



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 30 JULY 2023

17TH 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

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PO Box 6, The Junction 2291
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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*)

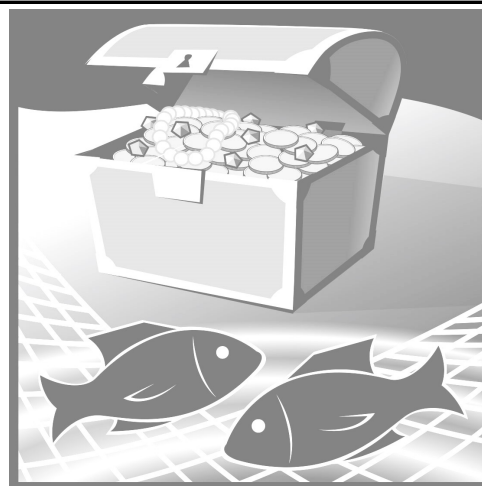
Other Contacts

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.



What is the one thing you would give up everything to possess?

The elixir of eternal youth, the perfect spouse, a brain like Einstein's, the looks and charm of Marilyn Monroe or Robert Redford, or a gold medal at the Olympics? In every age there have been people who have risked much to go after things like these, as though there was nothing greater the human heart could desire.

To remain truly motivated and inspired, we all need a dream, a passion, to draw us on, don't we? So, what is your dream?

In this Sunday's Gospel, Jesus uses the images of a buried treasure, a pearl of extraordinary value and things brought up from beneath the sea, to point us in the direction of that which is the greatest of all treasures, something hidden from human view and understanding for countless eons. It's the essence of eternal life found in the teachings and person of Jesus Christ.

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)

Seventeenth Week in Ordinary Time, Year A

Monday—31st July

Memorial of St Ignatius of Loyola

8:15am Mass @ The Cathedral

Tuesday—1st August

Memorial of St Alphonsus Liguori

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Wednesday—2nd August

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—3rd August

Memorial of St Dominic

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—4th August

Memorial of St John Vianney

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday—5th August

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*)

3:00pm Divine Mercy Devotion @ Mayfield West

5:00pm Mass @ The Cathedral

5:00pm Taize service @ Tighes Hill

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

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



RECENTLY DECEASED: Eva Grant, John Czadrik, Francis (Frank) McGuinness, Shirley Moylan, Rita Matthews, Wally Kallaur, Joy Grothen

ANNIVERSARIES: Kenneth James Austin, Leo Toomey, Louise Little, Len & Nell O'Malley, Moira Bailey, Margaret Anne Davies, Ted McDonald, Sarah & John Mennie, Robert, John, Richard and Joseph Mennie, Marie Therese Brice, Noel Gebbie, Michael Pascal Dunne, Florence Colyvas, Janette Rhodes, Margaret Marie Fairhall, Agnes Mary Peters, Maureen Josephine Watts, Peter John Bonofiglio

SICK: Twon Nguyen, 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.

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 Margret 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:

THE TRANSFIGURATION OF THE LORD, YEAR A

Dan 7:9-10, 13-14 || 2 Pet 1:16-19

Mt 17: 1-9

NEW FLAGPOLE AT SACRED HEART CATHEDRAL

A new flagpole is coming to Sacred Heart Cathedral. The old flagpole was removed last week. The new flagpole will likely arrive this week, on 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

SEASONS 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

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!

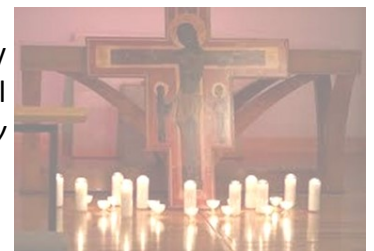
We have had a donation of wool so if you have time to knit the beanies, we can supply the yarn! Contact the office to help.



TAIZE SERVICE

Sunday 6 August

Immaculate Heart of Mary Catholic Church Tighes Hill
5.00pm – 6pm *followed by a shared supper.*



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/

VIEW, CHEW, AND CHAT

Meets August 9 @7pm via Zoom to Discuss Chapter 6 of Hatch, Match, Dispatch. Contact the parish office to join

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.

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>

DIOCESAN ASSOCIATION OF PASTORAL MINISTERS - AUGUST MEETING

The next meeting will take place on Thursday 10 August 2023 from 9:30am - 2:30pm in the Parish Hall at St. Joseph's, Toronto (140 Wangi Rd. Toronto). This gathering has been running for over 25 years and is to support those commissioned in parishes or the life of the Diocese for Pastoral Ministries.

This meeting is open to all parishioners to attend, as we break open the Foundation of Mission and Outreach with Brendon Mannyx. Mass will be celebrated at 12:30pm in the parish with Fr John Purnell, followed by a catered shared lunch. To register, please contact Kate Crncevic at the Diocese on 4979 1329 or email her at kate.crncevic@mn.catholic.org.au by Thursday 3 August 2023.

NATIONAL CATHOLIC SAFEGUARDING STANDARDS

Over the next few months, the Diocese of Maitland-Newcastle is being audited against its compliance with the National Catholic Safeguarding Standards. Director of Safeguarding, Sean Tynan, has made an electronic recording of a 15 minute presentation, designed to let parishioners know about the audit process and, for those parishes who will be audited, what they can expect. It may be of interest for your parishioners to be able to access this information. It is recommended that, if you are one of the parishes being audited, that you give your congregations an opportunity to learn about what will be happening between now and mid November 2023.

View the presentation:

<http://youtube.com/watch?v=9QmrwxXhx0U>

STOCKTON CLEANING DAY

Calling all St Peters-in-Chains parishioners!

A church clean is due.

Could you please see Maureen after mass so that we can choose a day suitable to all. Many thanks.



THE CHUCKLE

Q: What lies on the bottom of the ocean and shivers?

A: A nervous wreck

A prawn found buried treasure but refused to share it.

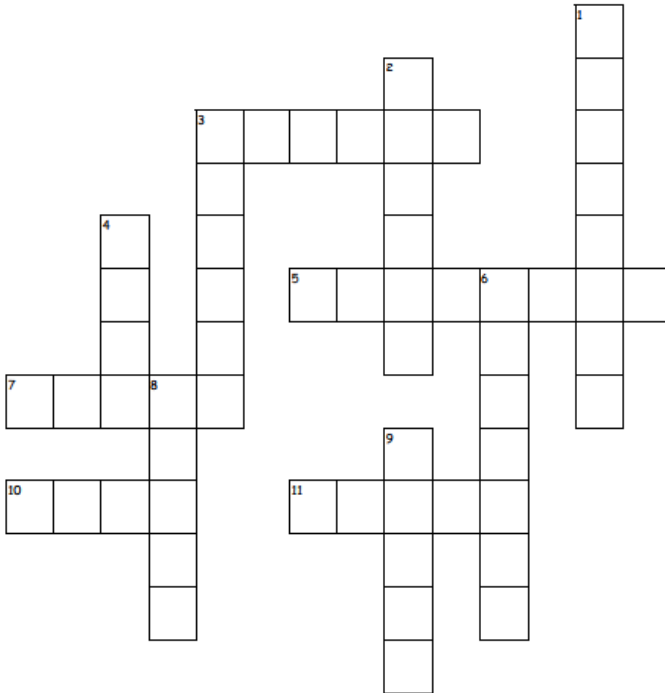
So shellfish!



CROSSWORD

God can make us wise

1 Kgs 3:5, 7-12
Ps 119:57 & 72, 127-128, R, v.97a
Rom 8:28-30
Mt 13:44-46



Across

- 3: kept out of view
5: a collection of valuables
7: correct
10: a place where you buy things
11: God appeared to Solomon in a _ _ _ _

Down

- 1: very young people
2: God's kingdom
3: to be truthful
4: a male monarch
6: God made this man king
8: glad
9: a valuable jewel that comes from oysters

SENIOR WORDSEARCH

God can make us wise

1 Kgs 3:5, 7-12
Ps 119:57 & 72, 127-128, R, v.97a
Rom 8:28-30
Mt 13:44-46

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

Try to find these words:

buy
field
find
happy
heaven
hidden
kingdom
one
pearl
sell
shop
treasure

SAFEGUARDING

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

The online environment presents continuing and evolving challenge not only to safeguarding but in general life. The Church can only be responsible for their own systems management. However, this does not exclude the responsibility for educating children and adults about the online risks. This standard has been designed so that it moves with this fast-changing influence.

The eighth standard; **SAFE PHYSICAL AND ONLINE ENVIRONMENTS** has 4 criteria.

Competency: Entities regularly review and improve implementation of their systems for keeping children and adults safe

Criteria 8.1: The Safeguarding Risk Management Strategy addresses both physical and online risks, without compromising the individual's right to privacy or wellbeing.

Criteria 8.2: The online environment is used in accordance with the entity's Code of Conduct and Safeguarding Policy.

Criteria 8.3: Risk management plans address the range of settings, activities, and physical environments in which ministry and/or services occur.

Criteria 8.4: Where facilities and services are contracted to and from third parties, contractual arrangements specify safeguarding considerations.

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!

OVERSHADOWED: FILLED WITH THE POWER OF THE HOLY SPIRIT, 18 TO 20 AUGUST 2023

Join the MGL Sisters in a weekend retreat exploring what happens when we say yes to the Holy Spirit. Experience the life-changing power of deepening in God's love, surrendering to Jesus and living under the grace of the Holy Spirit.

Venue: Carmel House, 345 St Andrews Rd, Varroville NSW

Bookings: <http://www.trybooking.com/CFBQX> (by 11 August)

Contact: Katherine - mgl sisters.sydney@gmail.com

REFLECTION

By Richard Leonard

After being nearly snowbound for two weeks, a Seattle man departed for his vacation in Miami Beach, where he was to meet his wife the next day at the conclusion of her business trip to Minneapolis. They were looking forward to pleasant weather and a nice time together. Unfortunately, there was some sort of mix up at the boarding gate, and the man was told he would have to wait for a later flight. He tried to appeal to a supervisor but was told the airline was not responsible for the problem and it would do no good to complain.

Upon arrival at the hotel the next day, he discovered that Miami Beach was having a heat wave, and its weather was almost as uncomfortably hot as Seattle's was cold. The desk clerk gave him a message that his wife would arrive as planned. He could hardly wait to get to the pool area to cool off, and quickly sent his wife an e-mail, but due to his haste, he made an error in the e-mail address.

His message therefore arrived at the home of an elderly preacher's wife whose even older husband had died only the day before.

When the grieving widow opened her e-mail, she took one look at the monitor, let out an anguished scream, and fell to the floor dead. Her family rushed to her room where they saw this message on the screen:

Dearest wife,

Departed yesterday as you know.

Just now got checked in.

Some confusion at the gate.

Appeal was denied.

Received confirmation of your arrival tomorrow.

Your loving husband.

P.S. Things are not as we thought. You're going to be surprised at how hot it is down here.

Old-time missionaries used to have a field day with today's gospel, or at least with part of it. While they may have liked the passages that suggested that heaven was *like* a treasure in a field or *like* a pearl of great price, they told us that hell *was* a furnace of fire where there was weeping and gnashing of teeth.

Some of those preachers seemed to know an awful lot about hell! It's as though they were travel writers who had visited the place several times just to warn us about what to expect when we got there. And do you remember how easy it was to get in? Many of us thought we had a first class ticket in our pocket most of the time.

Once, during a parish mission, where the visiting priest had given us an excruciatingly detailed description of

hell, he told us, 'You could be dipping your hand in the holy water font as you leave the Church tonight and be struck down dead and sent to hell for eternity!' At the end of that session my cousin stood by the holy water font and watched everyone else dip their hand in, saying as they did, 'After you, after you.' She wasn't taking any chances!

All this is not to underestimate the reality of hell. If we believe in heaven and free will, it has to be logically true that hell exists and that, consistent with some people's free, knowing and serious rejection of God and of love all their lives, these choices will destine decisions made for, and by, them in the next world as well.

There are two major differences, however, between how we used to speak about heaven and hell and what we say now. Just as we know the treasure hidden in the field or the pearl of great price are metaphors for heaven, rich and wonderful ones at that, they remain images that enable us to grasp an unimaginable concept. So it is with hell. How can we imagine life without love and God? We have learnt that our guidebook regarding hell needs to be more circumscribed about what that destination or state of being holds. All we can confidently say is that hell is non-God.

The second change is that we are more careful about being so confident in regard to who is going there. Jesus tells us that God wants all humanity to be saved. We can't take that seriously and then have people slip into hell for a small infringement of the rules.

If we read today's Gospel in a different way it can be a commentary on what God has done for us. Humanity can be seen as the treasure in the field that God has sold everything to own. We are the pearl of great price that God has moved heaven and earth to possess and we are the fish caught up in the net of God's love.

Our God is the one who became one like us, in Jesus the Lord, so that we might know, love and serve him. That's what today's Gospel is all about.

Jesus reminds his disciples that in glimpsing the things of heaven they have to be like the master of a household. That's a rich image. In Jesus' day such a person would have provided protection, love, security and justice for all.

God has given us free will and treasures, both new and old, to help us protect each other, love each other, feel secure in the truth and act justly. But we need to know that the choices we make in regard to these things have implications for how we live now and in the life to come.

© Richard Leonard SJ

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>



Have you thought? Interpretation

In today's passage the gospel writer appears to describe himself: "every scribe who becomes a disciple of the kingdom of heaven is like a householder who brings out from his storeroom things both new and old." It is a fantastic description of what it means to be an interpreter of the gospel. To interpret scripture, one must draw on what is old; applying understandings of the text in its original context and its original audience. But one must also draw on what is new; making connections between that original setting and the context in which it is being read today.

TODAY'S LITURGY

Entrance Antiphon: Cf. Ps 67:6-7,36

God is in his holy place,
God who unites those who dwell in his house;
he himself gives might and strength to his people.

First Reading: 1 Kgs 3:5-7-12

You have asked for wisdom.

Responsorial Psalm

Ps 118:57. 72. 76-77. 127-130. R. v.97

(R.) Lord, I love your commands.

1. My part, I have resolved, O Lord,
is to obey your word.
The law from your mouth means more to me
than silver and gold. (R.)
2. Let your love be ready to console me
by your promise to your servant.
Let your love come to me and I shall live
for your law is my delight. (R.)
3. That is why I love your commands
more than finest gold.
That is why I rule my life by your precepts:
I hate false ways. (R.)
4. Your will is wonderful indeed;
therefore I obey it.
The unfolding of your word gives light
and teaches the simple. (R.)

Second Reading: Rom 8:28-30

He predestined us to become true images of his Son.

Gospel Acclamation

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 13:44-46

He sells everything he owns and buys the field.

Communion Antiphon: Ps 102:2

Bless the Lord, O my soul,
and never forget all his benefits.

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The Newcastle Conference of Vinnies would sincerely like to thank the St Joseph's/ St Mary's Community of their fantastic response to our winter appeal. We received over \$12000.

Please continue to keep our works in your prayers

DIVINE MERCY DEVOTION

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

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