



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 13 AUGUST 2023

NINETEENTH SUNDAY IN ORDINARY TIME, 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.



The story from Matthew's Gospel, about Jesus walking on the water, is reminiscent of Paul's description of Jesus in the letter to the Colossians: 'the firstborn of all creation' (1:15), 'the firstborn from the dead' (1:18) and 'through him God was pleased to reconcile to himself all things' (1:20). In Matthew's story Jesus is not a 'ghost', but a flesh and blood human whose divinity becomes apparent while he blends with the earthly elements. This is truly a graphic illustration of how all things will be reconciled to God.

Reflection by Jenny Close

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)

Nineteenth Week in Ordinary Time, Year A

Monday—14th August

Memorial of St Maximilian Mary Kolbe

8:15am Mass @ The Cathedral

Tuesday—15th August

Solemnity of The Assumption of the Blessed Virgin Mary

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Noon @ The Cathedral

5.30pm @ Tighes Hill

Wednesday—16th August

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—17th August

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—18th August

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday—19th August

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—20th August

20th 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

The Vietnamese Mass at Mayfield West will resume on
27 August when Fr John returns from holidays

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

NEXT WEEK'S READINGS:

20TH SUNDAY IN ORDINARY TIME, YEAR A

Isaiah 56:1, 6-7

Romans 11:13-15, 29-32

Matthew 15:21-28



RECENTLY DECEASED: Margaret Casey, Anna Russell

ANNIVERSARIES: Margaret Hogg, Moira Thomas, Peter Kozickys, Ron Brazier, Josie Bird, John Lawler, Irena Ivanovic, Helen Maslen, Helen Watt, Janet Bryant, Dominic Palozzi

SICK: Christine Timbrell, Twon Nguyen, Neil McGoldrick, Stewart McKinnon, Tony Nguyen, Mark Caesar, Aaron Parkes, Grayson Peers, Peter Kefcecek, Carlo Rossi, Jim Bailey, Neil Thomas, Kathryn Gray, Emilie Tseronis

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 August.

At Sacred Heart Cathedral:

Betty Caelli	Teresa Losurdo
Lynda Corrigan	Anthony Mangioni
Joan Adele Daly	Maree Ann Martin
William (Jack) Everleigh	Mark Murphy
Aileen Gilbert	Henry Petherbridge
Nesta Haggerty	Ashleigh Powter
Kathleen Hart	Sheelagh Ruggero
Margaret Hogg	Madeleine Savage
Harry Kilner	Veronica (Rhona) Seath
Leon Lakomy	Robert (Bob) Smythe
Thi Kim Loan Le	Marjorie Wakely
Mary Loscocco	

At St Joseph's

Betty SMITH	Mary CORLIS
Peter THOMPSON	Patricia Ethel DAVIS
Clare McDONNELL	Laurence Bede DOWLING
Margaret BAILEY	Noel DOWZER
Eileen BAXTER	Kevin DOYLE
Helena Esther CASKEY	Cyril FERNANDO
Anne Elizabeth MEIGHAN	Francis PAGE
Marie O'CALLAGHAN	Thomas RAE
	Norma WALTERS

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

OFFICE PHONE ISSUES

Internet and phone service to the parish office have apparently been restored, although there might still be a hiccup or two. Thanks for your patience during the outage.

ART AND SPIRITUALITY WORKSHOP

Creation of art provides an opportunity for a deepening awareness of oneself and the world, and can act as a catalyst for evoking the Spirit. Art is a means to see-to-re-search and find the living meaning of what it means to open the heart. Everyone has the ability to create art, but in order for it to be theological, the artist needs to explore ways that it makes sense of faith. Opening the heart through art involves making meaning through the creation, then reflecting on the art itself and unfolding the moment-to-moment direct experience of the process.

This workshop will provide an opportunity to awaken the Spirit through the beauty of God's creation, prayer, and reflection. Participants will engage in art-making experiences which will nourish their faith.

Dates: Thursday September 14 (9am-3pm)

Venue: Kilaben Bay Community Centre

Cost: \$25 per person

To register go to: www.eventbrite.com.au/e/art-and-spirituality-workshop-september-2023-tickets-632417346307

SEASONS FOR GROWTH ADULT PROGRAM

The Seasons for Growth Adult Program is for anyone who is living with the effects of change and loss. Many factors can cause change such as the loss of someone or something you love, family separation and divorce, moving to a new place, impact of illness, migration, and family or work-life changes.

If you, or someone you know, are dealing with significant life changes, you are invited to attend the Adult Seminar:

Date: Saturday 2 September, 9.00am-12.00pm

Venue: Toohey Room, 841 hunter St Newcastle West

RSVP: 27 August

Registration:

<https://www.eventbrite.com.au/e/season-for-growth-tickets-671239343947> or ring 4979 1334

THE CHUCKLE

What do you call a fish with no eyes?
"Fsh".



NATIONAL CATHOLIC SAFEGUARDING STANDARDS

Over the next few months, the Diocese of Maitland-Newcastle is being audited against its compliance with the National Catholic Safeguarding Standards. Director of Safeguarding, Sean Tynan, has made an electronic recording of a 15 minute presentation, designed to let parishioners know about the audit process and, for those parishes who will be audited, what they can expect. It may be of interest for your parishioners to be able to access this information. It is recommended that, if you are one of the parishes being audited, that you give your congregations an opportunity to learn about what will be happening between now and mid November 2023.

View the presentation:

<http://youtube.com/watch?v=9QmrwxXhx0U>

COMMUNITY HOUSIE

- Housie is played every Tuesday, Thursday, and Saturday evening at Southern Cross Hall (841 Hunter Street, Newcastle).
- Doors open at 5pm with Tickets on sale from 6pm
- The first call of Housie (eyes down) happens at 7pm on Tuesdays and 7.30pm on Thursdays and Saturdays.
- Over 35 games are called per night.
- Paper tickets and electronic tablets/PET available for play.
- Canteen, food, drinks, cakes available for purchase
- Players must be 18 years of age or older. Sorry, no EFTPOS.
- Any questions about Housie, please call Justin Scanlon on 0458 002 526.

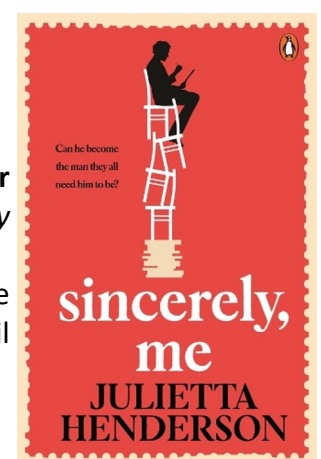
Community Housie is on Facebook: <https://www.facebook.com/communityhousie>

BOOKCLUB



Meets **Sunday, 3rd September @ 6:15pm**: to discuss *Sincerely Me* by Julietta Henderson.

If you would like to participate in the discussion, please email the office



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/

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>

'COME REST A WHILE'

Reflection Day - Saturday 9 September, Charlestown, 10am to 3.30pm

In appreciation of current and interested Christian Initiation ministers, 'Come rest a while' is an opportunity to listen, reflect and get to know other ministers. Morning tea and lunch provided. Details and registration at come-rest-2023.eventbrite.com.au

For enquiries or registration assistance contact sharon.murphy@mn.catholic.org.au P 4979 1134.

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

CAN YOU SUPPORT CATHOLIC CARE DURING AUGUST?

CatholicCare's Community Kitchens offer more than just a meal. With the assistance of volunteers, CatholicCare has created a space where people can feel safe and enjoy the company of others and access other services if needed.

We ask you to give a gift to our Make a Difference Appeal to help us to continue to feed and connect people through our Community Kitchens and other non-funded programs.

At CatholicCare our programs really do make a difference in our local community. We can't do this work without the generosity of our community and people like you.

Your tax-deductible donation will go a long way. Donating is simple and only takes a few steps. Visit: www.mycause.com.au/page/318856/make-a-difference

CATHOLIC PRAISE AND WORSHIP

Inviting all interested people, including musicians (instrumentalists and vocalists), to our second planning meeting for a new and regular Catholic Praise and Worship event. Join the 30 people who have already expressed interest at our meeting on Wednesday 23 August from 5.30pm-7.00pm, at the Cafe at St Mary's Catholic College, 47-49 Pacific Highway, Gateshead. Refreshments will be provided. For more information, please call Fr Anthony Potts on 0466 140 066.

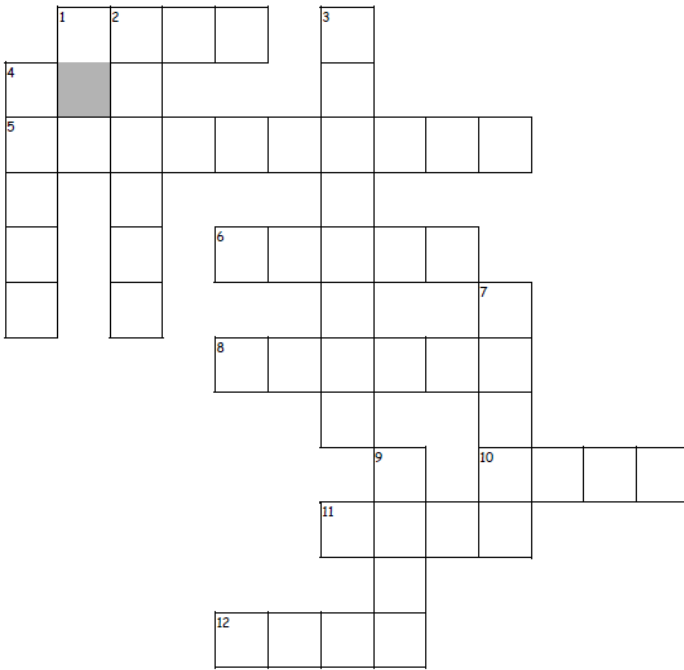
VIEW, CHEW, AND CHAT

Meets August 23 @7pm via Zoom for Lectio Divina. Contact the parish office to join

CROSSWORD

Lord, show us your mercy and love

1 Kgs 19:9a, 11-13a
Ps 85:8abc & 9, 10-11, 12-13
Mt 14:22-33



Across

- 1: Elijah spent the night in one of these
- 5: a violent shaking of the ground
- 6: the sea is made of this
- 8: this man was told to go and stand on the mountain
- 10: to become submerged in water
- 11: a vessel for traveling on water
- 12: the element that can burn things

Down

- 2: scared
- 3: a very tall, large land mass
- 4: this man walked on the water but began to sink
- 7: an apparition of a dead person
- 9: Elijah covered his face with this

SENIOR WORDSEARCH

Lord, show us your mercy and love

1 Kgs 19:9a, 11-13a
Ps 85:8abc & 9, 10-11, 12-13
Mt 14:22-33

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

Try to find these words:

- afraid
- boat
- cave
- earthquake
- Elijah
- fire
- ghost
- mountain
- Peter
- robe
- sink
- water

SAFEGUARDING

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

Continuous improvement is required for the growth and development of Safeguarding and that is in line with the changes and expectations of the society and legislation.

The ninth standard; **CONTINUOUS IMPROVEMENT**, has 3 criteria

Competency: Entities regularly review and improve implementation of their systems for keeping children and adults safe

Criteria 9.1: The entity's safeguarding practices for the protection of children and adults at risk are regularly reviewed.

Criteria 9.2: Concerns and complaints are analysed to identify causes and systematic failures in safeguarding practices.

Criteria 9.3: The Church Authority reports on the findings of its safeguarding reviews.

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

HISTORICAL CONTEXT

Separation

The image of Jesus still ashore while the disciples battled against strong winds and rising seas must have been an evocative one for the Matthean community. Like the disciples, they were acutely aware of their separation from Jesus. Unlike the disciples, they were separated by time and the raging storm that beset them was a tide of suspicion and persecution. At times they felt the strength and courage of Peter to step out of the boat and be Jesus in their world, but at other times they doubted their own abilities. It is a message for the Church of the day and the Church of today.

REFLECTION

Keep Rowing!

by Father Michael Tate

I vividly remember as a young boy swimming on a coastal beach and being dumped in the surf. I was tossed around topsy turvy and was very aware of the power of the waves. I survived, but since then have always been afraid of turbulent water.



This Gospel resonates with that experience, and it resonates with lots of experiences in our lives.

Have you ever felt swamped by an event — a traumatic accident, the death of someone we love, betrayal by a friend, the loss of a job, failure in an exam — which seems to leave us floundering? A sudden tempest storms into our life and we can't find our feet, can be quite literally gasping for air, we can feel we are drowning.

The disciples had started off from the Jewish side of the Sea of Galilee, familiar territory. Jesus guided them through the stormy situation to “the other side”, the pagan side, unfamiliar territory where they would not have felt at home.

It takes courage for us to move to a new situation, but with Our Lord's presence we need not be as afraid as we would otherwise be.

When the Church is buffeted by storms, it is often because the Church is in the midst of a journey from familiar to unfamiliar territory. Some of the storms include a new attitude to authority, to gender roles. There is anger and suspicion at sexual abuse and its cover up. In all these situations and many more, Our Lord will not allow us the indulgence of nostalgic yearning for the safety of the past country inhabited by the Church. We must make our way to the other shore.

We could pause for a moment, resolving to row with courage because we know we are in the same boat as Peter whom our Risen Lord assures:

‘Do not be afraid.’

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.

THE FEAST OF THE ASSUMPTION

The Feast of the Assumption celebrates the belief that the body and soul of the Blessed Virgin Mary was taken into heaven after the end of her earthly life.

Mary's assumption into heaven is seen by many as a fulfilment of Jesus' promise to all faithful servants; that they too will be received into the Kingdom of God.



Mary is seen as the first disciple of Jesus and a model for all disciples; it is fitting that she receive the gift of discipleship first of all.

MASS TIMES

FOR THE FEAST OF THE ASSUMPTION:

Tuesday 15th August 2023

Mass times:

8.15am @ The Cathedral

8.30 am @ Stockton

Noon @ The Cathedral

5.30pm @ Tighes Hill

HOLY DAYS OF OBLIGATION

for Australia and New Zealand are 15 August (Assumption) and 25 December (Christmas). The importance of a day in the liturgical calendar is determined by its rank (solemnity, feast, memorial); a Holy Day is simply a solemnity celebrated like a Sunday that is, with obligation. However during COVID-19 please take note of the Bishop's correspondence regarding attending Mass.

DIVINE RETREAT CENTRE

AUGUST RETREATS

During August the Divine Retreat Centre has a number of events on offer:

- Inner Healing Growth Retreat – 18 to 20 August – online
- Spiritual Retreat – 21 August – St Patrick's Wallsend
- Spiritual Retreat – 22 August – St Luke's Revesby
- One Day Pilgrimage – 27 August (*Divine Retreat Centre 160 Hensons Rd, Somersby, NSW*)

For more information visit

www.divineretreatcentre.org

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.

LIVING GOSPEL

Christian

What does it mean to describe oneself as a Christian today? A common understanding might be 'one who follows the teachings of Jesus Christ'. Perhaps, based on the understanding of what it meant to be a disciple, we might better describe a Christian as one who learns from the teachings of Jesus and seeks to emulate the work of Jesus. That is, a Christian is someone who models their life on the example of Jesus and is the face of Jesus to others. That's a tougher job description than just turning up to church once a week or putting a bumper sticker on your car.

GOSPEL FOCUS – 'LORD! SAVE ME!'

The cry of Peter is one that each of us feels the need to cry out at some stage in our life. Jesus trusted Peter's ability to walk to him on the water; otherwise he would not have called Peter to do so. It is Peter who doubts himself. In this moment of realising that he can't do it alone, he calls out to Jesus. One of the enduring images of Jesus is as the one who saves – the Saviour. When the realisation eventually comes to each of us that we can't do it all alone, we need only call on the one who saves.

SCRIPTURE COMMENTARY by Dianne Bergant CSA

Elijah's experience occurred on the mountain of God. Though in one tradition this mountain is Sinai (see Ex 19:1-6), this tradition identifies it as Horeb (see Dt 4:10-15a). Such a theophany was accompanied by spectacular phenomena. Perhaps the Israelites described it in this way to show that their God, not the god of the Canaanites, governed the powers of nature. Elijah witnessed the phenomena, but did not experience God within it. It was only when he heard a tiny whispering voice that he was gripped with the realisation of God's presence. No divine words were delivered. The voice itself was the experience. This suggests that the insignificant events of life can be the stage upon which God is revealed.

The psalm presumes a community waiting for a prophetic oracle that will announce peace (v.9). The people's confidence in God rests in the conviction that they are God's own people. There is great expectancy here. The people have done what they can to get God's attention. The next move is God's. Lovingkindness, truth, justice and peace (v.11) are characteristics of the covenantal relationship. When they meet and embrace each other, salvation is complete, truth springs up from the earth, and justice comes down from heaven. All of creation, from earth to sky, shares in the benefits of the salvation by God.

Paul speaks of his ardent attachment to his Jewish compatriots. Though he devoted himself to the conversion of the Gentiles, he never ceased loving the people from whom he came. Distressed that they did not accept Jesus as messiah, he is willing to be considered cursed (*anáthema*) and cut off from Christ for their sake. Paul was not the first leader to be willing to forfeit his future with God for the sake of his own people. Moses made the same offer (see Ex 32:32). Paul lists seven prerogatives that his people enjoy as the chosen people of God. Interestingly, the greatest boast is that the Christ, the anointed one of God, came from their line.

In the gospel account, Jesus addresses the terror that the disciples experienced in seeing him walking toward them on the water with a typical divine response: Do not be afraid! To this he adds the theophanic exclamation: It is I; I am (*ego eimi*)! By walking on water, Jesus assumes the role of the creator-god who alone governs chaotic waters. Peter's faith is not strong enough to overcome his fear of such waters, and so he sinks. Thus he is a model of both faith and lack of faith. Ultimately, it was faith that won out, for Peter is saved when he cries out to Jesus. Those in the boat then pay Jesus homage, identifying him as the Son of God. The entire event was a manifestation of the extraordinary power that resided in Jesus.

PARISH LUNCHEON

Parish Luncheon at *Souths Leagues Club, Llewellyn St, Merewether* (Please note the new venue). 12.30pm on Monday, 21st August. All welcome. Inquiries to Maureen on 0412 673151.

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.

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