



# 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 23 JULY 2023

### 16TH 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  
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W: [www.sacredheartmilton.org.au](http://www.sacredheartmilton.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.



Jesus doesn't beat about the bush but gives us quite a strong message in this Sunday's parable of the dandelion and the wheat, especially with the image of the blazing furnace. At the same time, He has given us the power through His Spirit and Word to work with Him to begin to transform that dandelion back into wheat while there is still time.

So, who in the world do I see as today's dandelion? As a Christian would I be happy to see any of them suffer the fate of the dandelion? These questions need to be asked, because one day the Lord may ask us why we didn't do more to pray for those we scorned as dandelion and knew were most in need of His healing graces.

*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)

*Sixteenth Week in Ordinary Time, Year A*

Monday—24th July

8:15am Mass @ The Cathedral

Tuesday—25th July

*Feast of St James*

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Wednesday—26th July

*Memorial of Sts Joachim and Anne*

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—27th July

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—28th July

10:15am Mass @ St Joseph's

11:00am Exposition, Adoration & Reconciliation @  
The Cathedral (until 12pm)

12:05pm Mass @ The Cathedral

Saturday—29th July

*Memorial of Sts Martha, Mary, and Lazarus*

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—30th July

*16th 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

The Vietnamese Mass at Mayfield West is temporarily  
cancelled until Fr John returns from holidays.

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



**RECENTLY DECEASED:** Rita Matthews, Wally Kallaur, Joy Grothen

**ANNIVERSARIES:** Frank Narvo, Alma Nowakewitz (Royan), Margaret & Lloyd Bailey, Mary Florence Tobin, Marie O'Callaghan, Gus Unger, Raymond Manning, Enid Philip, John Belcher, Barbara Delaney, Michael Dunne, Ursula Kentwell, Angela Martinelli, John McNamara

**SICK:** Twon Nguyen, John Czadrik, Stewart McKinnon, Tony Nguyen, Mark Caesar, Aaron Parkes, Grayson Peers, Peter Kefcecek, Carlo Rossi, Jim Bailey, Neil Thomas, Kathryn Gray, Emilie Tseronis

*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 Columbaria whose anniversaries occur in July. At Sacred Heart Cathedral:

Reginald Bennett	Reg Jim Mclean
Coral Dawn (Diri) Cooke	Ken Moulston
Gerard Daly	Frank Narvo
Patrick Docherty	Jerzy Nowakowski
John Doran	Mildred Roser
Maree Margaret Drennan	Christine Smith
Mary Everleigh	Eric Smith
Sergio Franceschi	Josef Stefanos
Fay Franks	Clarence Joseph Withers
Joan Marjorie Harris	Teresa Gabriela
Kevin Thomas Kelly	Lewandowska

At St Joseph's

Paul Bertoss	Mary Gertrude Chester
Peter Doohan	Val Colyvas
Kath Ryan	Doreen Dent
Lillian Wilkin	Peter Doyle
James Campbell	Peter Goninan
Adrian Joseph Alcock	Kevin Johns
Lloyd Bailey	Louise Leahy
Lillian Barber	Jack McNamara
Kenneth Baxter	Allan McVie
Don Blair	Joseph O'Callaghan
Jack Britten	Eileen Rae
Roy Bruce	Elizabeth Wallace
Brian Byrnes	

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

## NEXT WEEK'S READINGS:

### 17TH SUNDAY IN ORDINARY TIME, YEAR A

1 Kings 3:5, 7-12

Rom 8: 28-30

Mt 13: 44-52

## NEW FLAGPOLE AT SACRED HEART CATHEDRAL

A new flagpole is coming to Sacred Heart Cathedral. The removal of the old flagpole will occur on Thursday 27<sup>th</sup> July and begin after 9 am (by which time the 8.15 am Mass will be over). The work requires the use of loud machinery. The front of the Cathedral will be blocked off for around 4 hours. The new flagpole will likely arrive the following week, 3rd August.

## ART AND SPIRITUALITY WORKSHOP

Creation of art provides an opportunity for a deepening awareness of oneself and the world, and can act as a catalyst for evoking the Spirit. Art is a means to see-to-re-search and find the living meaning of what it means to open the heart. Everyone has the ability to create art, but in order for it to be theological, the artist needs to explore ways that it makes sense of faith. Opening the heart through art involves making meaning through the creation, then reflecting on the art itself and the unfolding the moment-to-moment direct experience of the process.

This workshop will provide an opportunity to awaken the Spirit through the beauty of God's creation, prayer, and reflection. Participants will engage in art-making experiences which will nourish their faith.

Dates: Thursday September 14 (9am-3pm)

Venue: Kilaben Bay Community Centre

Cost: \$25 per person

To register go to: [www.eventbrite.com.au/e/art-and-spirituality-workshop-september-2023-tickets-632417346307](http://www.eventbrite.com.au/e/art-and-spirituality-workshop-september-2023-tickets-632417346307)

## SEASON FOR GROWTH ADULT PROGRAM

The Seasons for Growth Adult Program is for anyone who is living with the effects of change and loss. Many factors can cause change such as the loss of someone or something you love, family separation and divorce, moving to a new place, impact of illness, migration, and family or work-life changes.

If you, or someone you know, are dealing with significant life changes, you are invited to attend the Adult Seminar:

Date: Saturday 2 September, 9.00am-12.00pm

Venue: Toohey Room, 841 hunter St Newcastle West

RSVP: 27 August Registration: <https://www.eventbrite.com.au/e/season-for-growth-tickets-671239343947> or ring 4979 1334

## PARISH EMPLOYEE & VOLUNTEER SAFEGUARDING TRAINING

Saturday 5 August 2023 | Session – 9.30am to 12.30pm (Lunch Provided)

Victor Peters Suite, 841 Hunter Street, Newcastle West

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 RSVP by August 1 49791101 or [newcparish@mn.catholic.org.au](mailto:newcparish@mn.catholic.org.au)

Thank you to Mayfield community for St Vincent de Paul donations



## STASH BUSTER...

Hey knitters! The Mission to Seafarers ALWAYS needs beanies. They give a package of beanies to every vessel that comes in to port. If you've got the wool and some energy to spare, they have the need!



Thank you for the continuing donations to Stella Maris for Sea Sunday. If you would like to see the video, or donate to Stella Maris, please visit:

[Stella Maris, Australia \(stellamarisaustralia.org\)](http://stellamarisaustralia.org)

## BOOKCLUB

Meets **Sunday, 6th August @ 6:15pm:** to discuss *Haven* by Emma Donoghue  
If you would like to participate in the discussion, please email the office



## WORKSHOPS AND CATHEDRAL LECTURE RICHARD LENNAN

We are excited that Father Richard Lennan will be visiting his hometown this August. During his stay he is offering several workshops and presentations. Join Richard in 'tilling' the Church for a more faithful, just, and creative church, one responsive to the movement of grace.

Tues 15 August—Workshop open to all diocesan community – The Church: Foundations, Challenges, and Possibilities- Maitland Gaol- 9.30am-3.30pm

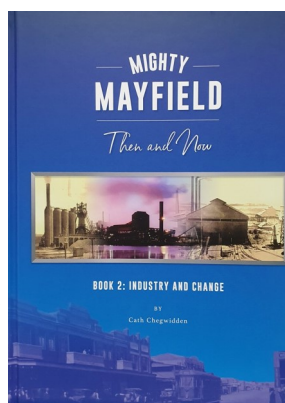
Wed 16 August—Cathedral Lecture open to all diocesan community – Shaping the Church's Future: The Grace of Creative Faithfulness- Sacred Heart Cathedral. 6.00pm-7.00pm

Fri 18 August—Workshop open to all diocesan community – The Church: Foundations, Challenges, and Possibilities Forster Tuncurry Parish Hall. 9.30 am to 3.30pm

To register go to [www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/upcoming-events/](http://www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/upcoming-events/)

## 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.



## REDISCOVERING JOY DR MICHELE CONNOLLY

How are hearts set on fire with love of God and love of the world? 'The only thing that counts for me,' wrote Pierre Teilhard de Chardin, 'is not to propagate God but to discover him.' Join us for a day of formation with Dr Michele Connolly, current Associate Professor of Biblical Studies within the Catholic Institute of Sydney and University of Notre Dame Australia. In a retreat style and setting, Michele will help us examine how rich and life-giving Scripture can be, revealing a God whose story intends to renew our lives and calls us to actively engage with the world.

Monday 11 September, Crown Plaza Hunter Valley, 9.30am – 3.30pm, \$30pp

RSVP: 13 August 2023. Registration: <https://www.eventbrite.com.au/e/rediscovering-joy-tickets-626620176817>

## WORLD DAY FOR GRANDPARENTS AND THE ELDERLY

World Day for Grandparents and the Elderly was initiated three years ago by Pope Francis. This year it falls on Sunday 23 July. The 2023 theme is "His mercy is from age to age" (Lk 1:50) which emphasises the importance of dialogue between generations.

## A Blessing Prayer for Grandparents by Greg Sunter

God of all the generations  
Your gift of faith and gift of love have been handed down to us  
through parents, grandparents and great-grandparents  
for all of time.  
Look with favour on all our grandparents and bless them.

Bless their eyes that look on us with love and affection.  
Bless their ears that listen to our questions and our stories.  
Bless their knees and laps we sit on.  
Bless their arms that hold us and their hands that help us.  
Bless their legs that walk beside us.  
Bless their hearts that swell with pride for us.  
And bless their faces that bring us joy.  
Bless them and keep them as they bless and keep us.  
We make this prayer through Saint Joachim and Saint Anne, the grandparents of Jesus.  
Amen.

## THE CHUCKLE

A city slicker named Dave moved to the country and bought a piece of land. He went to the local feed and livestock store and talked to the proprietor about how he was going to take up chicken farming. He then asked to buy 100 chicks.

"That's a lot of chicks," commented the proprietor. "I mean business," Dave replied.

A week later he was back again. "I need another 100 chicks," he said. "Boy, you are serious about this chicken farming," the man told him.

"Yeah," Dave replied. "If I can iron out a few problems."

"Problems?" asked the proprietor. "Yeah," he replied, "I think I planted that last batch too close together."





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

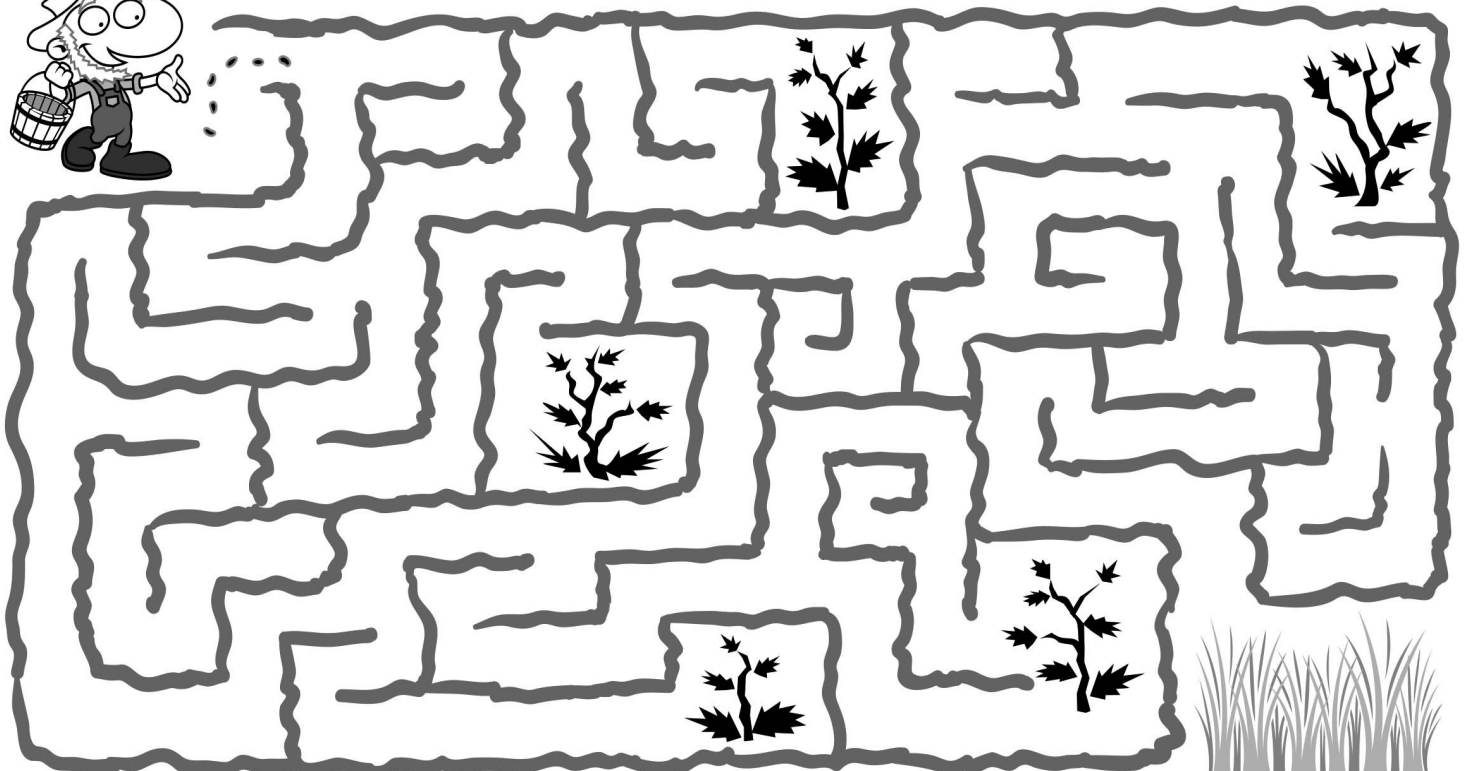
Try to find these words:

barn  
 burn  
 children  
 doubt  
 enemy  
 field  
 prays  
 right  
 sleeping  
 strength  
 weak  
 weed



The kingdom of heaven may be compared to someone who sowed good seed in his field; but while everybody was asleep, an enemy came and sowed weeds among the wheat.

Help the farmer scatter the seed by finding the path to the wheat. Keep a look out for weeds!



## SAFEGUARDING

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

The seventh standard; **ONGOING EDUCATION AND TRAINING** has 5 criteria

**Competency:** Personnel are equipped with knowledge, skills and awareness to keep children and adults safe through information, ongoing education and training

**Criteria 7.1:** Personnel are trained and supported to implement the safeguarding policies and procedures.

*Code of Conduct.*

*Safeguarding risk management.*

*Safeguarding Policy and procedures,*

*Complaints Handling Policy and procedures,*

*Reporting obligations; and*

*E-safety training.*

**Criteria 7.2:** Personnel are supported to recognise the nature and indicators of child abuse, including harmful behaviours by a child towards another child.

**Criteria 7.3: Criterion** Personnel are supported to recognise the factors that contribute to adult abuse, with a focus on adults at risk.

The topics include;

*“understand the nature and impact of adult abuse; understand the nature, factors, and impact of institutional abuse;*

*identify risk factors, such as abuse of power, and exploitation;*

*recognise how adults and institutions can be groomed, including how power imbalances can be exploited; and*

*understand what could make specific adults at increased risk of abuse.”*

**Criteria 7.4:** Personnel have the information and skills to respond effectively to safeguarding risks, concerns, disclosures, and allegations of abuse

**Criteria 7.5:** Personnel receive training and information on how to build culturally safe environments for children and adults.

Our safeguarding promoters are Gail Lovell and Anne Millard. Contact them via the parish office. We urge you to attend the workshops available to educate yourself about safeguarding. It's everyone's responsibility!

## REFLECTION

By Richard Leonard

Today's Gospel gives us both a parable and then an interpretation of that parable. I'm very grateful for this pattern in the 13th chapter of Matthew's Gospel. It indicates to us that not everything that Jesus says should be taken literally. Clearly the disciples were sometimes confused and needed some private coaching to bring them up to speed with what Jesus was on about.

As much as I respect the faith of our fundamentalist Christian brothers and sisters, it is at this point, on the way we interpret the Scriptures, that we cannot agree. The catholic community has always taken the process outlined in Matthew's gospel very seriously. We have always held that the full richness of the scriptures needs careful study and tested interpretations.

Unfortunately, in previous generations, the anxiety over people's private interpretations of the scriptures led Catholics to be suspicious of the Bible and the private reading of it. To read the Bible was often seen as a 'very protestant thing to do'. Given that Jesus, Mary, the apostles and the disciples are all recorded in the New Testament as reading, meditating on, or hearing the scriptures, nothing could be further from the truth. To be a Christian is to ponder the Word of God.

That's why the Second Vatican Council encouraged us all to return to regular private reflection on the Bible. Along with this encouragement they also reminded us, however, that as strong as the feelings and revelations we experience in our private scriptural prayer may be, these may have little or no consequence for the wider community of faith. We believe that the whole Church has the task to discern where the Word of God is leading us.

To help this discernment, it's scholars who pay great attention to the history and the literary, textual and cultural issues in and around the Bible have always aided the catholic community. They look at how various interpretations and approaches of the Scriptures have helped or hindered the Church over the centuries. We place great weight on the 'here and now' of the faith community who listens to the Word of God and lives it out.

Our approach is a long way from those who hold that the entire truth of the scriptures is found in the text itself. Fundamentalist interpretations of the scriptures dismiss the importance of studying the scriptures by reducing it to a book of facts. In doing so they tie themselves up in all sorts of textual knots whenever the scriptures seem to contradict themselves.

We hold, however, that the scriptures are not books of facts, though they contain historical information. We believe we have seventy-three sacred books that 'cannot err in leading us to the truth about God'. The Word of God is for us the pathway to faith, a series of revealed and inspired portraits of God and a distillation of God's saving love for us and our response to him.

When there are inconsistencies or differences in any two scriptural texts, rather than unsettle us, we see these differences as examples of the varying rich approaches to the truth of our salvation in and through Christ. This is nicely summed up in the verse, *The Bible in 50 words*.

God made  
Adam bit  
Noah arked  
Abraham split  
Joseph ruled  
Jacob fooled  
Bush talked  
Moses balked  
Pharaoh plagued  
People walked  
Sea divided  
Tablets guided  
Promise landed  
Saul freaked  
David peeked  
Prophets warned  
Jesus born  
God walked  
Love talked  
Anger crucified  
Hope died  
Love rose  
Spirit flamed  
Word spread  
God remained.

At this Eucharist let's give thanks that Jesus often used stories to communicate his truth and that he explained their meaning to those with ears to hear. Let's be grateful that we are inheritors of this intelligent legacy.

© Richard Leonard SJ

## 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.

## 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.

## LOCAL WORLD YOUTH DAY PILGRIMAGE

Are you 18-35? Would you like to celebrate World Youth Day with other young people in our diocese? Come and experience the historical and spiritual treasures of our diocesan story through a walking pilgrimage, taking in the beautiful communities and surrounds of Morpeth, Largs, and Maitland.

When: Sunday 6 August

Time: 7.30am -7.30pm

Where: Meeting at St Joseph's East Maitland, transport will be available to leave from the Diocese at Newcastle-West.

Cost: \$10 dollars (meals and transport included)

We will start and finish our pilgrimage at St Joseph's Catholic Church, East Maitland.

Registration is now open through Eventbrite: <https://LocalWYD.eventbrite.com.au?aff=oddttdtcreator>

## SACRED@SEVEN

Do you want to spend some time out of your busy day to sit in quiet and reflect?

Have you ever wondered what the ever-lasting love of God feels like? Would you like to meet some new friends and share some yummy food together?

Sacred@Seven returns on Wednesday 19 July at Sacred Heart Cathedral, Hamilton from 7.00pm. All are welcome to join youth from across the diocese for an hour of power. The night will include adoration of the Blessed Sacrament, prayer, beautiful music, and listening to the word of God. We will also share in some lovely food and friendship afterwards. We hope to see you there.

## DIVINE MERCY DEVOTION

At Christ the King Church, Mayfield West. 6th August at 3pm. All welcome

## TODAY'S LITURGY

### Entrance Antiphon: Ps 53:6,8

See, I have God for my help.

The Lord sustains my soul.

I will sacrifice to you with willing heart,  
and praise your name, O Lord, for it is good.

### First Reading: Wis 12:13.16-19

*In the place of sin, you give repentance.*

### Responsorial Psalm: Ps 85:5-6. 9-10. 15-16. R. v.5

**(R.) Lord, you are good and forgiving.**

1. O Lord, you are good and forgiving,  
full of love to all who call.  
Give heed, O Lord, to my prayer  
and attend to the sound of my voice. **(R.)**
2. All the nations shall come to adore you  
and glorify your name, O Lord:  
for you are great and do marvellous deeds,  
you who alone are God. **(R.)**
3. But you, God of mercy and compassion,  
slow to anger, O Lord,  
abounding in love and truth,  
turn and take pity on me. **(R.)**

### Second Reading: Rom 8:26-27

*The Spirit himself pleads for us in a way that could never be put into words.*

### Gospel Acclamation: See Mt 11:25

Alleluia, alleluia!

Blessed are you, Father, Lord of heaven and earth;  
you have revealed to little ones the mysteries of the kingdom. Alleluia!

### Gospel: Mt 13:24-30

*Let them grow together until the harvest.*

### Communion Antiphon: Ps 110:4-5

The Lord, the gracious, the merciful,  
has made a memorial of his wonders;  
he gives food to those who fear him.

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## EFFECTIVE LITURGICAL PROCLAMATION

### A WORKSHOP FOR READERS

Readers are the people who read at Mass. One of the most important things readers do is to keep alive the stories and Scriptures, the rituals of our faith. Understanding the elements of liturgical proclamation is therefore essential to the effective proclamation of the Word of the Lord.

All readers and those interested in becoming lectors are invited to attend one of two workshops on effective liturgical proclamation on either:

Saturday July 22 from 4-5pm OR

Wednesday July 26 from 6-7pm

Please register by email:

anne.millard@mn.catholic.org.au

### 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