



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 4 JUNE 2023

SOLEMNITY OF THE MOST HOLY TRINITY, YEAR A

Our Clergy

Fr John Lovell
Fr Paul Chackanikunnel
Fr Raphael Madukwe
Deacon Kevin Gadd

Regional Office—St Benedict's Centre

25 Farquhar Street, The Junction
PO Box 6, The Junction 2291
P: (02) 4979 1101 F: (02) 4962 4644
E: newcparish@mn.catholic.org.au
W: www.newcastlecatholic.org.au
W: www.sacredhearthatilton.org.au

Our Staff

Margaret Cox (*Reception & Administration*)
Monday, Tuesday, Friday
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
0448463679

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.



Blessing ourselves in the name of the Father, and of the Son, and of the Holy Spirit has become such a regular part of our lives as Christians, that we can often do it without really thinking of the three Divine persons we are invoking. They are also often referred to as: the Creator, the Redeemer and the Sanctifier, in view of our experience of God's self-revelation of Himself in the scriptures. This Sunday we are specially called to reflect on the mystery and importance in our lives, of these three persons perfectly united in the one Triune God.

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)

Ninth Week in Ordinary Time, Year A

Monday—5th June

Memorial of St Boniface

8:15am Mass @ The Cathedral

Tuesday—6th June

Memorial of St Marcellin Champagnat

8:15am Mass @ The Cathedral

8.30am Mass @ Stockton

Wednesday—7th June

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

Thursday—8th June

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—9th June

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

1:30pm Funeral Mass for Christine Dowling @ The
Cathedral

Saturday—10th June

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 June

Corpus Christi Sunday, 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*)

3:00pm Divine Mercy Devotion @ Mayfield West

5:00pm Taize Service @ Tighes Hill

5:00pm Mass @ The Cathedral

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



RECENTLY DECEASED: Christine Dowling, Doug Hickling, Peter Dougherty, Patricia Elizabeth Lovell, David Wilson, Cecilia Skelton, Rita Foley

ANNIVERSARIES: Robert Burke, Vera Karanges, James Kennedy, Cassie Bleakley, Kodi Crockett

SICK: Aaron Parkes, Grayson Peers, Frances Gardiner, Peter Kefecek, Roslyn McGovern, Christine Dowling, Carlo Rossi

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.

OUR BELOVED DEAD

We remember those in our Sacred Heart Cathedral Columbarium whose anniversaries occur in June:

Joy Doran

Clifford Ellicott

Barry (Appo) Garside

Leo Ireland

Helen Elizabeth McLachlan

Basil O'Brien

Moira O'Brien

Herbert Presland

Michael John (Mick) Rabbitt

Colleen Ray

Clyde Henry Rowley

John Ruggero

John Shearer

Stanley Wenman

Noela Margaret Yazbeck

Reginald Bennett

Coral Dawn (Diri) Cooke (Diri)

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

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/68191395109>

Password: 316071

For more information contact:

rose.mcallister@mn.catholic.org.au

NEXT WEEK'S READINGS:

THE MOST HOLY BODY AND BLOOD OF CHRIST, YEAR A

Deut 8:2-3, 14-16

1 Cor 10:16-17

Jn 6: 51-58

FOR OUR ELDERS - NAIDOC WEEK

PRAYER SERVICE - SUNDAY 2 JULY 2023

You are invited to join us for our 2023 NAIDOC Week Prayer Service from 1pm at the Sacred Heart Cathedral. The service will include an official Welcome to Country with Aunty Sandra Griffin, Awabakal Country. Join with local Elders, including Canon Aunty Di Langham who will lead us through a special reflection. This service is held in collaboration with local Aboriginal and faith communities. A special water ceremony will take place and guests are asked to bring a small container of water from Country along with them. Refreshments and light meal will be served. RSVP by Sunday 25 June via Eventbrite: <https://NAIDOCprayerservice.eventbrite.com.au> or by contacting Kate P: (02) 4979 1329

NAIDOC WEEK - MARCH AND COMMUNITY FESTIVAL - MONDAY 3 JULY - 9AM - 3PM

As part of our continued Reconciliation Action Plan journey, the Catholic Diocese of Maitland-Newcastle and CatholicCare Social Services have chosen to sponsor a tent at a community event hosted by Awabakal Ltd. We encourage all staff, volunteers and parishioners to attend and/or volunteer their time at the NAIDOC Week Community March and Festival. The event starts at 9am in Civic Park, Newcastle with a flag-raising before marching in a procession to Foreshore Park where the Festival takes place from 10am-3pm. There will be lots of entertainment and community services, so it is a great educational event for young and old. Enquiries can be sent to Kate E: kate.crncevic@mn.catholic.org.au or P: 02 4979 1329

PARISH EMPLOYEE & VOLUNTEER SAFEGUARDING TRAINING

Sat 17 June 2023, 9.30am to 1.30pm (lunch included) | Therry Centre, 172 King Street, East Maitland

Employees and volunteers engaged in parishes are required to attend Course 2: Safeguarding in Parishes within 6 months of commencing in their role and every 6 years thereafter. NB: 'Parishioner-Helpers' are not required to attend this training.

This training forms part of the Diocese's mandatory training regime and is specifically designed to support employees and volunteers undertaking a broad range of ministries in church facilities and out in the community. The training targets the safeguarding needs of faith communities. The course will address:

- the Diocese's Safeguarding Framework policy
- indicators of risk and vulnerability
- indicators of abuse and neglect
- boundaries in ministry

- responding to disclosures
- reporting obligations
- contributing to a 'Safe' culture

Please register your attendance by 13 June by contacting the Office of Safeguarding on 4979 1390 or emailing: oosgtraining@mn.catholic.org.au

EXUBERANT CATHOLIC PRAISE & WORSHIP

Inviting all interested people to the creation of an exuberant Praise and Worship evening on a regular basis. It will feature excellent traditional and contemporary Catholic music, Scripture, catechesis, reflection, and compelling and relevant testimonies and preaching. The venue will be The Josephite Centre, St Mary's Catholic College, 47-49 Pacific Highway, Gateshead. You are invited to an initial planning meeting at the above venue on Wednesday 21 June from 5.30pm to 7.00pm. Dinner provided. Please RSVP to Fr Anthony Potts on 0466 140 066.

NOTICE TO PLANNED GIVERS - THE END OF FINANCIAL YEAR IS COMING!

Planned Giving Tax Receipts: Parishioners who require a tax receipt for planned giving for the 2022/2023 financial year must notify the Parish Office **before 30th June 2023.**

Please submit requests in writing by one of the following methods:

Email to newcparish@mn.catholic.org.au: Use the wording, "Please provide me with a Planned Giving tax receipt" and include your name and envelope number.

Planned Giving Envelope: Write on your weekly envelope, "Tax receipt required".

Tax receipt data will be processed on 30 June 2023. If you make a request after that date you will not be eligible for a receipt, nor for a tax deduction in relation to your planned giving contributions. This is because there is a designated sum that can be attributed to planned giving receipts and, once this distribution has occurred on 30 June 2023, no further allocations are possible.

The 'designated sum' provision also means that the claimable amount for each giver decreases when more people request a receipt. We therefore request that if you do not intend to claim a tax deduction, please do not request a receipt.

For those who do not claim a tax deduction but would like their contribution acknowledged, we can provide, on request, a letter confirming your contribution total.

CHILDREN'S LITURGY @ TIGHES HILL

Children's liturgy @ Tighes Hill 8am, every 2nd Sunday of each month for children up to 12 years of age

2023 SACRAMENTAL PROGRAM

Bishop Michael confirmed over 60 individuals in the sacramental program Confirmation last week. Thank you for your support and prayers! Please continue to pray for these children and their parents as they journey toward First Communion in the next few weeks.

VINNIES WINTER APPEAL

NEWCASTLE CONFERENCE of SVdeP will launch the WINTER APPEAL this weekend, envelopes are available at the churches.



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

INTRODUCTORY CLINICAL PASTORAL EDUCATION (CPE) (40 hours)

This course is an introduction to the theory and practice of pastoral/spiritual care. It is a qualification required by NSW Health for those wishing to become hospital visitors. It covers such topics as listening skills, empathy, grief and loss, self-awareness and hospital procedures. It is conducted over six Mondays from 9am to 4pm. A certificate is awarded on completion.

The course starts on 17 July and goes until 21 August. Registration due by 1 July.

MacKillop Parish Charlestown

For more information contact

Fr. Roger Zohrab- Pastoral Care Coordinator

Mob 0408 151 481 | roger.zohrab@health.nsw.gov.au

ST JOSEPH'S MEN NEWCASTLE MEETING

The St Joseph's Men Newcastle group will host its next meeting on Wednesday 7 June from 6.30pm at the Sydney Junction Hotel. Entry is free. It's an opportunity for men across our Diocese to come together. For more information or to connect with the group, visit [St Joseph's Men Newcastle on Facebook](#).

THE APP

The Diocese has a wonderful app that shows Mass times across our region. The app also shows the readings for the day! It's really worth downloading. Type "Diocese of Maitland-Newcastle" into the App store.

THE CHUCKLE

Q: What do tapeworms and the Eiffel Tower have in common?

A: They are both parasites
(Paris sites)



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 visit their website for further information

www.officeofsafeguarding.org.au

A flyer for an evangelisation event. The top left says "Join us as we explore:" in a cursive font, followed by "Evangelisation" in large, bold, orange letters. Below this, it says "Saturday 17th June". To the right, it lists "Time: 10:00 am - 1:30pm", "At: St Joseph's School Hall, 140 Wangi Rd, Toronto", and "Cost: Free". The top right features the logo for St Joseph's Parish of Toronto, Catholic Diocese of Maitland-Newcastle, and a blue starburst that says "All Welcome!". At the bottom left, there are two questions: "How can we share our faith with others?" and "Why do we need a missionary focus?". At the bottom right, there is a circular portrait of Deacon Peter Pellican, with the text "With: Deacon Peter Pellican, Executive Director of the Evangelisation Team in Brisbane". At the bottom left, it says "To register, email: torparish@mn.catholic.org.au by Sunday 11th June." The background of the flyer shows a silhouette of a person with arms raised in front of a crowd.

JUNIOR WORDSEARCH

God sent his Son to save the world

Jn 3:16-17

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

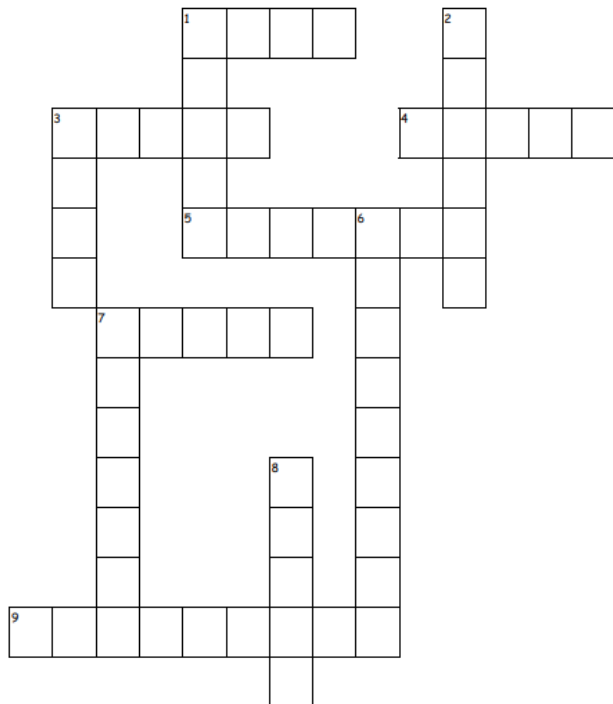
Try to find these words:

- condemn
- eternal
- faith
- God
- life
- loved
- never
- Nicodemus
- people
- save
- send
- world

CROSSWORD

Glory to the Father, the Son, and the Holy Spirit

Ex 34:4b-6, 8-9
 Dn 3:52, 53 and 56 R.52b
 2 Cor 13:11-13
 Jn 3:16-17



Across

- 1: speak to God
- 3: Moses received the ten commandments on this mountain
- 4: the planet earth is our _____
- 5: forever and always
- 7: belief in God
- 9: "Hello" and "Welcome"

Down

- 1: when there is no conflict or fighting
- 2: humans
- 3: rescue
- 6: Jesus was speaking to this man
- 7: to pardon an offence
- 8: the commandments were written on two tablets made of this

SAFEGUARDING

Do you know about safeguarding? We here continue our ten-part series addressing each of the Safeguarding Standards.

The Standards are a risk management tool to provide a benchmark so that a safe environment with the support of policies and procedures exists within the Australian Catholic Church. The compendium notes what the standards cannot do. The Standards apply to the entities of the Catholic Church and to its personnel both paid and unpaid, not to individuals in their private lives. The Standards can be mapped against State and Federal regulations as well as existing requirements of entities such as recommendations of Royal commissions.

The third standard, **PARTNERING WITH FAMILIES, CARERS AND COMMUNITIES** has 4 criteria.

Competency: Families, carers and communities are informed and involved in promoting the safeguarding of children and adults

Comment: Inclusiveness is at the heart of this standard empowering everyone to actively participate. Awareness of governance and dignity and rights of all people.

Criteria 3.1: Parents, carers and/or guardians participate in decisions affecting their child, or adults with diminished capacity.

Comment: The criterion encourages active participation and monitoring the safety of those involved in ministry or service

Criteria 3.2: Families, carers and communities are engaged with and are provided information about the entity's approach to safeguarding.

Comment: Knowing who we are, our approach and that we welcome your input into the Safeguarding practices within our parish

Criteria 3.3: Families, carers and communities are informed about the entity's operations and governance; and have an opportunity to have a say in the safeguarding policies and practices.

Comment: Parishioners awareness and engagement with safeguarding practices and policies is included in this criterion.

Criteria 3.4: The entity raises community awareness of the dignity and rights of all children and adults.

Comment: A responsibility is placed on the entity to raise awareness of abuse prevention and the rights of people at risk

REFLECTION

By Richard Leonard

Years ago I was asked to take a parish-based catechetics class for children from a government primary school. I started by trying to work out how much the children knew about the basics. I asked, 'When we make the sign of the cross, what do we say?' 'Father, Son and Holy Spirit' came the firm reply. So far so good! I tried upping the bar. 'What do we call the Father, Son and Holy Spirit?' There was complete silence. I tried another track. 'What do you think of when you make the Sign of the Cross?' There was an awkward silence and then a bright little boy cheerily said, 'The old man, the young fella and the bird!'

No one can blame those children for the poverty of their images of the Trinity. Many older Catholics have similar images from paintings and holy pictures. The mystery of the Trinity means that in whatever way we portray God as Father, Son and Spirit it will always be inadequate and incomplete. No one has ever seen God or the Holy Spirit. No one has a portrait of Jesus. All the images and words we use for the Trinity are more a reflection of our faith than the final word about God. God is always more than any name we use or any concept we have. The special insight into God we celebrate today is that relationships are at the very centre of who God is.

It took the early Christians four hundred years to fully grasp what Jesus was on about when he spoke of his relationship to the Father and Spirit. They struggled to understand how and why God would have three faces and yet exist as One Being – love as One, act as One. They settled the 'how' of the Trinity's nature by teaching us that the persons of the Trinity are co-equal, co-substantial and co-eternal. They settled the 'why' of the Trinity by reflecting that their experience of the Father, Son and Holy Spirit was an encounter of love. They knew the core of God was not an idea or a principle, but was a loving relationship. Furthermore, the early Christians knew that they were invited into this relationship.

What was true for them is true for us. Think about this for a minute: we believe that the God who creates, redeems and sustains the world seeks us out and invites us into a loving relationship. This is what gives us our greatest dignity and urges us on to share this message with everyone we meet. What a privilege! What an invitation! What a God!

It also follows that if relationships are at the core of God then, for those of us who accept the invitation into the Trinity's embrace, relationships are meant to be our core business too. We are not to be isolated

believers or private disciples. The degree to which we understand today's feast will be shown in the care we take in our many and varied relationships, be they social, intimate, professional, civic or international.

Every time we do anything to form new and good relationships, mend those which are broken, help other relationships to be deeper and richer or just enjoy the ones we have, we discover one thing: Trinity Sunday is a moveable feast.

© 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.

CATHOLIC DIOCESE OF MAITLAND- NEWCASTLE MARRIAGE TRIBUNAL

Can we help you? The Church is aware of the stresses associated with marriage breakdown and divorce and understands that many people have questions about the processes which might allow a divorced person to remarry in the Catholic Church. If you have any questions or would like to have a confidential chat about your situation, please contact Jane at the Tribunal on 4979 1370.

WATANDAR – WALLSEND LIBRARY

On Sunday 25 June, you're invited to join the community at a free screening of Watandar at Wallsend Library. It follows the story of photographer and Human Rights Activist Muzafar Ali. In 2015 he resettled in Australia and discovered that Afghans have been in the country for

160 years - so he's compelled to photograph and document the stories of their descendants. To register, visit

www.stickytickets.com.au/sjld5/wa-tandar_my_countryman_screening_at_wallsend.aspx

BULLETIN MESSAGES

If there's something you think should be included in the bulletin, please email it to the office or directly to Anne: anne.millard@mn.catholic.org.au. I'm VERY grateful for your input. If you write to me, please sign your name so I can write back.

MEDITATION GROUPS AT LIVING WATERS CENTRE

LIVING WATERS CHRISTIAN MEDIATION 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.

ROSARY FOR UKRAINE

The Rosary that was held at St Josephs Church The Junction, before Mass on a Friday has finished.

Many thanks for all who attended the Rosary to pray for Ukraine. Your attendance and support was immensely valued.

I believe there may be talks to try to continue the Rosary. A notice will appear in the bulletin if this succeeds.

Friday 26th May, was the final Rosary that I have been fortunate to lead for over a year.

Regards Kathryn.

CURSILLO WEEKEND

Maitland Newcastle Diocese Cursillo Movement invites you to come journey with them as they share faith stories – a weekend of meditations, prayers, songs and talks by laypeople, religious and priests – at the Catalina Conference Centre, 171 Dorrington Road, Rathmines, from Thursday 15th June to Sunday 18th June inclusive.

For details, please ring Sr Christine O'Connor on 0412044785 or Stephen Thatcher on 043767337

STUDENT ACCOMMODATION

34 Kenrick St, The Junction (the old Presbytery) is a share-house owned by the parish, with four independent living quarters. Unit 3 is currently vacant and available for student accommodation. It has a bedroom, bathroom and living room. Common areas of the building - the kitchen, laundry and dining/lounge rooms - are shared with other female occupants. The unit would suit a university student, or newly employed person, looking for independent accommodation in Newcastle. If you know anyone seeking accommodation, please pass on our contact details. Inquiries to the parish office on 4979 1101 or email newcparish@mn.catholic.org.au

TODAY'S LITURGY

Entrance Antiphon

Blest be God the Father,
and the Only Begotten Son of God,
and also the Holy Spirit,
for he has shown us his merciful love.

First Reading: Ex 34:4-6. 8-9

The Lord God, ruler of all, merciful and loving.

Responsorial Psalm: Dn 3:52-56. R. v.52

(R.) Glory and praise for ever!

1. You are blest, Lord God of our fathers. (R.)
Blest your glorious holy name. (R.)
2. You are blest in the temple of your glory. (R.)
You are blest on the throne of your kingdom. (R.)
3. You are blest who gaze into the depths. (R.)
You are blest in the firmament of heaven. (R.)

Second Reading: 2 Cor 13:11-13

*The grace of our Lord Jesus Christ and the love
of God and the fellowship of the Holy Spirit be
with you all.*

Gospel Acclamation: See Apoc 1:8

Alleluia, alleluia!

Glory to the Father, the Son, and the Holy Spirit:
to God who is, who was, and who is to come.

Alleluia!

Gospel: Jn 3:16-18

*God sent his Son to save the world through
him.*

Communion Antiphon: Gal 4:6

Since you are children of God,
God has sent into your hearts the Spirit of his Son,
the Spirit who cries out: Abba, Father.

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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.

FOOD BASKETS FOR THE NEEDY

ST JOSEPH'S, THE JUNCTION and MARY IMMACULATE, TIGHES HILL:

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 **Mary Immaculate 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 and ST MARY'S, NEWCASTLE:

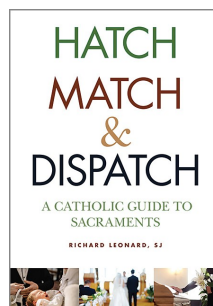
Since June 2022, CatholicCare Food Programs have made up 138 emergency food hampers and 150 Christmas hampers for people in the Newcastle-Lake Macquarie area, all from donated food items. This year we have seen a dramatic increase in the number of requests we have received for emergency food hampers, especially from families with young children. Our hampers are given as a one off 'hand up' (not a 'hand out') and are made up completely of donated food.

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 food collection bins are at Sacred Heart Cathedral and St Mary's Church, Newcastle

BOOK CLUB

Sunday, 4 June @ 6:15pm: Bookclub

meets to discuss *The Switch* by Beth O'Leary. If you would like to participate in book club meetings, please email the office



VIEW, CHEW, AND CHAT

Meets June 7 @7pm via Zoom to discuss Hatch, Match, & Dispatch, chapter 4. Contact the parish office on 4979 1101 to join