



# 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 29TH SEPTEMBER 2024 26TH SUNDAY IN ORDINARY TIME

### Our Clergy

Fr John Lovell  
Fr Anthony Coloma  
Fr Anil Kumar Kuchipudi  
Deacon Solomon Okovido  
Deacon Kevin Gadd

### Regional Office—St Benedict's Centre

25 Farquhar Street, The Junction  
PO Box 6, The Junction 2291  
P: (02) 4979 1101  
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*)  
Anne Warren (*Business Manager*)  
Daloras Howes (*Administration*)  
Elul Tecele (*Administration*)  
Peter Davies (*Administration*)  
Dr Anne Millard (*Music, Liturgy, Sacraments*)

**Bereavement Team:** Margaret Cox, Gail Lovell, Christopher Gregory, Margaret Beard, Margaret Newton, Anne Millard (02) 4979 1252

**Mercy Pastoral Team:** Sr Patricia Whitten rsm 0448463679

**St Joseph's Pastoral Team:** Contact the Parish Office

### Promoters of Safeguarding

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

*Sacred Heart Cathedral sits on the traditional country of the Awabakal and Worimi peoples. We acknowledge their cultural heritage, beliefs and their continuing relationship with the land, pay respect to their Elders past, present and future, and commit ourselves to working together for reconciliation and justice.*

### THOUGHT FOR THE WEEK

God works in mysterious ways and does not reason like humans.

*"My ways are not your ways, and my thoughts are not your thoughts."* (Isaiah 55:8)

God chooses whomever He wants as His instruments, and empowers them for His mission, that is, to be messengers of justice, peace, progress, charity, mercy and compassion.

Fr Anil



*"If anyone gives you a cup of water to drink just because you belong to Christ, then I tell you solemnly, he will most certainly not lose his reward."*

- Mark 9:41

## THE PARISH DIARY...(for the week ahead)

26th Week of Ordinary Time, Year B

Monday 30th September

Memorial of St Jerome

8:15am Mass @ The Cathedral

Tuesday 1st October

Memorial of St Thérèse of the Child Jesus

8:15am Mass @ The Cathedral

Wednesday 2nd October

Memorial of the Guardian Angels

8:15am Mass @ The Cathedral

Thursday 3rd October

8:15am Mass @ The Cathedral

Friday 4th October

Memorial of St Francis of Assisi

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

12:05pm Mass @ The Cathedral

Saturday 5th October

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 6th October

27th Sunday in Ordinary Time

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.

## NEXT WEEK'S READINGS:

27th Sunday in Ordinary Time, Year B

Gen 2:18-24

Heb 2:9-11

Mk 10:2-16



## PRAYER REQUESTS

**RECENTLY DECEASED:** Mary Allen,  
Margaret Collins

**ANNIVERSARIES:** Philip Garvey,  
Domenica Rossi, Helena Caskey,  
Kevin John Smart, Peter Tynan,  
Anthony Tynan, Pat Francis

**SICK:** Victor Guzman, Victor Manickum, Brenda  
Simanec, Bruce Ryan, Patty Lane, Peter Majdandzic,  
Lisa Woodland, Conchita Ponte, Joyce Saranillo,  
Ronoel Diwa, John Woodward, Loreta Habulan, Peter  
& Bev Woods Leeton, Tui Innes, Marko Kefecek, Jolina  
Joyce Saranillo, Maureen Dwyer, Angela Cottier,  
Joshua Zalanardo, Rosa Silivinec, Harry Melville,  
Doreen Mason, Elaine Johnson, 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 Columbaria whose  
anniversaries occur in September:

At Sacred Heart:

Allan Atkins  
Eileen Boswell  
Francis Clarke  
John Duggan  
Mieczyslaw Kawka  
Joanie Lawrence  
Kenneth Lidbetter  
Brian Lowe  
Nelio Martinelli  
Allan McKinnon

Alphonsus McLachlan  
Ann Mary Mercieca  
Pietro Dalle Nogare  
Patricia Ryan  
Margaret Smith  
Patricia Tuxworth  
Kay Annette Varnum  
Brigitte Warren  
Gordon Wilson  
John Winstanley

At St Joseph's:

Mary Callen  
Stan Carroll  
Betty Edser  
William Fleming  
William Fletcher  
Albert Grant  
Frank Hawkins Snr  
Brian Macklin  
John McHugh  
Lorna & Jack Muldoon

Maurice Nelson  
Lola Orrett  
Audrey O'Sullivan  
Jack Palmer  
Helen Palmer  
Mary Gertrude Perrett  
Judyth Radecki  
Lola Robinson  
Edna Walsh  
Norma Wilson

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

Dear friends,

From this Sunday evening, 29th September, till next Friday afternoon, 4th October, most of our diocesan clergy, along with Bishop Michael, will be away on our annual retreat in Pokolbin. Please keep us in your prayers.

During this period there will be NO weekday morning Masses at Stockton, Mayfield or The Junction. However, our regular morning Masses at the Cathedral, including the Friday midday Mass, will be celebrated as usual, with Fr Bogdan presiding. We are very grateful to Fr Bogdan for his kindness and generosity.

Love, Fr John

## EPIC (EVERYTHING POSSIBLE IN CHRIST) YOUNG ADULT GROUP



**Come and join us!** In EPIC we connect with our spirituality in a fun social context. We establish a strong foundation for our lifelong faith journey. We foster the total personal and spiritual growth of each person.

**Change in day:** We meet on the 1st and 3rd Wednesdays of each month @ 6pm in the Cathedral precinct. So our next meeting is on 2nd October. Anyone aged between 20 and 40 is cordially invited to join the group.

Email [Elul.tecle@mn.catholic.org.au](mailto:Elul.tecle@mn.catholic.org.au) to find out more.

## ST VINCENT DE PAUL SOCIETY IS SEEKING VOLUNTEERS:

Vinnies in the Hunter region currently have a number of volunteer opportunities. Roles include:

- Administration and Reception volunteers (Maitland and Newcastle)
- Frontline Community Support (Emergency Relief)
- Volunteers and Conference Members
- Inbound Call Centre phone operators (Newcastle)
- Hamper and pantry packing and sorting
- Vinnies Van crew volunteers and drivers (drivers must be 25+)
- Retail Volunteers

All skill levels, training and mentoring provided.

Flexible hours to suit you!

Call: 0490 255 100 or email:

[maitland.newcastle@vinnies.org.au](mailto:maitland.newcastle@vinnies.org.au)

## 110TH WORLD DAY OF MIGRANTS AND REFUGEES 2024

Every year, during the last Sunday of September, the World Day of Migrants and Refugees (WDMR) invites Catholics worldwide to remember and express concern for different vulnerable people on the move. The WDMR this year is celebrated on Sunday, 29 September. Since 1914, the Church has celebrated the WDMR. It is an opportune time to pray for them, show concern for them as they face many challenges, and raise awareness of the opportunities that migration presents. The Holy Father has selected "God walks with His people" as the theme for this year's celebration.

### God walks with His people: Message of Pope Francis

*"... God not only walks with his people, but also within them, in the sense that he identifies himself with men and women on their journey through history, particularly with the least, the poor and the marginalized. In this we see an extension of the mystery of the Incarnation.*



*For this reason, the encounter with the migrant, as with every brother and sister in need, is also an encounter with Christ. He himself said so. It is he who knocks on our door, hungry, thirsty, an outsider, naked, sick and imprisoned, asking to be met and assisted. The final judgment in Matthew 25 leaves no doubt: 'I was a stranger and you welcomed me' (v. 35); and again 'truly, I say to you, as you did it to one of the least of these brothers and sisters of mine, you did it to me' (v. 40). Every encounter along the way represents an opportunity to meet the Lord; it is an occasion charged with salvation, because Jesus is present in the sister or brother in need of our help. In this sense, the poor save us, because they enable us to encounter the face of the Lord.*

*Dear brothers and sisters, on this day dedicated to migrants and refugees, let us unite in prayer for all those who have had to leave their land in search of dignified living conditions. May we journey together with them..."*

### VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat meets October 2 @ 7pm. We will discuss chapters 1-3 of *Why God* by Richard Leonard. To participate, please email the parish office.

## REFLECTION BY RICHARD LEONARD

Today's gospel makes me very pleased I'm a Catholic, and that we don't take the bible literally. Our Christian brothers and sisters who insist on the literal truth of the scriptures must have a tough time trying to avoid cutting off their hands and feet, plucking out their eyes and worrying about how hot hell is! I'm not sure about them, but I know my feet have taken me to places I wish I'd not gone, and when I got there my eyes saw things I wish I'd not seen. Still, in spite of the times I've let myself down, I am glad I'm still in one piece, and not all that worried about the worms and weather in hell!

As Catholics we believe the Scriptures reveal the truth of our salvation – they are not books of fact. Jesus was a skilled and powerful communicator. And like all great teachers he used metaphor and exaggeration to make his point. In Mark's Gospel, Jesus takes evil very seriously. He is always conscious of it around him and is aware that it comes from within us, and without us. Jesus teaches us today to stop doing the destructive things that prevent us from loving God, each other and ourselves.

Sinful behaviour often falls into two categories of human activity: habitual and compulsive. Habits are unusual things. There are good habits, like saying 'please' and 'thank you'. There are habits that can start out well-intentioned enough, but end up being obsessions, like caring for one's physical fitness. And there are habits that bring moments of relief or let us off the hook – like lying, dishonesty and stealing – but always end up being destructive.

Compulsive behaviour, however, is of a very different order. Gambling, drinking, shopping, smoking, violence, work, sex, eating, drugs, pornography, money and the Internet are fairly common modern manifestations of compulsive behaviour. As heart-breaking as these addictions are, they are the presenting problems of deeper issues related to self-esteem, personal history and even genetic disposition.

One of the comments I've heard people make about their compulsive behaviour is, 'I found myself doing it again and I am not sure how or why'. No doubt there are some people who feel so lonely and get so depressed about their habitual or compulsive behaviour, they contemplate severing an arm, a leg or gouging an eye.

Jesus underlines that we have to stop our destructive behaviour and offers three pieces of practical advice so we can. Firstly, do whatever helps. For some people the most unusual solutions attend to the deeper issues and help us piece our lives back together. It doesn't

matter whether others approve of it, or it's related to religious faith, for as long as it doesn't lead to other destructive behaviour then, 'whoever (or whatever) is not against us, is for us'.

Secondly, accept help. None of us can battle through life carrying all our burdens on our own. Steps four to six of Alcoholics Anonymous deal with sharing the exact nature of our burdens as a means to coming to terms with them. Our family and friends are not mind readers and we need to seek out wise counsel and follow it wisely. The help and support we receive could be like the cup of refreshing water Jesus tells us about today.

Finally, habitual and compulsive behaviour always has a pattern. St Ignatius Loyola taught in the sixteenth century that it was only when we regularly examined ourselves to see where, when, how and with whom we are most likely to walk away from God's love, that we can work out why we do it and change the pattern.

And when we really know ourselves as we are, and not as we would like to be, we have the chance to choose life over death more often than not.

© 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.



## COMMUNITY KITCHEN OPENING HOURS

CatholicCare's Community Kitchens can be accessed by anyone who needs a warm meal or support. Five locations operate across the Hunter and Mid-North Coast, including:

Hamilton South: Every Wednesday, 12pm to 1pm at 29 Fowler Street, Hamilton South

Newcastle: Every Saturday, 5.30pm to 6.30pm (6.30pm to 7.30pm during Daylight Savings) at Civic Park, King Street, Newcastle

Toronto: Every Thursday, 5pm to 6.30pm at 97 The Boulevarde, Toronto



## WISDOM OF THE HEART:

### CONTEMPLATIVE WORKSHOP SERIES 2024

This series is designed to energise and strengthen your spiritual journey and will suit both beginners and experienced practitioners of meditation and other disciplines. Workshops are held in a comfortable and peaceful local environment with access to parklands. Saturdays 12 & 19 October, 9 & 16 November from 2pm – 5.30pm

Mercy Centre, 20 Union Street, Tighes Hill (Newcastle). All 4 workshops in this series: \$250 Waged or \$200 Concession.

Individual workshops: \$75 Waged or \$50 Concession. Workshop Series – wisdomspiritualityservices.com.au

## BOOK CLUB

**Sunday, 6th October @ 6:15pm:** Bookclub meets to discuss *Apartment 303* by Kelli Hawkins. If you would like to participate in book club meetings, please email:

newcparish@mn.catholic.org.au



### MEN'S ROSARY GROUP

The Men's Rosary will be held on the first Saturday of each month at 10.30am (**note time change**) at Sacred Heart Cathedral. For more Information contact Jason on 0499 854 928.



### WEDNESDAY ROSARY

Pray the Rosary each Wednesday immediately after 8:15am Mass in Sacred Heart Cathedral, 841 Hunter St, Newcastle West.

### PRAYER GROUP

Junction Prayer/Discussion Group Monthly meetings occur on the last Thursday of each month at 9:30am in Parish meeting room.



### TAIZE SERVICE

Sunday 6th October Immaculate Heart of Mary Catholic Church Tighes Hill 5.00pm – 6.00pm followed by a shared supper.

You can read about it in the Aurora article "A spirit of joy, simplicity and reconciliation" available in the Diocesan website: <http://mnnews.today>



### DIVINE MERCY DEVOTION

First Sunday of the Month @ 3:00pm  
October 6th

Chaplet of Divine Mercy  
Christ the King, Mayfield West

### 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](mailto:childprotection@mn.catholic.org.au) or [www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)

## LIVING THE GOSPEL

### Cut it out!

*The thought of cutting off a hand or foot or tearing out an eye all seem a bit extreme if taken literally. Whilst Jesus didn't mean for us to do a bit of self-surgery, if we find ourselves caught in behavior that is self-destructive or hurtful to others, the only solution is quite literally to 'cut it out'. We know within ourselves when our actions are life-giving or life-harming. Surprisingly we often persist with harmful behavior even when we know it's harmful. Jesus' solution is simple: cut out the negative behavior and get back on track. That's the principle behind Reconciliation.*

### THE CHUCKLE

Mick and Paddy went fishing together, taking their dogs out with them in their boat. One day, they found they had run out of bait. So Mick made a sign to his dog. His dog swam to shore, picked up a bag of bait out of their esky, swam back to the boat and delivered it to the fishermen.



Some time later, they ran out of bait again. Paddy made a sign to his dog. His dog *walked* across the water to the shore, picked up another bag of bait, *walked* back across the water to the boat and delivered it. Paddy waited for a reaction from Mick, but Mick said nothing. After a while, Paddy said to Mick, "Didn't you notice *anything* about my dog?" Mick said, "Yes I did. Your dog can't swim".

## 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 0412 122 297, or just come.



### LGBTIQ LITURGY

The LGBTIQ+ forum invites you to celebrate a Diocesan liturgy with LGBTIQ+ people, their families, friends and supporters at Immaculate Heart of Mary Church.

**Date:** Friday 18 October

**Where:** 16 Tighes Terrace, Tighes Hill

**Time:** 6pm

**Contact:** [LGBTIQ@mn.catholic.org.au](mailto:LGBTIQ@mn.catholic.org.au)

### 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.

### SACRED HEART CATHEDRAL & ST MARY'S, NEWCASTLE:

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.

## 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:** **Please note change of venue:** Immaculate Heart of Mary Church, 16 Tighes Tce, Tighes Hill.

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.

### DIOCESAN RESOURCE CENTRE



**Opening Hours:** Mondays and Fridays, 10am to 5pm  
Open 1st & 3rd Saturday of each month

### REVELATION IN THE OLD TESTAMENT

The units from the Christian Formation Course are now being offered as short courses. Over five weeks we will cover:

The nature of God revealed in the Hebrew Scriptures

The different types of literature found in the Hebrew Scriptures

The cycle of biblical themes: creation, call, covenant, exodus, exile

The call of the prophet

Biblical prayer.

**When:** Tuesdays, 15th October - 12th November.

**Time:** 6:00pm-9:00pm

**Where:** Diocesan Resource Centre

**Cost:** \$60

**REGISTER HERE:** <https://www.eventbrite.com.au/e/christian-formation-course-unit-3-tickets-1003286967327>

### 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.

### SUPPORT YOUR PARISH VIA THE APP

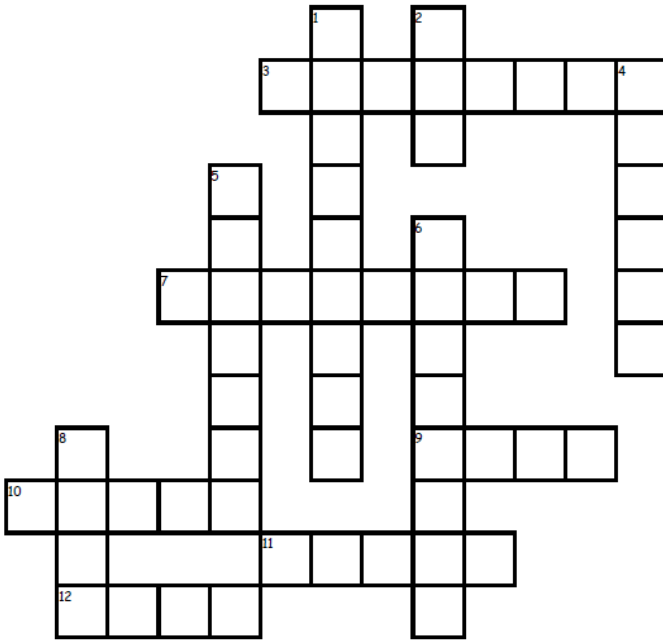
Are you using the App? Not only can you get the daily readings on your phone, you can also support the parish with an easy way to donate.

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!

CROSSWORD

Go out and proclaim God's name

Nm 11:25-29  
Ps 66:1-3ab, 4-5, 16 & 20, R, v.1  
Jas 5:1-6  
Mk 9:38-41



Across

- 3: Jesus was happy for people to perform these in his name
- 7: people who told others about the future
- 9: people who have a lot of money are \_\_\_\_\_
- 10: the Lord came in a cloud and spoke to this man
- 11: you will be rewarded if you give someone a cup of this in Jesus' name
- 12: the word you are known by

Down

- 1: these people were friends and followers of Jesus
- 2: you do this when you are hungry
- 4: those given the \_\_\_\_\_ were able to become prophets
- 5: people who work
- 6: you will be r\_\_\_\_\_ if you do good works in Jesus' name
- 8: this man asked Jesus about the miracle worker

SENIOR WORDSEARCH

Go out and proclaim God's name

Nm 11:25-29  
Ps 66:1-3ab, 4-5, 16 & 20, R, v.1  
Jas 5:1-6  
Mk 9:38-41

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

Try to find these words:

- disciples
- eat
- John
- miracles
- Moses
- name
- prophets
- rewarded
- rich
- Spirit
- water
- workers



## WORLD DAY OF MIGRANTS AND REFUGEES

Every journey has a leader. For the Israelite people, that leader was Moses. With God's prompting, Moses courageously led the people on their exodus journey to the Promised Land.

However, even the best human leader cannot replace God. In the story from Numbers, God's Spirit empowered seventy elders to share Moses's burden of leadership. On their way to the Promised Land, a shared and commissioned leadership was better able to address all of their difficulties and challenges. When the Israelites were about to finally arrive, Moses himself reached the end of his life and was instructed not to go on. As Joshua took up his new position, Moses reassured the people, "it is the Lord your God who goes with you; he will not fail you or forsake you." (Deuteronomy 31:6)

Pope Francis's theme for the 110th World Day of Migrants and Refugees is "God walks with his people". He says that "Many migrants experience God as their traveling companion, guide and anchor of salvation". Through their exile, wilderness journey and final arrival, the people who were following Moses discovered that they were really following God, who went before them and walked alongside them. The meeting tent that protected the ark of the covenant was a symbol of this presence; of a God who stayed close along the journey.

So many migrants and refugees face such challenges and difficulties along their way. They can be separated from families and loved ones, lost, bereaved, exhausted, hurt or afraid of the future. They can experience people who are unwelcoming or hostile to them in their time of vulnerability. James in his letter today reminds us that God sees the disregard and injustice of the rich and comfortable. Our relationship with those who are suffering has eternal implications.

Yet Jesus reminds us that the opposite is also true. Those who offer merely "a cup of water to drink" will not lose their reward. Our kindness and generosity brings life to both the giver and receiver. As Pope Francis says, God not only walks *with* migrants and refugees, but *within* them. God "identifies himself with men and women on their journey through history, particularly with the least, the poor and the marginalized." In serving the least of our brothers and sisters, we encounter Jesus himself.

Therefore, as a Church, we recognise God as our true guide along the way. We see our responsibility to welcome the stranger. And in the symbols of our liturgy, we remember God's enduring presence, walking alongside and within each one of us.

## OUR CATHOLIC 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)

### St Francis Xavier's College

Greg Ptolemy (*Principal*)

Parkway Avenue, Hamilton NSW 2303

P:(02) 4961 2863

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

### San Clemente High School

Bernard Burgess (*Principal*)

78 Havelock St, Mayfield NSW 2304

P:(02) 4014 7300

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

### St Dominic's Catholic College

Rachel Jones (*Principal*)

76 Havelock St, Mayfield NSW 2304

P:(02) 4968 1295

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

## WEBSITE UPDATE

We are undertaking a major overhaul of our website: [newcastlecatholic.org.au](http://newcastlecatholic.org.au)

If you have thoughts and ideas of what should be included in the website, please email the office. Many thanks!  
[newcparish@mn.catholic.org.au](mailto:newcparish@mn.catholic.org.au)

