



# 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 10TH MARCH 2024 4TH 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

25 Farquhar Street, The Junction  
PO Box 6, The Junction 2291  
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E: [newcparish@mn.catholic.org.au](mailto:newcparish@mn.catholic.org.au)  
W: [www.newcastlecatholic.org.au](http://www.newcastlecatholic.org.au)  
W: [www.sacredhearthamilton.org.au](http://www.sacredhearthamilton.org.au)

### 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

We've all heard the saying, 'Seeing is believing'. I think we could say that we were all born blind (spiritually, that is): blind to God's love for us and His plan to set us free. Faith and the Word of God continues to challenge us to open our hearts to a new way of seeing, so eternal light might rush in and free us from the dark dungeons of doubt, fear and every kind of negativity.

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)

*Fourth Week of Lent, Year B*

Monday 11th March

8:15am Mass @ The Cathedral

Tuesday 12th March

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Wednesday 13th March

8:15am Mass @ The Cathedral

9am Mass @ Christ the King, Mayfield West

Thursday 14th March

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton (Anointing Mass)

Friday 15th 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 16th 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 17th March

*5th 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](http://www.youtube.com/c/SacredHeartCathedralHamilton)  
and on the Diocesan website*

\*\* The Vietnamese Mass is now celebrated fortnightly

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

## PRAYER REQUESTS

**RECENTLY DECEASED:** Leo Roy Williams, Sr Mary Gertrude OP (Patricia Bundock), Alfonso Abella

**ANNIVERSARIES:** Ruth Galbraith, Leonie (Royan) Witt, Jean O'Brien, Lawrie O'Brien, Stan Maurer, Mary Hanson, Eunice White, Emilia Milosavjevic, Laurel Russell, James Francis Tait, Nigel Edward Mulligan, Catalino Jimenez, Nicolas Jimenez Jr, Milagros Diwa, Corazon Atienza, Florencio Diwa Sr, Kathryn Allan Oultram



**SICK:** Maria Therese Perera, Tui Innes, Ronoel Diwa, Jolina Joyce Saranillo, Maureen Francis, Angela Cottier, Patrick McInerney Cowan, Joshua Zalanardo, Rosa Silivinec, Harry Melville, Doreen Mason, Elaine Johnson, Stewart McKinnon, Mark Caesar, Peter Kefecek, Carlo Rossi, Neil Thomas, Kathryn Gray, Emilie Tseronis

*Names may be placed here by contacting the Parish Office. Please refer to the Policy Document on the Parish website—visit [www.newcastlecatholic.org.au/downloads](http://www.newcastlecatholic.org.au/downloads).*

## 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

Veroncia 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:

**Fifth Sunday of Lent, Year B**

Jer 31:31-34

Heb 5:7-9

Jn 12:20-33



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:

5th Sunday of Lent, Year A

Ez 37:12-14

Rom 8:8-11

Jn 12:20-33

## FROM THE PARISH PRIEST

Dear friends,

In response to my recent requests for nominations from each of our Mass centres to form our new Regional Pastoral Council, I am pleased to announce the following:



1. Sacred Heart Cathedral – Gail Lovell & Allen Brierley
2. St Joseph's, The Junction – Dennis Nolan
3. St Mary's, Newcastle – Florence Ross
4. Immaculate Heart of Mary, Tighes Hill – Rose McAllister
5. Christ the King, Mayfield – Alicia Jenkins
6. St Peters in Chains, Stockton – Jeanine Wilson

As these parishioners have been nominated unopposed and have indicated they are happy to accept appointment to the new council, on behalf of the City Pastoral Region I am happy to accept their nominations. My sincere thanks to each of them for being happy to represent their respective Mass communities and my appreciation also goes out to the communities who nominated them. They will be formally commissioned to their new roles over the coming weeks. Once that occurs, the Mass communities they represent may call on them to bring forth issues to be discussed at future Pastoral Council meetings and in turn report back to their communities. Please support them with your prayers.

At the last meeting of our last Regional Pastoral Council held on 27<sup>th</sup> February this year, on behalf of us all I thanked those who constituted that team for their commitment and service. With their assistance we successfully navigated our way through the difficulties of the covid pandemic along with changes to the clergy of our region, reintroduced regular Masses both in our schools and aged care facilities, scheduled monthly Anointing Masses across our three parishes, established a regional Bereavement Team, came through the recent Safeguarding Audit with a great result, and placed our region in a relatively strong position to prosper over the coming years.

While we still have much to do going forward, we have much to give thanks to God for.

With blessings,  
Fr John

## 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.

## REFLECTION

As Christians in the world we cannot help but be influenced by the developments that happen around us. Indeed, we believe that many of these advances are gifts from God, given to us to enjoy. But not all developments in thinking and practices are for the better.

One recent and alarming development is the false thinking that we cannot judge other people, or that we should not be judged. The wider community regularly maintains that no one is in a position to judge another's behaviour or statements. This approach holds that everyone's words and actions are of equal value. This position is many things, but it's certainly not Christian, but this hasn't stopped it from finding a home amongst us. We regularly hear statements from Christian men and women like, 'We're not in a position to judge' or 'You can't judge them' and 'If it's fine for them, then it's fine'. This thinking has a name. It's called moral relativism and it tries to claim that the morality of behaviour is only determined by the person who does the act, or the context within which the action is taken.

Our Catholic tradition teaches us that a context is very important in trying to work out if someone is to blame for what they say and do, but that a person's particular circumstances never change the fact that the words or actions are in themselves wrong. We hold that while all human beings have equal value and dignity, we do not believe that everyone's opinion and actions are of equal worth. We believe that 'right judgment' is a gift of the Holy Spirit and that it's best exercised with humility and compassion.

When I hear people say I should not judge others, I assume they are telling me that I should not condemn other people. There is a world of difference between judging and condemning. To judge is to make an assessment. To condemn is to damn. As Christians we judge because we have to keep discerning how the things of the world can be reconciled with the things we hold to be true. Condemnation is the prerogative of God alone, who sees all, knows all and loves all. In today's Gospel, however, John tells us that even God has forfeited the right to condemn the world, but has sent Jesus to be the world's light, life, truth and saviour.

The Gospel reminds us that if we feel condemned for what we have done and said, then it's because we have condemned ourselves, not because God condemns us. John tells us that even when we find ourselves lost in the darkness of our most destructive behaviour, the saving love of Christ is always available

to us, inviting us to come out of the darkness into his light.

What a great metaphor the light and dark is for making the best judgments in our own lives. Alarm bells should always ring when we find ourselves not wanting anyone else to know what we have said or done. Secrecy is often the ally of sin and the more open and transparent we are, the more confident we can be that we are walking as children of the light.

May this Lenten Eucharist enable us to let go of the desire to condemn others and ourselves, and to receive again the compassionate, just and humble gift of right judgment that helps us to see the darkness for what it is, and keeps us walking in the light of Christ.

© Richard Leonard SJ

**Richard Leonard SJ** is the Director of the Australian Catholic Office for Film and Broadcasting, is a member of the Australian Catholic Media Council and a film critic for all the major Australian Catholic newspapers. He completed a PhD in cinema studies at the University of Melbourne. He lectures in cinema and theology at the Jesuit College of Spirituality and has been a visiting lecturer in Australian cinema at the University of Melbourne, a visiting scholar within the School of Theatre, Film and Television at UCLA and is visiting professor at the Pontifical Gregorian University in Rome. He is an Honorary Fellow of the Australian Catholic University, has lectured widely and is the author of numerous books.

## SACRED@SEVEN

Join us for our first Sacred@Seven event for 2024.

This is an opportunity for you to take some time out of the busyness of life to experience an hour in the presence of the Blessed Sacrament, in the beautiful Sacred Heart Cathedral. Meet new people and enjoy fellowship as you are invited to join us for some light refreshments following the holy hour.

All are welcome.

Date: Wednesday 13 March

Time: 7:00pm

Location: Sacred Heart Cathedral

Hope to see you there!

## PARISH LUNCHEON

Parish Luncheon at *Souths Leagues Club, Llewellyn St, Merewether* @ 12.30pm on Monday, 18th March. All welcome. Inquiries to Maureen on 0412 673151.

## BEREAVEMENT

Margaret Beard, a parishioner of Stockton, is a member of the recently formed Bereavement Team for the City Region. Should you know of anyone in need of care or counselling, please make contact with Margaret.



## 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 \(13 Feb 2024\)’](#) 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.

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

## WORLD DAY OF PRAYER

Sincere thanks to all who attended our World Day of Prayer Service in Stockton last Friday. Particular thanks to our Speaker, Farooq Rah, who gave us a very enlightened and informative talk on the people of Palestine. Your generous donation of \$193.20 has been forwarded to the WDP Committee.

## 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, 7th April @ 6:15pm:** Bookclub meets to discuss *Willow Man* by Inga Simpson. If you would like to participate in book club meetings, please email [newcparish@mn.catholic.org.au](mailto: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.

## PALM SUNDAY PEACE RALLY

24 March 2024, 1.30pm to 3.30pm

Hunter Peace Park, opposite Tighes Hill TAFE.

Speakers from various faith, peace and justice perspectives, as well as music, children's art, banner display, circle dance.

BYO chair and sun protection

## MORNING TEA

All are welcome at the cuppa after 8.00am Mass at Tighes Hill on Sunday 17 March.

## 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 Thursdays @ 7pm in the Cathedral precinct. Email [Elul.tecle@mn.catholic.org.au](mailto: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

By law, you are required to turn on your headlights if it's raining in Sweden.

How do you know when it's raining in Sweden?



## 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](mailto: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.



# JUNIOR WORDSEARCH

## God's kindness saves us

Eph 2:4-10  
Ps 25:4-5abc, 6 & 7cd, R. v.6a  
Jn 3:16-17

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

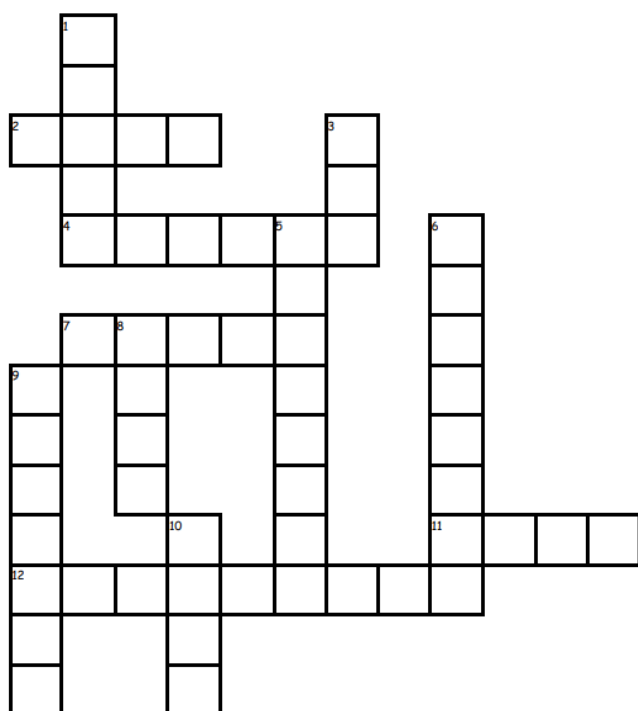
Try to find these words:

above  
brag  
eternal  
everyone  
faith  
gift  
good  
heaven  
kindness  
Nicodemus  
save  
Son

# CROSSWORD

## God's kindness saves us

Eph 2:4-10  
Ps 25:4-5abc, 6 & 7cd, R. v.6a  
Jn 3:16-17



### Across

- 2: a present
- 4: God has given us a place beside Christ  
in \_\_\_\_\_
- 7: the opposite of below
- 11: rescue
- 12: Jesus told this man about God's love for us

### Down

- 1: to believe in something is to have \_\_\_\_\_
- 3: God gave his only \_\_\_\_ to give the faithful  
eternal life
- 5: all people
- 6: it is God's k\_\_\_\_\_ that saves us
- 8: boast
- 9: those who have faith in God will have  
\_\_\_\_\_ life and never die
- 10: God planned for us to do \_\_\_\_\_ things

# gospel focus

## Not to condemn ...

*The gospel passage tells us that God's Son was not sent into the world to condemn it, but rather, "so that through him the world might be saved." It also tells us that whoever refuses to believe "is already condemned." God does not condemn the world, nor individuals within it. Indeed, God is absolutely determined to save the world. However, we do sometimes condemn ourselves. When we turn our back on love; when we hide from relationships; when we wallow in selfishness – we shut ourselves off from relationship with God and condemn ourselves. We only have to open our eyes to see the alternative!*

## 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](mailto:erin.mccort@mn.catholic.edu.au)

## THE APP

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

## 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>

## OUR CATHOLIC PRIMARY SCHOOLS

### St Joseph's Primary School

Karen McGinlay (*Principal*)

Union Street, The Junction NSW 2291

P:(02) 4961 2827

W:[www.merewether.catholic.edu.au](http://www.merewether.catholic.edu.au)

### Holy Family Primary School

Ann Jackson (*Principal*)

Pell Street, Merewether NSW 2291

P:(02) 4963 3009

W:[www.merewetherbeach.catholic.edu.au](http://www.merewetherbeach.catholic.edu.au)

### St Columban's Primary School

Penny Banister (*Principal*)

Church Street, Mayfield NSW 2304

P:(02) 4968 3315

W:[www.mayfieldsc.catholic.edu.au](http://www.mayfieldsc.catholic.edu.au)

### St Peter's Primary School

Michael Punch (*Principal*)

Dunbar St, Stockton NSW 2295

P:(02) 4928 1861

W:[www.stockton.catholic.edu.au](http://www.stockton.catholic.edu.au)

## 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