



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 28TH JANUARY 2024

4TH SUNDAY IN ORDINARY TIME, YEAR B

Our Clergy

Fr John Lovell
Fr Paul Chackanikunnel
Fr Anthony Coloma
Fr Anil Kumar Kuchipudi
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*)
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

We are told Jesus spoke with authority. How did He do this? He didn't speak in highfalutin tones or use flowery words to impress people. He just met people where they were. He spoke with conviction and straight from the heart. Fr John

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

Promotors 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)

Fourth Week of Ordinary Time, Year B

Monday—29th January

8:15am Mass @ The Cathedral

Tuesday—30th January

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Wednesday—31st January

Memorial of St John Bosco

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—1st February

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Friday—2nd February

Feast of The Presentation of the Lord

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday—3rd February

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—4th February

4th 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*)

3:00pm *Divine Mercy Devotion @ Mayfield West*

5:00pm Mass @ The Cathedral

5:00pm Taize Service @ Tighes Hill

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

*Cancelled this week ***

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

** The Vietnamese Mass will be celebrated on the
following dates: Jan 28, Feb 11, Feb 25

NEXT WEEK'S READINGS:

5th Sunday in Ordinary Time, Year B

Job 7:1-4, 6-7;

1 Corinthians 9:16-19, 22-23

Mark 1:29-39.



PRAYER REQUESTS

RECENTLY DECEASED: Jean Morgan, Terry Duffy

ANNIVERSARIES: Rita Rumball, James Royan, Maureen Narvo, Ellen Griffith, Ruby Knee, Jean Perkins, Ivan Slobodniuk, Raymond Slobodniuk, Maria Slobodniuk, Marta Dumiak, John Joseph Anicich, Caitlin Potts, Margaret Jennens, Jeffrey Buckby, James Gallagher, Lola Austen

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

Maureen Burke

Madeleine Cherry

Elaine Dodds

Lawrence (Jack) Drage

Mary Drage

Robert Driscoll

Bernard Duggan

Nancy Gorman

Harold (Harry) Hancock

Henry Charles Hardy

Mons. Allan Hart

William Hart

Ken (John) Johnson

Margaret Jones

Maureen Narvo

Frank (Fiore) Pati

Thi Bich Van Pham

Margery Presland

John Scrogings

Margaret Scrogings

Henk Van Schyndel

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

VOICE OF THE SPIRIT

To access the latest Catholic Charismatic Renewal Newsletter, visit:

www.mn.catholic.org.au/media/6739/novvos2023e.pdf

Two upcoming events:

CCR Leadership Day – Saturday 3 February 2024 CCR

NSW Conference – 7 to 8 September 2024.

FROM THE MODERATOR

It's Time to elect a New Pastoral Council for the City Pastoral Region

The City Pastoral Region comprises the Parishes of St Benedict's Inner Newcastle, Christ the King Mayfield and St Peter in Chains Stockton. The St Benedict's Inner Newcastle Parish includes Sacred Heart Cathedral Hamilton, St Mary's Newcastle, St Joseph's The Junction and The Immaculate Heart of Mary Tighes Hill. As a community of communities, these Parishes cover a wide geographic region and a broad range of people.

The Regional Pastoral Council, sensitive to the pastoral needs of the people and area in which the Region exists, strives to discern effective ways to serve those pastoral needs that we may witness to the presence of Jesus Christ, the Risen Lord in this portion of the Lord's vineyard by the gift and power of the Holy Spirit

The Pastoral Council under the authority of the Moderator, Fr John Lovell in cooperation with his fellow clergy, will be responsible for assessing those matters which concern the pastoral works of the Parishes of the Region and proposing a Regional Pastoral Plan to direct and facilitate those works.

The Pastoral Council is composed of:

- The Moderator
- All clergy appointed to the Parishes of the City Pastoral Region
- The Principals of our Parish Schools or their delegates
- Any other person designated by the Moderator as holding an office engaged in Pastoral Care within the Parishes of the Region
- A total of 8 parishioners representing each Sunday Mass of the Sunday Mass communities, as determined by that community
- A total of 5 parishioners can be appointed by the Moderator for the term defined in their letter of appointment
- One member from the Parish Finance Council
- Sacramental Program Director

All members of the Pastoral Council are required to have a current Working With Children Check and have completed a National Police Check. All members must also complete the Diocesan Safeguarding Course 2. These requirements do not have to be in place for nomination, but if elected, then the new member will



be required to complete these requirements.

In February we will be calling for nominations for representatives from our 8 Mass communities:

1. Cathedral Vigil Mass at 5.30pm
2. Cathedral Sunday 9.30am Mass
3. Cathedral Sunday evening 5pm Mass
4. St Marys, Newcastle
5. St Josephs, The Junction
6. St Peter in Chains, Stockton
7. The Immaculate Heart of Mary, Tighes Hill
8. Christ the King, Mayfield

Following the acceptance of nominations, the names of nominees will be published in the Bulletin and elections will take place in March. The term of appointment is 3 years. Should you require any further information, please do not hesitate to talk to Fr John, or one the current members of the Pastoral Council:

1. Sacred Heart Cathedral—Gail Lovell
2. St Josephs, The Junction—Mark de Souza
3. St Marys, Newcastle—Currently Vacant
4. The Immaculate Heart of Mary, Tighes Hill—Amanda Mohr
5. St Laurence O'Toole, Broadmeadow—Janet Tully
6. Christ the King, Mayfield —Alicia Jenkins
7. St Peter In Chains, Stockton—Maureen Frize

Love, Fr John

Thank you!



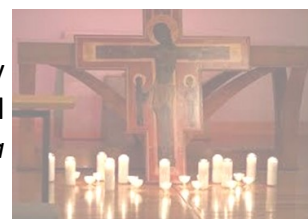
BOOK CLUB

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 newcp parish@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 three Scripture readings assigned for this Fourth Sunday in Ordinary Time speak about being attentive and listening to the prophet whom God will send (the first reading from Deuteronomy), of being free from worry (second reading from First Corinthians), and finally, in the Gospel, the importance of the “completely new teaching in the spirit of authority,” which Jesus heralds.

The reading today from the Book of Deuteronomy is addressed to God’s people by Moses, considered to be the greatest of the prophets. Moses’ words carry an important message for those who belong to God, that God will not abandon his people, but will continue to raise up prophets after Moses, who acts on God’s behalf, as did Moses, to make God’s ways and commands known to the nations. Eventually such a prophet was to be understood and being embodied in the promised Messiah, whom we now recognize as embodied in Jesus Christ, true God and true man, who as the Gospel today expresses it, teaches and acts “in a spirit of authority,” derived from God.

The reading from Saint Paul’s Letter to the Corinthians today is not so much about which is better, married life or the single life, as it is about that fact that every person has his or her own special gift from God. Paul desires, in the spirit of the Gospel he is preaching, that no one be bogged down with anxiety, or feeling that a noose has been thrown around their neck. Rather, everyone should consecrate him or herself to the Lord, according to one’s call. Saint Paul is not advocating pushing anyone into an ideal that is beyond the capacity of the believer.

Turning to the Gospel for this Sunday, we find Jesus teaching in the synagogue of Capernaum. The synagogue there, by the Sea of Galilee, is neither grand nor outstanding, and in its present state stands partly in ruins, with no roof on it. This fact, of being roofless, strikes me as underlining the fact that the message of the saving deeds of the Lord cannot in any way be bound or confined, but must extend to all the ends of the earth. In other words, there is no roof on Jesus’ message.

Our work is cut out for us as followers of Christ, challenging us to proclaim the Gospel by our lives. We should never give up in our search for God each day of our life, trusting in the loving help of the One who created us and who has sustained us to the present. At the same time, we need also to keep in mind that at some point we will all be exchanging time for

eternity, one definition of the reality of death. May we be prepared to meet the Lord now and at the moment of the completion of our earthly pilgrimage.

Abbot Christian Leisy, OSB
Christ in the Desert Monastery

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.



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 at the office. Money raised through their sales provides access to learning opportunities for the poorest communities in Australia and internationally.

THE CHUCKLE

Just once, I want the prompt for username and password to say, "Close enough."



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

VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat is in hiatus for the month of January. We begin the series *The Chosen* on February 7, then start the Lenten program on Ash Wednesday, February 14. 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.

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>

gospel focus

Exorcisms

This week's gospel features an exorcism by Jesus – driving an unclean spirit out of a possessed man. Some people read these acts of exorcism as being literally true. Others are keen to demonstrate that these 'possessions' described in the gospels are able to be explained by various manifestations of mental illness. The thrashing fits described in the gospels have been likened to epileptic seizures and episodes of paranoia and schizophrenia might explain the first century understanding of possession. Rather than trying to justify or explain away these events, we must seek to understand the gospel writer's purpose in including such episodes.

INTRODUCTORY CLINICAL PASTORAL EDUCATION (40HRS)

This course is an introduction to the theory and practice of pastoral/spiritual care. It is a qualification required by NSW Health for those wishing to become hospital visitors. It covers such topics as listening skills, empathy, grief and loss, self-awareness and hospital procedures. It is conducted over six Mondays from 9am to 4pm. A certificate is awarded on completion. Commencing 12 February - 18 March - Registration due by 1 February.

Cost: \$500

MacKillop Parish Charlestown

For more information contact

Fr. Roger Zohrab- Pastoral Care Coordinator

Mob 0408 151 481

roger.zohrab@health.nsw.gov.au

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.

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!

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.

IRELAND PILGRIMAGE THE WAY OF MERCY

In 2024, Maitland-Newcastle Diocese will be journeying to Ireland to explore "The Way of Mercy". Embark on a soulful 15-day Irish spiritual journey, drawing inspiration from Catherine McAuley, the founder of the Sisters of Mercy in 1831. Traverse Dublin's sacred sites and the serene landscapes of Glendalough and the Ring of Kerry, immersing yourself in Ireland's rich religious legacy. Marvel at the majestic Cliffs of Moher, pilgrimage to the Holy Shrine of Knock. This pilgrimage covers seven captivating cities of Ireland, instrumental in building the foundations of our Christian faith.

As we journey together we will take time, to pray, reflect and care for one another. The spirit of Mercy, compassion, respect, justice, reconciliation, hospitality service and courage will be reflected upon each day in our journeying together.

Date: Thursday 26 September – Saturday 12 October 2024

Contact: Erin McCort (Pilgrimage Coordinator)
erin.mccort@mn.catholic.edu.au

PETITION TO SUPPORT FUNDING FOR PALLIATIVE CARE

Following government cuts to funding for Palliative Care and increases to funding for Voluntary Assisted Dying (euthanasia), The Hon. Susan Carter (Member of the Legislative Council) has created a petition to put pressure on government to better support and fund palliative care. Please consider signing the petition via the following links:



<http://tinyurl.com/7k8nw622>

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.

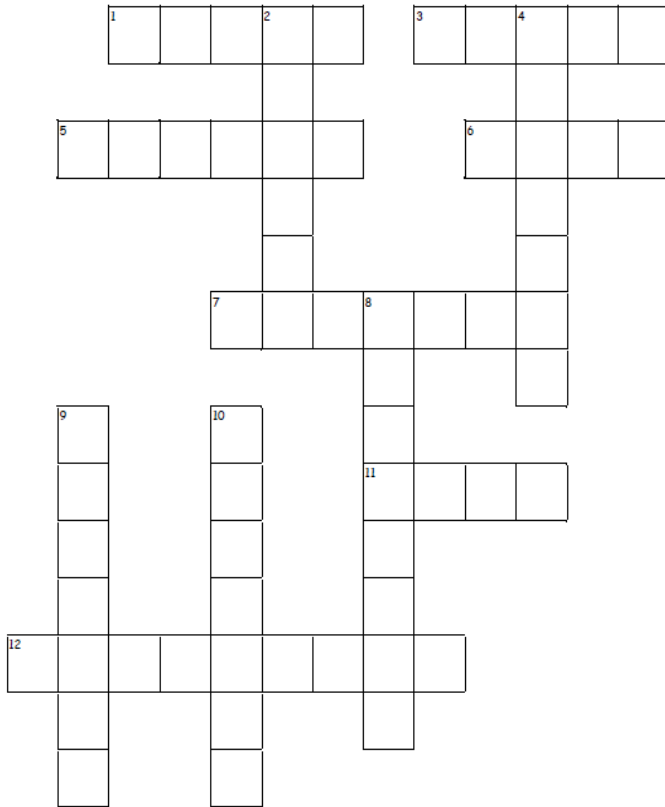
SAFEGUARDING

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, Echildprotection@mn.catholic.org.au or www.officeofsafeguarding.org.au

CROSSWORD

The prophet will speak in God's name

Dt 18:18-19
Ps 95:1-2, 6-7abcd R.v.8
Mk 1:21-28



Across

- 1: talk
3: Jews taught the law of this man
5: make a choice
6: to do what you are told to do
7: someone who speaks on behalf of God
11: a man with an _ _ _ _ spirit yelled at Jesus
12: Jesus was teaching in this town

Down

- 2: a reply to a question
4: the day of rest
8: strong
9: information that is passed on to someone else
10: ruin, break apart, wreck

4th Sunday in Ordinary Time, Year B

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SENIOR WORDSEARCH

The prophet will speak in God's name

Dt 18:18-19
Ps 95:1-2, 6-7abcd R.v.8
Mk 1:21-28

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

Try to find these words:

answer
Capernaum
choose
destroy
evil
message
Moses
obey
powerful
prophet
Sabbath
speak

4th Sunday in Ordinary Time, Year B

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Scriptural Context

The Messianic Secret

A feature of the Gospel of Mark is an element of secrecy and confusion that surrounds Jesus' identity. He silences demons who would announce his identity and warns those he heals to be quiet about what has occurred. There is a real lack of understanding displayed by the disciples about who Jesus is. At one point, Jesus asks the disciples, "who do you think I am?" They identify him as the Messiah but immediately demonstrate that they don't really understand what that means. The theme that runs through the gospel is a developing understanding of what it means that Jesus is the Messiah.

"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 21 February: Chapter 3. The Pilgrimage Community of Faith and Hope

Wednesday 20 March: Chapter 4. Engaging the Graced World

Wednesday 17 April: Chapter 5. The Future-Oriented Past

Wednesday 15 May: Chapter 6. The Art of Faithfulness and conclusion To register go to:
www.eventbrite.com.au/e/tilling-the-church-theology-of-an-unfinished-project-tickets-708150125087

THE APP

Are you using the App? It's a great way to get the daily readings on your phone!

Download the app for free from the Apple App Store and Google Play Store. Just search for 'Diocese of Maitland-Newcastle' and click install on your mobile or tablet!

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