

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 SEPTEMBER 2025— SOLEMNITY OF THE EXALTATION OF THE HOLY CROSS

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

What a juxtaposition we find in the title of today's feast. How can we exalt in the cross on which Jesus died such a torturous death? Well, when seen from the perspective of the resurrection, the picture starts to become clear. The cross was the means by which God, in the person of Jesus, would, in his endless love and compassion, bring a wayward world back home to him. Today's Gospel gives us perhaps the most well-known Bible verse of all, in John 3:16: 'Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life.' God didn't send his Son to condemn us but to save us. Out of his great love for humanity, God reached down into a broken human world, and Jesus, by bearing our sins on the cross, redeemed us, and in the resurrection, showed us the way back to communion with God and to eternal life in God's presence. We exalt the cross because it restores to us all that was lost, and it stands forever as a reminder of God's endless outpouring of love for us.

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

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.



PARISH CALENDAR—IMPORTANT DATES

10th Oct—Jubilee Multi-cultural Dinner 6pm at SJF school hall (please bring a plate to share!)

15th Oct—Jubilee Pilgrimage Day

25th Oct—Marian Spirituality Day

5th Dec—Ecumenical Christmas Carols

19th Dec—Parish Christmas Dinner at SJF school hall

Jubilee Year Events: Eucharistic Adoration, Pilgrimage Day, Marian Spirituality Day & Multi-cultural Dinner.

With all of our wonderful Parish events coming up, they require many hands and lots of organization to keep them going. We would love your help! Should you wish to volunteer for any of these events, please contact the Parish Office as soon as possible. Many Thanks.



WYONG CATHOLIC PARISH INVITES YOU TO JOIN OUR Rite of Christian Initiation Program RCIA/RCIC

RCIA is a program for Adults and RCIC is a program for children between the ages of 13-18. These programs are run separately, starting in October 2026 and aim to prepare you in mind body and spirit to receive the Initial Sacraments in the Catholic Church. You will leave with a better understanding of the Sacraments and Catholic faith.

If you are interested in being apart of this program please contact the Parish Office ASAP, (02) 4352 1011, wyongparish@bbccatholic.org.au
All are welcome to join!

Dear Wyong Priests, Parishioners and Former School Community,
It is with sadness that I say farewell to you at the end of September/Early October. For fifty plus years I have had the joy and privilege of being part of a friendly, caring community by being inspired and encouraged by many generous and deeply committed parishioners who have shared their, faith, spirituality and friendship.
I thank you and wish you every blessing for the days and years ahead.
Regina/ Reggie 0425302344.

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.



WE WARMLY WELCOME THE CHILDREN
WHO ARE TO BE BAPTIZED THIS SUNDAY
INTO OUR PARISH COMMUNITY.
MAY THE GRACE OF THE LORD JESUS
BLESS THEM AND THEIR FAMILIES.



PLEASE LABEL DONATIONS

Dear Parishioners, when donating goods to the Parish, especially when left in the Parish Hall, please note who/ where the donations are going to. This will help us to ensure it is going to the right person/place.
We appreciate your generosity. Thank you



FREE FIREWOOD—Free wood panels leftover from fence replacement are available for collection.
Located in the grassy carpark across from St Cecilia's Church in the far back, right corner.

Bishop Anthony Randazzo's Pastoral Letter (booklet) **The Mystery of Faith: Encountering Jesus Christ in the Eucharist**, is now available for all parishioners to collect. They will be left at the back of the 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 :

1 st \$250	No 97 Maureen Dobb
2 nd \$150	No 51 Lyn McMahon
3 rd \$100	No 1 Frankie Mifsud
4 th \$50	No 157 Peter Cesca

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



Volunteers always needed & appreciated! Speak with Maria or office staff to find out more.

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



*We do not think of it as a job...
it is an irish honour.*



Ensuring your loved ones are cared for with the respect & dignity you would wish.
Flexible arrangements to suit your needs. Professional assistance and caring advice.
Phone. 1800 558 004, Mob. 0408 251 927, Fax. 02 4351 8005

TUGGERAH SPORTS & SPINAL PHYSIOTHERAPY

Ricky Li
Registered NDIS provider
Phone 4355 4445
www.tuggerahphysio.com.au

Parish Multi-Cultural Dinner



Parish Multi Cultural Dinner Friday 10th October
St John Fisher School Hall from 6.00pm

We are a multi-culturally diverse parish. Come along and share your culture and FOOD!
All are invited to bring a meal /dessert to share that represents your family heritage. There will be a free Aussie Sausage Sizzle. Please bring your own refreshments.

We encourage anyone -children/adults to wear their national costume. If you are willing to perform a national dance/ song, please inform the Parish office. If you have a copy of a national folk song, we would appreciate a copy so this can be played during the evening.

Help us show our community what a happy, peaceful, multicultural event looks like. Join us on the night. Please contact the Parish Office if you would like to attend. (02) 4352 1011 or wyongparish@bbcatholic.org.au

Wiradjuri, Salammat po, Grazie, Merci, Shukran, Hvala, Grazi, Xie Xie, Asante, Malo, Thank-you!

Parish Jubilee Committee



VOLUNTEERS NEEDED IN OUR PARISH

Heard the saying "many hands make light work"? There are plenty of areas where your Parish could use a hand.

We're in need of Church cleaners, Children's Liturgy members Choir members & Catechists—just to name a few!

If you're willing and able to assist in any way, please contact the Parish office. Thank you.



Pope's Prayer Intention for September 2025

During the month of September, Pope Leo invites us to pray for our relationship with all of creation. Let us pray that, inspired by Saint Francis, we might experience our interdependence with all creatures who are loved by God and worthy of love and respect.

GOD'S WORD 2026—ORDER YOURS NOW

We are now taking orders for God's Word 2026, \$20 a book. Please contact the parish office to order.

Wyong / Tumbi Parish Pilgrimage—Wednesday 15th October

A reminder that parishioners interested in this trip need to inform the Parish Office as soon as possible.

Itinerary available at both St Cecilia's church, St John Fisher mass center and the Parish office. Currently there are nine seats still available.

YOU CAN MAKE A DIFFERENCE—BECOME A CATECHIST!

Our responsibility to proclaim the Good News can be exercised by being a catechist or helper in the classroom. New catechists are always needed to continue our parish outreach to support our families with children in public schools.

Our Catechists (SRE Teachers) and assistants visit the public schools in the Parish each week and teach the Catholic Students whose parents have chosen for their children to learn about the Catholic faith.

They are provided with teachers manuals and training in how to present the lessons effectively.

To find out more about becoming a catechist, ring the Parish office on: 02 4352 1011

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 the 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.



DID YOU KNOW?



The True Cross, on which Jesus Christ was crucified is believed to be found by St. Helena, mother of Constantine the Great, during her pilgrimage to the Holy Land about 326 ce.

We often hear the phrase "everyone has their own cross to carry" we often think that means we have to carry it alone, and that God wouldn't give us a cross we couldn't carry, well it's quite the contrary. Christ himself is our perfect example of how to carry our cross. On his way to Calvary, Simon of Cyrene was ordered to help Him carry his cross (Matt 27:32) and Jesus lent on his help to complete the journey. Just as Jesus lent on Simon we too should lean on our Father in Heaven. Yes, it is true "we have our own cross to carry" but we weren't meant to carry it alone, we are called into deeper relationship with the Father, Son and Holy Spirit when we accept our Cross and lean deeper into the loving and trusting arms of our Father.

*OFFICE CLOSED—Wednesday 17th Sept

Due to Parish Personnel Day
For urgent enquiries, please contact the Parish Priests.

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.

We are looking for someone who would be available during the week and/or on Saturdays. This would entail being on a fortnightly/monthly roster. With enough volunteers, you will only need to mow a couple of times a year.

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

Parish E-Bulletin

If you would like to have the bulletin emailed to you, please send an email with "e-bulletin" as the subject to: wyongparish@bbcatholic.org.au



Property Transfer Professionals

ARLENE BARNETT Licensed Conveyancer - JP

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propertytransfer@bigpond.com

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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: 0414 494 823

PARISH OFFICE 23 Byron Street Wyong

Phone: 02 4352 1011 Po Box 385 Wyong 2259

OFFICE HOURS: Tuesday, 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: 0414 494 823

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: Irene Dainty, Michael McDermott, Michele Bolton, Jeanine Doueihy, Lisa Glanville, Margaret McDermott, Dave Rodney, Danae Roe, Milva Kefu, Georgina Mastroianni, Tahniah Ahuriri, Mary Anne Xuereb, Tony Sabat, Colleen Goodwin

RECENTLY DECEASED:

Asuncion Medina

ANNIVERSARY SEPTEMBER:

Gerard Byrne, Peter Donnelly, Jack Harris, Helen Cole, Donald King, Benigno Bito-On, Monica Bito-On, Barry Austin, Deceased members of Croke & Kenny Families, Michael Maree, Denny Dao



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 Numbers 21:4-9

A reading from the book of Numbers.

On the way through the wilderness the people lost patience. They spoke against God and against Moses, 'Why did you bring us out of Egypt to die in this wilderness? For there is neither bread nor water here; we are sick of this unsatisfying food.'

At this God sent fiery serpents among the people; their bite brought death to many in Israel. The people came and said to Moses, 'We have sinned by speaking against the Lord and against you. Intercede for us with the Lord to save us from these serpents.' Moses interceded for the people, and the Lord answered him, 'Make a fiery serpent and put it on a standard. If anyone is bitten and looks at it, he shall live.' So Moses fashioned a bronze serpent which he put on a standard, and if anyone was bitten by a serpent, he looked at the bronze serpent and lived.

The word of the Lord.

Thanks be to God.

Responsorial Psalm Ps 77:1-2, 34-38

R. Do not forget the works of the Lord!

Second Reading Philippians 2:6-11

A reading from the letter of St Paul to the Philippians

The state of Jesus was divine, yet he did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are; and being as all men are, he was humbler yet, even to accepting death, death on a cross.

But God raised him high and gave him the name which is above all other names so that all beings in the heavens, on earth and in the underworld, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of the Father.

The word of the Lord.

Thanks be to God.

Gospel Acclamation Accl

Alleluia, alleluia!

We adore you, O Christ, and we praise you, because by your cross you have redeemed the world. Alleluia!

Gospel John 3:13-17

A reading from the holy Gospel according to John

Jesus said to Nicodemus:

'No one has gone up to heaven except the one who came down from heaven, the Son of Man who is in heaven; and the Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him. Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.



Recognising signs of hope among us, and being sources of hope for others in need

Recognising the “Universal Call to Holiness” in Vatican II’s document *Lumen Gentium* [The Light of the World], and reflecting on what this call means for all the faithful in their everyday lives today.

Morning tea provided, BYO lunch, no cost.

All are welcome!



9:30am – 2:10pm
Wed. 17 September



RSVP and questions to
ministries@mmp.org.au
02 8912 4846



Joachim Forbes Room
Mary MacKillop Place

Meet in Museum Entry
7 Mount St, North Sydney



JUBILEE YEAR OF HOPE REFLECTION DAYS WITH
SISTER VIRGINIA BOURKE

TAIZE



RELAX IN MEDITATION AND SILENCE
Join us for 1 hour of TAIZE Music
and Prayer

Friday Evening 3/10/25

6:30AM FOR 7PM START

OUR LADY STAR OF THE SEA CATHOLIC
PARISH, TERRIGAL

(165 Serpentine Road, Terrigal)

Join us for a cuppa afterwards.

MISSION BROKEN BAY

Looking ahead - Upcoming Events:

29 Sept – 3 Oct National NATSICC Assembly, Hunter Valley

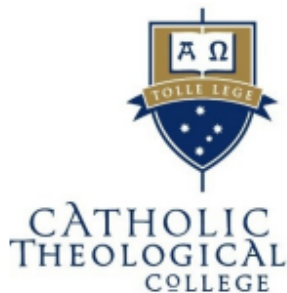
1-3 October—National Conference Liturgy & Music, Adelaide

1-10 October—BB Pilgrimage of Hope, Rome and Assisi

25 October—Liturgical Formation Day Series Four: Rekindling the Wonder

8-9 November—Engaged Encounter Weekend

29 Nov-3 Dec—ACYF, Melbourne



Vatican II

Keeping the Windows Open



Joint Catholic Theological College/Yarra Theological Union
symposium to celebrate the
60th Anniversary of the close of Vatican II

- This symposium gathers experts from around Australia to reflect on the key themes of Vatican II that continue to shape the Church today.
- The late Pope Francis emphasised the importance of synodality which no doubt will guide the leadership of Pope Leo XIV.
- Our day together will end with Prof. Massimo Faggioli (via Zoom) in conversation with Rev. Prof. Orm Rush.

Wednesday | 24 September 2025 | 9.30 am – 4.15 pm
Catholic Theological College, 278 Victoria Parade, East Melbourne

REGISTRATION:

Fee: \$70.00 (Lunch included)

This is an in-person event only and numbers are strictly limited.

Bookings close 17 September 2025



To book scan the QR code or go to humanitix.com/Vatican-II

Enquiries: ☎: +613 9412 3333 ✉: vi.panganiban@ctc.edu.au 🌐: ctc.edu.au

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

Enquiries: pp@mibp.org.au or text a message to 0417 259 617

JUBILEE YEAR PILGRIMAGE

COINCIDES WITH CELEBRATION OF JUBILEE OF CATECHISTS

25th SEPTEMBER to Return to Sydney 4th OCTOBER 2025

ROME, LANCIANO, POMPEI, AMALFI COAST, Optional trip to St Carlo Acutis



Pilgrimage organised by the Catholic Parish of Mary Immaculate, Bossley Park NSW, ABN 36947366893
Email enquiries to pp@mibp.org.au or Text a message to 0417 259 617

Some Highlights

Join in the Program for Jubilee of Catechists, including Sunday Mass with Pope Leo XIV.

Optional Day trip to St Carlo Acutis, at Assisi.

Walk through Holy Doors of a couple of Rome's Major Basilicas. See some of Rome's holy places and other places famous in Rome (e.g. Trevi fountain). Stay at Domus Australia. Daily Mass.

Day trip to Lanciano (Eucharistic Miracle).

Visit Pompei's Major Basilica going to the Amalfi Coast. On the way back, visit the famous Abbey of Montecassino (where St Benedict is buried). Visit Cathedral at Amalfi (Relics of St Andrew).

Pilgrimage Cost, plus Cost of Airfare, Share Accommodation w/ breakfast & dinner
(for single room, add a single supplement cost)

25-30 September: Hotel Domus Australia
15 minutes walk from Roma Termini.

30/9-2/10: Hotel Panorama
in Maiori which is on the Amalfi Coast.

2/10-3/10: Hotel near Rome airport
after returning from Amalfi Coast, chance to rest before flight home, or extend your stay to return to Sydney later.

Several Airlines flying to Rome including: Qantas has 3 direct flights a week to Rome (best Tues 23/9 arriving a day earlier to our hotel booking), some will travel with Emirates, Etihad, Thai Airways, Qatar. The Parish can help you in booking Qantas and Emirates flights to be able to access flight discounts with Qantas and Emirates. But prices are going to be better the earlier you book.



THE HOLY YEAR OF HOPE 2025

JUBILEE OF CATECHISTS

Most Rev Anthony Randazzo DD JCL
Bishop of the Diocese of Broken Bay

will present to the Catechists of Broken Bay
on

Friday 26 September from 10:00am – 12:30pm

at

Caroline Chisholm Centre

Building 2/423 Pennant Hills Road, Pennant Hills
(entry via City View Rd)

Come and reflect on your ministry, receive encouragement, and gain a new inspiration for your work.

Bishop Anthony will address the crucial role of the catechist in sharing the message of
Christ's hope, love, and compassion.

The Jubilee of Hope for Catechists highlights the importance of prayer, formation, and participation
in the life of the Church, so come along and enjoy a day of formation and fraternity within the
CCD community.



Bring the parish bus, car-pool, or travel by train.

Morning tea and lunch provided.

Lunch to commence at 12.30pm and finish approx. 1.30pm

Don't delay - limited spaces - RSVP essential.



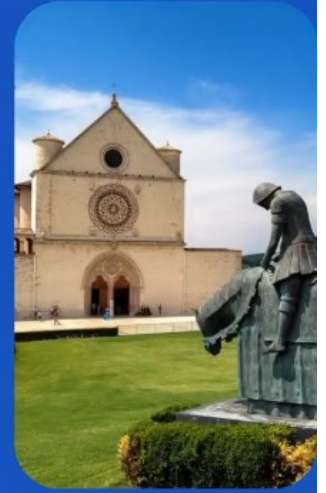
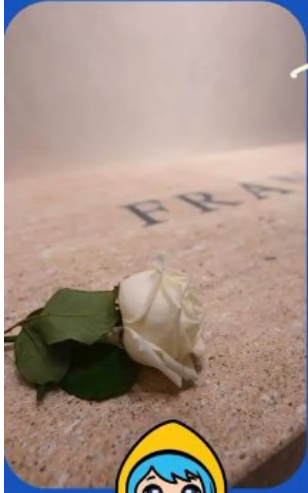
registrations@bbcatholic.org.au



Jubilee Pilgrimage of

Rome & Assisi
1 - 10 October 2025

Hope



\$5,390* for 10 day, land only package
Includes all accommodation, tours and transportation in Italy
Registrations closing soon.

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**





DIOCESE OF BROKEN BAY PILGRIMAGE

SAT 29 NOV- WED 3 DEC

FLIGHTS + 4 NIGHTS ACCOMODATION + REGO

\$1,645 PER PERSON, INCL GST

Limited opportunity for \$500 subsidy

Reducing cost to \$1,145

Day 1	Sat 29 Nov	Departure (Travel Day)
Day 2	Sun 30 Nov	ACYF
Day 3	Mon 1 Dec	ACYF
Day 4	Tue 2 Dec	ACYF
Day 5	Wed 3 Dec	Return (Travel Day)

TO REGISTER INTEREST TO
ATTEND ACYF - PLEASE SCAN



INCLUSIONS

- Economy class return airfare from Sydney
- 4 nights' Accommodation Holiday Inn Express
- Breakfast daily
- Broken Bay Group dinner 29 November
- Return airport coach transfers
- ACYF Melbourne Registration fee
- Broken Bay Pilgrim T-Shirt

Not included:

- Travel insurance
- Lunches and dinners on festival days

Pilgrimage is open to young people in Year 9 at school, through to the age of 25, and their leaders and clergy.

BROKEN BAY PILGRIMAGE ONLINE INFORMATION EVENING



7PM MON 11 AUGUST 2025
TO REGISTER VIA EMAIL -
PLEASE SCAN



CATHOLIC
DIOCESE OF
BROKEN BAY

mission@bbcatholic.org.au

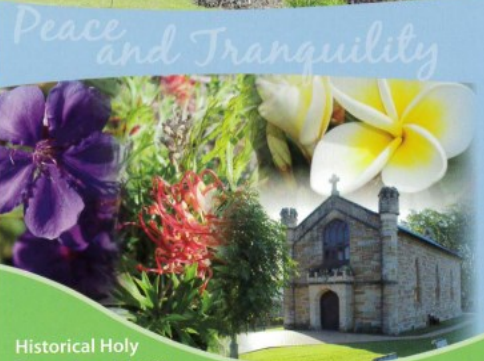
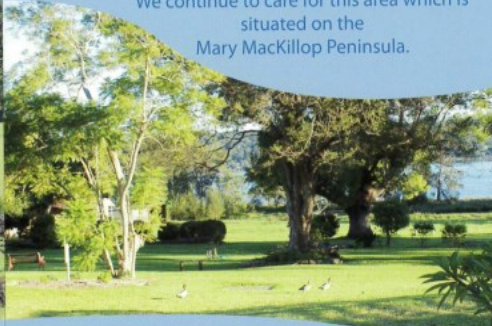
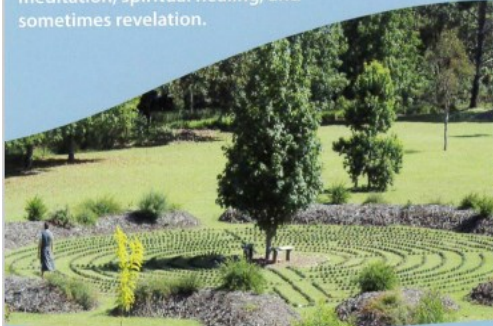
St Joseph's Spirituality and Education Centre Kincumber South

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.



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



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 & 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



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.

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

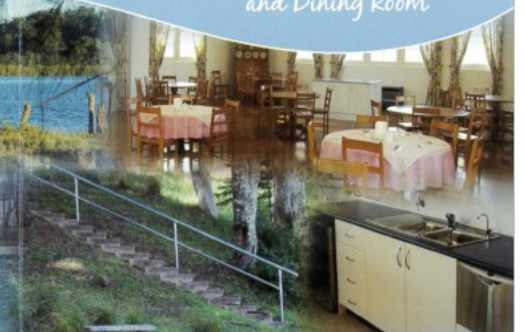
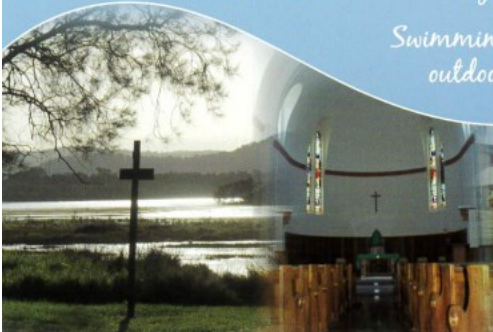
Meditation Areas and Mary of the Cross Walk

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.



IN THE FOOTSTEPS OF MARY MACKILLOP

AN OFFICIAL PILGRIMAGE LEAD AND RUN BY THE
SISTERS OF SAINT JOSEPH OF THE SACRED HEART



9-20 SEPTEMBER 2025

Led by Sr Annie Bond, a Sister of Saint Joseph of the Sacred Heart, this pilgrim focuses on prayer and reflection as an integral part of pilgrimage. At each of the sites around Australia we visit we take time to pray and reflect on our own lives in the light of Mary MacKillop's life.

We start in Melbourne and end in Sydney at the tomb of Saint Mary MacKillop. Anyone at any stage of their faith journey is welcome to join us!

For all inclusive costs and more information please get in touch:

For more information:

✉ national.pilgrimage@mmp.org.au

☎ +61 406 195 861

🌐 Or visit our website and navigate to the pilgrimage section:
www.marymackillopplace.org.au

Let's walk together in hope - be part of our national pilgrimage this year!



Our Lady of Guadalupe

With Fr Peter De Souza

*Mexico City (2 nights) • San Miguel de Allende (1) •
Guanajuato (1) • Guadalajara (4) • Pátzcuaro (1) •
Mexico City (2)*

**Commences 22 September 2025.
12 Days.**

Experience the rich faith of the Mexican people and the miraculous story of Our Lady of Guadalupe. View the miraculous tilma of Juan Diego that bears an inexplicable image of Our Lady that is revered the world over.

CATHOLIC DIOCESE OF BROKEN BAY

10
DAYS

Jubilee Pilgrimage of Hope

Every 25 years, the Church proclaims a Holy Year, a special gift of grace and mercy for all God's people. Not only is Italy a land of unforgettable charm and beauty, it is also a land made rich in grace by its colourful history of holy men and women. In this dedicated Jubilee year, be inspired to encounter the pathways of some of the Church's greatest saints, from St Francis and Clare in Assisi to St Peter and Paul in Rome, the Eternal City, where we cross the threshold of the Holy Door in St Peter's Basilica and receive the Jubilee blessing.

COMMENCES WEDNESDAY 01 OCTOBER 2025 • 10 DAYS / 9 NIGHTS
Rome Airport vicinity (1) • Assisi (2 nights) • Orvieto • Rome - Jubilee (6 nights)



Accompanied by
Fr Hien Vu



"The Jubilee Year 2025 calls us to rediscover the centrality of Jesus Christ in our lives and to deepen our relationship with Him, as the Door through which we enter into the fullness of life."

**- Most Rev Anthony Randazzo DD, JCL,
Bishop of Broken Bay**



The dome of St Peter's over the River Tiber, Rome

the genuine pilgrim experience

harvest
journeys

Assisi



Orvieto



MEAL CODE: (B) = Breakfast (D) = Dinner

Itinerary

DAY 1: WEDNESDAY 01 OCTOBER – ARRIVE ROME

Welcome to Italy! On arrival at Rome airport, please make your way to the group hotel where this evening we will enjoy our first group dinner.
Rome overnight (D)

DAY 2: THURSDAY 02 OCTOBER – ROME TO ASSISI

This morning we will travel north to the pilgrimage centre of **Assisi**, where St Francis tended the poor and sick and founded the Franciscan Order.

We will visit the **Basilica of St Mary of the Angels** down on the plains where St Francis spent most of his life. Here we will see the **Portiuncula** (meaning 'small portion of land') where St Francis returned for prayer, the thornless rose bush, and the chapel where he died in 1226. On Palm Sunday 1211, Francis received in this church Clare of Assisi and dedicated her to the Lord.

Assisi overnight (BD)

DAY 3: FRIDAY 03 OCTOBER - ASSISI

This morning we awake to the sound of chapel bells, cobblestone footsteps and the tangible spirit of St Francis preserved within the medieval walls of this holy town.

Our day begins with Mass and a guided exploration of the buzzing **Basilica of St Francis** which occupies the entire western end of the upper town. Construction began in 1228, just two years after the death of Francis and was finally completed in 1250. The Upper Basilica houses the famous fresco cycle of the life of St Francis, historically attributed to Giotto. Wander through the marvels of the Upper Basilica before our tour descends to the crypt of the Lower Basilica where Francis was laid in

1230 and where we will take some time to seek the intercession of this spiritual legend.

We then walk to the **Church of Santa Maria Maggiore - Sanctuary of the Spogliazione**, where we are blessed with the opportunity to visit and pray at the tomb of **Blessed Carlo Acutis** – a young Catholic from Italy with a passionate devotion to the Real Presence of Jesus in the Eucharist and an aptitude for computer programming. From the ages of 12 to 14, he designed a website cataloguing Eucharistic miracles that have occurred around the world, which he launched in 2005. He died of leukemia a year later at the age of 15, offering his suffering for the pope and for the Church.

Onto the **Church of San Damiano** and the actual chapel where it all began when the voice of Christ spoke to Francis in the year 1205 (some may prefer to approach by foot down the hillside path in the spirit of St Francis). Adjacent to the chapel we find the first monastery of the Order of St Clare where Clare built her community in close friendship with Francis.

Our day concludes with a visit to the **Hermitage** (Eremo delle Carceri), an oasis of peace and tranquillity in the woods built on the site of a simple cave where St Francis often withdrew to spend many hours in prayer. The cave and the Chapel of Our Lady are preserved in the Hermitage grounds.

An (optional) opportunity presents itself before dinner to attend **Vespers** in the **Basilica of St Clare** and listen to the angelic voices of the Poor Clare nuns. Housed in this church is the famous crucifix from which Jesus spoke to St Francis.

Assisi overnight (BD)

DAY 4: SATURDAY 04 OCTOBER - ASSISI VIA ORVIETO TO ROME

We farewell Assisi and journey south to the amazing medieval town of **Orvieto** with its **Duomo** (Cathedral), which has one of the world's most famous facades. The feast of the Body of Christ (Corpus Christi) was first proclaimed here in 1263 following the Eucharistic Miracle of Bolsena. We celebrate Eucharist in the chapel where the sacred cloth

from that event is preserved and enjoy a special visit to the **Signorelli Chapel**.

After our visit we then travel on to **Rome**, the Eternal City, rich in the traditions of our Church.
Rome overnight (BD)

DAY 5: SUNDAY 05 OCTOBER - ROME: CHRISTIAN MARTYRS

The Jubilee Year is a time for the faithful to renew their commitment and strengthen their relationship with God. It is also a time for Catholics to come together as a community and to celebrate their faith. The 2025 Jubilee Year is sure to be a memorable and meaningful event for people around the world, to be blessed and refreshed for the mission that lies before us.

Some of the spiritual activities that pilgrims are encouraged to participate in during our time in Rome are:

- Attend Mass and receive the Eucharist
- Make a pilgrimage to the many shrines and holy sites in Rome
- Pray for forgiveness
- Renew our commitment to our faith
- Strengthen our relationship with God
- Come together as a community and celebrate our faith

Following Mass this morning we will proceed to **St Peter's Square** where the Holy Father is expected to pray the **Angelus** with pilgrims from around the world (*subject to the Pope's presence in Rome*).

This afternoon we enter into the most visited attraction in Rome - the **Colosseum**. In 1749, Pope Benedict XIV declared the Colosseum a sacred site, as it was a place where early Christians had been martyred. View also the **Circus Maximus** and the **Roman Forum** en route.

Rome overnight (BD)

DAY 6: MONDAY 06 OCTOBER - ROME: THE VATICAN & MAJOR BASILICAS

Commence our pilgrimage with a spectacular Mass at **St Peter's Basilica** before coming to the nearby **Vatican Museums**. Wander the spectacular chambers leading to the **Sistine**



Vatican Museums



Roman Forum



St John Paul II



St Peter



St Paul



St Francis



St Clare



Bl Carlo Acutis



St John

Chapel to view Michelangelo's masterpieces, including the magnificent fresco of the Last Judgment. Continue through to the awe-inspiring St Peter's Basilica, the largest church in the world for an informative exploration. Our guided tour will feature among other highlights Michelangelo's stunning **Pieta**, the **tomb of Pope St John Paul II**, the **great Confessional** and the **Crypt** containing the tombs of several Popes.

In the afternoon, visit the impressive **St Mary Major Basilica**. Onwards to the **Basilica of St John in Lateran** (First Papal residence) and the adjacent Holy Stairs brought from Jerusalem to Rome in 326AD by St Helena (as a favourite of pilgrims, these steps may only be ascended on the knees). Visit the **Basilica of Santa Croce in Gerusalemme** with its extraordinary collection of relics from the Holy Land.

Rome overnight (BD)

DAY 7: TUESDAY 07 OCTOBER - ROME: ST PAUL'S & THE CATACOMBS

Journey this morning out to the majestic **Basilica of St Paul Outside the Walls**. Originally consecrated in 324, the saint's tomb is visible now under the Papal Altar. We will celebrate a wonderful Mass here as a special tribute to the Church's greatest evangelist.

Continue then along the ancient **Appian Way**, the oldest road from Roman times to the **ancient Catacombs** for a memorable guided tour to marvel at these underground burial tunnels for Christians and Hebrews. On the way, drive by **Domine Quo Vadis** - the chapel that stands at the site where, according to tradition, St Peter met Christ when he fled from Rome to escape martyrdom.

Rome overnight (BD)

DAY 8: WEDNESDAY 08 OCTOBER - ROME FREE DAY

Our day is free to discover more sights of Rome - perhaps throw a coin in the **Trevi Fountain**

before strolling to the **Piazza Navona** to soak up the vibrant atmosphere. Indulge in a gelato or enjoy a coffee while absorbing and admiring the history of this ancient city. Strolling through the streets is like walking through the pages of a history book.

OR

For the next two days participate in the Jubilee of Consecrated Life spiritual and cultural events taking place around Rome.

This evening join with fellow pilgrims for a prayer vigil.

Rome overnight (BD)

DAY 9: THURSDAY 09 OCTOBER - ROME: PAPAL MASS

We make our way to St Peter's Square this morning for a memorable **Papal Mass in celebration of the Jubilee of Consecrated Life**.

This afternoon, we explore the vibrant **Trastevere** district. Our first stop is the charming **Basilica of Santa Maria in Trastevere**, a historic church dating back to the 12th century. We continue on to the **Basilica of St Cecilia**, built on the site of the former house of the saint who was martyred in 230AD. The body of the saint is venerated in the crypt.

Afterwards, we wander on to enjoy an enchanting evening filled with food and traditional music at a typical Italian trattoria, marking our farewell to Rome and our pilgrimage.

Rome overnight (BD)

DAY 10: FRIDAY 10 OCTOBER - DEPART ROME

This morning we bid farewell to the Eternal City as we make our way to the airport for our homebound flights or ongoing travel connections. (B)

PILGRIMAGE DETAILS

TOUR CODE	PV25102
STARTS	Wednesday, 01 October 2025
FINISHES	Friday, 10 October 2025
LAND COST	AUD \$5390 (Twin Share) *
SINGLE ROOM	AUD \$1950 Supplement *
PREPAID TIPPING	AUD \$150 Per Person

* Costs are indicative and have been based on prices as at January 2025 and must remain subject to possible change in the event of significant exchange rate variations, tax increases or minimum group size factors beyond Harvest's control. Refer to Harvest Booking Terms & Conditions for more details.

INCLUDED

ACCOMMODATION & MEALS: Based on quality religious houses or 3 and 4-star hotels • Meals as specified in Itinerary.

TOURING & TRANSPORTATION: Deluxe air-conditioned touring coach • Professional English-speaking Tour Escort and local guides • Sightseeing and entrance fees

OTHER: Fully escorted by priest chaplain • Daily Masses • Porterage (where available) • Harvest Travel Pack: backpack, travel wallet, pilgrim's journal and sunbrella.

NOT INCLUDED

International airfares • Travel Insurance • Visits and entrances not listed • Passport and visa costs (if applicable) • Other meals not stated • Drinks with meals • Items of a personal nature • Prepaid Tipping

Book Now



harvestjourneys.com/pv25102

1800 819 156

info@harvestjourneys.com

Building 2, Level 3,
75 O'Riordan Street, Alexandria NSW 2015
PO Box 6087, Alexandria BC NSW 2015 Australia
P: +61 2 9198 1960



harvestjourneys

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[#harvestjourneys](https://www.instagram.com/harvestjourneys)

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Council of Australian Tour Operators

ATIA
Australian Travel
Industry Association

ATAS
Travel Accredited

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journeys



CATHOLIC
ARCHDIOCESE
OF SYDNEY



IN
PERSON
with

CHRISTOPHER WEST
THEOLOGY
of the **BODY I**

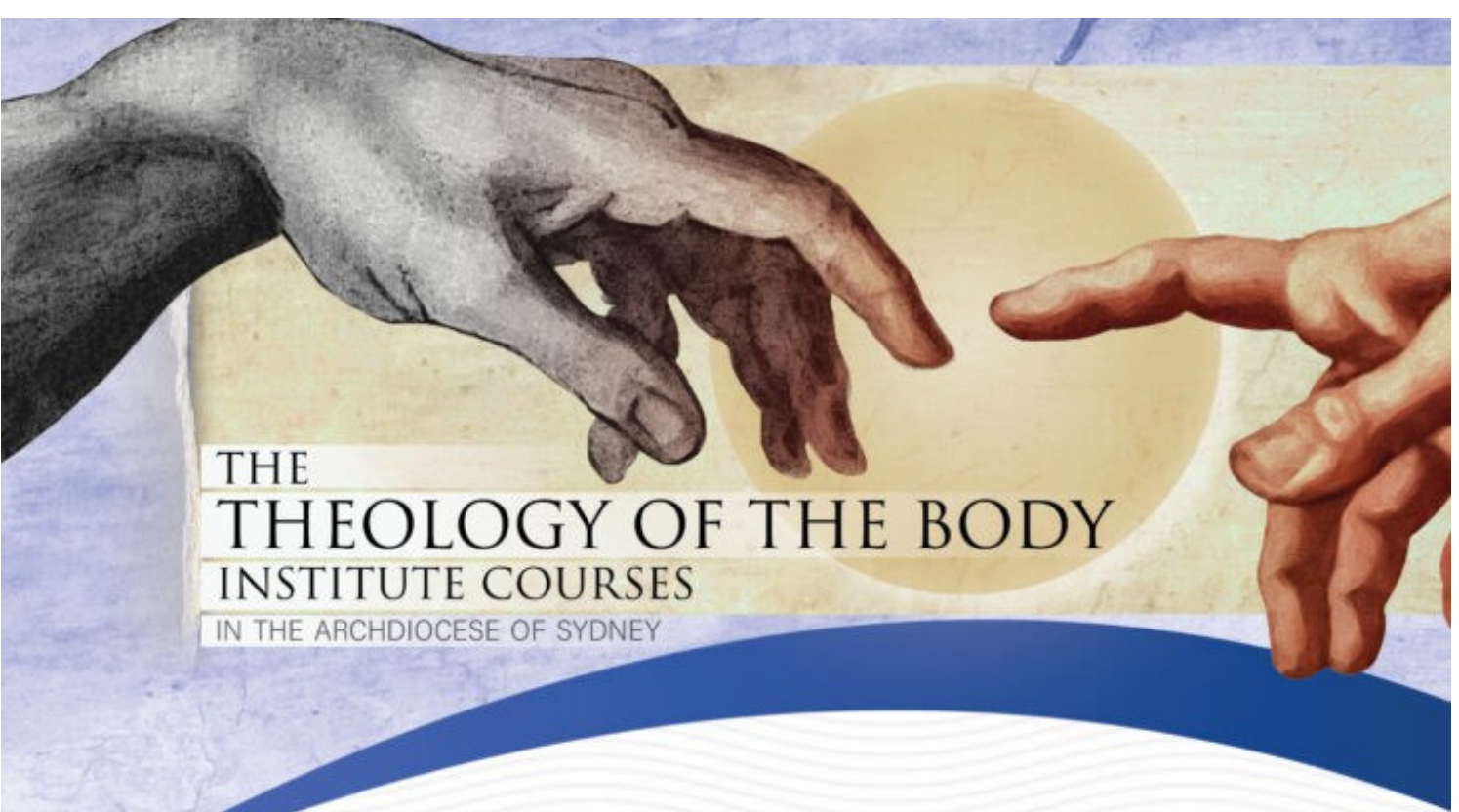
HEAD *&* HEART IMMERSION

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

ERNESTO TRAVEL, an inbound tour operator in Poland and Central-Eastern Europe, is always at your disposal to organize trips or provide services in our beautiful country and our part of Europe.

Why Poland? It is a destination:

- that guarantees customer satisfaction
- that boasts beautiful cities and UNESCO sites, such as Krakow, Warsaw, the Wieliczka Salt Mine, Torun, Malbork Castle, etc.
- with a moving history: Auschwitz-Birkenau, Schindler's Factory, the Warsaw Uprising Museum, etc.
- with spectacular nature: Zakopane, national parks, rafting down the Dunajec River
- excellent cuisine and traditional folklore dinners
- and other special attractions such as the Chocholowskie thermal baths or a boat trip on the grass (Kanal Elblaski)
- for pilgrimage groups, many places of devotion: Wadowice and John Paul II Shrine, the Shrine of Divine Mercy in Lądek, and St. Faustina Shrine in Czestochowa
- with many direct flights.

Of course, we have English-speaking guides and TE available.

We especially recommend the following programs:

- Krakow in 4/5 days
- Warsaw and Krakow in 5-6 days
- Poland in 8 days
- Poland Pilgrimage
- Prague/Vienna/Budapest or Poland combined with any of these cities
- Lithuania/Latvia/Estonia
- European programs 20-21 days.

Everything is always quoted on a tailor-made basis, upon request. To prepare the offer, we need you to inquire and inform us of the flights, arrival and departure cities, the base number of people, and the group profile.

We are pleased to provide you with information regarding our fam trip schedule for Krakow from October 30th to November 3rd, 2025: please visit www.buykrakow.com or www.icortap.com

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**

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