

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 25 SEPTEMBER 2022 26TH SUNDAY IN ORDINARY TIME, YEAR C

Our Clergy

Fr John Lovell Fr Peter Thoai Fr Paul Chackanikunnel

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) Monday, Tuesday, Friday

Maryanne Hewitt (Reception & Administration)
Tuesday, Wednesday, Thursday

Anne Warren (Business Manager Finance)
Tuesday and Thursday

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

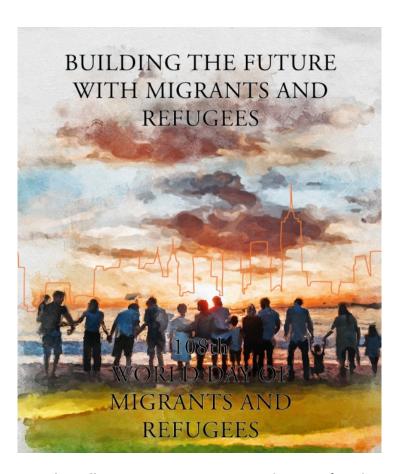
Other Contacts

Lingard Hospital Team: Contact the Parish Office **Mercy Pastoral Team**: Sr Patricia Whitten rsm

(02) 4979 1116

St Joseph's Pastoral Team: Contact the Parish Office

108TH WORLD DAY
OF
MIGRANTS AND REFUGEES



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

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.

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

Twenty-Sixth Week in Ordinary Time, Year C

Monday—26th September

8:15am Mass @ The Cathedral

Tuesday—27th September

Memorial of St Vincent de Paul

8:15am Mass @ The Cathedral

8.30am Mass @ Stockton

Wednesday—28th September

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—29th September

Feast of Sts Michael, Gabriel, Raphael

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—30th September

Memorial of St Jerome

9:50am Rosary for Ukraine@ The Junction

10:15am Mass @ The Junction

11:00am Exposition, Adoration & Reconciliation @

The Cathedral (until 12pm)

12:05pm Mass @ The Cathedral

Saturday—1st October

Memorial of St Therese of the Child Jesus

9:15am Mass @ The Cathedral, followed by the

Novena to Our Lady of Perpetual Help

(followed by Reconciliation)

5:00pm Mass @ Mayfield West

5:30pm Mass @ The Cathedral

5:30pm Mass @ The Junction

Sunday—2nd October ** Daylight Saving Begins

27th Sunday in Ordinary Time, Year C

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)

3:00pm Divine Mercy Devotion @ Mayfield West

5:00pm Mass @ The Cathedral

5:00pm Taize Service @ Tighes Hill

5.30pm Mass @ Mayfield West (Vietnamese)

Livestreamed on the Cathedral's YouTube channel—www.youtube.com/c/SacredHeartCathedralHamilton

NEXT WEEK'S READINGS:

Hab 1:2-3, 2:2-4; Tm 1:6-8,13-14 Lk 17:5-9



WORLD YOUTH DAY LAUNCH EVENT

Are you a young person interested in travelling across the globe?

The Diocese of Maitland-Newcastle is inviting any young person who is over 18 years old to join us on a 3-week pilgrimage to the Holy Land and then Lisbon for World Youth Day.

World Youth Day (WYD) is the gathering of young people from all over the world with the Pope. It is also a pilgrimage, a celebration of youth, an expression of the universal Church and an intense moment of evangelisation for the youth world. This pilgrimage will take place in July/August 2023. For now, we are taking expressions of interest until we have specific information on dates, times, and prices. We have limited space so signing up is essential. Please express your interest on the diocesan website at www.mn.catholic.org.au

The official WYD launch will be hosted on Sunday 9 October at 4pm at the Murray Room (841 Hunter Street, Newcastle West). To register your attendance, please visit the WYD page on the Diocesan website. If you have any questions regarding this pilgrimage, please email Ryan Gato, Diocesan World Youth Day Coordinator at: ryan.gato@mn.catholic.edu.au

FAITHS FOR CLIMATE JUSTICE MULTI-FAITH SERVICE

Immaculate Heart of Mary Church, 16 Tighes Terrace, Tighes Hill

Thursday 13 October 2022, 10.00AM

More information at: https://www.arrcc.org.au/

f4cj2022

BEYOND THE WALL: STORIES OF LGBTIQ+ SPIRITUALITY & TRANSFORMATION

Saturday 29 Oct. 2022, 10:30AM - 12:30PM

Hunter Wetlands Centre, Shortland

Bookings essential: www.trybooking.com/CBWHI

For more information contact:

LGBTIQ@mn.catholic.org.au

ROSARY FOR UKRAINE

Pray the Rosary from 9.50am on Fridays (before Friday Mass) at St Joseph's Church, The Junction.





MORE BULLETIN

The entire 8-page bulletin is available on the Parish website (use this QR code).

PRAYER REQUESTS

RECENTLY DECEASED: Mrs Anthony Amma, Gary Williams, Maurice Tamplin, Terrence McNeil

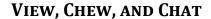
ANNIVERSARIES: Kenneth William Lidbetter, Ian Barry King, Ken & Chris Hill, Kay Varnum, Anne May Tait & James Tait, Margaret Smith, Lola Orrett, Mavis Sheedy, Trevor Thornton, George Babic, Dot Davis, Tess O'Kane

SICK: Madge Humphries, Karen Varnum, Ronnie Jennings, Eileen Howard, Eva Grant, Colin Bryant; Maureen Sunman, Maree Halbert, Carlo Rossi, Kath Murray, Veronica McCann, Peter Skinner, Tiani Bishop, Tom Parker, Max Williamson, Sam and Margaret Broad, Ronald Watt

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.

BOOK CLUB

Sunday, 2nd October @ 6:15pm: Bookclub meets to discuss *The Island of Sea Women* by Lisa See. If you would like to participate in book club meetings, please email newcparish@mn.catholic.org.au



All meetings in September are cancelled. Our next meeting is October 12 for Bible Study: Son of God

WAITING WITH PURPOSE

As we continue our synodal journey we invite you to a period of waiting this Advent through connecting with each other in prayer and reflection. Our Diocesan Advent Reflection will be available from October 2022

TAIZE SERVICE

Venue: Immaculate Heart of Mary Catholic Church Tighes Hill

Date: Sunday October 2 Time: 5.00pm – 6pm

followed by a shared supper.



PRAYING THE GOSPELS

You are invited to connect and pray with each other across the Diocese from your own home.

God speaks to us through the words of the Gospel and then through artist's images of the Gospel message. Join us each Wednesday 5.00-5.45pm.

Zoom link:

https://mncatholic.zoom.us/j/61036103033

Password: pray

For more information contact:

rose.mcallister@mn.catholic.org.au

MENTAL HEALTH BREAKFAST

The Diocesan Social Justice Council, invites you to its annual Mental Health Breakfast. The event celebrates National Mental Health Month. This year's theme is **BUILDING RESILIENCE: COMMUNITIES** AND CONNECTIONS. Guest speakers from the State Emergency Service (SES) and The Rosewood Centre, will share their experiences working in our community to support people going through difficult times. Hear how these connections with others have helped build them up and keep them mentally strong. For more information book or to your spot, www.eventbrite.com.au/e/diocesan-social-justicecouncil-mental-health-breakfast-2022-tickets-413804058077

DIOCESAN COUNCIL OF MINISTRY WITH YOUNG PEOPLE:

BR. DAMIAN PRICE RETREAT

The Diocesan Council for Ministry with Young People is hosting a retreat on Saturday 29 October 2022 with Br Damian Price. Attending guests will have the option to attend a second Strategic Vision Planning Day on Sunday 30 October from 10am-3pm at the Newcastle Diocese Meeting Rooms. Br Damian Price is a Christian Brother of the Oceania Province; he has worked in youth ministry for years. The retreat will be based on the following words from Pope Francis:

"An evangelising community gets involved by word and deed in people's daily lives; it bridges distances, it is willing to abase itself if necessary and it embraces human life, touching the suffering flesh of Christ in others. Evangelisers thus take on the "smell of the sheep" and the sheep are willing to hear their voice. An evangelising community is also supportive, standing by people at every step of the way, no matter how difficult or lengthy this may prove to be."

For more info or to register, visit: www.eventbrite.com.au/e/diocesan-council-for-ministry-with-young-people-br-damian-price-retreat-tickets-418380706957

FOOD BASKET 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 but NOT PEANUT BUTTER), can be placed in the basket at the back of St Joseph's Church. 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 700 523/4967 2998

Collection baskets also at Tighes Hill.

CELEBRATING THE SACRAMENTS

Reconciliation is available at **Sacred Heart Cathedral**: **Usually Fridays** from **11am** until **11.55am** and on Saturdays from **about 10.30am** until **11am**. Other times available by appointment.

Baptisms are celebrated on Sundays, either during or after any of our Sunday Masses. Please contact the Regional Office for more details, or visit the website.

A **Sacramental Preparation** process runs each year in the parishes for children wishing to complete the celebration of the Sacraments of Initiation as part of the community of the parishes of the Region. Please contact the Regional Office for more details, or visit the website.

For adults who wish to become part of the Church, the Rite of Christian Initiation of Adults for those who have not been baptised, and the process of Reception into Full Communion for those who have been baptised in other churches. Please contact the Regional Office for more details, or visit the website.

Weddings are celebrated by arrangement with at least three (and preferably more) months notice. Please contact the Regional Office for more details, or visit the website.

A DAY ON THE GOSPEL OF MATTHEW

As the liturgical calendar leads to Year A and the Gospel of Matthew, we are excited to have Dr Michele Connolly rsj Associate Professor of Biblical Studies Catholic Institute of Sydney, visit the Diocese. The day will include both presentation and discussion around the literary structure, organisation, history and intended audience of the Gospel of Matthew.

Issues for Interpretation, comparison with other Synoptic Gospels; the ancient historical, cultural, and religious backgrounds and Matthew's prominent themes will be explored.

Several pieces of scripture will be unpacked and interpreted on the day.

Date: Thursday 10 November Time: 9:00AM – 3:30PM

Where: Victor Peters Suite, 841 Hunter Street,

Newcastle West

Cost: \$25 (includes Morning Tea and Lunch) Registration: www.eventbrite.com.au/e/a-day-on-the

-gospel-of-matthew-tickets-413966584197

APPLICATIONS ARE NOW OPEN FOR THE 2023 PASTORAL PLACEMENT PROGRAM

The Pastoral Placement Program offers participants an experience of ministry in the Diocese of Maitland-Newcastle. The purpose of this program is to give participants the opportunity to experience different workplaces and ministries across the diocese. These 'on the ground' ministry work placements help people explore the opportunities that are available to them to serve God and the local community of the Catholic Church in the Diocese of Maitland-Newcastle. The Pastoral Placement Program provides participants a year-long discernment journey, involving the see, judge, act philosophy, to make an informed choice about the possibility of their future ministry or career choices.

For more information and to learn to how to apply go to:

https://www.mn.catholic.org.au/church-mission/catholic-life/pastoral-placement-program/

SETTLEMENT SERVICES INTERNATIONAL SEARCHES FOR RENTAL PROPERTIES

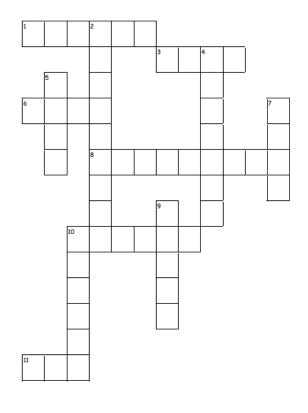
Over the coming month, more than 60 people from refugee backgrounds are arriving in Newcastle, and Settlement Services International (SSI) are struggling to secure enough on-arrival accommodation to house them. The regional housing crisis that is affecting our whole community is having a significant impact on their ability to welcome people into our community. At this stage it looks like they may need to redirect families to Sydney. Can you help?

SSI is looking for houses or units that can fit families of two to seven people, or some single bedroom units. Some of these rental properties will be "head leased" by SSI Group and used as on-arrival accommodation. Others may be rented directly to families from refugee backgrounds already here, and free up some of our existing on-arrival accommodation. Unfortunately, generous offers of a room in someone's home can't be used for on-arrival accommodation for these families. Email Helen Larkin hlarkin@ssi.org.au if you can help.

CROSSWORD

Listen and turn to God

Lk 16:19-31



Across

- 1: God's special messengers
- 3: where wicked people go when they die
- 6: the element that burns and gives off heat and light
- 8: experiencing pain or distress
- 10: someone who begs
- 11: the opposite of good

Down

- 2: something that costs a lot of money is described as this
- 4: the poor man who ate scraps from the table of the rich man
- 5: feel sorry for someone
- 7: the animals that licked the sores of the poor man
- 9: glad
- 10: placed in the ground

26th Sunday in Ordinary Time, Year C [N26ORSUC_2004_CWG.rtf]

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Tm 6:11b-12a

Ps 25:4-5abc, 6 and 7cd Lk 16:19-31

JUNIOR WORDSEARCH

Try to please God and be like him

G G R L 0 Ι Ν X Ε Ν 5 Ι ٧ Ε Ζ S X Ι G Н Q Ε W Ζ 0 Т Х У M Ν M C Ε Α S Ε Ε R M Ν Ζ J F Ι С У H Κ Q G Ι Т Q M Ν F S Х Κ S F Ε R Ι Ν G U D R T T Ν G Е Α F В Ε Т 0

Try to find these words:

angels
beggar
best
expensive
faithful
fight
gentle

Lazarus

loving

pity

please

suffering

MESSAGE OF HIS HOLINESS POPE FRANCIS FOR THE 108TH WORLD DAY OF MIGRANTS AND REFUGEES 2022

Building the Future with Migrants and Refugees "Here we have no lasting city, but we seek the city that is to come." (Heb 13:14)

Dear brothers and sisters!

The ultimate meaning of our "journey" in this world is the search for our true homeland, the Kingdom of God inaugurated by Jesus Christ, which will find its full realization when he comes in glory. His Kingdom has not yet been brought to fulfilment, though it is already present in those who have accepted the salvation he offers us. "God's Kingdom is in us. Even though it is still eschatological, in the future of the world and of humanity, at the same time it is found in us." (Saint John Paul II, Address during the Visit to the Roman Parish of Saints Francis of Assisi and Catherine of Siena, Patrons of Italy, 26 November 1989.)

The city yet to come is a "city that has foundations, whose architect and builder is God" (Heb 11:10). His plan calls for an intense work of construction, in which all of us must be personally involved. It involves a meticulous effort aimed at personal conversion and the transformation of reality, so that it can correspond ever more fully to the divine plan. The tragedies of history remind us how far we are from arriving at our goal, the new Jerusalem, "the dwelling place of God with men" (Rev 21:3). Yet this does not mean that we should lose heart. In the light of what we have learned in the tribulations of recent times, we are called to renew our commitment to building a future that conforms ever more fully to God's plan of a world in which everyone can live in peace and dignity. "We wait for new heavens and a new earth, where righteousness is at home" (2 Pet 3:13). Righteousness is one of the building blocks of God's Kingdom. In our daily efforts to do the Lord's will, justice needs to be built up with patience, sacrifice, and determination, so that all those who hunger and thirst for it may be satisfied (cf. Mt 5:6). The righteousness of the Kingdom must be understood as the fulfilment of God's harmonious plan, whereby in Christ, who died and rose from the dead, all creation returns to its original goodness, and humanity becomes once more "very good" (cf. Gen 1:1-31). But for this wondrous harmony to reign, we must accept Christ's salvation, his Gospel of love, so that the many forms of inequality and discrimination in the present world may be eliminated.

No one must be excluded. God's plan is essentially inclusive and gives priority to those living on the existential peripheries. Among them are many

migrants and refugees, displaced persons, and victims of trafficking.

The Kingdom of God is to be built with them, for without them it would not be the Kingdom that God wants. The inclusion of those most vulnerable is the necessary condition for full citizenship in God's Kingdom. Indeed, the Lord says, "Come, you who are blessed by my Father. Inherit the Kingdom prepared for you from the foundation of the world.

For I was hungry and you gave me food, I was thirsty and you gave me a drink, a stranger and you welcomed me, naked and you clothed me, sick and you took care of me, in prison and you visited me" (Mt 25:34-36).

Building the future with migrants and refugees also means recognizing and valuing how much each of them can contribute to the process of construction. I like to see this approach to migration reflected in a prophetic vision of Isaiah, which considers foreigners not invaders or destroyers, but willing labourers who rebuild the walls of the new Jerusalem, that Jerusalem whose gates are open to all peoples (cf. Is 60:10-11).

In Isaiah's prophecy, the arrival of foreigners is presented as a source of enrichment: "The abundance of the sea shall be brought to you, and the wealth of the nations shall come to you" (Is 60:5). Indeed, history teaches us that the contribution of migrants and refugees has been fundamental to the social and economic growth of our societies. This continues to be true in our own day. Their work, their youth, their enthusiasm and their willingness to sacrifice enrich the communities that receive them. Yet this contribution could be all the greater were it optimized and supported by carefully developed programs and initiatives. Enormous potential exists, ready to be harnessed, if only it is given a chance.

In Isaiah's prophecy, the inhabitants of the new Jerusalem always keep the gates of the city wide open, so that foreigners may come in, bringing their gifts: "Your gates shall always be open; day and night they shall not be shut, so that nations shall bring you their wealth" (Is 60:11). The presence of migrants and refugees represents a great challenge, but at the same time an immense opportunity for the cultural and spiritual growth of everyone. Thanks to them, we have the chance to know better our world and its beautiful diversity. We can grow in our common humanity and build together an ever greater sense of togetherness. Openness to one another creates spaces of fruitful exchange between different visions and traditions, and opens minds to new horizons. It also leads to a discovery of the richness present in other religions and forms of spirituality unfamiliar to us, and this helps us to deepen our own convictions.

In the new Jerusalem of all peoples, the temple of the Lord is made more beautiful by the offerings that come from foreign lands: "All the flocks of Kedar shall be gathered to you, the rams of Nebaioth shall minister to you, they shall be acceptable on my altar, and I will glorify my glorious house" (Is 60:7). As we have seen, the arrival of Catholic migrants and refugees can energize the ecclesial life of the communities that welcome them. Often they bring an enthusiasm that can revitalize our communities and enliven our celebrations. Sharing different expressions of faith and devotions offers us a privileged opportunity for experiencing more fully the catholicity of the People of God.

Dear brothers and sisters, and, in a special way, young people! If we want to cooperate with our heavenly Father in building the future, let us do so together with our brothers and sisters who are migrants and refugees.

Let us build the future today! For the future begins today and it begins with each of us. We cannot leave to future generations the burden of responsibility for decisions that need to be made now, so that God's plan for the world may be realized and his Kingdom of justice, fraternity and peace may come.

Prayer

Lord, make us bearers of hope, so that where there is darkness, your light may shine, and where there is discouragement, confidence in the future may be reborn. Lord, make us instruments of your justice, so that where there is exclusion, fraternity may flourish. and where there is greed, a spirit of sharing may grow. Lord, make us builders of your Kingdom, together with migrants and refugees and with all who dwell on the peripheries. Lord. let us learn how beautiful it is to live together as brothers and sisters. Amen. Rome, Saint John Lateran, 9 May 2022 **FRANCIS**

THE CHUCKLE

There's a fine line between a numerator and a denominator. (Only a fraction of people will get this joke.)



OUR BELOVED DEAD

We remember those in our Sacred Heart Cathedral Columbarium whose anniversaries occur in September:

Allan Atkins Eileen Boswell Francis Bernard Paul Clarke Pietro Dalle Nogare John Duggan Mieczyslaw Kawka Kathleen Joan (Joanie) Lawrence Kenneth Lidbetter **Brian Lowe** Nelia Nelio Martinelli Allan McKinnon Alphonsus Paul McLachlan Ann Mary Mercieca Patricia Ryan Margaret Smith Patricia Tuxworth Kay Annette Varnum John Winstanley

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

SCPIPTUPAL CONTECKT

Gates

The poor man, Lazarus, is described as sitting at the gate of the rich man. We have a picture of Lazarus sitting on the outside looking in at all that he cannot have. Gates are used both literally and metaphorically throughout the gospel of Luke. In the cities and towns of Palestine, gates marked a physical barrier between those who were 'in' and those who were 'out'. But they also marked the boundaries of society. Those who were permitted to sleep within the walls were the acceptable of society. Those who were shut outside the gates and outside the city of an evening were the unacceptable.

TODAY'S LITURGY

Entrance Antiphon Dn 3:31,29,30,43,42

All that you have done to us, O Lord, you have done with true judgement, for we have sinned against you and not obeyed your commandments.
But give glory to your name and deal with us according to the bounty of your mercy.

First Reading Am 6:1. 4-7

You who give yourself to licentiousness and revelry will be exiled.

Responsorial Psalm: Ps 145:6-10. R. v.2

(R.) Praise the Lord, my soul!

- 1. It is the Lord who keeps faith for ever, who is just to those who are oppressed. It is he who gives bread to the hungry, the Lord, who sets prisoners free. (R.)
- 2. It is the Lord who gives sight to the blind, who raises up those who are bowed down. It is the Lord who loves the just, the Lord, who protects the stranger. (R.)
- 3. He upholds the widow and orphan but thwarts the path of the wicked. The Lord will reign for ever, Zion's God, from age to age. (R.)

Second Reading: 1 Tm 6:11-16

Obey the commandments until the coming of the Lord.

Gospel Acclamation: 2 Cor 8:9

Alleluia, alleluia!
Jesus Christ was rich but he became poor, to make you rich out of his poverty.
Alleluia!

Gospel: Lk 16:19-31

During your life good things came your way just as bad things came the way of Lazarus. Now he is being comforted while you are in agony.

Communion Antiphon: Cf. Ps 118:49-50

Remember your word to your servant, O Lord, by which you have given me hope.

This is my comfort when I am brought low.

SEASON OF CREATION SHORT FILM SCREENING

Join us to view the winners of the short film competition and to listen to the voices of those who recognise injustices in our world and have a desire to be heard.

During Season of Creation 2022 we are being urged to care for planet earth and care for our brothers and sisters. Whose voices have been muted? Whose voices need to be heard?

We are excited to showcase these winning 2022 Season of Creation short films that recognise the voices of those who hold generational wisdom about how to live gratefully within the limits of the land.

These films help us to consider our call to action. Where do we feel the calling to act for those who are voiceless? How can these films help us to feel equipped for the call to action?

Date: Saturday 15 October **Time:** 2:00PM – 4:00PM

Venue: St Pius X High School, Park Ave, Adamstown **To register:** www.eventbrite.com.au/e/season-of-creation-short-film-screening-tickets-415042472207

THE CHOSEN EXPERIENCE - SEASON ONE

We invite you to join us in soaking up to the sights, smells, and tastes of 1st Century Palestine.

We welcome you to join us to view the first-ever multiseason series about the life of Christ.

The Chosen is a series which brings to life an interpretation of what life might have been like for Jesus starting his ministry. The series has been creatively produced and includes the backstories for each of the disciples that were individually chosen by Jesus. We are first invited into each of their lives, into their struggles and baggage. But once introduced to Jesus and the invitation to spend time with him, we are invited to witness such a transformation of each of his first followers.

Each Thursday evening during October and November join us to share a meal, watch and discuss the episode.

The Chosen Experience commences on October 6 at 6pm in the Murray Room, 841 Hunter Street, Newcastle West, we hope to see you there.

To register to go: https://www.eventbrite.com.au/e/the-chosen-experience-tickets-413816475217

DIVINE MERCY DEVOTION

Sunday October 2 @ 3pm, Christ the King Church, Mayfield West. All welcome.

MEDITATION GROUPS AT LIVING WATERS CENTRE

34 Kenrick Street, The Junction, on Wednesday at 7.30am and Friday at 11.00am. All are welcome, including new meditators.