



City Pastoral REGION

CATHOLIC DIOCESE OF MAITLAND-NEWCASTLE

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 11 DECEMBER 2022

THIRD SUNDAY OF ADVENT, YEAR A

Our Clergy

Fr John Lovell

Fr Paul Chackanikunnel

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

Jade Simonsen (*Business Manager Property*)

Anne Warren (*Business Manager Finance*)

Tuesday and Thursday

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

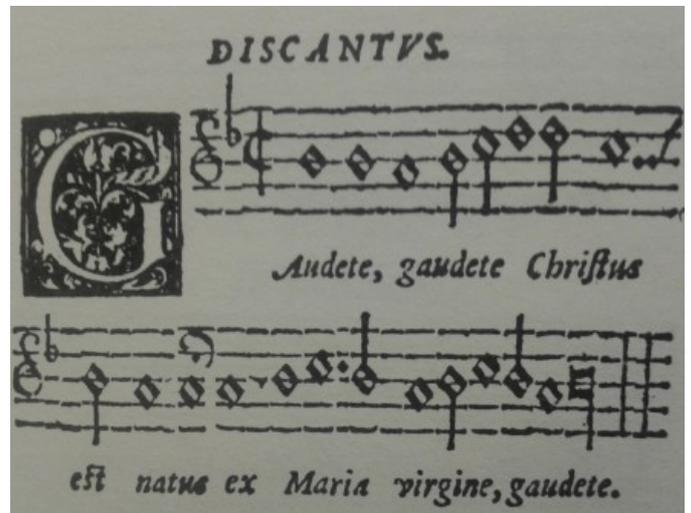
Other Contacts

Lingard Hospital Team: Contact the Parish Office

Mercy Pastoral Team: Sr Patricia Whitten rsm
0429 923254

St Joseph's Pastoral Team: Contact the Parish Office

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



Gaudete! Rejoice! The 3rd Sunday of Advent is known as Gaudete Sunday, from the Latin word Gaudete, meaning rejoice, which begins the Introit for Sunday's Mass. This week the pink candle is lit in the Advent wreath.

THOUGHT FOR THE WEEK

Why do we need the Church with its teachings, liturgies and sacred scriptures? Why can't I just believe what I like and be a nice person? The reason is: context. Like a great drawing or painting, we all need context to frame our lives, to give us a firm sense of belonging, identity, purpose and direction. The Church has given us the liturgical year, with its various seasons and their themes, to give our lives context. Advent, and the coming of Christ, plays a key role in this.

Fr John

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)

Third Week of Advent, Year A

Monday—12th December

Sacred Heart Cathedral closed for maintenance

8:15am Mass @ The Cathedral **Moved to Tighes Hill

Tuesday—13th December

Memorial of St Lucy

Sacred Heart Cathedral closed for maintenance

8:15am Mass @ The Cathedral **Moved to Tighes Hill

8.30am Mass @ Stockton

Wednesday—14th December

Memorial of St John of the Cross

Sacred Heart Cathedral closed for maintenance

8:15am Mass @ The Cathedral **Cancelled

9:00am Mass @ Mayfield West

Thursday—15th December

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

11:00am Funeral Liturgy for Richard Cusick

Friday—16th December

9:50am Rosary for Ukraine @ The Junction

10:15am Mass @ St Joseph's

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

12:05pm Mass @ The Cathedral

Saturday—17th December

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

6:00pm Mass @ Mayfield West

Sunday—18th December

Fourth Sunday of Advent, Year A

7:30am Mass @ St Mary's

8:00am Mass @ Tighes Hill

9:00am Mass @ Stockton

9:30am Mass @ The Cathedral *

11:00am Mass @ The Junction (*Italian*)

11:30am Mass @ The Cathedral (*Polish*)

5:00pm Mass @ The Cathedral

6:00pm Mass @ Mayfield West (*Vietnamese*)

* Livestreamed on the Cathedral's YouTube channel—www.youtube.com/c/SacredHeartCathedralHamilton Or...

<https://www.mn.catholic.org.au/places/live-stream/>

SECOND RITE OF RECONCILIATION:

5:30 PM - 7:00 PM Wed December 21,
in Sacred Heart Cathedral

CATHEDRAL CLOSED FOR MAINTENANCE

From Monday 12 December to Wednesday 14 December, 2022, the Sacred Heart Cathedral will be closed for lighting repairs. On the Monday and Tuesday of that week, the 8.15 am Mass will be transferred to Immaculate Heart of Mary Church, Tighes Hill.

Those who wish to attend Mass on Wednesday are encouraged to attend the 9 am Mass at Christ the King Church, Mayfield West.

SIMBANG GABI MASSES

Our Filipino community will be celebrating their annual Christmas Simbang Gabi novena of Masses in the Sacred Heart Cathedral each night at 7.30 pm from Thursday 15th to Friday 23rd December 2022.

Everyone is welcome. At each Mass a collection plate will be passed around to support the Cathedral.

Once
there was an
old custom in Europe
and early America of hanging
symbolic ornaments on a Christmas tree
during Advent - ornaments which represented the
Messianic prophecies - often with the prophecies included
within the ornaments. For instance, a Lion of Judah ornament might
represent one of the Davidic prophecies. This tree was gradually
assembled during the days of Advent. It was called the
Jesse Tree, named after the father of King David.
The Messiah was prophesied
to be a descendant of David,
which is the
Tribe of Judah -
the royal line
of Israel.

NEXT WEEK'S READINGS:

Is 7:10-14

Rom 1:1-7

Mt 1:18-24



VINNIES CHRISTMAS APPEAL

Vinnies Christmas Appeal envelopes are available this weekend in all churches. Thank you in anticipation of your generosity.

RECYCLING MADE EASIER

Curby is company that can recycle soft plastics (the sort you used to leave at Coles and Woolies), coffee capsules and fabrics. Collections take place with your yellow lid council bin. More information available at: <https://www.curbyit.com/>

THE JOY OF CHRISTMAS CONCERT IN SACRED HEART

Sunday 18th December @ 2pm: **The Newcastle Tudor Singers** present "The Joy of Christmas" a wonderful afternoon of carols old and new, directed by Anne Millard

CHRISTMAS MASS TIMES 2022

Christmas Eve – 24 December

5.30pm @ Sacred Heart Cathedral
5.30pm @ The Junction
6.00pm @ Mayfield West
7.30pm @ Sacred Heart Cathedral
10:00pm @ Sacred Heart Cathedral
(Polish Mass)



Christmas Day – 25 December

Midnight @ Sacred Heart Cathedral
7.30am @ St Mary's
8:00am @ Tighes Hill
9:00am @ Stockton
9.30am @ Sacred Heart Cathedral
11:00am @ The Junction (Italian Mass)
11.30am @ Cathedral (Polish Mass)

ROSARY FOR UKRAINE

Pray the Rosary from 9.50am on Fridays at St Joseph's Church, The Junction.



PRAYING THE GOSPELS

You are invited to connect and pray with each other across the Diocese from your own home.

God speaks to us through the words of the Gospel and then through artist's images of the Gospel message.

Join us each Wednesday 5.00-5.45pm.

Zoom link:

<https://mncatholic.zoom.us/j/61036103033>

Password: pray

For more information contact:

rose.mcallister@mn.catholic.org.au

BOOK CLUB

Sunday, 11 December @ 6:15pm:

Bookclub meets to discuss *The Secret World of Connie Starr* by Robbi Neal. If you would like to participate in book club meetings, please email the office



MORE BULLETIN

The entire 8-page bulletin is available on the Parish website (use this QR code).



Palms Australia

You've got a lot to give beyond Christmas gifts.

In January you can prepare for mission at home or abroad.

Palms Australia has trained Australians to live and work within cultures and communities overseas since 1961. Now four days of that training will be available for parishioners interested to assist harness the diverse gifts of our community and make it stronger.

At Home Palms' Neighbours Without Borders program (January 7 – 11) will "focus on building communities that are welcoming to all, with particular attention to those on the margins of society and the church" as urged by the recent Plenary Council.

Overseas Completing a further four days (January 12 – 15) will prepare you to meet one of the many requests Palms has from communities in Africa, Asia and the Pacific who need educators; health professionals; administrators and others to assist build on the strengths of their people who otherwise have little opportunity for training.

Enquire about Palms Orientation for mission via www.palms.org.au or call 02 9560 533 or 0422 472 567.

WAITING WITH PURPOSE

Reflect mystagogically on the Advent gospels. This is an opportunity to encounter Christ where we are, to pay attention to what Christ reveals in the scriptures and the living tradition of our faith, to share this, to connect it to our life now and to be changed by it. Mystagogical Reflection deepens our capacity to live from Christ: www.mn.catholic.org.au/church-mission/catholic-life/liturgy/liturgical-year/

Connect via Zoom during Advent each Monday at 10am: www.eventbrite.com.au/e/waiting-with-purpose-advent-2022-tickets-443044436837

VIEW, CHEW, AND CHAT

Meets via Zoom December 14 for Waiting with Purpose—the Advent Program. All welcome! Email the office for more info.

PREPARING FOR CHRISTMAS

PREPARING FOR CHRISTMAS- The *Parish ADVENT Prayer Group* will hold its third meeting for Advent @ 9.30 am next **Thursday, 15 December** in the Parish Centre. All welcome. Please contact Gwen Haggerty if you would like to be part of it.

HOW DO I SHARE MY FAITH ABOUT THE REAL MEANING OF CHRISTMAS?

Is there someone in the parish who will be alone on Christmas Day? Could you invite them to Christmas lunch?

Are you able to advertise Christmas Mass times at your workplace, or on the community billboard at your local shopping centre?

When you are doing your Christmas shopping, could you affirm the staff on the checkout? Let them know they are doing a brilliant job.

Will you be alone on Christmas day? If you are up to it, could you volunteer to help at a homeless shelter or nursing home? Bringing some Christmas cheer to other lonely people might bring joy to your own heart.

Are you carrying a hurt or grudge with a family member? Can you find a way to be reconciled? If this would be really tough, then pray through the season of Advent that God will help you find the right time and the right words to make your peace.

When was the last time you celebrated the sacrament of Reconciliation? If you are carrying a burden, then why not give it up to God in this beautiful sacrament? A heart that is at peace will no doubt be reflected in your actions.

Would you feel comfortable inviting to Christmas Mass someone you know who has stopped going to Mass (and maybe offer to pick them up)?

(Excerpt from 'The Bridge', a resource for Australian Catholics striving to share their faith.)



Please note regarding the Novena
On **Saturday, 31st December** (between Christmas and New Year), there will be **no Saturday Mass/ Novena** at the Cathedral.

New Christmas Tradition

Beginning December 1st read one chapter of the book of Luke in the Bible each evening.

There are 24 chapters.

On Christmas Eve you will have read an entire account of Jesus's Life and wake up Christmas morning knowing WHO and WHY we celebrate!!



BECOME AN SRE VOLUNTEER

Did you know that some 50% of Catholic children are in state schools? Have you ever thought of spreading the good news of the gospel and the love of Jesus Christ with children? Have you ever thought about becoming a Special Religious Educator?

You can make a difference in the schools within your parish! For people of faith, knowing you are participating in Christ's call to share the Good News to all is a great source of joy and meaning.

If you would like to learn more about how you can help, please contact the Pastoral Ministries team on 4979 1200.



Please be aware the Regional Office will be closed over Christmas and New Year **from 4pm on Friday, 23rd December till 9:30am on Tuesday, 3rd January.**

Phone messages and emails received during this time will be answered ASAP upon our return in 2020.

Please also note that prayer requests for the Sunday Parish Bulletin for Sunday 25th December AND January 1st need to be received at the Regional Office no later than close of business **on Wednesday, 21st December. Thanks for understanding!**

REFLECTION

by Richard Leonard

Have you ever been on a farm during summer? If you have you will know how precious water is. When I was a boy, I spent several holidays on an uncle's property. There were often six or seven city-based cousins there for the long summer break. It was great fun, but the one thing of which we needed a daily reminder was to be careful with how much water we used. We seemed to luxuriate in the shower for twice as long as our country cousins!

I can remember that when we arrived for one holiday, it had not rained in the area for nearly nine months. A few days later, just at dusk, the thunder rumbled, the storm clouds gathered and the heavens burst open. The rain poured down. Like in the movies, everyone inside the house just stood up and walked out into the rain. No one said a word. We stood in the rain and soaked it in. The earth was not the only thing in need of a drenching.

In today's letter from St James the metaphor of waiting for rain is given to us as a way of understanding what it was like to wait for Christ. It is a potent image for Advent. In this season each year we remember that humanity waited through a long, dry and exhausting period for the sign of new life in Jesus. For generations people looked to the heavens every day for a sign that today would be the day when God's salvation would come. Then, one night, in a way no one could have ever imagined, with no fanfare, a child burst forth into the world and established the final reign of God's love.

Advent is not the time when we pretend that Jesus hasn't come into our world and that we are the first to anticipate his coming at Christmas. It's a richer season than that. It is the time when we recall what it was like before he came and how much we need him to keep coming again and again in our daily lives.

The First Reading and the Gospel make it very clear that farmers never down tools just because the rain comes. We're told that as a result of being soaked in the love of God we are called to do all we can for those in our world who are lame, blind, deaf, lepers, poor and for any one left for dead.

This is a vital message for us to hear today because there are some in our country who tell us that all we have to do is look after 'our own back yard'. This line is many things, but it's not Christian. Advent reminds us that by welcoming Christ we have an obligation to care for all his children. Everywhere is our back yard because that's where our brothers and sisters live.

May we gain from Christ this Christmas the generosity to see that the desert is meant to bloom for all people everywhere, not just a few of us lucky to live in an oasis.

We are ridiculously generous to others because God in Jesus has been lavishly good to us and our goodness remains a most powerful sign of God's salvation that is always seen in deeds not words.

© Richard Leonard SJ

Richard Leonard SJ is the Director of the Australian Catholic Office for Film and Broadcasting, is a member of the Australian Catholic Media Council and a film critic for all the major Australian Catholic newspapers. He completed a PhD in cinema studies at the University of Melbourne. He lectures in cinema and theology at the Jesuit College of Spirituality and has been a visiting lecturer in Australian cinema at the University of Melbourne, a visiting scholar within the School of Theatre, Film and Television at UCLA and is visiting professor at the Pontifical Gregorian University in Rome. He is an Honorary Fellow of the Australian Catholic University, has lectured widely and is the author of numerous books.



HISTORICAL CONTEXT

Least and Greatest

Jesus declares that the least in the kingdom of heaven is greater even than John whom he has just finishing praising as greatest of all men. It is an indication that in the kingdom, things are not as they are on earth. The blind, lame, deaf, poor and lepers that Jesus named earlier would have been seen as the very lowest of society. Their afflictions were seen as punishments from God and so it was assumed that they, or their parents, had done something to deserve this punishment. Jesus rejects this interpretation and shows these people to be the most open to responding to his message.

NEW TESTAMENT COMMENTARY

by Mary Coloe PBVM

James 5:7-10; Matthew 11:2-11

'Are you the one ... or must we wait?'

This year I moved into a newly renovated house and so had the joy of trying to establish a garden, of growing vegetables, and watching some of the more mature fruit trees change with the seasons. At present I see the figs and the pears beginning to take their shapes, even though they are a long way from ripe. Not only am I watching, but the birds too are periodically 'testing' this fruit – 'Is it ready yet'. The reading from James uses similar agricultural images to speak of the expectation that God is coming to us. In the early church this expectation was the certain sense that Jesus was soon to return to them in glory. We have lost this sense of urgency, but perhaps each Christmas we can enter into something of this expectation. If you are in a family, you can see the growing excitement of children as the decorations are put up and the tree is assembled. As children feel the excitement about presents and celebrating Christmas, can we adults look deeper and share something of this excitement for GOD IS ALWAYS COMING. Of course to notice this we will need to take some time out from the busy-ness of our lives and just for five or ten minutes enter into stillness and discover there the One who is always coming to us. As James says, 'Do not lose heart, for the Lord's coming will be soon.' As soon as we can stop and welcome God.

John is now in prison and wonders about the things he hears of Jesus. John had proclaimed that the reign of God was close; now, he wonders, could it be possible that this miracle worker from Nazareth is the one Israel has been waiting for; could it be that he is the Messiah? Jesus answers John's question by pointing to his actions as sure signs that the reign of God has arrived – the blind see, the lame walk. These demonstrate that the power of God is at work. Jesus then makes a contrast between the dramatic presence of John and the 'least in the kingdom'. John stood out from the crowd in his attire, his strange way of life and in his powerful message. John is praised by Jesus as the greatest of the prophets and yet for all his greatness John had not perceived the reign of God in Jesus, he'd missed the signs. This is why the 'least in the kingdom' can be called greater than John. Those within the horizon of God's reign see and experience what John could only long for.

We belong to the group of those called 'the least'. We are living after the death and resurrection of Jesus and

have this advantage over John. The reign of God has begun, the Spirit has been given, and we are now participants in God's reign. However, like John we can miss the miracle of God's presence. The signs are more delicate in our time, and in the busyness of our lives we may not even notice them. Like the people mentioned in the gospel, we may need to step aside, to 'go out into the wilderness' in order to see. Here, the message of the first reading offers great hope, for the wilderness will not be barren; risking quiet time alone will be fruitful. Advent invites us to be more perceptive, and to take time out to see the presence of God with us. The psalm today says, 'Look! Your God is coming to save you.' Look within your own life, your family, your workplace, your neighbourhood and recognise the sure signs of God's presence.

© Mary Coloe

Dr Mary Coloe PBVM is a Presentation sister and teaches in the field of New Testament studies at the Yarra Theological Union. She was Associate Professor in New Testament at the Australian Catholic University and has taught at Boston College, the Jesuit School of Theology Berkeley, and at the Ecce Homo Biblical Institute Jerusalem.

Her specialist research areas include the Gospel of John and early Jewish Christian relationships. Dr Coloe has written numerous books, essays and journal articles on these and other topics and is a member of Studiorum Novi Testamenti Societas and other biblical associations. Her home page is <http://dlibrary.acu.edu.au/staffhome/macoloe/>

LIVING THE GOSPEL

Gaudete!

The third Sunday of Advent was traditionally known as Gaudete Sunday. The word, gaudete, (pronounced gow-day-tay) is from Latin and means Rejoice! The name was given to this Sunday because the entrance antiphon for the day is: Rejoice in the Lord always; again I say, rejoice! The Lord is near. When Advent was observed as a more penitential season, this third Sunday was a break from the sombre mood and was more celebratory. The rose-coloured candle in the Advent wreath and rose-coloured vestments convey a mood of joy and celebration.



Waiting

An Advent Meditation

I am everywoman and everyman.

In my loneliness,
I am waiting to be visited;
in my uncertainty,
I am waiting to be reassured;
in my happiness,
I am waiting for a deeper fulfilment;
in my soul, I am waiting to be wanted.

*Pray for me
and for yourself,
for we are all waiting.*

I am the Lord your God.
I have waited on you,
And have heard your prayer.

Now is the right time,
And I am coming soon.

So, prepare
a way in the desert,
a cradle in the hay,
a meeting place in the market place,
a table in an upstairs room,
a cross on a hill,
a throne in your heart as in heaven.

For now again,
I will bend down and remember you.

I will answer your prayer,
and your waiting will end in joy.

*From Cloth for the Cradle
© 1997 WGRG, Iona Community,
Glasgow G51 3UU, Scotland*



PRAYER FOR THE APPOINTMENT OF OUR NEW BISHOP

Shepherding God
you reveal your way of unfailing love
in the image of the Good Shepherd
who seeks the lost,
shows compassion
knows and is known by the sheep
and lays down his life for them.
We your people of Maitland-Newcastle
are without a bishop to shepherd us.
We ask that your Holy Spirit
who moves through this great south land,
inspire the choice of our new Bishop,
empower his 'yes'
and open our hearts in hospitality and love.
We make this prayer through Christ our Lord, Amen.
Our Lady of Perpetual Help pray for us
Mary MacKillop of the Cross pray for us

CELEBRATING THE SACRAMENTS

Reconciliation is available at **Sacred Heart Cathedral:**
Usually Fridays from **11am** until **11.55am** and on
Saturdays from **about 10.30am** until **11am**. Other
times available by appointment.

Baptisms are celebrated on Sundays, either during or
after any of our Sunday Masses. A monthly Baptism
Preparation meeting takes place on the first
Wednesday of each month. The next meeting will
take place in the Regional Office on **Wednesday, 4th
September**, commencing at **5.30pm**. Please contact
the Regional Office for more details, or visit the
website.

A **Sacramental Preparation** process runs each year in
the parishes for children wishing to complete the
celebration of the Sacraments of Initiation as part of
the community of the parishes of the Region. Please
contact the Regional Office for more details, or visit
the website.

For adults who wish to become part of the Church,
the **Rite of Christian Initiation of Adults** for those
who have not been baptised, and the process of
Reception into Full Communion for those who have
been baptised in other churches. Please contact the
Regional Office for more details, or visit the website.

Weddings are celebrated by arrangement with at
least three (and preferably more) months notice.
Please contact the Regional Office for more details, or
visit the website.

TODAY'S LITURGY

Entrance Antiphon: Phil 4:4-5

Rejoice in the Lord always; again I say, rejoice.
Indeed, the Lord is near.

First Reading: Is 35:1-6, 10

God himself will come and save us.

Responsorial Psalm: Ps 145:6-10. R. see Is 35:4

(R.) Lord, come and save us.

1. It is the Lord who keeps faith for ever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free. (R.)
2. It is the Lord who gives sight to the blind,
who raises up those who are bowed down,
the Lord, who protects the stranger
and upholds the widow and orphan. (R.)
3. It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age. (R.)

Second Reading: James 5:7-10

*You also must be patient; do not lose heart, the
Lord's coming will be soon.*

Gospel Acclamation: Is 61:1 (Lk 4:18)

Alleluia, alleluia!

The Spirit of the Lord is upon me;
he sent me to bring Good News to the poor.

Alleluia!

Gospel: Mt 11:2-11

*Are you the one who is to come, or must we
wait for someone else?*

Communion Antiphon: Cf. Is 35:4

Say to the faint of heart: Be strong and do not fear.
Behold, our God will come, and he will save us.

SPIRITUAL CONTEXT: JOHN THE BAPTIST

Jesus is not recorded as asking the messengers about John's wellbeing. He doesn't appear to express any concern about John's imprisonment. Yet Jesus must have felt this situation very deeply. John the Baptist and Jesus were related; they were cousins. The depth of his feeling is reflected when Jesus speaks so positively and powerfully about John. It reads almost as a eulogy that might be given at a funeral; praising the greatness of the deceased. Yet regardless of John's greatness, Jesus assures his audience that even the least in the kingdom is greater than John.

PRAYER REQUESTS

RECENTLY DECEASED: Richard Cusick, Elizabeth Keenan, Eris Hennessy

ANNIVERSARIES: Evie Papworth, Maud Sullivan, Mary Murray, Michael Torpey

SICK: Margaret Cox, Helen Tumbers, Phil Bawden, Madge Humphries, Ronnie Jennings, Eileen Howard, Eva Grant, Colin Bryant, Maureen Sunman, Maree Halbert, Carlo Rossi, Kath Murray, Veronica McCann, Peter Skinner, Tiani Bishop, Tom Parker, Sam and Margaret Broad, Ronald Watt

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.

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 but NOT PEANUT BUTTER), can be placed in the basket at the back of St Joseph's Church. 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 700 523/4967 2998 Collection baskets also at Tighes Hill.

CatholicCare Social Services Community Pantry food donation bins have been placed in the Sacred Heart Cathedral and St Mary's Star of the Sea Church. These are blue flip-top bins with our flyer on the lid, suggesting the types of foods that could be donated.

We are appealing to the parish community to support people in need in our wider community by donating non-perishable food items. These donated items are put into our 'Community Pantry', from which we are able to provide emergency food hampers. We are desperately low of all foods in our pantry at the moment as we have seen an unprecedented need lately for this service. Ideal foods to donate are: UHT Milk, Breakfast cereals, Rice, Pasta, Pasta sauce, Sweet and savoury biscuits, Instant coffee, Tea bags, Canned soups. Also appreciated coming into Christmas season: UHT custard, Tinned fruit, Jelly

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. Thank you!

THE CHUCKLE

What's the favourite Christmas Carol of new parents? ...Silent Night.

