



# Sacred Heart of Jesus Cathedral

DIOCESE OF MAITLAND-NEWCASTLE

**St Benedict's 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 19TH NOVEMBER 2023 33RD SUNDAY IN ORDINARY TIME

### 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.sacredhearthatilton.org.au](http://www.sacredhearthatilton.org.au)

### Our Staff

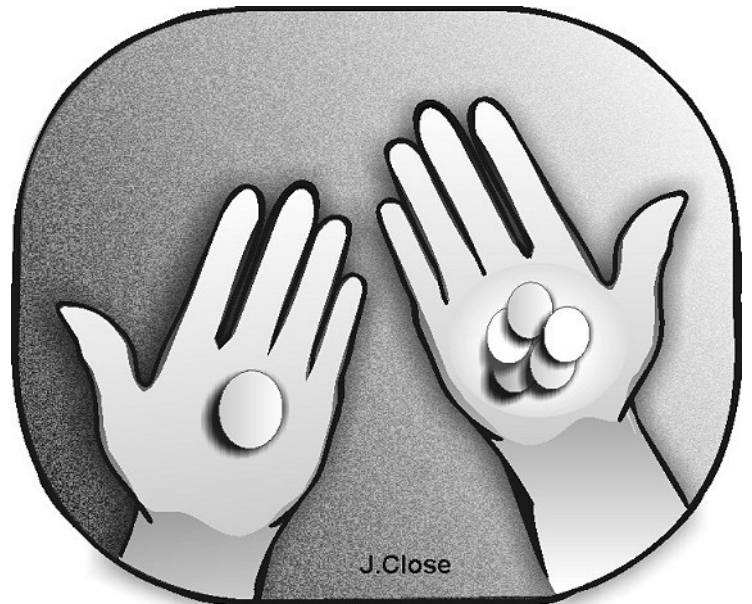
Margaret Cox (*Reception & Administration*)  
*Monday, Tuesday, Friday*  
Anne Warren (*Business Manager Finance*)  
*Tuesday and Thursday*  
Dr Anne Millard (*Music, Liturgy, Sacraments, Bulletin*)

### Promoters of Safeguarding

Fr John Lovell p: (02) 4979 1106  
Gail Lovell P: (02) 4979 1101  
Anne Millard P: (02) 4979 1252

### Other Contacts

**Bereavement Team:** P: (02) 4979 1256  
**Mercy Pastoral Team:** Sr Patricia Whitten rsm  
0448463679  
**St Joseph's Pastoral Team:** Contact the Parish Office



We can't all be super-successful wealth generators like Elon Musk, Bill Gates or Warren Buffett. And the Lord understands this. But we can't be like the servant in this Sunday's parable either, who did nothing with his talent. By our prayers and small acts of love for others, we can earn a good rate of interest for the Lord as we prepare for His coming. *Fr John*

**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)

33rd Week of Ordinary Time, Year A

Monday—20th November

8:15am Mass @ The Cathedral

Tuesday—21st November

*Memorial of The Presentation of Blessed Virgin Mary*

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Wednesday—22nd November

*Memorial of St Cecilia*

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

5:30pm Mass @ The Cathedral—Aid to the Church in Need.

Thursday—23rd November

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

6pm Choir Practice @ The Cathedral

Friday—24th November

*Memorial of Sts Andrew Dũng-Lạc and companions*

10:15am Mass @ The Junction

11am Exposition, Adoration, and Reconciliation @ The Cathedral (until 12pm)

12:05pm Mass @ The Cathedral

Saturday—25th November

9.15am Mass @ The Cathedral followed by Novena to Our Lady of Perpetual Help (followed by Reconciliation)

5:30pm Vigil Mass @ Mayfield West

5:30pm Mass @ The Cathedral

5:30pm Mass @ The Junction

Sunday—26th November

*Solemnity of Our Lord Jesus Christ, King of the Universe*

7:30am Mass @ St Mary's

8.00am Mass @ Tighes Hill

9:00am Mass @ Stockton

9:30am Mass @ The Cathedral

*Live streamed via the Diocesan website:*

[www.mn.catholic.org.au/places/livestream/](http://www.mn.catholic.org.au/places/livestream/)

11:00am Italian Mass @ The Junction

11:30am Polish Mass @ The Cathedral

5.00pm Mass @ The Cathedral

6:00pm Vietnamese Mass @ Mayfield West

### NEXT WEEK'S READINGS:

**Solemnity of Our Lord Jesus Christ,  
King of the Universe**

Ezek 34:11-12, 15-17

1 Cor 15:20-26, 28

Matthew 25:31-46



## PRAYER REQUESTS

**RECENTLY DECEASED:** Sr. Margaret Mary OLN, Glenda Heard

**ANNIVERSARIES:** Margaret Spencer, Terence Webber, Betty Holly, Philomena Walker, Antoinetta Carrara, Jack Dunn, Bishop Bill Wright, Neil, Beryl & Jimmy Straiton



**SICK:** Cooper James, Jim Eves, Rosa Silivinec, Neil McGoldrick, Sr Rosemary Jackson rsj, Gerard Pearce, Harry Melville, Doreen Mason, Elaine Johnson, Christine Timbrell, Stewart McKinnon, Mark Caesar, Peter Kefecek, Carlo Rossi, 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](http://www.newcastlecatholic.org.au/downloads).*

## BOOK CLUB

On November 22, the parish book club celebrates eight amazing years of fellowship through reading!

**Sunday, 3rd December @ 6:15pm:**

Bookclub meets to discuss *That Bligh Girl* by Sue Williams. If you would like to participate in book club meetings, please email

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



## VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat continues to meet via Zoom. On two Wednesdays each month, we employ the practice of *Lectio Divina* to prayerfully reflect on the Gospel of the coming Sunday. At the end of this month we will begin the Diocesan Advent program.

The program for November is as follows:

22nd November: No meeting

29th November: First Meeting of the Advent Program

To participate, please email the parish office.

## SAFEGUARDING

The Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and well-being 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,

[Echildprotection@mn.catholic.org.au](mailto:Echildprotection@mn.catholic.org.au) or

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

## OUR BELOVED DEAD

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

At Sacred Heart Cathedral:

David Bound	Desmond (Des) Ledlin
Monica Bound	Elva Letitia Murphy
Anne Veronica (Bonnie)	Helen Murray
Cook Moore	Peter Murray
Mary Ferry	Antionietta Rossetti
Gwen Fuge	Mary Synott
Frank Holmes	Pauline Wenman
Gwydir (Gwen) Holmes	

At St Joseph's

Gloria BROWN	Michael McGLYNN
Frederick BRUYN	Nancy STRUCK
Betty GRANT	Lionel SKINNER
Mary HENDERSON	Byron VIAL
Pat KOCH	Maureen CALLEN
John MAHER	Marie TYNAN
Paul Alexander MATHER	

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

## VINTAGE DOLL SALE

The Calvary Mater Auxiliary Cancer Carers are running a Vintage Doll Sale from Monday 20 November to Friday 24 November from 9am to 2pm on the third floor of the Calvary Mater Hospital. This is a great opportunity to support a good cause – you might even find a Christmas gift.

### **“TILLING THE CHURCH: THEOLOGY FOR AN UNFINISHED PROJECT.” ZOOM DISCUSSION.**

While Father Richard's visit was short, he last left our Diocese with riches that we can continue to explore together, as our church is an unfinished project and in need of tilling.

So, let's continue the discussion!

You are invited to discuss Father Richard's latest publication, "Tilling the Church: Theology for an Unfinished Project" chapter by chapter over the next several months online.

Wednesday 22 November: Chapter 2. Symbolizing Grace

To register go to: [www.eventbrite.com.au/e/tilling-the-church-theology-of-an-unfinished-project-tickets-708150125087](http://www.eventbrite.com.au/e/tilling-the-church-theology-of-an-unfinished-project-tickets-708150125087)

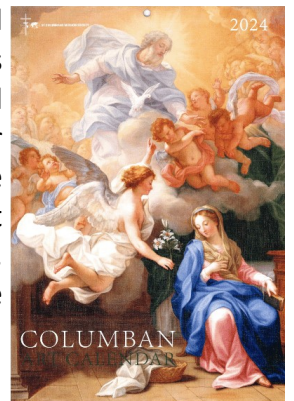
## RED WEDNESDAY

On 22 November the Pontifical Foundation *Aid to the Church in Need* is asking Catholics around the world to commemorate Red Wednesday and pray in solidarity with those who are persecuted and suffer unjustly for their faith. Find out more: [www.redwednesday.org](http://www.redwednesday.org)



## COLUMBAN ART CALENDAR

This iconic Catholic Calendar, well-known for its traditional religious paintings and liturgical information is a major fundraiser for Columban Missionaries. The calendars are available through St Vincent de Paul for \$10 each. They can be purchased from the office



## ACU PUBLIC LECTURES ON LITURGY

In the lead-up to the 60th anniversary of Sacrosanctum Concilium (the Constitution on the Sacred Liturgy of Vatican II, 4 Dec 1963), the ACU Centre for Liturgy is proud to present an exciting public lecture:

Acclaimed liturgical historian and theologian Rev Professor John F. Baldovin SJ (Boston College) who will deliver a FREE public lecture live in person on ACU's Melbourne Campus on Sunday December 3, 2023, 5pm-6.30pm AEDT on the topic of "A Liturgical Reform in Peril? Sacrosanctum Concilium sixty years on." Fr Baldovin's public lecture will also be livestreamed for those unable to attend in person.

Further information and registration details for this unique and valuable event can be found above and at the following link: <https://www.acu.edu.au/about-acu/institutes-academies-and-centres/acu-centre-for-liturgy/news-events-and-resources>

We look forward to welcoming you to this very special event marking this important milestone anniversary.

For more information please contact: [CentreforLiturgy@acu.edu.au](mailto:CentreforLiturgy@acu.edu.au).



## COMMENTARY BY DIANNE BERGANT

The first reading praises a woman who traditionally has been described as virtuous or worthy. However, the much stronger Hebrew adjective denotes might or strength, the kind of valour found in armies.

The woman is an example of industry, versatility, trustworthiness, constancy and general goodness.

It is in the last verse that we discover the basis of her virtue and the real reason for the praise given her. She is one who fears the Lord, a characteristic that is the basis of wisdom (see Prov 1:7). She is the model, not primarily of the good wife, but of the wise person generally. She is virtuous and successful because she possesses the wisdom that flows from fear of the Lord.



## 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)

## CHRISTMAS CONCERTS @ SACRED HEART

It will soon sound like Christmas at Sacred Heart Cathedral with the following concerts scheduled in December:

**Hunter Singers and Hunter Trebles** performing highlights from the 2023 repertoire, with some Christmas cheer!

**Sunday 3 December @ 2:00 PM**

**Newcastle and Hunter Multicultural Choral Society** presents their special annual Multicultural Christmas Concert. This year marks the group's 45th year!

**Sunday December 3 commencing at 7pm**

**The Newcastle Tudor Singers**, directed by Dr Anne Millard, present "My Favourite Things: A Concert for Christmas"

**Sunday December 17 commencing at 2pm.**



Image by Freepik

## HAMPER DRIVE

CatholicCare's annual Christmas Hamper Drive is well under way, and they invite our parish to help support vulnerable families in the Newcastle region.

They hope to distribute Christmas Hampers from the following outreach locations, the week prior to Christmas:

- Hamilton South Community Kitchen
- Civic Park outreach
- Motto Farm outreach
- Toronto Community Kitchen
- Refugee Hub, Mayfield

**Donation envelopes are available at Mass this weekend**

## PARISH LUNCHEON

Parish Luncheon (Tighes Hill group) at *Souths Leagues Club, Llewellyn St, Merewether* @ 12.30pm on Monday, 20th November. All welcome. Inquiries to Maureen on 0412 673151.



## JUNIOR WORDSEARCH

### The day of the Lord is coming

1 Thes 5:1-5  
Ps 27:1, 13-14, R. v.1a  
Mt 25:14-15, 19-21

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

Try to find these words:

awake  
away  
escape  
faithful  
five  
friends  
money  
share  
thief  
thousand  
woman  
write

33rd Sunday in Ordinary Time, Year A

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## SENIOR WORDSEARCH

### The day of the Lord is coming

1 Thes 5:1-5  
Ps 27:1, 13-14, R. v.1a  
Mt 25:14-15, 19-21

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

Try to find these words:

awake  
away  
escape  
faithful  
five  
friends  
money  
share  
thief  
thousand  
woman  
write

33rd Sunday in Ordinary Time, Year A

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## FEAST OF THE IMMACULATE CONCEPTION

### HOOR OF GRACE

12 noon to 1pm, 8th December

Devotions to Our Lady of Grace, Rosa Mystica

@ St Joseph's, The Junction

During the period 24th November 1946 to 8th December 1947, the Blessed Mother appeared to Sister Pierina in a little church in Montichiari, Italy, eleven times. On the first appearance, the Blessed Mother told Sister Pierina that She wanted to be known as the Mystical Rose and that an Hour of Grace should be kept at noon, 8th December, in all the Catholic Churches of the world.



Come to the Hour of Grace, open your heart and be guided by the Holy Spirit, place your requests from your heart to the Mother of God, Our Blessed Mother, Immaculate, Rosa Mystica.

### MASS FOR DECEASED

#### ST VINCENT DE PAUL MEMBERS

The 12.05pm Mass at the Cathedral on Friday, 1st December, will be offered in memory of deceased St Vincent de Paul members.



#### SACRED@SEVEN—EMMANUEL WORSHIP

Experience the divine at Sacred Heart Cathedral on Monday 27 November from 7.30pm as Emmanuel Worship hosts Sacred@Seven, join us for a FREE BBQ dinner at 6.30 PM. All are welcome for an evening of spiritual enrichment and fellowship.

#### CHILDREN'S MISSION PARTNERS:

\$425 was raised during September/October. Now 20+yrs has brought \$48,000 into the program due to the faithful support of many. Please consider this worthwhile program which makes a difference in the lives of children.

#### ST JOSEPH'S MEN NEWCASTLE

Join the St Joseph's Men's Group on Saturday 16 December, from 5.30pm to 7.30pm at Mackillop Parish (17 Milson Street, Charlestown) for a fun evening of free pizza, drinks, and games! Connect with fellow men in the community and enjoy a great time together. Contact Curtis on 0477 106 108.

## NOVEMBER MEMORIAL MASSES



In the church community, November is a time when we take the opportunity to pray in a special way for those who have died.

The City Pastoral Region invites you and members of your family to attend the Special Masses to be held throughout November

**Friday 24 November @ 10:15am**

St Joseph's, The Junction (for those at rest in the Columbarium)

**Saturday 25 November @ 5:30pm**

St Joseph's, The Junction (for those whose funeral were celebrated in the past year)

**Sunday 26 November @ 8:00am**

Mary Immaculate, Tighes Hill

We look forward to sharing this commemoration with you and your family.

Should you wish to have your loved one remembered during this time of commemoration envelopes are available in your church for you to note your request.

#### VINNIES CHRISTMAS APPEAL

Coming soon to a church near you!



#### POSITION VACANT – HOSPITAL CHAPLAIN JOHN HUNTER HOSPITAL

The Diocese of Maitland-Newcastle is looking to appoint a Catholic Hospital Chaplain to John Hunter Hospital. The purpose of this position is to provide Chaplaincy and Pastoral Care services to the patients, their families and staff at the John Hunter Hospital and other health facilities that exist on that site. The Catholic Chaplain provides spiritual and pastoral care and emotional support on behalf of the faith community.

For more information about this position please go to the Careers section on the diocesan website: [www.mn.catholic.org.au/about/office/pastoral-ministries/](http://www.mn.catholic.org.au/about/office/pastoral-ministries/) or contact Teresa Brierley on 4979 1157.

#### THE CHUCKLES

I told my doctor that I broke my arm in two places. He told me to stop going to those places.

Worrying works! Case in point: 90% of the things I worry about never happen.







## PRAYERS PLEASE

The Sisters of St Joseph ask your prayers as they gather this week to elect a new Leadership Team and plan for the next few years.

## *Our Lady of Perpetual Succour 75 Years of the Novena in Newcastle*



All Welcome Saturday 2nd December  
Rosary & Procession 8:50am  
Holy Mass 9:15am  
Novena 9:45am  
Benediction 10:15am  
Followed by reconciliation

## EXUBERANT CATHOLIC PRAISE & WORSHIP GROUP

If you have a passion, talent, or simply a strong desire to be part of something meaningful, we want you to lead or join our teams!

Music (musicians and singers), Research., Marketing, Hospitality, Presenters, Logistics, & more...

The time is ripe to make your mark by shaping an exciting new Praise and Worship event for our vibrant faith community. All are welcome to attend our final planning meeting for the year. We are looking to commence this event mid-2024.

Wednesday 22nd November: 5:30 to 7:00pm.  
Refreshments are provided from 5:30pm. Meeting commences at 6pm.

Function Room, MacKillop Parish Pastoral Centre  
7 Milson Street, Charlestown.  
Phone 0466 140 066 for any inquiries.

## 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.

## ADVENT 2023:

### WITH ANTICIPATION AND JOY

We are called during this holy time to wait with anticipation knowing the joys of what is to come with the arrival of Christ. With Anticipation and Joy is a Diocesan resource that invites all members of the community to gather a circle of people – family, friends, colleagues, ministry teams to reflect mystagogically on the Advent Gospels and associated artworks. This is an opportunity to encounter Christ where we are, to pay attention to what Christ reveals in the scripture and the living tradition of our faith, to share this, to connect it to our life now, and to be changed by it.

To access the resource, go to:

[https://www.mn.catholic.org.au/  
media/6563/0003487-dio-advent-reflection-  
book\\_2023.pdf](https://www.mn.catholic.org.au/media/6563/0003487-dio-advent-reflection-book_2023.pdf)

## INNER NEWCASTLE REGION (BROADMEADOW) CHRISTMAS LUNCHEON

**Monday 27 November** 12 pm at Souths Leagues Club, Llewellyn St, Merewether.

Please phone Gwen Haggerty 49 675010 so appropriate seating can be arranged. Bookings in by Saturday, 18 November.



## 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

As Catholics we have no problem with the time-bound nature of the Bible. In fact, we appreciate it, believing that the scriptures deserve to be read within their context, and also need careful interpretation. And while the Catholic Feminist Association may not choose to have today's first reading as the opening text at their next convention, we would be mistaken to hear it only in terms of our world today.

The Book of Proverbs is a distillation of sayings and teachings which had grown up over hundreds of years, most probably from Rabbis and Scribes. Its world is a vastly different one to ours. This is clearly seen in the tasks of the 'capable wife'. She is praised for her work with wool, flax, in the vineyard and in real estate. It's only in the context of an agrarian society that the power of this text makes sense.

Until quite recently, women in Palestinian society, and in wider society for that matter, were considered the 'possessions' of their husbands. They could be bought, sold, divorced, or killed without any appeal to the law. Wives in this society had no legally recognised human rights. They were expected to serve and shut up.

By contrast, then, this text from the Book of Proverbs, which can seem so old-fashioned to us, was a liberating text in its day. A woman's right to work is not only defended, but also extolled. She is praised for her creativity, wisdom, goodness, strength, sense of justice, generosity, joy and faith. In any age and for either gender this is not a bad list of virtues toward which we should all aspire.

And these days of course, through the ongoing revelation of the Spirit, we believe that what the Book of Proverbs expects and praises in a capable wife, we should equally look for in a capable husband.

It is almost possible that Jesus had women in mind when he shared the parable of the talents in today's Gospel. What can often get lost in the debates about who should be ordained in today's Church, is that women have always and still 'lead' the Church in powerful and long-lasting ways. From the extraordinary abilities of religious and lay women in Catholic welfare, education, healthcare, overseas missions and theological reflections, to wives and mothers whose daily witness to the fidelity and goodness of God, this all reveals in innumerable ways the power of the parable of the talents. The reality is that if it were not for women's leadership, commitment and faith, it would be hard to see how the Church could survive. We would not be able to continue almost all of our ministries.

None of this minimises the pain and hurt some women have experienced at the hands of the Church. Some feel as though their particular contribution to the life of the Church has not been fully realised.

All we can hope and pray for is that we may find ways to use everyone's talents for the building up of the Kingdom of God, and that we may see that everyone's contribution, irrespective of gender, is precious and worthy of praise.

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### FOOD BASKETS FOR THE NEEDY

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 **Immaculate Heart of Mary 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.

### 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.