

# 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*

**21ST DECEMBER 2025—FOURTH SUNDAY OF ADVENT  
&**

**28TH DECEMBER 2025—THE HOLY FAMILY OF JESUS, MARY & JOSEPH**

**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 ADVENT

Problems and difficulties are part of life: some of our own making, and others not. Joseph is caught up in a problem not of his own making. Mary, his betrothed, appears to have been unfaithful. How is Joseph going to resolve this heartache—his dark night? As a man of honour, Joseph does not act in haste nor in the heat of hurt emotions. He gives himself time—sleeping on his problem and waiting for divine light. In his sleep, Joseph is informed by an angel of Mary's situation—the blessing bestowed upon his beloved. Furthermore, Joseph is invited to accept the challenging situation and to co-operate with God by taking responsibility for Mary and her child. Joseph accepts God's invitation, however demanding. Doing God's will is always a blessing, but often costly. We too, when confronted with problematic situations, like Joseph, would profit from waiting upon the Lord in prayer for light and the grace to act with integrity, charity and justice. Like Joseph, we too may come to recognise that our way forward is to accept and take responsibility for the situation which may not be to our liking but, nevertheless, may facilitate unforeseen blessings for us and others.

## REFLECTION—THE HOLY FAMILY OF JESUS, MARY & JOSEPH

What makes the Holy Family holy? Not simply the fact that Mary and Joseph are the parents of Jesus, the incarnate Son of God. Mary, Joseph, and Jesus are holy because each of them lived a life of loving obedience to God without compromise. As Jesus says of his mother: she is the one who heard the word of God and obeyed it. And, numerous times in the Gospel, Joseph hears the command of the Angel of God and obeys. Jesus, too,

affirms that he came to do the will of his Father. St Therese of Lisieux says: Holiness consists in doing God's will and being what God wants us to be.

Being holy, however, is no protection against the difficulties and sufferings of life. In the Gospel, we hear of the hardships that the Holy Family endured, having to escape multiple times from those who wished to do them harm. The family unit is under threat today with the rise of selfish individualism and aggressive assertiveness. St Paul exhorts us to live lives of holiness by being compassionate, kind, humble, patient, gentle, and forgiving. In this way we will live in peace within our families and God will reign in our hearts and homes.





## PARISH CALENDAR—IMPORTANT DATES

- ◆ **25th Dec**—Christmas Day (Holy day of obligation)
- ◆ **28th Dec**—Feast of the Holy Family
- ◆ **1st Jan**—Solemnity of Mary Mother of God
- ◆ **4th Jan**—The Epiphany of our Lord
- ◆ **11th Jan**—The Baptism of our Lord
- ◆ **18th Jan**—Feast of Sto Niño (Sinulog)

*May the seasons blessings be upon you and your families!*

## ADVENT RECONCILIATION

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

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

2nd form of the Rite of Reconciliation:

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



## 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.



## PARISH OFFICE HOLIDAY CLOSURE

**Closed** 20th December 2025  
**Reopening** 14th January 2026\*

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

## ANOINTING OF THE SICK—First Friday of the Month

Friday: 2nd January

St Cecilia's During 8.00am & 11.30am Mass

St John Fisher 9:15am

## St Barnabas Church Yarramalong

**1st Sunday of the Month**

Mass will be celebrated at St Barnabas Church, Yarramalong  
**4th January at 11.15am.** All are welcome.

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

## Triduum Mass

**Dates: 21st 22nd & 23rd December**  
**Place: St Cecilia's Church Wyong** **Time: 7pm**

**Contact: Mona Santos 0406 998 422**

May the divine peace of our Lord Jesus Christ fill your heart and home with serenity and love this Christmas season. As we celebrate the birth of our Savior, may His light guide you, His love envelop you, and His joy uplift your spirit.

## JOY TO THE WORLD

Wishing our Parish community a Happy & Holy Christmas & New Year!

May God's blessings be upon you all and your families.

From Fr Raul, Fr Alex,  
Fr Teody, Margaret & Christine.



## CHILDREN'S LITURGY—YOU'RE INVITED !

All children are invited to attend the children's Liturgy at our weekend masses. Children's Liturgy is when the children leave the congregation to celebrate and reflect on the Sunday Gospel reading in an age appropriate way.

The children are led through prayers, songs and readings that are adapted to their level of understanding. *(Please ensure there is a parent/guardian for children under 5yrs old; all parents/guardians welcome).*

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

### Mass with Children's Liturgy:

St Cecilia's Church, Wyong Sunday 9.30am

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



***Speak with Maria to find out how you can volunteer!***



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



Ph: 02 4351 8004  
Ph: 02 4392 8777

## BOWDEN FAMILY FUNERALS

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# Christmas Mass Times 2025

## St Cecilia's Church

Christmas Eve Wednesday 24th

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

## St John Fisher

Christmas Eve Wednesday 24th

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

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

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



### MASS FOR THE CLOSING OF THE JUBILEE YEAR OF HOPE

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

**Date:** Sunday 28 December 2025

**Time:** 9.30am

**Location:** Our Lady of the Rosary Cathedral, Waitara

### Main Liturgical Feasts: December

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

**ST VINCENT de PAUL CHRISTMAS APPEAL 2025**—We wish to thank all who kindly and generously donated to St Vincent de Paul Society Christmas Appeal.

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

**We appreciate all offerings and support gifted to our Parish!**

#### To support the Priests (1st Collection):

Acc name: SOLT Australia Inc

BSB: 062 195

Acc no: 1022 9389

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

Acc name: Wyong Catholic Parish

BSB: 062 784

Acc no: 100 001 943



### COMMUNION BLESSING

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

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

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



### Extra Mower's Required

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

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

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

### BOOK: GOD'S WORD 2026 PURCHASE YOURS NOW!

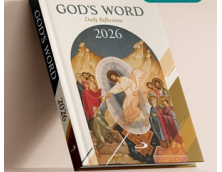
Only 10 Copies Left

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

These will be on sale **Sunday 21st Dec after the 9:30am Mass** at St Cecilia's Church, Wyong.

Please bring exact change or EFT will be available.

### GOD'S WORD 2026



**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

### SAVE THE DATE—Feast of Sto Niño (Sinulog) Celebration 18th January 2026

Mass will be held at **11am at St Peter's Catholic Collage, Tuggerah**, followed by lunch (provided).

The Sinulog-Santo Niño Festival is an annual cultural and religious festival held on the third Sunday of January in Cebu City and is the centre of the Santo Niño Catholic celebrations in the Philippines.

Every 3rd Sunday of January, Wyong Catholic Parish and the Wyong Filipino Community also celebrate the Feast of Sto Niño (Sinulog).

Come and celebrate with us on the day. Please bring your Sto Niño Baby Jesus images for blessing.

**This celebration starts with a 9 day Novena: 8th January - 16th January, 7pm @ St Cecilia's Church, Wyong.**



### Property Transfer Professionals

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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: 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](mailto: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](mailto:wyongparish@bbcatholic.org.au)

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

**FACEBOOK:** [www.facebook.com/wyongcatholicparish](https://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, Tahniah Ahuriri, Mary Anne Xuereb, Colleen Goodwin, Little Everleigh

#### RECENTLY DECEASED:

Fahim (Frank) Laoulach, Clint Davey, Riahne (Chuck) Louie Vasquez, Michael McDermott

#### ANNIVERSARY DECEMBER:

Bill Martin, Larry George Hooley, John Taylor, James Bastic, Rove Varman, Claire Baxter, Evelyn Ross, Deceased Members of the Croke & Kenny Families

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 Isaiah 7:10-14**

A reading from the prophet Isaiah

The Lord spoke to Ahaz and said, 'Ask the Lord your God for a sign for yourself coming either from the depths of Sheol or from the heights above.' 'No,' Ahaz answered 'I will not put the Lord to the test.'

Then Isaiah said:

'Listen now, House of David:  
are you not satisfied with trying the patience of men  
without trying the patience of my God, too?  
The Lord himself, therefore,  
will give you a sign.  
It is this: the maiden is with child  
and will soon give birth to a son  
whom she will call Emmanuel,  
a name which means "God-is-with-us".'

The word of the Lord.

**Thanks be to God.**

**Responsorial Psalm Ps 23:1-6**

R. Let the Lord enter; he is king of glory.

**Second Reading Romans 1:1-7**

A reading from the letter of St Paul to the Romans

From Paul, a servant of Christ Jesus who has been called to be an apostle, and specially chosen to preach the Good News that God promised long ago through his prophets in the scriptures.

This news is about the Son of God, who, according to the human nature he took, was a descendant of David: it is about Jesus Christ our Lord who, in the order of the spirit, the spirit of holiness that was in him, was proclaimed Son of God in all his power through his resurrection from the dead. Through him we received grace and our apostolic mission to preach the obedience of faith to all pagan nations in honour of his name. You are one of these nations, and by his call belong to Jesus Christ. To you all, then, who are God's beloved in Rome, called to be saints, may God our Father and the Lord Jesus Christ send grace and peace.

The word of the Lord.

**Thanks be to God.**

**Gospel Acclamation Matthew 1:23**

Alleluia, alleluia!

A virgin will give birth to a son;  
his name will be Emmanuel: God is with us.

Alleluia!

**Gospel Matthew 1:18-24**

A reading from the holy Gospel according to Matthew

This is how Jesus Christ came to be born. His mother Mary was betrothed to Joseph; but before they came to live together she was found to be with child through the Holy Spirit. Her husband Joseph, being a man of honour and wanting to spare her publicity, decided to divorce her informally. He had made up his mind to do this when the angel of the Lord appeared to him in a dream, and said 'Joseph son of David, do not be afraid to take Mary home as your wife, because she has conceived what is in her by the Holy Spirit. She will give birth to a son and you must name him Jesus, because he is the one who is to save his people from their sins.' Now all this took place to fulfil the words spoken by the Lord through the prophet:

The virgin will conceive and give birth to a son  
and they will call him Emmanuel,

a name which means 'God-is-with-us'. When Joseph woke up he did what the angel of the Lord had told him to do: he took his wife to his home.

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

**28 December 2025**

**THE LITURGY OF THE WORD**

**First Reading Sirach 3:2-6, 12-14 (Year A)**

A reading from the Book of Ecclesiasticus

The Lord honours the father in his children, and upholds the rights of a mother over her sons.

Whoever respects his father is atoning for his sins, he who honours his mother is like someone amassing a fortune. Whoever respects his father will be happy; with children of his own, he shall be heard on the day when he prays. Long life comes to him who honours his father, he who sets his mother at ease is showing obedience to the Lord. My son, support your father in his old age, do not grieve him during his life.

Even if his mind should fail, show him sympathy, do not despise him in your health and strength; for kindness to a father shall not be forgotten but will serve as reparation for your sins.

The word of the Lord.

**Thanks be to God.**

**Responsorial Psalm Psalm 128.1-2, 3, 4-5 (Year A) (R. see 1)**

R. Happy are those who fear the Lord.

**Second Reading Colossians 3:12-21 (Year A)**

A reading from the letter of St Paul to the Colossians

You are God's chosen race, his saints; he loves you and you should be clothed in sincere compassion, in kindness and humility, gentleness and patience. Bear with one another; forgive each other as soon as a quarrel begins. The Lord has forgiven you; now you must do the same. Over all these clothes, to keep them together and complete them, put on love. And may the peace of Christ reign in your hearts, because it is for this that you were called together as parts of one body. Always be thankful.

Let the message of Christ, in all its richness, find a home with you. Teach each other, and advise each other, in all wisdom. With gratitude in your hearts sing psalms and hymns and inspired songs to God; and never say or do anything except in the name of the Lord Jesus, giving thanks to God the Father through him.

Wives, give way to your husbands, as you should in the Lord. Husbands, love your wives and treat them with gentleness. Children, be obedient to your parents always, because that is what will please the Lord. Parents, never drive your children to resentment or you will make them feel frustrated.

The word of the Lord.

**Thanks be to God.**

**Gospel Acclamation Colossians 3:15, 16 (Year A)**

Alleluia, alleluia!

May the peace of Christ rule in your hearts,  
and the fullness of his message live within you.

Alleluia!

**Gospel Matthew 2:13-15, 19-23 (Year A)**

A reading from the holy Gospel according to Matthew

After the wise men had left, the angel of the Lord appeared to Joseph in a dream and said, 'Get up, take the child and his mother with you, and escape into Egypt, and stay there until I tell you, because Herod intends to search for the child and do away with him.' So Joseph got up and, taking the child and his mother with him, left that night for Egypt, where he stayed until Herod was dead. This was to fulfil what the Lord had spoken through the prophet:

I called my son out of Egypt.

After Herod's death, the angel of the Lord appeared in a dream to Joseph in Egypt and said, 'Get up, take the child and his mother with you and go back to the land of Israel, for those who wanted to kill the child are dead'. So Joseph got up and, taking the child and his mother with him, went back to the land of Israel. But when he learnt that Archelaus had succeeded his father Herod as ruler of Judaea he was afraid to go there, and being warned in a dream he left for the region of Galilee. There he settled in a town called Nazareth. In this way the words spoken through the prophets were to be fulfilled:

He will be called a Nazarene.

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

# Christmas

## Mass Times 2025

St Cecilia's Church

**Christmas Eve Wednesday 24th**

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

**Christmas Day Thursday 25th**

- 7.30am & 9.30am

St John Fisher

**Christmas Eve Wednesday 24th**

- 5pm Children's family Mass

**Christmas Day Thursday 25th**

- 8.30am

Wyong Catholic Parish

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







# Simbang Gabi

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

## Chatswood

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

## Hornsby

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

## Dee Why

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

## Wyong

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







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

This isn't just travel—it's real basic youth work experience with communities that have specifically requested support.

#### CURRENT ROLES:

- Youth accompaniment/English tutor (Don Bosco programs)
- Education Support (Timor-Leste)


**DURATION:** 12 months


#### WHAT'S INCLUDED:

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

#### ONLINE INFORMATION SESSION

 Thursday 4 December 2025

 6pm or 9pm AEDT

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

SCAN ME

#### CONTACT:

 [emily@palms.org.au](mailto:emily@palms.org.au)

 02 9560 5333





## WANT TO JOIN OUR FRIENDSHIP PROGRAM?

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

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

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**Tuesday – Thursday**  
**10.00am-3.00pm or by appointment**  
**Free entry, parking available**  
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*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](http://socheritagecentre.org.au)  
E: [heritagecentre@rscoffice.com](mailto:heritagecentre@rscoffice.com)



**Sisters  
of Charity**  
of Australia

**HERITAGE  
CENTRE**





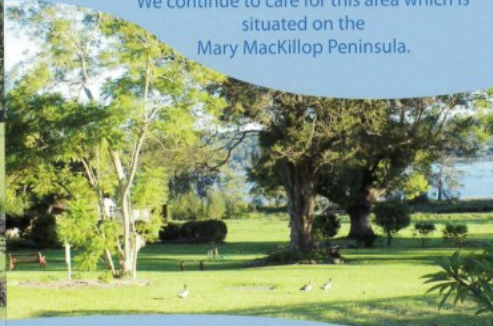
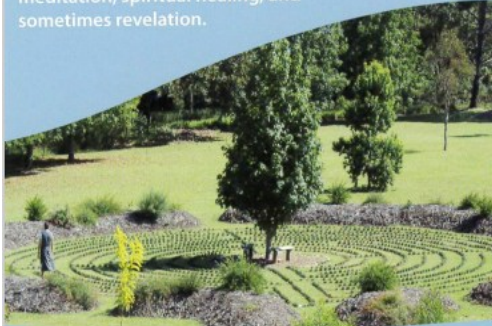
# St Joseph's Spirituality and Education Centre Kincumber South

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

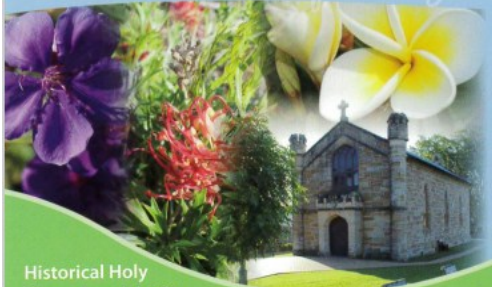
The labyrinth is a place for prayer, meditation, spiritual healing, and sometimes revelation.

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

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



## Peace and Tranquility



A Ministry of the Sisters of St Joseph  
NSW Province

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

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

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

## St Joseph's Spirituality & Education Centre

8 Humphreys Road, Kincumber South, NSW 2251  
Phone: 02 43682805 : Fax: 02 43683849  
Email: [bookings@stjosephsretreat.org.au](mailto:bookings@stjosephsretreat.org.au)  
Web: [www.stjosephskincumber.org.au](http://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

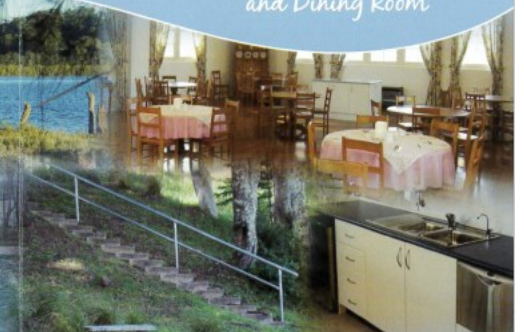
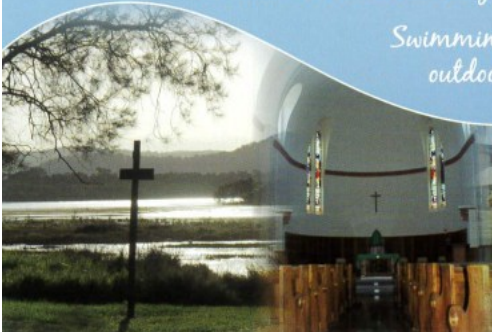
### Meditation Areas and Mary of the Cross Walk

### 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?

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Take a photo of this completed form and email to [info@catholiccaredbb.org.au](mailto: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

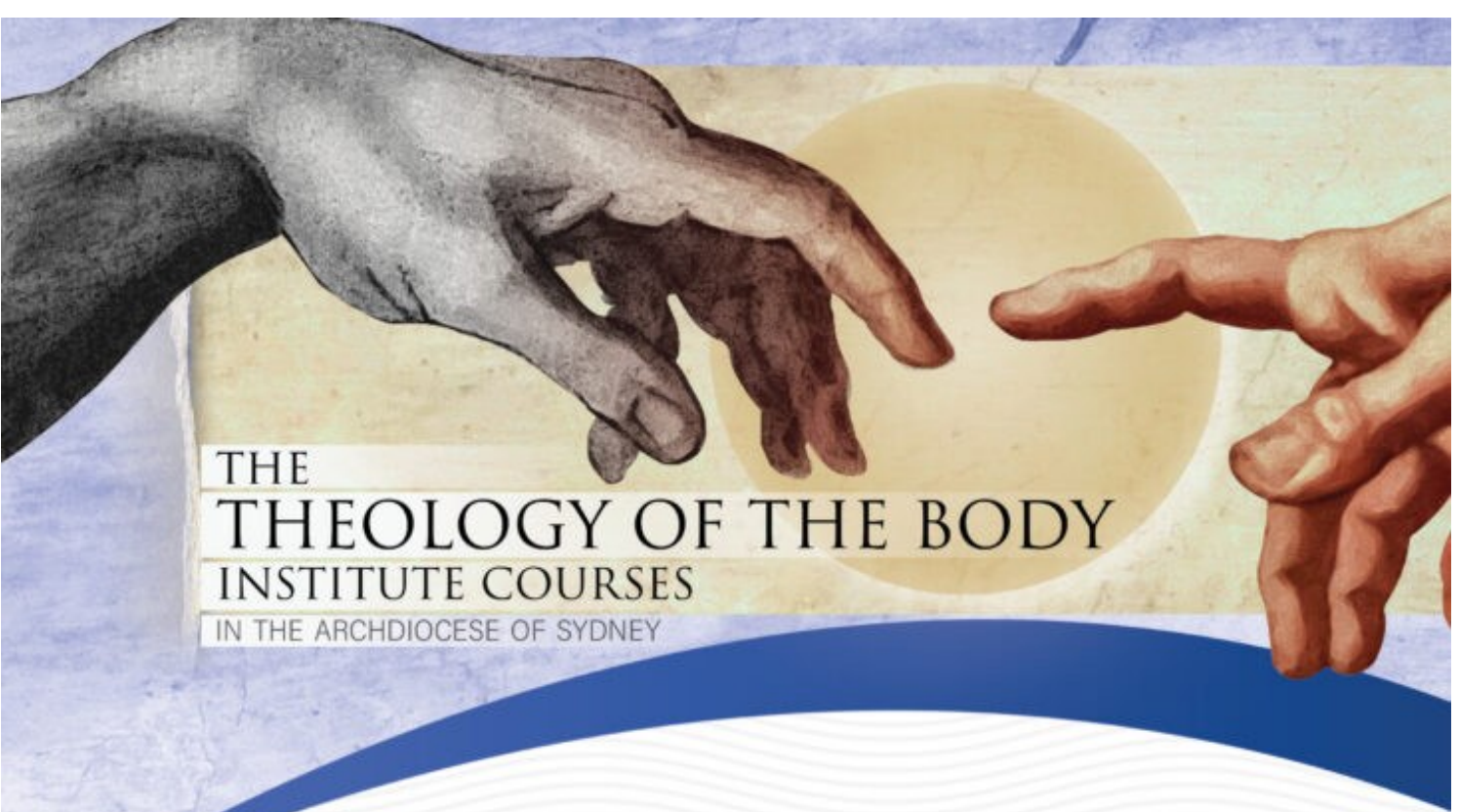
**PRESENTED BY TOB INSTITUTE**

[TOBI.SYDNEYCATHOLIC.ORG](http://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](http://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](http://tobi.sydneycatholic.org)



## CATHOLICCARE BROKEN BAY

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

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

To access this service please call 1800 324 924 or visit [www.catholiccaredbb.org.au](http://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:

<b>Immigration Advice and Rights Centre</b>	<b>02 8234 0777</b>
<b>Immigrant Women's SpeakOut Association</b>	<b>1800 656 463</b>
<b>Legal Aid NSW</b>	<b>1300 888 529</b> (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](http://www.bbcatholic.org.au)

[www.bbcatholic.org.au](http://www.bbcatholic.org.au)



**CATHOLIC  
DIOCESE OF  
BROKEN BAY**



## Social Media Minimum Age Restrictions Begin 10 December 2025

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

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

# SAFEGUARDING is everyone's responsibility



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

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



Tell one of our  
designated persons in  
authority

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

Contact will be made  
with Diocesan  
Safeguarding Office



Our Community is  
**SAFE**