

St Benedict's 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 10TH MARCH 2024 **4TH SUNDAY OF LENT, YEAR A**

Our Clergy

Fr John Lovell Fr Paul Chackanikunnel Fr Anthony Coloma Fr Anil Kumar Kuchipudi Deacon Kevin Gadd

Regional Office—St Benedict's Centre

25 Farguhar 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

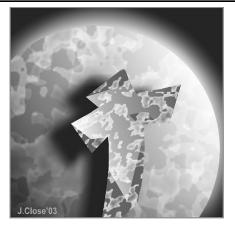
Anne Warren (Business Manager) Tuesday and Thursday

Daloras Howes (Administration) Thelma Dickson (Administration) Elul Tecle (Administration)

Dr Anne Millard (Music, Liturgy, Sacraments)

Promotors of Safeguarding

Fr John Lovell p: (02) 4979 1106 Gail Lovell P: (02) 4979 1256 Anne Millard P: (02) 4979 1252



THOUGHT FOR THE WEEK

We've all heard the saying, 'Seeing is believing'. I think we could say that we were all born blind (spiritually, that is): blind to God's love for us and His plan to set us free. Faith and the Word of God continues to challenge us to open our hearts to a new way of seeing, so eternal light might rush in and free us from the dark dungeons of doubt, fear and every kind of negativity.

Fr John

Other Contacts

Newton, Anne Millard Mercy Pastoral Team:

Bereavement Team: Margaret Cox, Gail Lovell, Christopher Gregory, Margaret Beard, Margaret P: (02) 4979 1252 Sr Patricia Whitten rsm 0448463679

St Joseph's Pastoral Team: Contact the Parish Office

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)

Fourth Week of Lent, Year B

Monday 11th March 8:15am Mass @ The Cathedral

Tuesday 12th March 8:15am Mass @ The Cathedral 9.00am Mass @ Stockton

Wednesday 13th March 8:15am Mass @ The Cathedral 9am Mass @ Christ the King, Mayfield West

Thursday 14th March

8:15am Mass @ The Cathedral 9:00am Mass @ Stockton (Anointing Mass)

- Friday 15th March
 - 10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

6:00pm Stations of the Cross (in Polish)

Saturday 16th March

- 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 17th March

5th Sunday of Lent, 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									
6.00pm	Mass @ Mayfield West (Vietnamese) **									

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

** The Vietnamese Mass is now celebrated fortnightly

NEXT WEEK'S READINGS:

5th Sunday of Lent, Year A Ez 37:12-14 Rom 8:8-11 Jn 12:20-33



PRAYER REQUESTS

RECENTLY DECEASED: Leo Roy Williams, Sr Mary Gertrude OP (Patricia Bundock), Alfonso Abella

ANNIVERSARIES: Ruth Galbraith, Leonie (Royan) Witt, Jean O'Brien, Lawrie O'Brien, Stan Maurer, Mary Hanson, Eunice White, Emilia Milosavjevic, Laurel Russell, James Francis Tait, Nigel Edward Mulligan, Catalino Jimenez, Nicolas Jimenez Jr, Milagros Diwa, Corazon Atienza, Florencio Diwa Sr, Kathryn Allan Oultram



SICK: Maria Therese Perera, Tui Innes,

Ronoel Diwa, Jolina Joyce Saranillo, Maureen Francis, Angela Cottier, Patrick McInerney Cowan, Joshua Zalanardo, Rosa Silivinec, Harry Melville, Doreen Mason, Elaine Johnson, Stewart McKinnon, Mark Caesar, Peter Kefecek, 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.

OUR BELOVED DEAD

We remember those in our Columbaria whose anniversaries occur in March:

At Sacred Heart

Louise Anne Balzer Francesco Bufi Verona Cable Edward Caelli Warren Cunningham Michael Edward Delaney Veroncia Ellicott Betsy Gadd-Ardesch

Frank Gibson Keith Martin Terence O'Beirne Peter Francis O'Sullivan Wesbrook (Wes) Smythe **Coz Sphiris** Anna Maria Stefanson Bill Van Schyndel Thomas (Jack) Wakely

At St Joseph's:

Carmel Blair	Jack Muldoon					
Muriel Boekenstein	Yvonne Pryde					
Della Brain	John Sowerby					
Ellis Brown	Paul Wallace					
Thelma Doohan	Win Young					
Megan Evans	Kenneth McDonnell					
Margaret Fleming	Eleanora C Bertoss					
Barry Lewis John Gordon	Kathleen Booker					
Joyce Johns	James Struck					

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

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

FROM THE PARISH PRIEST

Dear friends,

In response to my recent requests for nominations from each of our Mass centres to form our new Regional Pastoral Council, I am pleased to announce the following:



1. Sacred Heart Cathedral – Gail Lovell & Allen Brierley

2. St Joseph's, The Junction – Dennis Nolan

3. St Mary's, Newcastle – Florence Ross

4. Immaculate Heart of Mary, Tighes Hill – Rose McAllister

5. Christ the King, Mayfield – Alicia Jenkins

6. St Peters in Chains, Stockton – Jeanine Wilson

As these parishioners have been nominated unopposed and have indicated they are happy to accept appointment to the new council, on behalf of the City Pastoral Region I am happy to accept their nominations. My sincere thanks to each of them for being happy to represent their respective Mass communities and my appreciation also goes out to the communities who nominated them. They will be formally commissioned to their new roles over the coming weeks. Once that occurs, the Mass communities they represent may call on them to bring forth issues to be discussed at future Pastoral Council meetings and in turn report back to their communities. Please support them with your prayers.

At the last meeting of our last Regional Pastoral Council held on 27th February this year, on behalf of us all I thanked those who constituted that team for their commitment and service. With their assistance we successfully navigated our way through the difficulties of the covid pandemic along with changes to the clergy of our region, reintroduced regular Masses both in our schools and aged care facilities, scheduled monthly Anointing Masses across our three parishes, established a regional Bereavement Team, came through the recent Safeguarding Audit with a great result, and placed our region in a relatively strong position to prosper over the coming years.

While we still have much to do going forward, we have much to give thanks to God for.

To Witness and to Accompany with Christian Hope

The Diocese is holding three workshops with Rev. Fr Kevin McGovern, a Christian ethicist and former director of Melbourne's Caroline Chisholm Centre for Health Ethics. The workshop will focus on accompanying those whom we care for that may be critically ill or at a terminal phase of their life.

SESSIONS AVAILABLE: Wednesday 20 March, 2pm - 4pm and 6:30pm - 8:30pm: Input, discussion and face-to-face workshop

Suitable for staff and volunteers in parishes and staff from Catholic health and aged care providers. Thursday 21 March, 9:30am - 12:30pm: Input, workshop and table-talks. Suitable for Diocesan Leadership, CatholicCare, Principals and staff as well as medical and aged care staff. Register via Eventbrite: https://CDMN-witness.eventbrite.com.au or phone (02) 4979-1329.

CHRISM MASS

Each year during Holy Week all the faithful of the Church of Maitland-Newcastle are invited to gather with Bishop Michael Kennedy for the Chrism Mass. Here we bless and consecrate the Sacred Oils that will be used for ministry during the year.

Join us on Tuesday 26 March from 7pm at Sacred Heart Cathedral.

All are welcome, read more about it: https:// mnnews.today/liturgy-matters/2024/57932-liturgymatters-come-on-down-to-the-chrism-mass/

HUNTER COMMUNITY ALLIANCE FOUNDING ASSEMBLY

The Hunter Community Alliance brings together diverse communities, environmental groups, unions, and religious organisations to advance the common good and achieve a fair, just and sustainable future for the region.

The Founding Assembly is the next milestone of the HCA's four-year journey of listening, training, preparing, and organising. We are encouraging representatives from every Parish to come along so the broader community can witness our commitment to the common good, the dignity of the human person, solidarity, the preferential option for the poor, stewardship of creation and subsidiarity.

The Founding Assembly will take place April 10th, 6:30pm-8:30pm at the University of Newcastle Great Hall, Callaghan. Register here.

LENTEN DISCUSSION GROUP

Each Wednesday following 9am Mass in Mayfield West Church. All welcome.

With blessings, Fr John

Reflection

As Christians in the world we cannot help but be influenced by the developments that happen around us. Indeed, we believe that many of these advances are gifts from God, given to us to enjoy. But not all developments in thinking and practices are for the better.

One recent and alarming development is the false thinking that we cannot judge other people, or that we should not be judged. The wider community regularly maintains that no one is in a position to judge another's behaviour or statements. This approach holds that everyone's words and actions are of equal value. This position is many things, but it's certainly not Christian, but this hasn't stopped it from finding a home amongst us. We regularly hear statements from Christian men and women like, 'We're not in a position to judge' or 'You can't judge them' and 'If it's fine for them, then it's fine'. This thinking has a name. It's called moral relativism and it tries to claim that the morality of behaviour is only determined by the person who does the act, or the context within which the action is taken.

Our Catholic tradition teaches us that a context is very important in trying to work out if someone is to blame for what they say and do, but that a person's particular circumstances never change the fact that the words or actions are in themselves wrong. We hold that while all human beings have equal value and dignity, we do not believe that everyone's opinion and actions are of equal worth. We believe that 'right judgment' is a gift of the Holy Spirit and that it's best exercised with humility and compassion.

When I hear people say I should not judge others, I assume they are telling me that I should not condemn other people. There is a world of difference between judging and condemning. To judge is to make an assessment. To condemn is to damn. As Christians we judge because we have to keep discerning how the things of the world can be reconciled with the things we hold to be true. Condemnation is the prerogative of God alone, who sees all, knows all and loves all. In today's Gospel, however, John tells us that even God has forfeited the right to condemn the world, but has sent Jesus to be the world's light, life, truth and saviour.

The Gospel reminds us that if we feel condemned for what we have done and said, then it's because we have condemned ourselves, not because God condemns us. John tells us that even when we find ourselves lost in the darkness of our most destructive behaviour, the saving love of Christ is always available to us, inviting us to come out of the darkness into his light.

What a great metaphor the light and dark is for making the best judgments in our own lives. Alarm bells should always ring when we find ourselves not wanting anyone else to know what we have said or done. Secrecy is often the ally of sin and the more open and transparent we are, the more confident we can be that we are walking as children of the light.

May this Lenten Eucharist enable us to let go of the desire to condemn others and ourselves, and to receive again the compassionate, just and humble gift of right judgment that helps us to see the darkness for what it is, and keeps us walking in the light of Christ.

© 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.

SACRED@SEVEN

Join us for our first Sacred@Seven event for 2024. This is an opportunity for you to take some time out of the busyness of life to experience an hour in the presence of the Blessed Sacrament, in the beautiful Sacred Heart Cathedral. Meet new people and enjoy fellowship as you are invited to join us for some light refreshments following the holy hour. All are welcome.

Date: Wednesday 13 March Time: 7:00pm Location: Sacred Heart Cathedral Hope to see you there!

PARISH LUNCHEON

Parish Luncheon at *Souths Leagues Club, Llewellyn St, Merewether* @ 12.30pm on Monday, 18th March. All welcome. Inquiries to Maureen on 0412 673151.

BEREAVEMENT

Margaret Beard, a parishioner of Stockton, is a member of the recently formed Bereavement Team for the City Region. Should you know of anyone in need of care or counselling, please make contact with Margaret.

GUIDANCE AND PROCEDURES

All parishioners, parents and sponsors, ministers and anyone else involved in the preparation and celebration of Confirmation over recent years, are invited to participate in our review process. Ideally please read 'Liturgy Matters: It's Time - Christian Initiation and Confirmation Review (13 Feb 2024)' where everything is explained and the 'Review Document' is available. You can access the Review Document directly by using the following link: https:// www.mn.catholic.org.au/media/6754/confirmationreview-process.pdf

Otherwise, you can access the questionnaire but NOT the background information via this 🖁 QR code. The closing date is 17 March. With thanks, Louise Gannon rsj



aMeN caMiNo

The purpose of pilgrimage is journey. Camino has a long and established Christian history, it means 'road' or 'way'. A famous Camino is St James Way or Camino de Santiago in Spain. The first Christian movement in the 1st Century was known as 'The Way'.

The aMeN CaMiNo is a response to a desire to be in communion with each other and our sacred earth. It is an opportunity to pause from routine, immerse yourself in reflection, contemplation and to provide a moment of space for each person to be conscious of God's gift of Grace.

Amen is the word Christian's use to say 'Yes, we are on our way to God.' By joining us on the "aMeN CaMiNo", you are saying yes to something in your heart which is calling you.

The aMeN caMiNo takes place over five consecutive days. The pilgrimage starts at St John's Chapel, Maitland and concludes at the Sacred Heart Cathedral, Hamilton. Pilgrims will walk an average of 20km per day through the beautiful landscape of bush, beach and beyond which we are blessed to have in our backyard. We will also be holding a weekend experience.

Dates: 6-10 July, 3-7 August and 7-8 September. Expression of Interest: https://forms.office.com/r/ WrRZ8LCixe

WORLD DAY OF PRAYER

Sincere thanks to all who attended our World Day of Prayer Service in Stockton last Friday. Particular thanks to our Speaker, Farooq Rah, who gave us a very enlightened and informative talk on the people of Palestine. Your generous donation of \$193.20 has been forwarded to the WDP Committee.

WAY OF THE CROSS

Our Diocese is blessed with rich diversity. This year's Ecumenical Way of the Cross, held on the 5th Sunday of Lent, invites us into a multicultural journey of remembrance. As we relive the story of Jesus' Passion, we recall the stories that have brought us together. This event is a celebrated gathering of our wider community and one not to be missed.

When: Sunday 17 March, 3pm (you are invited to gather from 2pm)

Where: St Joseph's Toronto Church, 140 Wangi Road, Toronto

VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat continues with the Lenten program on March 6. To participate, please email the parish office. We will return to the first series of The Chosen after Lent.

BOOK CLUB

Sunday, 7th April @ 6:15pm: Bookclub meets to discuss Willow Man by Inga Simpson. If you would like to participate in book club ${f R}$ meetings, please email newcparish@mn.catholic.org.au

MEDITATION GROUPS **AT LIVING WATERS CENTRE**

LIVING WATERS CHRISTIAN MEDITATION 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.

PALM SUNDAY PEACE RALLY

24 March 2024, 1.30pm to 3.30pm

Hunter Peace Park, opposite Tighes Hill TAFE.

Speakers from various faith, peace and justice perspectives, as well as music, children's art, banner display, circle dance.

BYO chair and sun protection

MORNING TEA

All are welcome at the cuppa after 8.00am Mass at Tighes Hill on Sunday 17 March.

UNDERSTANDING THE BEATITUDES

One of the most striking examples of Jesus' teaching is the Sermon on the Mount in Matthew's gospel. The Beatitudes are the foundation on which that sermon is built. They are also one of the most beautiful statements of Christian ethics. Yet at the same time, they are also some of the trickiest verses in the Bible to interpret. In this subject, we'll tackle the meaning of the blessings by putting them into the context of the gospels, the Hebrew Bible, and wider Jewish literature, like the Dead Sea Scrolls. We'll think about what the Beatitudes contribute to our understanding of Jesus' teaching and mission. And finally, we'll think about how the Beatitudes still matter today.

Dates: Thursdays 7 & 14 March (4.00pm-5.30pm) Venue: Library in Diocesan Resource Centre Register at: https://forms.office.com/r/cGXZ545eRX

FOOD BASKETS FOR THE NEEDY

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 **Immaculate Heart of Mary 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.

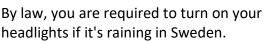
EPIC (EVERYTHING POSSIBLE IN CHRIST) YOUNG ADULT GROUP

Are you aged between 20 and 40? Are you interested to share your faith with like-minded young adults? Then our new faith sharing group might be for you! We meet Thursdays @ 7pm in the Cathedral precinct. Email Elul.tecle@mn.catholic.org.au to find out more.

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.

THE CHUCKLE



How do you know when it's raining in Sweden?

ENROLMENTS FOR 2024 SACRAMENTAL PROGRAM

A child's catholic faith journey began with the Sacrament of Baptism and continues by the reception of the Sacraments of Initiation, Confirmation and First Eucharist.

The preparations for these sacraments in the Inner Newcastle Parish run between February and June of every year and are designed for children going into Year, 4, 5 or 6 in 2024. Preparations are completed as a family with online activities and volunteer work within the community.

Enrolments are now open for the 2024 program. If you are interested in being apart of the program this year please visit the parish website and complete the online enrolment form.

https://www.newcastlecatholic.org.au/sacramentalenrolment-form/

For more information please contact the office on 49791101 or newcparish@mn.catholic.org.au

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 seeto-re-search and find the living meaning of what it means to open the heart. Everyone has the ability to create art, but in order for it to be theological, the artist needs to explore ways that it makes sense of faith. Opening the heart through art involves making meaning through the creation, then reflecting on the art itself and the unfolding the moment-to-moment direct experience of the process.

This workshop will provide an opportunity to awaken the Spirit through the beauty of God's creation, prayer, and reflection. Participants will engage in art making experiences which will nourish their faith.

Date: Thursday 14 March (9am-3pm)

Venue: Kilaben Bay Community Centre

Cost: \$25 per person

Register at: https://www.eventbrite.com.au/e/art-and-spirituality-workshops-2024-tickets-808605269127

MEN'S ROSARY GROUP

The Men's Rosary will be held on the first Saturday of each month @ 1pm at Sacred Heart Cathedral, 841 Hunter St, Newcastle West. For more Information contact Jason on 0499 854 928.

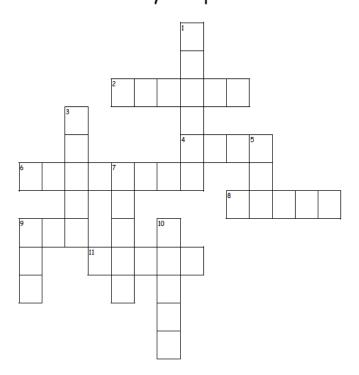


JUNIOR WORDSEARCH The Lord is my shepherd

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4th Sunday of Lent, Year A [N04LESUA_2005_WS3.rtf]

CROSSWORD The Lord is my shepherd



Try to find these words:

blind children chosen David eyes Jesse light man mud see sheep Siloam

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1 Sm 16:1b. 6-7. 10-13a Ps 23:1-3a. 3b-4. 5b-6c R.v.1 Eph 5:1-2. 8-10 Jn 9:1. 6-12. 35-38

Across

- 2: Jesus told the blind man to wash off the mud at _ _ _ Pool
- 4: we see through these
- 6: young people
- 8: David's father
- 9: dirt mixed with water
- 11: the opposite of dark

Down

- 1: picked, selected
- 3: not able to see
- 5: look
- 7: he became the king of Israel
- 9: an adult male human
- 10: animals that are looked after by shepherds

TODAY'S LITURGY

First Reading: 1 Samuel 16: 1, 6-7, 10-13 In the presence of the Lord God, they anointed David king of Israel.

We pause for silent reflection.

Responsorial Psalm: Ps 22 R. v.1

The Lord is my shepherd, there is nothing I shall want

The Lord is my shepherd; there is nothing I shall want Fresh and green are the pastures where he gives me repose Near restful waters he leads me, to revive my drooping spirit

He guides me along the right path; he is true to his name If I should walk in the valley of darkness no evil would I fear You are there with your crook and your staff; with these you give me comfort

You have prepared a banquet for me in the sight of my foes My head you have anointed with oil my cup is overflowing

Surely goodness and kindness shall follow me all the days of my life In the Lord's own house shall I dwell for ever and ever

Second Reading: Ephesians 5:8-14

Rise from the dead, and Christ will shine on you.

We pause for silent reflection.

Gospel Acclamation: Jn 3:16

Praise to you, Lord Jesus Christ, king of endless glory! *I am the light of the world, says the Lord; whoever follows me will have the light of life.* Praise to you, Lord Jesus Christ, king of endless glory!

Gospel:John 9:1-41

The blind man went off and washed himself and came away with his sight restored.

We pause for silent reflection.

Living #gospel

Lenten Light

The story of the man born blind is a perfect choice for the Lenten season. During this season we are invited once again to open our eyes to Jesus; to step out of darkness and into the light; to look towards the future with hope and not despair. When we celebrate the resurrection of Jesus at the Easter vigil, we celebrate the coming of the Light of the World into our lives. This annual call to turn away from darkness and walk in the light is a powerful and poetic call to focus our lives on the way of Jesus.

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

Penny Banister (Principal) Church Street, Mayfield NSW 2304

P:(02) 4968 3315 W:www.mayfieldsc.catholic.edu.au

St Peter's Primary School

Michael Punch (Principal) Dunbar St, Stockton NSW 2295

P:(02) 4928 1861 W:www.stockton.catholic.edu.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