



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 4TH AUGUST 2024

18TH 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*)
Monday through Thursday

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

Elul Teclé (*Administration*)
Peter Davies (*Administration*)

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



Are you looking for food that perishes or food that gives eternal life?

This is the true question that Jesus asked his audience. And then all of us have to ask in our hearts, what do we really hunger for?

To be a celebrity? To be rich? To live on the edge? To be helpful? To be content? To be at peace?

Only the Lord Jesus can satisfy the deepest hunger in our heart, for which he became bread.

Fr Anil

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)

18th Week of Ordinary Time, Year B

Monday 5th August

8:15am Mass @ The Cathedral

Tuesday 6th August

Feast of the Transfiguration of the Lord

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton (Anointing Mass)

Wednesday 7th August

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West (Anointing Mass)

Thursday 8th August

Solemnity of St Mary of the Cross

8:15am Mass @ The Cathedral

9:15am Mass @ Stockton (School Mass)

Friday 9th August

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday 10th August

Feast of St Lawrence

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 11th August

19th 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) **

* 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:

Nineteenth Sunday in Ordinary Time, Year B

1 Kg 19:4-8

Eph 4:30-5:2

Jn 6:41-51



PRAYER REQUESTS

RECENTLY DECEASED: Lina Bottaro, Tima Otto,
Elizabeth Crittenden, Sister Frances Gannon, RSM,
Maria Therese Perera

ANNIVERSARIES: Raymond Russell, Lyal Russell,
Marie Brice, Edna Mawbray, 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, Ronoel Diwa, John
Woodward, Loreta Habulan, Peter & Bev Woods
Leeton, Tui Innes, Marko Kefecsek, Jolina Joyce
Saranillo, Maureen Dwyer, Angela Cottier, Joshua
Zalanardo, Rosa Silivinec, Harry Melville, Doreen
Mason, Elaine Johnson, Mark Caesar, Peter Kefecsek,
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.*

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>

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.



OUR BELOVED DEAD

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

At Sacred Heart

Betty Caelli
Lynda Corrigan
Joan Adele Daly
William (Jack) Everleigh
Aileen Gilbert
Nesta Haggerty
Kathleen Hart
Margaret Hogg
Harry Kilner
Leon Lakomy
Thi Kim Loan Le
Mary Loscocco

Teresa Losurdo
Anthony Mangioni
Maree Ann Martin
Mark Murphy
Henry Petherbridge
Ashleigh Powter
Sheelagh Ruggero
Madeleine Savage
Veronica (Rhona) Seath
Robert (Bob) Smythe
Marjorie Wakely

At St Joseph's:

Margaret Bailey
Eileen Baxter
Helena Esther Caskey
Mary Corlis
Patricia Ethel Davis
Laurence Bede Dowling
Noel Dowzer
Kevin Doyle
Cyril Fernando

Clare McDonnell
Anne Elizabeth Meighan
Marie O'Callaghan
Francis Page
Thomas Rae
Betty Smith
Peter Thompson
Norma Walters

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

FEAST OF ST MARY OF THE CROSS 8 AUGUST

Mary MacKillop is not only the first Australian to be recognised by the Church as a Saint, she is truly a very Australian saint. She characterises the spirit of the Australian mythology. She was a prodigious hard worker who put the needs of others before herself. She exhibited something of the larrikin spirit: constantly in dispute with authority but pressing on, regardless. She used the strengths of others but also didn't tolerate those who were not genuine. Her commitment to the schooling of children from poor and rural communities established a model of Catholic education that continues to today. A Saint for and of Australia!



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.



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>

PARISH BULLETIN

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

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

VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat meets August 7 to discuss *The Chosen*, episode 8. To participate, please email the parish office.

<http://watch.thechosen.tv/video/184683594341>

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

MASS TO BE CELEBRATED IN THE LATIN TRIDENTINE RITE

For many years, the diocese has provided opportunities for Catholics wishing to attend Mass and pray according to the liturgical books of 1962. Since COVID we have had some difficulty finding a priest qualified and available to celebrate this Mass. Since the diocese no longer has priests who are able to celebrate the 1962 liturgy in conformity with *Traditionis Custodes*, the Diocese of Maitland-Newcastle has entered an agreement with the Fraternity of St Peter, District of Oceania (FSSP), to provide a priest to meet the sacramental needs of this Community.

Fr Richard Wallace, FSSP is being appointed as the Latin Mass Chaplain for the Diocese of Maitland-Newcastle. Mass will be every Sunday, starting 18 August 2024 at 9.30am at St John the Baptist Oratory, Cathedral St Maitland.

For more info on the Priestly Fraternity of St Peter (FSSP), please see www.fssp.org

Yours in Christ

Most Reverend Michael Kennedy

Bishop of Maitland-Newcastle

DIVINE MERCY DEVOTION

First Sunday of the Month @ 3:00pm

August 4th

Chaplet of Divine Mercy
Christ the King, Mayfield West

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

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

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

THE CHUCKLE



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!

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 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: Friday 13 September (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>

CARITAS AUSTRALIA'S WOMEN FOR THE WORLD APPEAL

Support women to lift their families and communities out of poverty. With your support Memory completed vocational training and became the first female carpenter from her village in Malawi. More women and girls need this support to break the cycle of poverty. You can create real change for women like Memory.

For further information: <https://www.caritas.org.au/resources/parish-materials/parish-bulletin/>

LIVING THE GOSPEL

The Body of Christ

Christ is present in the Eucharist in many forms: in the people gathered; in the celebrating priest; in the Word proclaimed; and in the consecrated bread and wine – the Body and Blood of Christ. In relation to receiving Christ through the reception of communion, St Augustine wrote, 'Be what you see, and receive what you are.' We not only receive the Body of Christ through Eucharist, we are called to be the Body of Christ because of what we have received; and we receive the Body of Christ because we are already part of the Body of Christ.

DIOCESAN RESOURCE CENTRE AUGUST AND SEPTEMBER EVENTS

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

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

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>

30 August 2024 at 10.15am, Human Library – Preparing for Seasons of Creation. Our featured Human Book will be Sr Carmel Moore rsj, discussing Laudato Si & Seasons of Creation. What does this mean for Church & our World? Registration: <https://forms.office.com/r/1GEzWxaDq>

5 & 12 September at 4 – 5.30pm, BBI Short Course – The Prophets. One of the largest sections of the Bible is made up of the prophetic books. The books of the prophets are centred on the lives and teachings of prophets and their disciples. You might have heard about the prophets' calls to social justice. However, there's more to their mission than this. What did the prophets say and why did they say it? And why did it end up in the Bible? Registration: <https://forms.office.com/r/4iWbSERmwV>

6 September at 10.15am, Children's Storytime. Stories, songs, rhymes & craft for children from birth to 6 years. Registration: <https://forms.office.com/r/NcEXE5midc>

6 September at 1:00pm, Formation Friday – Seasons of Creation. Registration: <https://forms.office.com/r/U0q0qUp4JQ>

7 September at 11:00am, Formation Films – The Tree of Life.

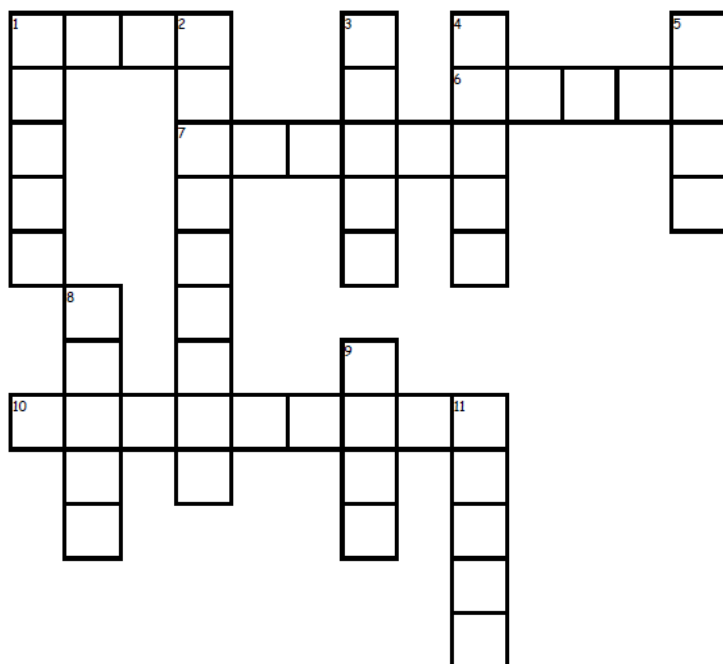
BEQUESTS

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.

CROSSWORD

The Lord sent them bread from heaven

Ex 16:2-4, 12-15
Ps 78:3 & 4cdef, 23-24, 25 & 54ab, R. v.24b
Jn 6:24-29



Across

- 1: the thin flakes of _____ that came from the Lord looked like frost all over the ground
- 6: this Hebrew word means 'teacher' (R_ _ _ _)
- 7: the people of Israel were afraid they would _____ to death in the desert
- 10: the people got in their boats and went to this place to look for Jesus

Down

- 1: Jesus said, 'God wants you to have _____ in the one he sent'
- 2: Jesus' closest friends and followers were called his _____
- 3: these animals have wings and make nests in trees
- 4: the Lord told Moses he would send this down from heaven
- 5: Jesus told the people to work only for food that gives eternal _____
- 8: these are used to travel across water
- 9: when water falls from the clouds it is called _____
- 11: this man helped the people of Israel to escape from Egypt

8th Sunday in Ordinary Time, Year B [N18ORSUB_2003_CW3.rtf]

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SENIOR WORDSEARCH

The Lord sent them bread from heaven

Ex 16:2-4, 12-15
Ps 78:3 & 4cdef, 23-24, 25 & 54ab, R. v.24b
Jn 6:24-29

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

Try to find these words:

birds
boats
bread
Capernaum
disciples
faith
food
life
Moses
Rabbi
rain
starve

18th Sunday in Ordinary Time, Year B [N18ORSUB_2003_WS3.rtf]

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TODAY'S LITURGY

Entrance Antiphon Ps 69:2,6

O God, come to my assistance;
O Lord, make haste to help me!
You are my rescuer, my help;
O Lord, do not delay.

LITURGY OF THE WORD

First Reading Ex 16:2-4. 12-15

I will rain bread from heaven upon you.

Responsorial Psalm Ps 77:3-4. 23-25. 54. R. v.24

(R.) The Lord gave them bread from heaven.

1. The things we have heard and understood,
the things our fathers have told us,
we will tell to the next generation:
the glories of the Lord and his might. (R.)
2. He commanded the clouds above
and opened the gates of heaven.
He rained down manna for their food,
and gave them bread from heaven. (R.)
3. Mere men ate the bread of angels.
He sent them abundance of food.
He brought them to his holy land,
to the mountain which his right hand had won. (R.)

Second Reading Eph 4:17, 20-24

*Put on the new person that has been created in
God's image.*

Gospel Acclamation Mt 4:4

Alleluia, alleluia!
No one lives on bread alone,
but on every word that comes from the mouth of God.
Alleluia!

Gospel Jn 6:24-35

*Whoever comes to me will never be hungry;
whoever believes in me will never thirst.*

LITURGY OF THE EUCHARIST

Memorial Acclamation

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

Communion Antiphon Wis 16:20

You have given us, O Lord, bread from heaven,
endowed with all delights and sweetness in every
taste.

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.