



# Sacred Heart of Jesus Cathedral

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 14 MAY 2023

### SIXTH 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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W: [www.sacredhearthamilton.org.au](http://www.sacredhearthamilton.org.au)

#### Our Staff

Margaret Cox (*Reception & Administration*)  
Monday, Tuesday, Friday

Anne Warren (*Business Manager Finance*)  
Tuesday and Thursday

Dr Anne Millard (*Music, Liturgy, Sacraments, Bulletin*)

#### Other Contacts

**Lingard Hospital Team:** Contact the Parish Office

**Mercy Pastoral Team:** Sr Patricia Whitten rsm  
0448463679

**St Joseph's Pastoral Team:** Contact the Parish Office

**Parish Bulletin:** Prayer requests and items for the Bulletin should be received at the Parish Office by 5pm on Wednesdays.



Happy Mothers Day to all our mums! In today's Gospel Jesus says, "I will not leave you orphans". If it were not for our wonderful mums (and dads too), many of us would feel like orphans. Our hearts go out in a special way today to those in our own communities and around the world, who have lost their mums and dads. In His great compassion, Jesus has given us His mum to be our spiritual mother and taught us to call His father Our Father. Thus, we are all truly one family in God.

Fr John

*Sacred Heart Cathedral sits on the traditional country of the Awabakal and Worimi peoples.*

*We acknowledge their cultural heritage, beliefs and their continuing relationship with the land, pay respect to their Elders past, present and future, and commit ourselves to working together for reconciliation and justice.*

## THE PARISH DIARY...(for the week ahead)

*Sixth Week of Easter, Year*

Monday—15th May

8:15am Mass @ The Cathedral

Tuesday—16th May

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Wednesday—17th May

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—18th May

*Memorial of St John I, Pope*

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—19th 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—20th May

*Memorial of St Bernardine of Siena*

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—21st May

*The Ascension of the Lord, 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

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

### ROSARY FOR UKRAINE

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



## PRAYER REQUESTS

**RECENTLY DECEASED:** Sr Pauline Burgess rsj (Audrey)

**ANNIVERSARIES:** Zita Murray, Danison F. Natividad,  
Patricia Morgan, Jack Wilcock, Ian Barry King,  
Margaret & John Tierney, Mary & Edward Drane,  
Loreta Rufo, Emilia Torti, Antonia Leone, Carmela  
Rufo, Clarrie Holland, Carmel Webber, Brian Bellotti,  
Mary McIntyre, Maria Giustina Oddi, Chris Matthews

**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](http://www.newcastlecatholic.org.au/downloads).*

## OUR BELOVED DEAD

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

Leo Burke

Beryl Coferos

Lorraine Driscoll

Mary Duggan

Kathleen Gibson

Monica Hayes

Joy Patricia Jarrett

Mary Noreen Long

Alice Martin

Krystyna Mazalo

Ian Edward McDonald

Cary McNabb

Laurel May Murray

Nola Margaret Phillips

Frank Keith Pilgrim

Sandra Rufo

Henrietta Vujeva

Elaine Iris Wilson

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

## PRAYING THE GOSPELS

You are invited to connect and pray with each other  
across the Diocese from your own home. God speaks  
to us through the words of the Gospel and then  
through artist's images of the Gospel message.

Join us each Wednesday 5.00-5.45pm.

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

Password: 316071

For more information contact:

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

### NEXT WEEK'S READINGS: THE ASCENSION OF THE LORD, YEAR A

Acts 1:1-11

Eph 1:17-23

Mt 28: 16-20

## 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.

### HAPPY MOTHER'S DAY

Wishing all mothers, stepmothers, grandmothers and great grandmothers a very happy Mother's Day. May we always appreciate those who have shown us motherly love and care.

Name cards are available to bring forward to pray for or remember your mother.



### VINNIES WINTER APPEAL coming to a Church near you.



### PARISH LUNCHEON

May 15th @ 12:30pm—Souths Leagues Club.  
For more information please contact Maureen on 0412 673151

### VIEW, CHEW, AND CHAT

Meets May 17 @7pm via Zoom for Lectio Divina  
Contact the parish office on 4979 1101 to sign up

## 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

### BOOK CLUB

**Sunday, 4 June @ 6:15pm:** Bookclub meets to discuss *The Switch* by Beth O'Leary. If you would like to participate in book club meetings, please email the office



### 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.

## 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.

### 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, Parish 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\*\***

### THE CHUCKLE

A man dies and goes to heaven. St. Peter meets him at the Pearly Gates and says, "Here's how it works. You need 100 points to make it into heaven. You tell me all the good things you've done, and I give you a certain number of points for each item, depending on how good it was. When you reach 100 points, you get in."

"Okay," the man says, "I was married to the same woman for 50 years and loved her deep in my heart."

"That's wonderful," says St. Peter, "that's worth two points!"

"Only two points?" the man says. "Well, I attended church all my life and supported its ministry with my tithes and service."

"Terrific!" says St. Peter. "That's worth a point."

"One point!?! I started a soup kitchen in my city and also worked in a shelter for homeless veterans."

"Fantastic, that's good for two more points," St. Peter says.

"Two points!?!!" Exasperated, the man cries, "At this rate, the only way I'll get into heaven is by the grace of God."

'Bingo! 100 points ! Come on in!'



## 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-59529966327>

### 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.

### 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](mailto:kate.crncevic@mn.catholic.org.au) by Thursday 12 May.



## 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](mailto:newcparish@mn.catholic.org.au)

### '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](http://www.trybooking.com/CFBRF)

## GOSPEL FOCUS

### Paraclete

*The Greek word, paraklētos, is translated into a number of different terms in English translations of the gospel. Its technical use was for a lawyer or attorney. However, its use in scripture is like the broader meaning of advocate that we use today: someone who stands up for another; someone who speaks up for another; someone who intercedes on behalf of another. An advocate is one who lends strength and support to someone who is disempowered. That is exactly what Jesus did for many people during his ministry and it is also what the Holy Spirit is sent to do.*

## NOTICE TO PLANNED GIVERS - THE END OF FINANCIAL YEAR IS COMING!

**Planned Giving Tax Receipts:** Parishioners who require a tax receipt for planned giving for the 2022/2023 financial year must notify the Parish Office **before 30th June 2023.**

Please submit requests in writing by one of the following methods:

**Email to [newcparish@mn.catholic.org.au](mailto:newcparish@mn.catholic.org.au):** Use the wording, "Please provide me with a Planned Giving tax receipt" and include your name and envelope number.

**Planned Giving Envelope:** Write on your weekly envelope, "Tax receipt required".

Tax receipt data will be processed on 30 June 2023. If you make a request after that date you will not be eligible for a receipt, nor for a tax deduction in relation to your planned giving contributions. This is because there is a designated sum that can be attributed to planned giving receipts and, once this distribution has occurred on 30 June 2023, no further allocations are possible.

The 'designated sum' provision also means that the claimable amount for each giver decreases when more people request a receipt. We therefore request that if you do not intend to claim a tax deduction, please do not request a receipt.

For those who do not claim a tax deduction but would like their contribution acknowledged, we can provide, on request, a letter confirming your contribution total.

### THE APP

The Diocese has a wonderful app that shows Mass times across our region. The app also shows the readings for the day! It's really worth downloading. Type "Diocese of Maitland-Newcastle" into the App store.

### 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>

## SAFEGUARDING

### SAFETY \* WELFARE \* WELLBEING

The Catholic Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and wellbeing of children and vulnerable adults – particularly those who participate in the life of the Diocese as part of our faith communities in parishes, in our diocesan systemic schools, early education centres and out-of-school hours care service, as part of our welfare and community services through CatholicCare and other diocesan ministries.

The office of the Director of Safeguarding has been established by decree, issued by the Bishop of Maitland-Newcastle.

The Office of Safeguarding is an integral part of the Diocese, reporting directly to the Bishop's Office. The Office of Safeguarding is placed outside the Diocese's services, programmes and parishes, overseeing their safeguarding standards in operation.

The Office of Safeguarding works with NSW Police, the Office of the Children's Guardian, the Department of Community and Justice and other statutory authorities and specialist authorities within the Catholic Church in Australia to fulfil its responsibilities and maximise the safeguarding of children and vulnerable adults.

The Office of Safeguarding supports the parishes of the Diocese:

- ✧ in complying with statutory obligations, diocesan Safeguarding Commitment Statement and policies, procedures and protocols relevant to safeguarding
- ✧ with delivery of mandatory Safeguarding training to all parish personnel (for clergy, religious, paid and unpaid workers)
- ✧ with the provision of an intake service that analyses concerns for children and vulnerable adults, provides advice and support to parish personnel, ensures statutory reporting obligations are met and ensures appropriate follow up to complaints, when warranted
- ✧ by conducting investigations of parish personnel who are alleged to have abused a child or vulnerable adult, or breached their professional standards.

Next week we begin a ten-part series addressing each of the Safeguarding Standards and what our parishes are doing to uphold them.

## 2023 SACRAMENTAL PROGRAM

Over 65 individuals in the sacramental program will receive the sacrament of Confirmation next. Please pray for these children and their parents as they journey toward this wonderful Sacrament. You are cordially invited to come along to the ceremonies on May 23 in Stockton and May 24 at Sacred Heart Cathedral.

A central component of their preparation is the completion of a works of mercy project. The projects are completed by the children and their families together.

The Spiritual Works of Mercy are:

1. Counsel the doubtful
2. Instruct the ignorant
3. Admonish the sinner
4. Comfort the afflicted
5. Forgive offences
6. Bear wrongs patiently
7. Pray for the living and the dead.

The Corporal Works of Mercy

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. House the homeless
5. Visit the imprisoned
6. Visit the sick
7. Bury the dead.

Pope Francis added an 8th corporal work of mercy: care for our common home

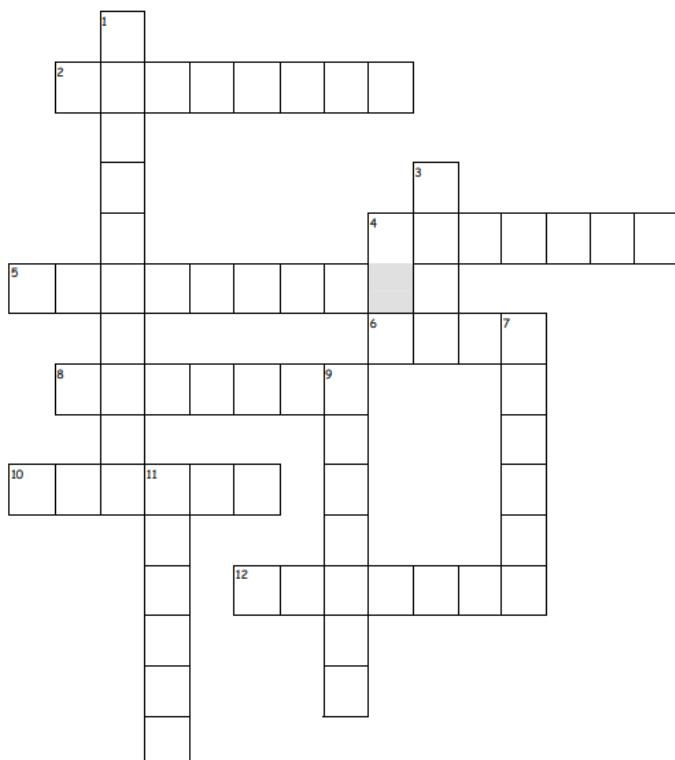
### from the **perspective** the disciples

*The words of Jesus in this gospel passage were addressed to the disciples at the Last Supper. They had almost no inclination of what was about to befall them, nor the heart-wrenching loss that they would feel. Yet Jesus tried to prepare them and reassure them that they would not be abandoned by him. In the days after his death, the disciples struggled to remember these words and they were caught up by despair. Even once they had witnessed the Risen Lord, he told them that he would again be leaving them. They must have been so confused and afraid.*

## CROSSWORD

### They were given the Holy Spirit

Acts 8:5-8, 14-17  
Ps 66:1-3ab, 4, 5, 16 & 20, R, v.1  
Jn 14:15-21



#### Across

- 2: Jesus said that he would c\_\_\_ b\_\_\_ to his disciples (two words)  
4: an order to do something  
5: people who become part of the church must first be \_\_\_\_\_  
6: assist  
8: children without living parents  
10: the first person of the Trinity  
12: to give thanks and praise to God

#### Down

- 1: those who had faith were given the \_\_\_\_\_ (two words)  
3: the opposite of hate  
7: the disciple who went to the town of Samaria  
9: A Samaritan comes from this town  
11: cured, made better

## JUNIOR WORDSEARCH

### They were given the Holy Spirit

Acts 8:5-8, 14-17  
Ps 66:1-3ab, 4, 5, 16 & 20, R, v.1  
Jn 14:15-21

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

Try to find these words:

baptised  
come back  
command  
Father  
healed  
help  
Holy Spirit  
love  
orphans  
Philip  
Samaria  
worship

## REFLECTION

There are two strong images in today's gospel: the law and love. In a few verses Jesus keeps moving between the two ideas because he knows how closely related they are.

This can seem curious to modern ears because we have been duped into thinking that the law is the enemy of love, and that only freedom and joy are love's fruits. But think for a moment of people or projects we love, ones to which we are committed. We don't need a rulebook to call us to the most generous and sacrificial behaviour in their regard. We respond 'above and beyond the call of duty' not because of the law, but because of love. Jesus teaches us today that obedience to his commandments is a sub-set of our loving relationship with him.

The word 'obedience' comes from the Latin word *oboedire*, meaning, 'to listen carefully'. That's a gentler way of understanding Jesus' call. The more obedient we are to Christ's commandments, the more we are listening to his Spirit's call in our lives. And what are these commandments to which we have to listen? Jesus said the whole law and the prophets could be summarised as 'loving God and our neighbour, as we love ourselves'. If this seems too general a statement, then St Paul helps us fill out the details. Like Jesus, St Paul tells us the law of love is not primarily revealed in what we say, or how we feel, but in what we do. Christian love is an intensely practical affair. When we are patient, kind and gentle with each other we are obeying the law of love. So too when we forgive each other, tell the truth and remain faithful, we are listening most carefully to Christ's commandments.

St Paul also tells us that another of the fruits of Christian love is self-control. Sacrifice and self-control are really where the law of love comes into its own. The secular world keeps peddling the myth that self-expression is the only way to happiness. Most of us can see how irrational this position is and how unliveable the world would be if everyone expressed all their feelings and desires as they wished. Sometimes the most loving thing is to do nothing. If we are very angry with friends, for example, abusing them physically or verbally won't help. If we are sexually attracted to our best friend's spouse, having an affair will end in tears. On a more positive note, if we are alert to the poverty

in which others live in our world, making sacrifices so that they might have something will not take away from us at all. Self-control is the ally of love and it helps us sort out the appropriate time to undertake the appropriate action.

The path to true happiness is found in being self-controlled. The problem is that self-control doesn't come easily. We need to train ourselves in its art and practise it regularly and consistently so that we can enjoy seeing the benefits of winning smaller battles before we venture out on larger campaigns. If we cultivate an attitude of self-control, we can be sure that when we most need to exercise it, we are in charge of our emotional life rather than it being in charge of us.

May this Eucharist effect a change of heart in us. May we embrace sacrifice and self-control as the doors to an even greater practical experience of the Risen Christ's law of love. © Richard Leonard SJ

## CATHOLIC SCHOOLS NSW

### Expressions of Interest for New Board Members

The Bishops of NSW invite Expressions of Interest for the Board of Catholic Schools NSW (CSNSW).

Candidates should support the philosophy, values and aims of the Catholic Church (and preferably be practising Catholics who actively participate in the life of the Church) and be willing to contribute their expertise in collaboration with Board and other colleagues, consistent with good governance.

For full details and how to apply, please access the CSNSW Expression of Interest for New Board Members. For more information about CSNSW please visit their website.

## 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.

## 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](mailto:childprotection@mn.catholic.org.au) or visit their website for further information [www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)