

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 3 September 2023 Twenty-Second 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 W: www.newcastlecatholic.org.au W: 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)

### **Promotors of Safeguarding**

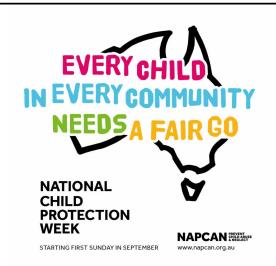
Gail Lovell P: (02) 4979 1101 Anne Millard P: (02) 4979 1252

#### 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



Up until the time Jesus came on Earth, the world order operated on the premise that the strong could oppress the weak and the rich could exploit the poor. Then by His teachings and actions, the Lord started a revolution that began to turn this kind of thinking on its head, at least among His followers who became the Christian Church. As we begin National Child Protection Week, we are called to champion the rights of children, the most vulnerable in our communities, like we've never done before. By our commitment to practicing and promoting the safeguarding standards put in place by our Diocese and government authorities, we can all make an invaluable contribution to this important cause.

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

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)

Twenty-Second Week in Ordinary Time, Year A Monday—4th September

8:15am Mass @ The Cathedral

Tuesday—5th September

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Wednesday—6th September

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—7th September

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—8th September

Feast of the Nativity of the Blessed Virgin Mary

10:15am Mass @ St Joseph's

11:00am Exposition, Adoration & Reconciliation @

The Cathedral (until 12pm)

12:05pm Mass @ The Cathedral

Saturday—9th 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—10th September

23rd 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

5:30pm Mass @ Mayfield West (Vietnamese)

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

### NEXT WEEK'S READINGS: PERPETUAL DAY OF REMEMBRANCE

Ezekiel 37:1-4 Romans 14:7-9

Luke 1:48-56

The readings are available on the Diocesan app

### VIEW, CHEW, AND CHAT

Meets September 13 @ 7pm via Zoom for Lectio Divina. Contact the parish office to join



**RECENTLY DECEASED:** Julie Wylie, Margaret Casey, Sr Mary Collette Holz OP, John McCullum

ANNIVERSARIES: Wal Pleasant, Joseph Dunne, Patricia Nolan, Carmel Jennings, Catherine Garvey, Zofia Ciszek, Jack Ciszek, Peter Keddie, James Greenland, Delicia Fernando, Francis Fernando, Canice Watt, Joanne Fitzgerald (nee Dwyer), Mignon Evans, Ronald Raftery, Stephanie Shortland, Mary Bridge, Clare Fuller, Ethel Mennie, Robert Knight, Ronald Fleming, David Sweeney

**Remembrance/Memorial Prayers:** Florida Elorde, Nino D'Andrea, Claudio D'Andrea, Piero Barile

**SICK:** Gerard Pearce, Harry Melville, Doreen Mason, Elaine Johnson, Christine Timbrell, Twon Nguyen, Stewart McKinnon, Tony Nguyen, Mark Caesar, Aaron Parkes, Peter Kefecek, 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 September.

At Sacred Heart Cathedral:

Allan Atkins Nelio Martinelli Eileen Boswell Allan McKinnon Francis Clarke Alphonsus McLachlan Pietro Dalle Nogare Ann Mary Mercieca Patricia Ryan John Duggan Mieczyslaw Kawka **Margaret Smith** Joanie Lawrence Patricia Tuxworth Kenneth Lidbetter Kay Annette Varnum **Brian Lowe** John Winstanley

At St Joseph's

Mary CALLEN Maurice NELSON Stan CARROLL Lola ORRETT

Betty EDSER Audrey O'SULLIVAN

William FLEMING Jack PALMER
William FLETCHER Helen PALMER

Albert GRANT Mary Gertrude PERRETT

Frank Snr HAWKINS

Brian MACKLIN

John McHUGH

Lorna & Jack MULDOON

Judyth RADECKI

Lola ROBINSON

Edna WALSH

Norma WILSON

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

### WE GRIEVE, WE PRAY, WE HOPE

For several years our Diocese has marked the Sunday on or before 15 September as Remembrance Sunday, an undertaking that Bishop Bill gave in the context of *Lina's Project* in September 2017. The day holds before us our history of child sexual abuse and the reality of its continual unfolding in the lives of those directly and indirectly affected.

On 15 August 2020 Bishop Bill issued a decree that creates the *Perpetual Day of Remembrance Sunday,* as a Feast Day, inscribed in the Diocesan Liturgical Calendar to be held on the Sunday on or prior to 15 September each year.

This year the Feast will be celebrated on **Sunday 10 September** (next Sunday) and will replace the Mass for the Twenty-Third Sunday in Ordinary Time.

### Perpetual Day of Remembrance

### 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 artmaking 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

### **DIVINE MERCY DEVOTION**

At Christ the King Church, Mayfield West. Sunday 3rd September at 3pm. All welcome

### THE CHUCKLE

I thought the dryer was shrinking my clothes. Turns out it was the refrigerator all along.



### 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 FFTPOS.
- Any questions about Housie, please call Justin Scanlon on 0458 002 526.

Community Housie is on Facebook: <a href="https://www.facebook.com/communityhousie">https://www.facebook.com/communityhousie</a>

### 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: <a href="https://">https://</a>

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.

### **TABLE CONVERSATION**

You are invited to join interested parishioners from the Chisholm Pastoral Region for an afternoon 'Table Conversation' on the upcoming Voice to Parliament Referendum.

The conversation will be facilitated by Jennifer Rumbel, proud Kamilaroi woman and member of the Diocesan Aboriginal and Torres Strait Islander Catholic Ministry. Learn about the key opportunities for you and your faith communities to ensure an informed and educated decision is made when voting for the Indigenous Voice to Parliament.

RSVPs close Wednesday 20 September. Registration is appreciated but not essential.

Cost: Free, though cash donations are welcome.

Location: The Therry Centre, 72 King Street, EAST MAITLAND is mobility friendly, with ample onsite parking.

Date & Time: Sunday 24 September 2023. 1:30pm for 2pm - 4pm.

Enquiries: Please contact by phone, Helen B: 043 933 4000 or Yvonne R: 0432 550 986 Registration: https://thevoicechisholm.eventbrite.com.au

### 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 likeminded 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.

### 140TH JUBILEE OF THE SISTERS OF ST JOSEPH, LOCHINVAR

On Monday 4 September the Sisters of St Joseph, Lochinvar are celebrating 140 years of ministry within the Diocese of Maitland-Newcastle. Four Sisters arrived from Perthville on 2 September, 1883 and enrolled the first children in Primary school the next day. We rejoice that this ministry of education continues today in many schools throughout the Diocese in the hands of faith-filled, deeply committed lay teachers. And so it is with great joy, that we give God thanks for the graces and blessings given to us, our students, their parents, our school staff and friends over these many years. The sisters invite you to remember them in prayer at this very significant point in their history.

### ST JOSEPH'S MEN NEWCASTLE

St Joseph's Men Newcastle is hosting a trivia night at the Sydney Junction Hotel, Hamilton on Tuesday 19 September from 6.00pm. Get a team together or come alone for some fun trivia and a delicious meal. Great prizes to be won. FREE entry.

### ALPHA SERIES AT THE UNIVERSITY OF NEWCASTLE

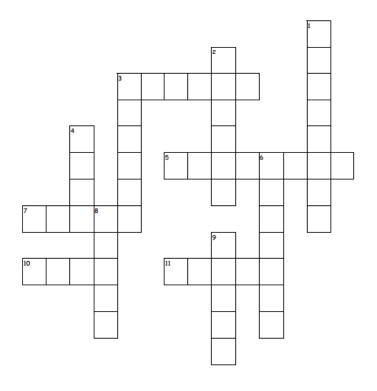
Join us as we journey together through the Alpha series at the University of Newcastle, meet new friends and enjoy some yummy food. Alpha is a series of interactive sessions exploring the Christian faith, based on hospitality, sharing, and prayer. Each session includes a meal, a video presentation and a small group discussion. Thursday 7 September, the University of Newcastle, Callaghan Campus, meet at the Chaplaincy Centre VG03. 6.00pm to 7.45pm. The night will also include a FREE dinner and refreshments. FREE entry.

### **GATHERING AT HOLY CROSS CHURCH**

Everyone is invited to a New Gathering at Holy Cross Church on the first and third Friday of the month. Praise and worship, Teaching and prayer for healing. The next session will be on Friday 1 September from 7pm with the option of Mass at 6:30pm. Call Wayne Caruana on 0466631394 for more information.

### crossword God can make us wise

1 Kgs 3:5, 7-12 Ps 119:57 & 72, 127-128, R, v,97a Rom 8:28-30 Mt 13:44-46



#### Across

3: kept out of view

5: a collection of valuables

7: correct

10: a place where you buy things

11: God appeared to Solomon in a \_ \_ \_ \_

#### Down

1: very young people

2: God's kingdom

3: to be truthful

4: a male monarch

6: God made this man king

8: glad

9: a valuable jewel that comes from oysters

17th Sunday in Ordinary Time, Year A [ N17ORSUA\_2005\_CW3.doc ]

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### SENIOR WORDSEARCH God can make us wise

1 Kgs 3:5, 7-12 Ps 119:57 & 72, 127-128, R, v,97a Rom 8:28-30 Mt 13:44-46

Р	Р	С	В	0	J	S	W	Z	D	P	G	G	Ν	F	У	J
R	W	Е	R	U	S	Α	Ε	R	Т	Ν	0	Т	В	U	У	Α
٧	Q	Т	Н	C	X	Ε	Р	Q	Р	Н	I	Н	В	Н	C	Р
J	W	U	Ν	M	У	٧	L	Q	Z	A	X	F	S	I	0	Ε
Н	Р	G	Ε	У	X	L	Z	L	Т	F	R	U	Ν	M	J	K
J	У	G	0	Е	В	J	Е	M	U	Н	Α	Р	Р	У	M	D
U	5	Α	0	Ν	Z	M	L	D	V	В	D	Z	W	F	5	Ν
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F	F	D	В	Ι	J	D	У	0	R	Ε	R	Р	C	F	5	W
٧	Ι	U	Α	0	M	G	X	5	J	L	٧	M	Q	У	P	J
W	5	Ε	Н	Е	F	Ν	Q	K	D	Z	J	C	A	Е	5	J
G	A	R	L	Е	G	Ι	Ν	C	M	J	P	X	A	У	Q	Е
Α	Т	0	F	D	Α	K	J	F	٧	D	C	R	J	M	Н	R
Т	Н	R	M	U	Н	٧	У	Р	I	D	L	В	X	Q	P	Ν
J	Н	C	F	L	٧	F	Е	Е	W	Е	J	K	C	L	Q	Н
Ν	Z	F	В	U	R	K	Е	Ν	Е	Α	P	R	W	У	Е	Ν
Е	Ε	G	V	S	D	Н	Ι	D	D	Ε	Ν	Q	L	I	V	В

### Try to find these words:

buy
field
find
happy
heaven
hidden
kingdom
one
pearl
sell
shop
treasure

### INCIDENT REPORTING

The City Pastoral Region is committed to providing a positive, safe environment for everyone. There are occasions, however, when something happenings. If you need to let us know about the incident, please use this report form:



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

#### **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

### **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.

### REFLECTION BY RICHARD LEONARD SJ

At the morning parade in Dachau on 22nd July 1943, six prisoners were found to have escaped. Retribution was swift and brutal. Randomly selected, 12 people were hanged. As the other prisoners watched their 12 fellow inmates gasp for breath, someone in the crowd cried out, 'Where is God?' Silence descended on the yard. The 12 bodies were now in spasm, jerking and struggling for breath. As everyone watched, the voice came again, this time more urgently, 'Where is God now?' 'My God', another voice yelled back, 'My God is hanging there'.

This sort of faith is what today's Gospel is all about. Christianity is the only world religion that holds that God took our flesh, suffered, died and was raised to life.

It is certainly true that we have domesticated the scandal of the cross, even to the point that, these days, it dangles from various parts of people's anatomies. I often wonder, had Jesus been electrocuted to death, whether we would have little golden chairs around our necks? But while we have tried to tame the reality of Jesus' tortured hours in Jerusalem, the reality of the cross in each of our lives cannot be so commercially soothed.

Christians are not meant to be smiling masochists. We are not meant to be lovers of pain – just bearers of it.

We are invited, by Jesus, to see the burden of suffering in our lives as an opportunity to be faithful to his example. It also gives us an opportunity to be in solidarity with all those who suffer in our world. This is easier said than done. When we suffer in our daily lives, thoughts of others rarely come to mind easily, but it can be consoling to keep our suffering in context and know that we are not facing it alone.

We are encouraged to see that suffering can be an opportunity to grow in love. If we understand our crosses as our particular schools of love, then we learn more about ourselves and God and are able to help others carry their crosses as well.

Carrying our cross, however, is not just about bearing physical, personal, sexual, spiritual or emotional pain; it can also be in the sharing of our gifts and talents, our love and compassion. In every gift there is a burden. Following Christ's example, we are called to share our gifts heroically with anyone in need, even to the end.

Some people complain these days that God is often presented as a big marshmallow, all sweet and soft.

Today's Gospel shows the 'edge' involved in being a follower of Christ. I don't know of a more demanding vocation in our world than that of taking up the cross of being faithful, loving and selfless.

And while we are invited to take up our cross and follow Jesus, we never do it alone. If we have the eyes to see it and the humility to accept it, Christ, literally, hangs in there with us every step of the way.

So let's recall the first cross from which we take comfort as we bear our own crosses. 'In the name of the Father, the Son and the Holy Spirit. Amen.'

© Richard Leonard SJ



### ST VINCENT DE PAUL MASS

Festival Mass to celebrate the life of **St Vincent de Paul** will be held on 14<sup>th</sup> September at 7pm in St
Therese Church, New Lambton. All Welcome

#### NATIONAL CHILD PROTECTION WEEK

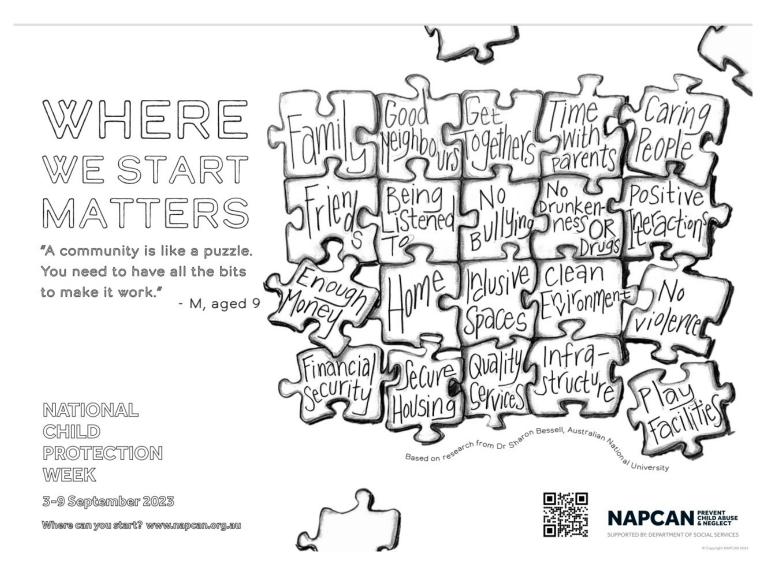
This week is National Child Protection Week. Overarching message: 'Every child in every community needs a fair go'. This message captures the essence of National Child Protection Week, which aims to promote a safe and supported life for every child, now and into the future.

The white balloons on the altar this week are the symbol of child protection. We take child protection very seriously in our Diocese, ensuring the sins of the past are never repeated.

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.



#### 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 Thanks!!

### **CATHEDRAL MORNING TEA**

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



# Historical Context

At the time of the writing of Matthew's gospel (around 75-80 CE), Christians were being persecuted and put to death for their beliefs. They were literally giving up their lives for their faith. These persecuted Christians saw Jesus' triumph over death as a sign of great hope and trust in the future for themselves. Jesus' words in the gospel – 'whoever loses his life for my sake will find it' – would give hope to those under persecution that ultimately they too would triumph and that the deaths of their friends were not in vain.

### 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.

### **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

### **Holy Family Primary School**

Ann Jackson (Principal)
Pell Street, Merewether NSW 2291

P:(02) 4963 3009 W: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

### St Peter's Primary School

Mark Konik (Acting Principal) Dunbar St, Stockton NSW 2295

P:(02) 4920 1736 W: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.