



# 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 9 JULY 2023

# 14TH 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](mailto:newcparish@mn.catholic.org.au)  
W: [www.newcastlecatholic.org.au](http://www.newcastlecatholic.org.au)  
W: [www.sacredhearthamilton.org.au](http://www.sacredhearthamilton.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*)

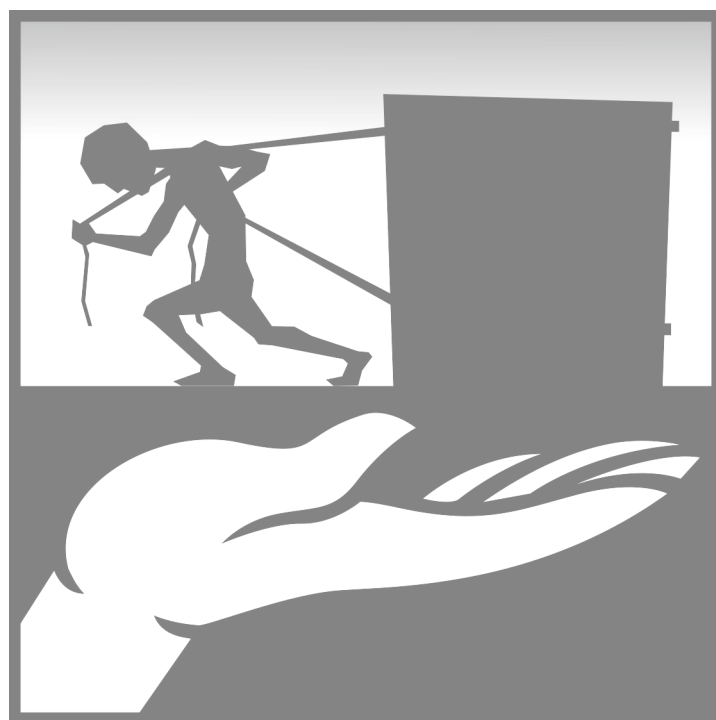
### Other Contacts

**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.



"Learn from me, for I am gentle and humble in heart". Many of us were raised in an era when the emphasis was on guilt, harsh penances and moral strictures that made little allowance for human weakness and the inherent complications of life in the modern world. Thankfully, we have been blessed with a Pope who is steering us along a path of pastoral understanding that resonates very strongly with today's Gospel.

*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)

Fourteenth Week in Ordinary Time, Year A

Monday—10th July

8:15am Mass @ The Cathedral

Tuesday—11th July

Memorial of St Benedict, abbot

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Wednesday—12th July

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—13th July

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—14th July

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday—15th July

Memorial of St Bonaventure, bishop, doctor

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—16th July

15th 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)

5:00pm Mass @ The Cathedral

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



**RECENTLY DECEASED:** Joy Grothen, Bill Moore,

**ANNIVERSARIES:** Rosemarie McGovern, Nancy O'Toole,  
John O'Leary, Ray Howell, Roy Johns, Kerin Armstrong,  
Terry Hart, Wynifred Hart, Bill Chidgey, Stewart  
McKinnon

**SICK:** Tony Nguyen, John Czadrik, Mark Caesar, Aaron  
Parkes, Grayson Peers, Peter Kefecsek, Roslyn  
McGovern, Carlo Rossi, Jim Bailey, Neil Thomas,  
Kathryn Gray, Emilie Tseronis, Neil McGoldrick

**REMEMBRANCE PRAYERS:** Kalalina 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](http://www.newcastlecatholic.org.au/downloads).*

### OUR BELOVED DEAD

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

**At Sacred Heart Cathedral:**

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

Teresa Gabriela Lewandowska

**At St Joseph's:**

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

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

### NEXT WEEK'S READINGS:

#### 15TH SUNDAY IN ORDINARY TIME, YEAR A

Is 55:10-11

Rom 8:18-23

Mt 13:1-23

## FROM THE MODERATOR

Dear friends,

Over the next 2 Sundays, Mr Sean Tynan, Director—Office of Safeguarding, will be giving presentations at the end of the Masses shown below. The purpose of these talks is to help us prepare for the safeguarding audit in our city region later this year. Sean and his Safeguarding team have done amazing work in preparing courses, materials and controls to help our schools and parishes keep children and vulnerable adults safe. If you are attending one of these Masses, I urge you to stay back at the end of Mass to listen to what Sean has to say. Safeguarding is a responsibility that affects us all.



With thanks,

Fr John

### Sean's Speaking Schedule:

Sunday 9 July: after 9:30am Mass @ Sacred Heart Cathedral

Sunday 9 July: after 5:30am Mass @ Mayfield West (Vietnamese Mass)

Sunday 16 July: after 11:30am Mass @ Sacred Heart Cathedral (Polish Mass)

## AN EVENING WITH NOEL PEARSON SUNDAY 16 JULY NEW VENUE

From 5pm to 8pm on Sunday 16 July Noel Pearson will host an event in the Factory Theatre at St Pius X High School, Adamstown. Listen to Noel's connection to Aboriginal Spirituality, his work on the Uluru Statement from the Heart and The Voice to Parliament. Concluding with a Q&A panel session that will include Noel, Aunty Louise Campbell (Catholic Schools Office) and Aunty Dianne Langham (Anglican Diocese). Register here: <https://NP2023.eventbrite.com.au>

## 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

## BOOKCLUB

Meets **Sunday, 6th August @ 6:15pm:** to discuss *Haven by Emma Donoghue* If you would like to participate in the discussion, please email the office.

## THE CHUCKLE

My uncle named his dogs Timex and Rolex. They're his watch dogs.



## 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.

### AMEN CAMINO COMMUNITY WALK

The aMeN CaMiNo is a response to a desire to be in communion with each other and our sacred earth. It is an opportunity to pause from routine, immerse yourself in reflection, contemplation and to provide a moment of space for each person to be conscious of God's gift of Grace. We understand not everyone is able to walk the five-day 100 km pilgrimage, so we invite you to sample the experience through the aMeN caMiNo Community Walk. Meet at Gun Club Rd Merewether for a 10 km walk through Glenrock Lagoon and loop back to Gun Club Rd.

**When:** Saturday 22 July, 8am-11am

**Registration:** <https://www.eventbrite.com.au/e/amen-camino-community-walk-tickets-653661347687>

### ST. JOSEPH'S TORONTO YOUTH GROUP

Join us for Faith, Fun and Fellowship! Calling all high schoolers to a fun-filled games night. Get ready for an evening filled with laughter, strategy and friendly competition. Bring your friends, siblings, or come alone and make new connections while enjoying the thrill of tabletop gaming!

Date: Sunday 16 July

Time: 4.30pm – 6:00pm

Venue: St. Joseph's Primary School Kilaben Bay School Hall

Age group: 13 – 18 years old

If you would like more information, please email [torontoyouth@mn.catholic.org.au](mailto:torontoyouth@mn.catholic.org.au)

### VIEW, CHEW, AND CHAT

Meets July 12 @ 7pm via Zoom for Lectio Divina. Contact the parish office to join

### PARISH LUNCHEON AT TIGHES HILL

Parish Luncheon at *Souths Leagues Club, Llewellyn St, Merewether* (Please note the new venue). 12.30pm on Monday, 17 July. All welcome. Inquiries to Maureen on 0412 673151.

## **WORLD DAY FOR GRANDPARENTS AND THE ELDERLY**

World Day for Grandparents and the Elderly was initiated three years ago by Pope Francis. This year it falls on Sunday 23 July. The 2023 theme is "His mercy is from age to age" (Lk 1:50) which emphasises the importance of dialogue between generations. The Pope encourages communities to connect this event with World Youth Day pilgrims. Enquire with your parish or school to find out what's happening in your community and how you can volunteer to help.

**NOTICE TO PLANNED GIVERS** - New envelopes now available in all churches. Thank you for your 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](http://www.eventbrite.com.au/e/church-crawl-tickets-648540932387)

### **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.

### **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.

## **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](mailto:childprotection@mn.catholic.org.au) or visit their website for further information

[www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)

The Safeguarding Promotors for the region are Gail Lovell and Anne Millard. Contact them through the parish office.

### **SAFEGUARDING STANDARDS**

Our regular column on the Safeguarding standards will continue next week.

### **THE BREAKFAST CONVERSATION**

A very light breakfast – Tea, Instant Coffee, Juice, toast, and spreads. All welcome.

What? Brian O'Donnell is a parishioner of Mary Immaculate Church, Tighes Hill, and an Engineer. His Topic is:

Irrigation in the Murray-Darling Basin, including how we are trying to regulate use of water, Australia's most important resource, covering his work and holiday visits to the NSW North West. Brian's employer is providing professional services and data equipment to Irrigators up there, and Brian is the engineer directly involved.

There will be plenty of time for questions

When? Monday 10th July commencing at: 7.00am – finishing before 9 am.

Where? City Pastoral Region Parish Office, 25 Farquhar St, The Junction (Back door).

Why? Very Light breakfast, Fellowship, Guest Speaker & Q & A

Compliance? Please take Covid precautions that are usual now. Consider masks, and do not attend if you are unwell.

Enquiries to Neil Jones: [neil.jones@bigpond.com](mailto:neil.jones@bigpond.com) or 0410 57257

### **COMMON GRACE, LISTEN TO THE HEART, TRAINING WORKSHOP TUESDAY 18 JULY**

On Tuesday 18 July from 10am until 12.30pm, Common Grace will host a training workshop in the Victor Peters Suite. The event will explore the importance of the Voice to Parliament Referendum. It will spark conversations so you can make an informed decision when voting later in the year. Optional creative element following the session. Register here: <https://listentotheheart.eventbrite.com.au>



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

Try to find these words:

- donkey
- Father
- heavy
- horse
- life
- peace
- rest
- sea
- Son
- Spirit
- tired
- wise

Unscramble the words below to find out what Jesus said to his followers.

COME TO , ALL   
 THAT ARE  AND  
 ARE   
 HEAVY  AND  
 I WILL GIVE YOU .



**REST YOU BURDENS ME WEARY CARRYING**

Do you feel safe? The Office of Safeguarding has activities and resources to help:

[www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)

## REFLECTION

By Richard Leonard

Before I said my first Mass an old priest gave me two great pieces of advice.

'You know when the congregation is filled with optimists. After a long series of announcements at the end of Mass and then you say, "and finally..." people take out their car keys!'

The second was, 'Never underestimate the burdens people bring with them into the church. Often we have little idea of the difficulties and pain our parishioners will be carrying.'

I have no idea what you have brought with you to Mass today. I can only imagine the anxiety and burden some of you are carrying. Whatever it is, Jesus invites you to let go of it, if only for a while, and be at peace.

Now all this 'come and rest a while' talk can be very pious and not sound all that in touch with reality.

Today's Gospel, however, came from the community of the Apostle Matthew and was written in Jerusalem about 45 years after Jesus' death. We know that this community experienced intense suffering and heavy burdens.

They had been expelled from the Synagogue and were being martyred for their faith in Jesus Christ.

No wonder they held so strongly to the words, 'Come to me all you who are weary and heavy burdened and I will give you rest.' And they found consolation in Jesus' example, 'take my yoke upon you and learn from me for I am gentle and humble in heart.'

Since the first century, however, Christianity has been guilty of trying to spiritually wallpaper over some tough realities rather than preaching that God is our companion in facing up to whatever our reality is and dealing with it.

Our faith is not about praying away our problems or fears and wishing it were otherwise. Our faith means we have experienced the love of God in Jesus Christ so that we never carry our burdens alone. God is our companion and guide and this parish Community, as with every Christian community, is called to be the sort of place where we carry each other's burdens and rest with each other awhile.

What we celebrate here each Sunday is that God will have the last word, a just, joyous, loving and peaceful word, in this world and when we enter our final rest. Jesus didn't come to us as a divine magician, waving a wand over our problems to wipe away all our tears.

Rather, he accompanies us so he can show us that the gift of peace and a release from our life's burdens is

often found in having the perspective for exercising the gift of right judgment. Making the best possible choices leads to the alleviation of our pain and difficulties.

This type of spiritual sanity reminds me of the story of the nun who was teaching the communion class, and drew an analogy about how food is essential to life. She asked the class,

'What's small and furry and eats nuts?'

To which there was bemused silence.

So Sister tried again.

'What's small and furry and eats nuts?'

There was now stony silence. Sister then picked out Billy and asked him for the answer. After several awkward moments, Billy tentatively replied,

'Sister, I know the answer is supposed to be Jesus, because the answer to all your questions is always Jesus but, I have to tell you, it sounds like a bloody squirrel to me.'

Sometimes the answer is not simply 'Jesus'. As we all know, for some of our difficulties, there is no spiritual quick fix. There is no cheap grace. The answer is not simply Jesus.

In confronting issues, however, it is necessary for spiritual and mental health to take time out, to be as gentle with ourselves as possible, to know that the burden of life is shared so that we can make the decisions that will ease the situation.

I don't underestimate the burdens some of you have walked into this church with today. Whatever burden you may have brought with you, may you know a moment's rest, the companionship of fellow travelers and the gift of Christ's peace.

Richard Leonard SJ

### **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.

### **CHILDREN'S MISSION PARTNERS:**

May/June \$400. Grand Total is now \$47,400.00. Thank you to the wonderful supporters of this cause.



## SEA SUNDAY 9 JULY

This Sunday 9 July is Sea Sunday, it's a moment when the church prays for all those who live and work at sea. Without them, we would not have most of the items we rely on for daily living.

**We all rely on seafarers.**

**With your help, they can rely on us.**

**On Sea Sunday we gather around the world to think of seafarers' welfare.**

**Being a seafarer is tough.**

Crews can spend months away working long hours with little respite or contact with home. On top of the daily pressures, the threat of piracy, shipwreck and abandonment are ever present for the men and women who serve us at sea.

In recent years, this challenging job has become even harder. Increased restrictions and lockdowns (due to the global covid-19 pandemic) saw many seafarers working beyond the end of their contract, facing months of uncertainty and further separation from loved ones. That's months of missed birthdays, anniversaries, funerals, and family celebrations.

Amid these challenges, the Mission to Seafarers has been a constant source of practical support and reassurance. Through our teams in more than 200 ports worldwide, we've been supporting the 1.5 million unseen keyworkers who have helped to keep the economy afloat and transport the essentials we need to survive.

Our port centres have always been a haven for mentally and physically exhausted seafarers. For those who can't make it into the centres, our chaplains and ship visitors take a warm welcome and listening ear onboard. And when that's not been possible, email, social media, and WhatsApp have been a lifeline of support.

**When seafarers have nowhere else to turn, your support ensures they can come to us.**

If a seafarer wants to get to the shops, they need the right documentation, permission for shore leave, transportation, and enough time to get there and back – none of which is easy.

This is where we come in. When seafarers can't get to us, we go to them. Over the years, especially the past few years when there was no shore leave, our team became masters of logistics, working against the clock to get shopping to crews before they moved on.

We bought everything from fresh fruit and medication to musical instruments and computers. These items helped to preserve the dignity of our seafarers, bringing joy to their families, and reminded them that we care.

Can you support Stella Maris, Apostleship of the Sea, the official maritime welfare agency of the Catholic Church? It supports seafarers both practically and spiritually. To assist this Catholic ministry, please send your donations to:

<https://stellamarisaustralia.org/sea-sunday-appeal/>

### A PRAYER FOR SEA SUNDAY:

*Heavenly Father, we give thanks to you for your creation and all the beauty in this world. We thank you for the ocean, in its abundance, and for the people who toil on its surface. Without our brothers and sisters who are seafarers, we would not be able to enjoy all the blessings of this world. Enfold them in your fatherly love, guide their passage through storm, swell and darkness. May we always be mindful of our Global Family and be truly grateful for the sacrifices seafarers make each day. Amen*

On Sunday evening at the conclusion of the 5pm Mass, Rick McCosker will speak about Stella Maris here in Newcastle.

## **EFFECTIVE LITURGICAL PROCLAMATION A WORKSHOP FOR LECTORS**

Lectors are members of a "liturgical team" that come together to create a celebration of worship that will build up the assembly in faith. One of the most important things lectors do is to keep alive the stories and Scriptures, the rituals of our faith. Understanding the elements of liturgical proclamation is therefore essential to the effective proclamation of the Word of the Lord.

All lectors and those interested in becoming lectors are invited to attend one of two workshops on effective liturgical proclamation on either:

Saturday July 22 from 4-5pm OR

Wednesday July 26 from 6-7pm

Please register by email:

[anne.millard@mn.catholic.org.au](mailto:anne.millard@mn.catholic.org.au)

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

Wed 16 August- 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 August- 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/](http://www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/upcoming-events/)

## **VINNIES WINTER APPEAL**

"St Vincent de Paul continues their annual winter appeal 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 are 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."

## **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

### **OVERSHADOWED:**

### **FILLED WITH THE POWER OF THE HOLY SPIRIT, 18 TO 20 AUGUST 2023**

Join the MGL Sisters in a weekend retreat exploring what happens when we say yes to the Holy Spirit. Experience the life-changing power of deepening in God's love, surrendering to Jesus and living under the grace of the Holy Spirit.

Venue: Carmel House, 345 St Andrews Rd, Varroville NSW

Bookings: <http://www.trybooking.com/CFBQX> (by 11 August)

Contact: Katherine - [mgl sisters.sydney@gmail.com](mailto:mgl sisters.sydney@gmail.com)