



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 9 APRIL 2023

SUNDAY OF THE RESURRECTION, 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

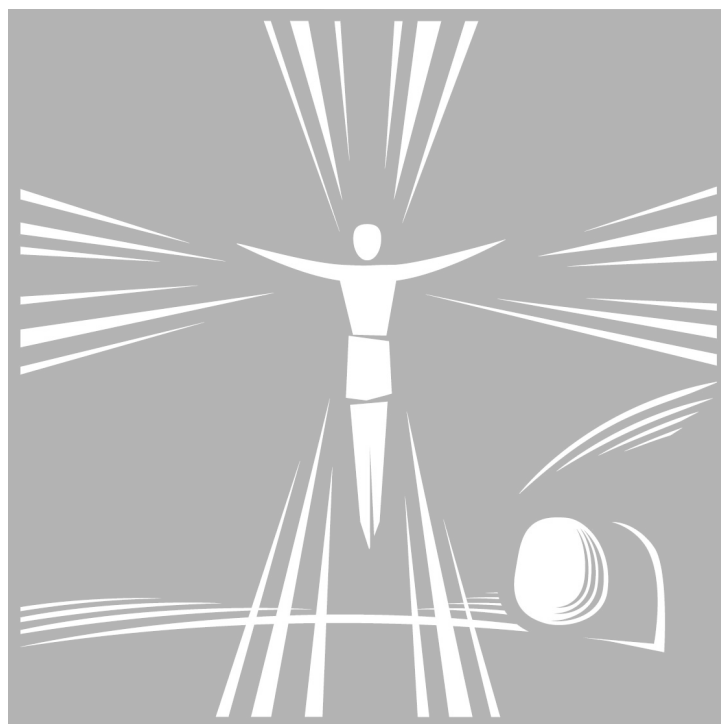
Our Staff

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.



Today Christians everywhere rejoice and marvel at the miracle of the Resurrection of Jesus 2000 years ago.

Why? Because it's the greatest of all victories, as it dealt a fatal blow to our fears about the certainty of dying and showed us what awaits our own bodies and souls in the hereafter. By joining Himself to us through the Eucharist, the Lord has opened for us the gates of Heaven, giving us a full share in His everlasting life. It's a gift beyond all telling. Thus, we can truly sing: Alleluia! Alleluia! Alleluia!

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)

The Octave of Easter, Year A

Monday—10th April

8:15am Mass @ The Cathedral

Tuesday—11th April

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Wednesday—12th April

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—13th April

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—14th April

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—15th April

9:15am Mass** @ The Cathedral, followed by the
Novena to Our Lady of Perpetual Help
(followed by Reconciliation)

**This Mass is offered in memory of Bill Warren, who
regularly attended Mass at SHC. Bill died on 13 Feb
and was privately cremated. There was no funeral, so
his friends from SHC (especially those attending the
Saturday morning Mass & Novena) want to remember
him at this Mass.

5:30pm Mass @ The Cathedral

5:30pm Mass @ The Junction

5:30pm Mass @ Mayfield West

Sunday—16th April

Second 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
and on the Diocese website*

PRAYER REQUESTS

RECENTLY DECEASED: Patricia Sherrif, Vito Virgili,
Bishop Christopher Budd (emeritus Bishop of
Plymouth, England), Antonietta Zanini (Italy)

ANNIVERSARIES: Eileen Bleakley, Maurice Kerr, Pat
Fitzgerald

REMEMBRANCE: Dionisio & Marianna D'Andrea

SICK: Trish Mather, Frances Gardiner, Peter Kefceck,
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 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.*

PROJECT COMPASSION BOXES

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

ROSARY FOR UKRAINE

Will not take place this week (Good Friday), but will
resume next week. Join us then, to pray
the Rosary from 9.50am on Fridays at St
Joseph's Church, The Junction.



NEXT WEEK'S READINGS:

2ND SUNDAY OF EASTER, YEAR A

Acts 2:42-47 || 1 Pet 1: 3-9

Jn 20: 19-31

FROM THE MODERATOR

Dear brothers and sisters in Christ,

On behalf of myself, my fellow clergy and the office staff of our City Pastoral Region, may I take this opportunity to wish you and your families a very happy and holy Easter. My thanks to all those who have helped with the decoration of our



churches for Holy Week and with the planning and celebration of our paschal liturgies during this time. This Easter weekend we are welcoming three men into our fold at the Easter Vigil in the Cathedral. They are Perry, Karl and Hayden. We warmly congratulate them and keep them in our prayers.

We also keep in our prayers those children who have enrolled in our Sacramental Program for 2023 and look forward to being Confirmed and receiving their first Eucharist over the coming months. A special thanks to our sacramental coordinator Dr Anne Millard for her wonderful work in coordinating this.

I'd also like to thank all those who helped out in many ways to make Bishop Michael's recent Installation event on St Patrick's Day such a great success. It was a celebration we can all be proud of and we are very blessed to have Bishop Michael Kennedy as the new shepherd of our diocese.

After the Easter long weekend and leading up until the end of April, Bishop Michael will be engaged in a schedule of 'meet and greet' events around our City Pastoral Region, which will include celebrating a Mass in each of our Mass centres (the schedule of these is shown in the next column), visits to each of our Catholic schools, Catholic agencies and care facilities around our region. I know everyone will make him feel very welcome.

And congratulations to those in our Bereavement Team who have just completed another step in their formation with the We Grieve sessions, generously facilitated by Benita Tait. Our gratitude also goes to Sr Louise Gannon RSJ in her support of our Bereavement Team during this process.

Wishing you all every grace and blessing

Love
Fr John

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

Saturday 15 April @ 5.30 pm St Joseph's, The Junction

Sunday 16 April @ 7.30 am St Mary's Star of the Sea, The Hill

Sunday 16 April @ 9.00 am St Peter's in Chains, Stockton

Saturday 22 April @ 5.30 pm Christ the King, Mayfield West

Sunday 23 April @ 8.00 am Immaculate Heart of Mary, Tighes Hill

Sunday 23 April @ 11.30 am Sacred Heart Cathedral (Polish community)

Saturday 29 April @ 5.30 pm Sacred Heart Cathedral

Sunday 30 April @ 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

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/

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

THE CHOSEN EXPERIENCE – SEASON 2

We invite you to join us in soaking up to 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>

REFLECTION

by Richard Leonard

A man was driving along the road when he saw the Easter Bunny hop into his lane. He swerved to avoid hitting the bunny, but couldn't do so. The basket of eggs went everywhere. The driver felt guilty and began to cry. A woman saw the man and pulled over. 'What's wrong?' she asked. 'I accidentally killed the Easter Bunny', he explained. The woman knew exactly what to do. She went to her car, pulled out a spray can, walked over to the bunny, and sprayed the entire contents over the little furry animal. Miraculously the Easter Bunny came back to life, jumped up, picked up his eggs, waved at them and hopped on down the road. Not far away the Easter Bunny stopped, turned around and waved again. He kept doing this for as far as they could see.

The man was astonished. 'What in heaven's name is in that can you sprayed on the Easter Bunny?' The woman showed the man the label. It said: 'Hair spray. Restores life to dead hair. Adds permanent wave.'

For many of our children the bunny and its eggs are the most important thing about Easter. Over the millennia, Christianity has had a gift for domesticating local traditions and festivals, bringing them on board and making them our own. The name Easter comes from the Anglo Saxon spring festival in honour of the goddess Eostre. Her symbol was the rabbit and the giving of eggs were signs of new life bursting forth as winter withdrew. These associations only make sense in the northern hemisphere, but we can see why the early Christians could be so adaptable and inculturated with this local festival.

In both hemispheres Christians today celebrate Jesus being raised from the dead. In the New Testament there are two traditions about how the disciples come to know about Jesus' resurrection: the empty tomb and the apparitions of Christ.

Today's Gospel belongs to the empty tomb tradition. On Magdalene's urging, Peter and John run to the tomb, find it empty and come to at least an initial belief about the resurrection of Jesus.

We do not believe that God simply revived Jesus' corpse in the tomb, as our driver resuscitated the bunny in today's story. Easter Sunday does not celebrate the resuscitation of Jesus, but his Resurrection. We know his 'glorified body' was not the same as his human body because Jesus' presence could be encountered in several places simultaneously and he is reported to walk through walls and to vanish. The link between both resurrection traditions is the

importance of Jesus' death. In the empty tomb accounts, as in today's gospel, the writers give us extraordinary details about the grave clothes. In the apparition narratives there are usually references to Jesus' wounds.

Whatever way they came to experience the Resurrection of Christ, the disciples knew that this was Jesus who actually died and was buried and that their personal encounter was with the one who was crucified.

What God did through the death and resurrection of Jesus is what Christians have done with local customs and festivals ever since: he entered into it, understood it, took it on board, domesticated it and vanquished its power. As a result we believe that God empathises with the full limitations of our human mortality and promises to remain faithful to us in death as he remained utterly faithful to Jesus.

That is why on this day 1,600 years ago St John Chrysostom could say on behalf of us all:

'Hell took a body, and discovered God. It took earth, and encountered Heaven. It took what it saw, and was overcome by what it could not see. O death, where is your sting? O Hell, where is your victory? Christ is Risen, and you, O death, are destroyed! Christ is Risen, and evil is cast down! Christ is Risen, and angels rejoice! Christ is Risen, and new life is set free! Christ is Risen, and the tomb is emptied of its dead; for Christ having risen from the dead, becomes the first-fruit of those who have fallen asleep. To Him be Glory and Power forever and ever. Amen!'

© Richard Leonard SJ

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.

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,



VIEW, CHEW, AND CHAT

Meets April 12 @7pm via Zoom to resume discussion of Hatch Match & Dispatch—Chapter 2

EASTER BLESSING OF HOMES

Please fill one of the bottles provided with blessed Easter water to take home.

The Easter Season has always been a sacred tradition where families are invited to take the Easter Water and to gather as family to bless their homes. The emphasis has always been on the family gathering for this sacred annual custom.

The Book of Blessings makes the comment that for pastoral reasons and in the interest of unity between families living in the same location, the blessing may be celebrated for several families gathered together in one convenient place. Perhaps the family group could make a feature of this event this year. You are invited to take a bottle provided and use the following prayer to celebrate the blessing.

**Blessed are you, God our Father,
for your gift of this house
as the dwelling place of this family.
Grant that those who live here may obtain the
gifts of the Holy Spirit through their works of
charity let them show what grace Your blessings
brings, so that all who visit this home will find the
spirit of love and peace which only you can give.
We ask this through Christ our Lord. R./ AMEN**

After the prayer of blessing sprinkle those present and the home with holy water and say:

**Let this water call to mind our baptism into
Christ, who has redeemed us by his death and
resurrection**

CONCLUDING RITE

**May the God of hope fill you with every joy in
believing.
May the peace of Christ abound in your hearts
May the Holy Spirit enrich you with his gifts, now
and forever.
R./ 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

PARISH EMPLOYEE AND VOLUNTEER SAFEGUARDING TRAINING WEDNESDAY 26 APRIL

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

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 or 0410 572579

SENIOR WORDSEARCH

All who have faith in Jesus will have their sins forgiven

Acts 10:34a, 37-43
Ps 118:1-2, 15c-16ab & 17, 22-23
Jn 20:1-9

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

Try to find these words:

chosen
cross
everyone
faith
linen
lying
Mary
raised
stone
taken
three
tomb

Fill in the missing words below to find out what the letters in the boxes spell.

Mary M _____ went to the tomb.

"They have taken the _____ from the tomb", she said.

Peter was a d _____ of Jesus.

The other disciple ran f _____ than Peter.

He saw the strips of _____ cloth lying inside the tomb.

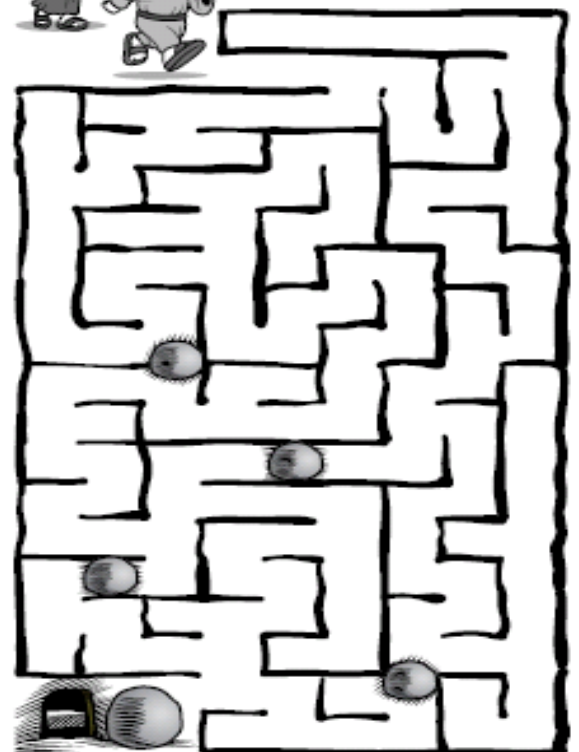
B _____ he did not go in.

When he saw _____ he believed.

The Scriptures s _____ Jesus would rise to life.



Help the disciples find their way to Jesus' empty tomb.



gospel focus

The disciple Jesus loved

In this week's gospel we see reference to a disciple as 'the one Jesus loved'. It is generally agreed that this disciple is John. There is some suggestion that the disciple, John, is in fact the John ascribed as the author of this gospel. If this is so, to describe himself as the disciple Jesus loved is merely a means of avoiding using a personal pronoun – I or me. Just as Jesus described himself as 'the Son of God' or 'the Son of Man' rather than say 'I', John uses the same convention to avoid naming himself. It is not to suggest that Jesus didn't love his other disciples.

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/>

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!

TAIZE SERVICE

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



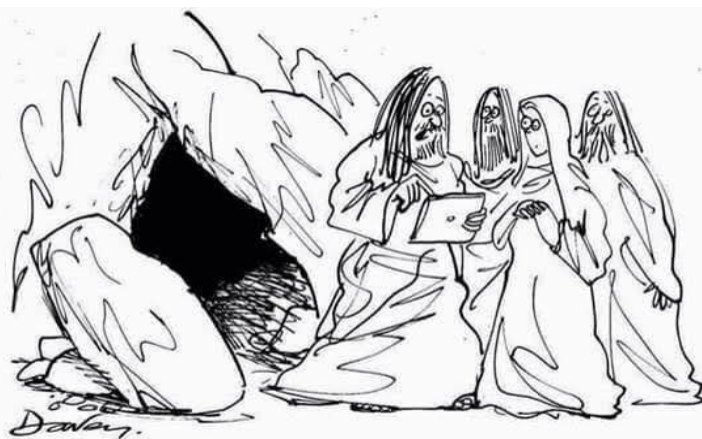
THE CHUCKLES

"What was your sermon on this week?" one preacher asked his friend.

"I preached on the rich man's responsibility to give to the poor," the other answered.

"How'd it go?"

"Well," he sighed, "I know I convinced the poor."



"He's not in there! Oh, wait - he's changed his status to 'risen' "

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