



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 7 MAY 2023

FIFTH SUNDAY OF EASTER, YEAR A

Our Clergy

Fr John Lovell
Fr Paul Chackanikunnel
Fr Raphael Madukwe
Deacon Kevin Gadd

Regional Office—St Benedict's Centre

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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.



Too often in life we get ourselves in a pickle. We go the wrong way or get ourselves bogged down over some relatively minor problem. Why? Because we want to do it all our own way. We don't want to ask for help - perhaps not even from God.

Yet, as St Peter says in our Second Reading, Jesus is the cornerstone of our lives. And in the Gospel, Jesus tells us He is 'the Way, the Truth and the Life'. So, perhaps we can call upon His help a little more often to alleviate some of the frustrations we regularly cause ourselves, and those around us, by trying to do it all on our own.

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)

Fifth Week of Easter, Year A

Monday—8th May

8:15am Mass @ The Cathedral

Tuesday—9th May

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Wednesday—10th May

Memorial of St John de Avila

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

11:00am Funeral Liturgy for Neta Matthews @ St Joseph's

Thursday—11th May

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—12th 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—13th 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—14th May

Sixth 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

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

PRAYER REQUESTS

RECENTLY DECEASED: Monica Keenan, Jan Janik, Neta Matthews, Paul Cooper, Michael Johns, Hamish Anderson, Stella Lakomy, Donna Smith



ANNIVERSARIES: Allan Ryan, Allan Eastaway, Sr Florence Mary Tobin rsj, Mary Plenty, Ivan & Trish Tranter, Len Campbell, Tony Peart, Rachel Dos Santos, June Brotherson

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 May:

Margaret Winsome Azzopardi

Joyce Callaghan

Michael Clement Daly

Marjorie Hardy

Gerard McCosker

Cyril O'Neill

Lorna Pearl Roberts

Barbara Smith

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

VINNIES WINTER APPEAL

Coming soon to a church near you! As the weather gets colder, so our thoughts turn to those who desperately need our help. This year, Vinnie's focus is on the plight of homeless older women.



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 artists' 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

NEXT WEEK'S READINGS: 6TH SUNDAY OF EASTER, YEAR A

Acts 8:5-8, 14-17

1 Pet 3: 15-18

Jn 14: 15-21

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.

ST JOSEPH'S MEN'S GROUP

Later this month, the St Joseph's Men's Group will be hosting a Dinner and Talk on Mother Mary at the Sydney Junction Hotel, 8 Beaumont Street, Hamilton. It'll start at 6.30pm on Tuesday 16 May. Entry is free.

Scriptural Context

The gospel of John

The gospel of John is very different from the other three 'synoptic' gospels. The other three have a very narrative style and can be seen together as different recounts of the same events. Whilst the gospel of John also has some beautifully narrated stories, it is better known as a more theologically reflective piece of writing. It assumes that the readers of this gospel are already familiar with one or more of the others, so it doesn't need to tell the story again. Rather, it presents a sweeping image of God, through Jesus, reaching out, in, through, and with love to the people.

FOOD BASKETS FOR THE NEEDY

@ ST JOSEPH'S, THE JUNCTION & 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 & 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.



VESAK FESTIVAL 2023 - BATHING BUDDHA CEREMONY

On Friday 26 and Saturday 27 May the International Buddhist Cham Shan Temple of Australia in Morisset will host the 2023 Vesak Festival. For more information, email info@chamshan.au

WORLD UNION OF CATHOLIC WOMEN'S ORGANISATIONS DAY

On Saturday 13 May, you are invited to join the Catholic Women's League for World Union of Catholic Women's Organisations Day. The event will start at 10am at the Corcoran Centre on James Street in Morpeth. For more information call 0418 657 989 or 0418 272 332 or email cwlamn214@gmail.com

SACRED@SEVEN

Sacred @ Seven is held to attract young people (and the young at heart!) for the adoration of the Blessed Sacrament with a time for prayer, a reading of the Gospel and a time for reflection both in silence and with music. It is an opportunity to draw aside in a judgement-free space; exploring the hidden treasures of spending time together with each other and with the Lord and allowing the Word of God to speak to hearts. Join Fr Camillus Nwahia, a Priest of the Chisholm region as he presides at our May gathering:

Date: Wednesday 17 May

Time: 7:00pm

Location: Sacred Heart Cathedral, 841 Hunter Street, Newcastle West

****opportunity for a shared meal following the event****

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. Their website includes 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

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



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/>

RIBBON INSTALLATION AT SACRED HEART

The field of ribbons at the side of Sacred Heart Cathedral is part of the Loud Sky exhibit. Their purpose is remembering those impacted by institutional child sexual abuse. The ribbon flowers were made by survivors, friends, and family, community and church members.



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

MAY, THE MONTH OF MARY

During May, Catholics honour Mary. The custom of dedicating the month of May to Mary dates back to the 13th century. But it wasn't until the 18th century that this practice became popular, thanks to members of the Jesuit Order in Rome. Because of the far reach of the order's schools, the devotion took hold, and by the 1700s it began to spread worldwide.

One belief as to why May was chosen to honor Mary dates back to the ancient Greeks and Romans. In the ancient Greek world, May was dedicated to Artemis, the goddess of fertility and life. Roman culture linked the month of May to Flora, the goddess of bloom and blossoms. The Romans celebrated ludi florales (floral games) as a preparation for entering into the month of May and to celebrate the beginning of spring. (The month of May was the official beginning of spring in the Roman culture). Over time, the ancient tradition of celebrating life and fertility in the May led Christians to adopt May as the month to honor the Mother of Jesus.

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

DIOCESAN ASSOCIATION OF PASTORAL MINISTERS MEETING

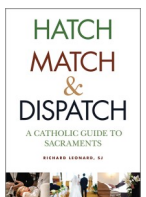
The 2023 Diocesan Association of Pastoral Ministers will next meet on Thursday 18 May from 9:30am - 2:30pm at The Corcoran Centre next to the Immaculate Conception Church, Morpeth. The gathering is to support those commissioned in parishes or the life of the Diocese for Pastoral Ministries. All are welcome 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.

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 for this online lecture at www.acu.edu.au/publiclecturecf

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



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).

THE CHUCKLE

I was asked to describe myself in 3 words
My reply: Bad at following directions



'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

DEACON KEVIN GADD

I thank Fr. John Lovell and the team at the City Regional Parish for the opportunity to share in this Ministry with them and Bishop Michael for appointing me to this Ministry.

I was born September 1948 in Stanmore, Sydney and moved to Port Kembla when I was 2 years old. I have a brother who is one year older, a sister who is six years younger and a deceased brother who was 9 years younger. We attended the Parish school and were taught by the Brown Josephite Sisters at Port Kembla. I attended Edmund Rice College Wollongong and left school after year 10 and went into the work force.

In 1966-1967 I worked as a Junior Clerk in the Correspondence Dept. of Australian Iron and Steel, Port Kembla. As a mail person I had experience in dealing with a wide sector of people on a daily basis.

In 1968-1969 I entered Religious life as a Brother in the Society of Mary (Marist Fathers), the Novitiate was at Armidale, NSW. In late 1969 for little over a month, I was appointed to the Community of St. Patricks at Church Hill, Sydney. I transferred in 1970 to the Marist Seminary at Toongabbie as a maintenance person and assisted the Bursar who was ill at the time. Then from late 1970 to 1979 I was appointed to the Marist Fathers Provincial House and the Mission Centre at Hunters Hill, NSW. The work was greatly varied, clerical, maintenance, cooking at times, chauffeur, printer, and supervising working bees. I was also involved with the leadership of the local Charismatic Prayer Group, a healing ministry and some local parish activities. During this time I also participated in part time Spirituality Courses run by Fr. David Walker. In 1980 I completed a fulltime Spirituality for Leadership Course. In 1981-1982 I was a Pastoral Worker in Gladstone, Qld. In 1983 as preparation for formal studies for entering the Seminary, I completed the Higher School Certificate at Granville Technical College. Between 1984-1987 I was in the Marist Formation Community at Hunters Hill studying for the Priesthood. This included completing the Bachelor of Theology, Clinical Pastoral Education, and pastoral involvement with a soup kitchen attached to St. Vincent's Hospital, a drop in centre at Bourke Street, Darlinghurst, Carers for Aids victims and a pastoral presence with Gay/Lesbian community in Sydney and local parish life.



In July 1987, I left the Marist Fathers formation community and gained employment as a Relief House Parent at a half-way house for parolee's released from gaol and who had no accommodation. In August 1987, I began induction into the Probation and Parole Service; while in that professional service I attained many certificates in multiple areas. I retired in 2009.

I married Betsy in 1991, she had three children in primary school and another who was older and had left home. Together we have 11 grandchildren. Betsy died in 2016; we shared a close and wonderful relationship.

In 2010 I applied to be a candidate for Deaconate and completed a Master of Theology and other formation until 2019 when I was ordained Deacon for the Parish of Wallsend Shortland. During this time I performed some pastoral work in the local secular aged care facilities, assisted in the Parish and eventually performed pastoral work at the Hunter Valley Private Hospital at Shortland. This developed into a Chaplaincy in the aged care facilities in the Parish. I also completed another Clinical Pastoral education course with the funeral ministry in the Parish. In about 2015 Fr. Brady began to work with a group of parishioners to form an Evangelising Group, and who with Fr. Brady's leadership prepared and presented Alpha programmes and helped discern the vision for the growth of the Parish. That group eventually became the Foundation Leaders for the Parish renewal and began to be successful in creating a welcoming, vibrant community until 2020 when Fr Brady retired and a new Parish Priest was appointed. Covid stopped everything for a period and eventually the Foundation Leadership resigned. For many years I managed the Columbarium at Shortland which has over a 1000 niches. Between 2019 and 2022 I participated in formation and graduated as a Spiritual Director Contemplative Style. I am also a NSW Disaster Recovery Chaplain

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>

We are filled with God's spirit

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

Try to find these words:

apostles

Aramaic

faith

Greek

life

message

Philip

rooms

seven

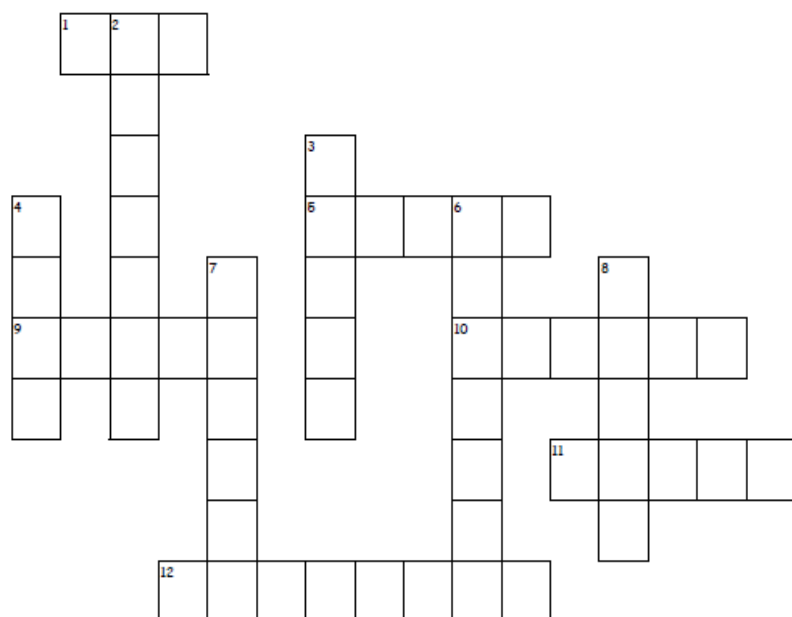
Spirit

truth

way

CROSSWORD

We are filled with God's spirit



Across

- 1: Jesus said 'I am the ____, the truth, and the life'
5: a house is made of many of these
9: belief
10: Father, Son and Holy ____
11: between six and eight
12: the disciples known as the twelve

Down

- 2: the common language spoken by Jesus
3: something that is true
4: the opposite of death
6: information that is passed on to someone else
7: this man wanted Jesus to show them the Father
8: someone or something from Greece

TODAY'S LITURGY

Entrance Antiphon: Cf. Ps 97:1-2

O sing a new song to the Lord,
for he has worked wonders;
in the sight of the nations
he has shown his deliverance, alleluia.

First Reading: Acts 6:1-7

They elected seven men filled with the Spirit and wisdom.

Responsorial Psalm: Ps 32:1-2. 4-5. 18-19. R. v.22

(R.) Lord, let your mercy be on us,
as we place our trust in you.

1. Ring out your joy to the Lord, O you just;
for praise is fitting for loyal hearts.
Give thanks to the Lord upon the harp,
with a ten-stringed lute sing him songs. (R.)
2. For the word of the Lord is faithful
and all his works to be trusted.
The Lord loves justice and right
and fills the earth with his love. (R.)
3. The Lord looks on those who revere him,
on those who hope in his love,
to rescue their souls from death,
to keep them alive in famine. (R.)

Second Reading: 1 Pt 2:4-9

You are a chosen race, a royal priesthood.

Gospel Acclamation: Jn 14:6

Alleluia, alleluia!

I am the way, the truth, and the life, says the Lord;
no one comes to the Father, except through me.
Alleluia!

Gospel: Jn 14:1-12

I am the way, the truth, and the life.

Communion Antiphon: Cf. Jn 15:1,5

I am the true vine and you are the branches, says the Lord. Whoever remains in me, and I in him, bears fruit in plenty, alleluia.

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SAFEGUARDING

The Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and wellbeing of children and vulnerable adults. Safeguarding is everyone's responsibility if you have any concerns for a child or vulnerable adult please contact the Office of Safeguarding: P 4979 1390, E childprotection@mn.catholic.org.au or visit their website for further information

www.officeofsafeguarding.org.au

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.



THE APP

The Diocese has a wonderful app that includes the readings for the day! It's really worth downloading. Type "Diocese of Maitland-Newcastle" into the App store.

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 -0412 122 297 - 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