

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*

1st February 2026 - Forth 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

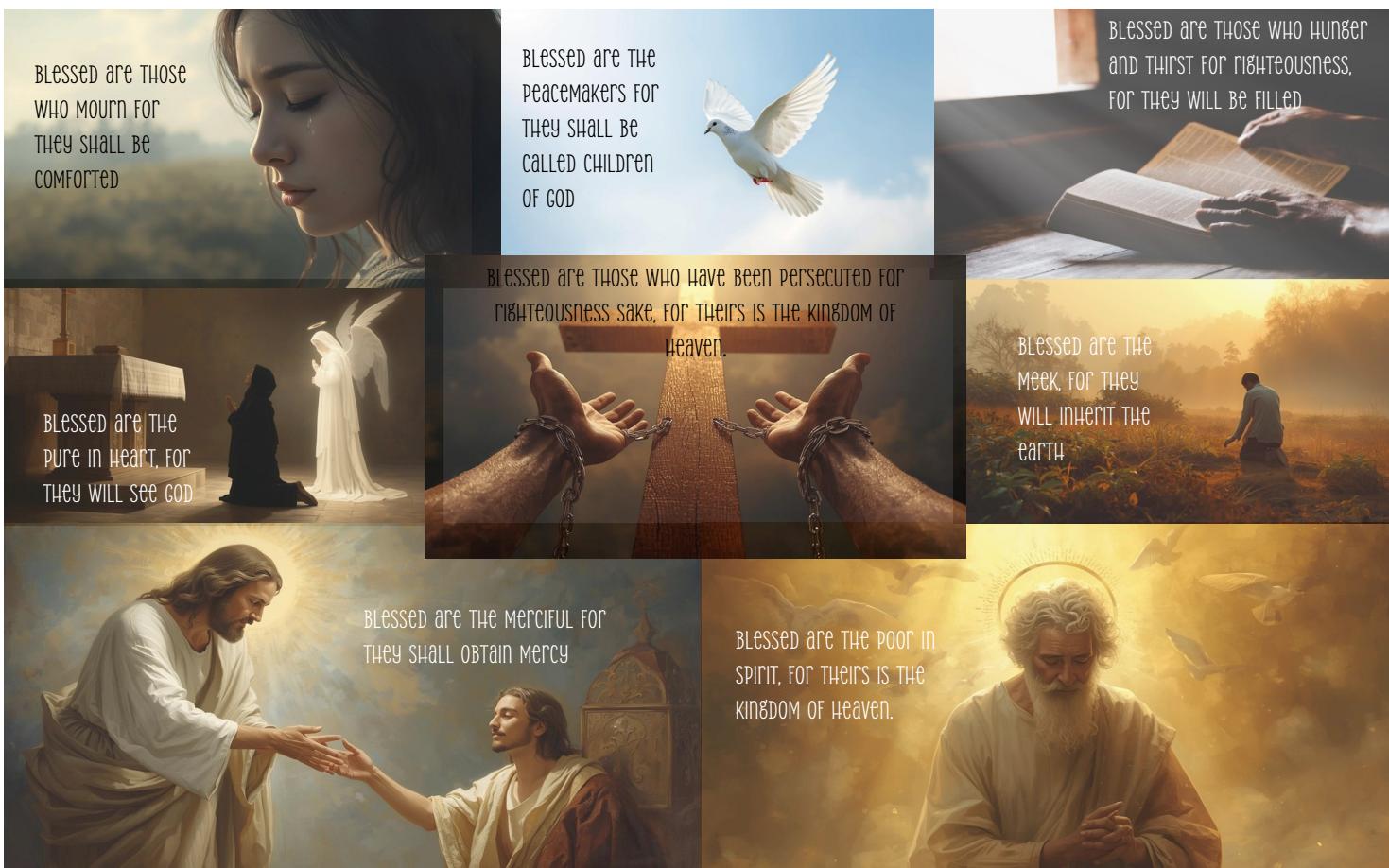
Society of Our Lady of The Most Holy Trinity (SOLT)

REFLECTION—4th Sunday of Ordinary Time

We seek God through seeking justice and peace with integrity and humility. It doesn't matter if we seem foolish and weak by human standards—God gives us the wisdom, virtue, holiness and freedom necessary for the task. Jesus sees the crowd and goes up a hill where he is joined by his disciples, the ones he has deliberately chosen for God's work. I imagine he speaks to the first, telling them that it will only be through a personal relationship with God that they will come to understand his words. Then he gives them nine rather surprising invitations to bring about change in the lives of people they encounter. The consequences may lead to strong opposition and persecution but those called to be disciples of Jesus are promised joy and gladness and eternal reward for their efforts.

Today I reflect on how I seek God in everyday life. I ask myself if I truly believe that I have been chosen by God to make a difference in the life of another.

Reproduced from God's Word 2026: Daily Reflections, Published by St Pauls Publications, Strathfield.



PARISH CALENDAR—IMPORTANT DATES

- ♦ **10th Feb**—PPC Meeting, 6pm, St Cecilia's Hall
- ♦ **17th Feb**—Shrove Tuesday
- ♦ **18th February**—Ash Wednesday
- ♦ **8th March**—Rite of Christian Initiation Presentation Mass

Vox Populi—29 January 2026

Just over a month after celebrating the Nativity of the Lord, the Church celebrates the Feast of the Presentation of the Lord, on Monday, February 2.

The Feast honours the Blessed Virgin and Saint Joseph taking the infant Jesus to the Temple in Jerusalem 40 days after his birth, to perform the rites of ritual purification and redemption of the firstborn son. In recognition of this, the Church also celebrates this Feast 40 days after Christmas.

The episode shows the obedience of Mary and Joseph to their faith. The Blessed Virgin did not require purification, nor did Jesus require redemption.

For Pope Benedict XVI, the Presentation of the Lord was a foretelling of Christ's salvation on the Cross, as the Son was offered to the Father.

"The 'salvation' that Jesus brought to his people, and which he embodies in himself, passed through the Cross, through the violent death that he was to vanquish and to transform with the sacrifice of his life through love," he said.

"This sacrifice was already foretold in the act of the Presentation in the Temple, an act without any doubt motivated by the traditions of the old Covenant, but that was deeply enlivened by the fullness of faith and love, which correspond to the fullness of time, to the presence of God and of his Holy Spirit in Jesus. Indeed, the Spirit moved over the whole scene of the presentation of Jesus in the Temple."

Reproduced from Neighbourhoods 29 January 2026

RCIA/RCIC PRESENTATION MASS

Rite of Christian Initiation Presentation Mass will be held on Sunday 8th March 2026, 9.30am at St Cecilia's Church followed by morning tea to welcome our candidates.

We invite you all to join and welcome them into our faith filled community.

Please keep these candidates in your prayers!

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 received until Tuesday midday.

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@bccatholic.org.au

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, Tumbi Umbi—Sunday 5:00pm

[Speak with Maria to find out how you can volunteer!](#)

PARISH OFFICE

The parish office hours will resume as normal on Monday 2nd February.

Mon, Tues, Wed & Fri—9.30am—2.30pm.

Thank you!

SHROVE TUESDAY

Shrove Tuesday Palm Burning Ceremony will be held on the **17th February** and commence at **6pm at St Cecilia's Church**, followed by a sausages sizzle.

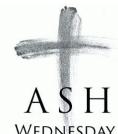


Please feel free to bring a plate of sweets along.

The palm burning ceremony involves burning the blessed palm branches/crosses from the previous year's Palm Sunday to create the ashes used for Ash Wednesday. It's a reminder that life is fleeting and, according to Genesis 3:19, we are destined to return to dust.

Please bring your blessed Palm crosses from previous years and **RSVP by 15th Feb** via the parish office or rsvp sheets in the back of the church.

ASH WEDNESDAY



Ash Wednesday will be held on **Wednesday 18th February**

St Cecilia: 8am & 6pm

St John Fisher: 8am

Ash Wednesday marks the beginning of Lent, a time for spiritual reflection, repentance and preparation of Jesus Christ.

Harmony Week- 1st-7th February



This year's Social Justice Statement calls us to follow the example of Jesus, who always noticed, listened to, and cared for those on the edge of society..

Harmony week reminds us of our responsibility to see and respond to the needs of our sisters and brothers in hardship as we are called to look to the heart of the Gospel: love of God and love of neighbour.

Pope Leo XIV reminds us that love is rooted in truth, resists dehumanization and calls us to hold up human dignity. It is from this foundation that dialogue, respect and peace can grow. We are encouraged to mark this week through:

- Prayer for peace in our world and in our local communities
- Reflection on Catholic Social Teaching, particularly human dignity, solidarity, and the common good

Simple acts of welcome, listening, and neighbourly encounter.

May this week renew our commitment to be witnesses of Christ's love, responding to division with compassion, courage, and hope remembering every person is made in the image and likeness of God.

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

B.F.F.

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

Community Playgroup

A fun, safe, and nurturing space for children to play, learn and grow - and for parents, carers and grandparents to connect!



Wyong Parish Parents, Carers and Grandparents Community Playgroup
Monday 9.15AM – 10.15AM

Starting Monday 16th February 2026
Parish Hall, 23 Byron Street, Wyong

For more information contact Parish Office 02 4352 1011

All Welcome! Come along and be part of something special

EXTRA CLEANER'S REQUIRED

If there is any person who would be kind enough to join us in cleaning the Church facilities please contact the parish office.

Depending on numbers, you will only need to clean approximately once a month. **Thank you for your consideration.**



Main Liturgical Feasts: February

2nd—Presentation of the Lord, 3rd—St Blaise; Ansgar, 5th—St Agatha, 6th—St Paul Miki and Companions, 8th—St Jerome Emiliani; Blsd Josephine Bakhita, 10th—St Scholastica, 11th—Our Lady of Lourdes, 22nd—Chair of St. Peter, 23rd—St Polycarp of Smyrna, 27th—St Gregory Narek; Ember Friday

PLANNED GIVING

Dear Parishioners, should you wish to donate electronically, please see details below or use the QR Code provided.

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



Property Transfer Professionals

ARLENE BARNETT Licensed Conveyancer - JP
02 4353 1340 48A Pacific Hwy Wyong
propertytransfer@bigpond.com

www.conveyancernsw.net.au

Specialising in: Land & Business Sale or Purchase
Mortgages & Commercial Leases, Retirement Villages

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.



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.

St Barnabas Church Yarramalong

1st Sunday of the Month
Mass will be celebrated at St Barnabas Church, Yarramalong
1st February at 11.15am. All are welcome.

ANOINTING OF THE SICK

First Friday of the Month
Friday: 6th February

St Cecilia's During 8.00am & 11.30am Mass
St John Fisher 9:15am

Come join us!

We need YOU to join our Wyong Choir!

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

PRACTICE ON TUES 5PM AT ST CECILIA'S CHURCH

FIRST FRUITS OFFERING

Giving from the Heart



Serve Your Parish
Through Planned Giving

HomeCaring wyong

Lifestyle and health solutions
Home Care and NDIS packages tailored for you.

Cruz Calero-Mena 0455 505 292
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

EMERGENCY PRIEST CONTACT

Fr Raul Ph: 0450 115 099

Fr Alex Ph: 0432 947 245

Fr Teody Ph: 0410 202 823

PARISH OFFICE: 23 Byron Street Wyong

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

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

PARISH CONTACTS

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

Email: raul.balute@bbcatholic.org.au

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

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

Parish Secretaries **Margaret Vandenberg & Christine Sassine**

PARISH EMAIL: wyongparish@bbcatholic.org.au

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

FACEBOOK: www.facebook.com/wyongcatholicparish

KEEP US IN YOUR PRAYERS

Prayer: The most valuable gift you can give someone.

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

RECENTLY DECEASED:

Fahim (Frank) Laoulach, Clint Davey, Riahne (Chuck) Louie Vasquez, Michael McDermott, Sauhaela Sabat, Delma Baker

ANNIVERSARY FEBRUARY:

Bill Cullinan, John Kiernan, Rosie Attard, Natividad Dieta, Rita Muscat, Rod McCarthy, Victor Gibbs, Frank Costa



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

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

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

St Cecilia's Sat after 8am Mass

St John Fisher Wed 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, Wed 9.15am in Parish Hall.

Meetings

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

Parish Pastoral Council Meeting

PPC Secretary: Kerry Bugden

Ph: 02 4388 2938

BAPTISMS, WEDDINGS AND FUNERALS

PLEASE CONTACT THE PARISH OFFICE

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.

Sunday Mass - 1 February 2026

THE LITURGY OF THE WORD

First Reading - Zephaniah 2:3; 3:12-13

A reading from the prophet Zephaniah

Seek the Lord all you, the humble of the earth, who obey his commands.

Seek integrity, seek humility: you may perhaps find shelter on the day of the anger of the Lord.

In your midst I will leave a humble and lowly people, and those who are left in Israel will seek refuge in the name of the Lord. They will do no wrong, will tell no lies; and the perjured tongue will no longer be found in their mouths. But they will be able to graze and rest with no one to disturb them.

The word of the Lord.

Thanks be to God.

Responsorial Psalm - Ps 145:7-10

R. Happy the poor in spirit; the kingdom of heaven is theirs!

Second Reading - 1 Corinthians 1:26

A reading from the first letter of St Paul to the Corinthians

Take yourselves, brothers, at the time when you were called: how many of you were wise in the ordinary sense of the word, how many were influential people, or came from noble families? No, it was to shame the wise that God chose what is foolish by human reckoning, and to shame what is strong that he chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones that God has chosen - those who are nothing at all to show those who are everything. The human race has nothing to boast about to God, but you, God has made members of Christ Jesus and by God's doing he has become our wisdom, and our virtue, and our holiness, and our freedom. As scripture says: if anyone wants to boast, let him boast about the Lord.

The word of the Lord.

Thanks be to God.

Gospel Acclamation - Matthew 5:12

Alleluia, alleluia!

Rejoice and be glad; Your reward will be great in heaven.

Alleluia!

Gospel - Matthew 5:1-12

A reading from the holy Gospel according to Matthew

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

'How happy are the poor in spirit; theirs is the kingdom of heaven.

Happy the gentle: they shall have the earth for their heritage.

Happy those who mourn: they shall be comforted.

Happy those who hunger and thirst for what is right: they shall be satisfied.

Happy the merciful: they shall have mercy shown them.

Happy the pure in heart: they shall see God.

Happy the peacemakers: they shall be called sons of God.

Happy those who are persecuted in the cause of right: theirs is the kingdom of heaven.

'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Antioch Weekend 2026

Dates: Saturday 7th and Sunday 8th
February 2026

Times: Saturday 9:00 am - 10:00
pm

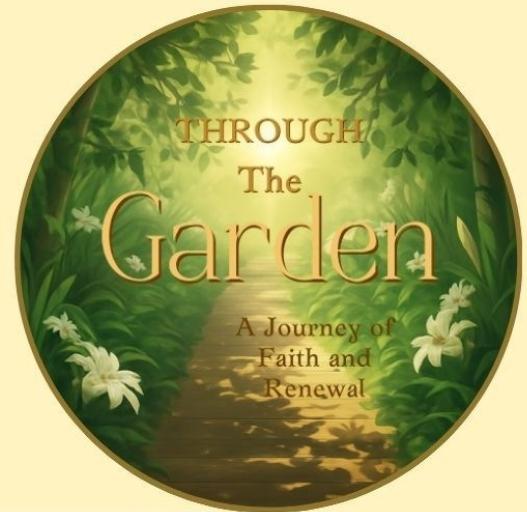
Sunday 10:00 am - 9:00 pm

Place: St Gerard's Church
grounds, 543 North Rocks Rd,
Carlingford

Cost: \$50

Early bird: \$40 (15th January
2026)

Age: Year 10 - 23 years old



SCAN for tickets!

"I planted the seed, Apollos watered it, but God has been making it grow."
1 Corinthians 3:6



**Enjoy a weekend with friends, talks, music, food, and prayer!
See you there!**

For more information please contact:

Youth Minister: **Holly** - 0404 710 588

Have a chat with **Amanda + Seb** at the Youth Mass!

DIOCESE OF BROKEN BAY

ACYF REUNION



Old friends. New memories. Same ACYF vibes.



Pizza · Games · Chats · Adoration · Praise and Worship

Friday 13th February 2026

5pm-8pm

Our Lady Help of Christians Catholic Church and Hall

31 Oxford Street, Epping NSW 2121



CATHOLIC
DIOCESE OF
BROKEN BAY



BROKEN BAY ALPHA COACHING DAY

2026



Alpha Teams, and those who are interested in learning more about Alpha, are invited to join this Alpha Day Coaching, where you will be equipped to run Alpha in your context.

The day will include setting a vision for and embedding Alpha in the parish, building a team, small group facilitation coaching, Alpha retreat coaching, promotion and invitation.

LIMITED PLACES. REGISTRATION ESSENTIAL
RSVP BY 11 FEB 2026



Register using QR
code or go to:

<https://www.trybooking.com/DIPMR>



**SATURDAY 14 FEB 2026
9.00 AM - 4.00PM**

**MANLY FRESHWATER PARISH
6 RAGLAN ST, MANLY NSW 2095**



Facilitated by
TANIA RIMAC
Alpha in a Catholic
Context Specialist

For more information contact tania.rimac@alpha.org.au



Accessible Church Mass

Holy Cross Church, South Kincumber

Sunday 8 March 2026

We are pleased to announce that an Accessible Mass is being offered at Holy Cross Catholic Church, South Kincumber, designed to be welcoming and inclusive for people of all abilities, including individuals and families living with disability, neurodiversity, or additional needs.

**10.30am Second Sunday of each month
commencing Sunday 8 March 2026**

Holy Cross Catholic Church, 9 Humphreys Rd, Kincumber South 2251

This Mass is offered in a supportive, flexible, and understanding environment where people are welcome to participate in ways that feel comfortable for them. Families, carers, and support workers are warmly invited to attend. The church is accessible, wheelchair-accessible toilets are available adjacent to the church and we are making efforts to be sensory aware

To help us offer the best possible welcome, we would appreciate any requests for specific accessibility or support needs being shared in advance.

Please contact Mission Broken Bay mission@bbcatholic.org.au

We invite parishes, schools, and special education communities to share this information with families, students, staff, and parishioners who may benefit from a more accessible liturgical setting. Thank you for helping us continue to build parish communities that are welcoming, inclusive, and grounded in dignity for all.

Formation Opportunity

Breaking Open Dilexi Te - Apostolic Exhortation Of The Holy Father Leo XIV To
All Christians On Love For The Poor

Join parish leaders from across the Diocese for a practical and accessible day of formation in social justice ministry. Build your confidence, connect with others, and gain useful tools to support your parish work. Breaking Open Dilexi Te : Discover the powerful teachings of Pope Leo XIII and how they can inspire your leadership today.

All parish social justice ministers, volunteers and leaders are warmly invited.
Follow the link to register today: [Breaking Open Dilexi Te](#)

Date: 28 March 2026

Time: 10:30 am – 4:00 pm

Venue: Ambrose Centre, 12 Ashton Ave, The Entrance NSW 2261

Reproduced from Neighbourhoods 29 January 2026



Carmel House Retreats

2026

**MAY
20-24**

Pentecost Intensive
RUAH

"He breathed on them and said to them, 'Receive the Holy Spirit'. Jn 20:22
The Ruah (breath) of God renews each soul that receives its power. Embrace the gift of the Holy Spirit through fellowship, inputs, prayer and practical workshops and help renew the face of the earth
<https://www.trybooking.com/DIDAV>.

**JUNE
27**

GARDENS
Day Retreat

"Grieve not as those who have no hope." 1 Thess 4:13.
Spend a day reflecting on how while we experience pain, grief and loss in life, we can also discover in such moments that God is renewing us and doing "a new thing" (Rev 21:4) within us.
<https://www.trybooking.com/DIDBD>

**AUG
28-30**

HOMECOMING
Silent Retreat

"His father saw him, ran to his son, threw his arms around him and kissed him." Lk 15: 20
Your heavenly Father waits for you to come away with him for a weekend of silently soaking in his great love for you. Embrace this opportunity for encountering deep peace and serenity.
w/e: <https://www.trybooking.com/DIDBK>
extensive: <https://www.trybooking.com/DIDBU>

**OCT
16-18**

Hand Made
Creative Healing Retreat

"In his hand is the life of every creature." Job 12:10
Come away for a weekend of reflection on how carefully God has made and upheld your life through different creative prayer experiences.
<https://www.trybooking.com/DIDCB>

**NOV
14**

ALIVE
Holy Spirit Family
Retreat Day

Your family has been carefully chosen and put together by God and has an important mission entrusted only to you.
Discover as a family the power of the Holy Spirit to live with boldness and love!
<https://www.trybooking.com/DIDCJ>

Missionaries of God's Love
Sisters



Carmel House
345 St Andrews Rd, Varroville NSW 2566
mglssisters.sydney@gmail.com
mglssisters.org

MAGI PILGRIMAGES

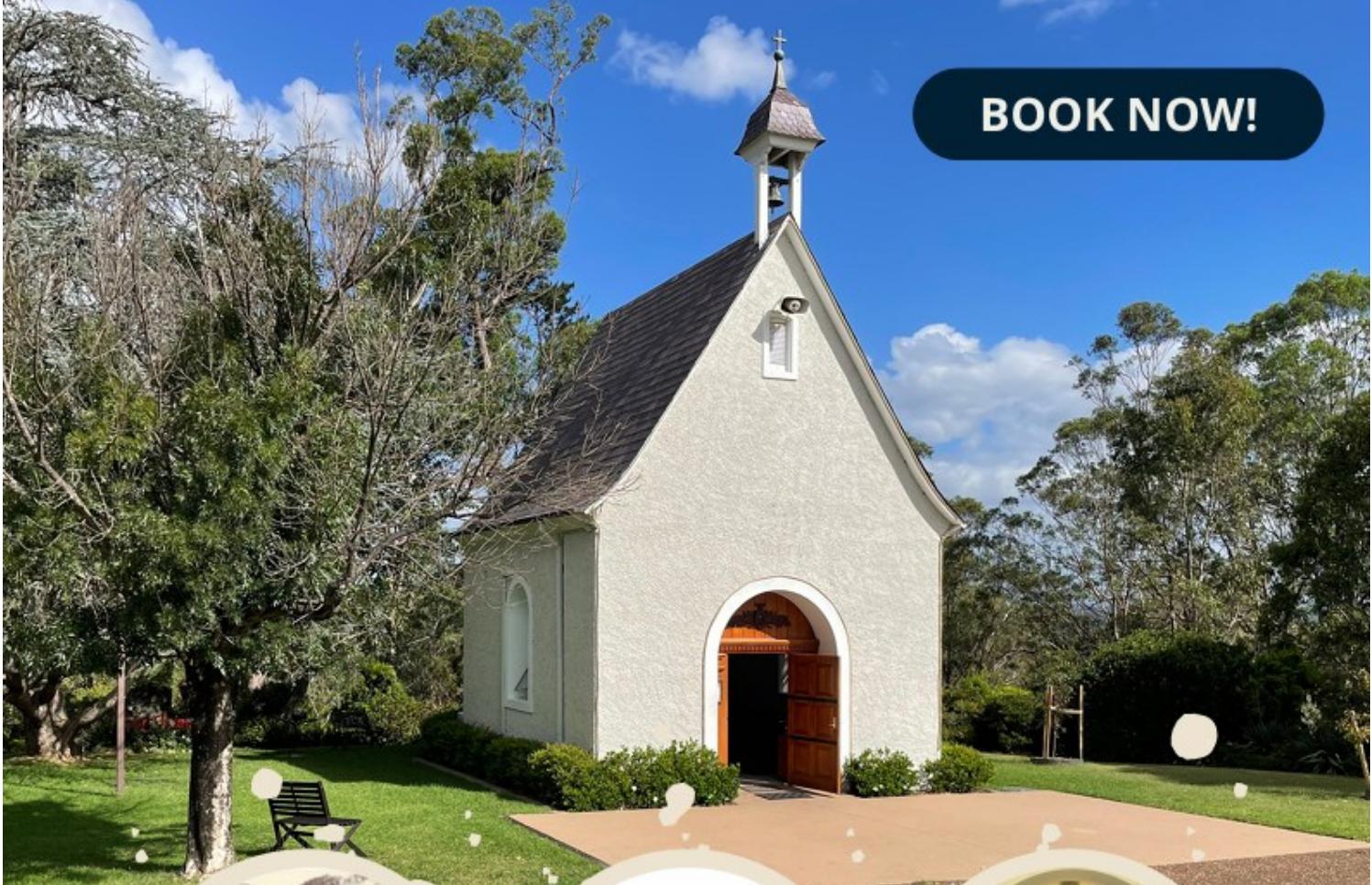
FOOTSTEPS OF ST PAUL (5th - 20th May 2026)

Fr. Sebastian A.M invites you to a journey in the footsteps of St. Paul, reliving the Acts of the Apostles and exploring the letters of the New Testament. Explore Greece and Turkey with a 3-night Greek Islands cruise in this 14-day pilgrimage for an all-inclusive price of \$9790+ tips (25+ pilgrims). The early bird price expires on January 30th.

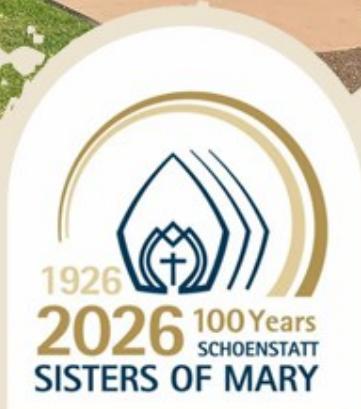
SAINTS OF ITALY (8th - 21st June 2026)

Fr. Franco Filippetto invites you to a 14-day journey to Italy, visiting Milan, Padua, Siena, Assisi, Rotondo, Sorrento, and Rome, with an all-inclusive price of \$ 9,290 + tips (for 30+ pilgrims). The early bird price expires on January 30th.

The fare includes Return Economy Airfares + Local Transfers in Deluxe coaches + Stay in 4-star Premium Hotels, Meals + English speaking professional guides + Entrances as per itinerary and more. For inquiries & bookings call 03 8839 6615 or email us pilgrimage@magiholidays.com.au

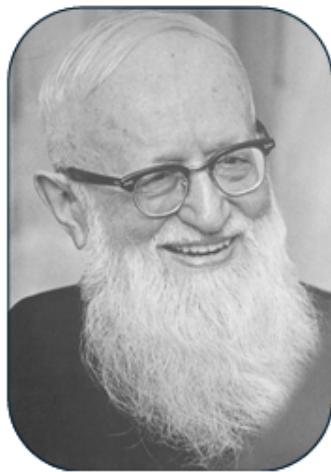


BOOK NOW!



Schoenstatt Sisters CENTENARY YEAR Pilgrimages!

PILGRIMAGES CAN INCLUDE...



HOLY MASS

- In the Shrine, House Chapel or Family Hall
- Come with own priest
- Existing Masses at Mount Schoenstatt on Thursdays & Sundays at 11am

CONFESION

- Available with own priest only

PRAYER

- Devotion
- Rosary
- Stations of the Cross
- Private

TALK BY A SISTER

- About Schoenstatt and the sisters community



MEALS

- BYO
- Morning tea, lunch & afternoon tea available at a cost

PIETY STORE

- Gifts
- Souvenirs
- Religious items

ALL PILGRIMAGES BY DONATION!

CONTACT



SR M. OLIVIA



0473 201 525
sister.m.olivia@gmail.com

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, its history and heritage.

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

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

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

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



**Sisters
of Charity**
of Australia

**HERITAGE
CENTRE**

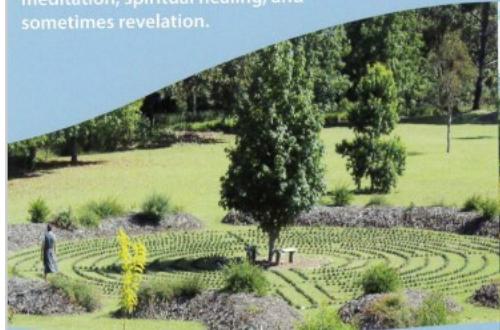


St Joseph's Spirituality and Education Centre

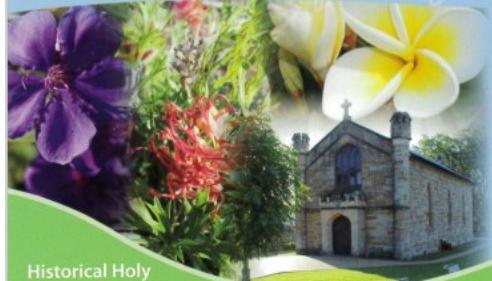
Kincumber South

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

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



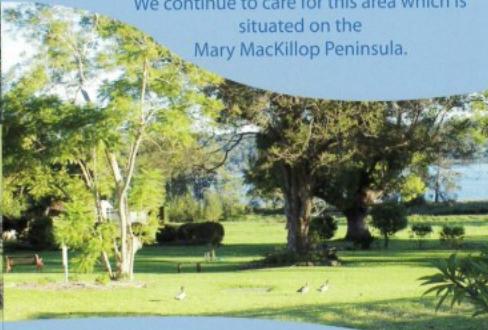
Peace and Tranquility



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

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.



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.

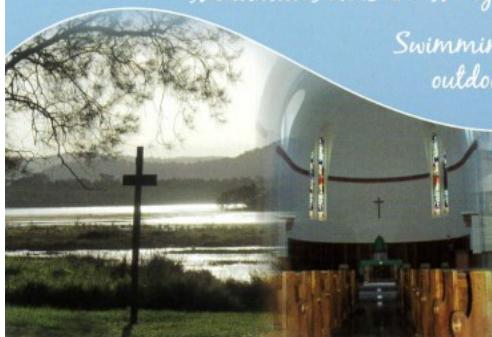
The spacious grounds front the Kincumber Broadwater, creating an atmosphere of tranquility and peace that enhances the spiritual and reflective nature of the Centre.

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

Walking Tracks and Gardens

Meditation Areas and Mary of the Cross Walk

Swimming pool and outdoor patio

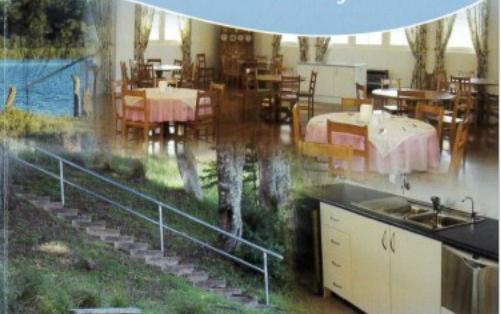


Chapel and prayer rooms

Conference Rooms



Lounge, Tea Bays and Dining Room



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.

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.

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.

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.



1800 324 924

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.

CATHOLICCARE 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
Narembeen: 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

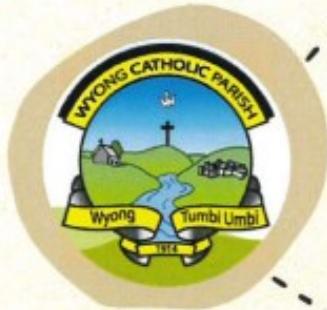


**CATHOLIC
DIOCESE OF
BROKEN BAY**



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 Raul 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