



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 16 JULY 2023

15TH 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

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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 this Sunday's parable, the Lord presents us with a wonderful metaphor for the human heart by comparing it with garden or a field. Also, that a very rare and sacred seed has been given to us to nurture in this garden or field.

How much time will you spend today or this week in your garden or field? Will you ensure it remains watered, weeded and tended with extra loving care? Or might you forget about it because you have other important things to do? This is the spiritual challenge facing us all, especially in this age of countless distractions.

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)

Fifteenth Week in Ordinary Time, Year A

Monday—17th July

8:15am Mass @ The Cathedral

Tuesday—18th July

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Wednesday—19th July

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—20th July

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—21st July

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday—22nd July

Feast of St Mary Magdalene

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—23rd 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
and on the Diocese website*

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.

NEXT WEEK'S READINGS:

16TH SUNDAY IN ORDINARY TIME, YEAR A

Wis 12:13, 16-19

Rom 8: 26-27

Mt 13: 24-30



RECENTLY DECEASED: Sue Ellis, Eduardo Chavez

ANNIVERSARIES: Sheilah Delaney, Gwen Tischenko, Amelia Hoffman, Sr. Maree Haggerty rsm, Sr Philomene Tiernan rscj, Melba Royan, Mary Russell, Bede Russell, Brian Byrnes, Hilton Hoffman, Michael Hickey, Moira Bailey, Julie Raftery, Helen Amos, Margaret (Peg) Forbes, Brian Toomey, Matthew Brougham, Helen Amos, Kenneth Britten, Michael Beckett, Slavko Kefecsek, Nunzio (Charlie) De Iuliis, John Doran

SICK: Stewart McKinnon, Tony Nguyen, Mark Caesar, 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.

OUR BELOVED DEAD

We remember those in our Columbaria whose anniversaries occur in July. At Sacred Heart Cathedral:

Reginald Bennett

Coral Dawn (Diri) Cooke

Gerard Daly

Patrick Docherty

John Doran

Maree Margaret Drennan

Mary Everleigh

Sergio Franceschi

Fay Franks

Joan Marjorie Harris

Kevin Thomas Kelly

Reg Jim Mclean

Ken Moulston

Frank Narvo

Jerzy Nowakowski

Mildred Roser

Christine Smith

Eric Smith

Josef Stefanos

Clarence Joseph Withers

Teresa Gabriela

Lewandowska

At St Joseph's

Paul Bertoss

Peter Doohan

Kath Ryan

Lillian Wilkin

James Campbell

Adrian Joseph Alock

Lloyd Bailey

Lillian Barber

Kenneth Baxter

Don Blair

Jack Britten

Roy Bruce

Brian Byrnes

Mary Gertrude Chester

Val Colyvas

Doreen Dent

Peter Doyle

Peter Goninan

Kevin Johns

Louise Leahy

Jack McNamara

Allan McVie

Joseph O'Callaghan

Eileen Rae

Elizabeth Wallace

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

FROM THE MODERATOR

Dear friends,

This week, Mr Sean Tynan, Director—Office of Safeguarding, continues his presentations, speaking after 11:30am Mass @ Sacred Heart Cathedral (Polish Mass). 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



ST VINCENT DE PAUL STOCKTON

The current members of St Vincent de Paul, Mark and Anne Bailey, Paul and Luisa Newton, Helen Douglas and Maureen Frize, would like to extend a sincere thank you to Stockton parishioners, past and present, for their enduring support over many years. We would also like to acknowledge St Peter's Primary School who have always supported us so wonderfully over the Christmas period. Sadly, we have collectively decided that it is time to close our doors here in Stockton. This decision did not come about lightly. We must acknowledge the fact that we are all aging and need more time for ourselves, families and friends. We would urge you all not to stop supporting 'Vinnies' which does such a tremendous job in supporting the disadvantaged. We would also, at this time, like to acknowledge some of our past members...Pat Walker, Bernie Bernard and Barbara Witcher, Judy Vial, Annette Coverdale, Annie Matthews (Decd.), Phil and Barbara Grogan (Decd.), George and June Bailey (Decd), to name a few. Please forgive me if I have neglected to mention your name. Many thanks, once again, and goodbye from St Peter-in-Chains Conference, Stockton.



PARISH EMPLOYEE & VOLUNTEER SAFEGUARDING TRAINING

Saturday 5 August 2023 | Session – 9.30am to 12.30pm (Lunch Provided)

Victor Peters Suite, 841 Hunter Street, Newcastle West

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 RSVP by August 1 49791101 or
newcp parish@mn.catholic.org.au

Thank you to the Mayfield Community for the generous St Vincent de Paul donations.



Thank you, Sacred Heart Cathedral parishioners, for your donations to Stella Maris last week for Sea Sunday. We raised \$203.45

If you would like to see the video, or donate to Stella Maris, please visit:

[Stella Maris, Australia \(stellamarisaustralia.org\)](http://StellaMaris,Australia(stellamarisaustralia.org))

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



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

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, Auntie Louise Campbell (Catholic Schools Office) and Auntie Dianne Langham (Anglican Diocese). Register here: <https://NP2023.eventbrite.com.au>

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.

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-626620176817>

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

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.

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

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

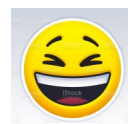
Venue: St. Joseph's Primary School Kilaben Bay School Hall

Age group: 13 – 18 years old

If you would like more information, please email torontoyouth@mn.catholic.org.au

THE CHUCKLE

What did one hat say to the other hat?
You wait here. I'll go on a head



God prepares the earth for the harvest

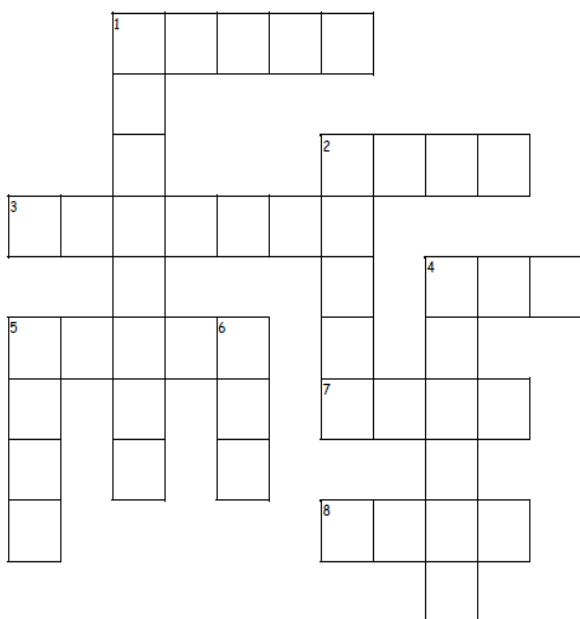
Q W P S W Z M E P C S E Z Q B V B
L I K O E G K A R A Y X S Z U L O
N Y V X G A H J M T O X C Z X F X
G G L N I L X N E P X A T B W G P
D D P K R I S O V B B A S L K X A
T W V P I L W R S M Q N C A Y V F
Y M O J P E B B P L R B K C C N W
D X Z R E E V C I Y W G O V U B J
X Z Y O C L J S R N L S F H N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

Try to find these words:

birds
boat
children
crowd
Galilee
rain
seeds
sky
snow
soil
Spirit
sun

CROSSWORD

God prepares the earth for the harvest



Across

- 1: a large group of people
- 2: this covers the ground in winter
- 3: Jesus taught at this lake
- 4: it appears in the sky and helps plants to grow
- 5: animals that fly
- 7: seeds are planted in this
- 8: water that falls from the sky

Down

- 1: young people
- 2: plants start out as these
- 4: those led by God's _____ are his children
- 5: used for travelling on water
- 6: the sun and moon appear in the ____

SAFEGUARDING

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

The historical management of complaints of abuse have received fierce criticism. Not only our Church but Government and other religious entities did not act in a legal or ethical manner when dealing with complaints and knowledge of abuse. This standard clearly demonstrates that, as an organisation, the Australian Catholic church has changed, and it acknowledges the historical issues and has willingly embraced and extended the recommendations of relevant Royal Commissions. This standard is written so that it can move with changes in legislation, regulation, and doctrine. This standard does not exist on paper alone, each entity must show compliance with every criterion

The sixth standard; **EFFECTIVE COMPLAINTS MANAGEMENT** has 6 criteria.

Competency: Processes for raising concerns and complaints are responsive, understood, accessible and used by children, adults, families, carers, communities, and personnel

Criteria 6.1: The entity's Complaints Handling Policy outlines the roles and responsibilities, approaches to dealing with different types of complaints, reporting obligations and record keeping requirements.

Criteria 6.2: The Complaint Handling Policy is understood by children, adults, families, carers, and personnel, and focuses on the rights of children and adults at risk.

Criteria 6.3: Complaints are taken seriously and responded to promptly and thoroughly

Criteria 6.4: The Complaints Handling Policy includes the process of reporting complaints and concerns to relevant authorities, requiring cooperation with any statutory or contractual processes.

Criteria 6.5: The Church Authority ensures mechanisms are in place to support complainants of child and adult sexual abuse.

Criteria 6.6: The Church Authority ensures respondents facing allegations are supported and monitored.

Our safeguarding promoters are Gail Lovell and Anne Millard. Contact them via the parish office.

REFLECTION

By Richard Leonard

A newcomer to a city known for its wind and rain arrives on a rainy day. She gets up the next day and it's raining. It also rains the day after that, and the day after that. She goes out to lunch and sees a young child and, out of despair, asks, 'Hey, kid, does it ever stop raining around here?' To which the child replies, 'How should I know? I'm only six.'

With the three readings we have just heard, we could easily celebrate Environment Sunday today. Rain, snow, seeds, sowers, fertile soil and a labouring creation giving birth to the fruits of the Spirit, are all rich ground upon which we can reflect on the importance of our earth's ecology.

In recent years the Church has regularly reminded us that the issue of caring for the environment is an important part of our Christian commitment for justice. We have been reminded that while the earth has been entrusted to us as stewards, to be preserved, it is also given into our hands to be developed in such a way that there will be a productive earth for future generations to inherit

If this means we must limit our consumption, change our priorities in regard to energy and trade and show the third world the way in developing eco-friendly industries, then all the better for us. Most of us know that we cannot keep going as we are, with ever increasing unsustainable demands on our planet. There is no point any of us crying over the demise of our environment in the future, if we are doing nothing to help it now.

Every small thing we do from being conscious of the issues, to recycling and using our cars less, is not unimportant. Some of us are in positions to do a lot more than these things as well and we should take our Christian responsibilities in this regard very seriously.

One creative reading of today's Gospel is that it parallels how we can respond to the news of the degradation of the environment.

For some of us the facts and figures about the planet's ecosystem fall on rocky ground. We are not receptive to hearing anything that might demand a change in our lifestyle or a lessening of our comfort.

For others of us, recent debates fall among the thorns. Competing with other issues for our attention and action, the plight of the earth is not able to take root in our consciousness or sympathies. We think it can all wait for another generation who will have the ability to fix the problems then.

For some of us, however, recent surveys and our own sense of environmental changes means that what experts are saying falls on fertile soil. We want to do whatever we can to see that the earth continues to bear fruit for as many generations as God intends.

The Old and New Testaments are filled with the importance of our relationships to the earth. In the book of Genesis humanity is told to care for and subdue the earth, not wreck it. We cannot be irresponsible about the world's finite resources in the hope that we will find solutions in the future. Avarice is not one of the seven deadly sins for nothing.

We believe the bread and wine of the Eucharist, which we say are 'the fruit of the earth and the work of human hands', are changed into Christ present among us. May these Eucharistic gifts rooted in our soil, effect in us a change that might enable us to have ears to hear the groan of creation as it calls for us to be careful sowers and responsible reapers. May our stand for justice always take into account the care our earth requires so that we have a productive planet to hand on to our children.

By how we choose to live now, may we hand it on to them in better shape than we found it.

Richard Leonard SJ.

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

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>

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>

Historical Context

Matthew's community

The gospel of Matthew is written at a time and particular context in which the community audience were feeling the effects of having been ostracised from the Jewish community. They were confounded by the fact that other Jews could not accept the reality of the Jesus message as they had. This parable, and the accompanying conversation with the disciples in which they are blessed for their understanding, would have been a comfort for the Matthew community. Although they were frustrated, they were being told through this story that not everyone is ready to hear the message that they had heard and accepted.

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.

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/

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.

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

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