

# 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*

**30TH NOVEMBER 2025—FIRST SUNDAY OF ADVENT**

**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—1st Sunday of Advent*

When we see the word Advent, we probably don't connect it with another word with the same origin—**ADVENTURE**. Those who take up the invitation to live abundantly, which is the call at the heart of Christian faith, are embarking on an adventure. This adventure is experienced not simply in surviving daily challenges but in seeing every experience as an opportunity for growth. The circumstances that I am in, whatever they are, God allows for my maturity. If I seek greater maturity in faith then I will accept the daily ups and downs as the place where Jesus is today active in my life.

A wake-up (Advent) season is a new-year opportunity to embrace once again life in Jesus Christ as the ultimate adventure. Another way of thinking of it is that while it is true to say we have been created (past tense) by God, it is even more true to say that every day we are being created (present tense) by God, fashioned and formed by God in the circumstances which are ours today—sometimes a tender embrace, at other moments a sudden and even shocking realignment. I find joy and peace when I co-operate with God's creative action. This is the Advent adventure.

*Reproduced from God's Word 2025: Daily Reflections, Published by St Pauls Publications, Strathfield.*

H.O.P.E



All Parishioners and Families  
Welcome

## *Parish Christmas Dinner*

Dinner will be provided along with carols and entertainment.  
Raffle draw on the night with a few prizes to win.

**19 DECEMBER | 6PM FOR 6:15PM SIT DOWN**  
**HICKS LANE, TUMBLUM NSW 2261**

**RSVP | 12 DECEMBER**

## PARISH CALENDAR—IMPORTANT DATES

- ◆ **5th Dec**—Ecumenical Christmas Carols 6pm
- ◆ **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. Thankyou.



## ANOINTING OF THE SICK

First Friday of the Month—**Friday: 5th December**

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

## NEW SEMINARIANS IN OUR DIOCESE

Three young men from the Diocese, Nicholas Gomez (Cathedral Parish), Joseph Nicholls (Gosford Parish), and Bryce Gonlin (Chatswood Parish), will begin formation at the Seminary of the Good Shepherd early next year. Please keep the four new seminarians, our current seminarians and all of those discerning a vocation in your prayers.

**Pope's Prayer Intention—November**—During the month of November, Pope Leo invites us to pray that all parents who mourn the loss of a son or daughter might find consolation in their community, and may receive peace of heart from the Spirit of Consolation.

**The Parish Council Meeting Report** for the 11<sup>th</sup> Nov 2025 will be available at Mass this weekend.

## CHRISTMAS STALL – 6<sup>th</sup> & 7<sup>th</sup> December 2025

Get ready for a bargain and bring some change!  
 Stalls will be available after Mass on Saturday the 6th at 5pm and all Masses on Sunday the 7th.

## UNABLE TO STAND IN LINE FOR COMMUNION? USE THE YELLOW BAND!

Please use the yellow bands located at the back of the Church (in a tub underneath the bulletin shelf) to indicate that you cannot stand in line to receive the Eucharist, by slipping it onto the side of the pew where you will be seated. Our Priest or Eucharistic Minister will see this and will tend to you at the end of Communion.

## Parish Finance Update

*Parish Finance update for the first quarter of the year, ending 30 September 2025.*

*Total income year-to-date is \$43,054 (up on last year and boosted by a one-off revenue item). Total Expenses for the year have increased slightly to \$34,089 (mostly due to repairs).*

*A big thank you to all those parishioners who have increased their contribution and any new parishioners who have commenced their contribution.*

*Your support of our Parish is appreciated.*

*Joe Cesca*

*Chairman of the Parish Finance Committee*

## St Barnabas Church Yarramalong

### 1st Sunday of the Month

Mass will be celebrated at St Barnabas Church,  
 Yarramalong

**7th December at 11.15am.** All are welcome.



## PARISH OFFICE HOLIDAY CLOSURE

**Closed** 20th December 2025

**Reopening** 14th January 2026

## PASTORAL WORKS BROKEN BAY NOVEMBER 2025 APPEAL

This 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.

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## TUGGERAH SPORTS & SPINAL PHYSIOTHERAPY

Ricky Li

Registered NDIS provider

Phone 4355 4445

[www.tuggerahphysio.com.au](http://www.tuggerahphysio.com.au)



## ECUMENICAL CHRISTMAS CAROLS

**Friday 5<sup>th</sup> December 6.00pm St Cecilia's Church**

An old tradition is returning. Wyong Catholic Parish will host Christmas Carols with Wyong Anglican Parish. Come along to celebrate the birth of Jesus with Prayers, Readings and Christmas Carols. Supper will be available afterwards, outside St Cecilia's church. Please bring a plate to share. **All are welcome.**

### RCIA/RCIC PRESENTATION MASS

On Sunday 14th December our Rite of Christian Initiation Candidates will be Presented at the 9.30am Mass at St Cecilia's. We ask for you to keep these candidates in your prayers and welcome them into our community!

# Christmas

MASS TIMES 2025

St. Cecilia's Church, Wyong, St. John Fisher, Tumby Umbi

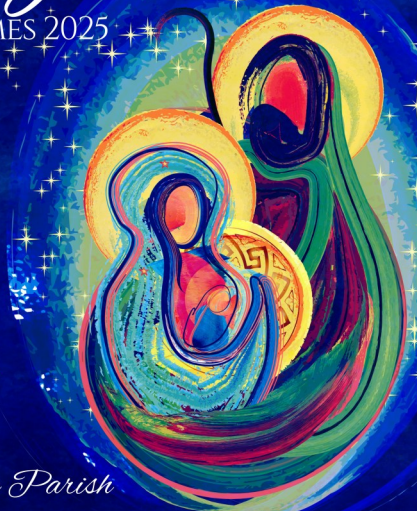
### Christmas Eve 24th December

- 5pm Children's Mass
- 11:30pm Christmas Mass
- 5pm Children's Mass
- Carols followed by Midnight Mass 12am

### Christmas Day 25th December

- 7:30am
- 9:30am
- 8:30am

*Wyong Catholic 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.**



### Extra Mower's Required

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

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

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



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.

### BOOK: GOD'S WORD 2026

God's Word 2026, \$20 a book. Please contact the parish office if you would like a copy.

**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**

### ADVENT BOOKLETS

The Advent theme for the year is "History, Mystery & Majesty. The Advent Booklets are a resource with beautiful reflections and prayers to guide you through this advent season. Please find a copy of the Advent Booklets in the Church.

You will also find in the church 'A charter of the Ecclesial life of the Diocese of Broken Bay'

**PLEASE LABEL DONATIONS**—Dear Parishioners, when donating goods to the Parish, especially when left in the Parish Hall, please note who/where the donations are going to. This will help us to ensure it is going to the right person/place. We appreciate your generosity. Thank you

**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.

**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.*

**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 the support the running & upkeep of the Parish (2nd Collection):**  
Acc name: Wyong Catholic Parish  
BSB: 062 784  
Acc no: 100 001 943

### 200 CLUB 2025

#### Prize change :

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

#### DRAW RESULTS:

1st \$250	No 25	Gloria King
2nd \$150	No 124	Donation
3rd \$100	No 158	Elizabeth Fernandes
4th \$50	No 75	Joe Attard



### 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 **Mail:** Po Box 385 Wyong 2259

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

### PARISH CONTACTS

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

Email: [raul.balute@bbcatholic.org.au](mailto:raul.balute@bbcatholic.org.au)

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

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

Parish Secretaries **Margaret Vandenberg & Christine Sassine**

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

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

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

### KEEP US IN YOUR PRAYERS

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

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

#### RECENTLY DECEASED:

Barbara Barry, Josephine Imer, Fahim (Frank) Laoulach, Clint Davey, Riahne Louie Vasquez

#### ANNIVERSARY NOVEMBER:

Ron Mahoney, Marie Therese Bartlett, Frank Costa & Buttigieg Family, Martin Lloyd



Children's Liturgy at the following Masses

St Cecilia's 5:00pm Mass Saturday

St Cecilia's 9.30am Mass Sunday

St John Fisher 5pm Mass Sunday

BAPTISMS, WEDDINGS AND FUNERALS PLEASE CALL THE PARISH OFFICE

Mass St Barnabas, Yarramalong

1st Sun of month 11.15am

Filipino Mass St Cecilia's Church

3rd Sun of the month 12pm

Anointing of the Sick

First Friday of the Month

St Cecilia's During 8.00am & 11.30am Mass

St John Fisher During 9.15am Mass

Eucharistic Adoration

St Cecilia's Daily 7am-8am

St John Fisher 1st Fri 8.45 - 9.15am

Devotion to Our Lady of Perpetual

Help Saturday—St Cecilia's & Wednesday—St John Fisher (after the 8am Mass)

Devotion to the Divine Mercy

St Cecilia's Fri after the 8am Mass

St John Fisher Fri after the 9:15am Mass

Prayer groups

St Cecilia's Rosary Group Tues after 8am mass followed by Divine Mercy

St Cecilia's Legion of Mary 9am Wed Meetings

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

**Parish Pastoral Council Meeting**

PPC Secretary: Kerry Bugden

Ph: 02 4388 2938

### SAFEGUARDING MESSAGE

Wyong parish is committed to safeguarding. All children, young persons and vulnerable adults have a right to feel safe and be safe. If you have a concern about the safety of anyone in the parish, please raise your concern with Fr Raul, Fr Alex or

Fr Teody on the contact details provided above; or, Anne Hooley: 0428 149 793 or, Maureen Roast: 0435 245 849.



## THE LITURGY OF THE WORD

### First Reading Isaiah 2:1-5

A reading from the prophet Isaiah

The vision of Isaiah son of Amoz, concerning Judah and Jerusalem.

In the days to come the mountain of the Temple of the Lord  
shall tower above the mountains and be lifted higher than the hills.

All the nations will stream to it, peoples without number will come to it; and they will say:

'Come, let us go up to the mountain of the Lord,  
to the Temple of the God of Jacob that he may teach us his ways  
so that we may walk in his paths; since the Law will go out from Zion,  
and the oracle of the Lord from Jerusalem. 'He will wield authority over the nations

and adjudicate between many peoples; these will hammer their swords into ploughshares,  
their spears into sickles. Nation will not lift sword against nation, there will be no more training for war  
O House of Jacob, come, let us walk in the light of the Lord.

The word of the Lord.

**Thanks be to God.**

### Responsorial Psalm Ps 121:1-2, 4-5, 6-9

R. Let us go rejoicing to the house of the Lord.

### Second Reading Romans 13:11-14

A reading from the letter of St Paul to the Romans

You know 'the time' has come: you must wake up now: our salvation is even nearer than it was when we were converted. The night is almost over, it will be daylight soon - let us give up all the things we prefer to do under cover of the dark; let us arm ourselves and appear in the light. Let us live decently as people do in the daytime: no drunken orgies, no promiscuity or licentiousness, and no wrangling or jealousy. Let your armour be the Lord Jesus Christ.

The word of the Lord.

**Thanks be to God.**

### Gospel Acclamation Ps 84:8

Alleluia, alleluia!

Lord, show us your mercy and love,  
and grant us your salvation.

Alleluia!

### Gospel Matthew 24:37-44

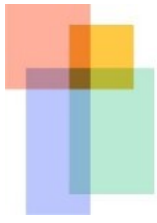
A reading from the holy Gospel according to Matthew

Jesus said to his disciples: 'As it was in Noah's day, so will it be when the Son of Man comes. For in those days before the Flood people were eating, drinking, taking wives, taking husbands, right up to the day Noah went into the ark, and they suspected nothing till the Flood came and swept all away. It will be like this when the Son of Man comes. Then of two men in the fields one is taken, one left; of two women at the millstone grinding, one is taken, one left.

'So stay awake, because you do not know the day when your master is coming. You may be quite sure of this that if the householder had known at what time of the night the burglar would come, he would have stayed awake and would not have allowed anyone to break through the wall of his house. Therefore, you too must stand ready because the Son of Man is coming at an hour you do not expect.'

The Gospel of the Lord.

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



# Mary MacKillop Spirituality Centre Central Coast

**Christmas Market** – It's on **this Friday evening 28 November from 5.30pm.**

Come along – browse our stalls; share some food; listen to choirs; try your luck on the chocolate wheel; meet Santa and much more. See you there !

8 Humphreys Road, Kincumber South. NSW. 2251.  
(02) 4368 2805

[Mary MacKillop Spirituality Centre, Central Coast, New South Wales](#)





### **ADVENT 2025 with The Catholic Guy Bruce Downes**

Jesus is Coming - Time to Get Ready

Experience the life-changing love of Christ and be strengthened in your faith journey this Advent alongside many people from around the world with The Catholic Guy, Bruce Downes.

- \* Inspiring and transforming talks
- \* Opportunities to pray and reflect
- \* Practical strategies for impactful living
- \* Life-changing encounter with Christ

To help you go deeper in your prayer life and spiritual journey, you are invited to attend the Advent Mission Event Retreat online available from 29 November with unlimited streaming until the end of Advent. To find out more and register, go to: <https://TheCatholicGuy.com/missionevent>

Register now on the website or for more information, email: [info@brucedownes.org](mailto:info@brucedownes.org)





**THURSDAY 11 - SUNDAY 14  
DECEMBER 2025  
COBBITTY, NSW**

**YOU'RE  
INVITED**

**RECEIVE THE  
POWER AND BE  
MY WITNESSES**

**ACTS 1:8**

iWitness is an annual Catholic young adults conference in Sydney. Through inspiring talks, uplifting worship, and the sacraments, participants are invited to grow in faith, deepen their love for God, and be renewed in spirit.



[iwitnessaustralia](https://www.instagram.com/iwitnessaustralia)



[iwitnessaustralia.com](https://www.iwitnessaustralia.com)





# What if your gap year actually shaped your future?

## GAP YEAR WITH PURPOSE

International Volunteering

### February 2026

60+ years placing volunteers | Community-led development | Safe & structured



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

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

#### CURRENT ROLES:

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


**DURATION:** 12 months


#### WHAT'S INCLUDED:

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

#### ONLINE INFORMATION SESSION

 Thursday 4 December 2025


 6pm or 9pm AEDT

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

SCAN ME

#### CONTACT:

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

 02 9560 5333







# 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

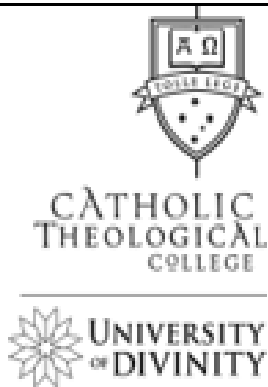
ST. CECILIA'S CHURCH  
Triduum Mass

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

Contact:

Mona Santos  
0406 998 422





## Catholic Theological College

*Study scripture, theology,  
pastoral ministry and spirituality*

**2026 Enrolments are open**

Face-to-face or online modes available

For more information: view our [2026 Prospectus](#) or  
contact: [registrar@ctc.edu.au](mailto:registrar@ctc.edu.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/](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**





# 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](mailto:mission@bbcatholic.org.au)



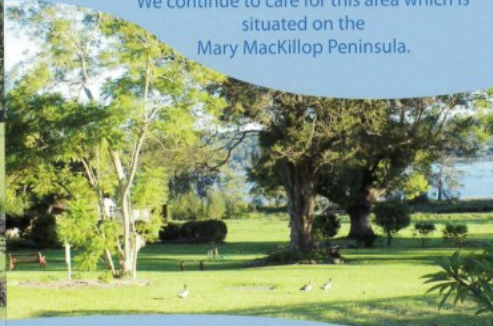
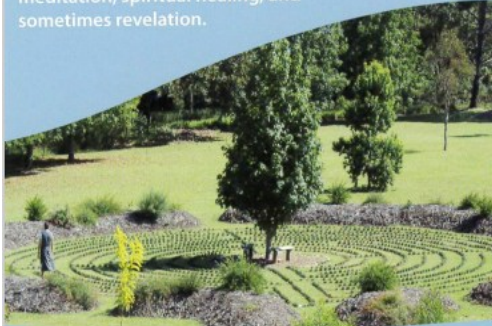
# St Joseph's Spirituality and Education Centre Kincumber South

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

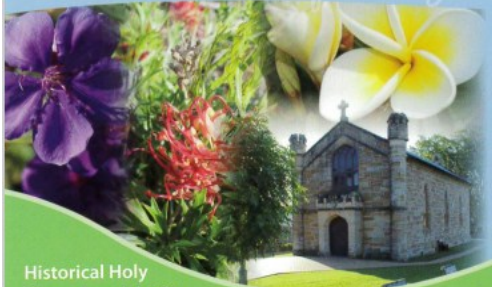
The labyrinth is a place for prayer, meditation, spiritual healing, and sometimes revelation.

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](mailto:bookings@stjosephsretreat.org.au)  
Web: [www.stjosephskincumber.org.au](http://www.stjosephskincumber.org.au)



## Location

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

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

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

## Services

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

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

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

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

Morning and afternoon tea are all homemade.

## Facilities

St Joseph's is a smoke free environment.

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

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

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

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

Sound and visual equipment for conferences are available on request.

### Walking Tracks and Gardens

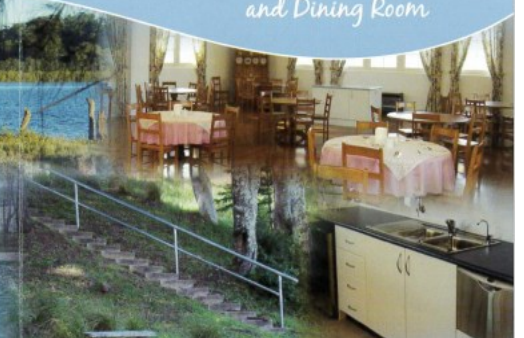
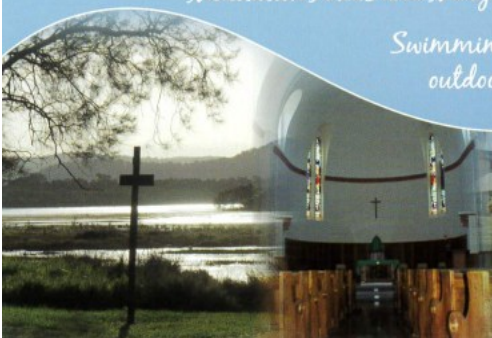
### Meditation Areas and Mary of the Cross Walk

### Swimming pool and outdoor patio

### Chapel and prayer rooms

### Conference Rooms

### Lounge, Tea Bays and Dining Room





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

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

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

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

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

Name

Suburb  Phone

Email

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

☐ Yes ☐ No ☐ Unsure

Do you need help applying for a Home Care Package?

☐ Yes ☐ No ☐ Maybe

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

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





CATHOLIC  
ARCHDIOCESE  
OF SYDNEY



IN  
PERSON  
*with*

CHRISTOPHER WEST  
**THEOLOGY**  
*of the* **BODY I**

HEAD  HEART IMMERSION

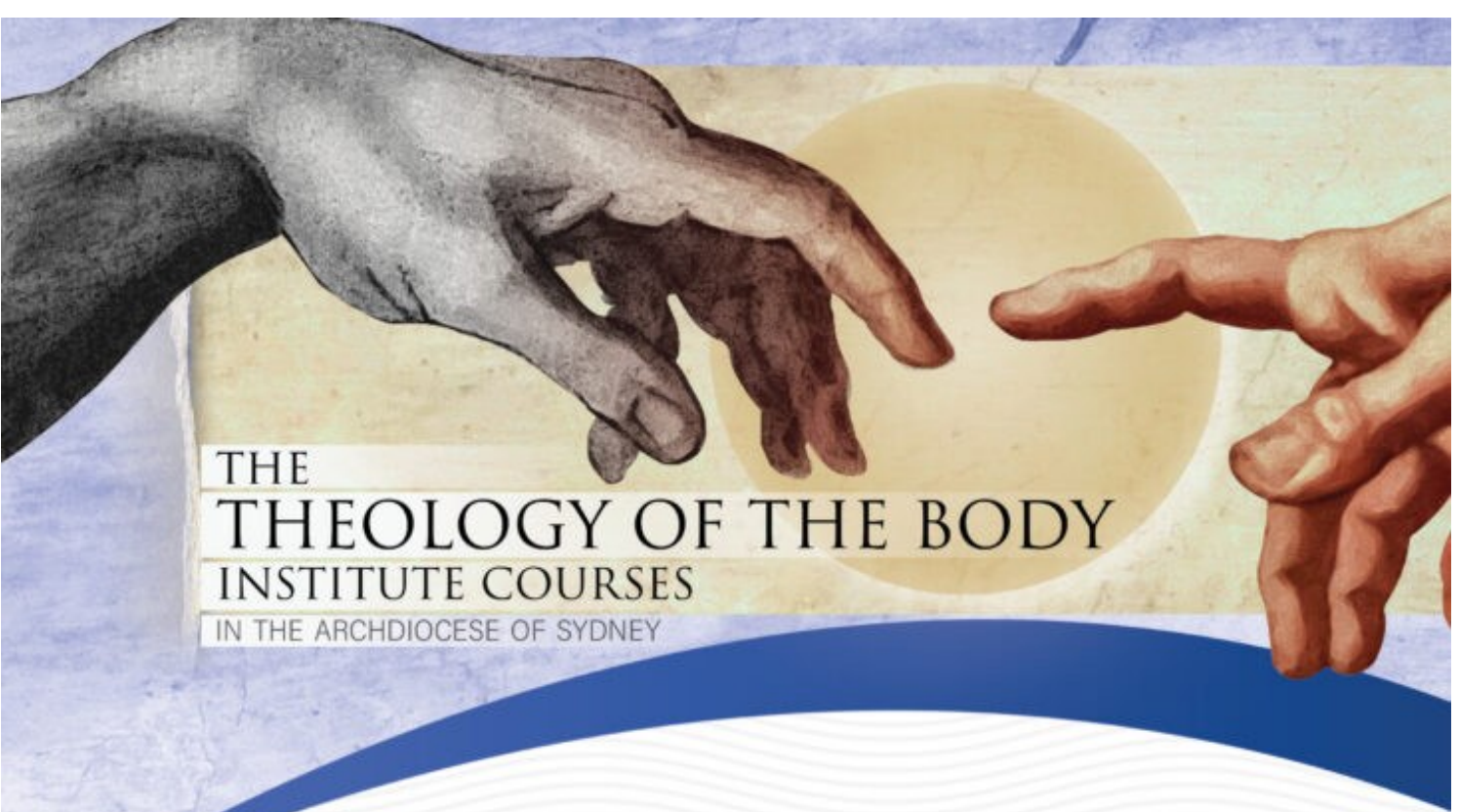
**PRESENTED BY TOB INSTITUTE**

[TOBI.SYDNEYCATHOLIC.ORG](http://TOBI.SYDNEYCATHOLIC.ORG)

**18-23 JANUARY 2026**

Benedict XVI Retreat Centre





# THE THEOLOGY OF THE BODY INSTITUTE COURSES

IN THE ARCHDIOCESE OF SYDNEY

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

- Christopher West.

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

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

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

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

- Jane, Wife and Doctor ”





## THEOLOGY OF THE BODY I: HEAD & HEART IMMERSION COURSE

18-23 JANUARY 2026

3PM SUNDAY TO 1PM FRIDAY

Benedict XVI Retreat Centre, Grose Vale

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

### Course Description

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

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

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

### Learning Objectives

The course is designed to:

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

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



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

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

## Meet your Instructors and Team:

### CHRISTOPHER WEST



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

### JASON CLARK



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



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

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

VISIT: [www.sydneycatholic.org/lmf](http://www.sydneycatholic.org/lmf)

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

**REGISTRATION  
INFORMATION**  
REGISTRATIONS CLOSE  
8 DECEMBER 2025



### EARLY EXPRESSIONS OF INTEREST

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



## CATHOLICCARE BROKEN BAY

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

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

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



# Key Telephone Numbers

## KEY TELEPHONE NUMBERS

### **POLICE: 000**

Call the Police for immediate assistance.

### **1800 RESPECT: 1800 737 732**

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

### **FOR NON-ENGLISH SPEAKERS**

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

### **CATHOLICARE BROKEN BAY**

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

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

### **MEN'S REFERRAL SERVICE: 1300 766 491**

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

## FOR FEMALE MIGRANTS UNDER A TEMPORARY VISA

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

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

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

Ring any of the following numbers:

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

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

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

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



**CATHOLIC  
DIOCESE OF  
BROKEN BAY**



# 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**