



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 28TH JULY 2024

17TH 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

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*)
Tuesday and Thursday

Daloras Howes (*Administration*)
Thelma Dickson (*Administration*)

Elul Tecele (*Administration*)

Peter Davies

Dr Anne Millard (*Music, Liturgy, Sacraments*)

Promoters 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 may not be blessed like the boy in today's Gospel. He saw the miracle brought about by his generosity. His meagre contribution of loaves and fish fed the hunger of thousands of people; the very crowd who desire to be close to the Lord. May the fragility of our lives and the limitation of our resources not deter us to be generous in reaching out to those in need; may our charity lead them closer to God.

Fr Anthony

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)

17th Week of Ordinary Time, Year B

Monday 29th July

Memorial of Martha, Mary, and Lazarus

8:15am Mass @ The Cathedral

Tuesday 30th July

Memorial of Peter Chrysologus

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Wednesday 31st July

Memorial of Ignatius of Loyola

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday 1st August

Memorial of Alphonsus Liguori

8:15am Mass @ The Cathedral

9:15am Mass @ Stockton (School Mass)

Friday 2nd August

10:15am Mass @ St Joseph's (Anointing Mass)

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

12:05pm Mass @ The Cathedral

Saturday 3rd August

Memorial of St Dominic

9:15am Mass @ The Cathedral, followed by the
Novena to Our Lady of Perpetual Help
(followed by Reconciliation)

3:00pm Wedding @ The Cathedral

5:30pm Mass @ The Cathedral

5:30pm Mass @ The Junction

5:30pm Mass @ Mayfield West

Sunday 4th August

18th 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

PRAYER REQUESTS

RECENTLY DECEASED: Terence Fitzgerald, Tima Otto
Elizabeth Crittenden, Susan McCarthy,
Dorothy Zielinski, Sister Frances Gannon, RSM,
Maria Therese Perera



ANNIVERSARIES: Kenneth James Austin,
Gerardo Rufo, Basilio Rufo, Aldo Poretti, Leo
Toomey, Louise Little, Len & Nell O'Malley, Kate
Nicolai, William Hickey, Bernard Hickey

SICK: Patty Lane, Peter Majdandzic, Lisa Woodland,
Conchita Ponte, Joyce Saranillo, John Woodward,
Loreta Habulan, Peter & Bev Woods Leeton, 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.*

PARISH BULLETIN

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

GOSPEL FOCUS

Messiah

At the time of Jesus there was a heightened expectation that the Messiah – the anointed one of God – would come and once again set the people of Israel free. However, there was great conjecture about what sort of person the Messiah would be. Some thought he would be a warrior king; others a wise priestly leader; others thought a shepherd-king in the image of David. Confounding all these expectations, Jesus' model of Messianic leadership was that of the servant leader; a leader who was one with the people, offering hope and meaning in the midst of their everyday suffering and struggling.

NEXT WEEK'S READINGS:

Eighteenth Sunday in Ordinary Time, Year B

Ex 16:2-4, 12-15

Eph 4:17, 20-24

Jn 6:24-35



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.

SEA SUNDAY APPEAL

This week we continue the Sea Sunday Appeal, when the church prays for all those who live and work at sea. Without them, we would not have most of the items we rely on for daily living. Even during a pandemic, seafarers continue to bring into our ports products that sustain our population and economy. The Appeal today is for Stella Maris, Apostleship of the Sea, the official maritime welfare agency of the Catholic Church. It supports seafarers both practically and spiritually. To assist this Catholic ministry, please send your donations to: <https://stellamarisaustralia.org/sea-sunday-appeal/> or transfer funds to:
Account Name: The Apostleship of the Sea
BSB: 062-784
Account Number: 100012583
Thank you for the support!



THANK YOU!

The St Vincent de Paul Society sends grateful thanks to all who donated to the Winter Appeal. The Appeal raised a tick over \$17,000. Thanks for helping to make a difference to those in need in our community.

ST MARY MACKILLOP FEAST DAY CELEBRATION

8th August MARY MACKILLOP PLACE

Pray at the Tomb of St Mary MacKillop. Write your prayers of Petition. Reflect in the Chapel. Spend time in Alma Cottage – the place of St Mary's death. Enjoy free entry into our Museum. Light meals and refreshments are available. Purchase memorabilia in our Café and Gift Shop. Accommodation available onsite. www.marymackillopplace.org.au Phone: +61 2 8912 4800 We invite you to a day of celebration, prayer, pilgrimage and thanksgiving for SAINT MARY OF THE CROSS MACKILLOP FEAST DAY - 8TH AUGUST 2024 at Mary MacKillop Place, 80 William St, North Sydney Mass times 8.00am in the Chapel 10am and 1pm on Glen Roy Green (bring a hat) 6.00pm in the Chapel 10.00am Mass will be livestreamed free via our website: www.marymackillopplace.org.au Link: <https://www.youtube.com/embed/lppmamzmOb0>



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 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



DIOCESAN RESOURCE CENTRE AUGUST EVENTS

Amended Opening Hours: Mondays and Fridays, 10am to 5pm

Open 1st & 3rd Saturday of each month – beginning August 2024

2 August at 10:15am, **Children's story time** will feature **We're Going on a Bear Hunt**. Registration: <https://forms.office.com/r/iEaReSsy2E>

2 August at 1:00pm, **Formation Friday's theme is The Heart of Pilgrimage.**

Registration: <https://forms.office.com/r/9jvyE33sJT>

3 August 2024 at 11am, the **Formation film will be The Unlikely Pilgrimage of Harold Fry**. Lunch, coffee & tea provided.

Registration: <https://forms.office.com/r/LrT4t0vk7p>

5 & 12 August at 4 – 5.30pm, **BBI Short Course – What is Prayer?** What is this mysterious reality we call prayer? Is it a luxury for the leisurely? A practice reserved for those who are good enough to do it? And even if we are interested in praying, how do we go about doing it, and what should we expect to happen?

Registration: <https://forms.office.com/r/XWeskXaVtg>

17 August 2024 at 11am, the **Book Club – Come along with your current read, share your thoughts.** Morning tea provided.

Registration : <https://forms.office.com/r/YBENY1zxsJ>

PLANNED GIVING TAX RECEIPTS

Please note the Planned Giving tax receipts have been sent this week to those who requested them, following the Diocese's determination of the percentage that can be claimed as a tax deduction for the 2023/2024 financial year.

Where email addresses were available to us, we sent the receipts electronically. (Please check spam/junk inboxes, in the event of permission restrictions impacting your incoming emails.)

Otherwise, the receipts were sent via Australia Post and, if not already received, should arrive within the coming week.

Any inquiries regarding tax receipts can be made to the parish office on 4979 1101, or via email newcparish@mn.catholic.org.au

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.

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

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.

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

SUPPORT YOUR PARISH VIA THE APP

Are you using the App? Not only can you get the daily readings on your phone, you can also support the parish with an easy way to donate.

You can download the app for free from the Apple App Store and Google Play Store. Just search for 'Diocese of Maitland-Newcastle' and click install on your mobile or tablet!

REFLECTION

by Richard Leonard

Recently I was invited to a relative's home for dinner. This family has been having more than a little trouble with their 13-year-old daughter, who is going through a particularly defiant and rebellious stage. The young girl was not happy with the vegetables her mother served at dinner and so she refused to eat them. The uneaten vegetables became the staging ground for an adolescent conflict. Trying to coax the girl into eating, her mother calmly used some lines I'd heard before. 'Wasting food is a sin' and 'There are starving people in the world who would be grateful for what you don't want'. With that the girl jumped up and left the dining room. A few minutes later she returned with an oversized envelope and a marker pen. She began to stuff the food into the envelope and as she did she angrily asked, 'What starving people do you want me to send these vegetables to?' Who said being a parent was easy? Celibacy had never looked better!

In today's Gospel, after the 5,000 have been fed, Jesus says, 'Gather the pieces together that are left over. Let nothing be wasted'. Some of us have never truly been hungry, so it can be hard to fully appreciate how wasteful our developed world must appear to those who watch their families die of starvation. People who lived through the Depression or have lived through wars often carry the scars of being hungry. To this day some of them are on guard against waste. Others try to numb the memory of want by overindulging. For most of us in the developed world, especially 13-year-old middle-class kids, hunger has only ever been fleeting, and we are presently eating ourselves into obesity.

Some people would prefer to think of the story of the feeding of the five thousand exclusively in spiritual terms. There is no question that today's Gospel refers to the Eucharist where all are spiritually nourished by Christ our host. It also refers to the eternal banquet where hunger will be no more. But this Gospel asks us to look at our world through the eyes of Christ's kingdom where the mighty will be cast down from their thrones, the poor will be raised up, and the rich who will not share will be sent away.

There is such a thing as healthy guilt. It's where we become aware of what we have done or failed to do to bring about Christ's Kingdom in our world. Given that it is entirely unnecessary for 29,000 people, on average, to die each day because of lack of food and water and the diseases this brings, guilt on our part seems a reasonable response. It becomes a healthy moment in our lives when we decide to change our priorities, and call for similar changes in a nation's

priorities which spends more on bombs than starving babies.

I often wonder what God thinks when he hears wealthy nations say that the reason they refuse to share more with the poor is because these poorer nations often have unelected despots who divert their country's wealth into Swiss bank accounts or nuclear and conventional weaponry programmes. Even in the face of these complex issues we could find a way to feed the hungry who might, one day, be empowered to take charge of their nations.

'What starving people do you want me to send these vegetables to?', the 13 year old asked. To which I wanted to reply, 'Put your own name on the envelope because your own comfort makes you the neediest person in the world'.

May this Eucharist enable us to do on earth what is done in heaven, where the hungry are welcomed and fed, the leftovers are gathered together and nothing is wasted.

BISHOP MICHAEL KENNEDY'S 25TH JUBILEE OF ORDINATION TO THE PRIESTHOOD

Bishop Michael Kennedy invites the People of the Diocese to join him in celebrating his 25th Jubilee of Ordination to the Priesthood at a concelebrated Mass commencing at 11am in Sacred Heart Cathedral, Hamilton on 14 August 2024. Other priest and deacon jubilarians will be acknowledged at the Mass. All are welcome.

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.

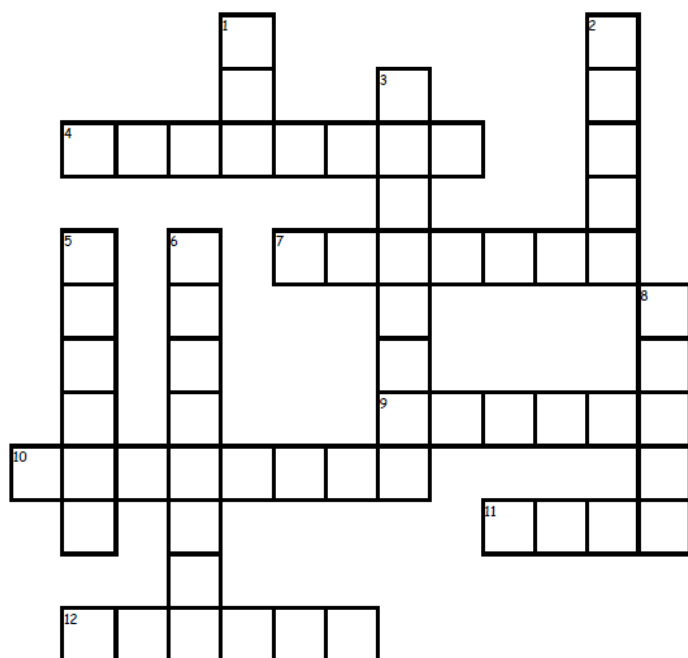
Register your Interest here:

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

CROSSWORD

God is the Father of all people

2 Kgs 4:42-44
Ps 145:10-11, 15-16, R. see v.16
Eph 4:1-6
Jn 6:1-15



Across

- 4: Lake Galilee was also known by this name
7: with the food left over they filled twelve of these
9: this man's food fed a hundred people
10: the Lord told Elisha there would be food _____
_____ after the people finished eating (two words)
11: Jesus fed the thousands with this many loaves of bread and two fish
12: God asks his people to be humble and _____

Down

- 1: there is only ____ God, the Father of all people
2: this grows all over the ground and is usually green
3: when Jesus fed the thousands it was almost time for this Jewish festival
5: a man gave Elisha twenty loaves of _____ bread
6: Jesus and his disciples went up on a _____
8: the opposite of war

SENIOR WORDSEARCH

God is the Father of all people

2 Kgs 4:42-44
Ps 145:10-11, 15-16, R. see v.16
Eph 4:1-6
Jn 6:1-15

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

Try to find these words:

barley
baskets
Elisha
five
gentle
grass
left over
mountain
one
Passover
peace
Tiberias

TODAY'S LITURGY

Entrance Antiphon Cf. Ps 67:6-7,36

God is in his holy place,
God who unites those who dwell in his house;
he himself gives might and strength to his people.

LITURGY OF THE WORD

First Reading 2 Kgs 4:42-44

They will eat and have some left over.

Responsorial Psalm Ps 144:10-11, 15-18. R. v.16

(R.) The hand of the Lord feeds us;
he answers all our needs.

1. All your creatures shall thank you, O Lord,
and your friends shall repeat their blessing.
They shall speak of the glory of your reign
and declare your might, O God. (R.)
2. The eyes of all creatures look to you
and you give them their food in due time.
You open wide your hand,
grant the desires of all who live. (R.)
3. The Lord is just in all his ways
and loving in all his deeds.
He is close to all who call him,
who call on him from their hearts. (R.)

Second Reading Eph 4:1-6

There is one body, one Lord, one faith, one baptism.

Gospel Acclamation Lk 7:16

Alleluia, alleluia!
A great prophet has appeared among us;
God has visited his people.
Alleluia!

Gospel Jn 6:1-15

*He distributed to those who were seated as
much as they wanted.*

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 Ps 102:2

Bless the Lord, O my soul,
and never forget all his benefits.

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

A bicycle can't stand alone; it's too tired.

