



# 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 20 AUGUST 2023

## TWENTIETH SUNDAY IN ORDINARY TIME, 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](mailto:newcparish@mn.catholic.org.au)  
W: [www.newcastlecatholic.org.au](http://www.newcastlecatholic.org.au)  
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.



Taken literally, Jesus' comment about 'house dogs' in today's Gospel may sound quite shocking. But when we read on, we can see He was just being sarcastic - and possibly with a smile on His face - to show-up certain xenophobic attitudes among some of His followers towards gentiles. The Canaanite woman played along with His wit in such a way that Jesus was able to give credit to her great faith and show that faith and love are far more important to God's plan of salvation than culture or race.

Fr John Lovell

*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)

*Twentieth Week in Ordinary Time, Year A*

Monday—21st August

*Memorial of St Pius X*

8:15am Mass @ The Cathedral

Tuesday—22nd August

*Memorial of the Queenship of the Blessed Virgin Mary*

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

11:00am Funeral liturgy for Palma Pia Cavicchia

Wednesday—23rd August

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—24th August

*Feast of St Bartholomew, apostle*

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—25th August

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday—26th 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—27th August

*21st 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

5:30pm Mass @ Mayfield West (Vietnamese)

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

### NEXT WEEK'S READINGS:

### 21ST SUNDAY IN ORDINARY TIME, YEAR A

Isaiah 22:19-23

Romans 11:33-36

Matthew 16:13-20



**RECENTLY DECEASED:** Shirley McHugh, Anna Russell,  
Margaret Casey, Palma Pia Cavicchia

**ANNIVERSARIES:** Bill Wooden, Jacob Poile, Helena  
Caskey, Brian Nunn, Evelyn Woodward, Martin  
Shanahan, Ken Walker, Harold Crockett and Anastasia  
Ladas, Dominic Palozzi, Elio Giori, Joshua Caruso

**SICK:** Elaine Johnson, Christine Timbrell, Twon Nguyen,  
Neil McGoldrick, 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 August.

At Sacred Heart Cathedral:

Betty Caelli	Teresa Losurdo
Lynda Corrigan	Anthony Mangioni
Joan Adele Daly	Maree Ann Martin
William (Jack) Everleigh	Mark Murphy
Aileen Gilbert	Henry Petherbridge
Nesta Haggerty	Ashleigh Powter
Kathleen Hart	Sheelagh Ruggero
Margaret Hogg	Madeleine Savage
Harry Kilner	Veronica (Rhona) Seath
Leon Lakomy	Robert (Bob) Smythe
Thi Kim Loan Le	Marjorie Wakely
Mary Loscocco	

At St Joseph's

Betty SMITH	Mary CORLIS
Peter THOMPSON	Patricia Ethel DAVIS
Clare McDONNELL	Laurence Bede DOWLING
Margaret BAILEY	Noel DOWZER
Eileen BAXTER	Kevin DOYLE
Helena Esther CASKEY	Cyril FERNANDO
Anne Elizabeth MEIGHAN	Francis PAGE
Marie O'CALLAGHAN	Thomas RAE
	Norma WALTERS

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

## 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 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)

## 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

## THE CHUCKLE

I told my daughter to check her attitude and she looked at me and said "For complaints about attitude please contact the manufacturer." Well played, well played.



## 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>

## COMMUNITY HOUSIE

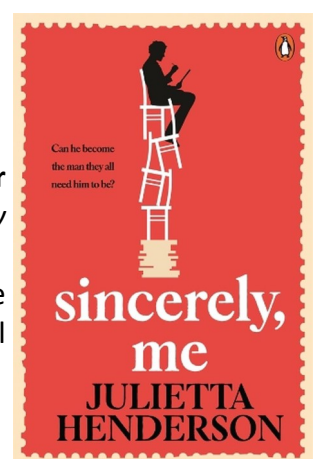
- Housie is played every Tuesday, Thursday, and Saturday evening at Southern Cross Hall (841 Hunter Street, Newcastle).
  - Doors open at 5pm with Tickets on sale from 6pm
  - The first call of Housie (eyes down) happens at 7pm on Tuesdays and 7.30pm on Thursdays and Saturdays.
  - Over 35 games are called per night.
  - Paper tickets and electronic tablets/PET available for play.
  - Canteen, food, drinks, cakes available for purchase
  - Players must be 18 years of age or older. Sorry, no EFTPOS.
  - Any questions about Housie, please call Justin Scanlon on 0458 002 526.
- Community Housie is on Facebook: <https://www.facebook.com/communityhousie>

## BOOKCLUB



Meets **Sunday, 3rd September**  
**@ 6:15pm:** to discuss *Sincerely Me* by Julietta Henderson.

If you would like to participate in the discussion, please email the office



## 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](https://www.eventbrite.com.au/e/rediscovering-joy-tickets-626620176817)

### 'COME REST A WHILE'

Reflection Day - Saturday 9 September, Charlestown,  
10am to 3.30pm

In appreciation of current and interested Christian Initiation ministers, 'Come rest a while' is an opportunity to listen, reflect and get to know other ministers. Morning tea and lunch provided. Details and registration at [come-rest-2023.eventbrite.com.au](https://come-rest-2023.eventbrite.com.au)  
For enquiries or registration assistance contact [sharon.murphy@mn.catholic.org.au](mailto:sharon.murphy@mn.catholic.org.au) P 4979 1134.

## from the perspective of a disciple

*As we passed through a little village near Sidon this Canaanite woman suddenly started calling on the master to help her daughter. We all expected the master to help her out as usual but he really put her in her place! He told her that his ministry was not for pagans like her. That should have stopped her, but she kept on and on, even turning the master's words back on him! She was so rude. We were about to push her out of the way so that the master could move on when he suddenly told her that her faith was great and that her daughter was better. Great faith? A Canaanite? He never ceases to surprise us!*

## 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](mailto:mgl sisters.sydney@gmail.com)

### CAN YOU SUPPORT CATHOLICARE DURING AUGUST?

CatholicCare's Community Kitchens offer more than just a meal. With the assistance of volunteers, CatholicCare has created a space where people can feel safe and enjoy the company of others and access other services if needed.

We ask you to give a gift to our Make a Difference Appeal to help us to continue to feed and connect people through our Community Kitchens and other non-funded programs.

At CatholicCare our programs really do make a difference in our local community. We can't do this work without the generosity of our community and people like you.

Your tax-deductible donation will go a long way.

Donating is simple and only takes a few steps. Visit: [www.myclause.com.au/page/318856/make-a-difference](http://www.myclause.com.au/page/318856/make-a-difference)

### CATHOLIC PRAISE AND WORSHIP

Inviting all interested people, including musicians (instrumentalists and vocalists), to our second planning meeting for a new and regular Catholic Praise and Worship event. Join the 30 people who have already expressed interest at our meeting on Wednesday 23 August from 5.30pm-7.00pm, at the Cafe at St Mary's Catholic College, 47-49 Pacific Highway, Gateshead. Refreshments will be provided. For more information, please call Fr Anthony Potts on 0466 140 066.

### VIEW, CHEW, AND CHAT

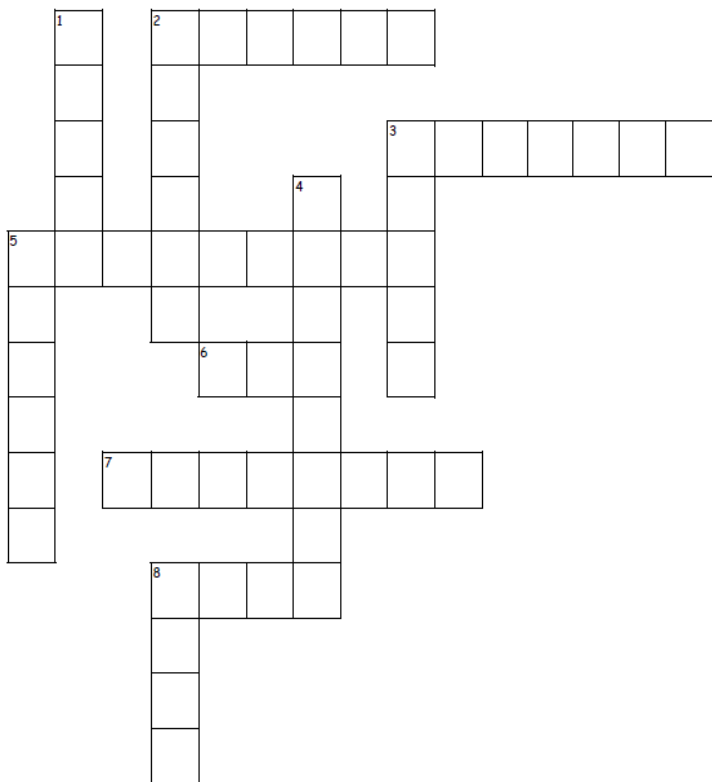
Meets August 23 @7pm via Zoom for Lectio Divina. Contact the parish office to join



## CROSSWORD

### God will come to save us

Is 56:1, 6-7  
Ps 67:1-2, 4, 5 & 7, R. v.4  
Mt 15:21-28



#### Across

- 2: truthful  
3: the Jewish day of worship  
5: to have a party  
6: a four-legged animal that barks  
7: a very high piece of land  
8: reasonable

#### Down

- 1: a place where people dwell  
2: cured  
3: Jesus described the people of Israel as like a flock of lost \_\_\_\_\_  
4: father is to son, as mother is to what?  
5: Jesus spoke to a woman who came from this place  
8: what we eat

## SENIOR WORDSEARCH

### God will come to save us

Is 56:1, 6-7  
Ps 67:1-2, 4, 5 & 7, R. v.4  
Mt 15:21-28

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

Try to find these words:

Canaan  
celebrate  
daughter  
dog  
fair  
food  
healed  
honest  
house  
mountain  
Sabbath  
sheep

## SAFEGUARDING

Do you know about safeguarding? This week we conclude our ten-part series addressing each of the Safeguarding Standards.

In many ways this final Standard establishes the overarching support for the development of the components of the National Catholic Safeguarding Standards.

The tenth standard; **POLICIES AND PROCEDURES SUPPORT THE SAFETY OF CHILDREN AND ADULTS** has 5 criteria.

**Competency: Policies and procedures document how the entity is safe for children and adults**

- Criteria 10.1:** Policies and procedures address the National Catholic Safeguarding Standards
- Criteria 10.2:** Policies and procedures are accessible and easy to understand.
- Criteria 10.3:** Best practice models and stakeholder consultation inform the development and review of policies and procedures.
- Criteria 10.4:** Church leaders champion and model best practice implementation of the National Catholic Safeguarding Standards.
- Criteria 10.5:** Personnel understand and implement policies and procedures.

## 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)



## REFLECTION

*by Richard Leonard SJ*

One bright Sunday morning, everyone in the town got up early and went to the local church. Before Mass started, the townspeople were sitting in their pews and talking about their lives, their families.

Suddenly, Satan appeared at the front of the church. Everyone started screaming and running for the front entrance, trampling each other in a frantic effort to get away from the devil incarnate. Soon everyone was evacuated from the Church, except for one elderly lady who sat calmly in her pew, not moving, seemingly oblivious to the fact that Satan was in her presence.

Now this confused Satan a bit, so he walked up to the older lady and said,

'Don't you know who I am?'

The woman replied, 'I sure do.'

Satan asked, 'Aren't you afraid of me?'

'No, certainly not' said the woman.

Satan was a little perturbed at this and queried, 'Why aren't you afraid of me?'

The woman calmly replied, 'Because I've been married to your brother for 48 years.'

Until quite recently in many cultures around the world events or experiences that had no ready explanation were put down to evil forces. This was certainly true in Jesus' day. Diseases, physical deformities, mental illnesses, accidents, bad weather patterns and defeats in battle were attributed either to God's vengeance or the work of a demon. Although we no longer hold this to be true, we still hear this line from some people today.

The Syro-Phoenician woman considers herself cursed for having a daughter who is tormented by a demon. It is very unlikely that her daughter is possessed by the devil. She probably had a chronic illness that could not be cured. Furthermore, the woman is also considered cursed by others because she is a Gentile, a non-Jew. In fact this story is unsettling and rather unflattering to Jesus on several levels.

Because of her ethnicity and religion the disciples do not think she should ask for anything from Jesus. He seems to concur with them. If it wasn't for the woman's courage and persistence, she would never have got what she wanted. And by Jesus referring to them as dogs, he seems to agree with the contempt with which the Jews held the Gentiles.

Again it is the woman's quick wit and faith which turns the situation around. She domesticates the racial slur and argues that if she is to be considered a dog she is not a wild one but of the house variety where she

should be able to enjoy the leftovers. The power of her insight and the rightness of her cause catches Jesus off-guard, her daughter is healed and everyone is taught a lesson about how the Kingdom of God breaks through in the most extraordinary ways.

This story also tells us of the power of intercessory prayer. The woman goes through her ordeal not for herself but for her daughter. Her faith in Jesus is the vehicle by which someone else's life is enriched. So too for us. As Christians many of us regularly tell others, whom we know are in need, that we will pray for them. Often these people, some who do not share our faith, are touched by this kindness.

When we make our prayer intercessory, either at home or in the Prayer of the Faithful at Mass, it can be our finest hour. We can learn a lot about a parish from its intercessions. It can be the time when we forget about ourselves and our needs for a while and ask for the needs of someone else, even if we don't know them. This type of prayer has the possibility of helping us place our lives in context and reminding us that while we have a seat at the world's table, others are at our feet scavenging for scraps.



The best prayer reminds us that we have to get down and get dirty and work to raise up all of God's children to the places of honour which everyone deserves.

© 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.

## DIVINE RETREAT CENTRE

### AUGUST RETREATS

During August the Divine Retreat Centre has a number of events on offer:

- Spiritual Retreat – 21 August – St Patrick's Wallsend
- Spiritual Retreat – 22 August – St Luke's Revesby
- One Day Pilgrimage – 27 August (*Divine Retreat Centre 160 Hensons Rd, Somersby, NSW*)

For more information visit

[www.divineretreatcentre.org](http://www.divineretreatcentre.org)

## 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.

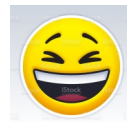
## Scriptural Context

*This passage is the second of a group of three stories that make up Chapter 15 of Matthew's Gospel. The first story shows Jesus challenging traditional views of cleanliness and uncleanness – one of the great separators between Jews and Gentiles. The story in this week's gospel follows with its account of the Canaanite woman's great faith being recognised. Finally, Matthew relates the story of the feeding of the four thousand – a dramatic sign by Jesus of the open invitation to receive his message and ministry. The three stories, taken together, form a powerful chapter that makes clear that the message of Jesus is not exclusively for the Jews.*

## ANOTHER CHUCKLE OR TWO

Q: What did one flea say to the other?

A: Should we walk or take a dog?



Q: How are a dog and a marine biologist alike?

A: One wags a tail and the other tags a whale

Q: What do you do if your dog chews a dictionary?

A: Take the words out of his mouth

Q: How can you tell if you have a lazy dog?

A: He only chases parked cars

## TODAY'S LITURGY

### Entrance Antiphon: Psalm 83:10-11

Turn your eyes, O God, our shield;  
and look on the face of your anointed one;  
one day within your courts  
is better than a thousand elsewhere.

### First Reading: Isaiah 56:1.6-7

*I will lead the foreigners to my holy mountain.*

### Responsorial Psalm: Ps 66:2-3 5-6. 8. R. v.4

(R.) O God, let all the nations praise you!

1. O God, be gracious and bless us  
and let your face shed its light upon us.  
So will your ways be known upon earth  
and all nations learn your saving help. (R.)
2. Let the nations be glad and exult  
for you rule the world with justice.  
With fairness you rule the peoples,  
you guide the nations on earth. (R.)
3. Let the peoples praise you, O God;  
let all the peoples praise you.  
May God still give us his blessing  
till the ends of the earth revere him. (R.)

### Second Reading: Romans 11:13-15. 29-32

*The gifts and call of God are irrevocable.*

### Gospel Acclamation: Matthew 4:23

Alleluia, alleluia!  
Jesus preached the Good News of the kingdom  
and healed all who were sick.  
Alleluia!

### Gospel: Matthew 15:21-28

*Woman, you have great faith.*

### Communion Antiphon: Psalm 129:7

With the Lord there is mercy;  
in him is plentiful redemption.

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## PARISH LUNCHEON

Parish Luncheon at *Souths Leagues Club, Llewellyn St, Merewether* (Please note the new venue). 12.30pm on Monday, 21st August. All welcome. Inquiries to Maureen on 0412 673151.

## 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.

## 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