



# City Pastoral REGION

CATHOLIC DIOCESE OF MAITLAND-NEWCASTLE

**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 12 MARCH 2023

### 3RD SUNDAY OF LENT, YEAR A

#### Our Clergy

Fr John Lovell  
Fr Paul Chackanikunnel  
Fr Raphael Madukwe

#### 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](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 Finance*)  
Tuesday and Thursday

Jade Simonsen (*Business Manager Property*)  
Monday

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

#### Other Contacts

**Lingard Hospital Team:** Contact the Parish Office

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

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

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



© Jenny Close

This Sunday's account of Jesus and the woman at the well is a powerful sign of Baptism. For just as *her* eyes were opened to recognising her Creator in that encounter, we celebrate that time when *our* spiritual eyes were opened to recognising our Creator at another well (the font) when we were baptised. It's an experience our Elect are eagerly looking forward to this coming Easter.

*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)

*Third Week of Lent, Year A*

Monday—13th March

8:15am Mass @ The Cathedral

Tuesday—14th March

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton **\*\*CANCELLED**

9:15am School Mass @ St Peter-in-Chains School  
Stockton (all welcome)

Wednesday—15th March

8:15am Mass @ The Cathedral

**\*\*Cathedral closed after 9am**

9:00am Mass @ Mayfield West

Thursday—16th March

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—17th March

*Solemnity of St Patrick*

9:50am Rosary for Ukraine @ The Junction

10:15am Mass @ St Joseph's

11:00am Exposition, Adoration & Reconciliation @  
The Cathedral (until 12pm) **\*\*MOVED TO**  
Tighes Hill (Cathedral closed all day)

12:05pm Mass @ The Cathedral **\*\*MOVED TO**  
Tighes Hill

6:00pm Installation of Bishop Michael Kennedy

Saturday—18th 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

6:00pm Mass @ Mayfield West

Sunday—19th March

*Fourth Sunday of Lent, Year A*

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 Diocese website*

## FROM THE MODERATOR

Dear friends,

Ahead of Bishop Michael's Installation Mass at the Sacred Heart Cathedral next Friday 17<sup>th</sup> March at 6 pm, I would like to apologise that more parishioners from our parishes could not be invited to attend this



special event due to the limited capacity of the Cathedral. As you would understand, the Bishop's Office has had to invite many special guests, including Bishop Michael's family members, visiting Bishops, clergy from Armidale along with our own priests and deacons, various local community leaders, representatives from other Christian denominations, as well as representatives from Catholic agencies and every parish across our diocese.

Fortunately, for those who couldn't be invited, this wonderful event will be livestreamed and the link to this will be made available on the Catholic Diocese of Maitland Newcastle website:

[www.mn.catholic.org.au](http://www.mn.catholic.org.au).

For those who have received a ticket, please be sure to bring the ticket with you on the night, as **access will be by ticket only** with the QR code being scanned by volunteers at the door. And please try to arrive before 5.15 pm as everyone must be seated in the Cathedral by no later than 5.45 pm. The Cathedral will be open from 5 pm. Extra parking spots will be made available on the night around the Cathedral and Chancery precincts, with volunteers on-hand to direct arriving vehicles, but as this parking is not unlimited, some visitors may need to park in available spots in nearby streets. Accordingly, if you can share a ride with someone else, this may ease the situation for everyone.

Due to final preparations on the day, the Sacred Heart Cathedral will not be open during the day on Friday 17<sup>th</sup> March. The regular Friday midday Mass normally celebrated at the Cathedral will instead be celebrated at the Immaculate Heart of Mary Church, Tighes Hill.

Please join me in welcoming Bishop Michael Kennedy to our Diocese and we pray his ministry here will be a very fruitful and happy one for all concerned.

Wishing you every grace and blessing,

Fr John

## ROSARY FOR UKRAINE

Pray the Rosary from 9.50am on Fridays  
at St Joseph's Church, The Junction.



## PRAYER REQUESTS

**RECENTLY DECEASED:** Eileen Howard, Sante D'Abruzzo, Honor Joan Gilshenen, Sr Agnes (Michael) Burke rsj, Veronica (Ronnie) Jennings

**ANNIVERSARIES:** Mary Hanson, Lawrie O'Brien, Stan Maurer, Keith Martin, Eunice White, Susan O'Brien, Kathryn Allan Oultram, Laurel Russell, Reg Rees, John Kelly

**SPECIAL INTENTION:** Graham Davis on his 90th Birthday!

**SICK:** Peter Kefceck, Roslyn McGovern, Patricia Quayle, Christine Dowling, Carlo Rossi

*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).*

## PREPARING FOR EASTER

The Parish **Lenten** Group meets @ 9.30 am next **Thursday, 16 March** in the Parish Centre and continues during the weeks of Lent. Please see Gwen Haggerty (or ph 4967 5010) if you are interested in joining the group.

## OUR BELOVED DEAD

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

Louise Anne Balzer  
Veronica Ellen (Verona) Cable  
Edward Caelli  
Warren Cunningham  
Michael Edward Delaney  
Veronica Ellicott  
Betsy Gadd-Ardesch  
Frank Gibson  
Keith Martin  
Terence O'Beirne  
Peter Francis O'Sullivan  
Wesbrook (Wes) Smythe  
Coz Sphris  
Anna Maria Stefanson  
William (Bill) Van Schyndel  
Thomas (Jack) Wakely

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

## CATHEDRAL PIETY STALL

We have a small number of items for sale in the Cathedral piety stall, located in the foyer. What items would like to see available there? Please let us know! Either call the office or let a sacristan know your thoughts! Thank you.

## 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**, The Junction. 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

Collection baskets also at Tighes Hill

CatholicCare Social Services Community Pantry food donation bins have been placed in the Sacred Heart Cathedral and St Mary's Star of the Sea Church. These are blue flip-top bins with our flyer on the lid, suggesting the types of foods that could be donated.

We are appealing to the parish community to support people in need in our wider community by donating non-perishable food items. These donated items are put into our 'Community Pantry', from which we are able to provide emergency food hampers. We are desperately low of all foods in our pantry at the moment as we have seen an unprecedented need lately for this service. Ideal foods to donate are: UHT Milk, Breakfast cereals, Rice, Pasta, Pasta sauce, Sweet and savoury biscuits, Instant coffee, Tea bags, Canned soups.

## 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 23 March, 9am-3pm

Venue: Kilaben Bay Community Centre

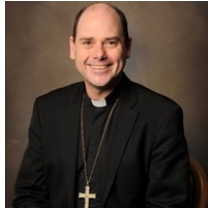
Cost: \$25 per person

To register go to:

[www.eventbrite.com.au/e/art-and-spirituality-workshop-march-2023-tickets-532521174167](http://www.eventbrite.com.au/e/art-and-spirituality-workshop-march-2023-tickets-532521174167)

## BISHOP MICHAEL ROBERT KENNEDY

Bishop Michael Kennedy will be installed as our next Bishop on Friday 17 March 2023. @ 6pm



### EXPRESSIONS OF INTEREST FOR 2023/2024 CHRISTIAN FORMATION COURSE ARE NOW OPEN

Are you wanting to know more about Christianity and develop a deeper understanding of the Catholic Church?

The Christian Formation Course (CFC) is a learning experience that allows participants to explore the foundational elements of the Catholic Faith Tradition. This one-year course introduces participants to scripture, theology, church history, sacramental life and liturgy.

The Course runs across twelve (12) months and comprises eight (8) units. All who complete the Course are awarded a diocesan Certificate in Christian Formation

By engaging in the course, it is hoped participants will:

- ✧ become more confident in understanding the Catholic faith
- ✧ grow in their capacity to reflect on their life's journey
- ✧ realise that Christian faith is nurtured in community
- ✧ be affirmed in their gifts for participating in the life of the faith community
- ✧ grow in awareness of what it means to be a responsive member of the faith community

Commencing on Tuesday 2 May 2023, no prerequisite formation or qualification is required to enrol.

To find out more about the Christian Formation Course, visit: [www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/christian-formation-course/](http://www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/christian-formation-course/)

### VIEW, CHEW, AND CHAT:

Meets 15th March to continue the Diocesan Lenten Program. To access the program document, copy and paste or type the following address into your web browser:

<https://tinyurl.com/mnlent23>

## VATICAN COUNCIL II 60TH ANNIVERSARY – EXPLORING ITS KEY DOCUMENTS IN 2023

The Second Vatican Council promulgated sixteen major documents. The reception of those documents, and all that flows from them, continues to be the work of the Church in every place and through every unfolding year and decade.

What are these documents and what wisdom do they reveal to us today? An enjoyable way to read and reflect on these texts is in the tradition of a book club, or 'document club' in this instance. In 2023 you might consider forming a document club in your parish with a focus on the Constitution on the Sacred Liturgy. The Diocesan Liturgy Council (DLC) has prepared a simple reading plan that anyone can use to guide their own 'document club' and can offer support in getting started.

It is hoped that several document clubs may spring up throughout this year. To bring our document clubs to a close the DLC is looking to host an in-person 'fun' gathering on Monday evening 4 December 2023. To receive your invitation, you may like to send the names and email addresses of your document club members to [sharon.murphy@mn.catholic.org.au](mailto:sharon.murphy@mn.catholic.org.au).

### BOOK CLUB

**Sunday, 2 April @ 6:15pm:** Bookclub meets to discuss *The Blue Fox* by Sjórn. If you would like to participate in book club meetings, please email the office



### SISTERHOOD CATHOLIC WOMEN'S CONFERENCE

The Sisterhood conference is a weekend for women aged 18 + to grow in their faith and encounter a community of like minded Catholic women committed to their faith.

The conference will be held at The Tops Conference Centre at Stanwell Tops 17-19th March. This is a live in weekend. Places are limited.

For more information visit [www.sisterhood.org.au](http://www.sisterhood.org.au) or email [info@sisterhood.org.au](mailto:info@sisterhood.org.au)

### HAVE YOU TRIED THE APP?

Our Diocese has a fabulous app that includes all the readings for Mass, Mass times, events, etc. You can also donate to the church via the app. It's easy to use. Search for Diocese of Maitland-Newcastle at your app store.



## **HISTORY, THEOLOGY AND PRACTICE OF SYNODALITY - FREE ONLINE COURSE OFFERED BY BOSTON COLLEGE**

Through an online platform you will have access to a series of pre-recorded videos during the months of February and March 2023.

"Synodality is not the chapter of a treatise on ecclesiology, and even less a fad, a slogan or the new term to be used or manipulated in our meetings. No! Synodality expresses the nature of the Church, its form, its style, its mission." Pope Francis

To register go to: <https://formaciononline.bc.edu/en/home/>

### **WAY OF THE CROSS – SUNDAY 26 MARCH**

This year, following over 55 years of local tradition, the Diocese of Maitland-Newcastle will once again celebrate the Ecumenical Way of the Cross on the grounds of Toronto Parish, Kilaben Bay on the Fifth Sunday of Lent.

Picking up the theme from this year's World Youth Day (WYD) – "Mary arose and went with haste" – we will join with Bishop Michael Kennedy as we experience the Way of the Cross through the eyes of Mary. We will journey with creative retellings of Mary's story as shared by women from across our Diocese and fellow Christian Churches. This prayerful experience will be supported by our school communities and local WYD pilgrims.

People will start gathering at St Joseph's Toronto from 2pm at the Community Centre. The event will start at 3pm, afternoon tea will be provided.

### **DIVINE RETREAT CENTRE MARCH 2023 PROGRAM**

The Divine Retreat Centre will host several retreats in March, they include:

- Lenten Growth Retreat – 17 to 19 March
- Spiritual Retreat at St Patrick's Wallsend – 20 March
- Spiritual Retreat at St Luke's Revesby – 21 March
- One Day Pilgrimage – 26 March

For more information, visit  
[www.divineretreatcentre.org](http://www.divineretreatcentre.org)

### **THE CHUCKLE**

What's the best way to make Easter easier?  
Put an "i" where the "t" is.



## **ENROLMENTS FOR 2023 SACRAMENTAL PROGRAM**

A child's catholic faith journey began with the Sacrament of Baptism and continues with 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 2023. Preparations are completed as a family with online activities and volunteer work within the community.

Enrolments are now open for the 2023 program. If you are interested in being a part 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)

The program launched last week. There's still time to sign up.

### **THE BREAKFAST CONVERSATION**

We have resumed providing a very light breakfast – Tea, Instant Coffee, Juice, toast, and spreads. All welcome.

What? Sr. Margaret Mary Oln will tell us of her work in Newcastle with Our Lady's Nurses for the Poor; And the Path to Canonization of Eileen O'Connor, the foundress of that Order of Nuns.

There will be plenty of time for questions

When? Monday 20th March commencing at: 7.00am – finishing before 9 am.

Where? St Joseph's former Convent, 25 Farquhar St, The Junction (Back door).

Why? Very Light breakfast, Fellowship, Guest Speaker & Q & A

Compliance? Please take Covid precautions that are usual now. Consider masks, and do not attend if you are unwell.

Enquiries to Neil Jones: [neil.jones@bigpond.com](mailto:neil.jones@bigpond.com) or 0410 57257

### **NEXT WEEK'S READINGS:**

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

Eph 5:8-14

Jn 9:1-41

## REFLECTION

by Richard Leonard

Father Jim was invited by Caritas, the Catholic development agency, to travel to the Philippines to see the excellent work they were doing with the monies collected in their Lenten appeal.

When he arrived in Manila he was asked if he would like to have some exposure to the real lives of the people Caritas was helping. It was decided that for two days he would live with a family on Smoky Mountain. Smoky Mountain no longer exists, but for over thirty years it was home to nearly ten thousand people. Smoky Mountain was the refuse tip for metro-Manila. It got its name from the smouldering pile of rubbish dumped there every day. People lived on three sides of this mountain of waste and made their homes and livelihood from the city's refuse.

Jim had heard of Smoky Mountain, but nothing prepared him for the reality. He smelt it before he saw it and when he saw it he couldn't believe it. The crest of the hill was indeed billowing smoke, and canals of water surrounded it. Running water was only available at public pumps. Over the canals were semi-public cubicles where people showered and went to the open toilets. As the bulldozers shovelled the day's deposit into the mountainside, the residents picked through the collection to see what could be salvaged. Homes were made of every weather-resistant material imaginable.

Jim met the Jesuits who looked after the Smoky Mountain parish. They were campaigning to have it shut down. The parish priest took him to meet the family with whom he would be staying. On a hot, humid afternoon he started the climb to Bing's home. There were children everywhere. Dirty, energetic, scavenging children. His heart was close to breaking, his stomach was dry-retching.

When he arrived at Bing's neatly kept home he was given a warm welcome. Bing saw that Jim was hot and bothered by his new surrounds and offered him a drink of water. Nothing prepared him for this dilemma: how far was he prepared to share in the life of the poor? All Jim could think of were the diseases he could catch from drinking water from the pump. As thirsty as he was he declined the offer, knowing that later he would privately gulp down one of the bottles of water in his backpack. Jim watched as the glasses of water were served on a tray. As he chatted to the family about Smoky Mountain he felt a fraud. Bing's daughter emerged with a sealed bottle of water and proceeded to fill up all the glasses. On seeing the bottle Jim had a change of mind and accepted the

water. Bing then produced a plastic glass in a sealed package for Jim's use. Flushed with embarrassment, all he could think of was Jesus and the Woman at the Well.

At that famous well Jesus enters the world of a poor Samaritan woman who has been dumped five times by the men who married her. By asking for a drink, by engaging her in conversation, by understanding her situation and offering her a way out of the cycle of emotional abuse in which she was caught, Jesus gives her the greatest gift of all: personal dignity. This changes her life and turns her into one of the earliest missionaries in John's Gospel.

Although separated by time and space, a drink of water helped a Samaritan woman and Father Jim face up to the embarrassment of their worlds, their quick and inaccurate judgments and reassess the choices that could lead them to life. Both of them recognised that no matter how good the gift of water was that day, the unknown and unexpected Giver of the gift was so much greater.

May this Eucharist help us do the same.

**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.

## 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. Thank you!

## 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.

Commencing February 8.

Join us each Wednesday 5.00-5.45pm.

Zoom link: <https://mncatholic.zoom.us/j/68191395109>

Password: 316071

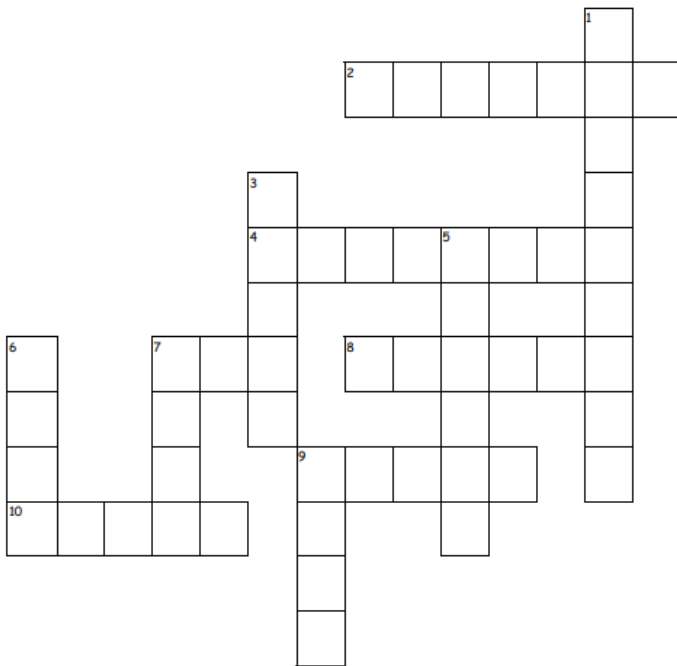
For more information contact:

[rose.mcallister@mn.catholic.org.au](mailto:rose.mcallister@mn.catholic.org.au)

## CROSSWORD

# I am the Christ who speaks to you now

Jn 4:5-15, 19b-26, 39a, 40-42



### Across

- 2: Saviour
- 4: a relative from many years ago
- 7: the number between one and three
- 8: this is used to carry liquids
- 9: an adult female human
- 10: to consume liquid

### Down

- 1: a person from Samaria
- 3: Jesus sat by a well that had been dug by this person
- 5: a town where Jesus stayed
- 6: what we eat
- 7: a large village
- 9: a hole in the ground that people collect water from

## JUNIOR WORDSEARCH

# Harden not your hearts

Ex 17:3-7  
Ps 95:1-2, 7e-9c R.v.8  
Jn 4:5-15, 19b-26, 39a, 40-42

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

Try to find these words:

animals  
bucket  
drink  
Egypt  
Jacob  
Messiah  
rock  
Samaritan  
stick  
thirsty  
water  
well

## TODAY'S LITURGY

### Entrance Antiphon: Cf. Ps 24:15-16

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

### First Reading: Ex 17:3-7

*Give us water to drink.*

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

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

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

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

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

### Gospel Acclamation

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

### Gospel: Jn 4:5-12

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

### Communion Antiphon: Jn 4:13-14

For anyone who drinks it, says the Lord,  
the water I shall give will become in him  
a spring welling up to eternal life.

## CHRISTIAN MEDITATION AT TIGHES HILL

This is non-denominational and everyone is very  
welcome. Please come.

WHEN: Monday afternoon 3.30 for 3.45 start

WHERE: Mercy Offices

20 Union Street

(Next door to Mercy Services)

Off street parking available

The Meditation session begins with short guided  
relaxation exercises then we have a reading from Fr.  
John Main which leads into 20 minutes of silent  
meditation

## TORONTO MEN'S WEEKEND

### Reminder: Toronto's first-ever menALIVE weekend is happening this month

On 25 and 26 March men from across our Diocese are  
being invited to come together for a menALIVE  
weekend at Toronto. Like thousands of other Catholic  
men who have already been on menALIVE weekends,  
attendees will be inspired and encouraged to renew  
their faith and rediscover God's purpose in their life.  
Experienced leaders from the will be running the  
weekend. The cost is \$50 per person, with lunch and  
dinner on Saturday provided. There is still time to  
register. Forms are available in the church foyer, or  
phone Phil McWilliam (0408 88 0408), Col Gwynne  
(0409 047 644), or Toronto Parish Office (4959 2777).

## 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.

## BECOME A VOLUNTEER AT CATHOLICARE'S REFUGEE HUB

CatholicCare's Refugee Hub is looking for more  
volunteers to support their tutoring program,  
community garden, men's and women's groups, art  
program, casework support and OzHarvest food  
support program. If you have a couple of hours to  
spare here and there, please reach out. You could help  
CatholicCare make a difference. To register your  
interest, please fill out the volunteer enquiry form:  
[www.catholiccare.org.au/community-programs/  
community-refugee-hub/volunteer](http://www.catholiccare.org.au/community-programs/community-refugee-hub/volunteer)