



# 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 6 AUGUST 2023

# TRANSFIGURATION OF THE LORD, 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.



In the Transfiguration Jesus gave an indisputable demonstration to His disciples that He was indeed the Messiah. That as the Son of the Father, He was Lord of the Old Testament and the New. It was the reassurance they would need to face the looming crisis and test of their faith they would undergo when they arrived in Jerusalem for the forthcoming Passover festivities.

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)

*Eighteenth Week in Ordinary Time, Year A*

Monday—7th August

8:15am Mass @ The Cathedral

Tuesday—8th August

*Solemnity of St Mary of the Cross*

8:15am Mass @ The Cathedral

9:15am Mass @ Stockton \*\*Note different time

Wednesday—9th August

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—10th August

*Memorial of St Lawrence*

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—11th August

*Memorial of St Clare*

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday—12th 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—13th August

*19th 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  
in hiatus 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:** Adelina Monaco, John Czadrik,  
Shirley Moylan

**ANNIVERSARIES:** Rhonda Sullivan, Kevin Fitzpatrick,  
Margaret Dobrowolski, Colin Crittenden, Karen  
Rabbitt, Joan Dawson, Maree Martin, Lyal Russell,  
Raymond Russell, Margaret Sawyer, Terance  
O'Connor, Patricia Jarman, Dennis Perrett, Toni De  
Vitis, Helen Maslen, Helen Watt

**SICK:** Christine Timbrell, 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](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.*

## NEXT WEEK'S READINGS:

### 19TH SUNDAY IN ORDINARY TIME, YEAR A

1 Kgs 19: 9, 11-13

Rom 9:1-5

Mt 14: 22-33

## OFFICE PHONE ISSUES

The tower that provides internet and phone service to the parish office was hit by lightning. Until it's repaired, our calls are forwarded to a temporary number, which does not take voice mail messages. You can call the office directly on 0451263915—at least that way if we miss your call, we can see your number and call you back. All due apologies for the inconvenience!

## 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

## 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>

## HISTORICAL CONTEXT

### Moses and Elijah

*Both Moses and Elijah had powerful encounters with God on the top of a mountain – it is appropriate that it is they who appear beside Jesus in the transfiguration account. Moses travelled up Mt Sinai to receive the Law from God in the form of the Ten Commandments. When Elijah was fleeing for his life from Queen Jezebel he fled to Mt Horeb. The word of the Lord came to Elijah and told him to stand on the mountain in the presence of the Lord, for the Lord was about to pass by. Elijah experienced the Lord in the whisper of a gentle breeze.*

## TAIZE SERVICE

Sunday 6th 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

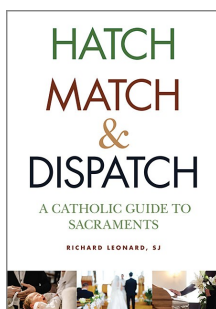
Wed 16 August—Cathedral Lecture open to all diocesan community – Shaping the Church's Future: The Grace of Creative Faithfulness- Sacred Heart Cathedral. 6.00pm-7.00pm

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/](http://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



### DIVINE MERCY DEVOTION

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

### 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>



## HAVE YOU THOUGHT?

### Transfigured / Transformed

Jesus' transfiguration was a physical transformation that was able to be witnessed by his disciples. In our lives we have many transforming moments but they are rarely as physically obvious to others as Jesus' transfiguration. Sometimes we fail to recognise a transformative event until well after the fact – sometimes years later. It might be nice if our clothes began to shine white whenever something significant and transformative was happening to us! It might help us to pay attention to the important and life-changing moments of our lives instead of letting them slip by!

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

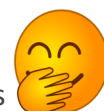
Join the MGL Sisters in a weekend retreat exploring what happens when we say yes to the Holy Spirit. Experience the life-changing power of deepening in God's love, surrendering to Jesus and living under the grace of the Holy Spirit.

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)

### THE CHUCKLE



Dave was struggling with his parrot that was constantly using bad language, so he sought help from the vet.

Every time the bird swears," said the vet, "Put it in the freezer for 15 seconds."

Dave decided to follow the advice, and after trying it for the first time, found the parrot shivering and apologetic when he took it out of the freezer.

The bird said, "I'm sorry for all the bad language I've been using."

Dave was very surprised by the sudden transformation of his naughty bird.

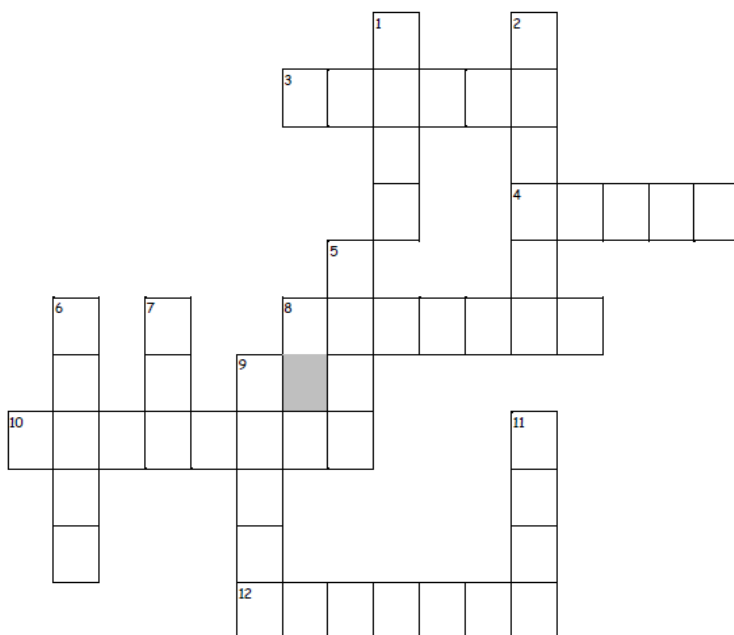
Then the parrot said, "By the way, what did the chicken do?!"



## CROSSWORD

### We heard his voice from out of heaven

2 Pt 1:16-19  
Ps 97:1-2, 5-6, 9 R (1a and 9a)  
Mt 17:1-9



#### Across

- 3: a king or queen sits on this special seat  
4: hearing someone speak is to listen to their...  
8: the time when the sun rises  
10: the disciples witnessed the transfiguration at the top of a ...  
12: Jesus told \_\_\_\_\_ called parables

#### Down

- 1: the opposite of false  
2: God's Kingdom  
5: he was with his brother and Peter  
6: the disciples heard God's voice coming from where?  
7: the brightest light in the sky  
9: the brother of John  
11: we see with these

## SENIOR WORDSEARCH

### We heard his voice from out of heaven

2 Pt 1:16-19  
Ps 97:1-2, 5-6, 9 R (1a and 9a)  
Mt 17:1-9

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

Try to find these words:

cloud  
eyes  
heaven  
James  
John  
morning  
mountain  
stories  
sun  
throne  
true  
voice

## **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!

## **CATHOLIC PRAISE AND WORSHIP NIGHT**

Would you like to make new friends and join an awesome community?

If your answer is yes, you should join us for a meeting on 23 August to discuss all of the exciting possibilities for a new Catholic Praise and Worship event. It'll go from 5.30pm to 7pm at the Café at St Mary's Catholic College (47-49 Pacific Highway, Gateshead). Refreshments will be provided. For more info call 0466 140 066.

## **REFLECTION**

Fasten Your Seatbelts

*By Ted Wolgamot*

In Scripture, astonishing things happen on mountains. When the Bible tells us that someone is going "up a mountain," it's time to fasten your seatbelt. Right away you know something completely out of the ordinary, something special and sacred is about to take place. And, that's just what happens in today's Gospel reading.

Until this mountaintop moment in the Gospels of Matthew, Mark and Luke, Jesus is presented as someone who is exceptional, even remarkable. But, he is also seen as human — a man who amazed people with his miracles and his teachings, but was still in many ways just like you and me.

But then, out of nowhere, we are told that when Jesus reaches the top of the mountain with Peter, John and James, "his face shone like the sun and his clothes became white as light." And, we know now that we have left the humdrum ordinary and entered an experience that can only be described as transcendent. We have entered the realm of the holy.

On the mountaintop, we are introduced to two of the most eminent of all Hebrew Scripture heroes: Moses and Elijah. Until this experience, Jesus' disciples treated him as an equal of these great prophets of the ages. But, then a cloud comes over the disciples and a "voice" from the cloud says: "This is my beloved Son ... listen to him." What the disciples — and you and I — are being clearly told is that Jesus is more than a prophet, more than a wonder worker, more than any other holy person who ever existed — more than even Moses and Elijah.

Jesus, we are told by this voice, is unique in all human history, transcending all those who have gone before. He alone is God's Son! Then, out of the cloud, comes the only directive that the voice from heaven gives. Notice that it is not "worship him." It is not "adore him." It is not even "praise him." Instead, it is a much more intimate, caring command: "Listen to him."

Follow him and allow the experience to transform our hearts, to bring about a transplant of the Spirit. This heavenly voice isn't just informing us that Jesus is God's Son to give us information. The voice is encouraging us to understand and live out the message that we are all God's sons and daughters. Despite some terrible sorrows and considerable pain that we may have to endure, we can now trust that, in the end, all will be well.

This experience is reminiscent of a 1970s movie, "Close Encounters of the Third Kind," in which Richard

Dreyfus plays an everyday man who becomes strangely attracted to an isolated area in the Wyoming wilderness. He is convinced that something spectacular is about to happen there. And, in the last 30 minutes of the movie, something truly spectacular does occur: An enormous space ship hovers over this region.

People witnessing it are dumbstruck and terrified, like the disciples in today's Gospel.

Who's in the spaceship? Are they beings who have come to destroy us? As the spaceship door opens, strange and elongated figures emerge, figures appearing to emanate benevolence and kindness. Dreyfus, in a sense, is "transfigured" by this experience. He is so captivated by it, in fact, that he abandons everything of which he is certain for something he knows nothing about. As the movie draws to a close, he runs to the light emanating from the spaceship. Can we do this when we hear today's voice?

Listen. And then follow — into the Light.

### **CATHOLIC DIOCESE OF MAITLAND- NEWCASTLE MARRIAGE TRIBUNAL**

Can we help you? The Church is aware of the stresses associated with marriage breakdown and divorce and understands that many people have questions about the processes which might allow a divorced person to remarry in the Catholic Church. If you have any questions or would like to have a confidential chat about your situation, please contact Jane at the Tribunal on 4979 1370.

### **DIVINE RETREAT CENTRE AUGUST RETREATS**

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

- Friday Healing Service – 4 August – Chatswood
- One Day Malayalam Retreat – 5 August
- Inner Healing Growth Retreat – 18 to 20 August – online
- Spiritual Retreat – 21 August – St Patrick's Wallsend
- Spiritual Retreat – 22 August – St Luke's Revesby
- One Day Pilgrimage – 27 August

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.

### **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>

### **DIVINE MERCY DEVOTION**

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



The Hamilton Conference of Vinnies would sincerely like to thank the parishioners of St Mary's Tighes Hill and the Sacred Heart Cathedral for their generous donations to our recent Winter Appeal, which raised over \$14,500"



### **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.

## 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)

## 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

## PRAYER FOR PEACE

In solidarity with the Church in Japan, let us pray with the words that Pope St. John Paul II shared at the Peace Memorial in Hiroshima on February 25, 1981.

To the Creator of nature and man, of truth and beauty I pray:

Hear my voice, for it is the voice of the victims of all wars and violence among individuals and nations;

Hear my voice, for it is the voice of all children who suffer and will suffer when people put their faith in weapons and war;

Hear my voice when I beg you to instill into the hearts of all human beings the wisdom of peace, the strength of justice and the joy of fellowship;

Hear my voice, for I speak for the multitudes in every country and in every period of history who do not want war and are ready to walk the road of peace;

Hear my voice and grant insight and strength so that we may always respond to hatred with love, to injustice with total dedication to justice, to need with the sharing of self, to war with peace.

O God, hear my voice and grant unto the world your everlasting peace.

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## FEAST OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY

**Tuesday 15th August 2023**

**Mass times:**

8.15am @ The Cathedral

8.30 am @ Stockton

Noon @ The Cathedral

5.30pm @ Tighes Hill



## 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