

WELCOME

VISION *The Wyong Catholic Parish is a welcoming, caring dynamic community*

MISSION STATEMENT *We will live and proclaim the message of the Gospel :
Engage, Participate, Reach out and Transform*

14TH DECEMBER 2025—THIRD SUNDAY OF ADVENT

WYONG CATHOLIC PARISH

ST CECILIA'S CHURCH, ST JOHN FISHER MASS CTR & ST PETER'S CHAPEL

**Under the Pastoral Care of the
Society of Our Lady of The Most Holy Trinity (SOLT)**

REFLECTION—3rd Sunday of Advent

John laboured diligently preparing the people to welcome the Messiah who, he believed, was coming as a judge to punish the wicked and reward the good. However, languishing in his prison cell, John hears of the healing and forgiving ministry of Jesus. He is perplexed and filled with doubt, because Jesus does not conform to his expectations. So, John sends his disciples to ask Jesus if he is the long-awaited Messiah. Jesus answers simply: Go and tell John what you see and hear. Clearly in Jesus' ministry the prophecies of Isaiah (29:18 -19; 35:5-6; 61:1) are being realised and the kingdom of God is being inaugurated. And so, Jesus declares blessed those who can see the connection between his ministry and the kingdom of God. These are the ones who keep faith in him.

Although Jesus holds John in the highest regard, as the greatest born of women, he nevertheless adds rather surprisingly: yet the least in the kingdom of heaven is greater than he is. Who are the least? They are those who have had the privilege of knowing and accepting Jesus as their Saviour. Today, we, the disciples of Jesus, are blessed to be the least in the kingdom.

Reproduced from God's Word 2025: Daily Reflections, Published by St Pauls Publications, Strathfield.



DID YOU KNOW?

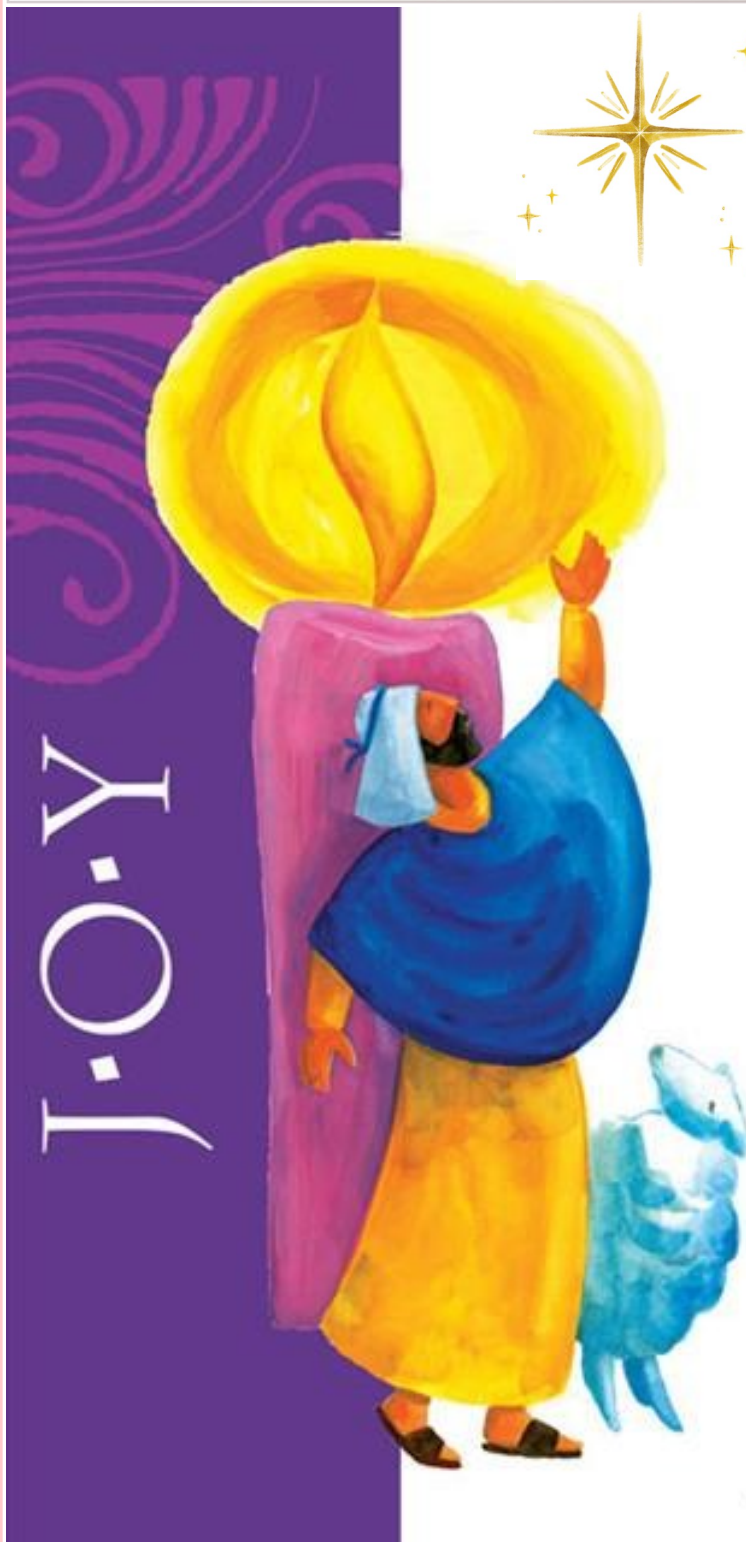
Why is Mass called Mass?

The word "Mass" comes from the Latin word "Missa," meaning "Ite, missa est" or "Go, you are sent," signifying the mission of believers and reflecting the Mass's purpose to send the faithful out to spread the Good News and live as Jesus did. The Mass is rooted in the Last Supper, a re-enactment of Christ's sacrifice and a memorial of his death and resurrection.

Fun Fact: You don't need to be "Perfect" to come and celebrate Mass!

"The church is not a museum for saints, it is a hospital for sinners."— *Saint Augustine*

The church encourages you to come as you are, and welcomes all individuals, regardless of their background, personal struggles, or perceived imperfections. It is a place of healing, spiritual growth, receiving graces and building community.



PARISH CALENDAR—IMPORTANT DATES

- ◆ 19th Dec—Parish Christmas Dinner at SJF school hall
- ◆ 25th Dec—Christmas Day (Holy day of obligation)
- ◆ 28th Dec—Feast of the Holy Family
- ◆ 1st Jan—Solemnity of Mary Mother of God
- ◆ 4th Jan—The Epiphany of our Lord
- ◆ 11th Jan—The Baptism of our Lord

May the seasons blessings be upon you and your families!

ADVENT RECONCILIATION

1st form of the Rite of Reconciliation: St John Fisher Mass Ctr

- ◆ Saturday 20th Dec Following 5pm Mass
- ◆ Sunday 21st Dec following 8:30am

2nd form of the Rite of Reconciliation:

- ◆ St Cecilia's Church • Wednesday 17th Dec 6pm



Broken Bay Filipino chaplaincy invites you to join the Christmas Novena Masses!

Triduum Mass

Dates: 21st 22nd & 23rd December

Place: St Cecilia's Church Wyong

Time: 7pm

Contact: Mona Santos 0406 998 422



Thank you to everyone who supported the Christmas stall over the last couple of weeks, \$890 was raised. Thank you to Rae Bof and Marie Dyer who have held stalls throughout the year and all who support them. These contributions help our parish in various ways and we greatly appreciated all the support and efforts of all involved. God bless you and all you do!



We warmly welcome the children who are to be Baptised this Sunday into our Parish community. May the grace of our Lord Jesus bless them and their families.

Main Liturgical Feasts: December

Immaculate Conception (December 8), St. Juan Diego (December 9), St. Damascus (December 11), Our Lady of Guadalupe (December 12), St. John of the Cross (December 14), St. Peter Canisius (December 21) and St. John of Kanty (December 23), St. Stephen (December 26), the Holy Innocents (December 28), St. Thomas Becket (December 29) and St. Sylvester I (December 31).

UNABLE TO STAND IN LINE FOR COMMUNION? USE THE YELLOW BAND!

Please use the yellow bands located at the back of the Church (in a tub underneath the bulletin shelf) to indicate that you cannot stand in line to receive the Eucharist, by slipping it onto the side of the pew where you will be seated. Our Priest or Eucharistic Minister will see this and will tend to you at the end of Communion.

WORKING BEE - Mon 15th Dec 10:30am

Mon 15th Dec we'll be having a Christmas clean up! It will be starting at 10.30am, cleaning the front of the Presbytery, cleaning sheds and tidying up around the yard. Please call Brian Bugden for more info (02) 43882938

All Parishioners and Families
Welcome

Parish Christmas Dinner

Dinner will be provided along with carols and entertainment. Raffle draw on the night with a few prizes to win.

19 DECEMBER | 6PM FOR 6:15PM SIT DOWN
HICKS LANE, TUMBI UMBI NSW 2261

RSVP | 12 DECEMBER

PARISH OFFICE HOLIDAY CLOSURE

Closed 20th December 2025

Reopening 14th January 2026*

*Office will be open on Wed & Fri only, until February 2nd when regular office hours will resume.

CHILDREN'S LITURGY—YOU'RE INVITED !

All children are invited to attend the children's Liturgy at our weekend masses. Children's Liturgy is when the children leave the congregation to celebrate and reflect on the Sunday Gospel reading in an age appropriate way. The children are led through prayers, songs and readings that are adapted to their level of understanding. *(Please ensure there is a parent/guardian for children under 5yrs old; all parents/guardians welcome).*

Attending Mass together is a part of being a Catholic Family, while Children's Liturgy allows children to enter the celebration more fully by catering to their needs.

Mass with Children's Liturgy:

St Cecilia's Church, Wyong Sunday 9.30am

St John Fisher Mass Centre, Tumby Umbi—Sunday 5:00pm



Speak with Maria to find out how you can volunteer!



365 Pacific Highway
North Wyong NSW 2259
PO Box 786
Wyong NSW 2259



Ph: 02 4351 8004
Ph: 02 4392 8777

BOWDEN FAMILY FUNERALS

All Areas ~ Australian Owned

Anita Bowden - Director
anitabowden@cci.net.au



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it is an Irish honour.*



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Christmas Mass Times 2025

St Cecilia's Church

Christmas Eve Wednesday 24th

- 5pm Children's family Mass
- 11.30pm Christmas Carols followed by 12am Midnight Mass
- Christmas Day Thursday 25th
- 7.30am & 9.30am

St John Fisher

Christmas Eve Wednesday 24th

- 5pm Children's family Mass
- Christmas Day Thursday 25th
- 8.30am

Wyong Catholic Parish
St Cecilia's Church 23 Byron St Wyong
St John Fisher Hicks Lane Tumby Umbi

JUBILEE PRAYER—Father in heaven, may the faith you have given us in your son, Jesus Christ, our brother, and the flame of charity enkindled in our hearts by the Holy Spirit, reawaken in us the blessed hope for the coming of your Kingdom. May your grace transform us into tireless cultivators of the seeds of the Gospel. May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth, when, with the powers of evil vanquished, your glory will shine eternally. May the grace of the Jubilee reawaken in us, Pilgrims of Hope, a yearning for the treasures of heaven. May that same grace spread the joy and peace of our Redeemer throughout the earth. To you our God, eternally blessed, be glory and praise forever. Amen.



MASS FOR THE CLOSING OF THE JUBILEE YEAR OF HOPE

Bishop Anthony extends a very warm invitation to the clergy and people of God in Broken Bay to join him for Mass and Closing of the Jubilee Year. The Relics from our three Shrines of Hope will also journey to the Cathedral to be present for this Mass.

Date: Sunday 28 December 2025

Time: 9.30am

Location: Our Lady of the Rosary Cathedral, Waitara

ST VINCENT de PAUL CHRISTMAS APPEAL 2025

On the weekends of the 6th and 13th of December we are holding our annual Christmas Appeal. Many families and individuals in our community are doing it tough. We are hoping to provide food hampers to as many as possible. So once again, we are calling on your generosity to help our Tumby/Wyong team, to provide these hampers. Envelopes will be available in the Church for card & cash donations. All donations of \$2 or more are tax deductible.

Alternatively, donations may be placed in the poor box.

There will be a trolley/basket available at the back of the Church for food donations of non-perishable items, such as tinned hams, tinned fruit, cakes, puddings, drinks etc. which can be turned into hampers and can be left anytime up to **14th December**.

We thank you for your continued support for the disadvantaged in our parish.

PLANNED GIVING—Dear Parishioners, should you wish to donate electronically, please see details below.

We appreciate all offerings and support gifted to our Parish!

To support the Priests (1st Collection):

Acc name: SOLT Australia Inc

BSB: 062 195

Acc no: 1022 9389

To support the running & upkeep of the Parish (2nd Collection):

Acc name: Wyong Catholic Parish

BSB: 062 784

Acc no: 100 001 943



COMMUNION BLESSING

- You can still receive a blessing if you are not Catholic, have not yet received your Sacrament of First Eucharist/Holy Communion, or, if you are Catholic but are not in a state of grace.

To receive a blessing instead of communion during a Catholic Mass, simply approach the priest during the distribution of communion with your arms folded across your chest, and the priest will offer a blessing.

- Please remember if you are receiving communion, the consecrated host must enter your mouth to be consumed before returning to your seat.



Extra Mower's Required

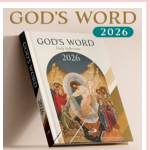
If there is any person who would be kind enough to join us in mowing on the Church grounds please contact Brian Bugden on 4388 2938.

Depending on numbers, you will only need to mow approximately 3 times a year.

To make life a little easier our equipment consists of 2 ride-on-mowers and 2 self-propelled mowers. Thank you.

GREAT GIFT IDEA! BOOK: GOD'S WORD 2026 PURCHASE YOURS NOW!

God's Word 2026, \$20 a book. Please contact the parish office if you would like a copy.



ADVENT BOOKLETS

The Advent theme for the year is "History, Mystery & Majesty. The Advent Booklets are a resource with beautiful reflections and prayers to guide you through this advent season. Please find a copy of the Advent Booklets in the Church. You will also find in the church 'A charter of the Ecclesial life of the Diocese of Broken Bay'.

Come join us!

We need YOU to join our Wyong Choir!

Don't let your talents go to waste - let us come together and praise God in song as one.

PRACTICE ON TUES 5PM AT ST CECILIA'S CHURCH

200 CLUB 2025

Prize change :

First prizes have been lowered by \$50.
Monthly Prizes: 1st \$250; 2nd \$150; 3rd \$100; 4th \$50
Major Prizes : 1st \$450; 2nd \$250; 3rd \$150; 4th \$100

DRAW RESULTS:

1st \$250	No 25	Gloria King
2nd \$150	No 124	Donation
3rd \$100	No 158	Elizabeth Fernandes
4th \$50	No 75	Joe Attard



Property Transfer Professionals

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Home Care and NDIS packages tailored for you.

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Email: cruz@homecaring.com.au

MASS TIMES

ST CECILIA'S CHURCH

23 Byron St Wyong

Saturday Vigil / Sunday Mass Times

Sat Vigil 5.00pm Sun 7.30am & 9.30am

Weekday Mass

Mon-Sat: 8.00am, Monday 9.15am (School Term)

Reconciliation/Confession Saturday morning after the 8am Mass & Saturday at 4.30pm

ST JOHN FISHER MASS CENTRE

Hicks Lane Tumbi Umbi

Saturday Vigil / Sunday Mass Times

Sat Vigil 5.00 pm Sun: 8.30am & 5pm

Weekday Mass

Mon, Wed, Thurs 8:00am Tue & Fri: 9.15am

Reconciliation/Confession Saturday at 4.30pm

EMERGENCY PRIEST CONTACT

Fr Raul Ph: 0450 115 099

Fr Alex Ph: 0432 947 245

Fr Teody Ph: 0410 202 823

PARISH OFFICE: 23 Byron Street Wyong

Phone: 02 4352 1011 **Mail:** Po Box 385 Wyong 2259

OFFICE HOURS: Monday -Wednesday & Friday 9.30am to 2.30pm

PARISH CONTACTS

Parish Priest **Fr Raul Balute, SOLT Ph: 0450 115 099**

Email: raul.balute@bbcatholic.org.au

Assistant Priest **Fr Alex Barnedo, SOLT Ph: 0432 947 245**

Assistant Priest **Fr Teody Medina, SOLT Ph: 0410 202 823**

Parish Secretaries **Margaret Vandenberg & Christine Sassine**

PARISH EMAIL: wyongparish@bbcatholic.org.au

PARISH WEBSITE: <https://www.bbcatholic.org.au/wyong/>

FACEBOOK: www.facebook.com/wyongcatholicparish

Children's Liturgy at the following Masses

St Cecilia's 5:00pm Mass Saturday

St Cecilia's 9.30am Mass Sunday

St John Fisher 5pm Mass Sunday

BAPTISMS, WEDDINGS AND
FUNERALS PLEASE CALL THE
PARISH OFFICE

Mass St Barnabas, Yarramalong

1st Sun of month 11.15am

Filipino Mass St Cecilia's Church

3rd Sun of the month 12pm

Anointing of the Sick

First Friday of the Month

St Cecilia's During 8.00am & 11.30am Mass

St John Fisher During 9.15am Mass

Eucharistic Adoration

St Cecilia's Daily 7am-8am

St John Fisher 1st Fri 8.45 - 9.15am

Devotion to Our Lady of Perpetual
Help Saturday—St Cecilia's &
Wednesday—St John Fisher (after the
8am Mass)

Devotion to the Divine Mercy

St Cecilia's Fri after the 8am Mass

St John Fisher Fri after the 9:15am
Mass

Prayer groups

St Cecilia's Rosary Group Tues after
8am mass followed by Divine Mercy
St Cecilia's Legion of Mary 9am Wed
Meetings

St Cecilia's Choir practice every Tues
night 5pm to 6pm

Parish Pastoral Council Meeting

PPC Secretary: Kerry Bugden

Ph: 02 4388 2938

KEEP US IN YOUR PRAYERS

Prayer: The most valuable gift you
can give someone.

SICK: Michele Bolton, Jeanine
Doueihy, Lisa Glanville, Margaret
McDermott, Dave Rodney, Danae
Roe, Milva Kefu, Georgina
Mastroianni, Tahniah Ahuriri, Mary
Anne Xuereb, Colleen Goodwin,
Little Everleigh

RECENTLY DECEASED:

Barbara Barry, Josephine Imer,
Fahim (Frank) Laoulach, Clint Davey,
Riahne (Chuck) Louie Vasquez,
Michael McDermott

ANNIVERSARY DECEMBER: Bill

Martin, Larry George Hooley, John
Taylor, James Bastic, Rove Varman,
Claire Baxter, Evelyn Ross



SAFEGUARDING MESSAGE

Wyong parish is committed to safeguarding. All children, young persons and vulnerable adults have a right to feel safe and be safe. If you have a concern about the safety of anyone in the parish, please raise your concern with Fr Raul, Fr Alex or

Fr Teody on the contact details provided above; or, Anne Hooley: 0428 149 793 or, Maureen Roast: 0435 245 849.

THE LITURGY OF THE WORD

First Reading Isaiah 35:1-6, 10

A reading from the prophet Isaiah

Let the wilderness and the dry-lands exult, let the wasteland rejoice and bloom, let it bring forth flowers like the jonquil, let it rejoice and sing for joy.

The glory of Lebanon is bestowed on it, the splendour of Carmel and Sharon; they shall see the glory of the Lord, the splendour of our God.

Strengthen all weary hands, steady all trembling knees and say to all faint hearts, 'Courage! Do not be afraid.

'Look your God is coming, vengeance is coming, the retribution of God; he is coming to save you.'

Then the eyes of the blind shall be opened, the ears of the deaf unsealed, then the lame shall leap like a deer and the tongues of the dumb sing for joy, for those the Lord has ransomed shall return.

They will come to Zion shouting for joy, everlasting joy on their faces; joy and gladness will go with them and sorrow and lament be ended.

The word of the Lord.

Thanks be to God.

Responsorial Psalm Ps 145:6-10

R. Lord, come and save us.

Second Reading James 5:7-10

A reading from the letter of St James

Be patient, brothers, until the Lord's coming. Think of a farmer: how patiently he waits for the precious fruit of the ground until it has had the autumn rains and the spring rains! You too have to be patient; do not lose heart, because the Lord's coming will be soon. Do not make complaints against one another, brothers, so as not to be brought to judgement yourselves; the Judge is already to be seen waiting at the gates. For your example, brothers, in submitting with patience, take the prophets who spoke in the name of the Lord.

The word of the Lord.

Thanks be to God.

Gospel Acclamation Isaiah 61:1 (Luke 4:18)

Alleluia, alleluia!

The Spirit of the Lord is upon me;

he sent me to bring Good News to the poor.

Alleluia!

Gospel Matthew 11:2-11

A reading from the holy Gospel according to Matthew

John in his prison had heard what Christ was doing and he sent his disciples to ask him, 'Are you the one who is to come, or have we got to wait for someone else?' Jesus answered, 'Go back and tell John what you hear and see; the blind see again, and the lame walk, lepers are cleansed, and the deaf hear, and the dead are raised to life and the Good News is proclaimed to the poor; and happy is the man who does not lose faith in me.'

As the messengers were leaving, Jesus began to talk to the people about John: 'What did you go out into the wilderness to see? A reed swaying in the breeze? No? Then what did you go out to see? A man wearing fine clothes? Oh no, those who wear fine clothes are to be found in palaces. Then what did you go out for? To see a prophet? Yes, I tell you, and much more than a prophet: he is the one of whom scripture says: Look, I am going to send my messenger before you; he will prepare your way before you. I tell you solemnly, of all the children born of women, a greater than John the Baptist has never been seen; yet the least in the kingdom of heaven is greater than he is.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Christmas

Mass Times 2025

St Cecilia's Church

Christmas Eve Wednesday 24th

- 5pm Children's family Mass
- 11.30pm Christmas Carols followed by 12am Midnight Mass

Christmas Day Thursday 25th

- 7.30am & 9.30am

St John Fisher

Christmas Eve Wednesday 24th

- 5pm Children's family Mass

Christmas Day Thursday 25th

- 8.30am

Wyong Catholic Parish

St Cecilia's Church 23 Byron St Wyong
St John Fisher Hicks Lane Tumby Umbi





Simbang Gabi

BROKEN BAY FILIPINO
CHAPLAINCY INVITES YOU
TO JOIN OUR CHRISTMAS
NOVENA MASSES THIS
DECEMBER 2025

Chatswood

OUR LADY OF DOLOURS
94 Archer St, Chatswood
16 - 24 Dec | 5:30 AM
Contacts:
Giselle Goloy 0430 207 757
Dei Pagunuran 0466 817 254

Hornsby

**OUR LADY OF THE ROSARY
CATHEDRAL**
23 Yardley Ave, Waitara
15 - 23 Dec | 7:00 PM
Contacts:
Vilma Tolosa 0411 250 593
Cynthia Alipalo 0416 188 835

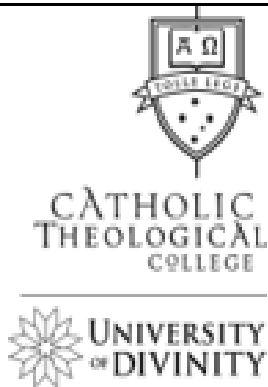
Dee Why

ST. KEVIN'S CHURCH
50 Oaks Ave, Dee Why
15 - 23 Dec | 7:00 PM
Contact:
Marlon Cabilao
0430 249 450

Wyong

ST. CECILIA'S CHURCH
Triduum Mass
23 Byron St, Wyong
21, 22 & 23 Dec | 7:00 pm
Contact:
Mona Santos
0406 998 422





Catholic Theological College

*Study scripture, theology,
pastoral ministry and spirituality*

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Face-to-face or online modes available

For more information: view our [2026 Prospectus](#) or
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February 2026

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Palms International Volunteering has structured gap year placements in Cambodia, and Timor-Leste, starting February 2026.

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DURATION: 12 months


WHAT'S INCLUDED:

- ✓ Comprehensive 4-day Orientation Course (12–15 Feb 2026)
- ✓ Accommodation & living allowance
- ✓ Travel insurance
- ✓ Ongoing in-country support
- ✓ Skills that universities and employers genuinely value

ONLINE INFORMATION SESSION

 Thursday 4 December 2025

 6pm or 9pm AEDT

 Students & Parents welcome
Join us online to learn about placements, ask questions, and meet the team.

SCAN ME

CONTACT:

 emily@palms.org.au

 02 9560 5333



WANT TO JOIN OUR FRIENDSHIP PROGRAM?

CatholicCare are seeking volunteers for our Aged Care Volunteers Visitors Scheme (formerly known as the Community Visitors Scheme). As a volunteer, you will visit seniors in a local aged care facility or in their own home and help improve their quality of life. Our volunteers have the flexibility to choose a day and time that suits them, we just ask for a commitment of at least one hour per fortnight.

Affectionately referred to as CatholicCare's 'friendship program', you will be able to build new connections and positive relationships with someone who will greatly appreciate your company. Please call (02) 9481 2600 or visit www.catholiccaredbb.org.au/volunteer/ for more information



CatholicCare
Diocese of Broken Bay

VOLUNTEERS NEEDED

AGED CARE VOLUNTEER VISITORS SCHEME

www.catholiccaredbb.org.au/volunteer

Discover and share in our story

The Sisters of Charity Heritage Centre brings alive the spirit of the Congregation, it's history and heritage.

Australia's first religious sisters have been of service to the community regardless of creed, wealth or ethnicity, for over 185 years.

Tuesday – Thursday
10.00am-3.00pm or by appointment
Free entry, parking available
Bookings recommended

*You too are part of this continuing
and living heritage and we'd love
to welcome you.*

1 Rockwall Cres, Potts Point, NSW
T: 02 9138 0835
W: socheritagecentre.org.au
E: heritagecentre@rscoffice.com



**Sisters
of Charity**
of Australia

**HERITAGE
CENTRE**



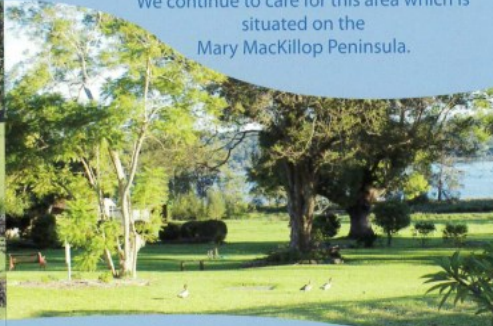
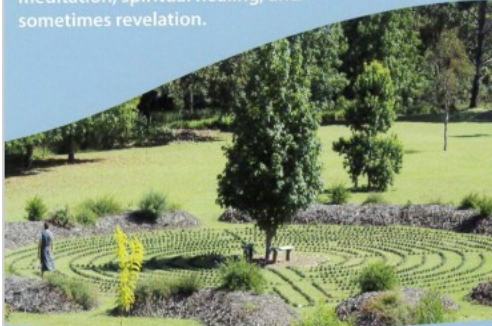
St Joseph's Spirituality and Education Centre Kincumber South

The abundance of natural beauty which surrounds the Centre will ensure your stay is unforgettable, enjoyable and restful.

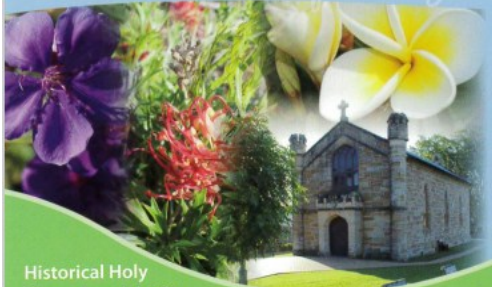
The labyrinth is a place for prayer, meditation, spiritual healing, and sometimes revelation.

We acknowledge the original owner of this land and pay tribute to The Darkinjung Nation and the Guringai people who have cared for this land with love and respect.

We continue to care for this area which is situated on the Mary MacKillop Peninsula.



Peace and Tranquility



A Ministry of the Sisters of St Joseph
NSW Province

The Congregation of the Sisters of St Joseph, founded by Mary MacKillop and Julian Tenison Woods in 1866, was devoted to the service of the poor. Its members were women who worked in a simple ordinary way to bring to the poor the message of their human dignity and of Christ's saving love. Today the Sisters of St Joseph continue that founding mission to relieve suffering and bring hope to today's world.

St Joseph's Spirituality and Education Centre offers the opportunity for individuals and groups to experience spiritual enrichment and personal development in a peaceful and spacious setting. The facilities are available to those whose purpose is in harmony with the spirit and philosophy of the Sisters of St Joseph.

Historical Holy Cross church built in 1842 presents itself right in front of our Centre.

St Joseph's Spirituality & Education Centre

8 Humphreys Road, Kincumber South, NSW 2251
Phone: 02 43682805 : Fax: 02 43683849
Email: bookings@stjosephsretreat.org.au
Web: www.stjosephskincumber.org.au



Location

St Joseph's Spirituality and Education Centre is located at Kincumber South, in a natural bushland setting, in a quiet corner of the beautiful Central Coast of NSW.

The spacious grounds front the Kincumber Broadwater, creating an atmosphere of tranquility and peace that enhances the spiritual and reflective nature of the Centre.

A perfect place where people can be recharged, re-energized and spend precious time connecting with God, each other and nature.

Services

Dedicated staff are on hand to advise and to ensure the smooth running of your group's activities.

You can be certain of our personalised & professional service from start to finish for your conference, meeting or seminar.

The Centre is open to people of all faiths and beliefs and is a warm and welcoming place respecting cultural and religious differences.

Meals are prepared on site, catering for special dietary requirements.

Morning and afternoon tea are all homemade.

Facilities

St Joseph's is a smoke free environment.

The quality and presentation of the accommodation add to the overall ambience of the Centre.

A maximum of 54 people can be accommodated in 35 double, twin, or single rooms, all with modern ensuites.

Ramp and lift access to rooms is available, some bathrooms are wheelchair friendly.

Our facility hosts
Retreats
Conferences
Group Seminars
Small Group Meetings
Bible Study Groups
Prayer Days

Sound and visual equipment for conferences are available on request.

Walking Tracks and Gardens

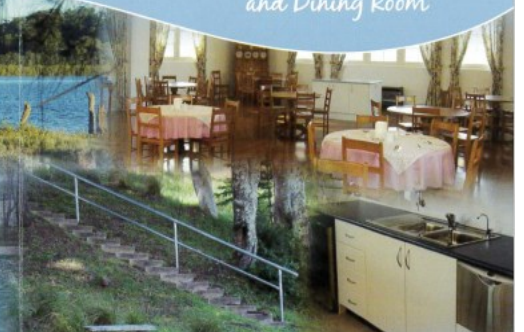
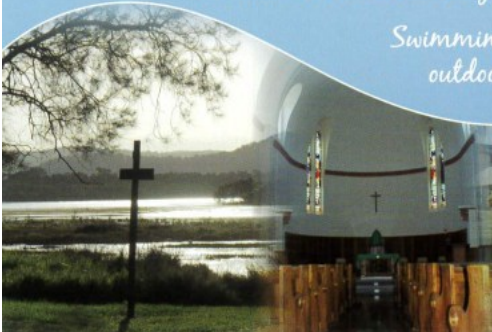
Meditation Areas and Mary of the Cross Walk

Swimming pool and outdoor patio

Chapel and prayer rooms

Conference Rooms

Lounge, Tea Bays and Dining Room



WE ARE PROUD TO ANNOUNCE OUR NEW ACCREDITATION FOR **HOME CARE PACKAGES**

CatholicCare is our social care agency in the Diocese of Broken Bay and we have been supporting the Northern Sydney, Northern Beaches and Central Coast communities for 35 years.

We understand many seniors prefer to stay at home as they age. The Government's funding for Home Care Packages can help you live independently at home for longer.

We want to know if our Home Care Packages are of interest to you, or a loved one and want to prioritise the needs of our parishioners before we promote to the general public. As a Catholic organisation we want the seniors we support to know they are truly cherished and valued and we're confident our services will be very well received.

There's no obligation to partner with CatholicCare. We may contact you to discuss your needs, but you're welcome to opt-out at anytime.

Name

Suburb Phone

Email

Do you currently have Home Care Package funding from the Government?

☐ Yes ☐ No ☐ Unsure

Do you need help applying for a Home Care Package?

☐ Yes ☐ No ☐ Maybe

Is there any other feedback you'd like to provide?

Take a photo of this completed form and email to info@catholiccaredbb.org.au or text a photo of the form to 0481 602 046. Thank you.



CATHOLIC
ARCHDIOCESE
OF SYDNEY



IN
PERSON
with

CHRISTOPHER WEST
THEOLOGY
of the **BODY I**

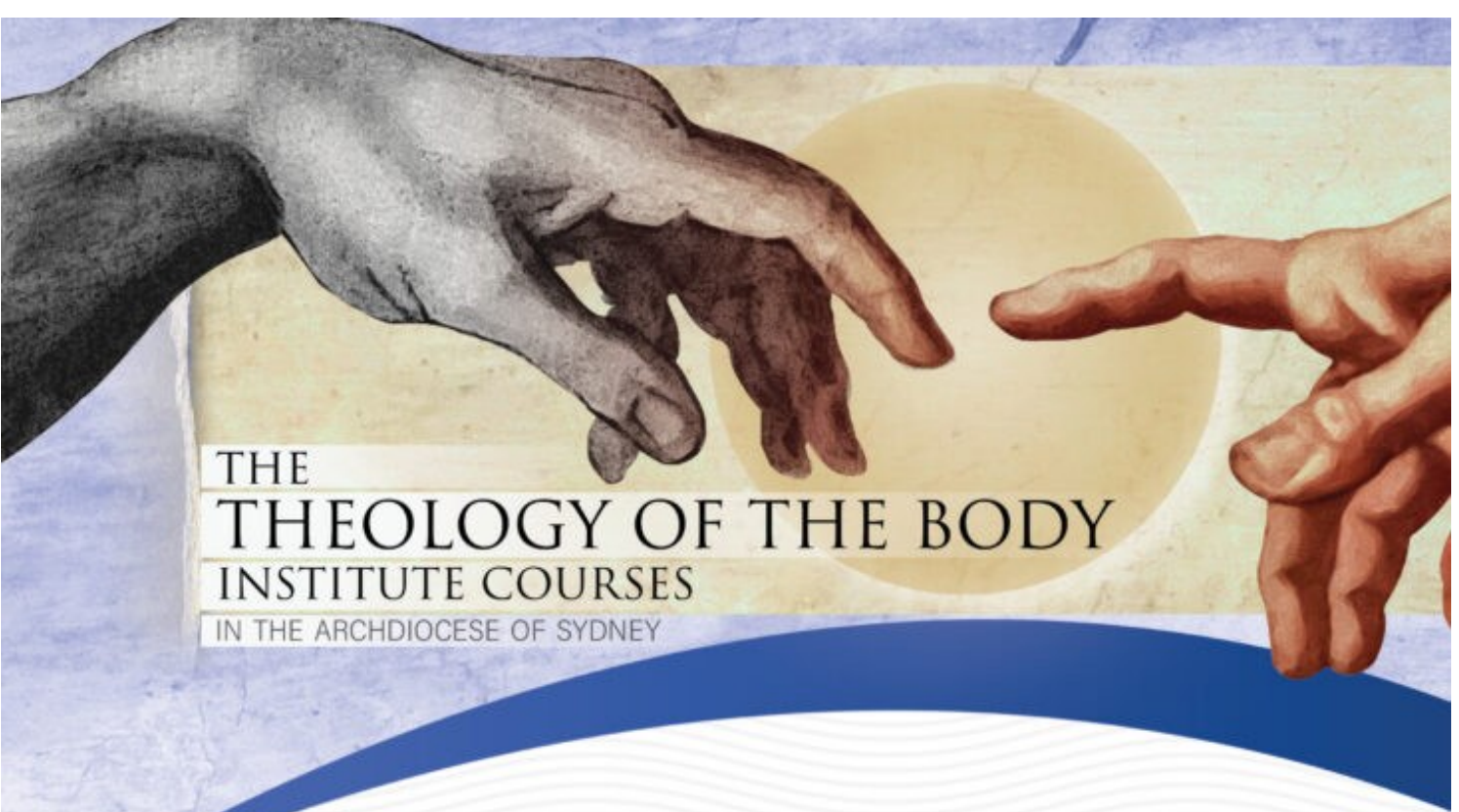
HEAD  HEART IMMERSION

PRESENTED BY TOB INSTITUTE

TOBI.SYDNEYCATHOLIC.ORG

18-23 JANUARY 2026

Benedict XVI Retreat Centre



THE THEOLOGY OF THE BODY INSTITUTE COURSES

IN THE ARCHDIOCESE OF SYDNEY

“ And this is why it's already changing so many lives around the world. The Pope's teaching helps us distinguish between the real million-dollar bill and the counterfeit. It helps us 'untwist' our disordered desires and orients us towards the love that truly satisfies.

- Christopher West.

As part of its commitment to leadership and formation, expressed in the mission plan Go Make Disciples, the Sydney Centre for Evangelisation in the Archdiocese of Sydney has partnered with the Theology of Body (TOB) Institute to provide more accessible opportunities for Catholics in Sydney and beyond to be trained and formed in the Theology of the Body as proclaimed by St. John Paul II.

The TOB Institute are the leading providers of outreach and educational offerings of Theology of the Body and are dedicated to making these profound riches available in the lives of men and women around the world.

Through this partnership, our hope is that Australians are introduced and re-energised with this most important and crucial 'masterwork' and reach men and women in every state of life with a hopeful, liberating vision of human identity that appeals to the deepest yearnings of the heart for love and union.

“ It is a huge blessing to be doing this course together with my husband, as it has opened the way for us to share more deeply with each other and understand each other better as husband and wife.

- Jane, Wife and Doctor ”



THEOLOGY OF THE BODY I: HEAD & HEART IMMERSION COURSE

18-23 JANUARY 2026

3PM SUNDAY TO 1PM FRIDAY

Benedict XVI Retreat Centre, Grose Vale

- Five and a half days of live-in learning & interactive lectures (30 hours of graduate/master's level instruction)
- All course workbook and materials to help you focus more on listening and receiving
- Daily Mass, adoration, and confession
- 5-night accommodation in a **twin shared room** and delicious meals throughout the week
- Time for relaxation and networking
- Gorgeous retreat setting grounds to soak in God's natural beauty

Course Description

This course is a dynamic introduction to St John Paul II's groundbreaking *Theology of the Body* — a series of teachings from his 129 Wednesday addresses — that explore what it means to be human, made in God's image, and called to love.

Students will unpack themes like identity, freedom, gender, vocation, fall and redemption, and discover how our deepest desires can be a path to God — not a detour.

More than just head knowledge, this course invites a journey from insight to transformation — from head to heart, and into daily life.

Learning Objectives

The course is designed to:

- Explore and understand the philosophical foundation on which John Paul II built his theology of the body;
- Synthesize John Paul II's "adequate anthropology" and apply it to the Christian vocations of celibacy and marriage;
- Apply John Paul II's anthropology to a range of questions such as sexual morality, bio-ethics, gender issues, the sacramental life, and the new evangelization;
- Evaluate alternative anthropologies in comparison and contrast with John Paul II's vision of man and woman;
- Integrate the principles of John Paul II's Theology of the Body in one's own life and relationships.

This course is perfect for adults (18+) - lay, clergy, seminarians, religious, ministry leaders, parish coordinators, teachers and those who have a passion and desire to dive deeper into "the rediscovery of the meaning of the whole of existence, the meaning of life". No prerequisite is required to take this course.

“ The Theology of the Body Institute takes the great scholarship of St John Paul II and translates it into a language, images, music and stories that are understandable and resonate in the heart of the average person.
- Christopher West. ”

“ The greatest gift Theology of the Body gave me as an affirmation that the deepest longings, desires and yearnings of my own heart for love, fulfillment and intimacy were not only good but holy.
- Marie, university student ”

Meet your Instructors and Team:

CHRISTOPHER WEST



Dr Christopher West is the most dynamic and compelling evangelists renowned for his mission in spreading the teachings of St John Paul II's Theology of the Body. His global lecturing, best-selling books and multiple audio and video programs have made him the world's most recognised teacher of St John Paul II's "Theology of the Body" – a bold, biblical vision of love and sexuality. He is the co-founder, president and senior lecturer of Theology and Christian Anthropology at the Theology of the Body Institute and a devoted husband and father.

JASON CLARK



Since 2010, Jason has served as Christopher's closest collaborator in overseeing the global mission and outreach of spreading St. John Paul II's Theology of the Body. He has a passion for drawing people closer to the heart of Christ and has been doing so since the early 1990s as a youth and young adult minister, a seminarian, a worship leader, a speaker throughout the United States and abroad, and, most importantly, as a husband and father of five.



**LIFE, MARRIAGE
AND FAMILY**
SYDNEY CENTRE FOR EVANGELISATION

The **Life, Marriage and Family** team in the Sydney Centre for Evangelisation serves parish communities through initiatives that affirm the dignity of the human person and build a culture that supports marriages and families in their vocations. We provide opportunities for spiritual encounter, growth and formation in the areas of RCIA, sacramental life, marriage, family life and men's and women's ministry.

VISIT: www.sydneycatholic.org/lmf

The team will serve as your local support and point of contact for any queries about the program. They will also be present to assist with any needs during the course.

**REGISTRATION
INFORMATION**
REGISTRATIONS CLOSE
8 DECEMBER 2025



EARLY EXPRESSIONS OF INTEREST

- **Cost:** \$2100 AUD
- **Inclusion:** Immersion Course with all materials, five nights (twin-shared occupied) accommodation and meals.
- **Apply:** tobi.sydneycatholic.org

CATHOLICCARE BROKEN BAY

Do you have a problem that you can't solve on your own?

When feelings become overwhelming or confusing, counselling can be very helpful. We work with you to overcome challenges and stress. We work with you, assisting you to face challenges and stressors, coming up with suggestions to tackle or resolve these challenges. We listen, talk through experiences and help you think about ways forward. Common issues addressed in counselling include family transitions, communication issues, work/life balance, conflict, parenting after separation, grief and loss and decision making. We offer a welcoming, inclusive environment and a safe space for all ages. CatholicCare offers Government funded, fee for service and NDIS approved therapy options for yourself, your children and as a family unit.

To access this service please call 1800 324 924 or visit www.catholiccaredbb.org.au.



Key Telephone Numbers

KEY TELEPHONE NUMBERS

POLICE: 000

Call the Police for immediate assistance.

1800 RESPECT: 1800 737 732

A national 24-hour 7 day a week service, for advice or support in relation to sexual assault and domestic violence. The service also connects victims to the nearest help according to their location.

FOR NON-ENGLISH SPEAKERS

Call 131 450 for an interpreter. Ask them to ring 1800 RESPECT for you.

CATHOLICARE BROKEN BAY

CatholicCare provides a range of services to assist women and children experiencing domestic violence

Central Coast: 1800 324 924	Northern Beaches: 1800 324 924
Naremburn: 1800 324 924	Waitara: 1800 324 924

MEN'S REFERRAL SERVICE: 1300 766 491

A national 24-hour 7 day a week anonymous and confidential counselling, information and referral service to help men stop using violent and controlling behaviour.

FOR FEMALE MIGRANTS UNDER A TEMPORARY VISA

Migrants are especially vulnerable to abuse because they are in unfamiliar territory without knowledge of the laws and emergency services they can access.

If you are experiencing domestic violence, you can take out an Apprehended Violence Order (AVO) against your partner.

Under the Migration Act you can apply for permanent residency due to domestic violence.

Ring any of the following numbers:

Immigration Advice and Rights Centre	02 8234 0777
Immigrant Women's SpeakOut Association	1800 656 463
Legal Aid NSW	1300 888 529 (business hours)

PHYSICAL AND SEXUAL ABUSE ARE SERIOUS INDICTABLE OFFENCES UNDER THE NSW CRIMES ACT 1900. It is an offence to fail to report knowledge or belief of a serious indictable offence. If in doubt, call 000.

This parish resource has been developed by the Diocese of Broken Bay's Catholic Life & Faith Formation Team in consultation with the Safeguarding Office (Chancery) and CatholicCare Broken Bay. This booklet is part of a Parish Kit which assists parishes to respond to those experiencing domestic violence or those who are seeking help for their violent behaviour. The kit is available for download www.bbcatholic.org.au

www.bbcatholic.org.au



**CATHOLIC
DIOCESE OF
BROKEN BAY**

Social Media Minimum Age Restrictions Begin 10 December 2025

The following trusted resources offer clear guidance to help families understand the new Social Media Minimum Age laws and support children and young people during the transition.

	<u>Australian Government – Social Media Minimum Age</u>	A brief overview of the new laws, explaining why the changes were introduced, what platforms must do, and how the reforms protect children and young people.
 eSafety Commissioner	<u>eSafety Commissioner – Age Restrictions Hub</u>	Central information hub covering age restricted platforms, compliance expectations and assessment criteria under the new laws.
 eSafety Commissioner	<u>eSafety FAQs – Social Media Age Restrictions</u>	Answers to common questions about account changes, platform responsibilities, what families should expect and how the reforms will be enforced.
 eSafety Commissioner	<u>eSafety – Parents and Carers Resources</u>	Practical tools, webinars and guidance for parents to help children navigate social media changes, digital wellbeing and safe online behaviour.
 eSafety Commissioner	<u>eSafety – Young People Resources</u>	Age appropriate support for young people, including healthy digital habits, safe social media use and strategies for positive online experiences.
	<u>UNICEF Australia – Social Media Ban Explainer</u>	Youth friendly explainer helping children and teens understand the new rules, why the restrictions are in place and how to stay safe and connected online.
	<u>OAIC – Privacy and Age Requirements</u>	Guidance on privacy rights, data responsibilities and how the minimum age laws intersect with young people’s online safety and information protection.

SAFEGUARDING is everyone's responsibility



Everyone must
practice **A DUTY OF
CARE**. We are called to
step up and speak out.

Need to be listening &
watching to understand
if there are any
concerns and take them
seriously



Tell one of our
designated persons in
authority

- Fr Raúl 0450 115 099
- Maureen Roast 0435 245 849
- Anne Hooley 0428 149 793

Contact will be made
with Diocesan
Safeguarding Office



Our Community is
SAFE