

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*

2ND NOVEMBER 2025

THE COMMEMORATION OF ALL THE FAITHFUL DEPARTED (ALL SOULS' DAY)

WYONG CATHOLIC PARISH

ST CECILIA'S CHURCH, ST JOHN FISHER MASS CTR & ST PETER'S CHAPEL

**Under the Pastoral Care of the
Society of Our Lady of The Most Holy Trinity (SOLT)**



REFLECTION— In this month we make time to remember those who have died. We pray for those whom we have loved in life on earth. We pray for those who have loved us. We also remember those who have no one to remember them. I am thinking of a couple of people in particular as I mark this feast, one a friend and one a family member, both are now in God's kind keeping until the day of resurrection. I miss them.

This is also a good opportunity to teach children about our Christian confidence in death as the transition to the fullness of life. Children learn most easily with experience. To take children to the graves of friends and family is a sure and certain way to overcome their secular Halloween fears about a cemetery as a spooky place by teaching them about the graveyard as a place of Christian hope. You might teach your children this simple and traditional prayer: *Eternal rest grant to them/him/her, O Lord, and let perpetual light shine upon them/him/her. May they/he/she rest in peace. Amen.*

PARISH CALENDAR—IMPORTANT DATES

- ◆ **9th Nov**—Deceased Spouse Mass
- ◆ **5th Dec**—Ecumenical Christmas Carols
- ◆ **19th Dec**—Parish Christmas Dinner at SJF school hall

With all of our wonderful Parish events coming up, they require many hands and lots of organization to keep them going. We would love your help! Should you wish to volunteer for any of these events, please contact the Parish Office as soon as possible. Many Thanks.

November—Month of Remembrance

It is customary for us to acknowledge All Souls in November.
"It is therefore a holy and wholesome thought to pray for the dead, that they may be loosed from sins." 2 Maccabees 12.46

Our Book of Remembrance (Memorial) will be put up near the Sanctuary of the Church from All Souls Day and will remain throughout November.

November Mass Offering Envelopes

There are envelopes available for you to write the names of your beloved deceased. Please put the envelopes into the special box near the sanctuary in both Churches. All Masses in November will be offered for our departed brothers and sisters.

Spouses Remembrance Masses 8th & 9th November

At all Masses 8th & 9th Nov, all parishioners are invited to remember and pray for deceased spouses and loved ones.

We will invite you to light a candle during our Mass for your loved one.

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.

All Saints Day

SATURDAY 1ST NOV

ONLY AT ST CECILIA'S: 8AM

All Souls Day

SUNDAY 2ND NOV

INCLUDES SAT 5PM VIGIL MASS

ST CECILIA'S: 7.30AM & 9.30AM

ST JOHN FISHER'S: 8.30AM & 5PM



ANOINTING OF THE SICK

First Friday of the Month

Friday: 7th November

St Cecilia's During 8.00am & 11.30am Mass

St John Fisher 9:15am

PASTORAL WORKS BROKEN BAY NOVEMBER 2025 APPEAL

Our Diocese of Broken Bay will be launching at the start of November, the Pastoral Works (PWBB) November Appeal. The Appeal supports various charities in our Diocesan community, particularly the Confraternity of Christian Doctrine (CCD) and the Hospital Chaplaincy and Pastoral Care Program. PWBB also supports St Lucy's School and St Edmund's College for students with disabilities, and the Ephpheta Centre supports the deaf community.

This financial year, 2025/2026, Wyong Parish has been asked to contribute to the charity works of our Diocese with \$21,083. These ministries need our community's generosity as they get little or no Government funding. Please consider donating to help us reach this year's goal. You can donate at any time, not only during May or November.

ALL DONATIONS OVER \$2 ARE TAX DEDUCTIBLE!

Your generosity is much appreciated, and your donations will help someone within your Parish or the wider local Broken Bay community.

**You can also make a donation by scanning the QR code.*



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

All Areas ~ Australian Owned

Anita Bowden - Director
anitabowden@cci.net.au



*We do not think of it as a job...
it is an irish honour.*



Ensuring your loved ones are cared for with the respect & dignity you would wish.
Flexible arrangements to suit your needs. Professional assistance and caring advice.

Phone. 1800 558 004, Mob. 0408 251 927, Fax. 02 4351 8005

TUGGERAH SPORTS & SPINAL PHYSIOTHERAPY

Ricky Li

Registered NDIS provider

Phone 4355 4445

www.tuggerahphysio.com.au

Condolences

Our Parish extends our condolences to the family and loved ones of Barbara Barry who has recently passed away.

The funeral will be held on: **Wednesday 5th November at 11am.**

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.



Renewing Our Eucharistic Practice

In every celebration of the Mass, the moment of Holy Communion is not simply a personal devotion, it is a sacred act of communion with Christ, with the Church and with one another.

In recent years the reception of Holy Communion has become increasingly irregular. Every parishioner should refresh the reception of Holy Communion from the Bishop's Pastoral Letter titled 'The Mystery of Faith: Encountering Jesus Christ in the Eucharist.'

From the Feast of Christ the King, the faithful in Broken Bay Diocese as well as receiving the Body of Christ will once again receive the Blood of Christ from the Chalice.

Extraordinary Ministers of Holy Communion

All Extraordinary Ministers of Holy Communion are asked to remain after each Mass on the 8/9 November. A short training session will be held then, with a full commissioning planned for 2026.

Invitation to celebrate Weekday Mass with the students from St Cecilia's Mondays 9.15am & St John Fisher Tuesdays 9.15am (School Term only)

We encourage and extend a warm welcome to ALL parishioners to this beautiful half hour week day Mass.

**Please Note—Mass at St Cecilia's may vary depending on weather conditions.*

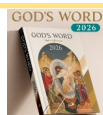
Pope's Prayer Intention—November

For the prevention of suicide—Let us pray that those who are struggling with suicidal thoughts might find the support, care, and love they need in their community, and be open to the beauty of life.

BOOK: GOD'S WORD 2026

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

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



Main Liturgical Feasts: - November

1. ALL SAINTS, Solemnity, 2. ALL SOULS, Feast, 3. Martin de Porres, 4. Charles Borromeo, 9. Dedication of the Lateran Basilica, Feast 10. Leo the Great, 11. Martin of Tours; 12. Josaphat, 13. Frances Xavier Cabrini, 15. St Albert the Great, 16. Margaret of Scotland; Gertrude 17. Elizabeth of Hungary, 18. Basilicas of Peter and Paul; 21. Presentation of The Blessed Virgin Mary, 22. St Cecilia, 23. OUR LORD JESUS CHRIST, KING OF THE UNIVERSE, Solemnity, 24. Andrew Dung-Lac and Companions, 25. Catherine of Alexandria, 30. Andrew the Apostle.

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.



Safeguarding & Inclusion

Safeguarding means more than preventing harm, it's lived through inclusion and about creating communities where every person feels safe, respected, and able to belong.

For people a sense of belonging grows when we listen, remove barriers, and welcome participation in all areas of parish life.

There are many resources, educational opportunities, and supports available to help our community build inclusive communities for all people, including those with a disability, their families, and supporters.

To find more resources, visit:
<https://www.dbsafeguarding.com.au/resources/>

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

Parish E-Bulletin

If you would like to have the bulletin emailed to you, please send an email with "e-bulletin" as the subject to:
wyongparish@bbcatholic.org.au

200 Club 2025

Prize change :

First prizes have been lowered by \$50.
Monthly Prizes: 1st \$250; 2nd \$150; 3rd \$100; 4th \$50
Major Prizes: 1st \$450; 2nd \$250; 3rd \$150; 4th \$100

DRAW RESULTS:

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



Property Transfer Professionals

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

www.conveyancersnsw.net.au

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

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

ST JOHN FISHER MASS CENTRE

Hicks Lane Tumbi Umbi

Saturday Vigil / Sunday Mass Times

Sat Vigil 5.00 pm Sun: 8.30am & 5pm

Weekday Mass

Mon, Wed, Thurs 8:00am Tue & Fri: 9.15am

Reconciliation/Confession Saturday at 4.30pm

EMERGENCY PRIEST CONTACT

Fr Raul Ph: 0450 115 099

Fr Alex Ph: 0432 947 245

Fr Teody Ph: 0410 202 823

PARISH OFFICE 23 Byron Street Wyong

Phone: 02 4352 1011 Po Box 385 Wyong 2259

OFFICE HOURS: Tuesday, Wednesday & Friday 9.30am to 2.30pm

PARISH CONTACTS

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

Email: raul.balute@bbcatholic.org.au

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

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

Parish Secretaries **Margaret Vandenberg & Christine Sassine**

PARISH EMAIL: wyongparish@bbcatholic.org.au

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

FACEBOOK: www.facebook.com/wyongcatholicparish

KEEP US IN YOUR PRAYERS

Prayer: The most valuable gift you can give someone.

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

RECENTLY DECEASED:

Barbara Barry, Josephine Imer

ANNIVERSARY NOVEMBER: Ron Mahoney, Marie Therese Bartlett, Frank Costa & Buttigieg Family

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 Tuesday 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 2 Maccabees 12:43-45

A reading from the second book of Maccabees

Judas, the leader of the Jews, took a collection from the people individually, amounting to nearly two thousand drachmae, and sent it to Jerusalem to have a sacrifice for sin offered, an altogether fine and noble action, in which he took full account of the resurrection. For if he had not expected the fallen to rise again, it would have been superfluous and foolish to pray for the dead, whereas if he had in view the splendid recompense reserved for those who make a pious end, the thought was holy and devout. This was why he had this atonement sacrifice offered for the dead, so that they might be released from their sin.

The word of the Lord.

Thanks be to God.

Responsorial Psalm Psalm 27.1, 4, 13-14 (R.1a or 13)

R. The Lord is my light and my salvation.

Second Reading Romans 5:17-21

A reading from the letter of St Paul to the Romans

If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous. But however great the number of sins committed, grace was even greater; and so, just as sin reigned wherever there was death, so grace will reign to bring eternal life, thanks to the righteousness that comes through Jesus Christ our Lord.

The word of the Lord.

Thanks be to God.

Gospel Acclamation Revelation 1:5-6

Alleluia, alleluia!

Jesus Christ is the first-born of the dead;
glory and kingship be his for ever and ever. Amen.
Alleluia!

Gospel Luke 7:11-17 (Year C)

A reading from the holy Gospel according to Luke

Jesus went to a town called Nain, accompanied by his disciples and a great number of people. When he was near the gate of the town it happened that a dead man was being carried out for burial, the only son of his mother, and she was a widow. And a considerable number of the townspeople were with her. When the Lord saw her he felt sorry for her. 'Do not cry,' he said. Then he went up and put his hand on the bier and the bearers stood still, and he said, 'Young man, I tell you to get up'. And the dead man sat up and began to talk, and Jesus gave him to his mother. Everyone was filled with awe and praised God saying, 'A great prophet has appeared among us; God has visited his people'. And this opinion of him spread throughout Judaea and all over the countryside.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Spirituality in the Pub (SIP) Meeting

Spirituality in the Pub (SIP) Meeting 7.30-9.00pm **Wednesday 12th November** at the Grange Hotel, Wyoming (cnr. Renwick St & Pacific Hwy). Changed from Tuesday 11th November due to unavailability of venue, the special guest speaker is Dr John Irvine.

Dr John Irvine: Dr John has been one of Australia's most heard, seen and read child psychologists. Specialising in child development he has been working with children and families for 60 years.

Dr John discovered the 'worrywoos' and he has dedicated much of his retirement years to promoting their worth in "Developing Children's Emotional Intelligence". He then wrote two booklets for parents around the worrywoos, and developed the Australian guidelines for using the worrywoos in schools and early childhood centres. After a long and illustrious career Dr John is now dedicating his professional life to paying tribute via podcasts and books to the many kids, parents, grandparents and celebrities who have inspired him over the years.

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

Many thanks in anticipation,

Tony

Tony Voller

for SIP Committee

Mob. 0488 334446



Simbang Gabi

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

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

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

Wyong

ST. CECILIA'S CHURCH
Triduum Mass

23 Byron St, Wyong
21, 22 & 23 Dec | 7:00 pm

Contact:

Mona Santos
0406 998 422

Catholic Vocations Broken Bay
Young Adult Event

ENCOUNTER

Holy Hour, Dinner & Fun!

Please join us for our end of year gathering on
Friday 14th November, 7pm
at
St Agatha's Church
Trebor Road, Pennant Hills



CATHOLIC
VOCATIONS
BROKEN BAY

RSVP: 10th November to
vocations@bbcatholic.org.au
or 0448 741 392

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest."

Matthew 11:28



November 2025

7th Nov (1st Friday)

Healing Prayer Service, 6:30pm-8:30pm

at Our Lady of Dolours Catholic Church, **Chatswood**

INNER HEALING RETREAT, 14th-16th Nov

Guided by Fr Sam Samuel VC & Fr Juby Varghese VC

Starts on Friday 5.30pm & ends on Sunday 4.00pm

For bookings: 02 4372 1598 or email: drcretreatrego@gmail.com

17th Nov (3rd Monday)

Healing Prayer Service, 7:00pm-9:00pm

at St Patrick's Church, 11 Macquarie street, **WALLSEND**

21st Nov (3rd Friday)

Holy Mass & Adoration, 6:00pm-9:00pm

at Our Lady Help of Christians, Church, 31 Oxford St, **EPHING**

30th Nov, 9:00am - 4:00pm

ONE DAY PILGRIMAGE (Last Sunday)

- Praise and Worship • Preaching the Word
- Eucharistic Adoration • Divine Mercy Chaplet • Holy Mass

ALL ARE WELCOME, NO BOOKING REQUIRED, BYO LUNCH



DIVINE RETREAT CENTRE

160 Hensons Road, SOMERSBY, SYDNEY-NSW 2250,

Tel: 02 4372 1598, email drtsydney@gmail.com

• www.divineretreatcentre.org • Find us on facebook

The Divine Retreat Centre promotes the safety and protection of children and other vulnerable persons in its care.

WANT TO JOIN OUR FRIENDSHIP PROGRAM?

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

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



CatholicCare
Diocese of Broken Bay

VOLUNTEERS NEEDED

AGED CARE VOLUNTEER VISITORS SCHEME

www.catholiccaredbb.org.au/volunteer

Discover and share in our story

The Sisters of Charity Heritage Centre brings alive the spirit of the Congregation, it's history and heritage.

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

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

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

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



**Sisters
of Charity**
of Australia

**HERITAGE
CENTRE**





DIOCESE OF BROKEN BAY PILGRIMAGE

SAT 29 NOV- WED 3 DEC

FLIGHTS + 4 NIGHTS ACCOMODATION + REGO

\$1,645 PER PERSON, INCL GST

Limited opportunity for \$500 subsidy

Reducing cost to \$1,145

Day 1	Sat 29 Nov	Departure (Travel Day)
Day 2	Sun 30 Nov	ACYF
Day 3	Mon 1 Dec	ACYF
Day 4	Tue 2 Dec	ACYF
Day 5	Wed 3 Dec	Return (Travel Day)

TO REGISTER INTEREST TO
ATTEND ACYF - PLEASE SCAN



INCLUSIONS

- Economy class return airfare from Sydney
- 4 nights' Accommodation Holiday Inn Express
- Breakfast daily
- Broken Bay Group dinner 29 November
- Return airport coach transfers
- ACYF Melbourne Registration fee
- Broken Bay Pilgrim T-Shirt

Not included:

- Travel insurance
- Lunches and dinners on festival days

Pilgrimage is open to young people in Year 9 at school, through to the age of 25, and their leaders and clergy.

BROKEN BAY PILGRIMAGE ONLINE INFORMATION EVENING



7PM MON 11 AUGUST 2025
TO REGISTER VIA EMAIL -
PLEASE SCAN



CATHOLIC
DIOCESE OF
BROKEN BAY

mission@bbcatholic.org.au

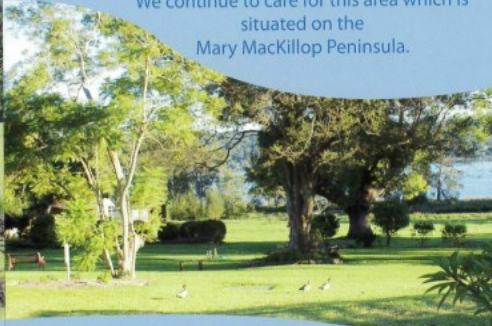
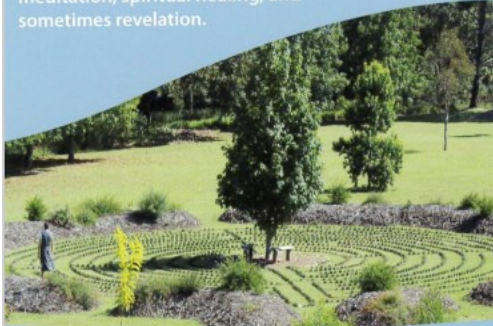
St Joseph's Spirituality and Education Centre Kincumber South

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

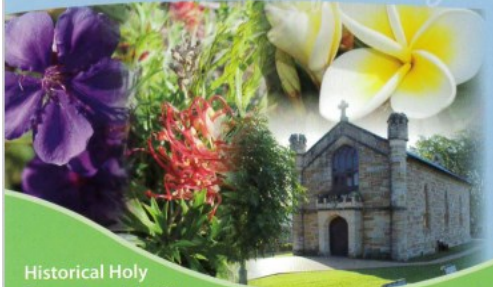
The labyrinth is a place for prayer, meditation, spiritual healing, and sometimes revelation.

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

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



Peace and Tranquility



 A Ministry of the Sisters of St Joseph
NSW Province

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

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

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

St Joseph's Spirituality & Education Centre

8 Humphreys Road, Kincumber South, NSW 2251
Phone: 02 43682805 : Fax: 02 43683849
Email: bookings@stjosephsretreat.org.au
Web: www.stjosephskincumber.org.au



Location

St Joseph's Spirituality and Education Centre is located at Kincumber South, in a natural bushland setting, in a quiet corner of the beautiful Central Coast of NSW.

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

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

Services

Dedicated staff are on hand to advise and to ensure the smooth running of your group's activities.

You can be certain of our personalised & professional service from start to finish for your conference, meeting or seminar.

The Centre is open to people of all faiths and beliefs and is a warm and welcoming place respecting cultural and religious differences.

Meals are prepared on site, catering for special dietary requirements.

Morning and afternoon tea are all homemade.

Facilities

St Joseph's is a smoke free environment.

The quality and presentation of the accommodation add to the overall ambience of the Centre.

A maximum of 54 people can be accommodated in 35 double, twin, or single rooms, all with modern ensuites.

Ramp and lift access to rooms is available, some bathrooms are wheelchair friendly.

Our facility hosts
Retreats
Conferences
Group Seminars
Small Group Meetings
Bible Study Groups
Prayer Days

Sound and visual equipment for conferences are available on request.

Walking Tracks and Gardens

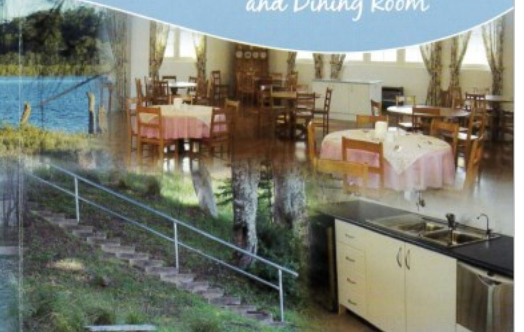
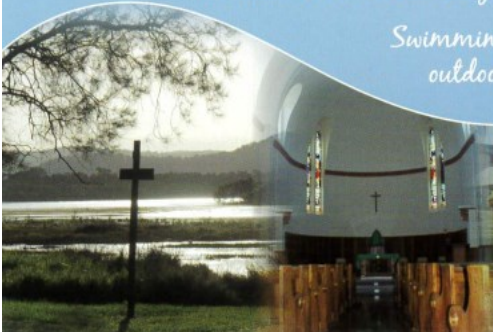
Meditation Areas and Mary of the Cross Walk

Swimming pool and outdoor patio

Chapel and prayer rooms

Conference Rooms

Lounge, Tea Bays and Dining Room



WE ARE PROUD TO ANNOUNCE OUR NEW ACCREDITATION FOR **HOME CARE PACKAGES**

CatholicCare is our social care agency in the Diocese of Broken Bay and we have been supporting the Northern Sydney, Northern Beaches and Central Coast communities for 35 years.

We understand many seniors prefer to stay at home as they age. The Government's funding for Home Care Packages can help you live independently at home for longer.

We want to know if our Home Care Packages are of interest to you, or a loved one and want to prioritise the needs of our parishioners before we promote to the general public. As a Catholic organisation we want the seniors we support to know they are truly cherished and valued and we're confident our services will be very well received.

There's no obligation to partner with CatholicCare. We may contact you to discuss your needs, but you're welcome to opt-out at anytime.

Name

Suburb Phone

Email

Do you currently have Home Care Package funding from the Government?

☐ Yes ☐ No ☐ Unsure

Do you need help applying for a Home Care Package?

☐ Yes ☐ No ☐ Maybe

Is there any other feedback you'd like to provide?

Take a photo of this completed form and email to info@catholiccaredbb.org.au or text a photo of the form to 0481 602 046. Thank you.



CATHOLIC
ARCHDIOCESE
OF SYDNEY



IN
PERSON
with

CHRISTOPHER WEST
THEOLOGY
of the **BODY I**

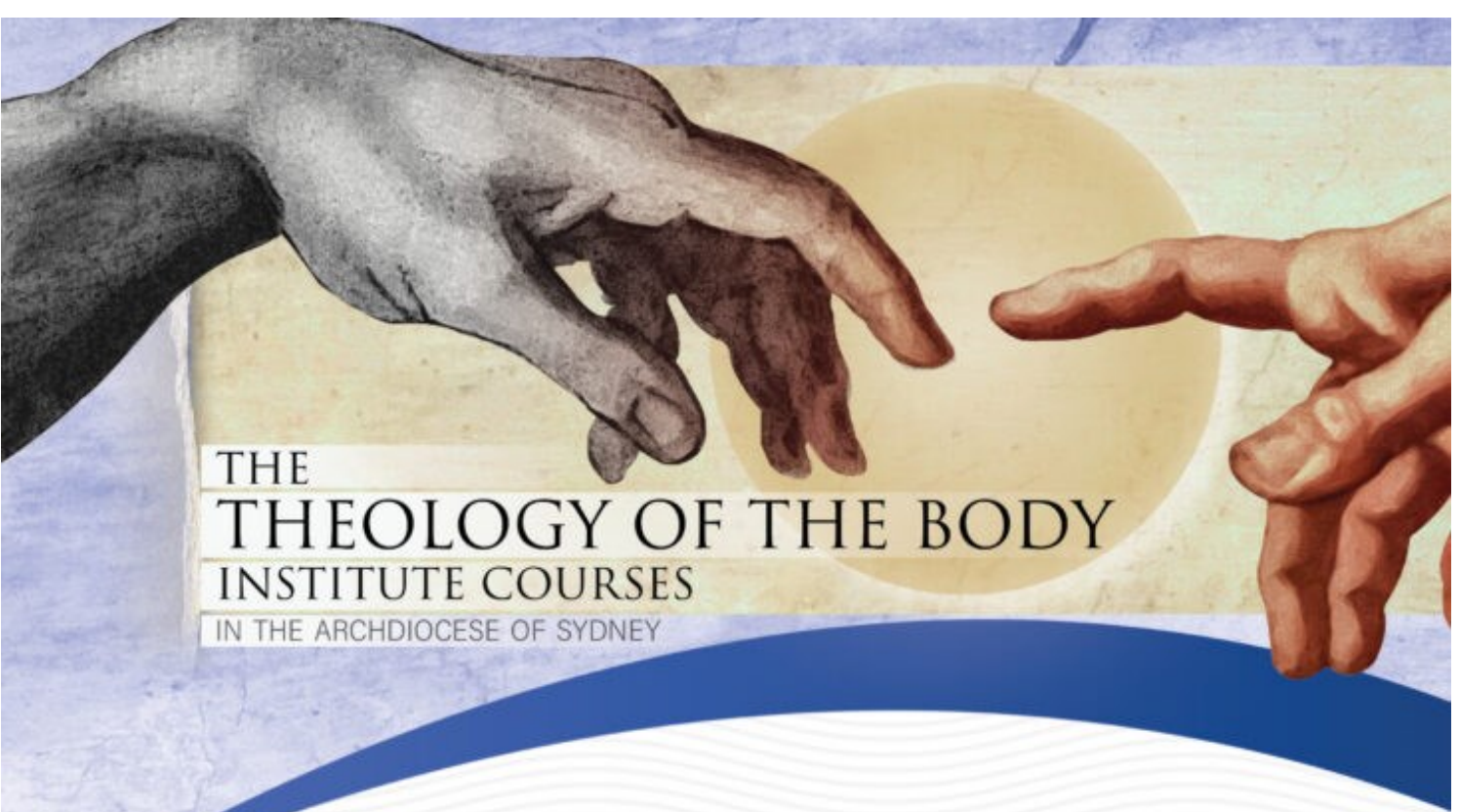
HEAD *&* HEART IMMERSION

PRESENTED BY TOB INSTITUTE

TOBI.SYDNEYCATHOLIC.ORG

18-23 JANUARY 2026

Benedict XVI Retreat Centre



THE THEOLOGY OF THE BODY INSTITUTE COURSES

IN THE ARCHDIOCESE OF SYDNEY

“ And this is why it's already changing so many lives around the world. The Pope's teaching helps us distinguish between the real million-dollar bill and the counterfeit. It helps us 'untwist' our disordered desires and orients us towards the love that truly satisfies.

- Christopher West.

”

As part of its commitment to leadership and formation, expressed in the mission plan Go Make Disciples, the Sydney Centre for Evangelisation in the Archdiocese of Sydney has partnered with the Theology of Body (TOB) Institute to provide more accessible opportunities for Catholics in Sydney and beyond to be trained and formed in the Theology of the Body as proclaimed by St. John Paul II.

The TOB Institute are the leading providers of outreach and educational offerings of Theology of the Body and are dedicated to making these profound riches available in the lives of men and women around the world.

Through this partnership, our hope is that Australians are introduced and re-energised with this most important and crucial 'masterwork' and reach men and women in every state of life with a hopeful, liberating vision of human identity that appeals to the deepest yearnings of the heart for love and union.

“ It is a huge blessing to be doing this course together with my husband, as it has opened the way for us to share more deeply with each other and understand each other better as husband and wife.

- Jane, Wife and Doctor

”



THEOLOGY OF THE BODY I: HEAD & HEART

IMMERSION COURSE

18-23 JANUARY 2026

3PM SUNDAY TO 1PM FRIDAY

Benedict XVI Retreat Centre, Grose Vale

- Five and a half days of live-in learning & interactive lectures (30 hours of graduate/master's level instruction)
- All course workbook and materials to help you focus more on listening and receiving
- Daily Mass, adoration, and confession
- 5-night accommodation in a **twin shared room** and delicious meals throughout the week
- Time for relaxation and networking
- Gorgeous retreat setting grounds to soak in God's natural beauty

Course Description

This course is a dynamic introduction to St John Paul II's groundbreaking *Theology of the Body* — a series of teachings from his 129 Wednesday addresses — that explore what it means to be human, made in God's image, and called to love.

Students will unpack themes like identity, freedom, gender, vocation, fall and redemption, and discover how our deepest desires can be a path to God — not a detour.

More than just head knowledge, this course invites a journey from insight to transformation — from head to heart, and into daily life.

Learning Objectives

The course is designed to:

- Explore and understand the philosophical foundation on which John Paul II built his theology of the body;
- Synthesize John Paul II's "adequate anthropology" and apply it to the Christian vocations of celibacy and marriage;
- Apply John Paul II's anthropology to a range of questions such as sexual morality, bio-ethics, gender issues, the sacramental life, and the new evangelization;
- Evaluate alternative anthropologies in comparison and contrast with John Paul II's vision of man and woman;
- Integrate the principles of John Paul II's Theology of the Body in one's own life and relationships.

This course is perfect for adults (18+) - lay, clergy, seminarians, religious, ministry leaders, parish coordinators, teachers and those who have a passion and desire to dive deeper into "the rediscovery of the meaning of the whole of existence, the meaning of life". No prerequisite is required to take this course.

“ The Theology of the Body Institute takes the great scholarship of St John Paul II and translates it into a language, images, music and stories that are understandable and resonate in the heart of the average person.
- Christopher West. ”

“ The greatest gift Theology of the Body gave me as an affirmation that the deepest longings, desires and yearnings of my own heart for love, fulfillment and intimacy were not only good but holy.
- Marie, university student ”

Meet your Instructors and Team:

CHRISTOPHER WEST



Dr Christopher West is the most dynamic and compelling evangelists renowned for his mission in spreading the teachings of St John Paul II's Theology of the Body. His global lecturing, best-selling books and multiple audio and video programs have made him the world's most recognised teacher of St John Paul II's "Theology of the Body" – a bold, biblical vision of love and sexuality. He is the co-founder, president and senior lecturer of Theology and Christian Anthropology at the Theology of the Body Institute and a devoted husband and father.

JASON CLARK



Since 2010, Jason has served as Christopher's closest collaborator in overseeing the global mission and outreach of spreading St. John Paul II's Theology of the Body. He has a passion for drawing people closer to the heart of Christ and has been doing so since the early 1990s as a youth and young adult minister, a seminarian, a worship leader, a speaker throughout the United States and abroad, and, most importantly, as a husband and father of five.



**LIFE, MARRIAGE
AND FAMILY**
SYDNEY CENTRE FOR EVANGELISATION

The **Life, Marriage and Family** team in the Sydney Centre for Evangelisation serves parish communities through initiatives that affirm the dignity of the human person and build a culture that supports marriages and families in their vocations. We provide opportunities for spiritual encounter, growth and formation in the areas of RCIA, sacramental life, marriage, family life and men's and women's ministry.

VISIT: www.sydneycatholic.org/lmf

The team will serve as your local support and point of contact for any queries about the program. They will also be present to assist with any needs during the course.

**REGISTRATION
INFORMATION**
REGISTRATIONS CLOSE
8 DECEMBER 2025



EARLY EXPRESSIONS OF INTEREST

- **Cost:** \$2100 AUD
- **Inclusion:** Immersion Course with all materials, five nights (twin-shared occupied) accommodation and meals.
- **Apply:** tobi.sydneycatholic.org

ERNESTO TRAVEL, an inbound tour operator in Poland and Central-Eastern Europe, is always at your disposal to organize trips or provide services in our beautiful country and our part of Europe.

Why Poland? It is a destination:

- that guarantees customer satisfaction
- that boasts beautiful cities and UNESCO sites, such as Krakow, Warsaw, the Wieliczka Salt Mine, Torun, Malbork Castle, etc.
- with a moving history: Auschwitz-Birkenau, Schindler's Factory, the Warsaw Uprising Museum, etc.
- with spectacular nature: Zakopane, national parks, rafting down the Dunajec River
- excellent cuisine and traditional folklore dinners
- and other special attractions such as the Chocholowskie thermal baths or a boat trip on the grass (Kanal Elblaski)
- for pilgrimage groups, many places of devotion: Wadowice and John Paul II Shrine, the Shrine of Divine Mercy in Lągowo, and St. Faustina Shrine in Czestochowa
- with many direct flights.

Of course, we have English-speaking guides and TE available.

We especially recommend the following programs:

- Krakow in 4/5 days
- Warsaw and Krakow in 5-6 days
- Poland in 8 days
- Poland Pilgrimage
- Prague/Vienna/Budapest or Poland combined with any of these cities
- Lithuania/Latvia/Estonia
- European programs 20-21 days.

Everything is always quoted on a tailor-made basis, upon request. To prepare the offer, we need you to inquire and inform us of the flights, arrival and departure cities, the base number of people, and the group profile.

We are pleased to provide you with information regarding our fam trip schedule for Krakow from October 30th to November 3rd, 2025: please visit www.buykrakow.com or www.icortap.com

CATHOLICCARE BROKEN BAY

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

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

To access this service please call 1800 324 924 or visit www.catholiccaredbb.org.au.



Key Telephone Numbers

KEY TELEPHONE NUMBERS

POLICE: 000

Call the Police for immediate assistance.

1800 RESPECT: 1800 737 732

A national 24-hour 7 day a week service, for advice or support in relation to sexual assault and domestic violence. The service also connects victims to the nearest help according to their location.

FOR NON-ENGLISH SPEAKERS

Call 131 450 for an interpreter. Ask them to ring 1800 RESPECT for you.

CATHOLICARE BROKEN BAY

CatholicCare provides a range of services to assist women and children experiencing domestic violence

Central Coast: 1800 324 924	Northern Beaches: 1800 324 924
Naremburn: 1800 324 924	Waitara: 1800 324 924

MEN'S REFERRAL SERVICE: 1300 766 491

A national 24-hour 7 day a week anonymous and confidential counselling, information and referral service to help men stop using violent and controlling behaviour.

FOR FEMALE MIGRANTS UNDER A TEMPORARY VISA

Migrants are especially vulnerable to abuse because they are in unfamiliar territory without knowledge of the laws and emergency services they can access.

If you are experiencing domestic violence, you can take out an Apprehended Violence Order (AVO) against your partner.

Under the Migration Act you can apply for permanent residency due to domestic violence.

Ring any of the following numbers:

Immigration Advice and Rights Centre	02 8234 0777
Immigrant Women's SpeakOut Association	1800 656 463
Legal Aid NSW	1300 888 529 (business hours)

PHYSICAL AND SEXUAL ABUSE ARE SERIOUS INDICTABLE OFFENCES UNDER THE NSW CRIMES ACT 1900. It is an offence to fail to report knowledge or belief of a serious indictable offence. If in doubt, call 000.

This parish resource has been developed by the Diocese of Broken Bay's Catholic Life & Faith Formation Team in consultation with the Safeguarding Office (Chancery) and CatholicCare Broken Bay. This booklet is part of a Parish Kit which assists parishes to respond to those experiencing domestic violence or those who are seeking help for their violent behaviour. The kit is available for download www.bbcatholic.org.au

www.bbcatholic.org.au



**CATHOLIC
DIOCESE OF
BROKEN BAY**

SAFEGUARDING is everyone's responsibility



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

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



Tell one of our
designated persons in
authority

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

Contact will be made
with Diocesan
Safeguarding Office



Our Community is
SAFE