

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 11th August 2024 19th 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
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Our Staff

Margaret Cox (Reception & Administration) Monday, Tuesday, Friday

Anne Warren (Business Manager) Monday through Thursday

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



As I watch our many Olympians achieve their best or at least try their best I was struck by the rhythm of their lives. A rhythm of love for their sport, faith in being able to achieve and the sacrifice they had and continue to make in order to achieve

their best. Some achieve gold, some silver and some bronze but all achieve our deepest thanks for their witness. Our readings this week take these elements of love, faith and sacrifice as a pattern of our life following God's call. It is also a warning to avoid the murmuring of disaster that brings fear not faith, of hate not love and cowardice not sacrifice. Paul in his epistle names the behaviours that mark the goal of union with the will of God, life in Christ Jesus and empowerment in the Holy Spirit. Let us take courage and strive to witness to our love, faith and sacrifice in our life in Christ.

Deacon Kevin Gadd

Other Contacts

Bereavement Team:Margaret Cox, Gail Lovell,Christopher Gregory,Margaret Beard, MargaretNewton, Anne MillardP: (02) 4979 1252Mercy Pastoral Team:Sr Patricia Whitten rsm0448463679

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)

19th Week of Ordinary Time, Year B

Monday 12th August 8:15am Mass @ The Cathedral

Tuesday 13th August 8:15am Mass @ The Cathedral 9:00am Mass @ Stockton

Wednesday 14th August Memorial of St Maximilian Mary Kolbe 8:15am Mass @ The Cathedral 9:00am Mass @ Mayfield West 11:00am Bishop's Jubilee Mass @ The Cathedral

Thursday 15th August Solemnity of The Assumption of the Blessed Virgin Mary 8:15am Mass @ The Cathedral 9:15am Mass @ Stockton 12noon Mass @ The Cathedral 5:00pm Mass @ The Cathedral (in Polish) 5:30pm Mass @ Tighes Hill

5:30pm Mass @ Mayfield West (Vietnamese) **

Friday 16th August

10:15am Mass @ St Joseph's

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

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

Saturday 17th August

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 18th August

20th 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 on August 18

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

** The Vietnamese Mass is now celebrated fortnightly

PRAYER REQUESTS

RECENTLY DECEASED: Sr Frances Caine OP (Sr Antoninus)

ANNIVERSARIES: Ananias Luciano, Margaret Hogg, Moira Bailey, Rhonda Sullivan, Kevin Fitzpatrick, Margaret Casey, Margaret Dobrowolski, Colin Crittenden Karen Rabbitt, Joan Dawson, Peter Kozickys, Josie Bird, John Lawler, Irena Ivanovic, Maree Martin



SICK: Patty Lane, Peter Majdandzic, Lisa Woodland, Conchita Ponte, Joyce Saranillo, Ronoel Diwa, John Woodward, Loreta Habulan, Peter & Bev Woods Leeton, Tui Innes, Marko Kefecek, Jolina Joyce Saranillo, Maureen Dwyer, Angela Cottier, Joshua Zalanardo, Rosa Silivinec, Harry Melville, Doreen Mason, Elaine Johnson, 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.

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.

information more visit For our website: mn.catholic.org.au/church-mission/catholic-life/faithformation/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

PARISH LUNCHEON

Parish Luncheon at Souths Leagues Club, Llewellyn St, Merewether @ 12.30pm on Monday, 19th August. All welcome. Inquiries to Maureen (Tighes Hill) on 0412 673151.

NEXT WEEK'S READINGS:

Twenty-first Sunday in Ordinary Time, Year B

Prv 9:1-6 Eph 5:15-20 Jn 6:51-58



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.



Living Bread

There is an obvious connection between this week's reading and the sacramental celebration of Eucharist. Jesus describes himself as living bread and then says whoever eats this living bread will live forever. These words capture the essence of the Church teaching about the real presence of Jesus in the Eucharist. Jesus is present in several ways at the celebration of Eucharist, particularly present in the bread and wine that become his body and blood. Through our celebration of the Eucharist, Jesus offers us his continuing, enduring presence.

FROM THE PARISH PRIEST

Dear friends,

At Masses this weekend and next weekend many of our children who were Confirmed in May, will be receiving their First Communion. Please join me in congratulating these children and their families as they complete their Sacraments of Initiation with



this most wonderful of sacraments: Jesus in the Eucharist. This is certainly not the end of their spiritual journey, but a sign that they are fully one with us in the Body of Christ, the Church, His priestly people, called to bear witness to the Gospel in our world today. Our Sunday Mass readings at this time should particularly help them connect with Jesus' teachings on the Eucharist. Please keep them all in your prayers. I'd like to specially thank Anne Millard, our Sacramental Coordinator, along with the RECs from our local Catholic Schools and others who have helped in preparing these children for this over several months.

I'd also like to take this opportunity to pass on messages of thanks from Rick McCosker from Stella Maris (Mission to Seafarers) and Bernard Toutounji (National Director, Aid to the Church in Need) for your generous response to their appeals over recent weeks. I also ask that you continue to keep them in your prayers.

Love

Fr John

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 concelebrated Mass а 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.



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 14 for Lectio Divina. 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 1st September 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: <u>http://</u> mnnews.today



BOOK CLUB

Sunday, 1st September @ 6:15pm: Bookclub meets to discuss *Chai Time at Cinnamon Gardens* by Shankari Chandran. If you would like to participate in book club meetings, please email newcparish@mn.catholic.org.au

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 <u>www.fssp.org</u>

Yours in Christ

Most Reverend Michael Kennedy

Bishop of Maitland-Newcastle

DIVINE MERCY DEVOTION

First Sunday of the Month @ 3:00pm September 1st 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: <u>www.trybooking.com/</u> events/landing/1231165

SAFEGUARDING

The Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and wellbeing of children and vulnerable adults. Safeguarding is everyone's responsibility if you have any concerns for a child or vulnerable adult please contact the Office of Safeguarding: P 4979 1390,

E childprotection@mn.catholic.org.au or 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

 \cdot Toronto: Every Thursday, 5pm to 6.30pm at 97 The Boulevarde, Toronto

THE CHUCKLES



I used to know a baker who had red hair. He was a ginger bread man.

I said to the baker, "How come all your cakes are \$5, but that one's \$10?" He said, "That's Madeira cake".

Bread is a lot like the sun. It rises in the yeast and sets in the waist.

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: <u>ncpr@catholic.org.au</u> 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-tore-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: <u>https://www.eventbrite.com.au/e/art-and-</u> <u>spirituality-workshops-2024-tickets-808605269127</u>



SEASON OF CREATION – CREATION SINGS

Saturday 21 September 2024, 2-4pm, Sacred Heart Cathedral. All in the Newcastle, Hunter and Manning community are invited to gather to sing in praise and wonder of creation as a celebration of the Season of Creation. In the spirit of community choirs, we will learn a song, pray, and enjoy afternoon tea. Register at <u>https://forms.office.com/r/xKCr907ew6</u> Please bring a cutting of a favourite plant. We will exchange our cuttings during the prayer. Those who love taking photos of nature can join the Season of Creation Photography initiative and send your image/s to <u>rose.mcallister@mn.catholic.org.au</u> by 16/09/24. The images will be displayed at Creation Sings.

Synod on Synodality: Toward the Synod 2024 Opening October & Beyond!

Massimo Faggioli and John Warhurst will discuss the upcoming Synod and the future beyond on Thursday 15 August 2024, 4:30pm. To join us in the Diocesan library please register at: <u>https://forms.office.com/r/Asjr4yKYmP</u> To watch at home register at: <u>https://garratt1.wufoo.com/forms/wpxybsp0pk138a/?ct=t</u> (allcats-ACCCR-15AUGUST-24JULY2024) &mc cid=b3bfd4be50&mc eid=bbc16a1099

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

17 August 2024 at 11am, the Book Club – Come along with your current read, share your thoughts. Morning tea provided. Registration:<u>https://forms.office.com/r/YBENY1zxsJ</u>

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: <u>https://</u> forms.office.com/r/1GEzWxaDiq

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: <u>https://</u> 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: <u>https://forms.office.com/r/</u><u>NcEXE5midc</u>

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

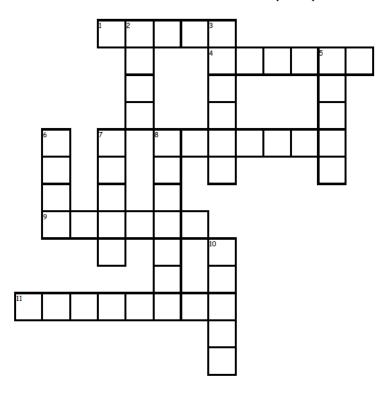
7 September at 11:00am, Formation Films – The Tree of Life.

This 2011 release film chronicles the origins and meaning of life by way of a middle-aged man's childhood memories of his family living in 1950s Texas, interspersed with imagery of the origins of the universe and the inception of life on Earth. Lunch, Tea & Coffee provided. Registration: <u>https://forms.office.com/r/GbNTPA2DWt</u>

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 God loves and cares for his people



Across

- 1: a large group of people
- 4: this man travelled to Mount Sinai, the mountain of God
- 8: when someone says sorry we should _____ them
- 9: Jesus the living bread came down from this place
- 11: young people

Down

- 2: God asks us not to yell at one another or be ____
- 3: a hot and sandy place
- 5: an ____ came to Elijah and said, 'Get up and eat!'
- 6: Elijah lay in the shade of this and fell asleep
- 7: Jesus is the living $____$ come down from heaven
- 8: everyone who eats the bread from heaven will live _____
- 10: our ancestors ate this in the desert but later died

19th Sunday in Ordinary Time, Year B [N19ORSUB_2003_CW3.rtf]

SENIOR WORDSEARCH God loves and cares for his people

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1 Kgs 19:4-8 Ps 34:1-2. 3-4. 7-8. R. v.9a Eph 4:31 - 5:2 Jn 6:48-51

Try to find these words:

angel
bread
bush
children
crowd
desert
Elijah
forever
forgive
heaven
manna
rude

TODAY'S LITURGY

Entrance Antiphon: Cf Psalm 73:20,19,22,23

Look to your covenant, O Lord, and forget not the life of your poor ones for ever. Arise, O God, and defend your cause, and forget not the cries of those who seek you.

First Reading: 1 Kings 19:4-8

Strengthened by the food, he walked to the mountain of the Lord.

Responsorial Psalm: Ps 33:2-9. R. v.9

- (R.) Taste and see the goodness of the Lord.
- I will bless the Lord at all times, his praise always on my lips; in the Lord my soul shall make its boast. The humble shall hear and be glad. (R.)
- Glorify the Lord with me.
 Together let us praise his name.
 I sought the Lord and he answered me;
 from all my terrors he set me free. (R.)
- Look towards him and be radiant; let your faces not be abashed. This poor man called; the Lord heard him and rescued him from all his distress. (R.)
- 4. The angel of the Lord is encamped around those who revere him, to rescue them. Taste and see that the Lord is good. He is happy who seeks refuge in him. (R.)

Second Reading: Ephesians 4:30 – 5:2

Walk in love, just as Christ.

Gospel Acclamation: John 6:51

Alleluia, alleluia! I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever. Alleluia!

Gospel: John 6:41-51

I am the living bread come down from heaven.

Communion Antiphon: Psalm 147:12,14

O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.

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.