



# 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 16 APRIL 2023

### SECOND SUNDAY OF EASTER, 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: [newcparrish@mn.catholic.org.au](mailto:newcparrish@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*  
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.



#### DIVINE MERCY SUNDAY

Last Sunday we celebrated the Resurrection of Jesus and we continue to celebrate it for the duration of the Easter Season, in recognition of its supreme importance to our whole life of faith. It was the culmination of a series of events which revealed to the world the incredible mercy of God's love. So, it seems really fitting that Pope John Paul II dedicated the Second Sunday of Easter every year as Divine Mercy Sunday.

*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)

*Second Week of Easter, Year A*

Monday—17th April

8:15am Mass @ The Cathedral

Tuesday—18th April

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Wednesday—19th April

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

10:00am Funeral Mass for Trish Mather @ The Cathedral

Thursday—20th April

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—21st April

*Memorial of St Anselm, bishop, doctor.*

9:50am Rosary for Ukraine @ The Junction

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday—22nd April

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—23rd April

*Third Sunday of Easter, 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

5:30pm Mass @ Mayfield West (*Vietnamese*)

\* *Livestreamed on the Cathedral's YouTube channel—  
[www.youtube.com/c/SacredHeartCathedralHamilton](https://www.youtube.com/c/SacredHeartCathedralHamilton)  
and on the Diocese website*

## PROJECT COMPASSION BOXES

Please return your Project Compassion offering.  
Thank you for your generosity.

## NEXT WEEK'S READINGS:

### 3RD SUNDAY OF EASTER, YEAR A

Acts 2:14, 22-33 \* 1 Pet 1: 17-21

Luke 24: 13-35

## PRAYER REQUESTS

**RECENTLY DECEASED:** Trish Mather, Barry Kelly

**ANNIVERSARIES:** Eric Schmitzer, Cardinal Edward Cassidy, Edna Margaret O'Beirne, Tom Towers, Bernard Geatches, Monsignor Vincent Casey, Alan Wright, Faye Martin, Molly Walker, John Drain, Kath Drain, Margaret Eather, Rita Leaver

**REMEMBRANCE:** Dionisio & Marianna D'Andrea

**SICK:** Grayson Peers, Frances Gardiner, Peter Kefecsek, Roslyn McGovern, 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).*

## OUR BELOVED DEAD

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

Leo Burke

Beryl Coferos

Lorraine Driscoll

Mary Duggan

Kathleen Gibson

Monica Hayes

Joy Patricia Jarrett

Mary Noreen Long

Alice Martin

Krystyna Mazalo

Ian Edward McDonald

Cary McNabb

Laurel May Murray

Nola Margaret Phillips

Frank Keith Pilgrim

Sandra Rufo

Henrietta Vujeva

Elaine Iris Wilson

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

## 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/68191395109>

Password: 316071

For more information contact:

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

## LOUD SKY

Loud Sky is a powerful collaborative art exhibition featuring five Hunter-based artists who have created new works responding to stories of survival. These stories were uncovered through the Royal Commission into institutional response to child sexual abuse in the Hunter region in 2016. The exhibition opens at The Lock Up in Newcastle on Friday 31 March and runs until 21 May 2023. More information is available at <https://thelockup.org.au/loud-sky/>

## HOLY LANDS COMMISSARIAT

The Pope's worldwide Good Friday Collection offers Catholics the opportunity to express our solidarity with Christians in Custody of the Holy Land. Our parish has always been most generous; this year donating **\$2,409.20** – we thank you sincerely on their behalf. Our donation is a direct way to make a difference in the lives of those caught up in war, violence and instability.

Today, in Jerusalem, there are 65 historical churches but only 5,000 Christians remaining among one million residents. The Custody of the Holy Land provides Christian formation and education, conducts parish ministry, offers housing and food for the poor and welcomes pilgrims to the shrines in the Holy Land. The Good Friday Collection helps the Custody to maintain ancient churches and shrines, including the endangered Edicule of the Resurrection, as well as to support the diminishing presence of Christians in the Middle East.

The Custody of the Holy Land embraces not only Israel and Palestine, but also Egypt, Jordan, Syria, Lebanon, Rhodes and Cyprus. Since 2011, the civil war in Syria has inflicted unspeakable suffering on the population. The Franciscan Friars are still doggedly present in the demolished cities such as Damascus and Aleppo.

Thank you for supporting their holy work.



## 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!

## BISHOP'S SCHEDULE OF CELEBRATING MASSES IN THE CITY PASTORAL REGION

Saturday 15/4 5.30 pm St Joseph's, The Junction

Sunday 16/4 7.30 am St Mary's Star of the Sea, The Hill

Sunday 16/4 9.00 am St Peter's in Chains, Stockton

Saturday 22/4 5.30 pm Christ the King, Mayfield West

Sunday 23/4 8.00 am Immaculate Heart of Mary, Tighes Hill

Sunday 23/4 11.30 am Sacred Heart Cathedral  
(Polish community)

Saturday 29/4 5.30 pm Sacred Heart Cathedral

Sunday 30/4 5.00 pm Sacred Heart Cathedral

## 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.

Since June 2022, CatholicCare Food Programs have made up 138 emergency food hampers and 150 Christmas hampers for people in the Newcastle-Lake Macquarie area, all from donated food items. This year we have seen a dramatic increase in the number of requests we have received for emergency food hampers, especially from families with young children. Our hampers are given as a one off 'hand up' (not a 'hand out') and are made up completely of donated food.

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. The food collection bins are at Sacred Heart Cathedral and St Mary's Church, Newcastle

## ROSARY FOR UKRAINE

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



## **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/)

### **EUCCHARISTIC CELEBRATION**

with LGBTIQ people, their families, friends and supporters at St Mary's Church,

2 Bayview St, Warners Bay NSW 2282 6pm on Friday 21 April 2023 followed by a light supper.

For more information contact:  
LGBTIQ@mn.catholic.org.au

### **STORIES OF HOPE AND POSSIBILITIES WITH TIM COSTELLO**

Tim Costello will visit Hamilton Uniting Church on 18 April for a Stories of Hope and Possibilities event. He will speak about his own story and experiences in World Aid and gambling reform. Newcastle musician Heather Price will also perform on the night. For more information phone 0407 401 883 or email [ucahambro@bigpond.com](mailto:ucahambro@bigpond.com)

## **THE CHOSEN EXPERIENCE – SEASON 2**

We invite you to join us in soaking up the sights, smells, and tastes of 1st Century Palestine as we view the second season 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 join us to share a meal, watch and discuss the episode.

The Chosen Experience commences on 27 April at 6pm in the Murray Room.

<https://www.eventbrite.com.au/e/the-chosen-season-2-tickets-595299666327>

### **ENFLAMED BY LOVE CONFERENCE**

Newcastle Catholic Charismatic Renewal invites all people to the Enflamed by Love Conference, a series of workshops on evangelisation through faith, love, prayer and discernment run by the Missionaries of God's Love (MGL) Sisters on Saturday 22/4/23 and Sunday 23/4/23 9am-3:30am at the Holy Cross Church Hall, 30 Oakland St Glendale. Cost: donation. Morning and Afternoon tea will be provided. BYO Lunch Please contact Wayne Caruana on 0466 631 394 or Mary-Anne De Luca 0409 077 373 for further information.

### **PRINT AND PRAY- APRIL 27- CORCORAN CENTRE- MORPETH**

Join us during this Easter period for a day of prayer and printing. Participants will make their own Gelatine printing plate and experience the joys of using this form of monoprinting while engaging in prayerful reflection throughout the day. The printing process is extremely simple, versatile and addictive. It is equally well suited for professional or novice printmakers, craft enthusiasts, professional artists, and children. You will need to bring an apron, morning tea and lunch.

Cost: \$25 for materials - participants will take home their own Gelatine printing plate.

<https://www.eventbrite.com.au/e/print-and-pray-april-2023-tickets-595247941617>



## DIVINE MERCY SUNDAY



Divine Mercy Sunday is the Second Sunday of Easter. It is based on the private revelations of St. Faustina Kowalska, which recommended a particular devotion to the Divine Mercy.

### **PRAY THE DIVINE MERCY CHAPLET AT CHRIST THE KING, MAYFIELD WEST @ 3PM ON SUNDAY 16TH APRIL**

Or pray it yourself at home:

#### **HOW TO RECITE THE CHAPLET OF DIVINE MERCY**

The Chaplet of Mercy is recited using ordinary Rosary beads of five decades. The Chaplet is preceded by two opening prayers from the *Diary of Saint Maria Faustina Kowalska* and followed by a closing prayer.

1. Make the Sign of the Cross
2. Our Father
3. Hail Mary
4. The Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of

saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

#### **5. The Eternal Father**

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

#### **6. On the 10 Small Beads of Each Decade**

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

#### **7. Repeat for the remaining decades**

Saying the "Eternal Father" (5) on the "Our Father" bead and then 10 "For the sake of His sorrowful Passion" (6) on the following "Hail Mary" beads.

#### **8. Conclude with Holy God (Repeat three times)**

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

### **SAFEGUARDING TRAINING For Parish Employees and Volunteers Wednesday 26 April**

10am-2pm (lunch included) – St Francis Xavier Church Hall, 40 Ernest St, Belmont - parking is available to the left of the Church

All parish workers are required to attend Course 2: Safeguarding in Parishes within 6 months of commencing in their role and every 6 years thereafter.

This training forms part of the Diocese's mandatory training regime and is specifically designed to support paid and unpaid helpers undertaking a broad range of ministries in church facilities and out in the community. The training targets the safeguarding needs of faith communities. The course will address:

- ✘ the Diocese's Safeguarding Framework policy
- ✘ indicators of risk and vulnerability
- ✘ indicators of abuse and neglect
- ✘ boundaries in ministry
- ✘ responding to disclosures
- ✘ reporting obligations
- ✘ contributing to a 'Safe' culture

Please register your attendance before Thursday 20 April by contacting the Office of Safeguarding on 4979 1390 or email: [osgtraining@mn.catholic.org.au](mailto:osgtraining@mn.catholic.org.au)

### **VIEW, CHEW, AND CHAT**

Meets April 19 @7pm via Zoom for Lectio Divina

### **BOOK CLUB**

**Sunday, 7 May @ 6:15pm:** Bookclub meets to discuss *The Funny Thing About Norman Forman* by Julietta Henderson. If you would like to participate in book club meetings, please email the office



## **REFLECTION**

**by Richard Leonard SJ**

The gospel story about doubting Thomas has to be one of the most misunderstood episodes in the New Testament.

If you're like me, for years we have been consoled by Thomas doubting that Jesus had been raised from the dead. Thomas' doubts were in Jesus, we have been led to believe. But let's read the story very carefully. It's not Jesus Thomas doubts, it's the disciples. In fact when Jesus appears to them seven days later, Thomas has the opportunity to share in the experience of the Risen Lord and like the others he immediately confesses Easter faith.

There are three elements in this story that should give us great comfort. The first is that Thomas doubts the early Church, and not just in regard to a minor issue of discipline or procedure. He doubts the central Christian message: that God raised Jesus from the dead. Some of us, too, at various times in our lives, can have doubts about all sorts of things in our faith. There are very few Catholics who get through life without asking some serious questions of God, about Jesus, the Spirit and the Church. These questions are good in themselves. They are necessary for a mature, adult faith. What we need to ensure is that we sincerely want answers to the questions we ask and not just use them to justify our wandering away from our faith. Thomas is the patron saint of all of us who sometimes struggle to believe what everyone else in the church seems to accept. And he is also the patron saint of those of us who seek the courage and patience to wait for the answers.

The second consoling fact to this story concerns the earliest Church. Even though they were filled with the presence of the Risen Lord and though Thomas refuses to believe their witness, they remain faithful to him in his doubts. We know this because he is still with them a week later.

They didn't expel him from the group or excommunicate him, they held on to him in the hope that he would experience the Lord for himself.

Sadly for us, today, there are some who argue that Catholics who struggle with their faith should 'shape up or ship out'. While every group has its boundaries and there are limits to what people can dissent from, we could take the earliest Church as our model and stay faithful to our doubters and help them come to see the transforming truth that has changed our lives. The final element in this extraordinary story which can help us in our Easter faith concerns the significance of the time between the first and second appearances of Jesus. We're told it was seven days

and the parallel to the story of creation would not have been lost on the first hearers of John's Gospel. And even though the earliest disciples experience the Risen Lord on Easter Sunday, they are still locked in their fears one week later. The creation of the early Church, the movement of its earliest leaders from timidity to boldness took time and having a doubter in their midst ends up a great blessing for them all, for Christ is present at every step of the Church's creation and re-creation as well.

This story was written for people like us who do not have access to the historical Jesus. The birth of the Church is an ongoing act of God's creation in every generation. It takes time, and people will be at different stages at different moments. Our fidelity to one another on the long journey of faith is only surpassed by our Crucified God who does not give up on us, no matter how many questions we ask or how much we doubt.

May this Eucharist give us confidence enough to hold on to each other in good times and bad so that we can all continue to experience his presence and have life in his name.

© Richard Leonard SJ.

## **THE BREAKFAST CONVERSATION**

A very light breakfast – Tea, Instant Coffee, Juice, toast, and spreads. All welcome.

What? Brian O'Donnell is a parishioner of Mary Immaculate Church, Tighes Hill, and an Engineer. He will tell us about Nuclear fusion, clean energy for a sustainable future! When will we have power generation from nuclear fusion reactors? What advantages will they bring? Some insights into the construction of ITER\*, probably the most complicated object ever built by man.

\* ITER ("The Way" in Latin) is one of the most ambitious energy projects in the world today. There will be plenty of time for questions

When? Monday 17th April commencing at: 7.00am – finishing before 9 am.

Where? City Pastoral Region Parish Office, 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 572579

## God's love is everlasting

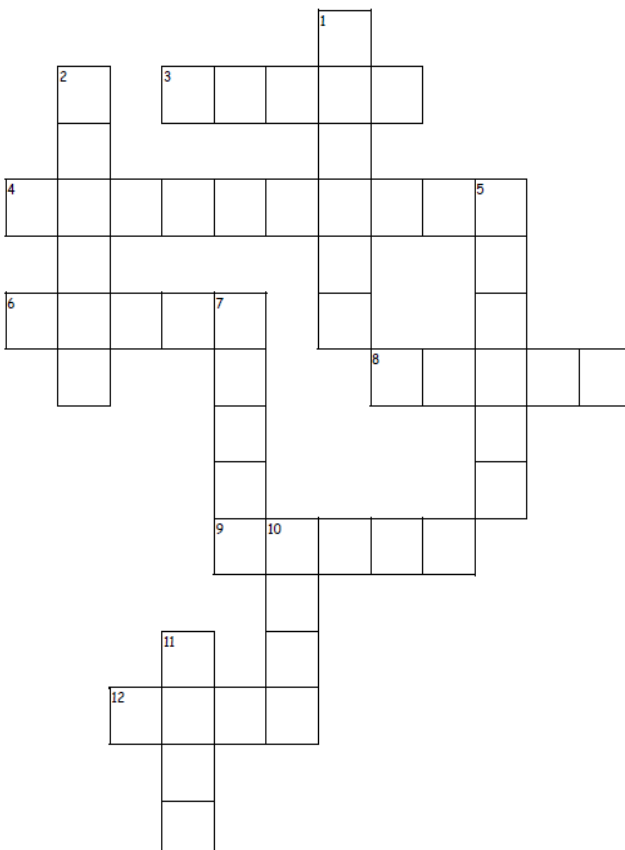
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 X P H C B E H X N Z S N Q Y L U B

Try to find these words:

bread  
 faith  
 family  
 hands  
 happy  
 Holy Spirit  
 hope  
 life  
 share  
 side  
 temple  
 Thomas

## CROSSWORD

## God's love is everlasting



## Across

- 3: the disciples shared this food  
 4: Jesus breathed on the disciples and said  
 "Receive the \_\_\_\_\_"  
 6: belief  
 8: glad  
 9: to let other people use your belongings  
 12: the opposite of death

## Down

- 1: parents, grand parents, brothers and sisters  
 2: the man who doubted that Jesus had risen  
 5: a place of worship  
 7 & 11: Jesus appeared and showed the disciples his  
 \_\_\_\_\_ (clue 7) and his \_\_\_\_\_ (clue 11)  
 10: a belief that things will improve

## TODAY'S LITURGY

### Entrance Antiphon: 1 Pt 2:2

Like newborn infants, you must long for the pure, spiritual milk, that in him you may grow to salvation, alleluia.

### First Reading: Acts 2:42-47

*The faithful lived together and owned everything in common.*

### Responsorial Psalm: Ps 117:2-4. 13-15. 22-24. R. v.1

(R.) Give thanks to the Lord for he is good,  
his love is everlasting.

1. Let the sons of Israel say:  
'His love has no end.'  
Let the sons of Aaron say:  
'His love has no end.'  
Let those who fear the Lord say:  
'His love has no end.' (R.)
2. I was thrust, thrust down and falling  
but the Lord was my helper.  
The Lord is my strength and my song;  
he was my saviour.  
There are shouts of joy and victory  
in the tents of the just. (R.)
3. The stone which the builders rejected  
has become the corner stone.  
This is the work of the Lord,  
a marvel in our eyes.  
This day was made by the Lord;  
we rejoice and are glad. (R.)

### Second Reading: 1 Pt 1:3-9

*He has given us a new birth as his children, by raising Jesus Christ from the dead.*

### Gospel Acclamation

Jn 20:29

Alleluia, alleluia!

You believe in me, Thomas,  
because you have seen me;  
happy those who have not seen me, but still believe!  
Alleluia!

### Gospel: Jn 20:19-31

*After eight days Jesus came in and stood among them.*

### Communion Antiphon: Cf. Jn 20:27

Bring your hand and feel the place of the nails,  
and do not be unbelieving but believing, alleluia.

© The scriptural quotations are taken from the Jerusalem Bible, published and copyright 1966, 1967 and 1968 by Darton Longman and Todd Ltd and Doubleday & Co Inc, and used by permission of the publishers.

## HISTORICAL CONTEXT

### My Lord and my God

*By the time the Gospel of John was written – in the last decade of the 1st Century – there were already diverse beliefs about Jesus. As is recorded in the gospels, there were those who regarded Jesus as one of the prophets of Israel; others recognised him as the promised Messiah; others still had come to believe in Jesus the Christ as the incarnation of God. That is certainly the theology expressed in the Gospel of John. Perhaps as a means to further his community's theology and correct other ideas, the gospel writer has Thomas declare, "My Lord and my God!"*

### MEDITATION GROUPS AT LIVING WATERS CENTRE

LIVING WATERS CHRISTIAN MEDIATION CENTRE, 34 Kenrick Street, The Junction, offers meditation sessions on Wednesdays at 7.30am and Fridays at 11.00am – and has done so for the last 25 years, in which time many hundreds of people have taken up this prayer form. After meditation on Fridays Lectio Divina, a personal interaction with Sacred Scripture, is offered. Through both practices we open ourselves to the fullness of life; we come to know ourselves by knowing that we are known and loved by God. For more information: Carmel Moore rsj -0412122297 - or just come.

### 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