



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 21ST JANUARY 2024

3RD SUNDAY IN ORDINARY TIME, YEAR B

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*)
Tuesday and Thursday

Thelma Dickson (*Administration*)
Wednesday and Thursday

Elul Teclé (*Administration*)

Dr Anne Millard (*Music, Liturgy, Sacraments*)

Other Contacts

Bereavement Team: P: (02) 4979 1252
Mercy Pastoral Team: Sr Patricia Whitten rsm
0448463679

St Joseph's Pastoral Team: Contact the Parish Office



THOUGHT FOR THE WEEK

The Book of Jonah is one of the shortest books in the Bible. Unlike other prophets, Jonah was called to preach repentance to a city of gentiles. They listened and were saved. Jesus would later come to compare His mission with that of the Prophet Jonah, whose name in Jewish culture means 'dove'. This same mission is also ours' today. Fr John

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

Promoters of Safeguarding

Fr John Lovell p: (02) 4979 1106
Gail Lovell P: (02) 4979 1256
Anne Millard P: (02) 4979 1252

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)

Third Week of Ordinary Time, Year B

Monday—22nd January

8:15am Mass @ The Cathedral

Tuesday—23rd January

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Wednesday—24th January

Memorial of St Francis de Sales

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—25th January

Feast of The Conversion of St Paul

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Friday—26th January

Australia Day

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday—27th January

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—28th January

3rd Sunday in Ordinary Time, Year B

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

6:00pm Mass @ Mayfield West (*Vietnamese*)

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

PRAYER REQUESTS

RECENTLY DECEASED: Kathleen Copas (Tuncurry),
Gerard Pearce

ANNIVERSARIES: Irena Ivanovic, Dawn Staddon,
Tomislav Kefcecek, Rosemary Williams, Jack Power,
John Michael Power, Marie Gardiner,
Wil O'Neill, Catherine Mary Harrington,
Kenneth Crittenden, Bertha Roche, Sr
Colleen Casey rsj, Terry Griffiths, Peter
Smith, Peg Sugden, Henk Van Schyndel,
Johannes van der Lindern, Domenico
Buresti, Raymond Joseph Callen



SICK: Sr Rosemary Jackson rsj, Patrick McInerney
Cowan, Joshua Zalanardo, Rosa Silivinec, Harry
Melville, Doreen Mason, Elaine Johnson, Stewart
McKinnon, Mark Caesar, Peter Kefcecek, 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.*

OUR BELOVED DEAD

We remember those in our Sacred Heart Columbarium
whose anniversaries occur in January

Colleen Bennett	Mons. Allan Hart
Maureen Burke	William Hart
Madeleine Cherry	Ken (John) Johnson
Elaine Dodds	Margaret Jones
Lawrence (Jack) Drage	Maureen Narvo
Mary Drage	Frank (Fiore) Pati
Robert Driscoll	Thi Bich Van Pham
Bernard Duggan	Margery Presland
Nancy Gorman	John Scrogings
Harold (Harry) Hancock	Margaret Scrogings
Henry Charles Hardy	Henk Van Schyndel

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

CATHOLICARE CHRISTMAS DRIVE HAMPER – THANK YOU

CatholicCare would like to thank all those who
supported our recent Christmas Hamper Drive!
Thanks to your generosity, and with the help of the
wider community, CatholicCare was able to purchase
570 Christmas Hampers for distribution across the
Hunter-Manning.

Your contributions of food and funds has made a real
difference to many families and individuals who were
facing a tough Christmas.

The works of mercy you have shown towards others
demonstrates our collective Mission towards
vulnerable souls, so, thank you!

NEXT WEEK'S READINGS: 4th Sunday in Ordinary Time, Year B

Deuteronomy 18:15-20

1 Corinthians 7: 32-35

Mark 1:21-28



FROM THE MODERATOR

WELCOME FR ANTHONY AND FR ANIL

Over these next few days, Fr Anthony Coloma and Fr Anil Kuchipudi will be taking up residence in the Sacred Heart Presbytery in readiness to commence ministry in our parishes of the City Pastoral Region from the end of this month. So, please join me, along with Fr Paul, our Office Staff and parish teams in welcoming these two priests.

Fr Anthony, who is 46 years old, was born, raised and undertook his seminary studies in Manila in the Philippines before coming to Australia in early 2017. He was ordained to the Diaconate in June 2018 and to the Priesthood at the Sacred Heart Cathedral, together with myself, in February 2019. Anthony's appointments as a priest have included 3 years in the Parishes of Singleton and Branxton-Greta, a month's relief as Administrator of Forster-Tuncurry Parish, and since December 2021 as Rector of the Oratory of St Christopher's, Medowie and Chaplain to Catherine McAuley College, Medowie and San Clemente High School, Mayfield. Fr Anthony will continue to serve in these chaplaincy roles after moving to Newcastle. Prior to his priestly ordination in 2019, Fr Anthony spent time serving in our region, so I'm sure his kindly presence will be familiar to many of us.

Fr Anil, who is 33 years old, was born and raised in the State of Andhra Pradesh in India. He began his seminary studies in 2005, joined the religious order The Society of the Holy Spirit, was ordained to the Diaconate in December 2016 and then to the Priesthood in July 2017. His first appointment as a priest was in St Agnes Church in Guntur Diocese for a year, followed by an appointment for a year in Holy Trinity Church in the Archdiocese of Hyderabad and then 4 years as Parish Priest in the Diocese of Nalgonda. With a longing in his heart for some international pastoral experience, Anil applied to come to our Diocese of Maitland-Newcastle and arrived in Australia in January 2023 where he has served these past 12 months alongside Fr Tony Potts in St Mary MacKillop Parish, Charlestown. Fr Anil has a friendly manner and says he has been made to feel very welcome since coming to our diocese.

FAREWELL FR RAPHAEL AND ANTON

While we welcome two new priests to our region, we will also be farewelling two others, Fr Raphael and Anton, who have served us very faithfully during their time with us. Fr Raphael joined us in early February 2023 and has inspired many of us with his insightful reflections, his great piety and wonderful singing. He will be serving in the parishes of Booragul, Boolaroo-Warners Bay, Toronto and Morisset from this weekend. Anton, who has been with us since September 2022,

while on pastoral placement in preparation for ordination to the Priesthood of our diocese, has impressed everyone with his spirituality, service and diligence. Anton will be moving to Taree this weekend where he will be continuing his pastoral program under the supervision of Fr Kevin Corrigan, who I'm sure will be a wonderful mentor to him and I know will be happy to have Anton's support. We wish Fr Raphael and Anton every grace and blessing in their new appointments and I ask that we all continue to keep them in our prayers.



Love

Fr John

BOOK CLUB

Sunday, 4th February @ 6:15pm: Bookclub meets to discuss *That Bligh Girl* by Sue Williams (postponed from December). If you would like to participate in book club meetings, please email newcparish@mn.catholic.org.au



ENROLMENTS FOR 2024 SACRAMENTAL PROGRAM

A child's catholic faith journey began with the Sacrament of Baptism and continues by the reception of the Sacraments of Initiation, Confirmation and First Eucharist.

The preparations for these sacraments in the Inner Newcastle Parish run between February and June of every year and is designed for children going into Year, 4, 5 or 6 in 2024. Preparations are completed as a family with online activities and volunteer work within the community.

Enrolments are now open for the 2024 program. If you are interested in being apart of the program this year please visit the parish website and complete the online enrolment form.

<https://www.newcastlecatholic.org.au/sacramental-enrolment-form/>

For more information please contact the office on 49791101 or newcparish@mn.catholic.org.au

TAIZE SERVICE

Sunday 4th February
Immaculate Heart of Mary Catholic Church Tighes Hill 5.00pm – 6pm
followed by a shared supper.



THANK YOU!

Thank you to the parishioners of Hamilton and Tighes Hill for their generous donations to the Christmas Appeal. This year we raised a total of \$14,560 – once again, a tremendous effort!



SEASONS FOR GROWTH

No season lasts forever, not even winter.

Our lives, like the seasons, are constantly changing. These changes often involve many losses and deep grief. Learning how to recognise and adapt to the stressful events and changed circumstances we experience, as well as the ongoing challenges these may bring helps to bring peace and hope into our lives.

The Seasons for Growth small group, peer-based educational program offers the opportunity for individual reflection and group discussion by gently and symbolically using the metaphor of the seasons to support adults to:

- **Learn** about how different people respond to change, loss and grief
- **Understand** that it is normal to experience a range of grief reactions
- **Explore** new approaches to dealing with change, loss and grief in their lives
- **Build** communication, decision making and problem solving skills
- **Participate** in a supportive network of peers and adults
- **Integrate** their new learning into their relationships with family, friends and others.

Please consider joining this supportive space in 2024 if you would like to share conversation and learn together with others who are also navigating the different seasons of life and loss.

Seasons for Growth is a four week program, which we will offer during Lent, 2024. The program will run for four Saturday afternoons from 1pm until 4pm on the 2nd, 9th, 16th, and 23rd of March. Contact the office to sign up.



REFLECTION

The Christmas Season has ended and the Season of Lent is still some weeks off. We are once again in “Ordinary Time,” as it’s called, and the focus of the Scripture readings this Sunday is on God’s call and the choice we humans have to heed that call or ignore it. It’s always clear in Scripture that we are never forced by God, but lovingly invited, to take up the invitation to be a follower of the Lord and to give ourselves to a life of love and service of God and neighbor.

An old saying that seems to go well with the idea of this Sunday’s Scripture readings is this: “Time is of the essence”; that is, life in short and what we chose now will have consequences for our eternal life, never losing sight of what is called our “eternal destiny,” where and how we will spend eternity. Hopefully we want it to be with God and the saints in heaven, but we must be actively pursuing that goal as we pass through this earthly sojourn. The often-used biblical phrase for this notion is this: “Now is the acceptable time, now is the day of salvation” (see, for example, 2 Corinthians 6:2).

The Book of Jonah, written a few centuries before the birth of Christ, is a good place to start a consideration of time and eternity. The minor prophet Jonah initially rejects God’s call, but eventually gives himself tirelessly to the task of convincing the people of Nineveh of the need for rejecting sin and turning to God. For them, the time designated for doing so was forty days. Ultimately, the people heed the call of Jonah by turning from bad behavior and back to God with sincere hearts.

The forty days to do “convert” calls to mind the time frame of the annual Season of Lent, comprised of the same number of days, but that will be the focus more during the Lententide, beginning this year on February 14th.

As the people of Nineveh changed their ways, so God, we are told, “repented of the evil that he had threatened to do to them; he did not carry it out.” God altered the divine plan and decided not to fulfill a prophesy of destroying the Ninevites.

In the Gospel today we see Andrew and Peter, as well as the sons of Zebedee, James and John, being called by Jesus to “change their ways,” which were not necessarily bad, but taking up a decidedly new way and different way of life as followers of Jesus, who, we are told, “summoned them on the spot,” and they immediately “went off in Jesus’ company.”

These “surprise visits” of the Lord, to the people of Nineveh and to the first followers of Jesus, harmonize well with what Saint Paul expresses in the second reading for Mass this Sunday: “those who make use of

the world [should do so] as though were not using it [the world]." Why? Because, "the world as we know it is passing away."

This doesn't mean nervous fretting or "living in the clouds," thereby neglecting the duties before us each day, but it means putting it all in perspective, living to the full in love, and thereby living in the way God intends for us.

The Old Testament Book of Ecclesiastes reminds us that "there is an appointed time for every matter under heaven, a time to be born and a time to die" (Eccles 3:1,2). This means we need to be attentive to the fact the Lord's voice is addressed to us, to "come after me," as he tells the first Apostles. They were important words for them, but also intended for us, today and every day.

However short or long our life might be, we have the opportunity to grow in our commitment to adhere to the Lord, to set bad actions aside, and to live good and honorable lives. The Book of Deuteronomy expresses the idea this way: "Love the Lord your God with all your heart, and with all your soul, and with all your strength" (Deut 6:5). None of us does this perfectly, but we're called to make it a priority in our daily existence nonetheless.

Reflecting on God's call in our life, we make see great deficiencies or disappointments in our ways of responding to that call, but we can always turn these into opportunities to do differently, better and more joyfully. Rather than be sad or disillusioned, we can become stronger in our approach to life and all that it entails. Jonah's initial reluctance and frustration in the face of God's call ultimately became an announcement of God's desire for the salvation of the world, centuries before the birth of Christ.

We need to be realists about "using this world and not using it," meaning we must do our part willingly and energetically, to build up the human family. At the same time, we depend on God to act in us and give us grace to make this all possible. Sometimes this is called the "way of the mystics," which doesn't mean have visions, hear voices or possessing the ability to levitate. Rather, it means being on fire for God's way, forgetting self and being wholly a person who knows, loves and serves God. Every day there are golden opportunities to extend God-like love to those who are in our lives or who cross our path unexpectedly.

May the Lord grant us humble surrender to achieve our goals. "With God we shall do bravely," as Psalm 60 (59):12, expresses it. Psalm 56(55):11 says: "In God I trust, I shall not fear." Two very good "mottos" to keep in mind throughout our life.

Abbot Christian Leisy, OSB
Christ in the Desert Monastery

VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat is in hiatus for the month of January. We begin the series *The Chosen* in February. To participate, please email the parish office.

THE CHOSEN

The Chosen is a series that brings to life an interpretation of what life might have been like for Jesus starting his ministry. The series has been creatively produced and includes the backstories for each of the disciples that were individually chosen by Jesus. We are first invited into each of their lives, into their struggles and baggage. But once introduced to Jesus and the invitation to spend time with him, we are invited to witness the transformation of each of his first followers.



USED STAMPS FOR MARY MACKILLOP TODAY (MMT)

"*Mary MacKillop Today*" is helping the poorest of the poor with used stamps. Please leave any used stamps in the box provided at the entrance to St Joseph's Church The Junction, or drop them off at the office. Money raised through their sales provides access to learning opportunities for the poorest communities in Australia and internationally.

2024 – LENTEN REFLECTION – TRANSFORMATION THROUGH REVELATION

During the season of Lent, we are called to look deeply at the human condition, just as Jesus, the Son of God, experienced. We are reminded during this time of hardship, suffering, and ultimately dying that we must stretch ourselves. We must pray and fast from whatever is taking hold of the fullness of life. This time calls for personal reflection and encourages us to look out with missionary eyes to intentionally give to those in need.

To access our Diocesan Resource, Transformation Through Revelation, please visit <https://www.mn.catholic.org.au/media/6680/0003733-dio-2024-lenten-program-06.pdf>

THE CHUCKLE

How do you avoid infection from biting insects?
Don't bite them.



THE EYES HAVE IT

By Fr Michael Tate

For the Jewish people, the greatest enduring memory is of their liberation from slavery in Egypt, from their subjection to the despotic rule of the Pharaoh.

Thereafter, any oppressor or despot who used political or financial power to lord it over others, to enslave them in a hundred different ways, could be referred to as a 'Pharaoh'.

I would like you to listen for a moment to a dramatic passage from the Jewish scriptures with which Jesus would have been familiar. Ezekiel is inspired to proclaim:

'The Lord Yahweh says this:

Now I set myself against you, Pharaoh king of Egypt, you great crocodile wallowing in your Niles, you have said: My Niles are mine, I made them.'

And then God takes on the role of a fisherman!

'I am going to put hooks through your jaws, make your Nile fish stick to your scales, and pull you out of your Niles with all your Nile fish sticking to your scales. I shall drop you in the desert, with all your Nile fish. You will fall on open ground and not be taken up or buried.' (Ez 29:3-5)

So when the Jewish Jesus says to the Jewish Simon and Andrew 'I will make you into fishers of men', then, amongst the many levels of meaning, they would have heard the allusion to Ezekiel.

Jesus was telling them that he was setting them on a course of confrontation. He was creating a society of liberated human beings, called the 'Kingdom of God'. That will involve struggle against the powerful elites who oppress and enslave people. It will be as dangerous and demand as much energy as required to haul a crocodile out of the Nile.

This is an awesome summons, and yet we are told that 'straightaway' these men abandoned their nets.

These were not recreational fishermen. They were key members of family fishing operations with employees. They were being called to abandon all the familiar structure to their lives. They were being called to break with 'business as usual' and to move into a situation of peril.

And yet they did so, 'straightaway'. Generation after generation, century after century, followers of Jesus have done the same. Martin Luther King is a prime example.

He fought for an end to racial discrimination and denial of civil rights by the pharaohs of white

supremacy in the United States. He was assassinated, killed by the threshing of the tail of the great crocodile of segregation.

Why did Martin Luther King take that risk? Why did the early disciples take that risk?

Because of the call of Jesus? No. At least, not that alone. Let us look at the Gospel again. We read:

'As he was walking along by the Sea of Galilee he saw Simon and his brother Andrew casting a net in the lake . . . Going on a little further, he saw James son of Zebedee and his brother John . . .'

I think they were responding not to His voice alone, but to His eyes. St John of the Cross said 'for Jesus, to see is to love'.

When Jesus looks at potential followers he is not merely observing or staring. His is the attentive gaze such as that of a loving parent gazing at a newborn, loving the baby into a beautiful future.

That is how Jesus looked at Simon and Andrew and James and John on the shores of the Sea of Galilee.

That is how the Risen Lord Jesus Christ looks at you and you and you and me. The fact is: He can't take his eyes off us. He loves us unreservedly and wants to love us into a barely imaginable future.

So when the call comes in some situation, when He says 'Follow me', will it be Yes or No? Aye or Nay?

'The eyes have it!'

MEN'S ROSARY GROUP

The Men's Rosary will be held on the first Saturday of each month @ 1pm at Sacred Heart Cathedral, 841 Hunter St, Newcastle West. For more Information contact Jason on 0499 854 928.



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.

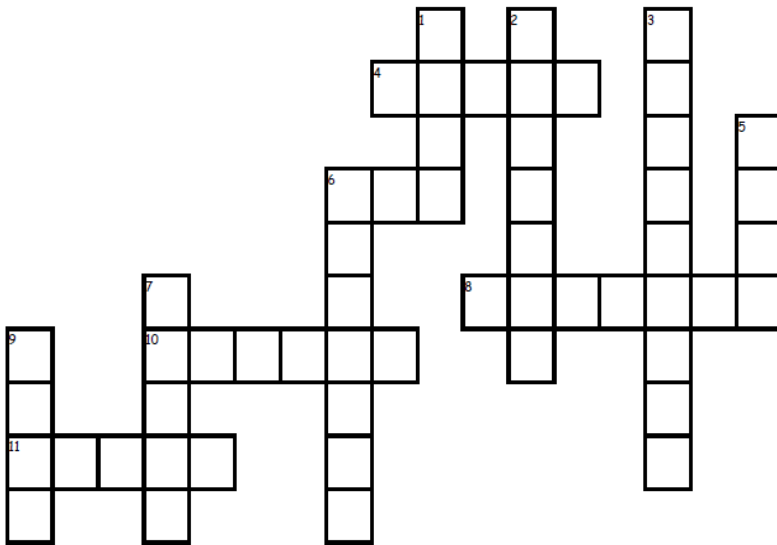
SAFEGUARDING

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, E childprotection@mn.catholic.org.au or www.officeofsafeguarding.org.au

CROSSWORD

They believed God's message

Jon 3:1-5, 10
Ps 25:4-5abc, 6 & 7cd, 8-9, R. v.4a
Mk 1:14-20



Across

- 4: this man was asked to go and speak to the people of Nineveh
6: fishermen use one of these to catch fish
8: God decided not to _____ Nineveh
10: Simon Peter's brother
11: it took this many days to walk through the city of Nineveh

Down

- 1: this is used to travel across water
2: Jesus walked along the shore of this lake
3: men who catch fish
5: a very large town
6: the Lord asked Jonah to go this city
7: this man was John's brother
9: God took _____ on the people of Nineveh when they stopped doing evil things

SENIOR WORDSEARCH

They believed God's message

Jon 3:1-5, 10
Ps 25:4-5abc, 6 & 7cd, 8-9, R. v.4a
Mk 1:14-20

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

Try to find these words:

Andrew
boat
city
destroy
fishermen
Galilee
James
Jonah
net
Nineveh
pity
three

FOOD BASKETS FOR THE NEEDY

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.

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/ or contact Teresa Brierley on 4979 1157.

Scriptural Context

The Gospel in a hurry

One of the features of this week's gospel is the immediate response that Jesus inspires from the fishermen as they give up all that they previously knew to follow him. We will see throughout this year of readings that this is characteristic of the Gospel of Mark. This gospel is sometimes referred to as the gospel in a hurry as the writer uses a lot of language that implies haste – "straight away"; "immediately"; "that day"; "at once". Such language is used to describe the movement of Jesus around Galilee but it is also used to describe the powerful reactions people have to him.

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

Michael Punch (*Principal*)

Dunbar St, Stockton NSW 2295

P:(02) 4920 1736

W:www.stockton.catholic.edu.au

MEDITATION GROUPS AT LIVING WATERS CENTRE

LIVING WATERS CHRISTIAN MEDIATION CENTRE, 34 Kenrick Street, The Junction, offers meditation sessions on Wednesdays at 7.30am and Fridays at 11.00am – and has done so for the last 25 years, in which time many hundreds of people have taken up this prayer form. After meditation on Fridays Lectio Divina, a personal interaction with Sacred Scripture, is offered. Through both practices we open ourselves to the fullness of life; we come to know ourselves by knowing that we are known and loved by God. For more information: Carmel Moore rsj -0412122297 - or just come.

CHRISTIAN MEDITATION AT TIGHERS HILL

This is non-denominational and everyone is very welcome. Please come.

WHEN: Monday afternoon 3.30 for 3.45 start

WHERE: Mercy Offices, 20 Union Street

(Next door to Mercy Services)

Off street parking available

The Meditation session begins with short guided relaxation exercises then we have a reading from Fr. John Main which leads into 20 minutes of silent meditation