples who became the first apostles

JUNIOR WORDSEARCH

All that is hidden will be made clear

Mt 10:26-31

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

Try to find these words:

- afraid
- counted
- dark
- destroy
- harm
- head
- hidden
- house tops
- light
- secret
- sparrows
- whispered

SAFEGUARDING

Do you know about safeguarding? We here continue our ten-part series addressing each of the Safeguarding Standards.

Human resource policies are where the tone of an entity is created. The policies and procedures are designed to create an environment where the purpose of the entity can be achieved in an efficient, and compassionate manner. Ten of the recommendations raised in the Royal Commission have strongly influenced this standard. In addition, the requirements of the *Aged Care Act 1997*, *Disability Discrimination Act 1992 (CTH)* and *National Disability Insurance Scheme Act (2013) (CTH)* have been incorporated. Criteria 5.5 - 5.8 are specific to church authorities and related entities with seminarians, clergy, lay ministers and those in formation with, or member of, religious institutes.

The fifth standard; **ROBUST HUMAN RESOURCE MANAGEMENT** has 8 criteria

Competency: People working with children and adults are suitable and supported to reflect safeguarding values in practice

Criteria 5.1: A strong commitment to safeguarding underpins an entity's recruitment.

Criteria 5.2: Personnel have current clearances (for example working with children checks) and/or equivalent background checks relevant to their role.

Criteria 5.3: Personnel complete appropriate induction and are aware of their safeguarding responsibilities, including reporting obligations.

Criteria 5.4: Ongoing supervision and people management includes an emphasis on safeguarding responsibilities

Criteria 5.5: Ongoing supervision and people management includes an emphasis on safeguarding responsibilities

Criteria 5.6: The curriculum for seminary and formation programs for clergy and religious includes safeguarding knowledge and skills development of candidates to understand and lead initiatives for safeguarding children and adults.

Criteria 5.7: The movement and credentialing of those in ministry is appropriately managed.

Criteria 5.8: Where clergy and religious from countries other than Australia are recruited to ministry, programs are in place to support their cultural awareness, screening, induction, professional supervision, and development.

REFLECTION

By Richard Leonard

A few years ago there was an English film entitled, *Secrets and Lies*. It charted the story of a dysfunctional family who sat on terrible secrets and told many lies for decades.

Like many successful dramatic films, audiences flocked to see it, not only because of its compelling story, but also because it tapped into an important truth about family life as many of us live it.

When I was a boy I was often told that 'What's said and done in the home, stays in the home.' And to a degree, this is a good and loyal principle.

There are, however, family secrets and lies that cause untold damage for generations because no one is allowed to speak about them. Sexual abuse, domestic violence, suicide, incest, drug-taking, alcoholism, theft, adoption and abortion are only some of the secrets and lies that many families sit on.

Jesus, however, tells us in today's Gospel that what you 'say in the dark, tell in the light. What you whisper in darkness, shout from the housetops.'

This doesn't mean that Christians tell everyone their personal business, but it does cut to the heart of what stunts spiritual and personal growth.

To the degree that something shameful remains buried, hidden and unhealed, then its power over us is increased. It remains the thing about which we can never speak. The bad spirit has a field day with this sort of stuff, feeding our fears and lowering our self-esteem.

In this regard some Christians make a false distinction between their spiritual and psychological lives. They hold that the exploration of one's personal history or emotional problems is self-indulgent or unimportant to how we live.

We all know people who, in the pursuit of emotional health, become obsessed by their own story, feelings, reactions and psychology. We also know others who never deal with the heavy hurts they seem to carry through the years, even though the pain of them seem to be as powerfully felt now as they were when they were inflicted upon them. Today's Gospel reminds us that there is a middle road between denying what should be acknowledged and dealt with, and being absorbed by it.

The Church, rightly, holds that the best psychological tools can bring out into the open memories and experiences that can be seen for what they are and dealt with. We just have to be sure that we don't get

conned into believing that psychology and therapy is anything but a pit-stop in life, so that we can attend to the working order of our mental machinery, and, importantly, get back on the road with everyone else, calling in later if needs be.

Long before the therapist's office Christ enabled the Church to develop the Sacrament of Penance where we admit our most destructive behaviour and hear that we are forgiven and healed.

That's why, when I am hearing a confession, I can't tell you how happy I am to hear the penitent say, 'Father I have never told anyone this before.'

At that moment I know the love of God is active in the person, drawing out what Christ wants in the light, spoken of and healed.

This Sunday Jesus invites all of us to find a person we respect and trust, and to end the tyranny of the power of secrets and lies. I promise you when you take this risk with the appropriate person, the presence of God won't be very far away either.

© Richard Leonard SJ

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

CATHOLIC DIOCESE OF MAITLAND-NEWCASTLE MARRIAGE TRIBUNAL

Can we help you? The Church is aware of the stresses associated with marriage breakdown and divorce and understands that many people have questions about the processes which might allow a divorced person to remarry in the Catholic Church. If you have any questions or would like to have a confidential chat about your situation, please contact Jane at the Tribunal on 4979 1370.

WATANDAR – WALLSEND LIBRARY

On Sunday 25 June, you're invited to join the community at a free screening of Watandar at Wallsend Library. It follows the story of photographer and Human Rights Activist Muzafar Ali. In 2015 he resettled in Australia and discovered that Afghans have been in the country for

160 years - so he's compelled to photograph and document the stories of their descendants. To register, visit

www.stickytickets.com.au/sjld5/

[watandar my countryman screening at wallsend.aspx](http://watandar.my.countryman.screening.at.wallsend.aspx)

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.

TAIZE SERVICE

Sunday 2 July: Immaculate Heart of Mary Catholic Church Tighes Hill 5.00pm – 6pm *followed by a shared supper.*



DIVINE MERCY DEVOTION

At Christ the King Church, Mayfield West. 2nd July at 3pm. All welcome

VIEW, CHEW, AND CHAT

Meets July 5 @7pm via Zoom for Chapter 5 of Hatch, Match, & Dispatch. Contact the parish office to join

LIVING THE GOSPEL FROM THE HOUSE-TOPS

One of the messages of Jesus to his disciples and, through him, of Matthew to the original community, is to have courage and to have pride in their belief. No matter what threat or persecution they are to endure, the command is to proclaim the message of Jesus from the house-tops. They are to be proud of what they believe and be prepared to share it with others. In a world today that is not always open to the message of Jesus, we too are called to be proud of what we believe and not whisper it in the darkness.

STUDENT ACCOMMODATION

34 Kenrick St, The Junction (the old 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

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 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.
Amen.

THE APP

The Diocese has a wonderful app that shows Mass times across our region. The app also shows the readings for the day! It's really worth downloading. Type "Diocese of Maitland-Newcastle" into the App store.

CHILDREN'S LITURGY @ TIGHES HILL

Children's liturgy @ Tighes Hill 8am, every 2nd Sunday of each month for children up to 12 years of age

SCRIPTURAL CONTEXT

The House of Israel

The gospel passage has Jesus telling his newly commissioned apostles to go only to the House of Israel, not to go to Samaritans or into pagan territory; the ministry of the apostles is only to be addressed to Jews. But this is the first part of a two-phase ministry. At the conclusion of the gospel, the Risen Jesus directs his followers to 'make disciples of all the nations'. For the Matthew community, (unlike the community of Luke) it was the House of Israel that needed renewal first before the message of Jesus could be taken to gentile and pagan communities.

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.

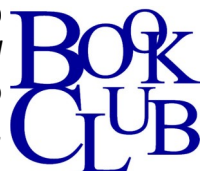
SACRED HEART CATHEDRAL and ST MARY'S, NEWCASTLE:

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

BOOK CLUB

Sunday, 2 July@ 6:15pm: Bookclub meets to discuss *All That's Left Unsaid* by Tracey Lien If you would like to participate in book club meetings, please email the office



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.