

# 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*

4th Jan 2026 - The Epiphany Of The Lord  
&  
11th Jan 2026 - The Baptism 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)**

## REFLECTION—4th Jan 2026 - The Epiphany Of The Lord

The adoration by the Magi of Jesus, the new-born King of the Jews, completes the Christmas story. The child Jesus was revealed not only to the shepherds of Israel, but also to pagans from the east called *magoi* or '*magi*.' The Magi had taken leave of the comforts of home and allowed disruption of their normal routine for one compelling reason: they had seen an unusually brilliant star that loomed on the horizon. The star led the Magi to Israel, first to Jerusalem and later to Bethlehem where they found and worshipped the child Jesus. Gifts of gold, frankincense and myrrh were laid before the Child. These gifts symbolise Jesus' destiny as King of kings, eternal High Priest, and Lamb of eternal sacrifice.

They completed their journey in peace with the realisation that the new-born King of the Jews would not rule in a palace nor be surrounded by trappings of power. The ordinariness of the place over which the guiding star stopped did not prevent them from recognising the King before whom they prostrated themselves in homage. Like the shepherds, they recognised that the glory of the Son of God is revealed to people of good will and humble hearts.

May the blessings fill your  
heart with faith, warmth, and  
endless grace.



## REFLECTION—11th Jan 2026 - The Baptism Of The Lord

Spiritual writers interpret Jesus' incursion in the water for John's baptism as his way of being in solidarity with sinners. Pope Francis comments, 'The Messiah asks to be baptised so that all righteousness be fulfilled, that God's design which passes through filial obedience and solidarity with fragile and sinful mankind, be fulfilled. It is the path of humility and of God's complete closeness to his children.' It is not the waters of the Jordan that cleanse Jesus; it is Jesus who makes the waters holy by immersing himself in it. At the Jordan River, Jesus stands shoulder to shoulder with people who greatly desire to be cleansed interiorly. He is in their midst to present them to the heavenly Father as his brothers and sisters who sincerely want to obey and love God, yet at the same time disappoint God by falling back into sin.

A voice from heaven is then heard: 'This is my beloved Son, with whom I am well pleased.' To whom is this addressed? If to John the Baptist—and through him, to the people—then it is God's proclamation, a divine assurance that indeed Jesus is the sinless one, God's own beloved Son. If to Jesus, as in the version in Mark (1:11), it serves as God's approval of Jesus' choice to be in solidarity with sinners. After all, he has come among people, not to call those who think they are righteous, but those who know they are sinners and need to repent (Luke 5:32).



## PARISH CALENDAR—IMPORTANT DATES

- ◆ 4th Jan—The Epiphany of our Lord
- ◆ 11th Jan—The Baptism of our Lord
- ◆ 26th Jan—Australia Day (office closed)

*May the seasons blessings be upon you and your families!  
Have a safe and joyous New Year!*

## PARISH OFFICE HOLIDAY CLOSURE

**Closed** 20th December 2025

**Reopening** 14th January 2026\*

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

## HIGHLIGHTS OF THE YEAR 2025

It's been a pleasure to share these experiences with you all and we look forward to what 2026 brings.

Some highlights include Our Sacramental Program, Rite of Christian Initiation, Easter, Youth Group, 2 Jubilee Pilgrimages, Multi-cultural Dinner, Marian Spirituality Day, Ecumenical Christmas Carols, Bunnings BBQ, Volunteers lunch. These are just some of the things our parish has accomplished together this year.



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





### 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.

### BAPTISMS

We warmly welcome the children who are to be baptised in January 2026 into our parish community. May the grace of the Lord Jesus Christ bless

### 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.**

**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@bbccatholic.org.au](mailto:wyongparish@bbccatholic.org.au)

### Main Liturgical Feasts: January

THE HOLY MOTHER OF GOD (1 Jan), St Basil and Gregory (2 Jan), *Most Holy Name of Jesus* (3 Jan), THE EPIPHANY OF THE LORD (4th Jan), St Raymond of Penyafort (7th Jan), THE BAPTISM OF THE LORD (11th Jan), St Hilary (13th Jan), St Anthony (17th Jan), St Fabian and Sebastian (20th Jan), St Agnes (21st Jan), St Vincent (22nd Jan), St Francis de Sales (24th Jan), Sts Timothy, Titus and Angela Merici (27th Jan), St Thomas Aquinas (28th Jan), St John Bosco (31st Jan)

### PLANNED GIVING

Dear Parishioners, should you wish to donate electronically, please see details below or use the QR Code provided.

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

**To support the Priests (1st Collection):**  
**Acc name:** SOLT Australia Inc  
**BSB:** 062 195  
**Acc no:** 1022 9389

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

# Come join us!

We need YOU to join our Wyong Choir!

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

PRACTICE ON TUES 5PM AT ST CECILIA'S CHURCH

### 200 CLUB 2025

**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:

Please find December results on the notice board.

## 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](mailto: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:** Michele Bolton, Jeanine Doueihy, Lisa Glanville, Margaret McDermott, Dave Rodney, Danae Roe, Milva Kefu, Georgina Mastroianni, Tahniah Ahuriri, Mary Anne Xuereb, Colleen Goodwin, Little Everleigh

### RECENTLY DECEASED:

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

### ANNIVERSARY JANUARY:

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

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 60:1-6

A reading from the prophet Isaiah

Arise, shine out Jerusalem, for your light has come, the glory of the Lord is rising on you, though night still covers the earth and darkness the peoples. Above you the Lord now rises and above you his glory appears. The nations come to your light and kings to your dawning brightness. Lift up your eyes and look round: all are assembling and coming towards you, your sons from far away and daughters being tenderly carried. At this sight you will grow radiant, your heart throbbing and full; since the riches of the sea will flow to you; the wealth of the nations come to you; camels in throngs will cover you, and dromedaries of Midian and Ephah; everyone in Sheba will come, bringing gold and incense and singing the praise of the Lord.

The word of the Lord.

**Thanks be to God.**

Responsorial Psalm Psalm 72.1-2, 7-8, 10-11, 12-13 (R. see 11b+Ps 98.3c)

R. Lord, every nation on earth will adore you.

Second Reading Ephesians 3:2-3, 5-6

A reading from the letter of St Paul to the Ephesians

You have probably heard how I have been entrusted by God with the grace he meant for you, and that it was by a revelation that I was given the knowledge of the mystery. This mystery that has now been revealed through the Spirit to his holy apostles and prophets was unknown to any men in past generations; it means that pagans now share the same inheritance, that they are parts of the same body, and the same promise has been made to them, in Christ Jesus, through the gospel.

The word of the Lord.

**Thanks be to God.**

Gospel Acclamation Matthew 2:2

Alleluia, alleluia!

We have seen his star in the East;

and have come to adore the Lord.

Alleluia!

Gospel Matthew 2:1-12

A reading from the holy Gospel according to Matthew

After Jesus had been born at Bethlehem in Judaea during the reign of King Herod, some wise men came to Jerusalem from the east. 'Where is the infant king of the Jews?' they asked. 'We saw his star as it rose and have come to do him homage.' When King Herod heard this he was perturbed, and so was the whole of Jerusalem. He called together all the chief priests and the scribes of the people, and enquired of them where the Christ was to be born. 'At Bethlehem in Judaea,' they told him 'for this is what the prophet wrote:

And you, Bethlehem, in the land of Judah  
you are by no means least among the leaders of Judah,  
for out of you will come a leader  
who will shepherd my people Israel.'

Then Herod summoned the wise men to see him privately. He asked them the exact date on which the star had appeared, and sent them on to Bethlehem. 'Go and find out all about the child,' he said 'and when you have found him, let me know, so that I too may go and do him homage.' Having listened to what the king had to say, they set out. And there in front of them was the star they had seen rising; it went forward and halted over the place where the child was. The sight of the star filled them with delight, and going into the house they saw the child with his mother Mary, and falling to their knees they did him homage. Then, opening their treasures, they offered him gifts of gold and frankincense and myrrh. But they were warned in a dream not to go back to Herod, and returned to their own country by a different way.

The Gospel of the Lord.

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



**THE LITURGY OF THE WORD**

**First Reading Isaiah 42:1-4, 6-7 (Year A)**

A reading from the prophet Isaiah

Thus says the Lord:

Here is my servant whom I uphold, my chosen one in whom my soul delights.

I have endowed him with my spirit that he may bring true justice to the nations.

He does not cry out or shout aloud, or make his voice heard in the streets.

He does not break the crushed reed, nor quench the wavering flame.

Faithfully he brings true justice; he will neither waver, nor be crushed until true justice is established on earth, for the islands are awaiting his law.

I, the Lord, have called you to serve the cause of right; I have taken you by the hand and formed you; I have appointed you as covenant of the people and light of the nations, to open the eyes of the blind, to free captives from prison, and those who live in darkness from the dungeon.

The word of the Lord.

**Thanks be to God.**

**Responsorial Psalm Ps 28:1-4, 9-10 (Year A)**

R. The Lord will bless his people with peace.

**Second Reading Acts 10:34-38 (Year A)**

A reading from the Acts of the Apostles

Peter addressed Cornelius and his household: 'The truth I have now come to realise' he said 'is that God does not have favourites, but that anybody of any nationality who fears God and does what is right is acceptable to him.

'It is true, God sent his word to the people of Israel, and it was to them that the good news of peace was brought by Jesus Christ - but Jesus Christ is Lord of all men. You must have heard about the recent happenings in Judaea; about Jesus of Nazareth and how he began in Galilee, after John had been preaching baptism. God had anointed him with the Holy Spirit and with power, and because God was with him, Jesus went about doing good and curing all who had fallen into the power of the devil.'

The word of the Lord.

Thanks be to God.

**Gospel Acclamation cf Mark 9:8 (Year A)**

Alleluia, alleluia!

The heavens were opened and the Father's voice was heard:

this is my beloved Son, hear him.

Alleluia!

**Gospel Matthew 3:13-17 (Year A)**

A reading from the holy Gospel according to Matthew

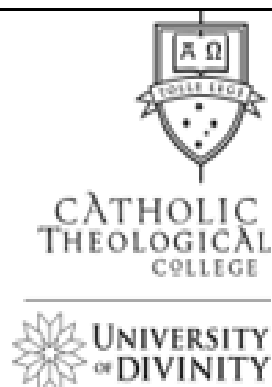
Jesus came from Galilee to the Jordan to be baptised by John. John tried to dissuade him. 'It is I who need baptism from you,' he said 'and yet you come to me!' But Jesus replied, 'Leave it like this for the time being; it is fitting that we should, in this way, do all that righteousness demands.' At this, John gave in to him.

As soon as Jesus was baptised he came up from the water, and suddenly the heavens opened and he saw the Spirit of God descending like a dove and coming down on him. And a voice spoke from heaven, 'This is my Son, the Beloved; my favour rests on him.'

The Gospel of the Lord.

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





## 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)





# 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



## 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**





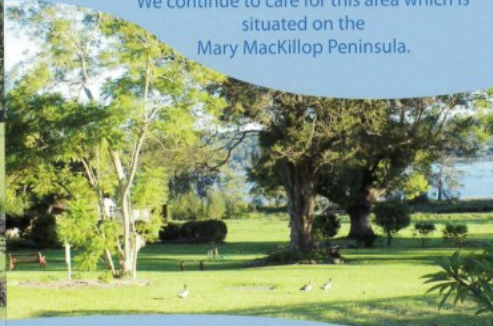
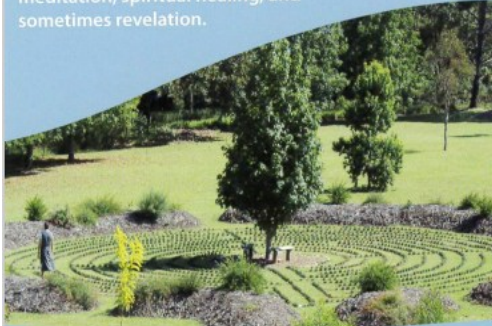
# St Joseph's Spirituality and Education Centre Kincumber South

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

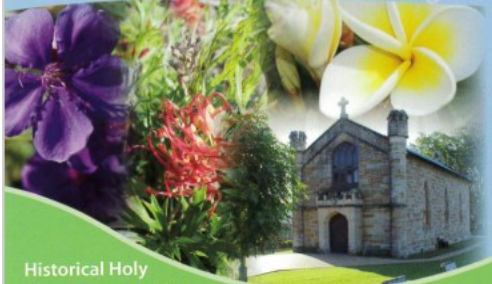
The labyrinth is a place for prayer, meditation, spiritual healing, and sometimes revelation.

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

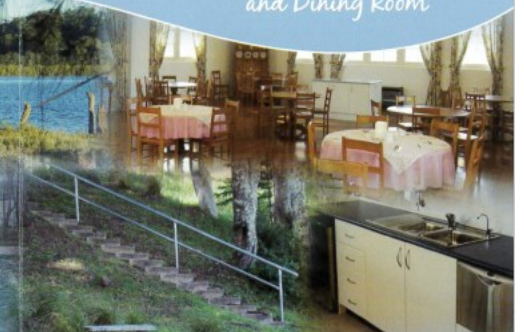
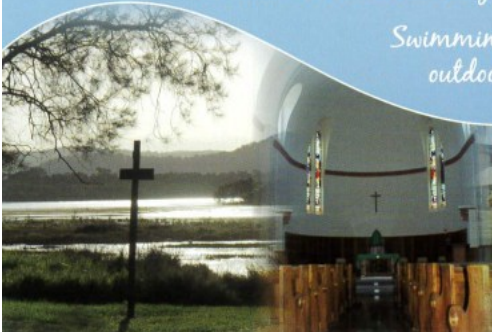
### Meditation Areas and Mary of the Cross Walk

### 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?

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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

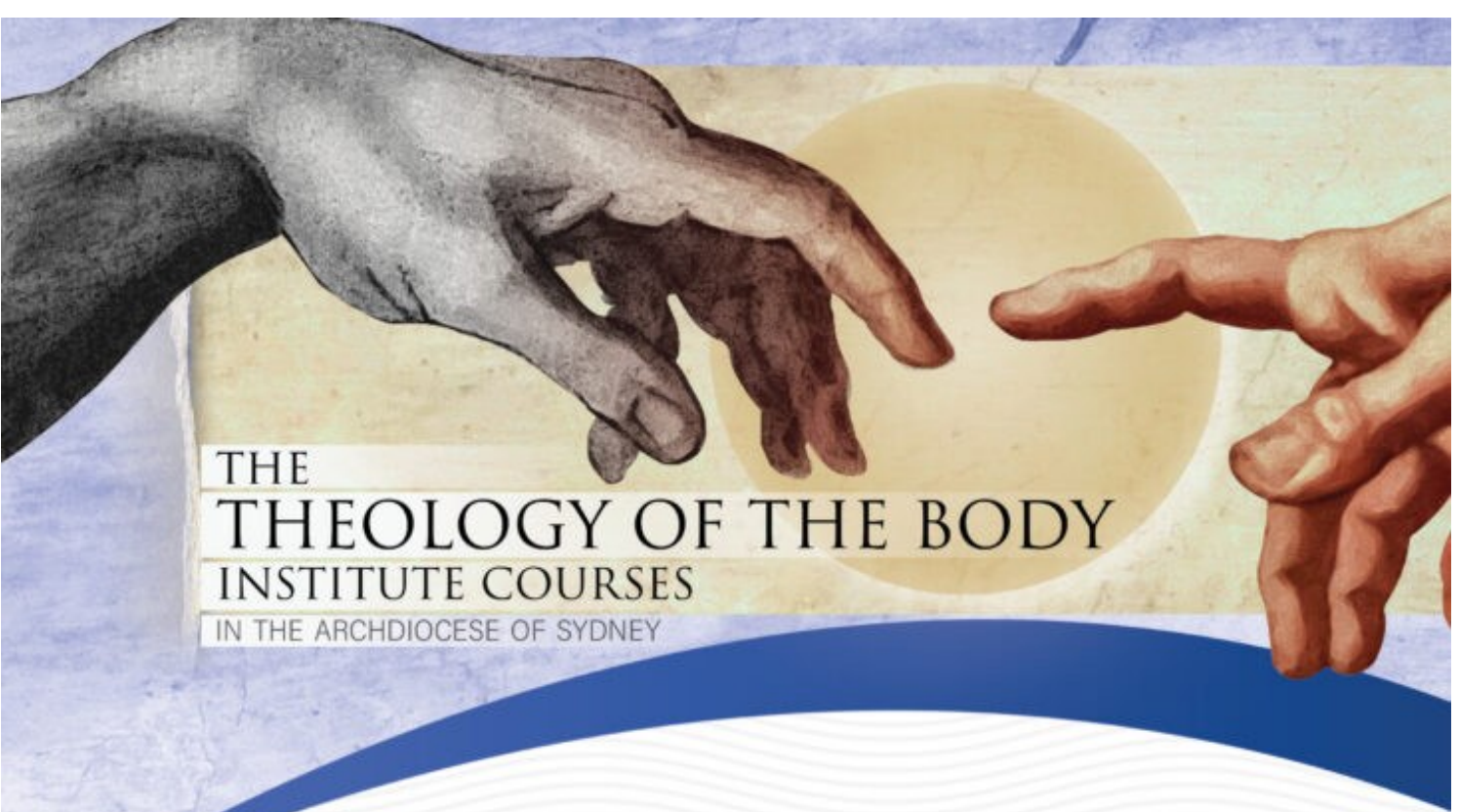
**PRESENTED BY TOB INSTITUTE**

[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

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# THEOLOGY OF THE BODY I: HEAD & HEART

## IMMERSION COURSE

18-23 JANUARY 2026

3PM SUNDAY TO 1PM FRIDAY

Benedict XVI Retreat Centre, Grose Vale

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

### Course Description

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

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

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

### Learning Objectives

The course is designed to:

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

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



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

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

## Meet your Instructors and Team:

### CHRISTOPHER WEST



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

### JASON CLARK



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



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

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

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

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

**REGISTRATION  
INFORMATION**  
REGISTRATIONS CLOSE  
8 DECEMBER 2025



### EARLY EXPRESSIONS OF INTEREST

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

## CATHOLICCARE BROKEN BAY

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

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

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





# Key Telephone Numbers

## KEY TELEPHONE NUMBERS

### **POLICE: 000**

Call the Police for immediate assistance.

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

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

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

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

### **CATHOLICARE BROKEN BAY**

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

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

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

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

## FOR FEMALE MIGRANTS UNDER A TEMPORARY VISA

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

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

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

Ring any of the following numbers:

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

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

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

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



**CATHOLIC  
DIOCESE OF  
BROKEN BAY**

## Social Media Minimum Age Restrictions Begin 10 December 2025

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

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



# SAFEGUARDING is everyone's responsibility



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

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



Tell one of our  
designated persons in  
authority

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

Contact will be made  
with Diocesan  
Safeguarding Office



Our Community is  
**SAFE**