



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 3RD MARCH 2024

3RD SUNDAY OF LENT, 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

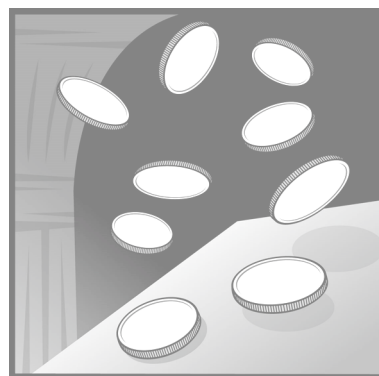
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Our Staff

Margaret Cox (*Reception & Administration*)
Monday, Tuesday, Friday
Anne Warren (*Business Manager*)
Tuesday and Thursday
Daloras Howes (*Administration*)
Thelma Dickson (*Administration*)
Elul Tecele (*Administration*)
Dr Anne Millard (*Music, Liturgy, Sacraments*)

Promoters of Safeguarding

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



THOUGHT FOR THE WEEK

As we continue our Lenten journey towards Easter, we are reminded of those Old Testament Hebrews who were led through the desert by Moses. They endured many hardships on their way to the Promised Land. Our Church today is also a pilgrim people of God, led by Jesus to an even greater Promised Land. Let's specially welcome and pray for those in our parishes who are preparing to join their journey to ours by receiving the Sacraments of Initiation this Easter.
Fr John

Other Contacts

Bereavement Team: Margaret Cox, Gail Lovell, Christopher Gregory, Margaret Beard, Margaret Newton, Anne Millard P: (02) 4979 1252
Mercy Pastoral Team: Sr Patricia Whitten rsm 0448463679

St Joseph's Pastoral Team: Contact the Parish Office

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 Lent, Year B

Monday 4th March

8:15am Mass @ The Cathedral

Tuesday 5th March

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Wednesday 6th March

8:15am Mass @ The Cathedral

9am Mass @ Christ the King, Mayfield West

Thursday 7th March

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Friday 8th March

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

6:00pm Stations of the Cross (in Polish)

Saturday 9th March

9:15am Mass @ The Cathedral, followed by the
Novena to Our Lady of Perpetual Help
(followed by Reconciliation)

5:30pm Mass @ The Cathedral

5:30pm Mass @ The Junction

5:30pm Mass @ Mayfield West

Sunday 10th March

4th Sunday of Lent, 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 Vietnamese Mass is now celebrated fortnightly

PRAYER REQUESTS

RECENTLY DECEASED: Sr Mary Gertrude OP (Patricia Bundock), Alfonso Abella

ANNIVERSARIES: Laureen Connors,
Isabella Haggerty, Helen McCullen,
Norman Woodland, Emilia Milosavjevic,
Laurel Russell, James Francis Tait,
Nigel Edward Mulligan, Catalino Jimenez,
Nicolas Jimenez Jr ,
Milagros Diwa, Corazon Atienza, Florencio Diwa Sr



SICK: Tui Innes, Ronoel Diwa, Jolina Joyce Saranillo,
Maureen Francis, 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 Sacred Heart Columbarium
whose anniversaries occur in March:

Louise Anne Balzer

Francesco Bufi

Verona Cable

Edward Caelli

Warren Cunningham

Michael Edward Delaney

Verona Ellicott

Betsy Gadd-Ardesch

Frank Gibson

Keith Martin

Terence O'Beirne

Peter Francis O'Sullivan

Wesbrook (Wes) Smythe

Coz Sphiris

Anna Maria Stefanson

Bill Van Schyndel

Thomas (Jack) Wakely

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

NEXT WEEK'S READINGS:

Fourth Sunday of Lent (Year A)

1 Sam 16:1, 6-7, 10-13

Eph 5:8-14

Jn 9:1-41

OR

Fourth Sunday of Lent (Year B)

2 Chr 36:14-16, 19-23

Eph 2:4-10

Jn 3:14-21



Because we have candidates for Baptism this Easter,
we celebrate the Scrutinies (a special blessing for
those to be baptised) at one of the Masses next
weekend. At that Mass, we will have the readings for
Year A:

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

TO WITNESS AND TO ACCOMPANY WITH CHRISTIAN HOPE

The Diocese is holding three workshops with Rev. Fr Kevin McGovern, a Christian ethicist and former director of Melbourne's Caroline Chisholm Centre for Health Ethics. The workshop will focus on accompanying those whom we care for that may be critically ill or at a terminal phase of their life.

SESSIONS AVAILABLE: Wednesday 20 March, 2pm - 4pm and 6:30pm - 8:30pm: Input, discussion and face-to-face workshop

Suitable for staff and volunteers in parishes and staff from Catholic health and aged care providers. Thursday 21 March, 9:30am - 12:30pm: Input, workshop and table-talks. Suitable for Diocesan Leadership, CatholicCare, Principals and staff as well as medical and aged care staff. Register via Eventbrite: <https://CDMN-witness.eventbrite.com.au> or phone (02) 4979-1329.

CHRISM MASS

Each year during Holy Week all the faithful of the Church of Maitland-Newcastle are invited to gather with Bishop Michael Kennedy for the Chrism Mass. Here we bless and consecrate the Sacred Oils that will be used for ministry during the year.

Join us on Tuesday 26 March from 7pm at Sacred Heart Cathedral.

All are welcome, read more about it: <https://mnnews.today/liturgy-matters/2024/57932-liturgy-matters-come-on-down-to-the-chrism-mass/>

HUNTER COMMUNITY ALLIANCE FOUNDING ASSEMBLY

The Hunter Community Alliance brings together diverse communities, environmental groups, unions, and religious organisations to advance the common good and achieve a fair, just and sustainable future for the region.

The Founding Assembly is the next milestone of the HCA's four-year journey of listening, training, preparing, and organising. We are encouraging representatives from every Parish to come along so the broader community can witness our commitment to the common good, the dignity of the human person, solidarity, the preferential option for the poor, stewardship of creation and subsidiarity.

The Founding Assembly will take place April 10th, 6:30pm-8:30pm at the University of Newcastle Great Hall, Callaghan. Register here.

LENTEN DISCUSSION GROUP

Each Wednesday following 9am Mass in Mayfield West Church. All welcome.

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

ART AND SPIRITUALITY WORKSHOP

Creation of art provides an opportunity for a deepening awareness of oneself and the world, and can act as a catalyst for evoking the Spirit. Art is a means to see-to-re-search and find the living meaning of what it means to open the heart. Everyone has the ability to create art, but in order for it to be theological, the artist needs to explore ways that it makes sense of faith. Opening the heart through art involves making meaning through the creation, then reflecting on the art itself and the unfolding the moment-to-moment direct experience of the process.

This workshop will provide an opportunity to awaken the Spirit through the beauty of God's creation, prayer, and reflection. Participants will engage in art making experiences which will nourish their faith.

Date: Thursday 14 March (9am-3pm)

Venue: Kilaben Bay Community Centre

Cost: \$25 per person

Register at: <https://www.eventbrite.com.au/e/art-and-spirituality-workshops-2024-tickets-808605269127>

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.



REFLECTION

by Fr Michael Tate

Where does God really dwell?

Did you notice how the first reading began? The setting is the story of the Jewish slaves fleeing the oppression of the Pharaoh of Egypt. Moses, a leader of those fugitive slaves wandering through a desert, received a message from God which begins:

‘I am the Lord your God who brought you out of the land of Egypt, out of the house of slavery.’

What follows are ten ways in which a free and liberated people should respond. They should be called the Ten Responses rather than the Ten Commandments.

‘Respond by worshipping me as your one and only liberator: don’t bow down to others. Don’t abuse my name. Build up a community where you treat others with respect and reverence, never as property or less than human. Murder, perjury, theft, adultery, neglecting elderly parents destroy such community.’

Indeed, God is always attempting to create a community which responds to His love by treating others as fully human and unshackled from the chains of oppression and exploitation.

In today’s Gospel we find Jesus furiously angry. Why? Because when he entered the Temple precinct, he did not see evidence of a liberated people.

Rather, he saw evidence of a Temple system which exploited and oppressed people, enslaving them to an ideology.

Only a few days before he had witnessed a poor widow so brainwashed by the Temple system that she had thrown into its treasury the last couple of coins she needed for the necessities of life – ‘everything she had’. She was left destitute.

Jesus paid particular attention to the pigeon sellers. Why? Was it because Mary and Joseph had been required to buy two pigeons as payment to signal the purification of Mary. She was wrongly regarded as rendered unclean by the birth of Jesus.

No wonder he was angry.

Does this sound like a place where the God who proclaimed himself the great liberator of His people would dwell?

Jesus expressed his anger physically and the leaders understood his dramatic street theatre, his actions full of symbolism. In overturning tables he was signalling the overturning of the Temple system.

They challenged him. They asked for his authority to do what he had been doing. He gives them an enigmatic answer: ‘Destroy this Temple and in three days I will raise it up.’

They thought he was speaking about the great building they saw before them, and used his answer against him in his show trial.

But, the author of our Gospel, probably writing in Ephesus around the year 100 AD, i.e. after the Resurrection, gives us the explanation: ‘But he spoke of the sanctuary of his body.’

The *body* of Jesus of Nazareth is the dwelling place, the habitation of God who liberates people.

This is our core belief about the identity of Jesus of Nazareth. Many will accept that he was an impressive teacher or guru, or even an inspired prophet.

But it is our faith that Jesus of Nazareth is God embodied, God enfleshed in human history. In short, God’s sanctuary is not a place but a person.

And, by adoption, we can share in this extraordinary status: we too can become temples.

Towards the end of funerals, I burn incense and surround the coffin with sweet-smelling smoke as a sign of reverence for the body which, by adoption at baptism, became a temple of the Holy Spirit. We acknowledge this by doing what one does in temples, we burn incense.

Let us go forward in these last few weeks in Lent as a liberated people, using the Ten Responses to guide our reflection of the journey towards Easter.

At that time we will be ready to celebrate the fulfilment of the enigmatic saying: ‘Destroy this Temple and in three days I will raise it up again.’

We will be ready to acknowledge with the Christians of Ephesus around the year 100: ‘He was speaking of the sanctuary of his body.’

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REVIEW OF CONFIRMATION GUIDANCE AND PROCEDURES

All parishioners, parents and sponsors, ministers and anyone else involved in the preparation and celebration of Confirmation over recent years, are invited to participate in our review process. Ideally please read [‘Liturgy Matters: It’s Time – Christian Initiation and Confirmation Review \(13 Feb 2024\)’](https://www.mn.catholic.org.au/media/6754/confirmation-review-process.pdf) where everything is explained and the ‘Review Document’ is available. You can access the Review Document directly by using the following link: <https://www.mn.catholic.org.au/media/6754/confirmation-review-process.pdf>

Otherwise, you can access the questionnaire but NOT the background information via this QR code. The closing date is 17 March.

With thanks, Louise Gannon rsj



aMeN caMiNo

The purpose of pilgrimage is journey. Camino has a long and established Christian history, it means ‘road’ or ‘way’. A famous Camino is St James Way or Camino de Santiago in Spain. The first Christian movement in the 1st Century was known as ‘The Way’.

The aMeN CaMiNo is a response to a desire to be in communion with each other and our sacred earth. It is an opportunity to pause from routine, immerse yourself in reflection, contemplation and to provide a moment of space for each person to be conscious of God’s gift of Grace.

Amen is the word Christian’s use to say ‘Yes, we are on our way to God.’ By joining us on the “aMeN CaMiNo”, you are saying yes to something in your heart which is calling you.

The aMeN caMiNo takes place over five consecutive days. The pilgrimage starts at St John’s Chapel, Maitland and concludes at the Sacred Heart Cathedral, Hamilton. Pilgrims will walk an average of 20km per day through the beautiful landscape of bush, beach and beyond which we are blessed to have in our backyard. We will also be holding a weekend experience.

Dates: 6-10 July, 3-7 August and 7-8 September. Flyer: [amen-camino-flyer-for-2024.pdf](https://www.mn.catholic.org.au/media/6754/amen-camino-flyer-for-2024.pdf)

Expression of Interest: <https://forms.office.com/r/WrRZ8LCjxe>

WAY OF THE CROSS

Our Diocese is blessed with rich diversity. This year’s Ecumenical Way of the Cross, held on the 5th Sunday of Lent, invites us into a multicultural journey of remembrance. As we relive the story of Jesus’ Passion, we recall the stories that have brought us together. This event is a celebrated gathering of our wider community and one not to be missed.

When: Sunday 17 March, 3pm (you are invited to gather from 2pm)

Where: St Joseph’s Toronto Church, 140 Wangi Road, Toronto

VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat continues with the Lenten program on March 6. To participate, please email the parish office. We will return to the first series of The Chosen after Lent.

BOOK CLUB

Sunday, 3rd March @ 6:15pm: Bookclub meets to discuss *Small Things Like These* by Claire Keegan. If you would like to participate in book club meetings, please email newcparish@mn.catholic.org.au



MEDITATION GROUPS AT LIVING WATERS CENTRE

LIVING WATERS CHRISTIAN MEDITATION 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.

PINTS WITH A PURPOSE

Our friends from Realtalk are joining us for a bonus Pints with a Purpose!

This session breaks open topics surrounding sex, relationships, self-worth, and personal identity.

This encompasses understanding more about who we are, the desires we have and the connections between these desires and our physical bodies.

Date: Monday 4 March

Time: Gather from 6pm for dinner (at own cost), talk will begin at 7pm in the Hudson room.

Location: Sydney Junction Hotel.

UNDERSTANDING THE BEATITUDES

One of the most striking examples of Jesus' teaching is the Sermon on the Mount in Matthew's gospel. The Beatitudes are the foundation on which that sermon is built. They are also one of the most beautiful statements of Christian ethics. Yet at the same time, they are also some of the trickiest verses in the Bible to interpret. In this subject, we'll tackle the meaning of the blessings by putting them into the context of the gospels, the Hebrew Bible, and wider Jewish literature, like the Dead Sea Scrolls. We'll think about what the Beatitudes contribute to our understanding of Jesus' teaching and mission. And finally, we'll think about how the Beatitudes still matter today.

Dates: Thursdays 7 & 14 March (4.00pm-5.30pm)

Venue: Library in Diocesan Resource Centre Register at: <https://forms.office.com/r/cGXZ545eRX>

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.

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! We meet Wednesdays @ 7pm in the Cathedral precinct.

Email Elul.tecle@mn.catholic.org.au to find out more.

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.

THE CHUCKLE

Have you noticed the word incorrectly is always spelt incorrectly....?



SAFEGUARDING AUDIT RESULTS

A rigorous safeguarding audit of the Catholic Diocese of Maitland-Newcastle has assessed a 98 percent compliance with the National Catholic Safeguarding Standards (NCSS) according to the audit report published by Australian Catholic Safeguarding Ltd (ACSL) this week.

The following excerpts are taken from a letter from Bishop Michael Kennedy to Fr John Lovell regarding the audit results:

I am writing to you, and through you to all those in St Benedict's Inner Newcastle, Mayfield and Stockton Parishes who worked in support of their parish and our Diocese during the recent audit conducted by Australian Catholic Safeguarding Ltd (ACSL) and Prolegis Lawyers to assess our compliance against the National Catholic Safeguarding Standards.

I write to you and the people of St Benedict's Inner Newcastle, Mayfield and Stockton today, as one of the clusters of parishes that directly contributed to the Diocese's outstanding results. Through your online submission of evidence during August and September 2023 and then undergoing an on-site 'field audit' in November, the people of your communities were instrumental to the Diocese achieving a 98% compliance rating

To all those in St Benedict's Inner Newcastle, Mayfield and Stockton Parishes, I want to acknowledge you all for having been so committed and diligent in your efforts and having given so generously of yourselves, your time, energy and intelligence. Through your labours and prayers, you have helped the Diocese to demonstrate to our brothers and sisters in the Diocese and the general public, that we are genuinely committed to the safeguarding of children and vulnerable persons. Thank you.

In my letter to the people of the Diocese dated 28 February, I note that there is more to do. This is true, as your Bishop I commit to maintaining our current momentum, as communities of faith we will continue to refine and improve our safeguarding knowledge and practices, so that the safeguarding of each child and every vulnerable person is a wholly integrated and an intrinsic part of everything that we do.

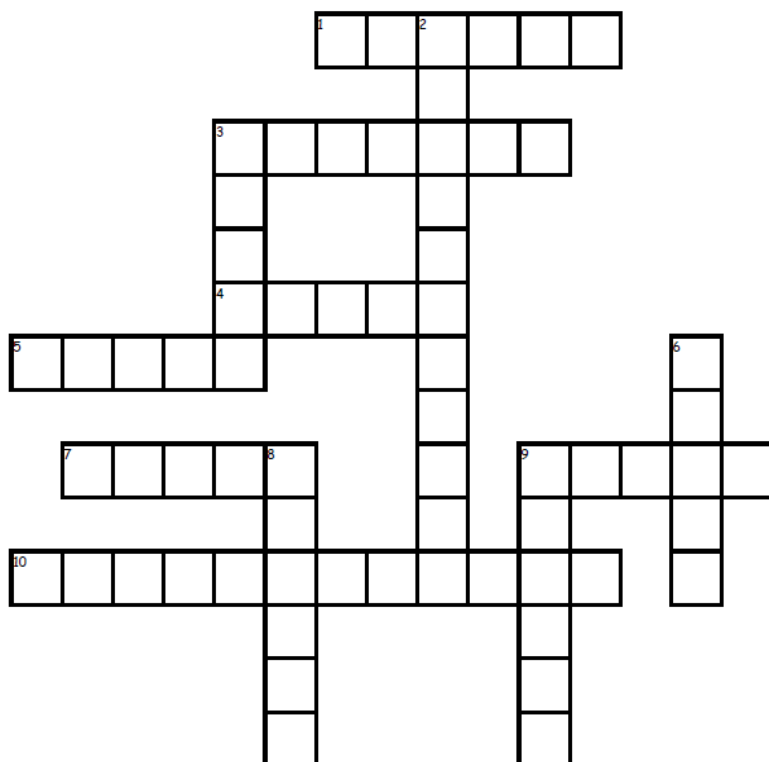
However, it is equally important that those who have worked hardest in the field to bring us this harvest, are acknowledged and celebrated for their bountiful labours. Please take proper satisfaction and pride in your contribution to these audit results.

Yours in Christ,
Most Reverend Michael Kennedy

CROSSWORD

The Lord gave Moses the commandments

Ex 20:1-3, 7-8, 12-17
Ps 19:7, 8, 9cd-10ab, R, Jn 6:68c
Jn 2:13-22



Across

- 1: Jesus found people selling things in this special building
- 3: to damage something beyond repair is to d_____ it
- 4: the Lord helped Moses and the slaves leave this place
- 5: God gave this man the ten commandments
- 7: a woolly animal that says 'baa'
- 9: you use this to buy things
- 10: the special rules that God gave Moses were called the ten _____

Down

- 2: Jesus told the sellers not to make the temple into a m_____ p_____
- 3: there were people selling cattle, sheep, and _____ in the temple
- 6: to take something that is not yours is to _____
- 8: the Lord says that he will _____ anyone who misuses his name
- 9: the opposite of father

SENIOR WORDSEARCH

The Lord gave Moses the commandments

Ex 20:1-3, 7-8, 12-17
Ps 19:7, 8, 9cd-10ab, R, Jn 6:68c
Jn 2:13-22

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

Try to find these words:

commandments
destroy
doves
Egypt
marketplace
money
Moses
mother
punish
sheep
steal
temple

TODAY'S LITURGY

We use the readings for Year A because we have a person to be baptized this Easter.

Entrance Antiphon: Cf. Ps 24:15-16

My eyes are always on the Lord,
for he rescues my feet from the snare.
Turn to me and have mercy on me,
for I am alone and poor.

First Reading: Ex 17:3-7

Give us water to drink.

Responsorial Psalm: Ps 94:1-2. 6-9. R. v.8

(R.) If today you hear his voice,
harden not your hearts.

1. Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord. (R.)
2. Come in; let us bow and bend low;
let us kneel before the God who made us
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand. (R.)
3. O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my
work.' (R.)

Second Reading: Rom 5:1-2. 5-8

*The love of God has been poured into our
hearts by the Holy Spirit which has been given
to us.*

Gospel Acclamation

Glory to you, Word of God, Lord Jesus Christ!
Lord, you are truly the Saviour of the world;
give me living water, that I may never thirst again.
Glory to you, Word of God, Lord Jesus Christ!

Gospel: Jn 4:5-42

*The water that I shall give will turn into a
spring of eternal life.*

Communion Antiphon: Jn 4:13-14

For anyone who drinks it, says the Lord,
the water I shall give will become in 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

Penny Banister (*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

CHRISTIAN MEDITATION AT TIGHES 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

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. Access the resource at <https://www.mn.catholic.org.au/media/6680/0003733-dio-2024-lenten-program-06.pdf>

You are welcome to participate in the Lenten Reflection group which will be held each Friday, 23 February to 22 March in the Diocesan Library from 9am - 10am. Register at: <https://forms.office.com/r/Jri4Ngi1vu>