

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*

25th Jan 2026 - Third 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 – 3rd Sunday of Ordinary Time

At the onset of his mission, Jesus calls his first set of disciples. Nothing had prepared Andrew, Simon, James and John for the task of becoming 'fishers of men.' Their training was to catch fish and trade their catch with fish vendors. But they let themselves be won over by Jesus' magnetic presence. They leave behind their boats, their father Zebedee (in the case of James and John), and follow Jesus in the adventure of preaching the Good News of the Kingdom. At times they would be slow in understanding what the Kingdom of heaven entails. But Jesus is a patient teacher, and he teaches through unforgettable stories called parables. Most of all, he teaches by example: being merciful and caring to the least and the last.

Speaking of the call of the first disciples, Pope Francis shares: 'There are different ways of carrying out the plan that God has for each of us, which is always a plan of love. ... And the greatest joy for every believer is to respond to this call, to offer all at the service of God and their brothers and sisters.' Where do you feel the Lord is calling you at this stage of your life? Do you have the openness of the first disciples of Jesus?

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



PARISH CALENDAR—IMPORTANT DATES

- ♦ **26th Jan**—Australia Day (office closed)
- ♦ **10th Feb**—PPC Meeting, 6pm, St Cecilia's Hall
- ♦ **17th Feb**—Shrove Tues, Burning of the Ashes @ St Cecilia's Church
- ♦ **18th February**—Ash Wednesday
- ♦ **8th March**—Rite of Christian Initiation Presentation Mass

Vox Populi—21 January 2026

One of the most influential figures in Catholic theology and Western philosophy is Saint Thomas Aquinas, a Doctor of the Church.

A proponent of natural theology, his school of thought, which encompassed both theology and philosophy, became known as Thomism.

His most famous work, *Summa Theologica* was actually an unfinished work, although it has become one of the most influential works of Western literature despite this.

At the heart of his rigorous and thoughtful theology, was a desire to know God more deeply and enter into a loving relationship with Him.

Pope Benedict XVI expressed it best in 2010 saying: "The depth of St Thomas Aquinas' thought let us never forget it flows from his living faith and fervent piety, which he expressed in inspired prayers such as this one in which he asks God:

'Grant me, O Lord my God, a mind to know you, a heart to seek you, wisdom to find you, conduct pleasing to you, faithful perseverance in waiting for you, and a hope of finally embracing you'.

He is considered one of the greatest theologians and philosophers in the history of the Church.

God has given us each charisms and gifts, providing our own unique paths to enter into a relationship with Him and understand Him more.

May St Thomas Aquinas be a guide for all those who endeavour to understand God more and to help us understand the Mystery of our faith.

Reproduced from Neighbourhoods 21 January 2026

'Thank You' from Catholic Mission—Thank you for supporting the 2025 Catholic Mission Parish Appeal. On behalf of the Church in Zambia I would like to thank your parishioners for their generosity which is helping empower women, provide essential healthcare, and bring hope to vulnerable communities. **Total amount raised: \$963.** Best wishes, Danielle Carson, Parish Engagement Coordinator.

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!](#)



TUGGERAH SPORTS & SPINAL PHYSIOTHERAPY

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

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

Ph: 02 4351 8004
Ph: 02 4392 8777

B.F.F.

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

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**

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!

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.

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.

HAPPY AUSTRALIA DAY

Almighty God and Loving Heavenly Father, we recognise you as the Creator of our world.



With Australia Day this week, we praise you for your abundant, undeserved gifts to our country. We give thanks for its natural beauty, our rich resources, and for the good and various aspects of human cultures and endeavors. We humbly ask for mercy toward Australia, since every blessing depends on your grace. Lord, we pray that the gospel will always continue among our nation as the ultimate means of peace and eternal safety.

Holy Spirit, establish repentance in our hearts and in our churches and their structures. Help us to live lives, where justice rolls down like waters among us, and righteousness as an everlasting stream.

We ask these blessings for Australia, in hope and love, through our Lord, Jesus Christ. Amen.

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.

*Come
join
us!*

We need YOU to
join our Wyong
Choir!

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

PRACTICE ON TUES 5PM AT ST CECILIA'S CHURCH

200 CLUB 2025

Thank you for all your support! We will be back in a few months.

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 JANUARY: Sophie Roe, Peter White, Patricia Unger, Bill Martin, Tony Kerr, Armida Bito-on, Kevin Booth, Tony Kerr

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 – 25th January 2026

THE LITURGY OF THE WORD

First Reading - Isaiah 8:23 - 9:3

A reading from the prophet Isaiah

In days past the Lord humbled the land of Zebulun and the land of Naphtali, but in days to come he will confer glory on the Way of the Sea on the far side of Jordan, province of the nations.

The people that walked in darkness has seen a great light; on those who live in a land of deep shadow a light has shone. You have made their gladness greater, you have made their joy increase; they rejoice in your presence as men rejoice at harvest time, as men are happy when they are dividing the spoils.

For the yoke that was weighing on him, the bar across his shoulders, the rod of his oppressor, these you break as on the day of Midian.

The word of the Lord.

Thanks be to God.

Responsorial Psalm - Ps 26:1, 4, 13-14

R. The Lord is my light and my salvation.

Second Reading - 1 Corinthians 1:10-13, 17

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

I appeal to you, brothers, for the sake of our Lord Jesus Christ, to make up the differences between you, and instead of disagreeing among yourselves, to be united again in your belief and practice. From what Chloe's people have been telling me, my dear brothers, it is clear that there are serious differences among you. What I mean are all these slogans that you have, like: 'I am for Paul', 'I am for Apollo', 'I am for Cephas', 'I am for Christ'. Has Christ been parcelled out? Was it Paul that was crucified for you? Were you baptised in the name of Paul?

For Christ did not send me to baptise, but to preach the Good News, and not to preach that in the terms of philosophy in which the crucifixion of Christ cannot be expressed.

The word of the Lord.

Thanks be to God.

Gospel Acclamation - Matthew 4:23

Alleluia, alleluia!

Jesus preached the Good News of the kingdom and healed all who were sick.

Alleluia!

Gospel - Matthew 4:12-17

A reading from the holy Gospel according to Matthew

Hearing that John had been arrested Jesus went back to Galilee, and leaving Nazareth he went and settled in Capernaum, a lakeside town on the borders of Zebulun and Naphtali. In this way the prophecy of Isaiah was to be fulfilled:

Land of Zebulun! Land of Naphtali! Way of the sea on the far side of Jordan, Galilee of the nations!

The people that lived in darkness has seen a great light; on those who dwell in the land and shadow of death a light has dawned.

From that moment Jesus began his preaching with the message, 'Repent, for the kingdom of heaven is close at hand'.

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

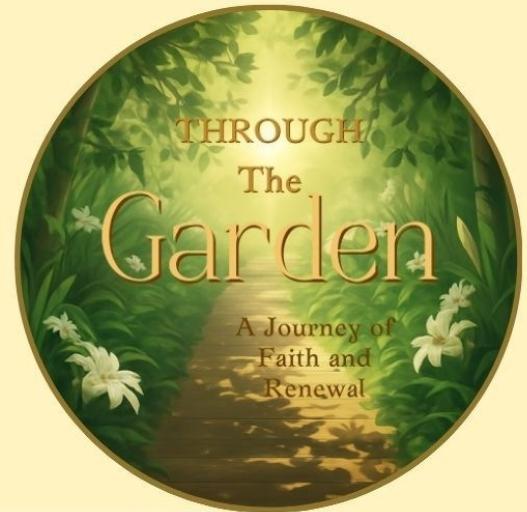
Sunday 10:00 am - 9:00 pm

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!

Waves of Grace

Manly-Freshwater Women's Circle

Our mission is to build a welcoming group of Catholic women aged 20-50 who will support each other in living out their faith journey through friendship, prayer, formation and ministry

JANUARY SESSIONS



Social

Saturday 17th January 2026

9:15AM- Mass at Mary Immaculate Church, Manly
(6 Raglan St, Manly, NSW, 2095)
10:00AM-12:00PM- Coffee and a stroll along Shelly Beach



Formation

Saturday 31st January 2026

10:30AM- Morning Tea at the Manly Parish Office (6 Raglan St, Manly, NSW, 2095)
11:00AM-12:00PM- Prayer, Input and Small Group Discussions

For more information, email mission@bbcatholic.org.au or call Geraldine (Youth Ministries Formation Lead) on 0436 946 843

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

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

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**

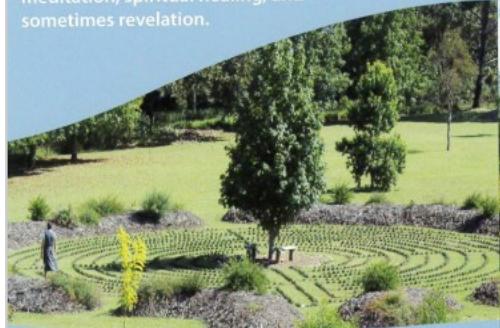


St Joseph's Spirituality and Education Centre

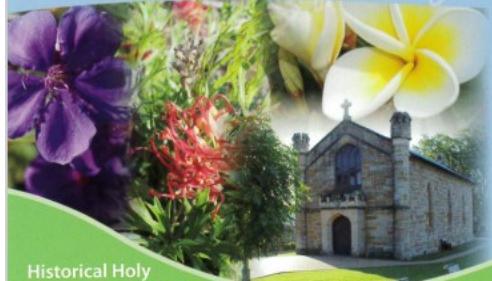
Kincumber South

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.



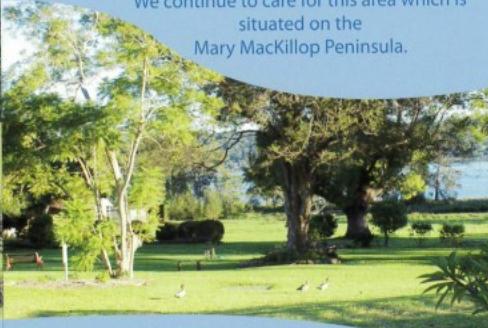
Peace and Tranquility



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.

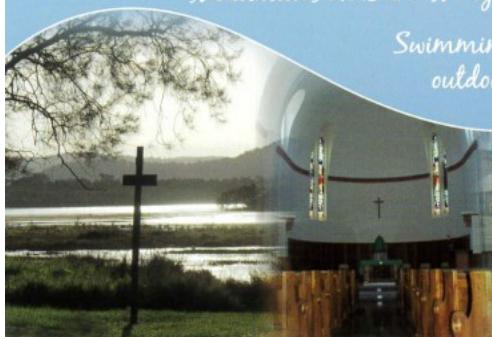
The spacious grounds front the Kincumber Broadwater, creating an atmosphere of tranquility and peace that enhances the spiritual and reflective nature of the Centre.

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



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

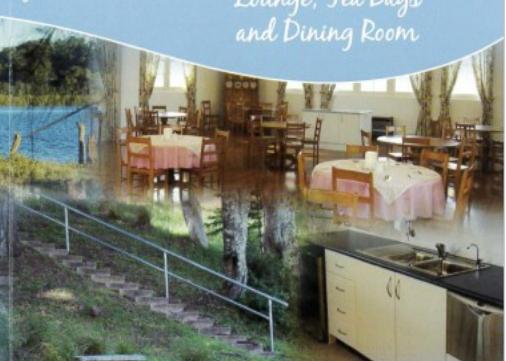
- Retreats
- Conferences
- Group Seminars
- Small Group Meetings
- Bible Study Groups
- Prayer Days

Sound and visual equipment for conferences are available on request.

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.

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

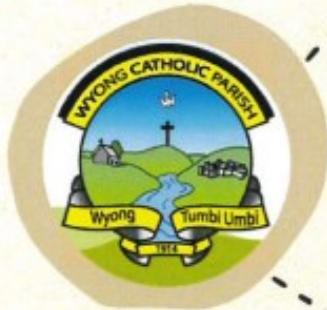


**CATHOLIC
DIOCESE OF
BROKEN BAY**



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