



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 3 SEPTEMBER 2023

TWENTY-SECOND 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
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

Lingard Hospital Team: Contact the Parish Office
Mercy Pastoral Team: Sr Patricia Whitten rsm
0448463679
St Joseph's Pastoral Team: Contact the Parish Office



Up until the time Jesus came on Earth, the world order operated on the premise that the strong could oppress the weak and the rich could exploit the poor. Then by His teachings and actions, the Lord started a revolution that began to turn this kind of thinking on its head, at least among His followers who became the Christian Church. As we begin National Child Protection Week, we are called to champion the rights of children, the most vulnerable in our communities, like we've never done before. By our commitment to practicing and promoting the safeguarding standards put in place by our Diocese and government authorities, we can all make an invaluable contribution to this important cause.

Fr John Lovell

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)

Twenty-Second Week in Ordinary Time, Year A

Monday—4th September

8:15am Mass @ The Cathedral

Tuesday—5th September

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Wednesday—6th September

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—7th September

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—8th September

Feast of the Nativity of the Blessed Virgin Mary

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday—9th September

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—10th September

23rd 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
and on the Diocese website*

NEXT WEEK'S READINGS:

PERPETUAL DAY OF REMEMBRANCE

Ezekiel 37:1-4

Romans 14:7-9

Luke 1:48-56

The readings are available on the Diocesan app

VIEW, CHEW, AND CHAT

Meets September 13 @ 7pm via Zoom for Lectio
Divina. Contact the parish office to join



RECENTLY DECEASED: Julie Wylie, Margaret Casey,
Sr Mary Collette Holz OP, John McCullum

ANNIVERSARIES: Wal Pleasant, Joseph Dunne, Patricia
Nolan, Carmel Jennings, Catherine Garvey, Zofia Ciszek,
Jack Ciszek, Peter Keddie, James Greenland, Delicia
Fernando, Francis Fernando, Canice Watt, Joanne
Fitzgerald (nee Dwyer), Mignon Evans, Ronald Raftery,
Stephanie Shortland, Mary Bridge, Clare Fuller, Ethel
Mennie, Robert Knight, Ronald Fleming, David
Sweeney

Remembrance/Memorial Prayers: Florida Elorde,
Nino D'Andrea, Claudio D'Andrea, Piero Barile

SICK: Gerard Pearce, Harry Melville, Doreen Mason,
Elaine Johnson, Christine Timbrell, Twon Nguyen,
Stewart McKinnon, Tony Nguyen, Mark Caesar, Aaron
Parkes, 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 September.

At Sacred Heart Cathedral:

Allan Atkins	Nelio Martinelli
Eileen Boswell	Allan McKinnon
Francis Clarke	Alphonsus McLachlan
Pietro Dalle Nogare	Ann Mary Mercieca
John Duggan	Patricia Ryan
Mieczyslaw Kawka	Margaret Smith
Joanie Lawrence	Patricia Tuxworth
Kenneth Lidbetter	Kay Annette Varnum
Brian Lowe	John Winstanley

At St Joseph's

Mary CALLEN	Maurice NELSON
Stan CARROLL	Lola ORRETT
Betty EDSER	Audrey O'SULLIVAN
William FLEMING	Jack PALMER
William FLETCHER	Helen PALMER
Albert GRANT	Mary Gertrude PERRETT
Frank Snr HAWKINS	Judyth RADECKI
Brian MACKLIN	Lola ROBINSON
John McHUGH	Edna WALSH
Lorna & Jack MULDOON	Norma WILSON

*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

Perpetual Day of Remembrance

For several years our Diocese has marked the Sunday on or before 15 September as Remembrance Sunday, an undertaking that Bishop Bill gave in the context of *Lina's Project* in September 2017. The day holds before us our history of child sexual abuse and the reality of its continual unfolding in the lives of those directly and indirectly affected.

On 15 August 2020 Bishop Bill issued a decree that creates the *Perpetual Day of Remembrance Sunday*, as a Feast Day, inscribed in the Diocesan Liturgical Calendar to be held on the Sunday on or prior to the 15 September each year.

This year the Feast will be celebrated on **Sunday 10 September** (next Sunday) and will replace the Mass for the Twenty-Third Sunday in Ordinary Time.

DIVINE MERCY DEVOTION

At Christ the King Church, Mayfield West.
Sunday 3rd September at 3pm. All welcome

THE CHUCKLE

I thought the dryer was shrinking my clothes.
Turns out it was the refrigerator all along.



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 what they can expect. As we are one of the parishes being audited, please take this 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>

TAIZE SERVICE

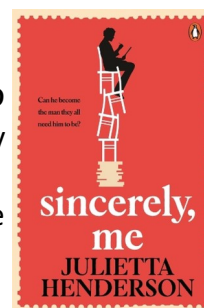


Sunday
3rd September
Immaculate Heart of Mary Catholic Church
Tighes Hill 5.00pm – 6pm *followed by a shared supper.*

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>

'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

For enquiries or registration assistance contact sharon.murphy@mn.catholic.org.au P 4979 1134.

TABLE CONVERSATION

You are invited to join interested parishioners from the Chisholm Pastoral Region for an afternoon 'Table Conversation' on the upcoming Voice to Parliament Referendum.

The conversation will be facilitated by Jennifer Rumbel, proud Kamilaroi woman and member of the Diocesan Aboriginal and Torres Strait Islander Catholic Ministry. Learn about the key opportunities for you and your faith communities to ensure an informed and educated decision is made when voting for the Indigenous Voice to Parliament.

RSVPs close Wednesday 20 September. Registration is appreciated but not essential.

Cost: Free, though cash donations are welcome.

Location: The Therry Centre, 72 King Street, EAST MAITLAND is mobility friendly, with ample onsite parking.

Date & Time: Sunday 24 September 2023. 1:30pm for 2pm - 4pm.

Enquiries: Please contact by phone, Helen B: 043 933 4000 or Yvonne R: 0432 550 986 Registration: <https://thevoicechisholm.eventbrite.com.au>

PINTS WITH A PURPOSE

Do you want to be able to make an informed decision at the upcoming referendum on The Voice?

Do you want to share a delicious meal with other like-minded people?

If you answered yes then come along to The Sydney Junction Hotel on Monday 4 September at 6pm to share a meal and hear from Gershon from Common Grace as he discusses the upcoming referendum.

140TH JUBILEE OF THE SISTERS OF ST JOSEPH, LOCHINVAR

On Monday 4 September the Sisters of St Joseph, Lochinvar are celebrating 140 years of ministry within the Diocese of Maitland-Newcastle. Four Sisters arrived from Perthville on 2 September, 1883 and enrolled the first children in Primary school the next day. We rejoice that this ministry of education continues today in many schools throughout the Diocese in the hands of faith-filled, deeply committed lay teachers. And so it is with great joy, that we give God thanks for the graces and blessings given to us, our students, their parents, our school staff and friends over these many years. The sisters invite you to remember them in prayer at this very significant point in their history.

ST JOSEPH'S MEN NEWCASTLE

St Joseph's Men Newcastle is hosting a trivia night at the Sydney Junction Hotel, Hamilton on Tuesday 19 September from 6.00pm. Get a team together or come alone for some fun trivia and a delicious meal. Great prizes to be won. FREE entry.

ALPHA SERIES AT THE UNIVERSITY OF NEWCASTLE

Join us as we journey together through the Alpha series at the University of Newcastle, meet new friends and enjoy some yummy food. Alpha is a series of interactive sessions exploring the Christian faith, based on hospitality, sharing, and prayer. Each session includes a meal, a video presentation and a small group discussion. Thursday 7 September, the University of Newcastle, Callaghan Campus, meet at the Chaplaincy Centre VG03. 6.00pm to 7.45pm. The night will also include a FREE dinner and refreshments. FREE entry.

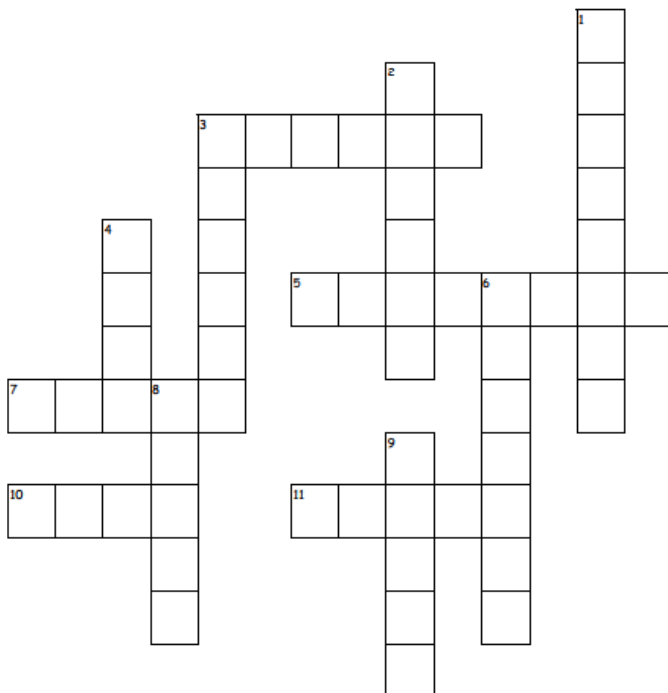
GATHERING AT HOLY CROSS CHURCH

Everyone is invited to a New Gathering at Holy Cross Church on the first and third Friday of the month. Praise and worship, Teaching and prayer for healing. The next session will be on Friday 1 September from 7pm with the option of Mass at 6:30pm. Call Wayne Caruana on 0466631394 for more information.

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

INCIDENT REPORTING

The City Pastoral Region is committed to providing a positive, safe environment for everyone. There are occasions, however, when something happenings. If you need to let us know about the incident, please use this report form:



<https://tinyurl.com/newcincident>

An incident of inappropriate behaviour should be reported directly to the Office of Safeguarding:

<https://officeofsafeguarding.org.au/report-abuse/>

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

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 or visit their website for further information

www.officeofsafeguarding.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.

REFLECTION

BY RICHARD LEONARD SJ

At the morning parade in Dachau on 22nd July 1943, six prisoners were found to have escaped. Retribution was swift and brutal. Randomly selected, 12 people were hanged. As the other prisoners watched their 12 fellow inmates gasp for breath, someone in the crowd cried out, 'Where is God?' Silence descended on the yard. The 12 bodies were now in spasm, jerking and struggling for breath. As everyone watched, the voice came again, this time more urgently, 'Where is God now?' 'My God', another voice yelled back, 'My God is hanging there'.

This sort of faith is what today's Gospel is all about. Christianity is the only world religion that holds that God took our flesh, suffered, died and was raised to life.

It is certainly true that we have domesticated the scandal of the cross, even to the point that, these days, it dangles from various parts of people's anatomies. I often wonder, had Jesus been electrocuted to death, whether we would have little golden chairs around our necks? But while we have tried to tame the reality of Jesus' tortured hours in Jerusalem, the reality of the cross in each of our lives cannot be so commercially soothed.

Christians are not meant to be smiling masochists. We are not meant to be lovers of pain – just bearers of it.

We are invited, by Jesus, to see the burden of suffering in our lives as an opportunity to be faithful to his example. It also gives us an opportunity to be in solidarity with all those who suffer in our world. This is easier said than done. When we suffer in our daily lives, thoughts of others rarely come to mind easily, but it can be consoling to keep our suffering in context and know that we are not facing it alone.

We are encouraged to see that suffering can be an opportunity to grow in love. If we understand our crosses as our particular schools of love, then we learn more about ourselves and God and are able to help others carry their crosses as well.

Carrying our cross, however, is not just about bearing physical, personal, sexual, spiritual or emotional pain; it can also be in the sharing of our gifts and talents, our love and compassion. In every gift there is a burden. Following Christ's example, we are called to share our gifts heroically with anyone in need, even to the end.

Some people complain these days that God is often presented as a big marshmallow, all sweet and soft.

Today's Gospel shows the 'edge' involved in being a follower of Christ. I don't know of a more demanding vocation in our world than that of taking up the cross of being faithful, loving and selfless.

And while we are invited to take up our cross and follow Jesus, we never do it alone. If we have the eyes to see it and the humility to accept it, Christ, literally, hangs in there with us every step of the way.

So let's recall the first cross from which we take comfort as we bear our own crosses. 'In the name of the Father, the Son and the Holy Spirit. Amen.'

© Richard Leonard SJ



ST VINCENT DE PAUL MASS

Festival Mass to celebrate the life of **St Vincent de Paul** will be held on 14th September at 7pm in St Therese Church, New Lambton. All Welcome

NATIONAL CHILD PROTECTION WEEK

This week is National Child Protection Week. Overarching message: 'Every child in every community needs a fair go'. This message captures the essence of National Child Protection Week, which aims to promote a safe and supported life for every child, now and into the future.

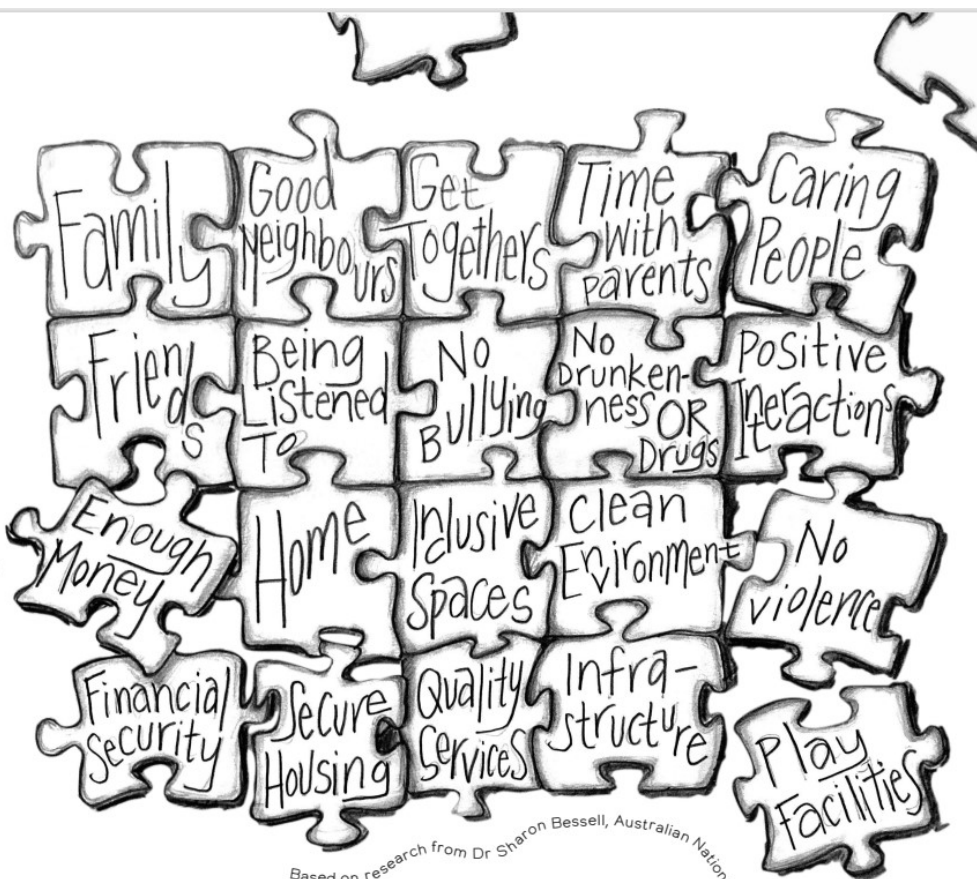
This year, the message that 'Every child in every community needs a fair go' is complemented with the theme '*Where we start matters*'.

Where we start our lives in terms of where we live, the resources available to us, and the opportunities presented to us make a significant difference to our life outcomes.

Where we start as a service sector in offering children and their families support and assistance makes a significant difference to life outcomes.

WHERE WE START MATTERS

"A community is like a puzzle. You need to have all the bits to make it work."
- M, aged 9



Based on research from Dr Sharon Bessell, Australian National University

NATIONAL
CHILD
PROTECTION
WEEK

3-9 September 2023

Where can you start? www.napcan.org.au



NAPCAN PREVENT CHILD ABUSE & NEGLECT
SUPPORTED BY: DEPARTMENT OF SOCIAL SERVICES

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TODAY'S LITURGY

Entrance Antiphon Cf. Ps 85:3,5

Have mercy on me, O Lord, for I cry to you all the day long. O Lord, you are good and forgiving, full of mercy to all who call to you.

First Reading Jer 20:7-9

The word of the Lord God has meant derision for me.

Responsorial Psalm Ps 62:2-6. 8-9. R. v.2

(R.) My soul is thirsting for you, O Lord my God.

O God, you are my God, for you I long;

for you my soul is thirsting.

My body pines for you

like a dry, weary land without water. **(R.)**

So I gaze on you in the sanctuary to see your strength and your glory.

For your love is better than life, my lips will peak your praise. **(R.)**

So I will bless you all my life,

in your name I will lift up my hands.

My soul shall be filled as with a banquet,

my mouth shall praise you with joy. **(R.)**

For you have been my help;

in the shadow of your wings I rejoice.

My soul clings to you;

your right hand holds me fast. **(R.)**

Second Reading Rom 12:1-2

May you present your bodies as a living sacrifice.

Gospel Acclamation See Eph 1:17-18

Alleluia, alleluia!

May the Father of our Lord Jesus Christ

enlighten the eyes of our heart,

that we might see how great is the hope

to which we are called.

Alleluia!

Gospel Mt 16:21-27

Whoever wishes to come after me must deny himself.

Communion Antiphon Mt 5:9-10

Blessed are the peacemakers, for they shall be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the Kingdom of Heaven.

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The English translation of the Psalm Responses, the Alleluia and Gospel Verses, and the Lenten Gospel Acclamations, and the Titles, Summaries, and Conclusion of the Readings, from the Lectionary for Mass © 1997, 1981, 1968, International Committee on Liturgy in the Liturgy, Inc. All rights reserved.

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.