



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 4TH FEBRUARY 2024

5TH 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.sacredheartmilton.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*)

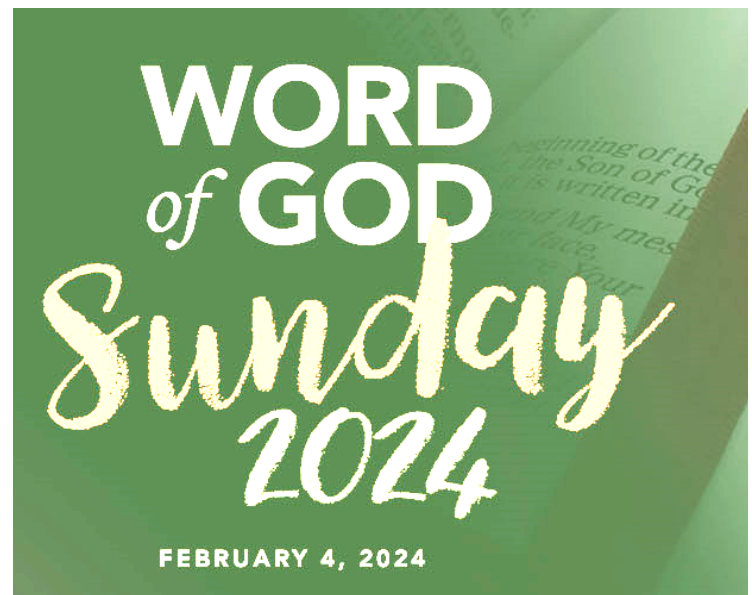
Dr Anne Millard (*Music, Liturgy, Sacraments*)

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

On this 'Word of God Sunday', our readings call us to reflect on how much we rely on God's living Word, fully manifest in the Lord Jesus, 'the Logos', to heal us of our brokenness. 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)

Fifth Week of Ordinary Time, Year B

Monday—5th February

Memorial of St Agatha

8:15am Mass @ The Cathedral

Tuesday—6th February

Memorial of St Paul Miki and companions

8:15am Mass @ The Cathedral

9.00am Mass @ Stockton

Wednesday—7th February

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West (Anointing Mass)

Thursday—8th February

8:15am Mass @ The Cathedral

9:15am Mass @ Stockton (School Mass)

Friday—9th February

10:15am Mass @ St Joseph's (Anointing Mass)

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

12:05pm Mass @ The Cathedral

Saturday—10th February

Memorial of St Scholastica

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—11th February

6th 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*

** The next Vietnamese Mass will be celebrated on
Feb 25 (they are now fortnightly)

PRAYER REQUESTS

RECENTLY DECEASED: Sr Rosemary Jackson rsj, Michael Wilson, William 'Terry' Duffy, Fr. Kevin Bates sm

ANNIVERSARIES: Bertha Roche, Maurice Tobin, Maureen Kauter, Connie Jennings, Tony O'Brien, Peter Cook, Sheila Elliott, Frances Gillies, Rosina Martinelli, Wilma Turner, James Donnelly, Gary Walsh, Anthony Norris, Linda Collins, Margaret McVie, Brother Ed Slattery fms, Marie James, Joan Woodcock, Sante D'Abruzzo



SICK: Angela Cottier, Patrick McNerney Cowan, Joshua Zalanardo, Rosa Silivinec, Harry Melville, Doreen Mason, Elaine Johnson, Stewart McKinnon, Mark Caesar, Peter Kefecsek, 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 Columbaria whose anniversaries occur in February
At Sacred Heart

Robert Bartholomew	Patricia (Trish) Leishman
Jean Belcher	Alan James Long
Gwenneth Bennett	Fiore (Frank) Monaco
Anthony Bookallil	Stan O'Brien
Beryl Jean Clarke	Kathleen O'Neill
Marie Forrest	Roger Saunders
Edna Jean Hancock	Robert Smith
Michael Henessy	Gregory Smith
Ronald Jarrett	Toni Van Schyndel
Czeslaw (Cec) Kizeweter	William (Bill) Warren
Xuyen An Le	Clare Alice Withers
	Joan Woodcock

At St Joseph's:

Nicholas Evans	Gerald Meighan
Robyn Field	Bob Smyth
Marie James	Kath Walsh
Marie Maddrell	Alan Watt
William McNeil	Johanna Schmuck
Margaret McVie	Rodney Wright

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

NEXT WEEK'S READINGS:

6th Sunday in Ordinary Time, Year B

Lev 13:1-2, 44-46

1 Corinthians 10:31-11:1

Mark 1:40-45



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 of 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

PASTORAL CARE TEAM



The next meeting is Thursday, 8th February at 2.30pm in the Parish Centre (25 Farquhar St, The Junction).

Anyone interested in being part of this valuable ministry is invited to attend and find out more!

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

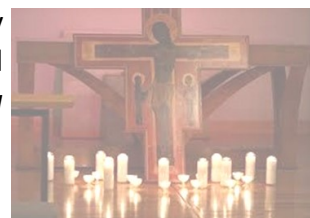
newcparish@mn.catholic.org.au



TAIZE SERVICE

Sunday 4th February

Immaculate Heart of Mary Catholic Church Tighes Hill
5.00pm – 6pm *followed by a shared supper.*



EPIC (EVERYTHING POSSIBLE IN CHRIST) YOUNG ADULT GROUP

Are you aged between 20 and 40?

Are you interested to share your faith with like-minded young adults?

Then our new faith sharing group might be for you! Email the office, or stay after Mass at The Cathedral on Sunday evening to find out more..

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

In the time of Jesus almost everything they couldn't understand was put down to a demon or an evil spirit. In the Talmud, (a large book dating from around the time of Jesus that contains the collected teachings of the Rabbis), several pages are devoted to the healing of 'fevers'. Even though we have become more advanced in our medical knowledge, it's surprising how this thinking still persists. While most people don't blame evil for their ailments, they can think God has a direct hand in sending an illness or an injury. Such faulty theology cannot be reconciled with the New Testament.

There is not a single instance where Jesus inflicts pain and suffering on others. He regularly tells us we have to carry our cross and bear our burdens, but this is vastly different from personally laying a cross on our shoulders or giving us the burdens in the first place. By contrast, every time that Jesus encounters suffering and pain he works to heal it and restore the person to new life.

The differences between the healing of Peter's mother-in-law and the other healing stories in the first chapter of Mark's Gospel are striking. Rather than in a public space and in front of crowds this personal healing occurs in the privacy of Peter's house. By contrast to the command for the demons to be gone, in his bedside ministry Jesus never mentions a demon and uses no words. Instead he gently takes her by the hand and helps her to her feet. Unlike the others Jesus heals, of whom we never hear about their response, the healing of Peter's mother-in-law leads her to an act of service. Given all the details Mark gives us of this encounter it's a pity he never tells us her name.

Sometimes we can think of Jesus' miracles, then and now, as acts of dazzling power. The problem with this idea is that if we see Jesus as going around 'zapping' people it's hard to figure out why there were times when he could not perform any miracles at all, or that they happened in stages. Whatever else miracles are, they are deeply personal encounters of faith.

As Catholics we believe in the power of miracles and that the source of them is always the grace of God. But we do not have to see them as something done to us from without. Rather, we can see them as unlocking something from within. For some people Jesus' word or touch set free the healing power God had placed in them. For others it came through another person's intercession. The same holds true for us today.

Furthermore, being anointed, celebrating Reconciliation or Eucharist, going to a place of pilgrimage, fasting, being prayed over or meditating can have a similar effect. Looked at in this way we can

see why some people are healed and others are not. If a personal encounter with Jesus did not always lead to healing, then why should it surprise us that some other encounters these days do not always unlock God's healing within us.

Small and large-scale miracles are happening every day. Today's Gospel reminds us that they do not happen for show or for the sake of the crowd. They are realisations of faith. Taking Peter's mother-in-law as our model we are healed and strengthened so that we can witness to God's saving power, serve the Kingdom of God in any way we can, and continue to wait on the Lord.

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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.



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 are 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 begins the series *The Chosen* on February 7, then the Lenten program on Ash Wednesday, February 14. To participate, please email the parish office. Watch the first series of *The Chosen*: <https://watch.thechosen.tv>

ASH WEDNESDAY IN ST BENEDICT'S

This year, the marking of the Season of Lent will begin with the celebration of **Ash Wednesday** on **14th February**. The celebration of Ash Wednesday will be as follows:

8:15am	Mass @ The Cathedral
9am	Mass @ Christ the King, Mayfield West
12md	Mass @ The Cathedral
5:30pm	Mass @ St Peter's, Stockton
6pm	Polish Mass @ The Cathedral

Please join your fellow parishioners as we enter into this time of prayer, self-denial, and helping others as part of our preparation for the celebration of the Resurrection at Easter.

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

I tried to catch fog yesterday.
Mist.



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.

PROJECT COMPASSION LAUNCH CARITAS AUSTRALIA

Tuesday 13 February 2024

The Catholic Diocese of Maitland-Newcastle invites you to the launch of Caritas Australia's 2024 Project Compassion appeal themed "For All Future Generations".

During the Liturgy, all attendees from across our schools, parishes and agencies are called forward by Parish region to receive their 2024 Project Compassion box and commissioning from Bishop Michael Kennedy.

Donations to Project Compassion allows Caritas Australia, the Catholic Agency for International Aid and Development, to work with local communities around the world to alleviate poverty, hunger, oppression and injustice.

At the conclusion of the Liturgy, complimentary pancakes will be served at the Southern Cross Hall.

****Gluten Free pancakes are available**.**

Date: Shrove Tuesday - 13 February 2024

Time: 10.15am for a 10:30am start, concluding at approximately 12.30pm.

Location: Sacred Heart Cathedral, HAMILTON
Followed by Pancakes in the Southern Cross Hall.

RSVP by: 5pm, Thursday 8 February 2024
at <https://PC2024.eventbrite.com.au>

Enquires: Kate Crncevic on P: 02 4979 1329 or
E: kate.crncevic@mn.catholic.org.au

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

PANCAKE BREAKFAST

Sunday 11 Feb 2024 following 8.00am Mass at Tighes Hill. Free pancakes with the option of various toppings.

CATHEDRAL MORNING TEA

Sunday 11 Feb 2024 following 9.30am Mass at Sacred Heart Cathedral. Join us for morning tea with delicious food and fabulous fellowship. All welcome.



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.

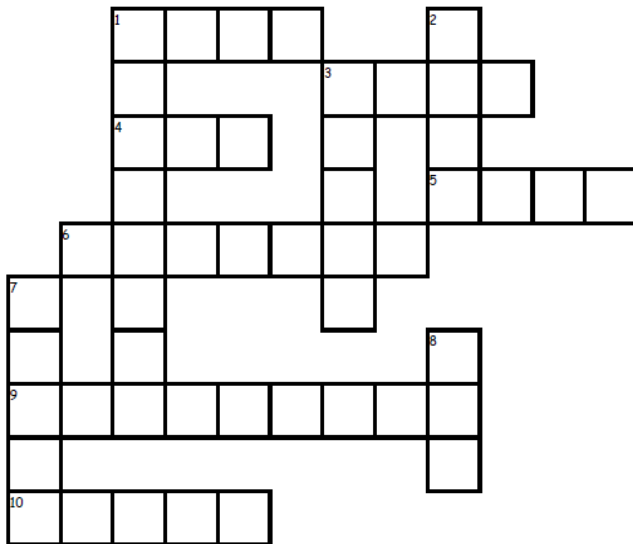
SAFEGUARDING

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

Jesus brings the Good News to all

Jb 7:1-4, 6-7
Ps 147:1, 4, 5 & 7, R. see v.3a
1 Cor 9:16-18
Mk 1:29-39



Across

- 1: you open this to enter or leave a room
- 3: something that costs no money is this
- 4: the star in our solar system
- 5: unwell
- 6: Jesus went to many Jewish meeting places in this town
- 9: very sad
- 10: the moon and stars appear in the sky at this time

Down

- 1: Jesus healed all kinds of terrible _____
- 2: a preacher tells people about God's good _____
- 3: someone with a high temperature could have this
- 7: Jesus healed this man's sick mother-in-law
- 8: you sleep in this

SENIOR WORDSEARCH

Jesus brings the Good News to all

Jb 7:1-4, 6-7
Ps 147:1, 4, 5 & 7, R. see v.3a
1 Cor 9:16-18
Mk 1:29-39

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

Try to find these words:

bed
diseases
door
fever
free
Galilee
miserable
news
night
sick
Simon
sun

DEATH OF FR KEVIN BATES

Marists and many others throughout the world mourn the death on Jan 31 of their confrere, spiritual guide and friend, Fr Kevin Bates SM(77). After months of failing health, Fr Kevin's last moments were spent at Royal North Shore Hospital, Sydney, where he died peacefully after days of family and fellow Marists by his bedside.



Fr Kevin, the author of many albums of songs, hymns and reflections, is known not only for his musical talents but as a gentle, ever-cheerful and devoted guide and pastor. Prior to his retirement he had been parish priest of Holy Name of Mary parish, Hunters Hill-Woolwich, NSW.

Fr Kevin composed and published many albums of music and contributed to a number of other musical publications. Among his many musical compositions, are "Our Supper Invitation" and "A Trusting Psalm."

Requiem liturgy for Fr Kevin will be celebrated at Holy Name of Mary church, Hunters Hill, at 10.30 am, Wed, Feb 07.

Rest in peace, Fr Kevin.

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) 4928 1861

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

LIVING THE GOSPEL

Prayer

In the midst of an extremely hectic 24 hours where Jesus effectively launches his public ministry, Jesus takes time to go aside to a lonely place and pray. The passage tells us that it was 'long before dawn' that he did this. It may have been his usual practice to pray early in the morning or he may have been restless after the events of the previous day and the thought of what lay ahead. Nevertheless, Jesus provides us with a model of using prayer to reflect on events and to prepare ourselves for the day ahead.