

# 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*

29th March 2026 – Palm Sunday of the Passion of the Lord

**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)**



## Palm Sunday of the Passion of the Lord



### REFLECTION

#### Palm Sunday of the Passion of the Lord

The prophet Isaiah writes in the person of the 'suffering servant' of the Lord, who is identified with Christ himself. Yet this also offers each one of us a model for behaviour and our response to the world. Today, we hear the principle of non-resistance, of not attempting to defend oneself against opposition. This principle of non-resistance is often taken as a call to a kind of heroic fortitude, but such an approach is often not sustainable or healthy in the long term. Perhaps this non-resistance can also be understood in terms of simply 'letting things be', or 'going with the flow.'

In reality, we often compound and multiply our sufferings by resistance to what is really beyond our control. How much more conducive it is to our serenity simply to accept with gentleness, flexibility, fluidity and non-judgement that which happens! This non-resistance is expressed beautifully in the words of Bruce Lee: 'Be like water making its way through cracks. Do not be assertive, but adjust to the object, and you shall always find a way around or through it.'

# HOLY WEEK SERVICES

**2 APR** HOLY THURSDAY MASS - ST JOHN FISHER - 7PM

**3 APR** GOOD FRIDAY STATIONS OF THE CROSS - 10AM

THE PASSION - 3PM  
AT BOTH ST CECILIA'S & ST JOHN FISHER

**4 APR** EASTER VIGIL MASS ST CECILIA'S - 7PM

**5 APR** EASTER SUNDAY REGULAR MASS TIMES



This sacred moment encourages reflection, seeking forgiveness, and expressing gratitude while fostering love and understanding for ourselves and others.

## OFFICE CLOSURE DATES

The Parish Office will be Closed on **3rd April**—Good Friday, Monday **6th April**—Public Holiday and Friday **10th April**, Monday **13th April** and Tuesday **14th April** over the School Holidays.

*Thank you for your understanding!*



We warmly welcome the children who are to be Baptised this Sunday into our Parish community. May the grace of our Lord Jesus bless them and their families.

## Condolences

Our Parish extends our condolences to the family and loved ones of the Late Patricia Dummett who has recently passed away.

Eternal rest grant unto her, O Lord, and let perpetual light shine upon her. And may her soul and the souls of all the Faithful Departed through the mercy of God rest in peace.



## CHILDREN'S LITURGY CALLING ALL CHILDREN !

⇒ **Children's Liturgy is held every Sunday**, and we warmly invite all children to join us for the **Liturgy of the Word** — a joyful space where kids meet Jesus through stories, prayer, and engaging faith activities designed just for them.

⇒ Each week, children take something beautiful home in their hearts: a sense of belonging, a Bible story they understand, a message from Jesus to guide their week, a new faith word like mercy, hope, or kindness, simple prayers and lessons on love and forgiveness, confidence to speak about God, the reminder that "Jesus is with me," ideas for kindness at home and school, a craft to remember the Gospel, and a heart ready to pray for others.

\*Children return to the church for the Liturgy of the Eucharist.

\**(Children under 5yrs of age must be accompanied by a parent or guardian at all times.)*



## Congratulations to our former Bishop now Archbishop Anthony Randazzo.

Pope Leo XIV has appointed Bishop Anthony Randazzo, until now Bishop of Broken Bay and Apostolic Administrator of the Personal Ordinariate of Our Lady of the Southern Cross in Australia, as Prefect of the Dicastery for Legislative Texts, with the personal title of Archbishop.

"I am profoundly grateful to Pope Leo for the confidence and trust he has placed in me," Archbishop Randazzo, 59 and a canon law graduate of the Pontifical Gregorian University, said.

"During my time as bishop of the Diocese of Broken Bay the clergy and faithful have been a true joy in my episcopal ministry. I remain forever grateful to God, who entrusted me with the care of His flock.

"It has also been both a privilege and a joy to walk the journey of faith with the Ordinariate of Our Lady of the Southern Cross in Australia, an experience that has embodied the reality of lived ecumenism."

If you would like more information please refer to the notice board.



## WYONG PARISH COMMUNITY COLLECTIONS 2026

Each year as a parish we support the disadvantaged members of the community.

This year once again we will support the **Wyong Neighbourhood Centre**.

We ask that individual items are placed in the special collection trolleys or containers which will be available at both churches.

This collection drive will run from: **18 February - 11 April**

Please see below suggested items which can be donated. These items are those specifically needed by the disadvantaged people the charity supports. Suggested donated items may include: Long-life milk, Noodles, Pasta, rice, good quality tinned fruit, food and meals (with ring pulls), Soups, spaghetti, Muesli bars and long life snacks, Breakfast Biscuits/Cereal, UHT Milk, Noodles, Crackers, Lollies/Chocolate, Chips, Tea, Cappuccino sachets, Water/Juice, Beans, Gloves, Scarves, socks & Blankets. Please place all donations into the special trolley or the plastic containers provided in the Church. Thank you for your generous help which is most appreciated.

**More information on the charity can be found at the web address listed:** Wyong Neighbourhood Centre Inc: <https://www.wnci.org.au>

## Share your talents and skills in the ministry/ ministries where you are called to be.

JOIN US!

### Volunteer Roles include:

- ✓ Maintenance /Mowing upkeep
- ✓ Altar Servers
- ✓ Linen Upkeep
- ✓ Catechist or a helper
- ✓ Cleaning
- ✓ Choir/ Musician
- ✓ Children's Liturgy Helper (Sun)

Speak to one of our Priests or contact the office



02 4352 1011



## UNITE AGAINST POVERTY

this Lent

## Third Sunday of Lent 28th & 29th March

As Project Compassion 2026 comes to a close, we thank you for your generous support throughout Lent. This year, we shared the stories of four inspiring people whose lives are being uplifted through your compassion.

Your support is helping them overcome challenges and build stronger futures. There is still time to donate! Together, we can continue nurturing hope and empowering communities facing poverty and injustice.

**Please donate today.**

You can support Project Compassion 2026 through the donation boxes, envelopes or by scanning the QR code.

**Or online at:** [www.projectcompassion.org.au/donate](http://www.projectcompassion.org.au/donate)

**Or by calling:** 1800 024 413



Thank you for standing with us, as we *Unite Against Poverty* this Lent.



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



Ph: 02 4351 8004  
Ph: 02 4392 8777

## BOWDEN FAMILY FUNERALS

All Areas ~ Australian Owned

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[anitabowden@cci.net.au](mailto:anitabowden@cci.net.au)



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## CATECHUMENS & CANDIDATES

We ask that this Holy Week we keep in our prayers our 1 Catechumen and 4 Candidates preparing to receive their Sacraments at the Easter Vigil Mass Sat 4th April. One of our Candidates is currently stuck overseas and wont be there for the Easter Vigil Mass, we pray for her and her families safe return.



## BIBLE STUDIES EXPRESSIONS OF INTEREST

If there is anyone interested in attending a Bible Studies group on Saturdays at 3pm, Fortnightly or Monthly please contact the parish off to express your interest. If there are enough people who are interested we would love to offer this in our parish.



Serra Weekly Vocations Prayer Calendar. Please pray for those in formation or already serving the Church

30/3	Fr Terry Johns
31/3	Sr Damian Lai
1/4	Bishop Anthony Randazzo
2/4	Bishop David Walker
3/4	Bishop Robert McGuckin
4/4	Fr Colin Blayney
5/4	Fr Stephen Hill



## Daily Prayer for Vocations

Heavenly Father, we praise You for Your goodness and thank You for Your gifts. Help us respond to and live out our mission in the Church. Assist all Your people to know their vocation in life and help them to prepare for it. Call many to be priests, deacons and consecrated men and women for Your greater glory, and for the service of Your people. Give those whom You call the grace to respond generously and to persevere faithfully. We ask this through Christ Our Lord. Amen

## PARISH FINANCE UPDATE for the half year ending 31 December 2025

Total income year-to-date is \$92,387 up some 33%. This is due to an increase in Parish numbers, some excellent fundraising and increases from existing Parishioners. Total Expenses for the year have increased slightly to \$74,107 (from \$72,758 same time last year). At the halfway point in the year, we are currently in surplus by \$18,280. Year to date this is a pleasing result and one in which we need to acknowledge the contributions made by all.

As always, new Parishioners are encouraged to join our planned giving program. Please contact the Parish office for more information on ways to contribute e.g. Tap 'n Go, Direct Debit or Planned Giving Envelopes.

Thank you for your continued support of our Parish.

Joe Cesca

Chairman of the Parish Finance Committee



## DID YOU KNOW Why Priests wear Rose coloured vestments?

Priests wear rose (often appearing pink) vestments to signify joy, hope, and a brief respite from penitential seasons, specifically on Laetare Sunday (4th Sunday of Lent) and Gaudete Sunday (3rd Sunday of Advent). The colour symbolizes that the celebration of Christmas or Easter is near, encouraging the faithful amid their sacrifices.



## COMMUNITY PLAYGROUP

Weekly on Monday at 9.15-10.15am in St Cecilia's Church Hall.  
Last day Term 1: 30th March—Resumes Term 2: 20th April.



## 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!



## 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 Bamabas Church Yarramalong

1st Sunday of the Month

Mass will be celebrated at St Bamabas Church, Yarramalong  
5th April at 11.15am. All are welcome.

## ANOINTING OF THE SICK - Frist Friday of the month

Due to this falling on Good Friday this year, this month there will be NO Anointing of the sick mass.

Instead we encourage you to participate in our Good Friday services.

## YOUTH GROUP—FRI 17TH APRIL

Our next youth group gathering is on Friday 17th April in the Parish Hall @6pm till 8pm. Ages 13-18yrs are welcome. Parent/Guardian consent required, contact Parish office if required.

## SIP Notice

The next meeting of Spirituality in the Pub is 7.30-9.00pm on Tuesday 7th April at the Grange Hotel, Wyoming.

More Information on the Notice Board.

Hotel bistro opens at 5.30pm.

SIP enquiries: 0415 129250 or 0439 678608.

## DIVINE MERCY SUNDAY

In preparation for the Feast of Divine Mercy, the Lord asked St Faustina to make known a novena of prayer from Good Friday to the following Saturday. These nine days of prayer in the upper room before the Feast of Mercy are like the nine days of prayer in the upper room before the day of Pentecost. For each of the nine days our Lord gave St Faustina a different intention.

Divine Mercy Sunday—12th April 2025

We will be having Benediction, Exposition of the Blessed Sacrament and the recitation of the Divine Mercy Chaplet at St Cecilia's Church, Wyoming from 2pm—3pm

## CHRISM MASS

You are invited to attend the 2026 Broken Bay Chrim Mass at Our Lady of the Rosary Cathedral Waitara on Tuesday, 31st March at 7:30pm.



## 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**

SRE Catechist Co-Ordinator: **Margaret Vandenberg**

**PARISH EMAIL:** [wyongparish@bbcatholic.org.au](mailto:wyongparish@bbcatholic.org.au)

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

**FACEBOOK:** [www.facebook.com/wyongcatholicparish](http://www.facebook.com/wyongcatholicparish)

### Children's Liturgy at the following Masses

St Cecilia's 5:00pm Mass Saturday

St Cecilia's 9.30am Mass Sunday

St John Fisher 5pm Mass Sunday

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 Tuesday 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



### KEEP US IN YOUR PRAYERS

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

#### **SICK:**

Jeanine Doueihy, Margaret McDermott, Dave Rodney, Danae Roe, Milva Kefu, Tahnia Ahuriri, Badwi Laoulach, Maureen Cross, Vince Bosco, Rik

#### **RECENTLY DECEASED:**

Delma Baker, Antoni Szczur, Peter Meury, Susan Monk, Fr John McCall

#### **ANNIVERSARY MARCH:**

Myrtle & James Murphy, Reg Preston, Fr Tito Ayo, SOLT, Kevin Barry, Tony Cox, Fr Matteo Bolsano

### 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.

# Palm Sunday Mass

29 March 2026

## THE LITURGY OF THE WORD

### First Reading Isaiah 50:4-7

A reading from the prophet Isaiah

The Lord has given me a disciple's tongue.

So that I may know how to reply to the wearied he provides me with speech.

Each morning he wakes me to hear, to listen like a disciple.

The Lord has opened my ear.

For my part, I made no resistance, neither did I turn away.

I offered my back to those who struck me, my cheeks to those who tore at my beard;

I did not cover my face against insult and spittle.

The Lord comes to my help, so that I am untouched by the insults.

So, too, I set my face like flint; I know I shall not be shamed.

The word of the Lord.

**Thanks be to God.**

### Responsorial Psalm 22:7-8, 16-17, 18-19, 22-23 (R.1)

R. My God, my God, why have you abandoned me?

### Second Reading Philippians 2:6-11

A reading from the letter of St Paul to the Philippians

His state was divine, yet Christ Jesus did not cling

to his equality with God but emptied himself

to assume the condition of a slave, and became as men are,

and being as all men are, he was humbler yet,

even to accepting death, death on a cross.

But God raised him high and gave him the name

which is above all other names so that all beings

in the heavens, on earth and in the underworld, should bend the knee at the name of Jesus

and that every tongue should acclaim Jesus Christ as Lord,

to the glory of God the Father.

The word of the Lord.

**Thanks be to God.**

### Gospel Acclamation Philippians 2:8-9

Praise to you, Lord Jesus Christ, king of endless glory!

Christ became obedient for us even to death, dying on the cross.

Therefore God raised him on high and gave him a name above all other names.

Praise to you, Lord Jesus Christ, king of endless glory!

### Gospel Matthew 26:14 27:66

The passion of our Lord Jesus Christ according to Matthew

*This Gospel will be reenacted, please refer to PowerPoint.*



MARY MACKILLOP PLACE

OUT OF THE  
*Ordinary*

YOU'RE INVITED

# Easter

## Treasure Hunt

<b>WHEN</b>	Wednesday 1 April
<b>TIME</b>	10am - 12pm
<b>WHERE</b>	Glen Roy Green Mary MacKillop Place (entry via 80 William St)
<b>COST</b>	\$10 per child

Join us for a creative twist on the classic egg hunt! You'll enjoy the treasure hunt and easter craft, "Wonder Eggs" with acts of kindness, a chocolate treat, and a photo op with the Easter Bunny.

Light refreshments are provided.

LIMITED SPOTS AVAILABLE.  
SCAN THE QR CODE TO  
BOOK YOUR TICKET.



"LOVE ONE ANOTHER AND HELP ONE ANOTHER."  
MARY MACKILLOP, 1873

## SIP Notice

**Spirituality in the Pub** (SIP) is Meeting at 7.30-9.00pm on Tuesday 7th April at The Grange Hotel, Wyoming (cnr. Renwick St & Pacific Hwy). The guest speakers are sisters **Ruth Myors** and **Rhonda Rugendyke**.

**Ruth Myors:** Following 20 years as a missionary nurse to the Somali people in East Africa, Ruth trained as a psychiatrist and spent 30 years ministering to missionaries in partnership with Dr. Kath Donovan. Now in her 90s, Ruth happily shares her adventures, many of which can be read in her book "When the Lights Go Out".

**Rhonda Rugendyke:** Married at a young age, Rhonda had two young sons when her husband left. Her sister Ruth was instrumental in her life taking a new direction, with GOD as the anchor of all her life experiences. Now blessed with children, grandchildren and great-grandchildren, Rhonda willingly shares her message of GOD'S grace and sufficiency in all of life.

Tell anyone else who may be interested. Bistro opens at 5.30pm. SIP enquiries: 0415 129250 or 0439 678608.

Many thanks in anticipation,

Tony

# MOTHERS DAY LUNCH

**CENTRAL COAST SANTA MARIA  
COMMITTEE WELCOMES YOU**

**3rd<sup>th</sup> MAY 2026**

**Lunch at Toukley Golf Club, Key St Toukley**

**From 12:00 until 4pm**

**Two course lunch includes bread roll and nibbles**

**DJ Carol Zammit**

**Cost \$45 per person Pay by 16<sup>th</sup> April 2026**

**PROUDLY SUPPORTING**

**Santa Maria Festa celebrations in**

**August 2026**



## **SPONSORS INVITED CONTACT**

**Charlie Scicluna 0404194020**

**Glenn Dcruz 0413291129**

**Lunch bookings with  
Charlie Scicluna 0404194020  
Tony and Rita 0448742591  
Charlie and Connie 43963704**

## Looking for flexible work - and a chance to support persecuted Christians?

Aid to the Church in Need (ACN) Australia is seeking a Diocesan Outreach Assistant to give short presentations at weekend Masses across the Diocese of Broken Bay.

This part-time role involves sharing stories of the suffering Church and helping build prayerful support within parish communities.

If you are comfortable speaking in front of others and have a heart for this mission, we would love to hear from you.

For details:

[www.aidtochurch.org/work](http://www.aidtochurch.org/work)

### **Cecilia Figueroa**

National Outreach Coordinator

Aid to the Church in Need | **ACN Australia & New Zealand**

PO Box 335, Penrith NSW 2571

PO Box 90445, Auckland 1142 NEW ZEALAND

AU 1800 101 201 | NZ 0800 242 322 | Direct +612 9167 9515

[cecilia@aidtochurch.org](mailto:cecilia@aidtochurch.org) | [www.aidtochurch.org](http://www.aidtochurch.org)

### **PASSIONTIDE CAROLS: 28 March**

#### **A Service of Music and Readings**

Join us for a stirring evening of Passiontide Carols on Saturday, 28 March, immediately following the 5pm Vigil Mass at Our Lady of the Rosary Cathedral. This service of music and readings offers a unique opportunity for reflection as we journey from the Lenten season into the profound mysteries of Holy Week.

Presented by organist and hymnodist Christian Catsanos, the program will feature a selection of hymns that trace the path of the Passion, from Christ's triumphant entry into Jerusalem to the Cross at Calvary. All are invited to experience this service of prayerful meditation and musical beauty as we prepare our hearts for the most sacred time of the Liturgical year.

Refreshments will be available following the service.

## RESIDENTIAL RETREATS FOR 2026

Starts on Friday at 5:30pm &  
Ends on Sunday, 4:00pm

JAN	<b>BIBLE CONVENTION</b> (Led by Fr Antony) Jan 31st- 1st Feb) 9am-4pm
FEB	27Feb-1Mar, Lenten Retreat
MAR	20-22, Preparation for Holy Week Retreat
APR	17-19, Deliverance Retreat
MAY	15-17, Preparation For Pentecost Retreat
JUN	19-21, Inner Healing Retreat
JUL	10-12, Family Healing Retreat
AUG	14-16, Dei Verbum Retreat
SEP	11-13, Deliverance Retreat
OCT	2-4, Marian Retreat
NOV	13-15, Inner Healing Retreat
DEC	11-13, Advent Retreat

### PLEASE BOOK VIA OUR WEBSITE

<https://divineretreatcentre.org/booking-form/>  
or email us at [drcretreatrego@gmail.com](mailto:drcretreatrego@gmail.com)

### SILENT GUIDED RETREAT

*If you would like to book for a private "SILENT GUIDED RETREAT", please email [drtsydney@gmail.com](mailto:drtsydney@gmail.com) and we will share information about the cost and what to bring, to help you prepare for a peaceful and meaningful experience.*

## OUTREACH MINISTRIES

### First Friday (Chatwood)

Healing Prayer Service, 6:30pm-8:30pm  
at Our Lady of Dolours Catholic Church, CHATSWOOD

### Third Monday (Wallsend)

Healing Prayer Service, 7:00pm-9:00pm  
at St Patrick's Church, 11 Macquarie street, WALLSEND

### Third Friday (Epping)

Holy Mass & Adoration, 6:00pm-8:00pm  
at Our Lady Help of Christians Church, 31 Oxford St, EPPING

### Fourth Thursday (Adelaide)

Spiritual Healing Retreat, 7:00pm-9:00pm  
St Peter Claver Church, 8 Stuart Road, Dulwich,  
Adelaide, SA 5065

### Brisbane & Canberra (As advertised)

For other upcoming outreach ministries please refer  
to our website events page:  
<https://divineretreatcentre.org/events/>

**Spiritual Guidance,  
confessions by appointment.  
Email: [drtsydney@gmail.com](mailto:drtsydney@gmail.com)**

### Perpetual adoration Chapel: Open 24/7

We rely on your loving support to maintain this beautiful space and ensure our ministries can thrive. If you are able to give, your gift is a blessing that helps us keep the doors open and our hearts dedicated to serving God and neighbour. Thank you for your care and commitment to our ministry.

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ABN: 26 173 469 536

Bank: Westpac BSB: 032071 Ac No: 524895

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\* Personal information provided will be confidential and will not be given out to third parties.

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Dear Friends,

We have 3 retreats coming up at Jamberoo Abbey in the month of April to June. Here's a short description of each of them. Go to [our website](#) for more information and how to register.

We would like to enable as many people to attend our retreats. If you require assistance with the registration cost, please don't hesitate to contact us at [onlineretreat@jamberooabbey.org.au](mailto:onlineretreat@jamberooabbey.org.au).

God bless.

Benedictine Nuns of Jamberoo Abbey

### [Lord, Teach Us to Pray: The Aramaic Prayer of Jesus](#)

**(Cottage Weekend Retreat) 10 - 12 April 2026**

In this contemplative retreat we return to the very words Jesus spoke as we explore the Lord's Prayer in its original Aramaic, uncovering layers of meaning often lost in translation.

Retreat Cost: \$150 + accommodation cost.

### [He is risen!](#)

**(Day Retreat) 18 April 2026**

Calling youth and young adults to come together for a time of prayer and reflection. This is a retreat for youth and young adults aged 16 - 35. The Lord is risen! Let us come and spend time sitting at the tomb and wait for his voice to call our name.

Retreat Cost: \$60 (*Limited space available*)

### [Praying Icons with Julian of Norwich](#)

**(Day Retreat) 27 June 2026**

Join us for a contemplative day exploring the rich intersection of iconography and Julian of Norwich's Revelations of Divine Love.

Retreat Cost: \$60 (*Limited space available*)

#### **Benedictine Abbey**

695 Jamberoo Mountain Road, Jamberoo NSW 2533, Australia

T: +61 2 4236 0011 E: [webadmin@jamberooabbey.org.au](mailto:webadmin@jamberooabbey.org.au)

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## 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](mailto:pilgrimage@magiholidays.com.au)

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ST OLAF CHURCH



COPENHAGEN CITY

# Scandinavian S E C R E T S



With hosts Rev'd Christopher Waterhouse + a Monk from St. Benedicts Monastery, Arcadia

DEPARTING SYDNEY  
24 SEPT 2026

### 5 nights – Stockholm

*Built on 14 islands, Stockholm is often called the Venice of the North.*

### 2 nights – Vadstena

*Home to Vadstena Castle, one of Sweden's best-preserved Renaissance fortresses.*

### 3 nights – Malmö

*Malmö's iconic Turning Torso is the tallest building in Scandinavia.*

### 5 nights – Copenhagen

*Copenhagen is one of the world's most bike-friendly cities, with more bikes than cars.*

## REGISTER YOUR INTEREST TODAY

[krystal@ettravel.com.au](mailto:krystal@ettravel.com.au)

0438 907 006

ASK US ABOUT OUR EXCLUSIVE  
NORWAY ADD-ON—WHERE  
BREATHTAKING FJORDS AND  
UNFORGETTABLE ADVENTURES  
AWAIT!



THE LITTLE MERMAID

## ABOUT OUR HOST

### FR. CHRISTOPHER WATERHOUSE



The Rev'd Christopher Waterhouse is Rector of St James' King Street, Sydney. Prior to his appointment, he served as Precentor and Chaplain

for the Arts at St David's Cathedral, Hobart. Born in the United Kingdom and raised and educated in Tasmania, Christopher developed an early passion for the performing arts, particularly theatre and music. He appeared in numerous stage productions across Tasmania before relocating to Sydney to work with the Sydney Theatre Company, and later moving to London where he worked at the St James' Theatre.

He subsequently left the theatre industry to work at Christ Church Cathedral, Oxford, while undertaking ministry studies.

Christopher returned to Australia in 2017 to become Director of the St James' Institute. He has more than 25 years' experience as a radio presenter in Hobart, London and Sydney, and has served on the boards of a range of philanthropic, church, education and arts organisations. These include the national board of the Anglican Board of Mission, the Council of St Andrew's College, and 2MBS Fine Music Sydney.

# Scandinavia Itinerary Overview

## Stockholm 5 nights

- Arrival in Stockholm with airport transfer.
- Guided city tour featuring City Hall, the Old Town (Gamla Stan), the Royal Palace and Parliament.
- Scenic boat cruise through the Stockholm Archipelago.
- Full-day guided excursion to Sigtuna and Uppsala, exploring Viking-era sites, the historic university precinct and Uppsala Cathedral.
- Free day to explore Stockholm independently, with the option to use the Stockholm Pass.
- Visits to ABBA The Museum and the Vasa Museum.

## Vadstena - 2 nights

- Travel south with a stop at Östanbäck Monastery.
- Guided walking tour of medieval Vadstena.
- Visits to Vadstena Abbey and Vadstena Castle.

## Malmö - 3 nights

- Travel to Malmö.
- Visit Malmö Castle and key churches. Church service.
- Excursion to Skanörs Church and final sightseeing in Malmö.
- Full-day excursion along the Skåne coast. Visits to Ystad and Simrishamn.
- Stop at the Kivik Grave and visits to historic churches including St Nicolai Church and St Olof's Church.

## Copenhagen - 5 nights

- Travel to Denmark via ferry. Visit Kronborg Castle (Hamlet's Castle).
- Scenic coastal drive along the Strandvej to Copenhagen.
- Guided city tour including Nyhavn, Amalienborg Palace, Christiansborg Palace and The Little Mermaid.
- Canal cruise and visit to the Church of Our Lady. Excursion to Roskilde, including the Viking Ship Museum and Roskilde Cathedral.
- Full-day excursion to Odense, visiting H.C. Andersen's House and Odense Cathedral.

## Inclusions & Important Information

- Depart Australia: 24 September 2026
- Full breakfast daily. 7 dinners included, featuring both a welcome dinner and a farewell dinner.
- Single supplement available on request.
- Ask about extending your journey to Norway — we offer tailored packages to make this a reality.
- All listed activities are subject to change at any time due to operational requirements.
- Flights are with Air China, offering Economy, Premium Economy and Business Class options.
- The itinerary includes a stopover in the spectacular historic city of Beijing.

# 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>.

**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>

**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>

**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>

**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>

Missionaries of God's Love  
**Sisters**



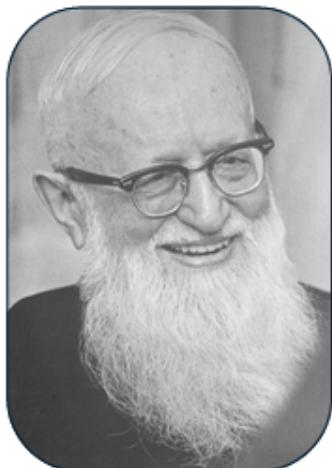
**Carmel House**  
345 St Andrews Rd, Varroville NSW 2566  
[mglisters.sydney@gmail.com](mailto:mglisters.sydney@gmail.com)  
[mglisters.org](https://www.mglisters.org)

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

## CONFESSION

- 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

Plenary indulgence available  
until **4<sup>th</sup> NOVEMBER 2026**

*Tailor your pilgrimage  
to suit your needs!*

**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/](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.

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

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

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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

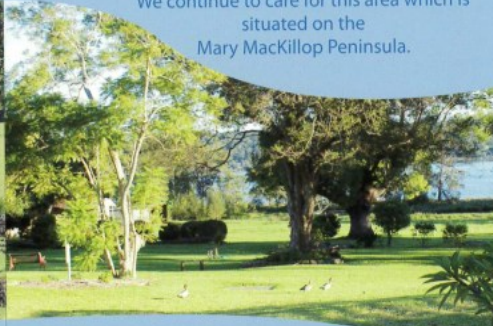
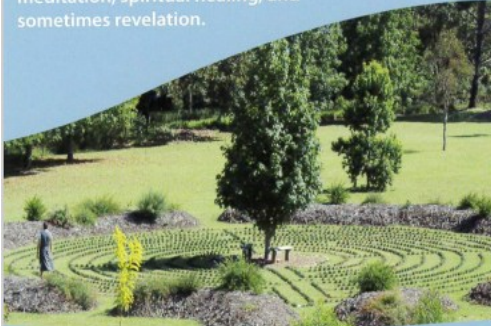
## Kincumber South

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

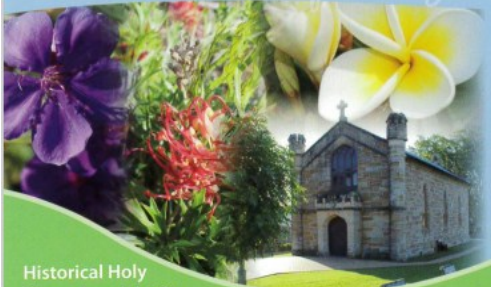
The labyrinth is a place for prayer, meditation, spiritual healing, and sometimes revelation.


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

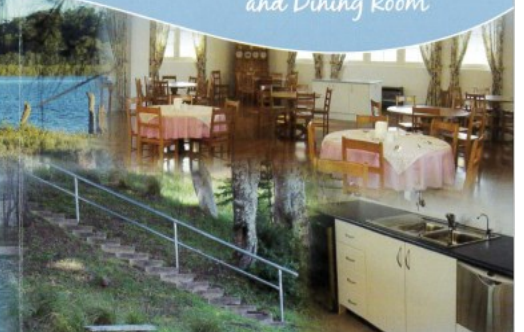
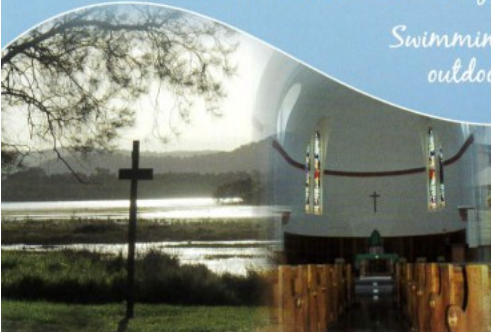
### Meditation Areas and Mary of the Cross Walk

### 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?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Take a photo of this completed form and email to [info@catholiccareddb.org.au](mailto:info@catholiccareddb.org.au) or text a photo of the form to 0481 602 046. Thank you.

## CATHOLICCARE BROKEN BAY

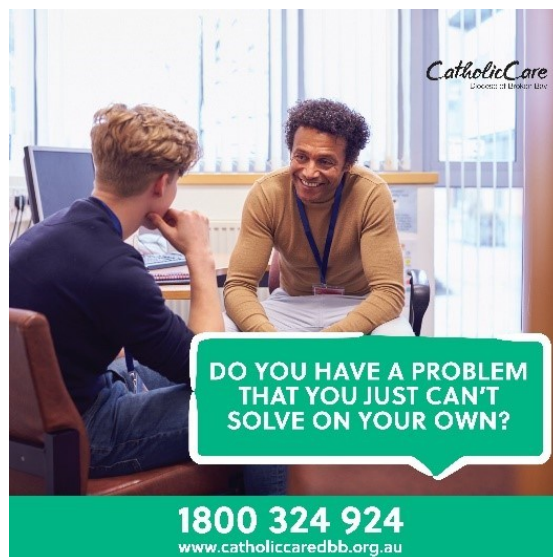
### Do you have a problem that you can't solve on your own?

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 sugges-

tions 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.

### **CATHOLIC CARE 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**

# 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**