



# 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 27 AUGUST 2023

## TWENTY-FIRST 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

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*)

### Promoters of Safeguarding

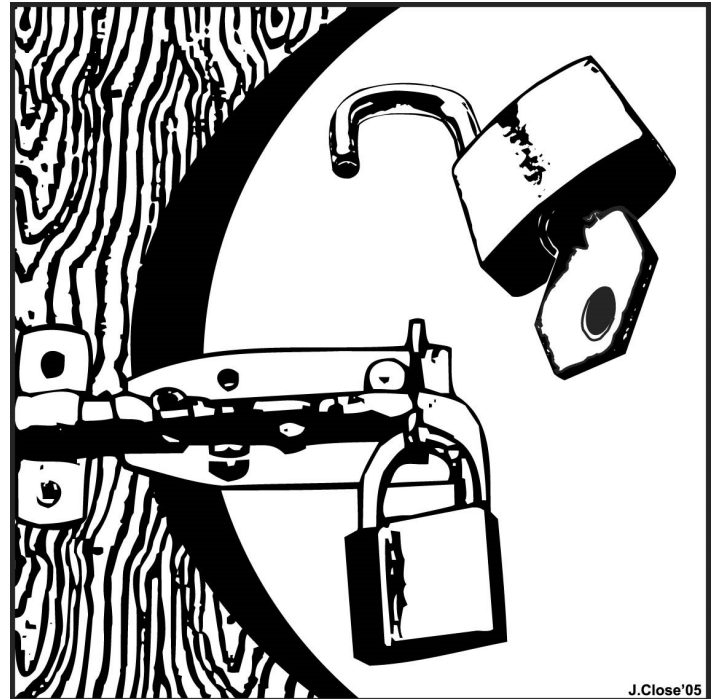
Gail Lovell P: (02) 4979 1101  
Anne Millard P: (02) 4979 1252

### 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



Why do we need to listen to the Lord speaking to us in our hearts, rather than just relying on human judgments? Today's readings unlock the answer. It's the reason why we need the Church, led by a spiritually gifted person called the Pope, as well as public forums and democratic governments, to help us discern what is just and true in our world. Let's never forget to support our Holy Father with our love and our prayers.

Fr John Lovell

**Parish Bulletin:** Prayer requests and items for the Bulletin should be received at the Parish Office by 5pm on Wednesdays.

*Our Parishes incorporate suburbs located on the traditional country of the Awabakal and Worimi peoples. We acknowledge their cultural heritage, beliefs and continuing relationship with the land, pay respect to their Elders past and present, and commit ourselves to work together for reconciliation and justice.*

## THE PARISH DIARY...(for the week ahead)

*Twenty-First Week in Ordinary Time, Year A*

Monday—28th August

*Memorial of St Augustine*

8:15am Mass @ The Cathedral

Tuesday—29th August

*Memorial of The Passion of St John the Baptist*

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

11:00am Funeral Mass for Shirley McHugh @ St Joseph's

Wednesday—30th August

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—31st August

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—1st September

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday—2nd September

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—3rd September

*22nd 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*)

3:00pm Divine Mercy Devotion @ Mayfield West

5:00pm Mass @ The Cathedral

5:00pm Taize Service @ Tighes Hill

5:30pm Mass @ Mayfield West (Vietnamese)

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



**RECENTLY DECEASED:** Shirley McHugh, Vera Wilson, Margaret Casey

**ANNIVERSARIES:** Victor Fernando, Catherine Garvey, Evelyn May Woodland, John O'Neill, George Russell, Sr Mary de Chantal, James Dixon, Ken Walker, Hazel Delaney, John Fitzpatrick, Max Geatches, Maria Franchini, Nance Piper, Sr Nora Creigh, Margaret Barnett

**SICK:** Doreen Mason, Elaine Johnson, Christine Timbrell, Twon Nguyen, Neil McGoldrick, Stewart McKinnon, Tony Nguyen, Mark Caesar, Aaron Parkes, 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*

## 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.*

## NEXT WEEK'S READINGS:

### 22ND SUNDAY IN ORDINARY TIME, YEAR A

Jeremiah 20: 7-9

Romans 12: 1-2

Matthew 16: 21-27

The readings are available on the Diocesan app

## 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](http://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

## DIVINE MERCY DEVOTION

At Christ the King Church, Mayfield West.

Sunday 3rd September at 3pm. All welcome

## THE CHUCKLE

What do you call an apology written in dots and dashes?

A remorse code



## 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 what they can expect. As we are one of the parishes being audited, please take this 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>

## TAIZE SERVICE

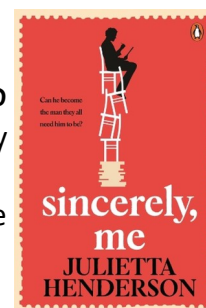


Sunday  
3rd September  
Immaculate Heart of Mary Catholic Church  
Tighes Hill 5.00pm – 6pm followed by a shared supper.

## 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



## 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

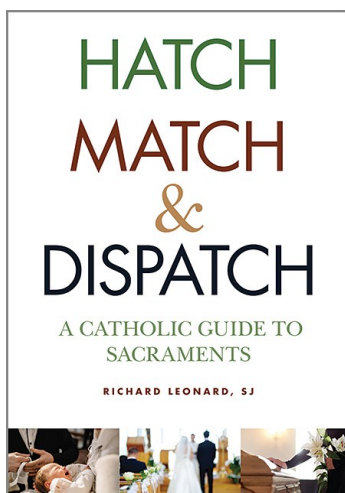
In appreciation of current and interested Christian Initiation ministers, 'Come rest a while' is an opportunity to listen, reflect and get to know other ministers. Morning tea and lunch provided. Details and registration at [come-rest-2023.eventbrite.com.au](https://come-rest-2023.eventbrite.com.au)  
For enquiries or registration assistance contact [sharon.murphy@mn.catholic.org.au](mailto:sharon.murphy@mn.catholic.org.au) P 4979 1134.

### 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.

### VIEW, CHEW, AND CHAT

Meets August 30 @ 7pm via Zoom for the last chapter of Hatch Match Dispatch. Contact the parish office to join



## PARISH PASTORAL CARE TEAM

Meeting Thursday 31st August @ 2:30pm  
at the Parish Centre

### PINTS WITH A PURPOSE

Do you want to be able to make an informed decision at the upcoming referendum on The Voice?

Do you want to share a delicious meal with other like-minded people?

If you answered yes then come along to The Sydney Junction Hotel on Monday 4 September at 6pm to share a meal and hear from Gershon from Common Grace as he discusses the upcoming referendum.

### 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.mycase.com.au/page/318856/make-a-difference](http://www.mycase.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.



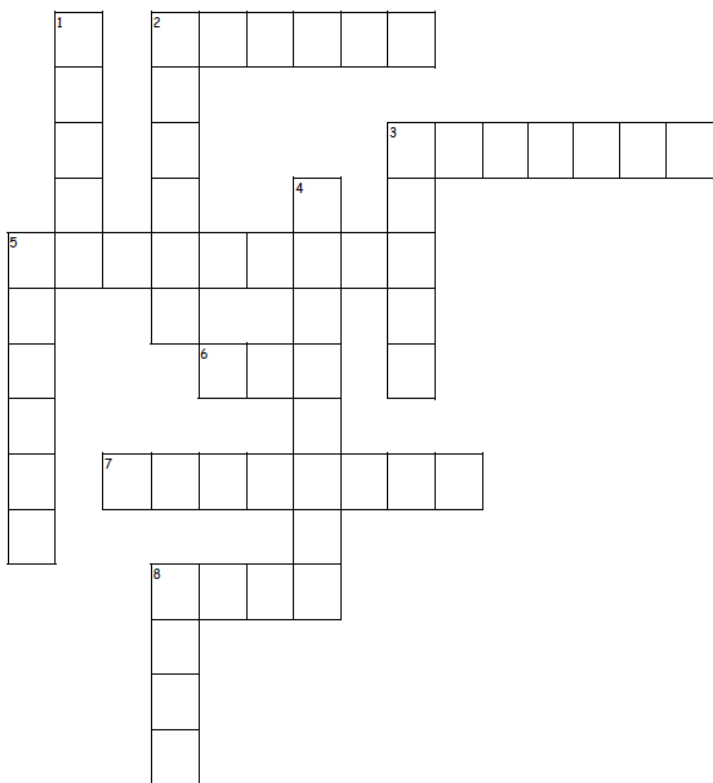
*You are the  
Christ, the  
Son of the  
living God*



## CROSSWORD

### God will come to save us

Is 56:1, 6-7  
Ps 67:1-2, 4, 5 & 7, R. v.4  
Mt 15:21-28



#### Across

- 2: truthful  
3: the Jewish day of worship  
5: to have a party  
6: a four-legged animal that barks  
7: a very high piece of land  
8: reasonable

#### Down

- 1: a place where people dwell  
2: cured  
3: Jesus described the people of Israel as like a flock of lost \_ \_ \_ \_ \_  
4: father is to son, as mother is to what?  
5: Jesus spoke to a woman who came from this place  
8: what we eat

## SENIOR WORDSEARCH

### God will come to save us

Is 56:1, 6-7  
Ps 67:1-2, 4, 5 & 7, R. v.4  
Mt 15:21-28

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

Try to find these words:

Canaan  
celebrate  
daughter  
dog  
fair  
food  
healed  
honest  
house  
mountain  
Sabbath  
sheep

## INCIDENT REPORTING

The City Pastoral Region is committed to providing a positive, safe environment for everyone. There are occasions, however, when something happens. If you need to let us know about an incident, please use this form (via the link or the QR code) <https://tinyurl.com/newcincident>



An incident of inappropriate behaviour should be reported directly to the Office of Safeguarding: <https://officeofsafeguarding.org.au/report-abuse/>

## GOSPEL OF MARK

The Gospel of Mark is a treasure trove for the nurturing and nourishing of our faith. Mark brings us face-to-face with the One who came to serve and not to be served, to give his life as a ransom for many (Mark 10:45).

Explore the Gospel of Mark with Dr Debra Snoddy, a lecturer in biblical studies at the Catholic Institute of Sydney a partner of the University of Notre Dame Australia. As we look forward to the year when the Gospel of Mark takes pride of place in our liturgy, Debra promises to inform you, nourish you and challenge you to hear Mark's words in ways old and new.

The day will include an overview of the Gospel and a detailed treatment of some of the most illuminating texts from the Gospel of Mark.

Date: 15 November, Murray Room, 9.30am – 3.00pm  
Registration: [www.eventbrite.com.au/e/gospel-of-mark-tickets-699335259587](http://www.eventbrite.com.au/e/gospel-of-mark-tickets-699335259587)



## Have you thought?

### What's in a name?

*On many occasions in the Bible a character is given, or takes on, a new name when they take on a new role or move to a new level in their faith and relationship with God. Abram became Abraham; Sarai became Sarah; Jacob became Israel; and Saul became Paul. In all of these circumstances the person took on a new name to reflect their new relationship with God. This tradition has continued right to this day. Men and women entering religious life have traditionally taken on a new name to indicate the new life they are entering. When Cardinal Joseph Ratzinger became pope he took on the name Benedict to indicate the new role and the new life he was beginning.*

## REFLECTION

A furore broke out in a country diocese some years ago about the retreat style of priest who was taking Catholic students in their last year of high school or who were attending university away for weekend retreats. On the Friday night of the retreat this priest would tell the young people that by the end of the weekend they should make a decision about their Christian faith.

Some parents were shocked that their young people were given an ultimatum that included the possibility of rejecting their faith. The priest replied that Catholic youth have to make all sorts of decisions regarding career, lifestyle, residence, studies and relationships. Religion, he contended, often fell by the wayside, either not important enough on which to make a decision, or relegated to the personal shelf of neglect to be possibly taken down and dusted off years later for a hatching, matching or dispatching.

The priest argued that this wasn't good enough. After 12 years of Catholic education or many years of catechetics the Church had to take the risk of calling for a personal decision for faith. Some of the young people consciously chose membership in the Church. In making such a profession of faith many reported having a deep encounter with God and an experience of their faith in Christ. Other students made decisions against belonging to the Church, which is, of course, never irrevocable.

The entire retreat process was based on the question in today's Gospel: 'Who do you say that I am?'

The disciples, reflecting on their experiences with Jesus, offer various possibilities, but it is Peter who says that Jesus is the revelation of God for the world. This is the great profession of faith and the basis on which the Church comes into being.

And what was true then, is true now. At some point, if we want our faith to move from being a code of law, a concept, or some excellent ideas to something we can experience, we must take the faith of the Church, which has nurtured us up to now, and make it our own. In doing so, when we encounter Christ, we contribute to the re-founding of the Church in our generation.

Just being part of the 'Catholic crowd' is hardly the challenge Jesus presents to the disciples in today's Gospel. We are commissioned like the disciples to bear witness to Christ's personal love in the workplace, with our friends and in our families.

It's always helpful to be reminded that we might be the only face of Catholicism, or even Christianity, that

another person may encounter. The way in which we bind them up or set them free might be the measure by which they judge if the Church is the face of Christ in today's world and whether they could find a home with us.

And it all hinges on that great question which is asked of each of us today: 'Who do you say that I am?' How we answer this question reveals so much, including whether Christ is an idea we like, or the object of our passion.

© 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.

## 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)

## NATIONAL CHILD PROTECTION WEEK



Next week is National Child Protection Week. Overarching message: 'Every child in every community needs a fair go'. This message captures the essence of National Child Protection Week which aims to promote a safe and supported life for

every child, now and into the future.

This year, the message that 'Every child in every community needs a fair go' is complemented with the theme '*Where we start matters*'.

*Where we start* our lives in terms of where we live, the resources available to us, and the opportunities presented to us make a significant difference to our life outcomes.

*Where we start* as a service sector in offering children and their families support and assistance makes a significant difference to life outcomes.

The National Association for Prevention of Child Abuse and Neglect are looking for artworks to show what children and young people think about their relationships with family, friends and community.

These artworks will then be used in the campaign to help show that protecting children is about all of us working together. Check out the Children's Art Activity and consider being involved!



# Art entries now open!

## NATIONAL CHILD PROTECTION WEEK 2023

### Children's Art Activity

Find out more: [www.napcan.org.au](http://www.napcan.org.au)

**NAPCAN** PREVENT CHILD ABUSE & NEGLECT

## HOSPITALITY TEAM

Sacred Heart Cathedral 9:30 Mass will be followed by Morning Tea once a month (starting September 10). If you have time and energy to help out, please join the team! Let Anne or a sacristan know or email [anne.millard@mn.catholic.org.au](mailto:anne.millard@mn.catholic.org.au)  
Thanks!!

### CATHEDRAL MORNING TEA

Join us for Morning Tea at Sacred Heart Cathedral following 9:30am Mass on September 10. All welcome!



## GOSPEL FOCUS

*Jesus' words to Peter, 'on this rock I will build my church,' are obviously the gospel writers' words and not the words of Jesus himself. (Jesus did not set out to build a church community; that did not emerge until later.) In fact they appear only in this particular gospel. The other synoptic gospels have Peter's confession of faith but not these words attributed to Jesus. The words are sometimes understood as asserting that Peter himself is the rock on whom the church will be built, rather than his declaration of faith being the rock. This has then sometimes become confused with the line of popes beginning with Peter.*

### 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.

The word queue is ironic. It's just the letter "q" with a bunch of silent letters waiting in line.



## OUR CATHOLIC PRIMARY SCHOOLS

### St Joseph's Primary School

Karen McGinlay (*Principal*)  
Union Street, The Junction NSW 2291  
P:(02) 4961 2827  
W:[www.merewether.catholic.edu.au](http://www.merewether.catholic.edu.au)

### Holy Family Primary School

Ann Jackson (*Principal*)  
Pell Street, Merewether NSW 2291  
P:(02) 4963 3009  
W:[www.merewetherbeach.catholic.edu.au](http://www.merewetherbeach.catholic.edu.au)

### St Columban's Primary School

Danielle Reed (*Principal*)  
Church Street, Mayfield NSW 2304  
P:(02) 4968 3315  
W:[www.mayfieldsc.catholic.edu.au](http://www.mayfieldsc.catholic.edu.au)

### St Peter's Primary School

Mark Konik (*Acting Principal*)  
Dunbar St, Stockton NSW 2295  
P:(02) 4920 1736  
W:[www.stockton.catholic.edu.au](http://www.stockton.catholic.edu.au)

## FOOD BASKETS FOR THE NEEDY

### ST JOSEPH'S, THE JUNCTION & 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 & ST MARY'S, NEWCASTLE:

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.