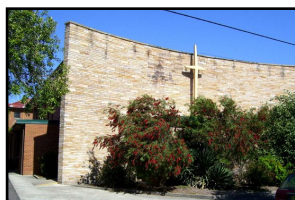


**Sacred Heart Cathedral
Hamilton**



**St Joseph
The Junction**



**St Mary, Star of the Sea
Newcastle**



**Immaculate Heart of Mary
Tighes Hill**



**St Laurence O'Toole
Broadmeadow**



**Christ the King
Mayfield West**



**St Peter-in-Chains
Stockton**

THE CATHOLIC PARISHES OF THE CITY PASTORAL REGION

**SUNDAY, 9TH AUGUST 2020
NINETEENTH SUNDAY IN ORDINARY TIME**

Incorporating the Parishes of St Benedict's, Inner Newcastle, St Columban's, Mayfield, and St Peter-in-Chains, Stockton, our mission is to proclaim Christ in the inner suburbs of the City of Newcastle.

Our Parishes incorporate suburbs located on the traditional country of the Awabakal and Worimi peoples. We acknowledge their cultural heritage, beliefs and continuing relationship with the land, pay respect to their Elders past and present, and commit ourselves to work together for reconciliation and justice.

Our Clergy

Fr Andrew Doohan
Fr James Odoh
Fr Peter Street

Fr Matthew Muller
Fr Peter Thoai
Deacon Lawrence Caelli

Regional Office—St Benedict's Centre

25 Farquhar Street, The Junction
PO Box 6, The Junction 2291
P: (02) 4979 1101 F: (02) 4962 4644
E: newcparish@mn.catholic.org.au
W: www.newcastlecatholic.org.au
W: www.sacredhearthamilton.org.au

Our Staff

Margaret Cox (*Reception & Administration*)
Debbie Ryan (*Reception & Administration*)
Anne Warren (*Business Manager—Interim*)
Dr Anne Millard (*Director of Music, Liturgy & Sacramental Program*)

Other Contacts

Lingard Hospital Team Contact the Regional Office
Mercy Pastoral Team Sr Patricia Whitten rsm (02) 4979 1116
St Joseph's Pastoral Team Contact the Regional Centre

Regional Bulletin

The Bulletin is published weekly.

Prayer requests and items for the Bulletin should be received at the Regional Office by Noon on Wednesdays.

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

Nineteenth Week of Ordinary Time

Monday— 10th August

Feast of Saint Lawrence

8:15am Mass @ The Cathedral

Tuesday— 11th August

Memorial of Saint Clare

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

9:15am Mass @ Broadmeadow

9:30am Mass @ The Junction

Wednesday—12th August

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

9:15am Mass @ Tighes Hill

9:30am Mass @ The Junction

Thursday— 13th August

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

9:15am Mass @ Broadmeadow

9:30am Mass @ The Junction

Friday— 14th August

Memorial of St Maximilian Mary Kolbe

9:00am Mass @ Mayfield West

9:15am Mass @ Tighes Hill

10:15am Mass @ The Junction

11am Exposition @ The Cathedral (until 12pm)

11am –12-pm Reconciliation @ The Cathedral

12:05pm Mass @ The Cathedral

6:00pm Feast of the Assumption Vigil ST Mary's

Saturday—15th August

Solemnity of The Assumption of the

Blessed Virgin Mary

9:30am Feast of the Assumption @ SHC

10:30am Reconciliation @ The Cathedral

5:30pm Vigil Mass @ The Cathedral

5:30pm Vigil Mass @ Broadmeadow

4:40pm Rosary @ Mayfield West

5:00pm Vigil Mass @ Mayfield West

Sunday— 16th August

Twentieth Sunday in Ordinary Time

7:30am Mass @ St Mary's

8am Mass @ Tighes Hill

9am Mass @ The Junction

9am Mass @ Stockton

9:30am Mass @ The Cathedral

Live streamed: [https:// www.mn.catholic.org.au/places/livestream/](https://www.mn.catholic.org.au/places/livestream/)

10:30am Italian Mass @ Broadmeadow

11:30am Polish Mass @ The Cathedral

5pm Mass @ The Cathedral.

Keep Rowing!

Reflection by

Father Michael Tate

I vividly remember as a young boy swimming on a coastal beach and being dumped in the surf. I was tossed



around topsy turvy and

was very aware of the power of the waves. I survived, but since then have always been afraid of turbulent water.

This Gospel resonates with that experience, and it resonates with lots of experiences in our lives.

Have you ever felt swamped by an event — a traumatic accident, the death of someone we love, betrayal by a friend, the loss of a job, failure in an exam — which seems to leave us floundering? A sudden tempest storms into our life and we can't find our feet, can be quite literally gasping for air, we can feel we are drowning.

The disciples had started off from the Jewish side of the Sea of Galilee, familiar territory. Jesus guided them through the stormy situation to “the other side”, the pagan side, unfamiliar territory where they would not have felt at home.

It takes courage for us to move to a new situation, but with Our Lord's presence we need not be as afraid as we would otherwise be.

When the Church is buffeted by storms, it is often because the Church is in the midst of a journey from familiar to unfamiliar territory. Some of the storms include a new attitude to authority, to gender roles. There is anger and suspicion at sexual abuse and its cover up. In all these situations and many more, Our Lord will not allow us the indulgence of nostalgic yearning for the safety of the past country inhabited by the Church. We must make our way to the other shore.

We could pause for a moment, resolving to row with courage because we know we are in the same boat as Peter whom our Risen Lord assures:

‘Do not be afraid.’

It's all about abundance. Our God has abundantly provided for us so that we can abundantly provide for all the world which is given into our care. ‘Those to whom much is given, much is required.’ The problem is that when we look around we see that while some of us have so much, others have nothing at all.

The Feast of the Assumption, celebrates the belief that the body and soul of the Blessed Virgin Mary was taken into heaven after the end of her earthly life.

Mary's assumption into heaven is seen by many as a fulfilment of Jesus' promise to all faithful servants; that they too will be received into the Kingdom of God.



Mary is seen as the first disciple of Jesus and a model for all disciples; it is fitting that she receive the gift of discipleship first of all.

MASS

FOR THE FEAST OF THE ASSUMPTION:

- Vigil Mass : Friday (August 14th) 6pm
ST MARYS
- Saturday (August 15th) 9.30am
SHC



ANNIVERSARIES: Maree Martin, John Riley

SICK: Patricia Williams, Catherine Horner (Bridges), Maria Lester

RECENTLY DECEASED: Noel McKay, Pat Caesar

SPECIAL INTENTIONS: Please continue to pray for all those throughout the world who are affected by COVID-19.

Please pray for the victims and their families who have been affected by the explosion that rocked Beirut this week.

Names may be placed here by contacting the Regional Office. Please refer to the Policy Document on the Regional website—visit www.newcastlecatholic.org.au/downloads

HOLY DAYS OF OBLIGATION for Australia and New Zealand are 15 August (Assumption) and 25 December (Christmas). The importance of a day in the liturgical calendar is determined by its rank (solemnity, feast, memorial); a Holy Day is simply a solemnity celebrated like a Sunday that is, with obligation. However during COVID-19 please take note of the Bishop's correspondence regarding attending Mass.



Prayer for the people of Lebanon

United with people around the world, we hold in our hearts and in our prayer the people of Beirut, Lebanon.

We pray, God of all people, that your Spirit of healing and protection be with the people of Beirut and Lebanon at this time. May the good news of peace and loving care be with all who live in Beirut, especially those suffering as a result of this disaster.

May the terrifying sounds of explosion, ambulance sirens and the cries of those trapped in buildings give way to sounds of courage and hope.

May the smell of acrid smoke, burning buildings and remains soon give way to a renewed sense of God's loving presence and strength.

May there be real cooperation between rescue workers, government personnel and civilians so that true justice and peace might break through for all and people's deep suffering alleviated.

Our Lady of Lebanon, pray for us and for all who suffer in Beirut.

TODAY'S LITURGY

Entrance Antiphon

Cf. Ps 73:20,19,22,23

Look to your covenant, O Lord,
and forget not the life of your poor ones for ever.
Arise, O God, and defend your cause,
and forget not the cries of those who seek you.

First Reading

1 Kgs 19:9.11-13

Go out and stand on the mountain before the Lord God.

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

Responsorial Psalm

Ps 84:9-14. R. v.8

(R.) Lord, show us your mercy and love,
and grant us your salvation.

1. I will hear what the Lord God has to say,
a voice that speaks of peace.
His help is near for those who fear him
and his glory will dwell in our land. *(R.)*
2. Mercy and faithfulness have met;
justice and peace have embraced.
Faithfulness shall spring from the earth
and justice look down from heaven. *(R.)*
3. The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps. *(R.)*

Second Reading

Rom 9:1-5

I would willingly be condemned if it could help my people.

What I want to say is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

Gospel Acclamation

Lk 19:38

Alleluia, alleluia!
I hope in the Lord,
I trust in his Word.
Alleluia!

Gospel

Mt 14:22-33

A reading from the holy Gospel according to Matthew

Command me to come to you over the water.

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

Communion Antiphon

Cf. Jn 6:51

The bread that I will give, says the Lord,
is my flesh for the life of the world.

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Sharing our story

Everyone has a story.

No matter how ordinary yours may seem, we've all got a story to tell and you never know what it can mean to someone until you share it.

As we enter a fallow period, we have been given the gift of time. A time to reflect on our life, a life of being faithful people.

We invite you to share your story.

You could use the following questions as a guide.

Who are the people who guided your faith journey?

How did they do that?

Describe some defining moments of your faith journey? What made them significant?

How has your faith been reflected in your work, your hobbies, your values, your choices, and your priorities at various times in your life?

In what ways has your faith guided and supported you over your lifetime? How has your church/faith community guided and supported you?

We hope to use these stories as part of a Diocesan Formation and Education project.

Please send your story to:

shareourstory@mn.catholic.org.au

Hello Hunter
49486837



Hello Hunter helps people who are feeling isolated, lonely or anxious. Volunteers are available to make a friendly call, deliver essentials, assist in finding specialised help or on request pray with the person.

Hello Hunter has a call centre, which takes requests for assistance, then neighbourhood hubs mobilise their volunteers. Hubs are formed according to suburb and postcode. The goal is to have the person in need assisted by their nearest neighbour.

Hello Hunter are now looking for hub leaders and volunteers. Volunteers need to submit a form, validated by their local parish priest or parish

CHURCH CLEANING - STOCKTON

Sincere thanks to all those who came on Sunday for church cleaning. A great example of 'many hands make light work' - we were done in an hour. Tremendous effort. Church looks great and will be appreciated by all. Many thanks

Making it real art competition

The Australian Catholic Bishops' Social Justice Statement *Making it real: Genuine human encounter in our digital world*, affirms the positive possibilities for encounter and solidarity offered by new digital media, while warning of those elements of our digital world that may be harmful. The Statement points out that we are called not just to

be inhabitants of this new digital world, but active citizens shaping it.

Artists are invited to create a work based on the themes in the Social Justice Statement. Works must be on A3 paper, with a 150-word artist statement accompanying the work. Entries close Friday 14 August. The exhibition will be online. \$150 prize for each category (Stage 3,4,5,6 and adult). For more information contact rose.mcallister@mn.catholic.org.au



BOOK CLUB

We are continuing our 'Zoom' book club meetings. At 6.30pm on Sunday, 6th September we will share our thoughts on the book, *Chilbury Ladies' Choir*, by Jennifer Ryan. If you would like to participate in book club meetings, please send an email to the parish office, newcparish@mn.catholic.org.au

Praying the Sunday Gospel: Parishioners in the City Pastoral Region are invited to connect and pray with each other from your own home. God speaks to us through the words of the Gospel and then through artist's images of the Gospel message. Each Wednesday 5.00-5.45pm. You and your friends are welcome to join via the internet:

<https://us02web.zoom.us/j/86560170676>

TIGHTENING OF COVID-19-RELATED RESTRICTIONS — 24 JULY

There has been a tightening of COVID-19-related restrictions that had been previously announced by the NSW Government last week.

Because the presence of COVID-19 in our community remains a threat to the health and safety of the Australian and NSW communities, the NSW Government has determined that the public health requirements demands the tightening of some restrictions in order to protect our community. While this tightening once again impacts on the life of our Church, and may be a disappointment to some, we need to be conscious of more than just our own needs and wants in the face of the current pandemic event. As Christians, we should have not hesitancy in embracing personal sacrifice for the sake of the health and safety of the Australian community.

The announced tightening of restrictions will again come at a cost, but we must remain vigilant and disciplined in observing our moral and legal obligation towards our brothers and sisters and ensure we do all that we must to restrict the further spread of COVID-19. We look forward to a future easing of restrictions, and the opportunity to gather more freely as a worshipping community to celebrate our liturgical life in all its fullness.

Easing Taking Effect 24 July

Amendments to the current Public Health Order have been gazetted to give effect to the NSW Government announcement. The limit on the number of persons who can be present in the Cathedral is now calculated as the lesser of allowing 4 square metres per person within the building, or 100 persons.

The size of the Cathedral building means that we are able to have the full limit of **100 persons**, which limit applies to all Masses and other liturgical celebrations, as well as the Cathedral's availability for private prayer.

Opening Hours of the Cathedral

The Cathedral will continue to be open Monday through Friday from approximately 8am until approximately 5pm. You are welcome to attend the Cathedral during these hours for private prayer or a time of silence.

On weekends, the Cathedral will only be open when in use for Mass or other scheduled liturgies, generally from about one hour before the scheduled start time until approximately 30 minutes after conclusion. This decision is based on the increased need to clean the Cathedral after all liturgical

celebrations, which naturally are increased over the weekend. We apologise for any inconvenience this might cause but feel this is the most appropriate course of action in the current circumstances.

Continuing Restrictions

Although the number of persons who can be in the Cathedral has increased, there is still a requirement for the collection of contact details for those who attend any liturgical celebration in the Cathedral (e.g. Mass, Weddings, Funerals, Baptisms, etc.). If a 'discrete' group attends, e.g. a family, a husband and wife, people from the same household, etc., only one (adult) member of the group is required to provide their contact details. The contact details that are required are defined as a) name, b) phone number or email address, and c) the time of arrival.

We will provide a Contact Form at the door to permit this, and we have also provided an 'online' version via SignIn.com.au which permits you to sign in via your mobile phone.

The requirements regarding cleaning, observing physical distancing, refraining from communal singing, etc. remain in place for the time being, as does the requirement to refrain from physical acts of devotion that involve touching or kissing icons or statues.

Because of the need to ensure health and safety, the previously advised adaptations to the celebration of Masses and other liturgical celebrations will continue to be observed.

To manage the entrance to and exit from the Cathedral, only one door – the side door closest to the Diocesan office building – will be used for the foreseeable future. This entrance has had a hand sanitiser unit mounted on the wall for convenience and provides adequate 'desk space' to allow for the recording of contact details. The use of one door will also permit the management of numbers within the Cathedral for Mass and other liturgical celebrations.

Requirements for Attending Mass

There is no need to register in advance to attend Mass. If you wish to return to Mass, you are at liberty to do so, though there will still be the need to ensure that no more than 100 persons are at any particular Mass.

We ask those who are particularly at risk – the elderly, those with compromised health, those who are sick – to refrain from returning to Mass for the sake of their own health. The dispensation from the obligation to attend Sunday Mass given by the Bishop remains in place in these circumstances.

For Sunday Masses at St Joseph's, The Junction and St Mary's, Newcastle, the registration process still applies. To register, please visit the website, www.newcastlecatholic.org.au or contact the Regional Office on 4979 1101 or via email, newcparish@mn.catholic.org.au

If you wish to attend the Saturday evening vigil at **Broadmeadow**, please contact Gwen on 49675010 or Fr James on 0402 223415 or via email, jamesodoh768@yahoo.com

If you wish to attend the Sunday morning Mass at **Tighes Hill**, please contact Fr James on 0402 223415 or via email, jamesodoh768@yahoo.com

Important to note! If you reach voicemail when you call to register for Mass, **please leave your name and phone number and clearly identify which Mass you wish to attend.** We need to be able to contact you on Friday afternoon/evening, to confirm your attendance. We received some voicemail messages at the Regional Office this week where phone numbers were not provided and we could not complete the registration. We remind you that if you are not registered, you cannot attend Mass.

We thank you for your understanding during these difficult times and appreciate your continuing patience and support in relation to the registration requirements. These are processes we must follow in order to comply with the current Public Health Order.

Marriage and Relationship Education

Do you know someone who is getting married or someone in a relationship who would like to know more about how to create strong, stable relationships?

CatholicCare Social Services Hunter Manning offers pre and post marriage and relationship education workshops and individual sessions that explore the search around intentional connected relationships.

They have the aim of supporting couples to build and maintain 'relationship satisfied' partnerships.

Online workshops will be run soon. Go to www.catholiccare.org.au.



re-

Safeguarding training in parishes



Who is this for: If you are a paid or unpaid worker of the parish and have never attended any Safeguarding training (formerly Child Protection training) or last attended more than 6 years ago, this is for you. If you have attended child protection training a few years ago and want a refresher, you are also welcome to attend.

How do I register: Registrations are made via Rebecca Mahony, Learning & Development Officer, Human Resources on 4979 1322 or email HR-Training@mn.catholic.org.au.

If I have a question: For any further information about the course or questions in relation to your participation, or to check on your attendance history, please call the Office of Safeguarding directly on 4979 1390 or

email at osgtraining@mn.catholic.org.au.

This training will be delivered in a COVID-safe way, attendance is restricted to 10 people per session, social distancing will be maintained and people will be asked normal screening questions to check their wellbeing and potential exposure to the virus. For more information on what precautions will be in place, please go to [Office of Safeguarding COVID-19](#) web page.

DATES AND TIMES

Monday 17/08/2020

10am-2pm Toohey Room,
841 Hunter St Newcastle West

Saturday, 29/08/2020

10am-2pm Toohey Room,
841 Hunter St Newcastle West

Thursday, 3/09/2020

10am-2pm Mackillop Hall, Charlestown

Saturday, 12/09/2020

9am-1pm Mackillop Hall, Charlestown

Saturday, 12/09/2020

NEXT WEEK'S READINGS

19th Ordinary Sunday

Isaiah 56:1, 6-7

Romans 11:13, 29-32

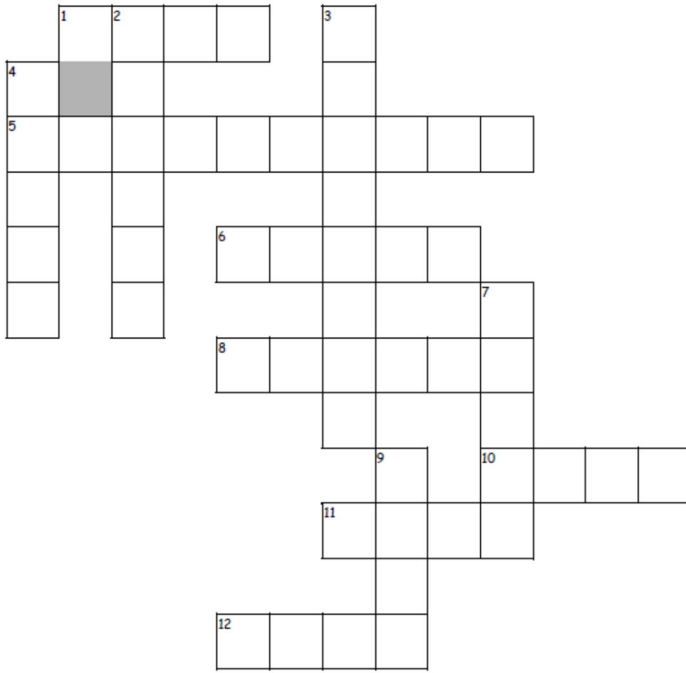
Matthew 15:21-28

Weekday and Sunday readings can be found at www.usccb.org

CROSSWORD

Lord, show us your mercy and love

1 Kgs 19:9a, 11-13a
Ps 85:8abc & 9, 10-11, 12-13
Mt 14:22-33



Across

- 1: Elijah spent the night in one of these
- 5: a violent shaking of the ground
- 6: the sea is made of this
- 8: this man was told to go and stand on the mountain
- 10: to become submerged in water
- 11: a vessel for traveling on water
- 12: the element that can burn things

Down

- 2: scared
- 3: a very tall, large land mass
- 4: this man walked on the water but began to sink
- 7: an apparition of a dead person
- 9: Elijah covered his face with this

SENIOR WORDSEARCH

Lord, show us your mercy and love

1 Kgs 19:9a, 11-13a
Ps 85:8abc & 9, 10-11, 12-13
Mt 14:22-33

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

Try to find these words:

- afraid
- boat
- cave
- earthquake
- Elijah
- fire
- ghost
- mountain
- Peter
- robe
- sink
- water