



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 30 APRIL 2023

FOURTH 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: newcparish@mn.catholic.org.au
W: www.newcastlecatholic.org.au
W: 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.



Can you think of a more caring image of God's love than that of a good shepherd—one who is willing to lay down His life for His sheep? Surely, no other people has ever had a God like ours! So, let's rejoice and give thanks every day for this greatest of all treasures.

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)

Fourth Week of Easter, Year A

Monday—1st May

St Joseph the Worker

8:15am Mass @ The Cathedral

Tuesday—2nd May

Memorial of St Athanasius

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Wednesday—3rd May

Feast of Sts Philip and James

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

10:30am Funeral Liturgy for Monica Keenan @ St Joseph's

Thursday—4th May

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

10:00am Funeral Mass for Paul Cooper @ Stockton

Friday—5th May

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—6th May

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—7th May

Fifth 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*)

3:00pm Divine Mercy Devotion @ Mayfield West

5:00pm Mass @ The Cathedral

5:00pm Taize Devotion @ Tighes Hill

5.30pm Mass @ Mayfield West (*Vietnamese*)

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

PRAYER REQUESTS

RECENTLY DECEASED: Monica Keenan, Diane Riley, Susanne Carpenter, Jan Janik, Joy Conway, Donna Smith, Neta Matthews, Jennifer Partridge, Paul Cooper

ANNIVERSARIES: Alois Schmitz, Don Tischenko, Nunziata Murri, Doug Delaney, Sr Anne Murray, Agnes & John Lawler, Margaret Brennan, Alfred Bryant, Barry Dwyer, Barry Owens, Nino D'Andrea, Claudio D'Andrea

SICK: Aaron Parkes, Grayson Peers, Frances Gardiner, Peter Kefcecek, 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.

OUR BELOVED DEAD

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

Leo Burke

Beryl Cofteros

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

OPEN DAY AT TIGHES HILL SUNDAY 21ST MAY

Community Garden open day Sunday 21st May 2023 with 10.00am painting plant pots. at Immaculate Heart of Mary Church, Tighes Hill (access via path on Union Street). Contact Lawrie on 0419 447 217.

Church open day with historic photos and memorabilia 10.00am-3.00pm Sunday 21st May 2023, at Immaculate Heart of Mary Church, Cnr Union St & Tighes Tce, Tighes Hill. Contact Lawrie on 0419 447 217.

Angelus and pray with Mary for world peace (including consecration to Immaculate Heart of Mary) 12noon, Sunday 21st May 2023, at Immaculate Heart of Mary Church, Cnr Union St & Tighes Tce, Tighes Hill. Contact Lawrie on 0419 447 217.

Free sausage sizzle (*sponsored by Catholic Community Fund*) 1.00pm Sunday 21st May 2023 in Community Garden at Immaculate Heart of Mary Church, Tighes Hill (access via path on Union Street). Contact Lawrie on 0419 447 217.

Interfaith service for creation 3.00pm Sunday 21st May 2023 in Community Garden at Immaculate Heart of Mary Church, Tighes Hill (access via path on Union Street). followed by afternoon tea. Contact John on 0400 171 602.

DIVINE MERCY DEVOTION

At Christ the King Church, Mayfield West. 7th May at 3pm. All welcome

Scriptural Context

Psalm 22

Today's responsorial psalm uses Psalm 22 (sometimes referenced as Psalm 23), 'the Lord is my shepherd'. It is a very popular psalm and is often reproduced on Christian posters and other artworks. It was also a popular psalm and image at the time of Jesus. For Jesus to describe himself as the good shepherd caused great distress among the Jewish officials. They saw Jesus as being blasphemous for the psalm makes clear that the Lord is the shepherd. Jesus quite deliberately makes clear that he and the Father are one: the Lord is the shepherd and Jesus is the good shepherd.

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

Saturday 29/4 5.30 pm Sacred Heart Cathedral
Sunday 30/4 5.00 pm Sacred Heart Cathedral

FOOD BASKETS FOR THE NEEDY

ST JOSEPH'S, THE JUNCTION and MARY IMMACULATE, TIGHES HILL:

Items of dry goods or tin food e.g. (Vegemite, cornflakes or breakfast foods, sugar, packet or tin soup, sardines, tea, coffee, tin fruit etc), can be placed in the basket at the back of **St Joseph's Church**, The Junction and in the foyer of **Mary Immaculate Church**, Tighes Hill. St Vincent de Paul members will pick up for distribution to the needy who are very grateful to receive the items. When donating please check expiry dates. Thank you. Questions to Sr Carol Woodland rsj (mob) 0423 700 523 or 4967 2998. The St Joseph's community kindly requests that you do not donate peanut butter.

SACRED HEART CATHEDRAL and ST MARY'S, NEWCASTLE:

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.



NEXT WEEK'S READINGS: 5TH SUNDAY OF EASTER, YEAR A

Acts 6:1-7
1 Pet 2: 4-9
Jn 14: 1-12

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/

TAIZE SERVICE

Sunday 7 May: Immaculate Heart of Mary Catholic Church Tighes Hill
5.00pm – 6pm *followed by a shared supper.*



WHY JOHN?

You may have noticed that during the Easter season, we have been hearing exclusively from the gospel of John. But aren't we in Year A of the liturgical cycle – the year of Matthew? Well, yes, but ... The gospel of the year is predominantly proclaimed during Ordinary Time. However, there is no Year of John. This gospel is read during the Easter season and at other specific feasts and seasons. As the synoptic gospels focus on the life and ministry of Jesus, the theological and metaphoric nature of John's gospel is much more suited to the post-resurrection season of Easter.

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>

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/>

FAMILY INCLUSION STRATEGIES IN THE HUNTER (FISH) FUNDRAISER

On Friday 12 May you're invited to join FISH on Awabakal Land for a High Tea to raise funds for their services. It's a chance to be inspired by stories of resilience and examples of leadership that are disrupting and challenging child protection policy and practice throughout Australia and around the world. Tickets are \$90 each and the event will go from 11am to 1.30pm. For more info, email

fundraisingforfish@gmail.com. To book your ticket, visit www.eventbrite.com.au/e/fish-fundraising-high-tea-tickets-594153066817

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



STUDENT ACCOMMODATION

34 Kenrick St, The Junction (the old Presbytery) is a share-house owned by the parish, with four independent living quarters. Unit 3 is currently vacant and available for student accommodation. It has a bedroom, bathroom and living room. Common areas of the building - the kitchen, laundry and dining/lounge rooms - are shared with other female occupants. The unit would suit a university student, or newly employed person, looking for independent accommodation in Newcastle. If you know anyone seeking accommodation, please pass on our contact details. Inquiries to the parish office on 4979 1101 or email newcparish@mn.catholic.org.au

ACU PUBLIC LECTURE – 8 MAY

ACU Centre for Liturgy is offering another wonderful opportunity for us to learn and think more deeply about liturgy. Who are we? What does theology have to do with it? And do our liturgies and rituals need to adapt or resist these changes? You are invited to think about registering at www.acu.edu.au/publiclecturecfl

HISTORICAL CONTEXT

A line of shepherds

When Jesus used the image of himself as a shepherd, he named himself as belonging to a Jewish ancestry that associated itself with shepherds. Abraham, Isaac, Jacob and Moses were all shepherds. David, the second King of Israel, was regarded as the greatest king in Jewish history. His humble beginning, captured magnificently in the sculpture by Michelangelo, was as a shepherd boy guarding his flock with a slingshot. The kings of Israel were charged to 'shepherd' their people rather than to lord it over them as the pagan kings did.

2023 SACRAMENTAL PROGRAM

Children in the sacramental program received the sacrament of Reconciliation last term. Please pray for these children and their parents as they journey toward the Sacraments of Confirmation on May 23 (Stockton) and May 24 (Sacred Heart Cathedral).

DIOCESAN ASSOCIATION OF PASTORAL MINISTERS MEETING

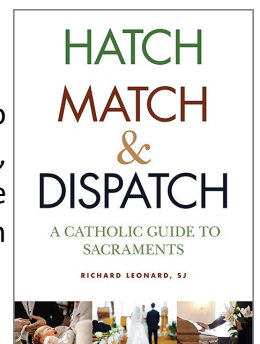
The 2023 Diocesan Association of Pastoral Ministers will next meet on Thursday 18 May from 9:30am - 2:30pm at The Corcoran Centre next to the Immaculate Conception Church, Morpeth. The gathering is to support those commissioned in parishes or the life of the Diocese for Pastoral Ministries. All are welcome to join as we break open the Foundation of Worship and Prayer with Sr Louise Gannon rsj. Mass will be celebrated with Fr John Vo, followed by a shared lunch. To register, please contact Kate on P: 4979 1329 or E: kate.crncevic@mn.catholic.org.au by Thursday 12 May.

PASSIONIST FAMILY GROUP MOVEMENT

Celebrate 50 years (1973-2023) of the Passionist Family Group Movement on Saturday May 6 at St Anthony in the Fields, birthplace of the PFGM, 46 Myoora Rd, Terrey Hills with Mass at 11am, followed by a sausage sizzle lunch.

VIEW, CHEW, AND CHAT

Meets May 10 @7pm via Zoom to discuss Chapter 3 of Hatch, Match, and Dispatch. Contact the parish office on 4979 1101 to sign up



'ANOINTED':

MGL SISTERS PENTECOST RETREAT INTENSIVE, 24-28 MAY

Deepen in your anointing as a Christian called to intentional relationship with the Trinity, radical discipleship, generously sharing the charismatic gifts and a life of mission and service through inputs, discussion, and practical workshops. Join us for 5 days live-in at Mount Carmel House, Varroville. More info & register: www.trybooking.com/CFBRF

CATHEDRAL PIETY STALL

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

REFLECTION

Stuff

By Ted Wolgamot

The famous comedian George Carlin used to do a routine called “stuff” — referring to all the possessions we accumulate and cling to so dearly. Here are some things he said about “stuff”:

“The whole meaning of life is trying to find a place for our stuff. That’s what your house is — a place to put all your stuff. Your house is really just a pile of stuff with a cover on it. It’s a place to keep your stuff while you go out and get more stuff. You then have to buy a bigger house because you’ve run out of room for all your stuff, and you have to have more space for more stuff.”

He pointed out how addicted we can become to our possessions, leading to the simple yet profound question: “Do you own your stuff or does your stuff own you?”

In contrast to all this fascination with “stuff,” today’s Gospel of John ends with these striking, hope-filled words: “I came so that they might have life and have it more abundantly.” But what does Jesus mean by the word “abundantly”? Is he referring to the acquisition of more stuff, more possessions, more things, more gadgets?

Quite the contrary. What Jesus is really talking about is our openness to receiving a gift, a grace. It is the grace we find when we believe that only God can fill the hole in our soul. And, it comes precisely when we abandon the incessant acquisition of more and more stuff.

Jesus is talking today about that down-deep emptiness in our lives — an emptiness that all the “stuff” in the world just doesn’t seem to fill up. He’s talking about our most fundamental need to feel that our lives are ultimately about something far richer and deeper than the stuff we so crave.

Ultimately, Jesus is talking about developing an “abundance mentality,” a way of thinking and acting that says: “There is enough for everyone, more than enough food, love ... everything!” When we live with this mind-set, we begin to see the miracle of what we give away multiplying to the point of having plenty left over.

“Abundance mentality” is the opposite of a “scarcity mentality” that wants to hold back, refuse to share, and keep only for ourselves.

Almost one in six people live in poverty. Experts say that food banks and organizations that assist with housing, utilities and transportation costs, report an increasing need for assistance from people who made donations in the past but now come seeking aid for

themselves!

Globally, the numbers are even more alarming: Nearly half of all children live in poverty and far too many die of easily preventable diseases. It’s estimated that 80 percent of all people on the planet live on less than ten dollars a day; even worse, many work in abysmal conditions for almost no pay. Abundance is a word most people throughout the world wouldn’t even understand or comprehend. Yet, we do — because material abundance is all around us.

The problem for many of us, is that too often we think it refers only to the garnering of more stuff. Jesus is trying to help us understand in today’s Gospel, and throughout his whole ministry, that true abundance comes not from what we possess, but from how deeply we love, how generously we share.

Jesus sends each of us an invitation: Spend less time acquiring more stuff and more time developing a mind-set of abundance, an abundance mentality.

“I came so that you might have life and have it more abundantly.”

MISSION: TRANSFORM LIVES - THEIRS...AND YOURS

Communities in Africa, Asia or the Pacific are seeking Australians from a variety of professions and trades to share their skills and knowledge with those who have few other chances for training.

Build enduring global relationships while assisting sustainable, self-reliant, community development.

Explore 35 positions by scanning the QR code below. On our website you can also see news including stories from those currently supported in Timor-Leste, Samoa, American Samoa and Thailand.

Please enquire further about potential assignments for you or someone you know:

RING: 02 9560 5333 or 0422 472 567. WEB: www.palms.org.au

PAINT AND PRAY WITH MARY THIS MAY – Saturday 27 May – MacKillop Centre, Charlestown

Join us this May as we honour and pray with Mary through the practice of painting and reflection. Participants will be guided step by step to create their own Marian icon and invited into contemplation and prayer through this process. You will need to bring an apron, BYO snacks and drinks for the afternoon.

Cost: \$35 for materials -participants will take home their own framed Marian icon.

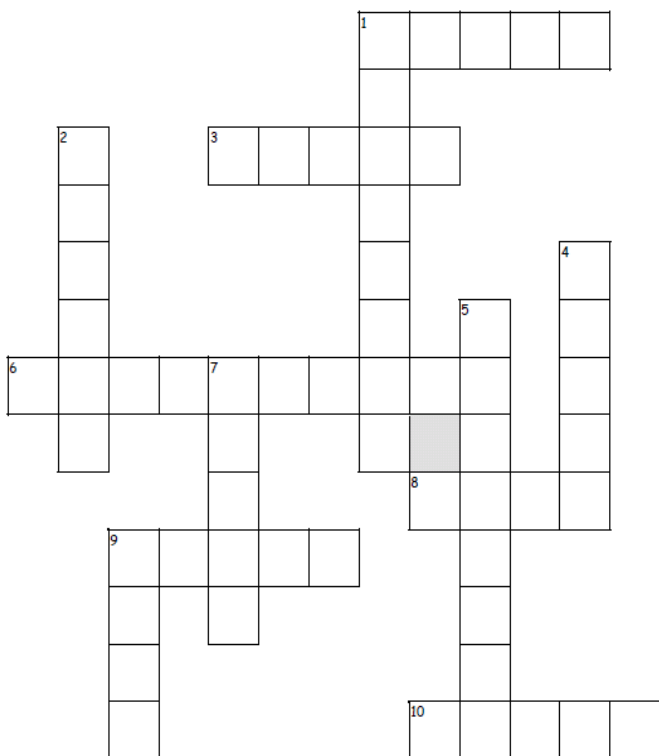
Spaces are limited, booking is essential.

<https://www.eventbrite.com.au/e/paint-and-pray-may-2023-tickets-595235353967>

CROSSWORD

The Lord is my shepherd

Acts 2:14a. 36-41
Ps 23:1-3a. 3b-4. 6. R. v.1
Jn 10:1-10



Across

- 1: an animal that is covered in fleece
- 3: this man stood with the eleven disciples and spoke to the crowd
- 6: the third person of the Trinity
- 8: we call a person by their _____
- 9: Peter spoke to about _____ thousand people
- 10: a large group of people

Down

- 1: someone who looks after sheep
- 2: take the path of a leader
- 4: the sound of someone speaking
- 5: a person whom you do not know
- 7: a parable or tale
- 9: to go back the other way

SENIOR WORDSEARCH

The Lord is my shepherd

Acts 2:14a. 36-41
Ps 23:1-3a. 3b-4. 6. R. v.1
Jn 10:1-10

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

Try to find these words:

crowd
follow
Holy Spirit
name
Peter
sheep
shepherd
story
stranger
three
turn
voice

TODAY'S LITURGY

Entrance Antiphon: Cf. Ps 32:5-6

The merciful love of the Lord fills the earth;
by the word of the Lord the heavens were made,
alleluia.

First Reading: Acts 2:14. 36-41

God has made Jesus both Lord and Christ.

Responsorial Psalm: Ps 22:1-6. R. v.1

(R.) The Lord is my shepherd;

there is nothing I shall want.

1. The Lord is my shepherd;

there is nothing I shall want.

Fresh and green are the pastures

where he gives me repose.

Near restful waters he leads me,

to revive my drooping spirit. (R.)

2. He guides me along the right path;

he is true to his name.

If I should walk in the valley of darkness

no evil would I fear.

You are there with your crook and your staff;

with these you give me comfort. (R.)

3. You have prepared a banquet for me

in the sight of my foes.

My head you have anointed with oil;

my cup is overflowing. (R.)

4. Surely goodness and kindness shall follow me

all the days of my life.

In the Lord's own house shall I dwell

for ever and ever. (R.)

Second Reading: 1 Pt 2:20-25

*You had gone astray but now you have come
back to the shepherd and guardian of your
souls.*

Gospel Acclamation: Jn 10:14

Alleluia, alleluia!

I am the good shepherd, says the Lord;

I know my sheep, and mine know me.

Alleluia!

Gospel: Jn 10:1-10

I am the gate of the sheepfold.

Communion Antiphon

The Good Shepherd has risen,

who laid down his life for his sheep

and willingly died for his flock, 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.

The English translation of the Psalm Responses, the Alleluia and Gospel Verses, and the Lenten Gospel Acclamations, and the Titles, Summaries, and Conclusion of the Readings, from the Lectionary for Mass © 1997, 1981, 1968, International Committee on English in the Liturgy, Inc. All rights reserved.

The prayers are from the English Translation of the Roman Missal © 2010 International Committee on English in the Liturgy Inc. (ICEL). All rights reserved. Todd Ltd and Doubleday & Co Inc, and used by permission of the publishers.

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!

GOSPEL FOCUS – LIFE TO THE FULL

John 10:10 (I have come that they may have life, and have it to the full.) is a very famous quote from this gospel passage. Having life to the full does not imply life filled with every convenience, comfort and wealth. Rather, it is about living a life filled with purpose and intent. If we fail to live with purpose and meaning then our life is a hollow shell of what it could be. Jesus came that we may have life – a life that is at its fullest when it is lived in such a way as to be an expression of what Jesus taught and lived.

THE CHUCKLE

A young boy swallowed some coins and was taken to hospital. When his grandmother telephoned to ask how he was, a nurse said "No change yet".



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