

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

19TH OCTOBER 2025— 29TH SUNDAY IN ORDINARY TIME

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— In prayer, should we always be resigned to God's will; should our words always be 'nice'? Not according to this parable! And not according to many of the Psalms, which cry out to God with anger, elation, anguish and heartache. Jesus is clear that we should bring our real selves to God—our real emotions, our real desires. Maybe God can see our situation more clearly, maybe other people are impacted in different ways, and maybe God knows there are deeper desires beyond the surface ones. Yet God can also see our faith and seeks the wellbeing of all. As Martin Luther King Junior reminds us, 'The arc of the moral universe is long, but it bends toward justice.' Change happens, though it is ever so slow. Our role is to 'pray continually and never lose heart'. We need not be satisfied with the world as it is, but seek justice especially for the powerless. Rather than calm detachment, faith is trust in God's goodness despite the circumstances. Let us be real in our prayer and persistent in our actions for what is right.

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

PARISH CALENDAR—IMPORTANT DATES

- ◆ 25th Oct—Marian Spirituality Retreat
- ◆ 25/26th Oct—Infant Loss Mass
- ◆ 1st Nov—All Saint Day
- ◆ 2nd Nov— All Souls Day
- ◆ 9th Nov—Deceased Spouse Mass
- ◆ 5th Dec—Ecumenical Christmas Carols
- ◆ 19th Dec—Parish Christmas Dinner at SJF school hall

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

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.



MULTI-CULTURAL DINNER 2025

Thank you to all who attended this special dinner. It was an enjoyable night with plenty of food to go around. We thank all volunteers who

assisted to make this night happen, it is much appreciated.

Prayer:

Heavenly Father, we thank you for our diverse Community, where everyone is valued, loved, and able to share their gifts. May any walls that separate us be broken down and may we see the light of Christ in all whom we serve. Amen.



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.

INFANT LOSS MEMORIAL MASS

We invite all those who have lost a child to join us at all Masses at St John Fisher & St Cecilia's on:

Saturday 25th (5pm) & Sunday 26th October 2025.

These special masses will be offered up & you will have the opportunity to light a candle. Some parents have found it helpful to give their deceased baby a name if they have not done so previously. Each year we hold these Masses in honor of their short lived lives, before the Lord, in whom everyone lives and no-one is lost.



Main Liturgical Feasts October

18th: Saint Luke the Evangelist, known for writing the Gospel of Luke and the Acts of the Apostles, **22nd:** Saint John Paul II, the non-Italian pope who led the Catholic Church for decades, **25th:** Saint Crispin's Day, a feast day that inspired a famous speech in Shakespeare's play *Henry V*, **28th:** Saints Simon and Jude, **31st:** Saint Alphonsus Rodriguez.

Pastoral Care Seminar Day

To celebrate **Pastoral Care Week 2025**, CatholicCare's Hospital Chaplaincy and Pastoral Care Team invite you to our **Pastoral Care Seminar Day** on Wednesday 22nd October between 9:00 am and 3:00 pm. This will be a day of enrichment and fellowship for all those people in the Diocese of Broken Bay who are involved in a ministry to care for the sick. Morning tea and lunch will be provided.

Venue: Caroline Chisholm Centre, 423 Pennant Hills Rd, Pennant Hills.

For enquiries, please contact: Peter Brown on 0418 616 602
To register your attendance, please send an email by Wednesday, 15th October to: peter.brown@catholiccaredbb.org.au (please also note any special dietary requirements)

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.*



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www.tuggerahphysio.com.au

MISSIONARIES OF HOPE

among all peoples

CATHOLIC MISSION PARISH APPEAL 18 & 19 OCTOBER 2025

During World Mission Sunday, we are called to be 'Missionaries of hope among all peoples', and we invite you to extend Christ's love to those in need in Zambia. You can support this work by using the appeal envelope, going online at catholicmission.org.au/mission, or scanning the QR code. Your gift will also assist many other Church programs around the world.



Free call: 1800 257 296
catholicmission.org.au/mission



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.



SATURDAY 25TH OCTOBER 2025

A Marian Spirituality Retreat

10.30AM-2.30PM - ST CECILIA'S CHURCH, WYONG.

WYONG CATHOLIC PARISH invites you to join us in this Jubilee year of Hope, to honour our Mother Mary. Together we will pray the rosary and other Marian prayers, reflect on teachings and passages of Our Lady.

This is designed to be a time for reflection and meditation on the life of our spiritual mother who in her obedient example and through her intercession draws us closer to Jesus, her Son.

You will be invited to bring your own lunch or a plate to share. Tea and coffee will be provided.

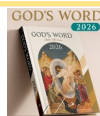
This is a Free event, all are welcome to join this spiritually transformative experience.



BOOK: GOD'S WORD 2026

God's Word 2026, \$20 a book.

Please contact the parish office if you would like a copy.



STAMPS—THANK you !

The Sisters of Saint Joseph & Mary Mackillop Place wish to thank both St Cecilia's and St John Fisher, for the generous donation of postage stamps, which were happily received.

Pope's Prayer Intention—OCTOBER

Let us pray that believers in different religious traditions might work together to defend and promote peace, justice, and human fraternity.

Mass/Prayer Envelopes—Please note all Mass/Prayer Intention Envelopes can be given directly to our Priests. If they are placed on the collection plate they will not be receive until Tuesday

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

Apologies for No stall being held last weekend.

There will be a **PLANTS & MORE STALL** after all Masses on 25th & 26th October, Wyong.

St Cecilia's Old Mothers Club & Friends get together on **Thursday 30th October** at the Royal Hotel Wyong at 11:30am. Hope to see you all there—Marie Dyer

International Child Safeguarding Week 2025

International Safeguarding Week is a global campaign to raise awareness of child protection and emphasize that safeguarding children is everyone's responsibility.

Online · 20-24 October 2025

International Child Safeguarding Week
Child participation and safeguarding



To find out more, visit:
<https://www.keepingchildrensafe.global/icsw2025/>

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 \$250 No 108 David Crass
2. \$150 No 45 Joe Cesca
3. \$100 No 1 Frankie Mifsud
4. \$50 No 133 Barbara Peers

Discover Palms Volunteering

Develop community self-reliance and create lasting change!



Discover Palms International Volunteering [online](https://palms.org.au/events) in this special session where you'll chat with past Palms volunteers and hear how skill-exchange makes a lasting impact in communities. Explore our [unique opportunities](https://palms.org.au/events) and match your life experience to the experience of a lifetime!

Venue: Online- Scan the QR or register at palms.org.au/events

Date: Thursday 30 October 2025

Time: 7 pm – 8.30 pm AEDT (NSW/VIC/ACT/TAS)



02 9560 5333

palms@palms.org.au



Property Transfer Professionals

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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 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: 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

KEEP US IN YOUR PRAYERS

Prayer: *The most valuable gift you can give someone.*

SICK: Michael McDermott, Michele Bolton, Jeanine Doueihy, Lisa Glanville, Margaret McDermott, Dave Rodney, Danae Roe, Milva Kefu, Georgina Mastroianni, Tahniahuriri, Mary Anne Xuereb, Tony Sabat, Colleen Goodwin, Maureen Cross, Vince Bosco, Josephine Imer

RECENTLY DECEASED:

Irene Buckley, Irene Dainty

ANNIVERSARY OCTOBER:

Margaret Donnelly, Frank Costa, Kerry (Andrew) Baldwin, Eileen Preston, James Smith, Dot Myers



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

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 Exodus 17:8-13

A reading from the book of Exodus

The Amalekites came and attacked Israel at Rephidim. Moses said to Joshua, 'Pick out men for yourself, and tomorrow morning march out to engage Amalek. I, meanwhile will stand on the hilltop, the staff of God in my hand.' Joshua did as Moses told him and marched out to engage Amalek, while Moses and Aaron and Hur went up to the top of the hill. As long as Moses kept his arms raised, Israel had the advantage; when he let his arms fall, the advantage went to Amalek. But Moses' arms grew heavy, so they took a stone and put it under him and on this he sat, Aaron and Hur supporting his arms, one on one side, one on the other; and his arms remained firm until sunset. With the edge of the sword Joshua cut down Amalek and his people.

The word of the Lord.

Thanks be to God.

Responsorial Psalm Ps 120

R. Our help is from the Lord, who made heaven and earth.

Second Reading 2 Timothy 3:14 - 4:2

A reading from the second letter of St Paul to Timothy

You must keep to what you have been taught and know to be true; remember who your teachers were, and how, ever since you were a child, you have known the holy scriptures - from these you can learn the wisdom that leads to salvation through faith in Christ Jesus. All scripture is inspired by God and can profitably be used for teaching, for refuting error, for guiding people's lives and teaching them to be holy. This is how the man who is dedicated to God becomes fully equipped and ready for any good work.

Before God and before Christ Jesus who is to be judge of the living and the dead, I put this duty to you, in the name of his Appearing and of his kingdom: proclaim the message and, welcome or unwelcome, insist on it. Refute falsehood, correct error, call to obedience - but do all with patience and with the intention of teaching.

The word of the Lord.

Thanks be to God.

Gospel Acclamation Hebrews 4:12

Alleluia, alleluia!

The word of God is living and active;
it probes the thoughts and motives of our heart.
Alleluia!

Gospel Luke 18:1-8

A reading from the holy Gospel according to Luke

Jesus told his disciples a parable about the need to pray continually and never lose heart. 'There was a judge in a certain town' he said who had neither fear of God nor respect for man. In the same town there was a widow who kept coming to him and saying, "I want justice from you against my enemy!" For a long time he refused, but at last he said to himself "Maybe I have neither fear of God nor respect for man, but since she keeps pestering me I must give this widow her just rights, or she will persist in coming and worry me to death."

And the Lord said, 'You notice what the unjust judge has to say? Now will not God see justice done to his chosen who cry to him day and night even when he delays to help them? I promise you, he will see justice done to them, and done speedily. But when the Son of Man comes, will he find any faith on earth?'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

YOU ARE WELCOME TO JOIN
MOST REV ANTHONY RANDAZZO DD JCL
BISHOP OF BROKEN BAY

ON THE OCCASION OF THE
SOLEMN MASS OF THANKSGIVING FOR THE
CANONISATION OF

Saint Peter To Rot

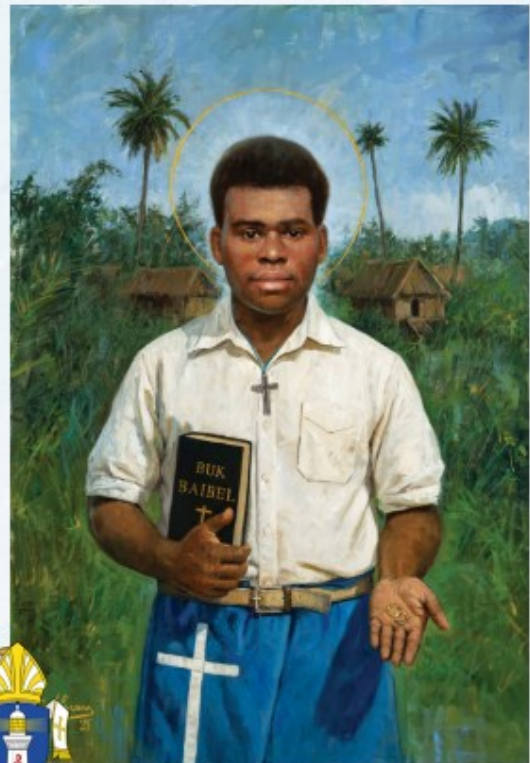
ON

World Mission Sunday

11AM SUNDAY 19 OCTOBER 2025
OUR LADY OF THE ROSARY CATHEDRAL
23 YARDLEY AVE, WAITARA

A Light Lunch will follow Mass

Please RSVP: events@bbcatholic.org.au
before 10 October 2025



FRANCISCAN FAMILY DAY 2025



Sunday, 19th October



St Fiacre's Parish Hall
96 Catherine St, Leichhardt



12:00pm – Fraternity BBQ



2:00 - 4:00pm – Performance: “Good Morning Good People”

Renowned Australian Catholic singer and songwriter, Peter Kearney, will present “Good Morning Good People” – a beautifully woven tapestry of storytelling and song on the life of St Francis of Assisi.

**ALL ARE WELCOME - BRING YOUR FAMILY
AND FRIENDS!**



Please RSVP to Tony by 12 October
tonybozz ofs@gmail.com



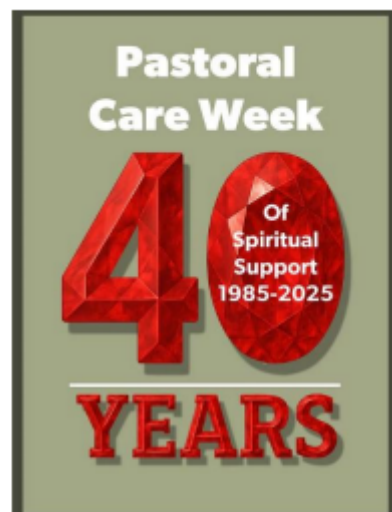
The Region will provide the BBQ



Please bring along a plate of food to share.

PASTORAL CARE SEMINAR DAY

Wednesday 22nd October 2025
9:00 am – 3:00 pm



To celebrate **Pastoral Care Week 2025**, CatholicCare's Hospital Chaplaincy and Pastoral Care Team invite you to our **Pastoral Care Seminar Day**. This will be a day of enrichment and fellowship for all those people in the Diocese of Broken Bay and others who are involved in a ministry to care for the sick.

All are very welcome to attend, including: Priests, Deacons, Religious, Chaplains, Pastoral Care Practitioners, Extraordinary Ministers of Holy Communion, Pastoral Visitors and Social Workers.

Morning tea and lunch will be provided.

Our special guest presenter will be:

Peter Mudge

Author of 'Living Spirituality' Series 1, 2 and 3

Venue:

Caroline Chisholm Centre
Building 2, Level 8
423 Pennant Hills Rd
Pennant Hills
(Car park entry via City View Rd or
a 10 minute walk from Pennant Hills Station)

For enquiries please contact:

Peter Brown
Practice Manager Hospital Chaplaincy and Pastoral Care
Mobile: 0418 616 602

**To register your attendance please send an email by
Wednesday 15th October to:**

peter.brown@catholiccaredbb.org.au

(please also note any special dietary requirements)

END SEX SELECTIVE ABORTIONS

Mark Speakman
Opposition Leader

Chris Minns
NSW Premier

Amanda Cohn
Greens



22 OCTOBER
5:30 PM



NSW Parliament House
6 Macquarie St
Sydney



RSVP

PHPA
Pro Human Fertilisation and Parenthood Australia

DR JOANNA HOWE

BIRD
FLIP

**Our Lady of the Rosary Parish,
The Entrance**
invites you to

**BBQ
Dinner**

**prizes for
best Saint
costume**

NIGHT *of Light*

**chocolate
& treats**

FRIDAY

31 OCTOBER

**activities
games
crafts**

**FREE
event!**

6pm start

**in Our Lady of the Rosary Parish grounds,
239-243 The Entrance Rd, The Entrance**

RSVP:

**Call 4332 2216
by 27 Oct**



Halloween ('All Hallows Eve'), is the evening before the feast of All Saints - the feast in which we celebrate the glory of God in His Saints. We will be celebrating the victory of light over darkness and Jesus's victory over death!

Make this a memorable night for your children - encourage them to dress as their favourite Saint or in white. Everyone else attending please wear something white as a reminder that this is a Night of Light!!

Making the Light shine on Halloween again!!! Go to this link to learn more about Night of Light:

<https://youtu.be/MCemOgw0QQ0>

you're invited to an

ALL SAINTS' DAY PARTY



**ST MARY'S PARISH TOUKLEY
FRIDAY, OCTOBER 31**



**5pm Rosary at the Grotto
5:45pm Costume Party
Games & Dinner.**



**Light refreshments provided or
Bring some meat for the BBQ**



**Dress up like your
favorite saint!**



MISSION BROKEN BAY

Looking ahead - Upcoming Events:

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

8-9 November—Engaged Encounter Weekend

29 Nov-3 Dec—ACYF, Melbourne

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**





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



BROKEN BAY PILGRIMAGE ONLINE INFORMATION EVENING



7PM MON 11 AUGUST 2025
TO REGISTER VIA EMAIL -
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.



CATHOLIC
DIOCESE OF
BROKEN BAY

mission@bbcatholic.org.au

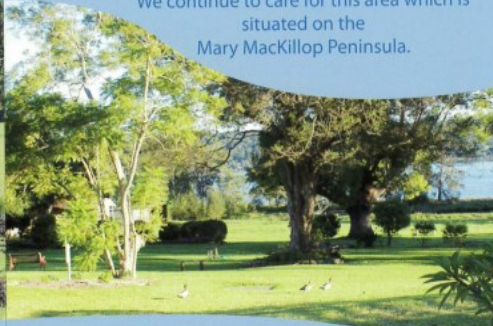
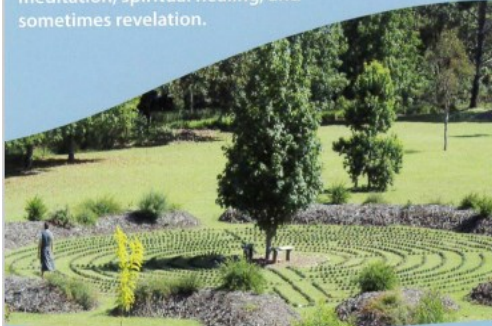
St Joseph's Spirituality and Education Centre Kincumber South

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

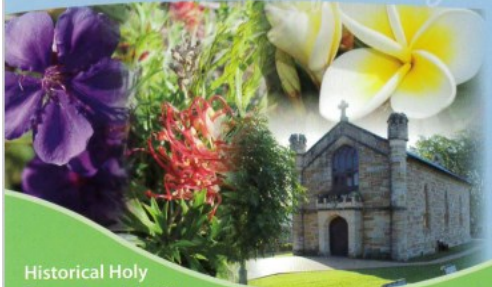
The labyrinth is a place for prayer, meditation, spiritual healing, and sometimes revelation.

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.



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

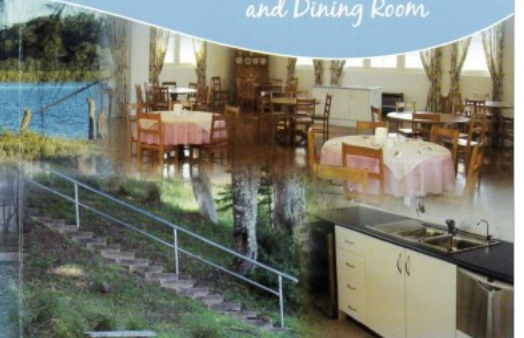
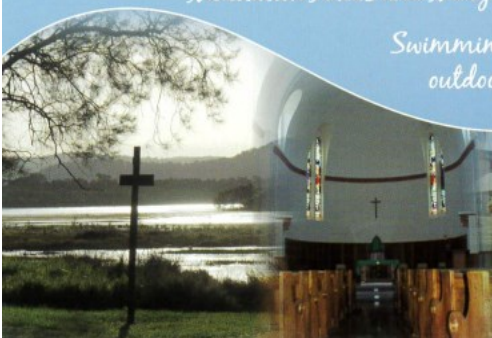
Meditation Areas and Mary of the Cross Walk

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**

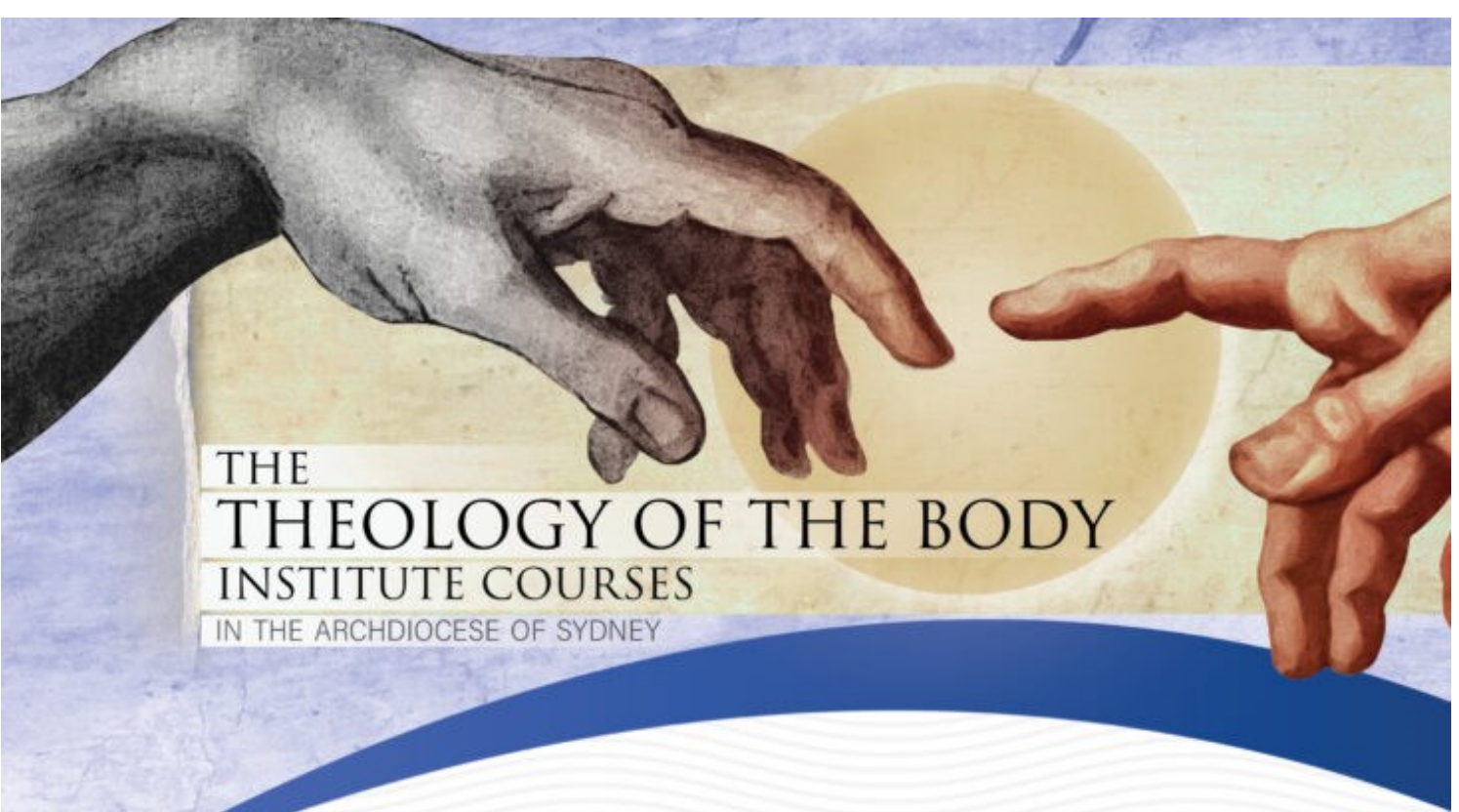
HEAD *&* HEART IMMERSION

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

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