



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 1ST OCTOBER 2023

26TH SUNDAY IN ORDINARY TIME

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
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E: newcparish@mn.catholic.org.au
W: www.newcastlecatholic.org.au
W: www.sacredhearthamilton.org.au

Our Staff

Margaret Cox (*Reception & Administration*)
Monday, Tuesday, Friday
Anne Warren (*Business Manager Finance*)
Tuesday and Thursday
Dr Anne Millard (*Music, Liturgy, Sacraments, Bulletin*)

Promoters of Safeguarding

Gail Lovell P: (02) 4979 1101
Anne Millard P: (02) 4979 1252

Other Contacts

Bereavement Team: P: (02) 4979 1256
Mercy Pastoral Team: Sr Patricia Whitten rsm
0448463679
St Joseph's Pastoral Team: Contact the Parish Office



A couple of key themes running through today's readings are: it's never too late to have a change of heart, and actions speak louder than words. We are still in this world because we still have lessons to learn and work to do before we will be ready to move on to the eternal realm. Let's ask the Lord today to help us discern what things we still need to change in our hearts and what actions are required to put them into practise. *Fr John*

Parish Bulletin: Prayer requests and items for the Bulletin should be received at the Parish Office by 5pm on Wednesdays.

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)

26th Week of Ordinary Time, Year A

Monday—2nd October

Memorial of The Holy Guardian Angels

8:15am Mass @ The Cathedral

Tuesday—3rd October

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Wednesday—4th October

Memorial of St Francis of Assisi

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—5th October

Memorial of St Faustina Kowalski, virgin

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—6th October

10:15am Mass @ The Junction

11am Exposition, Adoration, and Reconciliation
@ The Cathedral (until 12pm)

12:05pm Mass @ The Cathedral

Saturday—7th October

Memorial of Our Lady of the Rosary

9.15am Mass @ The Cathedral followed by
Novena to Our Lady of Perpetual Help
(followed by Reconciliation)

5:30pm Vigil Mass @ Mayfield West

5:30pm Mass @ The Cathedral

5:30pm Mass @ The Junction

Sunday—8th October

27th Sunday in Ordinary Time

7:30am Mass @ St Mary's

8:00am Mass @ Tighes Hill

9:00am Mass @ Stockton

9:30am Mass @ The Cathedral

Live streamed via the Diocesan website:

www.mn.catholic.org.au/places/livestream/

11:00am Italian Mass @ The Junction

11:30am Polish Mass @ The Cathedral

5:00pm Mass @ The Cathedral

5:30pm Vietnamese Mass @ Mayfield West

PRAYER REQUESTS

RECENTLY DECEASED: Jim Bailey, Patricia Higgins, Judith Everitt, Christopher Howes, John Cannon

ANNIVERSARIES: Margaret Smith, Dot Davis, Tess O'Kane, Neil Redshaw, Laura Casey, Mary Tobin

SICK: Sr. Margaret Mary, OLN, Sr Monica Sinclair rsm, Gerard Pearce, Harry Melville, Doreen Mason, Elaine Johnson, Christine Timbrell, Stewart McKinnon, Mark Caesar, Peter Kefcecek, Carlo Rossi, 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.

MEN'S ROSARY GROUP

The Month of the Holy Rosary 2023 begins on Saturday 1 October and ends on Monday 31 October. The first Maitland-Newcastle Diocese Men's Rosary will be held on Saturday 28 of October, 1pm at Sacred Heart Cathedral, 841 Hunter St, Newcastle West.

For More Information contact Jason on 0499 854 928.



BOOK CLUB

Sunday, 1st October @ 6:15pm: Bookclub meets to discuss *The Years* by Annie Ernaux. If you would like to participate in book club meetings, please email newcparrish@mn.catholic.org.au



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.

VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat continues to meet via Zoom. On two Wednesdays each month, we employ the practice of *Lectio Divina* to prayerfully reflect on the Gospel of the coming Sunday. One week we will discuss a film, this month it is *Departures*.

The program for October is as follows:

4th October: *Departures* discussion

11th October: Lectio

18th October: Lectio

25th October: No meeting

To participate, please email the parish office.

NEXT WEEK'S READINGS:

Twenty-Seventh Sunday in Ordinary Time, Year A

Isaiah 5:1-7

Phil 4:6-9

Mt 21:33-43



OUR BELOVED DEAD

We remember those in our Columbaria whose anniversaries occur in October.

At Sacred Heart Cathedral:

Therese Aitchison	Sandra Martin
Nash Azzopardi	Thelma Martin
Gwen Burke	George Mercieca
Bernard Francis Callaghan	Terence Murray
Leslie John Dodds	Ivy Petherbridge
Reginald Gilbert	Hilda May Pilgrim
James Haggerty	Ian Ray
Kevin Hinitt	Kathleen (Mardi) Rooney
Mark (Walter) Kearney	Judith Sphiris
Anthony Keelan	Brian Trenaman
Andrew Mainey	Peter Tynan
Aleksander Maliszewski	Karen Varnum
	Sydney Wickham

At St Joseph's

Fergus CAMPBELL	Cecily McHUGH
Alton Richard CUSICK	Patricia PAGE
Paul DOOHAN	William PALMER
Rachel DOWZER	Noel PRYDE
Tess FLETCHER	John SMYTH
Mary GONINAN	William SOWERBY
Peggy GRAVES	Ray SKINNER
Eileen HARTSORN	Geoffrey TONKS
Bernard 'Barney' HICKEY	
Pam HOGG	

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

LIVING & gospel

Saying "Yes!"

In many ways, it is easy to say 'Yes' and not really mean it. Some people do it all the time in their lives. They say 'Yes' when they have no intention at all of following through on their commitment. It's easy to say 'Yes' and not mean it when it comes to faith as well. It's pretty easy to turn up at Church on a Sunday and be seen to be doing the 'right' thing. But if our faith doesn't change the way we live, then maybe we're really saying 'No' to God.

MONTH OF THE HOLY ROSARY

The month of October is dedicated to the Holy Rosary. According to an account by fifteenth-century Dominican, Alan de la Roch, Mary appeared to St. Dominic in 1206 after he had been praying and doing severe penances because of his lack of success in combating the Albigensian heresy. Mary praised him for his valiant fight and then gave him the Rosary as a mighty weapon, explained its uses and efficacy, and told him to preach it to others.

The Rosary had its origin in the liturgical mentality of former ages. Even at the present time it is called "Mary's Psalter." There still are Catholics who consider the 150 Hail Marys a substitute for the 150 psalms for those persons who neither have the time, the education, nor the opportunity to pray the Hours of the Divine Office. Thus "Mary's Psalter" is a shortened, simplified "breviary" — alongside the common Hour-prayer of the Church. — from *The Church's Year of Grace*, Dr. Pius Parsch

he Rosary is Christocentric setting forth the entire life of Jesus Christ, the passion, death, resurrection and glory. Of course, the Rosary honours and contemplates Mary too, and rightly so, for the same reason that the Liturgical Year does likewise: "Because of the mission she received from God, her life is most closely linked with the mysteries of Jesus Christ, and there is no one who has followed in the footsteps of the Incarnate Word more closely and with more merit than she"142 (*Mediator Dei*). Meditation on this cycle of Joyful, Sorrowful, Glorious and Luminous Mysteries makes the Rosary not only "a breviary or summary of the Gospel and of Christian life," (*Ingravescentibus malis*) but also a compendium of the Liturgical Year. Therewith the Rosary stands revealed as a dynamic teacher and nurturer of Christian faith, morality, and spiritual perfection, fostering in various ways faith, hope, charity, and the other virtues, and mediating special graces, all to the end that we may become more and more like unto Christ. — *Mariology*, Juniper B. Carol, O.F.M.

SAFEGUARDING

The Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and well-being of children and vulnerable adults. Safeguarding is everyone's responsibility if you have any concerns for a child or vulnerable adult please contact the Office of Safeguarding: P 4979 1390, E childprotection@mn.catholic.org.au or visit their website for further information

www.officeofsafeguarding.org.au

REFLECTION

A young priest was sent by his bishop to a parish that had a 'red light district' within its boundaries. On his first day in the parish a nun, who had worked in the area for many years, took him on a tour of her beat, the area where all the women-in-prostitution were plying their trade. As they went along Sister introduced the priest to her friends Bubbles, Ginger and Calamity Jane. 'Sister it's fantastic that you know these women so well', he said. 'Don't worry', replied Sister, 'you'll know them in no time as well, and they'll know you by name too.'

Seized by panic, the young priest had visions of the bishop, the parish priest or, worse still, his mother coming to visit and walking with him down the street as Bubbles, Ginger and Calamity Jane all wave and call out across the road, 'Hello Father'. Who would ever believe he only knew them pastorally?

'Truly I tell you that prostitutes and tax collectors are going ahead of you into the kingdom of God.'

The preaching of Jesus attracted all sorts of people who lived at the fringes of, or were oppressed by, Palestinian society. Jesus' message was especially attractive to them. Tensions among the huge variety of Jesus' disciples, between the rich and the poor, men and women, the Jews and Gentiles, the socially respectable and those with outrageous backgrounds continued after his death throughout the next decades, during which the Gospels were written.

It's hard for us to imagine what a diverse and scandalous group, in many respects, the first fathers and mothers of our faith were seen to be. Imagine, if you will, the fuss that would still be created if the local bishop was seen constantly dining with women in prostitution, drug dealers or known terrorists. People would be outraged, but the bishop would be doing nothing short of following Jesus' example. This situation gives us a little insight into how affronted the Chief Priests and Pharisees were by Jesus and, in turn, by his disciples' behaviour.

For Jesus there was never a lost case, or a person beyond help. He didn't just spend time with the poor and broken of his society, but offered them a new way of life, an opportunity to start again and redemption from their destructive behaviour. He went to where they were, as they were. And we do the same because this is precisely what God has done for us. God didn't wait for us to 'talk the talk' before we could 'walk his walk'. Jesus came to us when we were religiously dumb and immobile and showed us how to speak, what to say and where to walk.

The Christian walk and talk is meant to have a profound impact on our daily lives, our concerns, our priorities and compassion. So much so that if, over a period of time, what we celebrate here each Sunday makes no inroads into our family life and workplace, our professional life, our business practices and our relationships, then we should ask ourselves what we are doing here.

And, what's worse, we could even miss the ongoing revelation of Christ's presence in the poor, weak and vulnerable of our own society. We constantly look for Christ in the spectacular and the wonderful and he comes to us in the least of our brother and sisters.

May this Eucharist give us the strength to not only 'look good', but to 'be good', to start over if we need to, and do our best to live out the faith we profess. May it strengthen us to find the Lord where he is, and not keep looking in the places where we would prefer him to be.

© Richard Leonard SJ

Richard Leonard SJ is the Director of the Australian Catholic Office for Film and Broadcasting, is a member of the Australian Catholic Media Council and a film critic for all the major Australian Catholic newspapers. He completed a PhD in cinema studies at the University of Melbourne. He lectures in cinema and theology at the Jesuit College of Spirituality and has been a visiting lecturer in Australian cinema at the University of Melbourne, a visiting scholar within the School of Theatre, Film and Television at UCLA and is visiting professor at the Pontifical Gregorian University in Rome. He is an Honorary Fellow of the Australian Catholic University, has lectured widely and is the author of numerous books.

Historical context

Chief Priests & Tax Collectors

Only men of the Israelite tribe of Levi could become Priests and Levites. Men from the other eleven tribes were prohibited. It was not a religious 'call' but rather a fact of birth that led men to be priests. The chief priests and high priest performed all the rituals in the Temple in Jerusalem – it was they who performed sacrifices on behalf of others. They were very important and influential. Tax collectors were regarded poorly because they acted on behalf of the Romans – collecting revenue for an occupying and pagan force. They made their living by collecting extra amounts. They were looked down upon by most people.

JUNIOR WORDSEARCH

Teach me to follow your paths

Ez 18:25-
Ps 25:4-5, 6-7, 8-9, R, v
Phil 2:
Mt 21:28-

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

Try to find these words:

Baptist
believe
care
fair
humble
love
obeyed
older
right
safe
two
younger

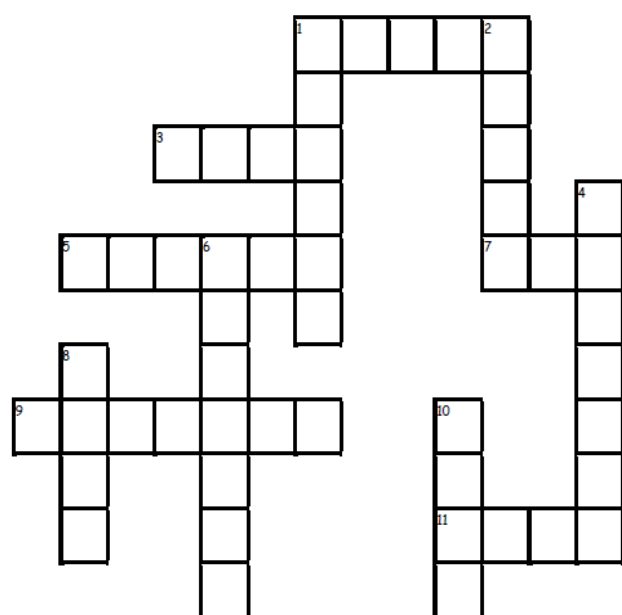
26th Sunday in Ordinary Time, Year A

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CROSSWORD

Teach me to follow your paths

Ez 18:25-28
Ps 25:4-5, 6-7, 8-9, R, v.6a
Phil 2:1-5
Mt 21:28-32



Across

- 1: of a greater age
- 3: God's _____ comforts us
- 5: modest, lowly
- 7: the man in Jesus' story had this many sons
- 9: John the _____ told the chief priests and leaders how to do right
- 11: reasonable

Down

- 1: to have done what you were told to do
- 2: correct
- 4: of a lesser age
- 6: accept the truth
- 8: to look after or show concern for someone
- 10: out of danger

26th Sunday in Ordinary Time, Year A

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ALIVE IN THE SPIRIT

The Pastoral Ministry Network is excited to invite you to the annual 'Alive in the Spirit' Event!

After two years of dynamic online gatherings, Alive in the Spirit is thrilled to be gathering for an in-person event on Wednesday 25 October 2023 at Hornsby RSL from 10am - 4pm.

This year's conference will focus on the theme of Communion, Participation, and Mission, which is drawn from the Synod on Synodality. The Synod encourages us to seek new vision, energy, and life for the Catholic Church.

The Pastoral Ministry Network AGM will follow at 4.30pm to top off a great opportunity for networking, growing in faith and sharing our hope for the Church.

Tickets are \$149 for non-members. We encourage you to share this image across your own networks inviting all wanting to be Alive in the Spirit!

For all enquiries, please contact Lisa on 0419 418 547 or email info@aliveinthespirit.com.au

CAN YOU HELP CHILDREN LIKE JAMES*?

Introducing James*

A remarkable 13-year-old boy who's filled with kindness and joy. He loves musicals, playing with toy cars, building epic Lego creations, and dominating the game Connect Four.

But that's not all! James loves adventure – he adores the great outdoors and loves camping, swimming, bike riding, and exploring the world through bus, ferry, and train rides.

However, unlike most young people his age, James has some complex needs requiring a high level of support. He has a number of diagnoses including Autism Spectrum Disorder, a mild intellectual disability, and Attention Deficit Hyperactivity Disorder.

James has a strong multidisciplinary team that supports him but needs a dedicated foster carer to love and nurture him until he reaches adulthood.

Today, we're asking you to think about what you can do to help James.

CatholicCare Hunter-Manning is looking for foster carers who can support children and young people, including James. Your kindness could make a world of difference.

If you can help, please contact call 1300 590 898 or email fostercare@catholiccare.org.au

*Name changed to protect identity

THE CHOSEN SEASON 3

We invite you to join us in soaking up the sights, smells, and tastes of 1st Century Palestine as we view Season 3 of The Chosen.

The Chosen is a series that brings to life an interpretation of what life might have been like for Jesus starting his ministry. The series has been creatively produced and includes the backstories for each of the disciples that were individually chosen by Jesus. We are first invited into each of their lives, into their struggles and baggage. But once introduced to Jesus and the invitation to spend time with him, we are invited to witness such a transformation of each of his first followers.

Each Thursday evening join us to share a meal, watch and discuss the episode. The Chosen Experience commences on 12 October at 6pm in the Murray Room. Viewing of Seasons 1 & 2 is not required. We hope to see you there. To register go to: www.eventbrite.com.au/e/the-chosen-season-3-tickets-702923361697

"TILLING THE CHURCH: THEOLOGY FOR AN UNFINISHED PROJECT." ZOOM DISCUSSION.

While Father Richard's visit was short, he last left our Diocese with riches that we can continue to explore together, as our church is an unfinished project and in need of tilling.

So, let's continue the discussion!

You are invited to discuss Father Richard's latest publication, "Tilling the Church: Theology for an Unfinished Project" chapter by chapter over the next several months online.

Wednesday 18 October: Introduction and Chapter 1. The Church as Project

Wednesday 22 November: Chapter 2. Symbolizing Grace

Wednesday 21 February: Chapter 3. The Pilgrimage Community of Faith and Hope

Wednesday 20 March: Chapter 4. Engaging the Graced World

Wednesday 17 April: Chapter 5. The Future-Oriented Past

Wednesday 15 May: Chapter 6. The Art of Faithfulness and conclusion To register go to:

www.eventbrite.com.au/e/tilling-the-church-theology-of-an-unfinished-project-tickets-708150125087

PRAYER FOR HSC STUDENTS

We pray for those preparing for their HSC.
Father we ask that they especially feel your closeness during this period.

Give them calm hearts and quiet confidence in the knowledge that you hold them in the palm of your hand.

Bless them with keen understanding and retentive memory.

Give them the ability to grasp things correctly, be exact in their explanations and express themselves clearly.

Point out the beginning, direct their progress and help them in the completion of each of their responses.

Holy Spirit send them your gifts of wisdom and knowledge.

We ask this through
Christ our Lord.

Amen



GOSPEL OF MARK

The Gospel of Mark is a treasure trove for the nurturing and nourishing of our faith. Mark brings us face-to-face with the One who came to serve and not to be served, to give his life as a ransom for many (Mark 10:45).

Explore the Gospel of Mark with Dr Debra Snoddy, a lecturer in biblical studies at the Catholic Institute of Sydney a partner of the University of Notre Dame Australia. As we look forward to the year when the Gospel of Mark takes pride of place in our liturgy, Debra promises to inform you, nourish you and challenge you to hear Mark's words in ways old and new.

The day will include an overview of the Gospel and a detailed treatment of some of the most illuminating texts from the Gospel of Mark.

Date: 15 November, Murray Room, 9.30am – 3.00pm
Registration: www.eventbrite.com.au/e/gospel-of-mark-tickets-699335259587

THE CHUCKLE

God didn't create anything without a purpose, but mosquitoes and cockroaches come close. .



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.

ADVENT 2023:

WITH ANTICIPATION AND JOY

We are called during this holy time to wait with anticipation knowing the joys of what is to come with the arrival of Christ. With Anticipation and Joy is a Diocesan resource that invites all members of the community to gather a circle of people – family, friends, colleagues, ministry teams to reflect mystagogically on the Advent Gospels and associated artworks. This is an opportunity to encounter Christ where we are, to pay attention to what Christ reveals in the scripture and the living tradition of our faith, to share this, to connect it to our life now, and to be changed by it.

To access the resource, go to:

<https://www.mn.catholic.org.au/church-mission/catholic-life/liturgy/liturgical-year/>

CARITAS AUSTRALIA

Caritas Australia needs your support to respond to the devastating earthquake in Morocco and floods in Libya. Thousands of people have died and others have been injured. Communities need shelter, food, water and medical assistance. Please support Caritas Australia's emergency appeals.

Donate at www.caritas.org.au



MADE FREE: CREATIVE RETREAT

20-22 October 2023

Join the MGL Sisters in a weekend retreat that explores a range of creative prayer experiences. Recapture the freedom you were made for, let go of what is burdening you, and let God fill you again with life. Venue: Carmel House, 345 St Andrews Rd, Varroville NSW. Bookings:

<http://www.trybooking.com/CFBRD> (by 6 October)

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

TODAY'S LITURGY

Entrance Antiphon Dn 3:31,29,30,43,42

All that you have done to us, O Lord, you have done with true judgement, for we have sinned against you and not obeyed your commandments. But give glory to your name and deal with us according to the bounty of your mercy.

First Reading: Ez 18:25-28

The sinner who decides to turn against sinfulness deserves to live.

Responsorial Psalm Ps 24: 4-9 R.v.6

(R.) Remember your mercies, O Lord.

1. Lord, make me know your ways.
Lord, teach me your paths.
Make me walk in your truth, and teach me:
for you are God my saviour. (R.)
2. Remember your mercy, Lord,
and the love you have shown from of old.
Do not remember the sins of my youth.
In your love remember me,
because of your goodness, O Lord. (R.)
3. The Lord is good and upright.
He shows the path to those who stray,
he guides the humble in the right path;
he teaches his way to the poor. (R.)

Second Reading: Phil 2:1-11

In your minds you must be the same as Christ Jesus.

Gospel Acclamation (Please stand)

Alleluia, alleluia!

My sheep listen to my voice, says the Lord;
I know them, and they follow me.

Alleluia!

Gospel: Matthew 21:28-32

He went out moved by regret. The tax collectors and prostitutes will precede you into the kingdom of God.

Communion Acclamation

Remember your word to your servant, O Lord, by which you have given me hope. This is my comfort when I am brought low.

OUR CATHOLIC PRIMARY SCHOOLS

St Joseph's Primary School

Karen McGinlay (*Principal*)

Union Street, The Junction NSW 2291

P:(02) 4961 2827

W:www.merewether.catholic.edu.au

Holy Family Primary School

Ann Jackson (*Principal*)

Pell Street, Merewether NSW 2291

P:(02) 4963 3009

W:www.merewetherbeach.catholic.edu.au

St Columban's Primary School

Danielle Reed (*Principal*)

Church Street, Mayfield NSW 2304

P:(02) 4968 3315

W:www.mayfieldsc.catholic.edu.au

St Peter's Primary School

Mark Konik (*Acting Principal*)

Dunbar St, Stockton NSW 2295

P:(02) 4920 1736

W:www.stockton.catholic.edu.au

FOOD BASKETS FOR THE NEEDY

ST JOSEPH'S, THE JUNCTION & 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 & ST MARY'S, NEWCASTLE:

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.