



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 2 APRIL 2023

PALM SUNDAY OF THE PASSION OF THE LORD, YEAR A

Our Clergy

Fr John Lovell
Fr Paul Chackanikunnel
Fr Raphael Madukwe

Regional Office—St Benedict's Centre

25 Farquhar Street, The Junction
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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.



Here we are at the start of Holy Week to welcome and accompany Jesus into the Holy City. We are invited to immerse ourselves in the crowd of Jewish pilgrims on that first Palm Sunday who saw him approaching from the Mount of Olives on the back of a donkey. As they waved their palm branches in jubilation and threw their cloaks on the road, they would have had no idea what would happen to Him just a few days later—something so momentous it would change everyone's life forever, which is why we are here reliving it today. Hosanna in the highest!

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)

Holy Week, Year A

Monday—3rd April

8:15am Mass @ The Cathedral

Tuesday—4th April

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

7:00pm Chrism Mass @ The Cathedral

Wednesday—5th April

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—6th April

Holy Thursday

10:00am Funeral Liturgy for Patricia Sheriff

4:30pm Mass of the Lord's Supper @ The Cathedral (Polish)

7:00pm Mass of the Lord's Supper @ The Cathedral

7:00pm Mass of the Lord's Supper @ Stockton

7:00pm Mass of the Lord's Supper @ Mayfield West

Friday—7th April

Good Friday

9:00am Morning Prayer @ The Cathedral

10:30am Stations of the Cross @ The Cathedral

10:30am Stations of the Cross @ St Joseph's

3:00pm Celebration of the Passion of the Lord @ The Cathedral

3:00pm Celebration of the Passion of the Lord @ Stockton

3:00pm Celebration of the Passion of the Lord @ Mayfield West

6:00pm Celebration of the Passion of the Lord @ The Cathedral (Polish)

Saturday—8th April

Holy Saturday

9:00am Morning Prayer @ The Cathedral

10:00am Blessing of the Food @ The Cathedral

7:00pm Easter Vigil @ The Cathedral

7:00pm Easter Vigil @ Stockton

7:00pm Easter Vigil @ Mayfield West

Sunday—9th April

Easter Sunday of the Resurrection of the Lord, Year A

7:30am Mass @ St Mary's

8:00am Mass @ Tighes Hill

9:00am Mass @ The Junction

9:00am Mass @ Stockton

9:30am Mass @ The Cathedral (Livestreamed)

11:00am Mass @ The Junction (Italian)

11:30am Mass @ The Cathedral (Polish)

5:00pm Mass @ The Cathedral

5:30pm Mass @ Mayfield West (Vietnamese)

PRAYER REQUESTS

RECENTLY DECEASED: Patricia Sheriff, John Rumball, Rosemary King,

ANNIVERSARIES: Beryl Davies, Sidney Russell, Ranjari Perera, Charlie Hart, Lila Morrison, Charlie Morrison, Catherine Walsh, Charlie Walsh, Tess O'Neill, Paul Bourke, Pam Hill, Sr Kathryn McCabe rsj, Betty Haggerty

MASS INTENTION: Anniversary of Renato D'Amico (Italian Mass)

SICK: 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 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 Sphiris

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.

PROJECT COMPASSION BOXES

Please return your Project Compassion offering over the Easter weekend. If you are coming to Mass on Holy Thursday, please bring the box with you to place as an offering during the preparation of the gifts). 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.



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.



The Hamilton St Vincent de Paul conference would like to thank the generous parishioners of Tighes Hill community for their donations of food each week. The Hamilton conference has

distributed dozens of food hampers to the needy, particularly families, who are very happy and grateful to receive them"

A very heart felt thank you to all parishioners who have been donating non-perishable items to the food collection bins at Sacred Heart Cathedral and St Mary's Church, Newcastle. Your thoughtful donations have gone into making up food hampers with our CatholicCare Food Programs and have provided support to anyone experiencing financial hardship, homelessness, mental illness, physical/intellectual disability, substance abuse and social isolation in our local area.

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.

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: oostraining@mn.catholic.org.au

BECOME A VOLUNTEER AT CATHOLICARE'S REFUGEE HUB

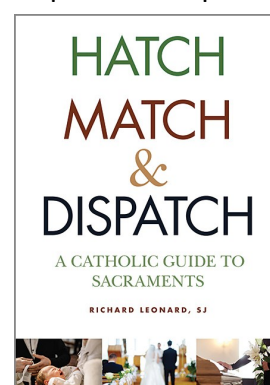
CatholicCare's Refugee Hub is looking for more volunteers to support their tutoring program, community garden, men's and women's groups, art program, casework support and OzHarvest food support program. If you have a couple of hours to spare here and there, please reach out. You could help CatholicCare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

DIVINE MERCY DEVOTION

Sunday, 2 April @ Christ the King at 3pm

VIEW, CHEW, AND CHAT

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



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 ucaham-bro@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>

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/>

CHRISM MASS

This year's Chrism Mass will take place in Holy Week on Tuesday 4 April at 7.00pm in the Sacred Heart Cathedral Newcastle West. This is a first opportunity for all who wish to gather, to celebrate with our new Bishop, Michael Kennedy at Mass and a light supper. All are welcome. Those with a specific role in the Mass please arrive early as communicated. Read more at <https://tinyurl.com/chrism2023>

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.

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



THE CHUCKLE

Dear God, so far today, I've done all right. I haven't gossiped, and I haven't lost my temper. I haven't been grumpy, nasty or selfish, and I'm really glad of that! But in a few minutes, God, I'm going to get out of bed, and from then on, I'm probably going to need a lot of help. Thank you! Amen."



NEXT WEEK'S READINGS: EASTER SUNDAY, YEAR A

Acts 10:34, 37-43
Col 3: 1-4
Mt 28: 1-10

2023 SACRAMENTAL PROGRAM

Children in the sacramental program received the sacrament of Reconciliation during this past week. Please pray for these children and their parents as they journey toward the sacraments of Confirmation and Eucharist.

SCHOOL OPEN DAYS

Are you interested in enrolling your child at a Catholic School for 2024? Please attend one of our open days. Visit www.mn.catholic.edu.au/schools/open-days/ for more information.

PASSION NARRATIVES

Towards the end of the 19th Century, the German scholar, Martin Kähler, described the gospels as 'passion narratives with lengthy introductions'. Over time, this description was more commonly applied to the gospel of Mark, but it is quite true of all four gospels. The passion elements are the climax of each gospel narrative and were probably written first to establish the unique interpretation of each of the gospel communities. The remainder of the gospel was written to 'set the scene' for the culmination of the message in the passion. Reading the four accounts of the passion reveal the unique styles and themes of the different gospel writers.

LIVING THE GOSPEL

The Blame Game

This Passion narrative has been used in the past as justification for persecution of Jews. The text has the people of Jerusalem calling out, 'his blood be on us and on our children!' This has been interpreted (poorly) as reason to condemn all subsequent generations of Jews for the death of Jesus. However, this gospel was written in the aftermath of the fall of Jerusalem and destruction of the Temple in 70 CE. The gospel writer sought some explanation for this disaster in the story of Jesus' life and death: it is the children of the crowd at Jesus' death who suffered in the fall of Jerusalem.

REFLECTION

by Richard Leonard

As a child I can remember our diocese having large processions for the feasts of Corpus Christi, Christ the King and one of the Marian feast days. They were called 'public demonstrations of Catholic faith'. For children they were sometimes long and boring, but they did give us a sense that we belonged to something big, and someone bigger, and that our faith had a 'stand up and be counted' dimension to it. For many Catholics today large-scale religious processions are quickly becoming a thing of the past. That's a pity.

The point of religious processions is not just to get us from one location to the next. It is also to mark a rite of passage. Think of the smaller processions most Christians undertake in their lives: to the baptismal font; down the aisle to take their marriage vows, or to graduate from a school or college and to be farewelled. In each case we recess out of the Church differently from how we entered it: as a newly initiated member of the Christian community; as a husband or wife; as a graduate; and to be buried.

The Palm Sunday Procession is the last congregational one mandated by the Missal to be observed throughout the entire Church. Recalling Jesus' procession into Jerusalem this procession is not meant to be an historical pageant. Like all liturgical moments it's meant to intersect with our own lives and speak to our journey of faith. What makes this procession so powerful is that it starts with hysteria and ends in death. And that tells us something we need to hear.

Matthew's account of the Passion is very tough on the Jewish leaders. His entire Gospel has been preparing the hearer for this. Matthew shows that even though the Jews had the New Moses right in front of them, they were unable to recognise him because he didn't fit their expectations of the Messiah. The crowd in Jerusalem receive him like a pop star, acclaiming him as their own. By week's end the Chief Priests and elders manipulate the crowd's enthusiasm to force Pilate to execute Jesus. And throughout it all, during the adulation of the crowd, their change of allegiance to Barabbas and at his trial, Jesus hardly says a word. In Matthew's Gospel Jesus' silence is deafening.

In the journey of faith we should always be on our guard against being part of a manipulated crowd. The unchecked enthusiasms of a crowd can carry us away to places, people or things we would not ordinarily choose and should not embrace. If we are vulnerable, a gifted guru through his or her version of eternal life can whip us up into a frenzy. We only have to look at the power of the media and advertising to see how

susceptible we are to becoming a slave to fashionable ideologies, dress codes and what and who is in or out. Every time we buy something because someone else has it or because we convince ourselves that our wants are really our needs, the crowd has won. The story of Passion Sunday is that manipulation of a crowd, even by legitimate authorities, can be the beginning of spiritual death. Hype often distorts priorities, blurs good judgment and can choose expediency over integrity.

So what's the remedy to being manipulated, to regaining a sense of what really matters, to standing up against the crowd for the values we know are right? Jesus shows us in Matthew's Gospel. It starts with silence. It's being a contemplative in a manic world and praying for the courage to dissent from the crowd's hyped-up madness.

As we process into Holy Week, this annual rite of passage for our faith, may we model our lives on Jesus in every way by creating the silence we need in our lives to sort out our priorities, by using silence powerfully in a world that loves words but has very little to say about our meaning and destiny and allowing our sacrificial love, even to the point of death, to do all the talking.

© 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.

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.

Join us each Wednesday 5.00-5.45pm.

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

Password: 316071

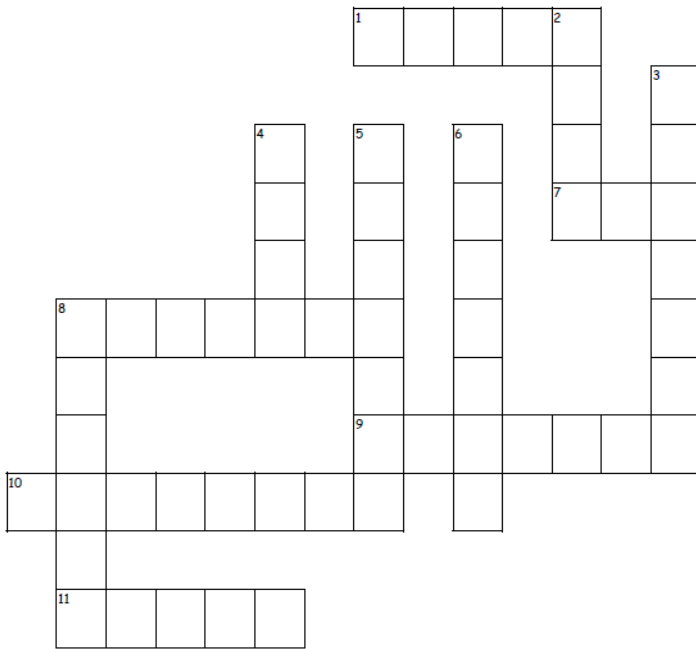
For more information contact:

rose.mcallister@mn.catholic.org.au

CROSSWORD

Jesus puts himself in the Father's hands

Is 50:6-7
Ps 22:7-8, 16c-17a & 18, 19 & 22 R.v.2a
Mt 27:11-54



Across

- 1: the wooden structure used in a crucifixion
- 7: before Jesus died he called out "Eli, _ _ _ , lema sabachthani?"
- 8: to keep someone out of danger
- 9: those who fight against you
- 10: the criminal who was released in place of Jesus
- 11: the name of our planet

Down

- 2: not in danger
- 3: people who perform religious rites
- 4: your eyes and nose are on your _ _ _ _
- 5: what you wear
- 6: the soldiers _ _ _ _ _ _ for Jesus' clothes
- 8: the Roman Governor who condemned Jesus to death

SENIOR WORDSEARCH

Jesus puts himself in the Father's hands

Is 50:6-7
Ps 22:7-8, 16c-17a & 18, 19 & 22 R.v.2A
Mt 27:11-54

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

Try to find these words:

Barabbas
clothes
cross
earth
Eli
enemies
face
gambled
Pilate
priests
protect
safe

TODAY'S LITURGY

Commemoration of the Lord's Entrance into Jerusalem

"Blessed is he who comes in the name of the Lord"

Entrance Antiphon: Cf. Jn 12: 1, 12-13; Ps 23: 9-10

Six days before the Passover,
when the Lord came into the city of Jerusalem,
the children ran to meet him;
in their hands they carried palm branches
and with a loud voice cried out:

* Hosanna in the highest!

Blessed are you, who have come in your abundant
mercy!

O gates, lift high your heads;
grow higher, ancient doors.
Let him enter, the king of glory!
Who is this king of glory?
He, the Lord of hosts, he is the king of glory.

* Hosanna in the highest!

Blessed are you, who have come in your abundant
mercy!

First Reading: Is 50:4-7

*I did not cover my face against insult and I know I will
not be ashamed.*

Responsorial Psalm: Ps 21:8-9. 17-20. 23-24. R. v.2

(R.) My God, my God, why have you abandoned me?

1. All who see me deride me.
They curl their lips, they toss their heads.
'He trusted in the Lord, let him save him;
let him release him if this is his friend.' (R.)
2. Many dogs have surrounded me,
a band of the wicked beset me.
They tear holes in my hands and my feet.
I can count every one of my bones. (R.)
3. They divide my clothing among them.
They cast lots for my robe.
O Lord, do not leave me alone,
my strength, make haste to help me! (R.)
4. I will tell of your name to my brethren
and praise you where they are assembled.
'You who fear the Lord give him praise;
all sons of Jacob, give him glory.
Revere him, Israel's sons.' (R.)

Second Reading: Phil 2:6-11

*He humbled himself to become like us and God raised
him on high.*

Gospel Acclamation: Phil 2:8-9

Praise to you, Lord Jesus Christ, king of endless glory!
Christ became obedient for us even to death
dying on the cross.

Therefore God raised him on high
and gave him a name above all other names.

Praise to you, Lord Jesus Christ, king of endless glory!

Gospel: Mt 26:14 – 27:66

The passion of our Lord Jesus Christ according to
Matthew.

Communion Antiphon: Mt 26:42

Father, if this chalice cannot pass without my drinking
it,
your will be done.

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The English translation of the Psalm Responses, the Alleluia and
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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 re-
laxation exercises then we have a reading from Fr.
John Main which leads into 20 minutes of silent
meditation