

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 JULY 2023 13TH SUNDAY OF THE YEAR, YEAR A

#### **Our Clergy**

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

### 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.

In today's Gospel, what does Jesus mean in saying to the Twelve, "Anyone who prefers father or mother" or "son of daughter to me is not worthy of me"? He is saying that Christian discipleship is the greatest of all callings. In fact, it is the greatest calling in the history of the world! It's not just the calling of the prophets and Apostles. It's our calling too. How much priority do we give it in *our* lives? *Fr John* 

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)

Thirtieth Week in Ordinary Time, Year A

Monday—3rd July

Feast of St Thomas, Apostle

8:15am Mass @ The Cathedral

Tuesday—4th July

8:15am Mass @ The Cathedral

9:15am Mass @ Stockton

Wednesday—5th July

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—6th July

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—7th July

10:15am Mass @ St Joseph's

11:00am Exposition, Adoration & Reconciliation @

The Cathedral (until 12pm)

12:05pm Mass @ The Cathedral

Saturday—8th July

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—9th July

14th Sunday in Ordinary Time, 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 and on the Diocese website

### NEXT WEEK'S READINGS: 14TH SUNDAY IN ORDINARY TIME, YEAR A

Zech 9: 9-10 Rom 8:9, 11-13 Mt 11:25-30



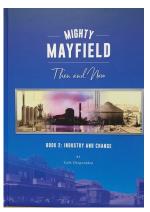
**ANNIVERSARIES**: Doreen Dent, Ernest Appleton, Garth Callinan, Nancy O'Toole; Martha Manickum, Katie Geatches, Paul Riley, Peter Doyle

**SICK:** Mark Caesar, Aaron Parkes, Grayson Peers, Peter Kefecek, Roslyn McGovern, Carlo Rossi, Jim Bailey, Neil Thomas, Kathryn Gray, Emilie Tseronis, Neil McGoldrick, Tony Nguyen

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.

# MIGHTY MAYFIELD BOOK 2 Then & Now Industry & Change

Now available at Davies Shoes, Blooms Chemist & The Coliseum Mayfield; McLeans Bookstore Hamilton; Waratah Village & Market Town shopping centre.



#### **OUR BELOVED DEAD**

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

Reginald Bennett Coral Dawn (Diri) Cooke Gerard Daly Patrick Docherty John Doran

Maree Margret Drennan

Mary Everleigh

Sergio Franceschi

Fay Franks

Joan Marjorie Harris

**Kevin Thomas Kelly** 

Teresa Gabriela Lewandowska

Reg Jim Mclean

Ken Moulston

Frank Narvo

Jerzy Nowakowski

Mildred Roser

**Christine Smith** 

**Eric Smith** 

Josef Stefanos

Clarence Joseph Withers

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

#### FROM THE MODERATOR

Dear friends,

Firstly, my congratulations to those children who have completed their initiation into our faith recently through their reception of the sacraments of Confirmation and First Communion. We had some wonderful celebrations, especially



with our new Bishop Michael conferring Confirmation on a number of our children at Stockton and the Cathedral in late May. My special thanks go to Dr Anne Millard, my fellow clergy, parents and those RECs from our schools who assisted these children in their preparation for this. Please keep these children and their families in your prayers.

Secondly, our new Bereavement Team for the City Pastoral Region will soon be ready to commence their ministry of healing. Via the *Stepping Stones* process they have been undergoing formation since September last year and are now engaged in the final stage: *We Pray Together*. I am very grateful for the generosity of these seven volunteers along with Fr Roger Zohrab, Benita Tait and Sr Louise Gannon rsj for facilitating this process for us. I ask that you keep our Bereavement Team in your prayers. They will be a great pastoral support for us over the coming months and years.

Thirdly, as you would now be aware, the parishes of our City Pastoral Region will be subject to a Safeguarding audit by Australian Catholic Safeguarding Ltd (ACSL) during the last quarter of this year. Accordingly, you will have seen information on the standards that we will be audited against in recent parish bulletins. All of our volunteers will be invited to attend a safeguarding course in the coming months to help us all prepare for this. And Sean Tynan, the Manager of our Office of Safeguarding, will be giving presentations after some of our Masses during July. More information on this will be provided in coming weeks.

Finally, those of you who worship at the Sacred Heart Cathedral may have noticed that the white trailer toilet that was situated on the eastern side of the Cathedral was removed last Monday. We have now been given access to the new toilets located at the Cathedral end of the Tudor Street Building (located behind the presbytery at the eastern side of the Cathedral). To access these amenities, parishioners and visitors attending liturgies at the Cathedral will need to borrow a fob (a scan device attached to a wooden cross), a couple of which are in a tray on a small table halfway down the nave of the Cathedral. Please return the fob you borrow to the tray immediately after use, so others

can use it. If you are in doubt as to how this works, please do not hesitate to contact one of our MCs, servers or staff for directions. My apologies for any inconvenience this new arrangement may cause.

Kindest regards, Fr John

# FOR OUR ELDERS - NAIDOC WEEK PRAYER SERVICE - SUNDAY 2 JULY 2023

You are invited to join us for our 2023 NAIDOC Week Prayer Service from 1pm at the Sacred Heart Cathedral. The service will include an official Welcome to Awabakal Country with Aunty Sandra Griffin. Join with local Elders, including Canon Aunty Di Langham who will lead us through a special reflection. This service is held in collaboration with local Aboriginal and faith communities. A special water ceremony will take place and guests are asked to bring a small container of water from Country along with them. Refreshments and light meal will be served. RSVP by via Eventbrite:

https://NAIDOCprayerservice.eventbrite.com.au or by contacting Kate P: (02) 4979 1329

### NAIDOC WEEK - MARCH AND COMMUNITY FESTIVAL - MONDAY 3 JULY - 9AM - 3PM

As part of our continued Reconciliation Action Plan journey, the Catholic Diocese of Maitland-Newcastle and CatholicCare Social Services have chosen to sponsor a tent at a community event hosted by Awabakal Ltd. We encourage all staff, volunteers and parishioners to attend and/or volunteer their time at the NAIDOC Week Community March and Festival.

The event starts at 9am in Civic Park, Newcastle with a flag-raising before marching in a procession to Foreshore Park where the Festival takes place from 10am-3pm. There will be lots of entertainment and community services, so it is a great educational event for young and old. Enquiries can be sent to Kate E: kate.crncevic@mn.catholic.org.au or P: 02 4979 1329

#### AID TO THE CHURCH IN NEED

One of the major works of *Aid to the Church in Need* is providing transport to priests, sisters, and catechists to reach the faithful, who are often at great distances and must go through difficult terrain. In 2022, ACN provided 1,253 pastoral vehicles. This included 564 cars, 406 bicycles, 252 motorcycles, 16 boats, 11 buses, and 4 trucks for the pastoral work of the Church – particularly in Latin America and Africa. Can you help us supply transport to priests and religious again in 2023? Visit <a href="https://www.aidtochurch.org/transport">www.aidtochurch.org/transport</a> to make an offering and learn more.

#### VINNIES WINTER APPEAL

"St Vincent de Paul continue their annual winter appeal this weekend at Hamilton and Tighes Hill parishes. We continue to meet the face of Christ in all we encounter, no matter sometimes the hopelessness of situations. Envelopes will be placed around the churches and can be placed on the second plate, given to the Vinnies representative at mass or taken home and returned at a later date. Each year these parishes are extremely generous and the Hamilton conference is very grateful for their generosity and on-going support."



#### **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

### CHURCH/FAITH CRAWL

The Ecumenical and Interfaith Council of the Catholic Diocese of Maitland-Newcastle invites you to visit four Newcastle faith communities on Wednesday, 19 July from 9:30am to 3:45pm.

Lunch will be provided by the Salvation Army (\$10 per person). Registration is now open and closes Friday, 14 July. To register, visit www.eventbrite.com.au/e/church-crawl-tickets-648540932387

#### PINTS WITH A PURPOSE: MODERN DAY PILGRIMS

Join us as we engage with a panel of our Pilgrims from across our diocese who are planning to journey into the Holy Land and on to World Youth Day in Lisbon. Who are they? Why are they going? What are their hopes for the journey? Date: Monday 3 July @ 6pm Location: Sydney Junction Hotel Please contact Eliza Beletich for any questions. P: 4931 1228 E: eliza.beletich@mn.catholic.org.au

#### 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.

#### **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

# ST JOSEPH'S MEN NEWCASTLE'S MOVIE NIGHT

Calling all Men, St Joseph's Men Newcastle is holding a FREE movie and pizza night on 5 July, 6.30pm in the MacKillop Parish Pastoral Centre Function Room (7 Milson Street, Charlestown). We will be watching the movie, Fr Stu. There will be free pizza and drinks. All men are invited, and the night is completely free.



### of a disciple

What must it have been like to be one of those disciples of Jesus? Having followed their Rabbi, or teacher, for some time, he sends them out to 'have a go' at doing what he has been doing: preaching; proclaiming the good news; healing; curing lepers and casting out demons. The focus of a disciple is to be like their Rabbi. This is their first real test of being a disciple ... seeking to go out into the world without Jesus and do the things that they've seen their Rabbi do; to be like their Rabbi!

#### THE CHUCKLE

What do you call a lazy kangaroo? A pouch potato.



# JUNIOR WORDSEARCH God blesses those who are faithful

2 Kgs 4:8-11, 14-16a Ps 89:1-2, 15-16, R, v,2a Rom 6:3-4, 8-9 Mt 10:40-42

Ν	L	R	Ι	C	Н	W	0	M	A	Ν	C	M	Q	X
Н	U	M	В	L	Е	C	G	W	G	0	0	D	G	٧
Z	I	A	X	В	Н	U	Ν	Т	5	Н	A	R	Е	R
5	M	Р	Т	Н	Q	F	Н	U	5	В	A	Ν	D	C
У	W	Ε	L	C	0	M	Ε	Т	Z	R	C	W	Р	٧
У	A	K	W	U	D	W	Q	L	M	X	Н	У	L	Т
U	F	K	L	У	Z	5	0	Ν	R	L	Ε	5	J	0
K	Р	Ι	K	F	G	5	M	0	Е	Т	Q	F	R	Н
Р	R	0	P	Н	Е	Т	0	U	Р	0	Ι	X	Z	W
K	R	Ε	W	Α	R	D	Ε	D	Α	W	Α	Т	Ε	R
G	W	0	٧	W	У	Р	A	I	У	Н	A	G	Z	Н
Ν	K	U	Р	Ε	G	У	C	Z	A	В	Z	Ν	G	Р
K	Ε	L	Ι	S	Н	Α	U	J	0	В	S	٧	Ε	D

### Try to find these words:

Elisha
good
humble
husband
prophet
repay
rewarded
rich woman
share
son
water
welcome

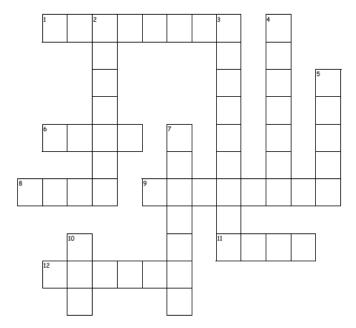
13th Sunday in Ordinary Time, Year A [ N13ORSUA\_2005\_WS3.rtf ]

© 2005 Creative Ministry Resources Pty Ltd

Mt 10:40-42

#### CROSSWORD

### Anyone who welcomes you, welcomes me



#### Across

- 1: to be given a reward
- 6: nice, kind
- 8: alike
- 9: a person who follows
- 11: Jesus said, "anyone who welcomes me welcomes the Father who \_ \_ \_ \_ me"
- 12: the opposite of boastful

#### Down

- 2: a warm greeting
- 3: Jesus' followers
- 4: the first gospel is the Gospel of \_\_\_\_\_
- 5: you might drink this when you are thirsty
- 7: a holy person and messenger of God
- 10: something you drink from

#### **SAFEGUARDING**

Do you know about safeguarding? We continue our ten-part series addressing each of the Safeguarding Standards.

The historical management of complaints of abuse have received fierce criticism. Not only our Church but Government and other religious entities did not act in a legal or ethical manner when dealing with complaints and knowledge of abuse. This standard clearly demonstrates that, as an organisation, the Australian Catholic church has changed, and it acknowledges the historical issues and has willingly embraced and extended the recommendations of relevant Royal Commissions. This standard is written so that it can move with changes in legislation, regulation, and doctrine. This standard does not exist on paper alone, each entity must show compliance with every criterion

The sixth standard; **EFFECTIVE COMPLAINTS MANAGEMENT** has 6 criteria .

COMPETENCY: Processes for raising concerns and complaints are responsive, understood, accessible and used by children, adults, families, carers, communities, and personnel

**Criteria 6.1:** The entity's Complaints Handling Policy outlines the roles and responsibilities, approaches to dealing with different types of complaints, reporting obligations and record keeping requirements.

**Criteria 6.2:** The Complaint Handling Policy is understood by children, adults, families, carers, and personnel, and focuses on the rights of children and adults at risk.

**Criteria 6.3:** Complaints are taken seriously and responded to promptly and thoroughly

**Criteria 6.4:** The Complaints Handling Policy includes the process of reporting complaints and concerns to relevant authorities, requiring cooperation with any statutory or contractual processes.

**Criteria 6.5:** The Church Authority ensures mechanisms are in place to support complainants of child and adult sexual abuse.

**Criteria 6.6:** The Church Authority ensures respondents facing allegations are supported and monitored.

#### REFLECTION

#### By Richard Leonard

For all the great things the Church of yesteryear achieved, it also did some terrible things. One of the worst demands it made was that a Catholic who married a person who was not a Catholic did so at a side altar, oratory or in the sacristy of the Church. How humiliating this directive was. For how long were we going to punish the Protestant Reformers and young Catholic woman or man who fell in love with someone from these denominations? In these ecumenical days, it's hard for us to understand these actions..

Today, especially at weddings, I hear older Catholics talk about this experience more than anything else. It's often given as the reason why the person or their family stopped practising their Catholic faith. Recently an older wedding guest told me that her wedding day at the side altar was the last day she came to the Church of her own free will. She never had her children baptised and her painful experience was still palpable forty years on as she compared and contrasted her wedding day with the Catholic marriage ceremony of a couple in a similar religious circumstance to her own which we had just celebrated. All I can do in such circumstances is apologise for the hurt our shortsightedness caused and be full of admiration for those who were subjected to similar treatment but have remained constant to our Catholic community.

These days inter-denominational marriages are rarely the reasons over which a family will divide. But we know that other religious issues can still break up a family. It's always a tragedy when this happens. For example, maybe you've had a son, daughter or a grandchild join a religious sect or cult. It's heartbreaking stuff for parents who wonder what their child sees in the sect and where it will all end .

The Church has sometimes let families down in this regard. Appearing to prefer dogma to the complexities of people's lives, formal liturgy to creating communities of hospitality, care and justice, the church can appear to be out of touch, especially with our young. I know that every person in authority in the Church today knows that the Catholic Church needs to listen to our young people, hear about the issues that concern them and present our faith in a way they find accessible and engaging. Very often it's not what we say about our rich faith, it's how we say it. Many people don't leave the mainstream churches because they are attracted by another group's doctrine, though some do want the world to be very black and white. Many leave for smaller groups offering a tightly knit community.

From today's Gospel we know that the same family heartbreak occurred in the early church. At this time, however, Christianity was the small sect drawing believers away from Judaism, to acknowledge Jesus as the Messiah. It ripped families apart. The early church became the new family of many followers who were disowned. They lost their life and found a new one in Christ.

There can be moments when a family's lifestyle, beliefs, behaviour or values are such that one member feels that, in conscience, or by conviction, he or she does not belong anymore.

When this happens we can listen carefully to reasons the family member gives. Maybe we have lost something essential in our life together that needs challenging and change. And maybe it's the family member who is in the wrong.

Keeping the lines of communication open, speaking the truth with calmness and love and remaining as compassionate as possible are the best Christian responses.

I can't pretend that any of this is easy, but, when I have seen families do it, the prophetic, truthful and charitable rewards Jesus offers in today's Gospel are powerfully in evidence. **Richard Leonard SJ** 

#### 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. His Topic is: Irrigation in the Murray-Darling Basin, including how we are trying to regulate use of water, Australia's most important resource, covering his work and holiday visits to the NSW North West. Brian's employer is providing professional services and data equipment to Irrigators up there, and Brian is the engineer directly involved.

There will be plenty of time for questions

**When?** Monday 10th July 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

# 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.

#### VIEW, CHEW, AND CHAT

Meets July 5 @7pm via Zoom for Chapter 5 of Hatch, Match, & Dispatch. Contact the parish office to join

#### AMEN CAMINO COMMUNITY WALK

The aMeN CaMiNo is a response to a desire to be in communion with each other and our sacred earth. It is an opportunity to pause from routine, immerse yourself in reflection, contemplation and to provide a moment of space for each person to be conscious of God's gift of Grace. We understand not everyone is able to walk the five-day 100 km pilgrimage, so we invite you to sample the experience through the aMeN caMiNo Community Walk. Meet at Gun Club Rd Merewether for a 10 km walk through Glenrock Lagoon and loop back to Gun Club Rd.

When: Saturday 22 July, 8am-11am

Registration: <a href="https://www.eventbrite.com.au/e/">https://www.eventbrite.com.au/e/</a>

amen-camino-community-walk-tickets-

653661347687

#### 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

#### **TODAY'S LITURGY**

#### **Entrance Antiphon: Ps 46:2**

All peoples, clap your hands. Cry to God with shouts of joy.

#### First Reading 2 Kgs 4:8-11. 14-16

That is the holy man of God, let him remain there.

#### Responsorial Psalm Ps 88:2-3; 16-19. R v.2

(R.) Forever I will sing the goodness of the Lord.

I will sing for ever of your love, O Lord; through all ages my mouth will proclaim your truth. Of this I am sure, that your love lasts for ever, that your truth is firmly established as the heavens. (R.)

Happy the people who acclaim such a king, who walk, O Lord, in the light of your face, who find their joy every day in your name, who make your justice the source of their bliss. (R.)

For it is you, O Lord, who are the glory of their strength;

it is by your favour that our might is exalted: for our ruler is in the keeping of the Lord; our king in the keeping of the Holy One of Israel. (R.)

#### Second Reading Rom 6:3-4. 8-11

Having been buried with him through baptism, we shall walk in a new life .

#### Gospel Acclamation 1 Pt 2:9

Alleluia, alleluia!

You are a chosen race, a royal priesthood, a holy people Praise God who called you out of darkness and into his marvelous light. Alleluia!

#### Gospel Mt 10:37-42

Anyone who does not accept his cross is not worthy of me. Anyone who welcomes you, welcomes me.

#### Communion Antiphon: Cf. Ps 102:1

Bless the Lord, O my soul, and all within me, his holy name.

© The scriptural quotations are taken from the Jerusalem Bible, published and copyright 1966, 1967 and 1968 by Darton Longman and Todd Ltd and Doubleday & Co Inc, and used by permission of the publishers.

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

The prayers are from the English Translation of the Roman Missal © 2010 International Committee on English in the Liturgy Inc. (ICEL). All rights reserved.

#### 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, 2 July@ 6:15pm:** Bookclub meets to discuss *All That's Left Unsaid* by Tracey Lien 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.