



City Pastoral REGION

CATHOLIC DIOCESE OF MAITLAND-NEWCASTLE

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 14TH JULY 2024

15TH SUNDAY IN ORDINARY TIME, YEAR B

Our Clergy

Fr John Lovell
Fr Anthony Coloma
Fr Anil Kumar Kuchipudi
Deacon Solomon Okovido
Deacon Kevin Gadd

Regional Office—St Benedict's Centre

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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 Tecele (*Administration*)
Peter Davies
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

Too often we over-complicate life and create stumbling blocks for ourselves and others. Jesus in our Gospel this Sunday urges us to keep things simple and get back to basics. It ought to remind us of that simple message from Micah: *The Lord asks of you only this, to act justly, to love tenderly and to walk humbly with your God.*

Fr John

Other Contacts

Bereavement Team: Margaret Cox, Gail Lovell, Christopher Gregory, Margaret Beard, Margaret Newton, Anne Millard P: (02) 4979 1252
Mercy Pastoral Team: 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)

15th Week of Ordinary Time, Year B

Monday 15th July

Memorial of St Bonaventure

8:15am Mass @ The Cathedral

****Cathedral closed after Mass for carpet cleaning**

Tuesday 16th July

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Wednesday 17th July

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday 18th July

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

11:00am Funeral Mass for Sr Jane Francis @
Mayfield West

Friday 19th July

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral (Anointing Mass)

Saturday 20th July

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 21st July

16th Sunday in Ordinary Time, Year B

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) **

****No Mass this weekend.**

* 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:

Sixteenth Sunday in Ordinary Time, Year B

Jeremiah 23: 1-6

Ephesians 2: 13-18

Mark 6: 30-34



PRAYER REQUESTS

RECENTLY DECEASED: Ilona Holmick, Kieren Smith, Sr
Jane Francis RSJ (Eileen Schumacher), Don
Hourne

ANNIVERSARIES: Melba Royan, Sheilah
Delaney, Sr. Maree Haggerty rsm, Sr.
Philomene Tiernan rscj, Jim Boys, dec'd members of
the Keogh family, Winifred Hart, Joyce & Kevin
McKenna

SICK: Peter Majdandzic, Lisa Woodland, Tima Otto,
Conchita Ponte, Joyce Saranillo, John Woodward,
Loreta Habulan, Peter & Bev Woods Leeton, Maria
Therese Perera, Tui Innes, Marko Kefcecek, Jolina Joyce
Saranillo, Maureen Dwyer, Angela Cottier, Joshua
Zalanardo, Rosa Silivinec, Harry Melville, Doreen
Mason, Elaine Johnson, 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.*



SCRIPTURAL CONTEXT

Mission and Ministry

This seems an odd event in the narrative of the Gospel of Mark. The twelve are sent out and we are told that they 'cast out many devils, and anointed many sick people with oil and cured them'. After a diversion to explain the fate of John the Baptist the gospel picks up again by simply stating that the disciples returned and reported all they had done. There is no explanation of why Jesus sent them out; no indication of how long they travelled; no evidence of what reception they were given. This was a prelude to the later ministry that would be performed; it was an instruction by Jesus for how the mission was to be carried on.

PARISH LUNCHEON

Parish Luncheon at Souths Leagues Club, Llewellyn St,
Merewether @ 12.30pm on Monday, 15th July. All
welcome. Inquiries to Maureen (Tighes Hill) on 0412
673151.

PARISH BULLETIN

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

OUR BELOVED DEAD

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

At Sacred Heart

John Belcher	Kevin Thomas Kelly
Reginald Bennett	Teresa Lewandowska
Coral Dawn (Diri) Cooke	Reg Jim McLean
Gerard Daly	Ken Moulston
Patrick Docherty	Frank Narvo
John Doran	Jerzy Nowakowski
Maree Margaret Drennan	Mildred Roser
Mary Everleigh	Christine Smith
Sergio Franceschi	Eric Smith
Fay Franks	Josef Stefanson
Teresa Grach	Clarence Joseph Withers
Joan Marjorie Harris	

At St Joseph's:

Paul Bertoss	Doreen Dent
Peter Doohan	Peter Doyle
Kath Ryan	Peter Goninan
Lillian Wilkin	Kevin Johns
James Campbell	Louise Leahy
Adrian Joseph Alcock	Jack McNamara
Lloyd Bailey	Allan McVie
Doreen Egan	Joseph O'Callaghan
Lillian Barber	Eileen Rae
Kenneth Baxter	Maureen Schmuck
Don Blair	Annie Stamp
Jack Britten	Peter Thompson
Roy Bruce	Elizabeth Wallace
Brian Byrnes	Theresa Watt
Mary Gertrude Chester	Lillian Wilkin
Val Colyvas	

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

A LITTLE CHRISTMAS IN JULY

The statues of the three wise men have returned to Tighes Hill after some repairs and repainting.



CHRISTIAN FORMATION COURSE

Expressions of Interest for 2024/2025 Christian Formation Course are now open.

Are you wanting to know more about Christianity and develop a deeper understanding of the Catholic Church? The Christian Formation Course (CFC) is a learning experience that allows participants to explore the foundational elements of the Catholic Faith Tradition. This one-year course introduces participants to scripture, theology, church history, sacramental life and liturgy.

- The Course runs across twelve (12) months and comprises eight (8) units
- All who complete the Course are awarded a diocesan Certificate in Christian Formation

By engaging in the course, it is hoped participants will:

- become more confident in understanding the Catholic faith
- grow in their capacity to reflect on their life's journey
- realise that Christian faith is nurtured in community
- be affirmed in their gifts for participating in the life of the faith community
- grow in awareness of what it means to be a responsive member of the faith community

Commencing on Tuesday 23 July, no prerequisite formation or qualification is required to enrol. To find out more, go to www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/christian-formation-course/



HOLY FAMILY
Primary School, Merewether Beach
is celebrating the

MacKillop Centre
GRAND OPENING

AND

Grandparents Day

FRIDAY 9th AUGUST
Join us for a Grandparents Liturgy at 10am,
followed by the Grand Opening and a sausage sizzle
Feel free to bring a picnic blanket
and/or camping chairs!

Please RSVP by scanning
this code or going to:
<https://forms.office.com/r/A0ai07ADmE>
SCAN ME



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, Echildprotection@mn.catholic.org.au or 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

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.

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.



WEDNESDAY ROSARY

Pray the Rosary each Wednesday immediately after 8:15am Mass in Sacred Heart Cathedral, 841 Hunter St, Newcastle West.

EPIC (EVERYTHING POSSIBLE IN CHRIST) YOUNG ADULT GROUP

Meet Thursdays @ 6pm in the Cathedral precinct.

Anyone aged between 20 and 40 is cordially invited to join the group. On July 18 we will watch Episode 3 of The Chosen.

Email Elul.tecle@mn.catholic.org.au to find out more.

VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat meets again in August. *Stay tuned for updates!* To participate, please email the parish office.

PRAYER GROUP

Junction Prayer/Discussion Group Monthly meetings occur on the last Thursday of each month at 9:30am in Parish meeting room.

TAIZE SERVICE

Sunday 4th August Immaculate Heart of Mary Catholic Church Tighes Hill 5.00pm – 6pm *followed by a shared supper.*

You can read about it in the Aurora article "A spirit of joy, simplicity and reconciliation" available in the Diocesan website: <http://mnnews.today>



BOOK CLUB

Sunday, 4th August @ 6:15pm: Bookclub meets to discuss *Bright Shining* by Julia Beard. If you would like to participate in book club meetings, please email newcparish@mn.catholic.org.au



COMMUNITY KITCHEN OPENING HOURS

As we enter winter, more people in our community will need help. CatholicCare's Community Kitchens can be accessed by anyone who needs a warm meal or support. Five locations operate across the Hunter and Mid-North Coast. including:

- Hamilton South: Every Wednesday, 12pm to 1pm at 29 Fowler Street, Hamilton South
- Newcastle: Every Saturday, 5.30pm to 6.30pm (6.30pm to 7.30pm during Daylight Savings) at Civic Park, King Street, Newcastle
- Toronto: Every Thursday, 5pm to 6.30pm at 97 The Boulevard, Toronto

STAY UP-TO-DATE WITH DIOCESAN RESOURCE CENTRE EVENTS

The Diocesan Resource Centre and Library were officially opened and blessed by Bishop Michael Kennedy at the end of May. The library is open three days a week and offers several events each month. Find out what is on offer by regularly checking the Catholic Diocese of Maitland-Newcastle website: www.mn.catholic.org.au/places/library

The opening hours are as follows:

Mondays and Fridays – 10am to 6pm
Saturday – 10am to 2pm

2024 MAGDALENE AWARD PRESENTATION

The 2024 Magdalene Award Presentation will take place in the Toohey Room at 841 Hunter Street, Newcastle West, following 9:30am Mass at the Sacred Heart Cathedral on Sunday 28 July. Should you wish to attend, RSVPs close on Friday 19 July, and can be submitted to kate.crncevic@mn.catholic.org.au

SEASON OF CREATION

WONDER – WEAVING – HEALING

Join Catholic Earthcare and their Season of Creation Convocation for three special events in September.

Thurs 12 and Fri 13 September - online keynote presentations, workshops, discussions and spiritual experiences

Sat 14 September at Diocesan Resource Centre - hear about and discuss regenerative projects within and beyond our diocese and consider how we can contribute. Morning tea and lunch supplied as part of registration.

Information/Registration at: www.trybooking.com/events/landing/1231165

WOMEN OF THE WELL – WEEKEND RETREAT 9 TO 11 AUGUST 2024

The Women of the Well retreats are designed to help you create space in your life to listen to the spirit's whisper and connect with other like-minded women. The next Women of the Well retreat will be happening at The Hermitage, Mittagong from 9 to 11 August. We want to ensure our retreats are accessible to all, as such we set our fees to cover just our costs for your food & accommodation. Thanks to our partnership with the Sisters of St Joseph, we are able to offer these subsidised rates to first-time retreatants. If this cost is a barrier, please contact us.

First time retreatants: \$125

Returning Retreatants: \$350

Visit www.womenofthewell.com.au or email info@womenofthewell.com.au for more information.

DIVINE MERCY DEVOTION

First Sunday of the Month @ 3:00pm
August 4th

Chaplet of Divine Mercy
Christ the King, Mayfield West

SEEKING YOUR ASSISTANCE WITH THE 'ABSENT FROM THE TABLE' RESEARCH PROJECT

The Australian Catholic Bishops Conference is undertaking a research project aimed at investigating why some Catholics do not participate in regular weekly Sunday Mass (Sunday Mass includes the Saturday Vigil). The project will provide in-depth information about contemporary religious practices and beliefs of Catholics in Australia. The insights would enable parishes, movements, and school communities to respond to the trends in participation in the Church, update the Church's awareness and understanding of the present-day context, and enable responses and collaboration around the underlying factors for non/dis-engagement.

We have been asked to seek the assistance of people who meet the selection criteria for this survey:

1. That they self-identify as Catholics and are 18 years and over.
2. That they do not regularly* attend weekly Mass on Sundays.

*Regular weekly attendance is defined as physical attendance at Sunday Mass three or more times a month, including the Saturday vigil celebrated in many parishes.

If you know of anyone who fits this criteria and might be happy to assist with this research, please show/forward them this message and invite them to use the link/address below to open up and complete the survey, which is currently open and will close on **Tuesday, 20 August 2024**. The survey is anonymous, participants can decline to answer any questions, withdraw from the survey at any time and obtain further information and gain access to the research findings via email:

ncpr@catholic.org.au or www.ncpr.catholic.org.au.

Link: <https://bit.ly/AbsentFromTheTableSurvey>

We thank you for your assistance with this valuable research.

ACBC National Centre for Pastoral Research

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.

HELP!

A REFLECTION BY ANNE MILLARD

One of my favourite stories concerns a man who lived in a two-story house near a river. One day, the river began to flood. Warnings were given via radio, TV, and shortwave. Large jeeps drove through the area to evacuate people. As a jeep drove by the man's house, he was told:

"You are in danger. You must evacuate. Get in the Jeep. Let us help you."

"No," the man replied from his doorstep. "I have faith. The flood won't get me. God will take care of me."

The water continued to rise and soon the man is on the second floor. A boat going through the area arrives at the man's house. Rescuers make every effort to convince the man to take action so that his life would be saved.

"No worries," says the man. "I have faith. Everything is okay. God will take care of me."

The flood continue to rise and soon the man is on the roof to avoid the rising water. A helicopter pilot sees him on top of the roof and hovers above the man. Using a megaphone, the pilot tries to convince the man to grab the rope ladder which was dangling above his head.

"You are in danger. The flood is still rising. Grab the rope ladder. Let us help you."

"No, no; all good." says the man. "I will be fine. God will take care of me."

The flood rises; the man drowns.

At the pearly gates, the man says to God: "I had faith and you let me die."

To which God replies: "I sent you a jeep, a boat, and a helicopter. What more could I have done for you?"

Whose task is the hardest? The person wanting to help or the person unable to recognise the help he or she is offered? I played golf with three lovely women some weeks back. I missed a putt on one hole by a few centimetres. The gal who putted before me said "I showed you what not to do and yet you still did it!" Sure enough, I'd watched her putt and somehow made the same mistake. Silly me—I came 4th in the competition. That putt might have elevated me to a place on the podium.

Some years ago, a colleague offered me a hand moving something. I didn't need the help and politely declined his offer. His wife told me later that he'd said I was "stuck up" because I refused his assistance. What a lesson that was! I might not need the help offered, but I always need friends.

I'm sure we've all been in situations where we've wanted to help someone who just doesn't want our help. Or they want a different kind of help from what we think they need.

NEW CITY REGION RCIA TEAM

You may recall Fr John inviting Expressions of Interest for a new RCIA Team for the City Region. Eight people came forward and this new Team begins its formation journey with a Formation - Retreat Day on Friday 26 July @ the Sisters of Mercy Regional Office, 20 Union St Tighes Hill, 9.00 – 3.30. The day is called 'I call you friends.' The ministry of Christian Initiation is the responsibility of the whole parish community and part of the Team's initial work will be focused on the whole community becoming more intentionally an 'Initiating community'. We are therefore extending the invitation to participate in this initial formation day to all members of faithful across the three parishes who comprise the City Region. To register please email: newcparish@mn.catholic.org.au by 5.00pm Monday 22 July with your name and contact details (mobile and email). Numbers are essential both for catering purposes and printing resources for participants.

The ministry of Initiation begins for the whole community now. As well as coming to the formation day on 26 July, you are invited to do two things:

1. Pray always: Pray for the new team. Pray for the whole region to grow as an initiating community. Pray for all people who seek the living God and to explore their relationship with God in the context of the Catholic community.
2. Reflect: How are you an agent of God's friendship in your everyday encounters? To those who are members of the faithful but have little to do with the faith community? To those beyond the community of faith? Together we are beginning an exciting journey. Stay tuned.

AMEN CAMINO – SEASONS OF CREATION WEEKEND RETREAT

Join us for an aMeN caMiNo weekend experience during this year's Season of Creation at the beautiful Myall Coast. This caMiNo is suitable for both beginners and experienced walkers. It offers a one- or two-day experience on September 7th and 8th.

For more information visit our website:
mn.catholic.org.au/church-mission/catholic-life/faith-formation/amen-camino

AMEN CAMINO COMMUNITY WALK

We invite you to sample the aMeN caMiNo experience through this Community Walk.

When: Saturday 17th August 2024.

Time: 8am-11am

Where: Walk begins at Merewether.

Register your Interest here:

<https://forms.office.com/r/w3tX1w69t3>

JUNIOR WORDSEARCH

Go out and tell everyone God's message

Mk 6:7-13

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

Try to find these words:

Christ
demons
feet
food
homes
message
money
sandals
sick
spirits
turn
twelve
two

15th Sunday in Ordinary Time, Year B [N15ORSUB_2003_WSG.rtf]

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CROSSWORD

I am sending you to speak in my name

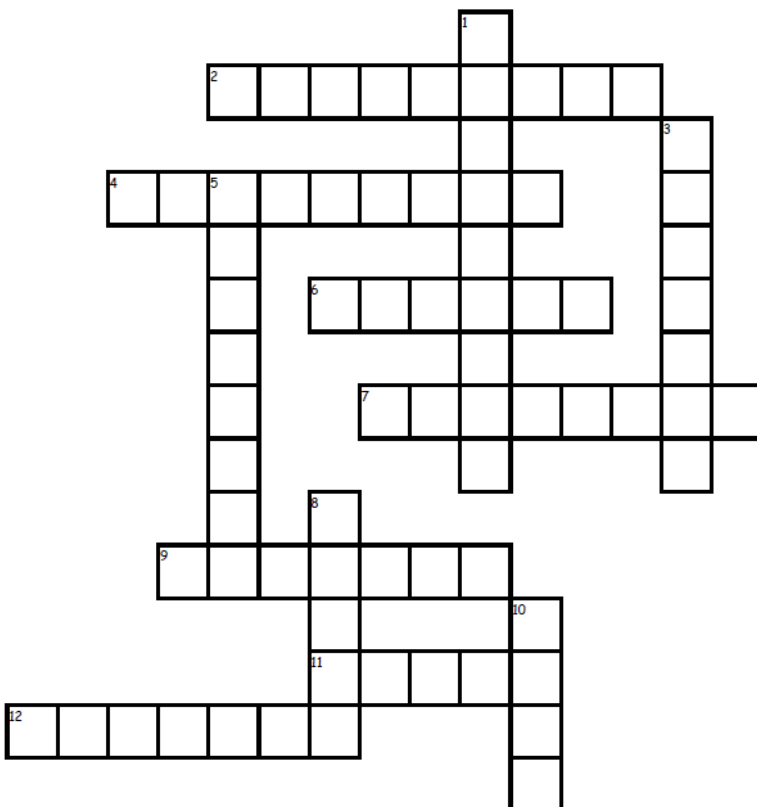
Ez 2:2-5
Ps 86:5-6, 15 & 16de. R. v.5a
2 Cor 12:7-10
Mk 6:1-6

Across

- 2: someone who makes things out of wood
- 4: Jesus' closest friends and followers were called his _____
- 6: you use your ears to do this
- 7: Jesus could not work any _____ in his hometown
- 9: the people felt this way about what Jesus was doing
- 11: the number before four
- 12: the sacred day of the week for Jewish people

Down

- 1: family members who lived a long time ago are called a _____
- 3: someone who spreads the Lord's word
- 5: someone who won't give in easily might be considered st _____
- 8: the people of Jesus' hometown did not have _____ in him
- 10: the opposite of strong



14th Sunday in Ordinary Time, Year B [N14ORSUB_2003_CW3.rtf]

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TODAY'S LITURGY

Antiphon: Cf. Ps 16:15

As for me, in justice I shall behold your face;
I shall be filled with the vision of your glory.

LITURGY OF THE WORD

First Reading: Am 7:12-15

Go, prophesy to my people.

Responsorial Psalm: Ps 84:9-14. R. v.8

(R.) Lord, show us your mercy and love,
and grant us your salvation.

1. I will hear what the Lord God has to say,
a voice that speaks of peace,
peace for his people.
His help is near for those who fear him
and his glory will dwell in our land. (R.)
2. Mercy and faithfulness have met;
justice and peace have embraced.
Faithfulness shall spring from the earth
and justice look down from heaven. (R.)
3. The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps. (R.)

Second Reading Eph 1:3-14

Before the world was made, he chose us in Christ.

Gospel Acclamation: See Eph 1:17-18

Alleluia, alleluia!

May the Father of our Lord Jesus Christ
enlighten the eyes of our hearts
that we might see how great is the hope
to which we are called. Alleluia!

Gospel: Mk 6:7-13

He called the Twelve, and began to send them out.

LITURGY OF THE EUCHARIST

Memorial Acclamation

When we eat this bread and drink this cup we pro-
claim your death O Lord, until you come again.

Communion Antiphon: Cf. Ps 83:4-5

The sparrow finds a home,
and the swallow a nest for her young:
by your altars, O Lord of hosts, my King and my God.
Blessed are they who dwell in your house,
for ever singing your praise.

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

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.

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.

THE CHUCKLE

Snap, Crackle, and Pop were found dead.
Police are looking for a cereal killer.

